

Join our special event – Resiliency: The Mind-Body Connection – on April 7. Details inside.

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WELLNESS

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APRIL 2020



The Healing
Power of Music

Plus: Paint.
Write. Tap dance.
Sing. Live longer.



MELODIES CAN SOOTHE, EASE PAIN

The Healing Power of Music

By Renee Moe

Music has long been thought to soothe the soul. Like Beethoven, Music Therapist Ione Murray says music can change the world. She's seen firsthand how music can benefit residents at La Loma Village, a Sun Health Life Plan community in Litchfield Park.

Music therapy can help older adults improve and enhance memory recall; reduce stress, anxiety and pain; improve emotional connections and increase social interaction.

It can be used to treat a long list of conditions from easing depression and chronic pain to lessening the effects of dementia or Alzheimer's.

What Is Music Therapy and How Does it Work?

Board-certified music therapists like Ione, are accomplished musicians who know how music can evoke emotional responses to relax or stimulate healing. "Music therapy involves the evidenced-based use of music to achieve nonmusical goals," Ione says. "We use music to help people improve their quality of life."

Research studies have proven music is therapeutic. "When we listen to music we release endorphins, the 'feel-good hormones,'" she says. "Music therapy can boost mood and happiness and reduce pain, confusion and agitation, especially for those in cognitive decline."

Listening to music also can improve other therapies. Former Arizona Congresswoman Gabby Giffords is an example. Music therapy helped her regain her speech after she survived a bullet wound to her brain.

"When we listen to music and hear familiar songs, literally every part of the brain gets activated," Ione says. "Sometimes one part of the brain is able to assist another that has become damaged."

Most everyone can benefit from music therapy, with rare exceptions. "Some people with dementia have sensitivity to sound," Ione says. "But I've only experienced that once in seven years."

Making a Difference Through Music

Ione uses singing, moving to, listening and playing music to influence memory recall, focused attention and socialization.

Leading a singalong and having a related discussion afterward can assist memory recall. Playing instruments can improve focused attention. Ione also uses music bingo; she plays a melody and participants raise their hand or call out the song and place a chip on a specialized Bingo card. "Remembering lyrics, words and the names of songs helps with both attention and memory recall," she says.

Ione uses a variety of instruments, including bongos, tambourines, bells and egg shakers. "I find that the more novel or unique the instrument, the more people find it interesting." Sometimes she uses a Qchord, a digital instrument played by pressing buttons and strumming on a sensory strip to play chords like a keyboard.

She also uses recorded music. Older adults tend to remember and prefer music from their childhood

or young adulthood. Big band music is popular, as are religious and folk songs, holiday music and patriotic songs.

"After playing music, folks are often more oriented to time and place," she says.

Music can assist parts of the brain to support those that might not be communicating anymore.

"I was working with a woman whose health had deteriorated, and she wasn't very alert or responsive anymore," she says. "I found that after singing with this person for 10 minutes she brightened up and started singing with me. After we sang more songs, she actually started having a conversation with me. It was affirmation that what I do makes a difference."

The power of music therapy can benefit anyone's journey to successful aging. "Music is so pervasive in people's lives," Ione says. "It's the great communicator."

LEARN MORE: Join Ione and Dr. Ann Sebren at Resiliency: The Mind-Body Connection on Tuesday, April 7. See our Brain Health Classes to learn more.



The Sun Health Story

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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.

CREATIVE AGING & THE ARTS

Paint. Write. Tap dance. Sing. Live longer.

By Christia Gibbons and Ken Reinstein

Mastering new skills as you grow older, experts say, can stave off loneliness and depression, boost morale, improve dexterity and lead to a happier life. A life of resilience.

“Creative Aging” is the practice of engaging seniors in creative expression through visual, literary and performing arts workshops. Creative aging is not just about encouraging new talents, but it is also about improving health and wellness. Studies show that taking classes taught by professionally trained artists can transform the lives of older adults. By embracing and engaging in creative activities – learning to play an instrument, creating a production, sculpting or whatever captivates you – you are exercising your mind in new ways. In addition, participants involved in weekly art programs experienced fewer doctor visits and took less medication than those without creative outlets.

Research by Gene D. Cohen, M.D., Ph.D., an American psychiatrist and the first head of the Center on Aging at the National Institute of Mental Health, showed that participating in creative arts activities increases social connectivity and has positive psychological, physical and emotional health benefits for older adults.

