



# LiveWell

JULY/AUGUST 2020



*Why it's okay*  
**TO FEEL ANXIOUS p2**

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## FEELING OUT OF SORTS?

# We've Got Good News – It's All Right to Feel Anxious

By Rainey Daye Holloway

When people say “Are you feeling anxious with what’s going on?” you might feel a twinge in your stomach or your shoulders start to tense up. You know what? That’s okay.

Actually, it’s normal.

Alexis Baron, LCSW, the clinical director for Copper Springs, a West Valley behavioral health hospital, says anything that changes our routine, no matter how big or small, triggers anxiety. It is how our bodies cope as our brain signals that something is different.

“I imagine the new normal for people is going to be strange. We are continuing to transition. Anxiety is a normal reaction of the body when telling us

something is different, something is not quite right,” Alexis says. “A slight change in routine can trigger these feelings.”

Those changes can make the happiest of us become a little grumpy as we try to cope. As Alexis points out, “even how we grocery shop is different from months ago. There was not anxiety over whether the store would have toilet paper or the other normal things we were used to.” But she adds, learning to focus on what we can control is the key to turning the proverbial frown upside down.

### **Focus On You and What You Can Control**

For nearly 10 years Alexis has counseled people of all ages, and although everyone is different her advice is fundamentally the same.



“Moving forward folks may be frustrated that they still want to wear a mask to protect themselves, but others do not feel the need. Inside their head they may be thinking, ‘I’m wearing a mask, does that mean I am being paranoid?’” Alexis says. “I want to remind folks that everyone needs to do what is best for them and their family. Focus on yourself and not everyone else.”

### Live in The Moment

Not looking forward or backward is this mental health expert’s advice. Alexis shares that “depression focuses on issues in the past, anxiety is the ‘what if this, what if that?’ Anxiety has a person second-guessing the future. Focusing on the now and living in the moment does wonders.”

And, establishing a new routine of what you like to do helps, too. Alexis and her team of counselors advise people to do simple things like establishing a routine you can control such as exercising daily, going outside for a little sun, taking scheduled walks or talking to a friend.

“Think about what you like to do,” she says. “For me it has been doing puzzles. For others it could be coloring, reading or knitting. Hobbies are a great way to keep us in the moment.”

As far as staying up to date with the news of the day, Alexis recommends limiting your daily dose. “Don’t overdo it with the news or any one thing

like binge watching shows. I am a news junkie myself, but there is such a thing as feeling bombarded by news that can leave you anxious.”

### Forgive Your Feelings

Alexis advises all of us to forgive our feelings.



Alexis Baron

“It’s normal not be okay with what is happening in the world. The world can be a scary place and it’s okay to admit that,” Alexis says. “Admit to a friend about how you are feeling. Reach out to family and friends. It’s likely going to help you to learn that you are not alone.”

*“Focusing on the now and living in the moment does wonders”*

Consider joining “A Guide To Meditation For Anxiety” on Monday, Aug. 17. For more information and to register, go to page 12.

## LiveWell

JULY/AUGUST 2020, ISSUE 59  
SunHealthWellness.org

### SUN HEALTH

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Page 8 photo submitted by:  
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## 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.

# Coping with Anxiety

By Rainey Daye Holloway



Anxiety is a normal reaction bodies have to change. Most people can use simple coping skills to lessen the impact anxiety has on their day-to-day life. It also is important to know when to seek help.

## Coping Skills:

- Take a timeout. Practice yoga, listen to music, meditate, get a massage or learn relaxation techniques. Stepping back from the problem helps clear your mind.
- Eat well-balanced meals. Don't skip meals. Keep healthful, energy-boosting snacks available.
- Get enough sleep. When stressed, your body needs more sleep and rest.
- Do your best. Instead of aiming for unattainable perfection, be proud of your accomplishments.
- Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think?
- Welcome humor. A good laugh goes a long way.

## When to Seek Help:

- You've lost focus on being able to work or have lost interest in your normal activities.
- You're not sleeping well.
- You've become irritable and are experiencing personality changes.

- You feel depressed, have trouble with alcohol or drug use, or have other mental health concerns.
- You have suicidal thoughts or behaviors — if this is the case, seek emergency treatment immediately.

It is not necessary to have all of the symptoms above when evaluating whether or not to seek help from your primary care physician.

You can also identify support groups through organizations such as the National Alliance on Mental Illness at 1-800-950-6264 or [info@NAMI.org](mailto:info@NAMI.org)

Sun Health Wellness offers online “Mind-Body Programs,” powered by Healthy Mindsets™, which provide self-guided tools, educational videos and treatment modules designed to help you manage emotional stress such as anxiety, sleep disturbance and other concerns. Please visit [SunHealthWellness.org/online-mind-body-programs](https://SunHealthWellness.org/online-mind-body-programs) and follow the login prompts on the screen for “New User” to learn more.

*The information on coping skills and when to seek help provided by the Anxiety and Depression Association of America (ADAA) and the Mayo Clinic.*



## H<sub>2</sub>O TO YOUR HEALTH

# 8 to 12 Glasses of Water a Day Helps Keep the Doctor Away

By Rainey Daye Holloway

The next time you wonder if drinking enough water is important, the simple answer is: “Yes!”

“Hydration is vital to our survival. It regulates our temperature, lubricates joints, prevents infection, delivers nutrients to our cells and keeps our organs functioning,” says Karlene Rood, RN, and wellness coordinator for Sun Health At Home. “On average, most people should drink four to six cups of water per day, eight to 10 glasses per day when it is hot.”

