

Resolve to learn more in 2020! Our Healthy Living Classes begin on page 5.



# LiveWell

JANUARY 2020

## Memory Care Navigator:

Finding the right road map for your dementia journey

A Healthy Mindset



A photograph of an elderly couple, Bob and Sandi Johnson, standing together outdoors. Bob is on the left, wearing a white polo shirt and glasses, with his arm around Sandi's shoulder. Sandi is on the right, wearing a bright blue top and glasses, smiling. In the background, there is a wooden door with a 'WELCOME' sign and a flamingo decoration.

Bob and Sandi Johnson

# Memory Care Navigator:

## Finding the right road map for your dementia journey

By Susie Steckner

**A**fter nearly 50 years of marriage, Bob and Sandi Johnson's life together took an unexpected turn with an Alzheimer's disease diagnosis.

Stunned, the couple followed a suggestion by Sandi's primary care physician to contact Sun Health's Memory Care Navigator program. It gave them just the right "road map" to face the new path ahead.

The Johnsons aren't alone. Every day, the Memory Care Navigator program assists families in need as they face the new realities of their changing lives. The program offers critical education and support at the onset of dementia and is also a place to come back to as the disease progresses.

More than 2,100 families have been referred to the program since it was established in 2013, says

navigator Marty Finley, M.Ed. The program is provided at no charge to clients through the generosity of Sun Health Foundation donors and is supported by USAA, Sundt Foundation and the John F. Long Foundation.

"If people don't have access to navigation and support, then they are trying to get through very choppy waters alone," Marty says. "They don't know what resources are available and they may not understand the disease."

"The Memory Care Navigator program provides a sense of security, eases that feeling of being alone."

The program is designed to assist clients, family members and caregivers as they manage the emotional, psychological and physical impacts of Alzheimer's disease and related dementias. Families are offered a wide range of support, including:

**In-home visits.** A navigator will make an appointment for a home visit to get acquainted and make a complete assessment. “We really try to get a true picture of that person, the dynamics, the home situation,” Marty says.

**Customized action plan.** The navigator will tailor a set of recommendations for the client and family. For instance, one family might need a referral to a neurologist, another might need information about gun safety in the home, and another might want suggestions for support groups. “Each situation, each family, each person with dementia is so different,” Marty says.

**Education.** Navigators play a vital role in helping clients and families understand the disease and its progression. But they also offer other education, such as the best door locks for a client who is prone to wandering, how to reduce the risk of falls in the home or how day programs work.

**Support.** After the initial in-home visit, navigators are just a phone call away to answer questions and offer emotional support. “The biggest thing is for the caregiver to feel

that they have a resource that they can turn to now and down the road because with dementia, things change,” Marty says.

Marty was a much-needed resource for the Johnsons after Sandi was diagnosed with Alzheimer’s disease. She offered the couple guidance about things like trying to exercise together and keeping Sandi engaged mentally with puzzles. They discussed a memory loss support group, a respite program, safety planning and more.

“I realize there’s no road map for each person that has dementia, but at the same time there’s a lot of common threads,” Bob says. “Marty was really helpful.”

Sun Health’s Memory Care Navigator program is available to clients and families at all stages of their journeys.

“I’ve had people call me and say ‘I didn’t know who else I could turn to, but I knew you could help,’” Marty says.

**Sun Health’s Memory Care Navigator program is available to help you understand Alzheimer’s disease and memory issues as new challenges arise in different stages. Please call (623) 832-9300.**



JANUARY 2020, ISSUE 53  
SunHealthWellness.org

**SUN HEALTH**  
14719 W. Grand Ave.  
Surprise, AZ 85374  
(623) 832-5350  
Information@SunHealth.org  
SunHealth.org

**SUN HEALTH LEADERSHIP**  
**Joe La Rue,**  
President and CEO  
**Jennifer Drago,**  
Chief Strategy Officer

**SUN HEALTH WELLNESS**  
(623) 832-WELL (9355)  
SunHealthWellness.org

**SUN HEALTH AT HOME**  
(623) 227-HOME (4663)  
SunHealthAtHome.org

**SUN HEALTH COMMUNITIES**  
(623) 236-3767  
SunHealthCommunities.org

**SUN HEALTH FOUNDATION**  
(623) 832-5330  
SunHealthFoundation.org

**SUN HEALTH MARKETING**  
**Vincent Benbenek,**  
Chief Marketing Officer

**Ken Reinstein,**  
Marketing Dir./Editor  
(623) 832-7603  
Marketing@SunHealth.org

**Ashley Durham,**  
Graphic Design  
*Cover and page 4 photos  
by Brad Reed*

**CREATED FOR SUN HEALTH BY**  
**ROX MEDIA GROUP**

## The Sun Health Story

Sun Health is an organization driven by passion – a passion to improve the wellbeing and quality of life for the communities we serve. We demonstrate this through our investment in Life Plan Communities, health and wellness programs, and the local community hospitals.

