



Jim and Jane  
Cottrell, with Cleo

## Sun Health AT HOME p2

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IT'S NEVER TOO EARLY

SHAH Membership Counselor  
Nicole Holtzlaw (L) and  
member Paul Besonday

## Sun Health at Home - Why the Time is Now

By Rainey Daye Holloway

You can have groceries delivered, buy a car from a giant vending machine and have just about anything you need brought right to your doorstep.

Did you know that you can also have the benefits of an independent living community brought right to your home, too? Sun Health At Home (SHAH) brings all the same comforts and benefits to you without you having to leave the home you love.

You may be thinking: "I could need help in the future, but not right now." However, as a couple of your neighbors share below, the twists and turns of their very different lives made them come to the same conclusion — it's never too early to join.

As a police officer in Southern California, Paul Besonday, of Sun City Grand, was used to life's uncertainties. He describes patrolling the streets as "life throwing daily curveballs," including the day someone sideswiped his police car, catching it on fire and leaving him with serious injuries that forced him from daily patrols to investigations.

Still, Paul says, he managed to survive despite the craziness of the job and raising two daughters and a son with his wife Lynda by his side.

But Paul did have something happen that shook his world completely. He was facing serious back surgery when the unexpected happened. His wife of 57 years went to sleep on Dec. 11, 2019 and never woke up. As Paul was wondering what the future held, he says fate came through when he received a postcard about SHAH.

Jim and Jane Cottrell, also of Sun City Grand, were well underway with their respective careers before meeting.

Jane went to school and started her nursing career in eastern Pennsylvania working as a registered nurse in New York City, Chicago and Cleveland before heading to Austin, Texas.

Jim grew up in Austin obtaining his degree in marketing at Texas A&M University. He went on to promote companies specializing in environmentally safe products.

Jim and Jane crossed paths, got married and headed to Phoenix nearly 18 years ago. But as they started looking at options for staying healthy as they aged, both avid animal lovers started to wonder what would happen to their fur baby Cleo if they moved

to independent living? That's when a SHAH postcard that came in the mail changed their lives, too.

Membership Counselor Nicole Holtsclaw offers this piece of advice for anyone wondering when the time is right to invest in their future healthcare needs.

"If someone sees the need to plan for their future, and they see a financial planner, that is merely one aspect of what needs to be planned for," Nicole explains. "The time to join is when you are healthy and independent and can participate in your wellness journey. When someone joins, they have a wellness coordinator, a registered nurse (R.N.) who takes an active role in monitoring their health. We have exercise, social activities and many benefits to take advantage of now. Waiting defeats the purpose because you may not have the option to choose in the future."

As Paul will tell you, having an R.N. available following his wife's unexpected death was invaluable when facing surgery alone.

"You are so used to depending on a spouse or somebody else with you. All of a sudden, you don't have that shoulder to lean on," Paul says. "I hadn't paid a dime and had no connection to Sun Health At Home, other than my application. Yet they sent a nurse to be with me during surgery, and after I got home the nurse came to my house. It was very comforting."

Jim and Jane had a similar experience.

"Right after we joined, a couple of months later my wife had emergency appendix and gall bladder surgery," Jim says. "I called the number to share what happened and the next day we received a call asking us what we needed for meals, what they could do to help. I was so impressed."

Both of these members have the same advice when it comes to joining Sun Health At Home.

"I read that every 40 seconds someone has a stroke. People buy insurance for their car, life insurance, but without comprehensive insurance, you can be burdensome to family. There is comfort knowing professionals who will look over us," Jim says.

And the Cottrell's feel good knowing that Cleo, their treasured Labradoodle, can keep her yard.

For Paul, it's about not feeling alone, "You are OK in life until you're not, all of the sudden when you are on your own and by yourself it changes your perspective. (Signing up) was comforting, and I felt good about it from the minute I met with Nicole."