Dianne Baker, program manager for the West Valley Arts Council’s Creative Expressions: Aging Well program points out, “Participants improve their emotional health and feel better about themselves. Those who are single and live alone frequently find new friends.”

Peishan Yang, a professor at National Taiwan University, reported in 2016 that more than 60,000 older adults since 2005 had participated in a series of performance and art-making programs in her country. Participants experienced reduced rates of loneliness and depression, increased morale and improved hand dexterity.



Trying a variety of art forms can provide additional benefits since different creative art forms can have a different effect on wellbeing. For example, research has shown that older adults who make jewelry, quilt, sew, weave and knit score well in word recall. Older adults who dance are usually those who are positive and confident about their health. Those who did well in numerical tests are often those who make metal works, leather works and woodworks.

Future creative aging programs are being developed and will be promoted through *LiveWell* magazine and SunHealthWellness.org. To stay up to date on these and other programs that are offered, subscribe to our monthly calendars at SunHealthWellness.org/LiveWell-Magazine.

Sun Health Wellness services are provided for little-to-no cost, thanks to generous support from Sun Health Foundation and its donors.

Registration Opens March 10

BRAIN HEALTH

SPECIAL EVENT

Resiliency: The Mind-Body Connection

Tuesday, Apr. 7; 9 a.m. to noon

Learn how to bounce back and find daily joy with keynote speakers Ione Murray, Sun Health music therapist and ASU's Ann Sebren, PhD. To further explore resiliency, take part in interactive demonstrations on mindfulness and music therapy. And, meet representatives from various community resources who can answer questions before and after the presentations.

Location: The Colonnade

Alcohol and the Aging Brain

Tuesday, Apr. 21; 10 to 11 a.m.

Drinking too much may increase the risk of dementia. Sun Health Memory Care Navigator Marty Finley, MEd, shares how alcohol impacts the aging brain and what changes you need to consider to reduce your risks.

Location: The Colonnade

Sun Health's Memory Care Navigator program is provided at no cost to the community. Visit SunHealthWellness.org/MemoryCare for info.

DIABETES

Diabetes Self-Management Education

This six-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) 471-9355 to register and inquire about insurance coverage. The fee is covered by most insurance plans and requires a physician referral. Register at least one week prior to the start of the series.**

Tuesdays, starting Apr. 14; 9:30 to 11:30 a.m.

Location: The Colonnade

Tuesdays, starting Apr. 14; 1:30 to 3:30 p.m.

Location: Banner Boswell/Chapman Conf. Room

Putting a Wrap on Diabetes

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

Management of diabetes and its complications can be challenging. Almost all complications from diabetes can be avoided with proper care and early diagnosis. Puneet Tuli, MD, will discuss how early recognition and management of various diabetic complications can help to avoid limb loss and help individuals lead a normal life.

Location: The Colonnade

Annual Diabetes Self-Management Education

Friday, Apr. 24; 1 to 3 p.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Sun Health's certified diabetes educators will discuss the health benefits of the Mediterranean diet and how to adopt this eating style. **Please call (623) 471-9355 to register. Fee covered by most insurance plans.**

Location: Sun Health Center for Health & Wellbeing

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 Register Online

Beginning March 10, 2020


SunHealthWellness.org

 Register By Phone

Beginning at 8:30 a.m. March 10, 2020

(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

DIABETES (continued)

National Diabetes Prevention Program \$ **Wednesdays, starting Apr. 29; 10 to 11 a.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: El Mirage Senior Center

Diabetes Connection Support Group **Monday, Apr. 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

HEALTH & WELLBEING

Why Do My Feet Tingle? **Tuesday, Apr. 14; 9:30 to 11 a.m.**

Are you worried about neuropathy? Join Peyman A. Elison, DPM, to learn more about how our nerves work and the best treatment options for those with neuropathy.

Location: Freedom Plaza/Ballroom

Jump Back into Life with Less Joint Pain **Friday, Apr. 17; 1:30 to 3 p.m.**

Are you or a loved one living with joint pain? Let us help you get back to doing what you love to do – such as golfing, playing pickleball, hiking or going for a stroll. Dr. Christina Khoury, orthopedic surgeon, and Dr. Shyam Shridharani, spine surgeon, will discuss causes and options for relief.