It’s this comprehensive commitment to your wellbeing that distinguishes Sun Health, and it all begins with the heartfelt generosity of people like you who support Sun Health Foundation.

## Positive Perspective Leads to Health Transformation for West Valley Woman

**R**oberta Ackerman learned recently that she was pre-diabetic. However, as someone who already lives with cardiac and pulmonary conditions, she wasn't interested in adding to the list.

"I wanted to see if we could nip this in the bud," she says.

She began attending a Diabetes Prevention Program (DPP) series taught by Teri Elkins, a Health & Wellness Coordinator for Sun Health Wellness. Roberta embraced her naturally positive mindset and saw dramatic results. In a few months, as a result of lifestyle changes, she lost 42 pounds and recently learned she is no longer considered prediabetic.

"That keeps you going," Roberta says of the positive results.

"Because, you want to keep it that way. I just don't want to worry about one more thing."

Sun Health Wellness offers the first in-person Diabetes Prevention Program in Arizona to achieve full recognition status from the Centers for Disease Control and Prevention (CDC). It's also a covered benefit of Medicare and most insurance providers.

Teri, who maintains an intentionally positive mindset, believes in its benefit and witnessed its influence in her life and others. While, she may have days when she struggles, she practices mental exercises to put a positive spin on her inner monologue.



"What you put out, you get back," Teri says. "Put a positive spin on things, and it just trickles over to other things."

One of the most powerful and productive tactics Teri uses when she is coaching people on mindset is helping them identify their personal reason for changing their diet, exercising more or attending therapy sessions. When the "why" in the equation is adjusted from something that has to be done to something with positive benefits, it

can change someone's outlook.

"I often see behaviors change after that," Teri says. "It's about controlling your thought process from 'I can't do this' to 'I CAN do this.' If you come up with a negative thought, turn it into a positive one."

It's also what Roberta does, especially when she has to attend pulmonary therapy, something she isn't excited to do. But when it's done, she's happy she accomplished it.

"That's what keeps me going," she says.

**The next Diabetes Prevention Program series begins Monday, Jan. 6 with classes offered in Sun City and Surprise. Please see page 5 for more information.**

Registration Opens December 10

## BRAIN HEALTH

### Normal Aging vs. Dementia

**Thursday, Jan. 23; 9:30 to 10:30 a.m.**

We all notice changes in our memory as we age. Join Sun Health's Marty Finley, MEd, to learn the difference between what is normal aging and what may be cause for concern.

*Location: Shepherd of the Hills United Methodist Church*

## CANCER CARE

### Healthy Meal Prep for Cancer

**Fridays, Jan. 3 & 17; 10 to 11 a.m.**

Jennifer Brown, MS, RD, from Cancer Support Community of Arizona (CSCAZ), will prepare items with a focus on Warm and Hearty Chili (1/3) and Easy Cooking with the Instant Pot (1/17). This class is provided in partnership with CSCAZ.

*Location: The Colonnade*

## DIABETES

### National Diabetes Prevention Program

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach. This yearlong lifestyle change program uses CDC research-based curriculum to help you make the necessary nutrition, physical activity and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes. **Please call (623) 832-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers.**

**Mondays, starting Jan. 6; 9:30 to 10:30 a.m.**

*Location: Banner Boswell/Chapman Conf. Room*

**Mondays, starting Jan. 6; 2 to 3 p.m.**

*Location: Sun Health Center for Health & Wellbeing*

### Diabetes Connection Support Group

**Monday, Jan. 20; 3:30 to 4:30 p.m.**

This monthly group is for individuals with diabetes to share and learn in pursuit of healthy living. **Registration is not required.**

*Location: Sun Health Center for Health & Wellbeing*

### Diabetes Self-Management Education

This five-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by registered dietitians and certified diabetes educators. **Please call (623) 832-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

**Tuesdays, starting Jan. 21; 9:30 to 11:30 a.m.**

*Location: The Colonnade*

**Tuesdays, starting Jan. 21; 2 to 4 p.m.**

*Location: Banner Boswell/Chapman Conf. Room*

## HEALTH & WELLBEING

### Weight & Your Thyroid: What's the Link?

**Tuesday, Jan. 14; 9:30 to 11 a.m.**

Is your weight being affected by your thyroid? Join Teri Elkins, MPH, CHES, from Sun Health to learn more about thyroid-related diseases including Graves, Hashimotos, and hyper/hypothyroidism.