**For more information about Sun Health At Home, please see pages 4 and 5.**

## LiveWell

JANUARY/FEBRUARY 2021, ISSUE 62  
SunHealthWellness.org

### SUN HEALTH

14719 W. Grand Ave.  
Surprise, AZ 85374  
(623) 471-9550  
Information@SunHealth.org  
SunHealth.org

*Photos on cover and pages 2, 4 & 10 by  
Matt Young. Page 7 photo by Allen Butler.*

CREATED FOR SUN HEALTH BY



### SUN HEALTH WELLNESS

(623) 471-9355  
SunHealthWellness.org

### SUN HEALTH AT HOME

(623) 227-4663  
SunHealthAtHome.org

### SUN HEALTH COMMUNITIES

(623) 236-3767  
SunHealthCommunities.org

### SUN HEALTH FOUNDATION

(623) 471-8500  
SunHealthFoundation.org



## Empowering people to enjoy living longer

What began over 50 years ago as a desire of a group of individuals to improve the health and wellbeing of their community has since prospered into a legacy of passion and giving.

Today, the Sun Health team champions superior health and wellbeing through philanthropy, inspired living and wellness programs. Our commitment begins with the heart-felt generosity of people like you who support the Sun Health Foundation through your time, talent, treasure and testimony.

# What Sun Health at Home Can Do For You

Sun Health At Home (SHAH) is a nonprofit “continuing care at home” program. SHAH specializes in personalized support and coordinated services to help members successfully age in place at home.

The program offers peace of mind, providing members access to high-quality health and nonmedical services with a lifetime guarantee of care.

**Paul Besonday, SHAH member:**  
*“The biggest thing is the security and support and taking away the unknown about what I’m going to do.”*

We know that someone turning 65 will have a 70% chance of needing long-term care at some point in the future. The best time to plan for these care needs is before you need them. Sun Health At Home members join while they are healthy and independent, knowing that they will have a system of support for any of life’s uncertainties.

**Jim and Jane Cottrell, SHAH members:**  
*“We got to thinking about this, and it was an answer to our prayers. We wanted to stay in our home, our dog has room to live and play here. We love our home; we entertain and didn’t want to downsize ... we have the security of someone looking out for us with help should we need it.”*

With a variety of plans available, it’s easy to find the Sun Health At Home membership that meets your individual needs. Our Wellness Coordination Team works with each member individually to develop a care plan that supports their health and wellness goals. Services included in all plan options are:



- 24/7 support and advocacy of a R.N. Wellness Coordinator
  - In-home support
  - Nutritional support/meals
- Complimentary visit with registered dietitian
- Annual fitness and balance assessment
- Monthly social events and educational seminars
- Annual home safety assessment
- Personal emergency response system
- Referral services to vetted vendors

Even if you choose to move in the future, your Sun Health At Home membership goes with you anywhere in the United States.

**To learn more, please visit**  
**SunHealthAtHome.org or call (623) 227-4663**  
**(West Valley) or (480) 336-4663 (Phoenix or**  
**Scottsdale).**



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

## Who will take care of you?



*How much will it cost, and how will you pay?  
What are the available options?*

Learn to age confidently and independently **in your home** by joining one of our complimentary seminars. Registration is required and we are taking extra precautions to ensure safety at our seminars.

### **Scottsdale**

7047 E. Greenway Pkwy. Scottsdale, AZ 85254

**January 14 at 2 p.m. | January 28 at 3 p.m.**

**February 10 at 2 p.m. | February 25 at 3 p.m.**

### **Sun Health Center for Health & Wellbeing**

14719 W. Grand Ave. Surprise, AZ 85374

**January 5 at 10 a.m. | January 11 at 3 p.m.**

**January 21 at 2 p.m. | January 26 at 2 p.m.**

**February 4 at 3 p.m. | February 11 at 9 a.m.**

**February 16 at 2 p.m. | February 23 at 2 p.m.**



**SUN HEALTH AT HOME**

**(623) 227-4663**

[SunHealthatHome.org](http://SunHealthatHome.org)

During this time, we also have a virtual Discovery Seminar available to view on our website, [SunHealthatHome.org](http://SunHealthatHome.org), and are happy to conduct a virtual meeting with you to answer questions you have about our program.



## AMBIGUOUS LOSS

# Feelings You Cannot Put Your Finger On

By Rainey Daye Holloway

You've likely heard the phrase "Heaven on earth" indicating an out-of-this world feeling of happiness and joy. On the contrary, did you know it's possible to grieve someone still on the earth, even though they are still alive, which is quite the opposite of Heaven on earth.

As the numbers for people diagnosed with dementia-related memory loss increase, so does the toll on caregivers, and more are experiencing what is called Ambiguous Loss.