Location: Abrazo West Campus

The Silent Thieves Of Vision **Tuesday, Apr. 21; 1 to 2:30 p.m.**

Common vision conditions can silently cause blindness and rob you of your independence. Join Arizona Eye Institute Assistant Director Manuel Zambrano, OD, to learn how to be proactive about your vision health.

Location: Grace Bible Church

"DIY" Senior Care Prep **Monday, Apr. 27; 1:30 to 3 p.m.**

When it comes to senior care issues, organizing today equals a plan for tomorrow. Join Claudia Rumwell, RN, to learn how you can "Do it Yourself" to prepare, organize and set up a plan for successful aging and/or caregiving. Imagine being prepared so the future won't dictate your life.

Location: La Loma Village Health and Rehab

Retiring Stress for the Aging **Wednesday, Apr. 29; 1:30 to 3 p.m.**

For many, retirement has been a refreshing and welcome change from a hectic and stressful work environment. But for many others, retirement and the aging process has introduced new stressors that threaten to undermine the enjoyment of aging well. Rev. Alrick Headly will share how to overcome these stressors.

Location: Grandview Terrace/Grand Room

MEMORY CARE

Dementia Caregiver Support Group **Wednesdays, Apr. 1 & 15; 3 to 4 p.m.**

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

Location: Grandview Terrace Health and Rehab

Memory Café **Tuesdays, Apr. 14 & 28; 9:30 to 11:30 a.m.**

Memory Cafés are 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. The free sessions are scheduled on the second and fourth Tuesday of every month. **Registration is not required.**

Location: Salvation Army



To register, call (623) 207-1703
or visit SunHealthWellness.org



PHYSICAL FITNESS

Physical fitness classes are held at the Sun Health Center for Health & Wellbeing. Unless otherwise noted, physical fitness classes are offered in either an eight- or nine-class series.

Registration for each series costs \$40 (eight classes) or \$45 (nine classes).

Mat Yoga Eight-Class Series \$

Mondays, starting Apr. 20; 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 Eight-Class Series \$

Mondays, starting Apr. 20; 9:45 to 10:45 a.m.

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

Tai Chi Eight-Class Series \$

Mondays, starting Apr. 20; 11 a.m. to noon

Beginning Tai Chi modified for seniors.

Strength Training Eight-Class Series \$

Mondays, starting Apr. 20; 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.

Strength Training Eight-Class Series \$

Fridays, starting Apr. 24; 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.

Chair Yoga Nine-Class Series \$

Wednesdays, starting Apr. 29; 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 Plus Nine-Class Series \$

Wednesdays, starting Apr. 29; 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 Nine-Class Series \$

Wednesdays, starting Apr. 29; 11 a.m. to noon

Beginning Tai Chi modified for seniors.

Fit and Balanced Nine-Class Series \$

Wednesdays, starting Apr. 29; 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.

Special One-Session Trial Class

Let's Try Exercise: Breathe and Bend

Thursday, Apr. 23; 10 to 11 a.m.

Let's Try Exercise is designed to help individuals try different forms of physical activity. Join Carin Seebold, E-YRT, for a yoga-based exercise class that is done mostly seated with some standing. This class focuses on improving breathing, balance and flexibility.

Note: This is an exercise class so please wear comfortable clothing for movement.

Location Key

ABRAZO WEST CAMPUS

13677 W. McDowell Rd., Goodyear

BANNER BOSWELL/CHAPMAN CONF. ROOM

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

EL MIRAGE SENIOR CENTER

14010 N. El Mirage Rd., El Mirage

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria

GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City

GRANDVIEW TERRACE HEALTH AND REHAB

14505 W. Granite Valley Dr., Sun City West

GRANDVIEW TERRACE/GRAND ROOM

14515 W. Granite Valley Dr., Sun City

LA LOMA VILLAGE HEALTH AND REHAB

14260 S. Denny Blvd., Litchfield Park

SALVATION ARMY

17420 Ave of the Arts, Surprise

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

19116 N. Colonnade Way, Surprise





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**Wednesday,
 Apr. 1, 10 a.m.**

Corte Bella
 22143 N. Mission Dr.
 Sun City West, AZ

**Tuesday,
 Apr. 7, 3 p.m.**

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

**Wednesday,
 Apr. 15, 3 p.m.**

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

**Thursday,
 Apr. 23, 10 a.m.**

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

**Wednesday,
 Apr. 29, 11:30 a.m.**

La Bona Pasta
 13321 W. Indian School Rd.
 Litchfield Park, AZ



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