*Location: Freedom Plaza/Ballroom*

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

*Beginning December 10, 2019*


**SunHealthWellness.org**

 **Register By Phone**

*Beginning at 8:30 a.m. December 10, 2019*

**(623) 207-1703**

*except where noted*

*Classes with this icon  have an associated fee.*

**CLASS SIZES ARE LIMITED.** Events with fewer than 10 reservations are subject to cancellation. If you are unable to make a class you are registered for, contact us within two business days prior.

*Fees are nonrefundable unless the class is canceled.*

# Classes & Events

To register, call (623) 207-1703  
or visit [SunHealthWellness.org](http://SunHealthWellness.org)

## HEALTH & WELLBEING (continued)

### **Creative Aging & The Arts**

**Wednesday, Jan. 8; 1:30 to 3 p.m.**

In this introductory Creative Aging class, instructor Debra Goley will guide participants to experiment with watercolor as a drawing rather than a painting medium. We will discuss basic composition and painting techniques and mixing hues on the palette. Participants will start with an idealistic landscape and add a still life for a combined composition. **Note: Registration for this class will cost \$5.**

*Location: West Valley Arts Council Headquarters*

### **Normal Aging vs. Aching**

**Wednesday, Jan. 15; 9:30 to 11 a.m.**

Discomfort and aching are usually seen as symptoms of aging, but what is normal and what could be a problem? Sun Health Wellness Specialist Alex Stark, MS, will talk about how the differences between aging and aches and pains such as arthritis, sciatica and chronic pain.

*Location: Lord of Life Lutheran Church*

### **Happy Habits for Your Liver**

**Thursday, Jan. 16; 9:30 to 11 a.m.**

Join Mountain View Medical to learn the best ways to care for your liver, signs and symptoms of liver disease and complications of an unhealthy liver.

*Location: PORA Learning Center*

### **Thyroid: What Does It Do & Is Mine Working?**

**Monday, Jan. 20; 1:30 to 3 p.m.**

Thyroid is a hormone gland that controls our body's energy usage. Often people have multiple symptoms of poor thyroid function yet are considered healthy. Karen Lottis, PhD, NP, will discuss why this gland is so important, the signs and symptoms it's not working properly and how Functional (natural) Medicine approaches this.

*Location: Freedom Plaza/Ballroom*

### **Valley Fever Symptoms Diagnosis & Treatment**

**Friday, Jan. 24; 9:30 to 11 a.m.**

Join pulmonologist Dr. Craig Rundbaken to learn about valley fever signs, symptoms, diagnosis and treatment.

*Location: The Colonnade*

## MEMORY CARE

### **Memory Café**

**Tuesdays, Jan. 14 & 28, 9:30 to 11:30 a.m.**

Memory Cafés provide a social and resource place for people living with memory loss and their care partners. Caregivers participate in an educational and/or support session while people with memory loss participate in a cognitive engagement program. **Registration is not required.**

*Location: Salvation Army*

### **Dementia Caregiver Support Group**

**Wednesday, Jan. 15; 3 to 4 p.m.**

Sun Health Memory Care Navigator Marty Finley, MEd, leads this support group. **Registration is not required.**

*Location: Grandview Terrace Health and Rehab*

### **A Collection of Memories**

**Tuesday, Jan. 21; 1:30 to 3 p.m.**

Sharing a memory box or memory book with your loved one who has memory issues can provide great pleasure and value to you both. Join Sun Health Memory Care Navigator Sherry Wagoner, BSN, as she explains memory books and memory boxes, and how to create them.

*Location: Grace Bible Church*

## NUTRITION

### **The Protein Conundrum: Plant vs. Animal**

**Monday, Jan. 27; 1 to 2:30 p.m.**

Proteins are the essential building blocks of our body's tissues and organs. Although both plants and animals provide protein, learn why protein "quality" is not the same as food quality. Sun Health's Susan Welter, RDN, CDE, will discuss the difference and the benefits of consuming more plant-based protein.

*Location: Faith Presbyterian Church*

### **Nutrition & Aging**

**Monday, Jan. 27; 1:30 to 3 p.m.**

Join Sun Health's Damian Plues, RD, CDE, to learn more about common nutrition-related disease in older adults.

*Location: La Loma Village Health and Rehab*

To register, call (623) 207-1703  
or visit [SunHealthWellness.org](http://SunHealthWellness.org)



## PHYSICAL FITNESS

All physical fitness classes are held at:

Sun Health Center for Health & Wellbeing

Note: Unless otherwise noted, physical fitness classes are offered in a eight-class series. Registration for each series costs \$40.