"Ambiguous Loss is a loss that has no resolution or closure," explains Banner Alzheimer's Institute and Banner Sun Health Research Institute Family and Community Services Director Lori Nisson, M.S.W., L.C.S.W. "With dementia the person is physically present, but psychologically and emotionally changed or absent. This is where Ambiguous Loss comes in. The caregiver often shares the experience of a roller coaster of emotions such as being angry, resentful or sad. But once we name the problem, then we can offer effective strategies for coping."



Understanding his feelings is helping Jim Cook of Sun City deal with the decline of his wife who is diagnosed with frontotemporal dementia.

Together for 30 years, he and Kathy met while both serving in the Navy. She pursued a career in speech pathology, but had to retire early. Jim says it's heartbreaking to watch her go through various stages because as a speech pathologist, she understands what is happening with her body.

However, he is learning to cope as a member of Banner Sun Health Research Institute's Steps to Hope Caregiving Group, which focuses on learning coping strategies to manage Ambiguous Loss.

"We are meeting with people at different points in the process. We discuss our inner turmoil and coping skills," Jim shares. "In chapter 7 (see text box below: *Ambiguous Loss - Where to Go for Help*) it discusses guidelines for the journey. It's very helpful to talk it out with others."

## Understanding Role Reversal and Loss

"You have to live in the now, grieve your loss, meaning you grieve who they were and how the roles and relationship has changed, but celebrate what remains. For example, a daughter now taking care of her mother may feel more like a parent. She can be both a daughter and a caregiver at the same time," Lori says.

And as experts and Jim will concur, laughter really is the best medicine.

"In our group we try to help each other find the humor that dementia can bring. One person shared his wife will suddenly vacuum a rug for 20 to 30 minutes and we laugh about the rug being extra clean," Jim chuckles. "With Kathy, she wants to help, but I cannot let her cook. Recently I let her empty the dishwasher. Later I had to search for the pots and silverware, but why get upset? She's contributing and it made her happy. It's a funny part of the process, and you can look at it with a little bit of light."



Sun Health  
Memory Care  
Navigator Marty  
Finley, M.Ed.

## Ambiguous Loss – Where to Go for Help

Dr. Pauline Boss, Ph.D., author of "Loving Someone Who Has Dementia," coined the term Ambiguous Loss after working with the families of soldiers missing in action during the Vietnam War.

Sun Health's Memory Care Navigator program, offered at no-charge, provides personal and professional guidance for patients, family members and caregivers coping with the emotional, psychological and physical effects of dementia. Call (623) 471-9300 to schedule a complimentary consultation.

Banner Sun Health Research Institute and Banner Alzheimer's Institute class listings and recorded programs are available by visiting Banner's website: [Banneralz.org/calendar](http://Banneralz.org/calendar)



## NEW YEAR RINGS IN OLD SCAMS

# Good News – You Can Protect Yourself

As the New Year rings in, the Arizona Attorney General's Office (AGO) warns that old scams will remain a part of your 2021, too. Crooks are even using email and text to find their next victims.

"If you don't know who is texting or sending an email, you shouldn't respond," advises Arizona Attorney General Office Senior Outreach Coordinator Betty Delano. "A common scam we hear about is a text or email from an electric company saying you need to send money within a half hour or gift cards to avoid your electricity being shut off. Asking for gift cards is a red flag, don't do it."

Betty shares a different, but repeated scam that recently cost a Valley widow thousands as she emptied out her bank savings account after "meeting" someone on a Christian dating site. Betty warns that the so-called "Romeo" scam is one, among many, that her office receives calls about every year. Here are some examples of other common schemes.

**Friends and Family Scam:** A scammer contacts you posing as a friend of family member in trouble. They request that you send money right away to resolve

an issue, and they may ask you to keep it secret from other family members.

- **Warning signs:** Being contacted out of the blue by someone claiming to be a family member or friend asking for money due to an emergency, most commonly an arrest, accident or medical bill.

**Phone Fraud:** A scammer posing as a solicitor or government agency attempts to steal your personal information. Fraudsters like to use the phone to contact victims and will say anything to cheat people.

- **Warning signs:** They try to rush you to make a decision. You won a "free" gift, vacation or prize, but must pay for "shipping and handling" to get your prize. They pressure with "Act Now or the offer will expire."

Unfortunately the scams above are merely a small fraction of all the schemes crooks try to use, but you can protect yourself with information. To sign up to receive alerts on scams visit: [AZAG.gov/Seniors/Scam-Alerts](https://AZAG.gov/Seniors/Scam-Alerts). You can also call the Task Force Against Senior Abuse Hotline at (602) 542-2124.



# LiveWell LEARNING

## ON-DEMAND CLASSES

On any device. From anywhere.



Access online health and wellness classes on your terms, on any device, from anywhere. Sun Health offers this low-cost solution for those who want to live a longer, healthier, more purposeful life.

New classes are added regularly to keep you on top of the most current wellness trends. There's no better time than now to start exploring our classes.

ON-DEMAND HEALTH & WELLNESS CLASSES

[LiveWellLearning.org](https://LiveWellLearning.org)

## Relax

## Enjoy the Healing Touch of Massage

at the Sun Health Center for Health & Wellbeing



Schedule your relaxing massage:  
(623) 471-9355





## FOLLOWING THE ABCs

Pearl Quast

# Finding Peace in the Eye of the Storm

By Rainey Daye Holloway

Grandview Terrace resident Pearl Quast muses about the experience of moving beyond 2020 after losing her husband at the start of the pandemic. Although not able to have a service, she was not bitter. Her mantra: “Follow the A, B, C’s — Ask for mercy; Be merciful; and Completely trust in God.”

She also uses humor and good memories to get through.

“When Art’s parents inquired about how we met, Art said, ‘We met in church,’” Pearl recalls. “On the ride to my home, I said, ‘What’s this about meeting in church? We met at that single’s party in my neighborhood?’ That is when he explained he had been sitting two rows behind me in church every Sunday.

“We always had fun giving the two answers on how we met.”

Sun Health’s Spiritual Life Director Rev. David Klumpenhower says this type of attitude can help us all move past 2020.

“You have to find peace in the eye of the storm. The year 2020 was a brutal one,” Rev. David says. “You have to ask, ‘How are you going to choose to live?’ You cannot control the world.”

Rev. David says people find peace in different ways.

“Peace can be a worship service, it can also be through volunteering, or playing ping pong,” Rev. David says. “It’s all in what brings you enjoyment or comfort.”

Pearl has much to look forward to, she says.

“Our first great grandchild was born three months after Art died, and I look forward to meeting little James Arthur, named after his great-grandfather.”

**Sun Health’s Spiritual Life Department is available to anyone in need and can be reached at (623) 455-7645 or via email [David.Klumpenhower@SunHealth.org](mailto:David.Klumpenhower@SunHealth.org).**



## CANCER CARE

Registration Opens Dec. 15, 2020

THURS  
FEB  
11



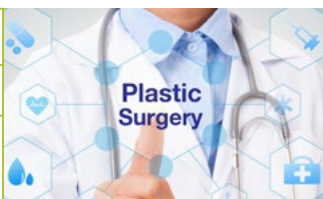
### What is This Lump?

Thursday, Feb. 11 | 4 to 5 p.m.

While finding a lump or getting an abnormal mammogram can be scary, less than 1 in 10 women who have an abnormal mammogram result are diagnosed with breast cancer. Join Kelly Rosso, MD, and Brittany Murphy, MD, to learn more.

Location: Zoom

TUES  
FEB  
23



### Myths about Plastic Surgery

Tuesday, Feb. 23 | 4 to 5 p.m.

While we may see stories about the cosmetic side of plastic surgery, it can also be used to help improve how our body functions. Join Plastic Surgeon and Surgical Oncologist Kristen Yee, MD, to learn about plastic surgery myths, long-term care of breast implants, as well as skin and scar/wound care.

Location: Zoom

## DIABETES

MON  
JAN/FEB  
MULTI  
DATES



### Diabetes Connection Support Group

Mondays, Jan. 18 & Feb. 15 | 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: Zoom

TUES  
JAN  
19



### Diabetes Self-Management Education \$

Tuesdays, beginning Jan. 19 | 9:30 to 11:30 a.m.

This five-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by a registered dietitian and certified diabetes educator. **Please call (623) 471-9355 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.**

Location: Sun Health Center for Health & Wellbeing

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Classes with this icon (\$) have an associated fee.