### Chair Yoga \$

Wednesdays, Jan. 8, 15, 22, 29;

Feb. 5, 12, 19 & 26; 8 to 9 a.m.

Chair yoga incorporates all the benefits of a traditional yoga class with the added support of a chair.

### Chair Yoga Plus \$

Wednesdays, Jan. 8, 15, 22, 29;

Feb. 5, 12, 19 & 26; 9:30 to 10:30 a.m.

Yoga involves paying attention to your breath, which can help you relax, feel less stressed and improve posture using both seated and standing postures. Participants must be able to stand independently.

### Tai Chi \$

Wednesdays, Jan. 8, 15, 22, 29;

Feb. 5, 12, 19 & 26; 11 a.m. to noon

Beginning Tai Chi modified for seniors.

### Fit and Balanced \$

Wednesdays, Jan. 8, 15, 22, 29;

Feb. 5, 12, 19, & 26; 12:30 to 1:30 p.m.

Low-intensity class focusing on the strength, flexibility and balance exercises using a chair as support.

Participants must be able to stand independently.

### Strength Training \$

Fridays, Jan. 3, 10, 17, 24, 31;

Feb. 7, 14 & 21; 11 a.m. to noon

This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

## SAFETY

### Matter of Balance

Fridays, Jan. 17, 24, 31; Feb. 7, 14, 21, 28;

Mar. 6; 2 to 4 p.m.

Are you concerned about falling, or have you fallen in the past? Have you restricted activities because of the fear of falling? This eight-class, evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

Location: Sun Health Center for Health & Wellbeing

### From the Floor to Your Feet \$

Wednesday, Jan. 29; 9:30 to 11 a.m.

There are a variety of ways to get off the floor, but the best way depends on the person. Join Sun Health Wellness Specialist Alex Stark, MS to learn about different safe and effective ways to get off the floor. **Note:**

**Registration for this class will cost \$2.**

Location: Grandview Terrace/Ballroom

## Location Key

### BANNER BOSWELL/CHAPMAN CONF. ROOM

Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

### FAITH PRESBYTERIAN CHURCH

16000 N. Del E. Webb Blvd., Sun City

### FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria

### GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City

### GRANDVIEW TERRACE/BALLROOM

14515 W. Granite Valley Dr., Sun City West

### GRANDVIEW TERRACE HEALTH AND REHAB

14505 W. Granite Valley Dr., Sun City West

### LA LOMA VILLAGE HEALTH AND REHAB

14260 S. Denny Blvd., Litchfield Park

### LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West

### PORA LEARNING CENTER

13815 W. Camino Del Sol, Sun City West

### SALVATION ARMY

17420 Ave of the Arts, Surprise

### SHEPHERD OF THE HILLS UNITED METHODIST CHURCH

13658 W. Meeker Blvd, Sun City West

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

### THE COLONNADE

19116 N. Colonnade Way, Surprise

### WEST VALLEY ARTS COUNCIL HEADQUARTERS

16126 N. Civic Center Plaza, Surprise

 **Need a Ride?**  
Northwest Valley Connect is available  
[NorthwestValleyConnect.org](http://NorthwestValleyConnect.org) (623) 282-9300



14719 W. Grand Ave.  
 Surprise, AZ 85374  
 (623) 832-5350  
 Information@SunHealth.org  
 SunHealth.org

NONPROFIT ORG  
 US POSTAGE PAID  
 Denver, CO  
 PERMIT NO. 5377



## SUN HEALTH AT HOME

Arizona's first and only Continuing Care at Home program.

You're healthy and *independent*  
 but if that ever changes ...

**WHO WILL  
 TAKE CARE  
 OF YOU?**

**HOW MUCH WILL  
 CARE COST, AND HOW  
 WILL YOU PAY?**

**WHAT ARE THE  
 AVAILABLE  
 OPTIONS?**

Learn how to age confidently and independently in your home by joining one of our complimentary seminars. Registration is required.

**Tuesday,  
 Jan. 7, 10 a.m.**

Sun Health Center for  
 Health & Wellbeing  
 14719 W. Grand Ave.  
 Surprise

**Tuesday,  
 Jan. 14, 2 p.m.**

Sun Health Center for  
 Health & Wellbeing  
 14719 W. Grand Ave.  
 Surprise

**Tuesday,  
 Jan. 21, 10 a.m.**

Sun City Grand  
 Cimarron Center  
 17100 W. Clearview Blvd.  
 Surprise

**Wednesday,  
 Jan. 29, 3 p.m.**

Sun Health Center for  
 Health & Wellbeing  
 14719 W. Grand Ave.  
 Surprise



Excellence in Innovation  
 Award Winner 2019

**CALL NOW (623) 227-4663**