Due to COVID-19, Sun Health has opted to offer most of our classes online via Zoom during November and December. We will offer small group sessions (10 or fewer) for Physical Fitness classes (page 15), Diabetes Self-Management Education (page 11) and the National Diabetes Prevention Program (page 12) in person at The Center for Health & Wellbeing.

 Register Online

Beginning Dec. 15, 2020

[SunHealthWellness.org](https://SunHealthWellness.org)

 Register By Phone

Beginning at 8:30 a.m. Dec. 15, 2020

**(623) 207-1703**

except where noted

# CLASS CALENDAR (continued)

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



## National Diabetes Prevention Program

Thursdays, beginning Jan. 28 | 11:30 a.m. to 12:30 p.m.

Mondays, beginning, Feb. 22 | 2 to 3 p.m.

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) 471-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers.**

*Location: Sun Health Center for Health & Wellbeing*



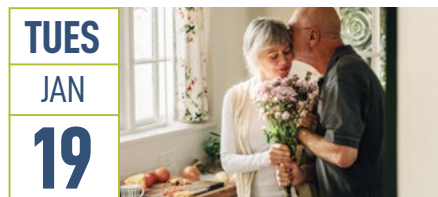
## Annual Diabetes Self-Management Education

Tuesday, Feb. 23 | 9:30 to 11:30 a.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's certified diabetes educators to learn how carbohydrates fit into your diabetes meal plan. This class will focus on a fit-all solution for everyone with diabetes. **Please call (623) 471-9355 to register. Fee covered by most insurance plans.**

*Location: Zoom*

## HEALTH & WELLBEING

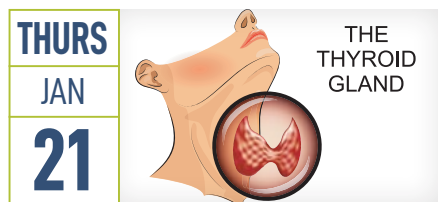


## Ambiguous Loss

Tuesday, Jan. 19 | 10 to 11 a.m.

Caring for someone with dementia creates ongoing awareness of loss as the person with dementia is physically present but psychologically different from who they once were. This can be confusing and overwhelming for family members. Lori Nisson, MSW, LCSW, from Banner Sun Health Research Institute, will provide strategies to infuse hope and meaning into one's life while providing care.

*Location: Zoom*



## Thyroid: What Does It Do and Is Mine Working?

Thursday, Jan. 21 | 11 a.m. to noon

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: Zoom*



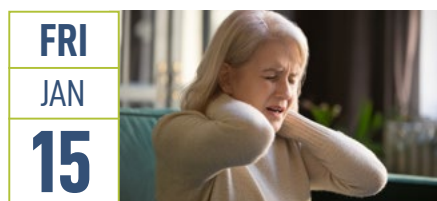
## Hormones - How Important Are They?

Wednesday, Feb. 17 | 11 a.m. to noon

There is increasing data to suggest that hormones benefit both men and women not only in our early adult years, but as seniors. Karen Lottis, PhD, NP, will discuss the role of hormones for seniors, particularly as they impact mood, strength and bones.

*Location: Zoom*



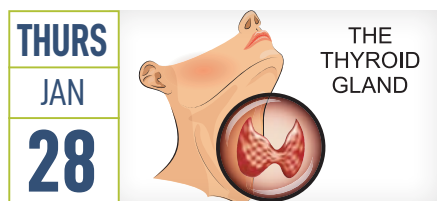


### Chronic Pain: Safe and Effective Treatment Options

Friday, Jan. 15 | 1 to 2 p.m.

Aches and pain come in many shapes and sizes. Join Craig Saran, DO, to learn more about what can be done to help issues including lower back, neck and arthritis joint pain with treatment options including spinal cord stimulation, CBD therapy, regenerative therapies and more.

*Location: Zoom*



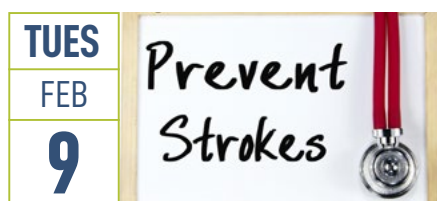
### Exercise for Thyroid Disorders

Thursday, Jan. 28 | 3 to 4 p.m.

Exercise might be the last thing on your mind if you have a thyroid condition. If fatigue or weight loss/gain are holding you back, exercise can help you manage your thyroid related symptoms. Join Sun Health Wellness Specialist Alex Stark, MS, to learn how exercise can positively impact your health and quality of life.

*Location: Zoom*

## HEART HEALTH



### Preventing Another Stroke

Tuesday, Feb. 9 | 9 to 10 a.m.

One in four stroke and heart attack survivors will experience another attack. Join Vimalkumar Veerappan, MD, FACC, FACP, RPVI, to learn about new innovations in cardiac research and how to reduce the risk of another heart attack or stroke by up to 97%.

*Location: Zoom*



### A Naturopathic View Of Heart Health

Thursday, Feb. 18 | 10 to 11 a.m.

Join Marina Mitchell, BSN, to explore the concept of naturopathic heart health care as a complement to traditional heart health care. Learn about your mind and body's innate ability to enhance the healing process as a pathway to optimal heart health and improved overall physical health, immunity, sleep and mood.

*Location: Zoom*



### Know Diabetes by Heart™

Thursday, Feb. 25 | 9:30 to 10:30 a.m.

The American Heart Association and the American Diabetes Association have launched an initiative called Know Diabetes by Heart™. This was created to bring awareness to the link between heart disease and strokes in people living with type 2 diabetes. Join Rhonda Zonoozi to better understand the link between diabetes and cardiovascular disease and how to manage and decrease your risk.

*Location: Zoom*

## MEMORY CARE



### Dementia Caregiver Support Group

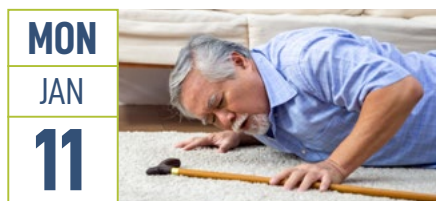
Wednesdays, Jan. 6, 20 | & Feb. 3, 17 | 3 to 4 p.m.

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

*Location: Zoom*

# CLASS CALENDAR (continued)

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



## Home Safety for Alzheimer's

**Monday, Jan. 11 | 9:30 to 10:30 a.m.**

Did you know individuals with dementia are two to three times more likely to suffer from a fall? Sun Health Memory Care Navigator Marty Finley, MEd, invites you to learn tips on making your home safer for your loved one with Alzheimer's disease or other forms of dementia.

*Location: Zoom*

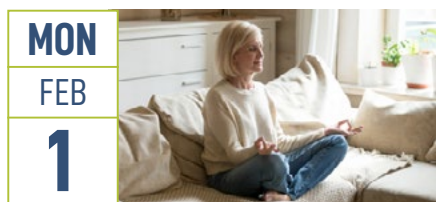


## Virtual Memory Café

**Tuesdays, Jan. 12, 26 | & Feb. 9, 23 | 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 actively participate in a cognitive engagement program. Registration is not required.

*Location: For Class Information call (623) 832-6637*



## Caregiving with Self-Care

**Monday, Feb. 1 | 9:30 to 10:30 a.m.**

Caregivers who care for loved ones with dementia may experience many feelings such as fear, anger, denial and guilt. Join Sun Health Memory Care Navigator Marty Finley, MEd, as she shares why caregivers must take care of themselves and ideas on how to make that happen.

*Location: Zoom*



## Dementia Friends Info Session

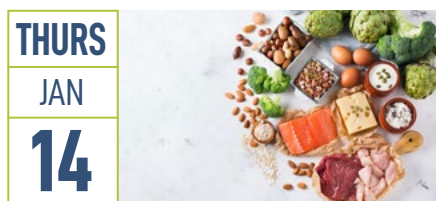
**Tuesday, Jan. 12 | 10 to 11 a.m.**

**Wednesday, Feb. 10 | 3:30 to 4:30 p.m.**

Arizona will experience the largest increase in persons developing Alzheimer's and related dementias over the next five years. People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend. Join Sun Health's Barbara Mason for this discussion and walk away with the tools to implement YOUR dementia friendly community.

*Location: Zoom*

## NUTRITION



## New Year, New You – A Resolution to Eat Healthy

**Thursday, Jan. 14 | 2 to 3 p.m.**

After the holiday season and enjoying those holiday food traditions, you may feel like a change is in order. If your New Year's resolution includes healthy eating, join Sun Health's registered dietitian Melva Zerkoune to learn small steps to a healthier you by addressing healthy choices to assist you throughout 2021.

*Location: Zoom*



## Stay Heart Healthy for Your Love

**Wednesday, Feb. 24 | 2 to 3 p.m.**

A healthy meal plan and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Join Sun Health's registered dietitian Melva Zerkoune to discuss the simple steps you can take for long-term benefits to your health and your heart. Do it for you, do it for your love!

*Location: Zoom*



The staff at the Sun Health Center for Health & Wellbeing are focused on your health and safety by conducting brief health screenings and temperature checks upon arrival, requiring facial coverings of all participants and staff, and maintaining socially distanced classes.

## PHYSICAL FITNESS



**All classes are held at Sun Health Center for Health & Wellbeing**  
14719 W. Grand Ave., Surprise

All physical fitness classes are offered as an eight-class series. Registration for each series costs \$40.

### Chair Yoga Plus \$

Wednesdays, beginning Jan. 6 | 8 to 9 a.m.

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

### Chair Yoga \$

Wednesdays, beginning Jan. 6 | 9 to 10 a.m.

Chair yoga using both seated and standing postures. Participants must be able to stand independently.

### The Core to Strength \$

Wednesdays, beginning Jan. 6 | 12:30 to 1:30 p.m.

Our core is one of the most important components to our strength, but is often the first to go. Please join Sun Health for a low-intensity class focusing on core strength, balance and flexibility exercises using a chair as support.

### Tai Chi Essentials \$

Wednesdays, beginning Jan. 6 | 11 a.m. to noon

All of the health benefits of Tai Chi Chuan in five easy-to-learn, easy-to-do movements. Developed at Harvard, this class has been adapted for seniors and works on balance, breathing and relaxation, with the goal of maintaining a healthy body.

### Strength Training \$

Fridays, beginning, Jan. 8 | 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.

### Mat Yoga \$

Mondays, beginning Feb. 22 | 8:30 to 9:30 a.m.

Floor-based yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

### Chair Yoga Plus \$

Mondays, beginning Feb. 22 | 9:45 to 10:45 a.m.

Chair yoga using both seated and standing postures. Participants must be able to stand independently.

### Tai Chi Essentials \$

Mondays, beginning Feb. 22 | 11 a.m. to noon

All of the health benefits of Tai Chi Chuan in five easy-to-learn, easy-to-do movements. Developed at Harvard, this class has been adapted for seniors and works on balance, breathing and relaxation, with the goal of maintaining a healthy body.

### Strength Training \$

Mondays, beginning Feb. 22 | 12:30 to 1:30 p.m.

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



## SAFETY



### Consumer Scams/Identity Theft

Thursday, Jan. 7 | 10 to 11 a.m.

Betty Delano, senior outreach coordinator with the Arizona Attorney Generals Office, addresses the most recent scams and what “red flags” to watch out for. Attendees will also learn how scammers operate as well as what they can do to prevent becoming a victim of identity theft and what to do if their identity is stolen. Participants will receive a copy of the Attorney General’s “Consumer Scams” publication.

*Location: Zoom*

## Sun Health Wellness Programs Put You In Control



### DIABETES PREVENTION PROGRAM

## Prediabetes Diagnosis? Take Back Control of Your Health

Take your first step by contacting Sun Health's Diabetes Prevention Program. As the only program in Arizona recognized by Medicare, we have been granted special privileges to provide in-person and online education. We are also one of a few organizations fully recognized by the Centers for Disease Control (CDC) for our successful record. Our program is convenient, easy to access and consistently provides results.

A one-year commitment for a lifetime of wellness – at low or no cost.  
Program highlights:

- Improved health and nutrition through lifestyle changes
- Managed by a registered dietitian and certified lifestyle coach
- Weekly check-ins to ensure your progress
- Tips and tools to help you maintain a healthy weight
- Scale provided at start of program

"Within the first six months of the DPP program, I was able to lose 20 pounds and have kept it off!"

- JoAnn M., Sun Health Diabetes Prevention Program participant

### 360 WELLNESS PROGRAM

## 360 Brings Your Health Full Circle

If your physician suggests losing weight to help address conditions such as metabolic syndrome and heart disease then 360 could be right for you. All these benefits at a low-cost:

- Unlimited access to health coaches
- Weekly check-ins to ensure your progress
- Wide range of interactive resources
- 24/7 access via smartphone app or desktop