However, during our soaring summer temperatures, you need more water if you’re planning to be outside. Karlene recommends drinking one cup of water, which equals eight ounces, every 15 to 20 minutes when outside, or up to 32 ounces an hour.

Do not go overboard, however. Drinking more than 48 ounces in an hour can cause a person to develop hyponatremia, which means your body is low on much-needed sodium. Those with compromised kidneys may need to follow a restricted fluid intake and should always follow their physician’s guidance.

Karlene also recommends drinking liquids with electrolytes, like Gatorade, to keep your body balanced.

### Heat Stroke vs. Heat Exhaustion

Surprise Fire Chief Julie Moore cautions that people need to know the basics on how to cool down if heat exhaustion occurs.

“If a person is dehydrated, usually they have a feeling of faint and exhaustion. The person is pale, cool, clammy,” Chief Moore says.

“They tend to have a weak pulse and muscle cramps. Usually a cool glass of water, sitting near AC or ice packs can help the person feel better.”

But it’s a different story with heat exhaustion.

“If you have a throbbing headache, you are no longer sweating, you feel your body temperature is hot, your pulse is rapid or you want to vomit, those are signs of heat stroke and you need to call 911,” says Chief Moore.

### Food for Thought

Although water is always recommended for hydration, *Medical News Today* shares this list of the top hydrating foods:

- Cucumbers
- Celery
- Tomatoes
- Zucchini
- Spinach
- Strawberries
- Broccoli
- Lettuces, including iceberg, romaine and kale
- Peaches
- Carrots
- Oranges
- Pineapple
- Apples
- Melons, including watermelon, cantaloupe and honeydew



# Managing Diabetes is a Marathon, Not a Sprint

By Rainey Daye Holloway

“I got this!” exclaimed Linda K., of Sun City West, to her doctor when he shared concerns that her A1c levels (a common blood test used to diagnose type 1 and 2 diabetes and to monitor how well someone is managing diabetes) were going up instead of down.

“My physician was concerned that I was not being consistent with maintaining a lower number, so rather than changing my medication, I told him ‘I got this,’” Linda says. “I was determined to find a way to improve my health.”

She did so one day when going through her mail when she received the *LiveWell* Magazine and learned about the Diabetes Self-Management Education series (DSME) offered by Sun Health Wellness, which she attended earlier this year.

## It's All in The Family

Linda is familiar with diabetes, which often does not show any symptoms until it is diagnosed.

“My father had diabetes and was not diagnosed for years and ended up passing away at 61. My sister and niece are diabetic and on insulin, so yes, it definitely runs in the family,” Linda says. “I have two sons who are not diabetic at this time, and I caution them to stay on track with activities and weight.”

## Why Linda Recommends Sun Health's DSME Program

Linda says she found the topics covered in DSME — monitoring, nutrition, exercise, medication and coping skills — were most helpful as she made significant changes to her lifestyle, including eating and drinking when socializing with friends.

“Damian Plues, Sun Health's registered dietitian and certified diabetes educator who lead the series, was professional and knowledgeable and had an easy manner in conveying the material,” Linda says. “He gave lots of time for answers to questions. I particularly appreciated the one-on-one consultation I received to review my goals and make suggestions.”

Damian says he may provide the information, but “our clients are doing the work. When they come

back and I see the changes they have made, it makes me feel great.”

Linda says the lessons in the six-week educational series are like training for a marathon not a sprint. As she continues making lifestyle changes to improve her A1c levels, she says the extra support and help available from Sun Health Wellness as needed have been key to her success.



Linda K.

“I continue to try and stay on my walking program, although challenging lately with moving back to Washington state,” she says about where she spends her summers. “I have yet to be consistent with other forms of exercise, but was pleased with the section of the program where we covered how little effort it takes to receive benefit from physical activity.”

It's paying off. Her blood sugar numbers have improved and she lost 18 pounds by following the program. She says her doctor was very pleased at her declining A1c level at a recent appointment.

Sun Health encourages anyone with a history of diabetes to reach out now versus waiting. As Damian explains, there is no time like the present.

“If you feel like you need some help, do not hesitate,” says Linda, who looks forward to joining the DSME Support Groups when she returns this fall. “Do it now, It's important you see somebody. And, my advice to others would be to ‘celebrate the small changes, take it slow and keep at it.’”

See page 11 for upcoming diabetes classes.

Stay healthy and build immunity during these challenging times.

EDUCATION

NUTRITIONAL GUIDANCE

PERSONALIZED PLAN

TELEHEALTH APPTS.



Upcoming Diabetes Self-Management Training Sessions:

Center for Health & Wellbeing  
Community Room, Surprise  
7/9, 7/16, 7/23, 7/30 & 8/6  
from 2 - 4 p.m.

Center for Health & Wellbeing  
Community Room, Surprise  
8/4, 8/11, 8/18, 8/25 & 9/1  
from 9:30 - 11:30 a.m.

Banner Boswell Support  
Services, Sun City  
8/4, 8/11, 8/18, 8/25 & 9/1  
from 2 - 4 p.m.

## Take control and manage your diabetes. We can help.

Whether you are newly diagnosed or currently trying to manage diabetes, you are not alone.

Call our team today – we have a Certified Diabetes Educator and Registered Dietitian who will help you decrease your A1c, control blood pressure, lower your cholesterol and help improve your quality of life.

The fee is covered by Medicare and most insurance plans.

**And once the class series is over, it does not mean we're done helping you.**

Completion of the series entitles you to 1:1 follow-up visits with your educator.

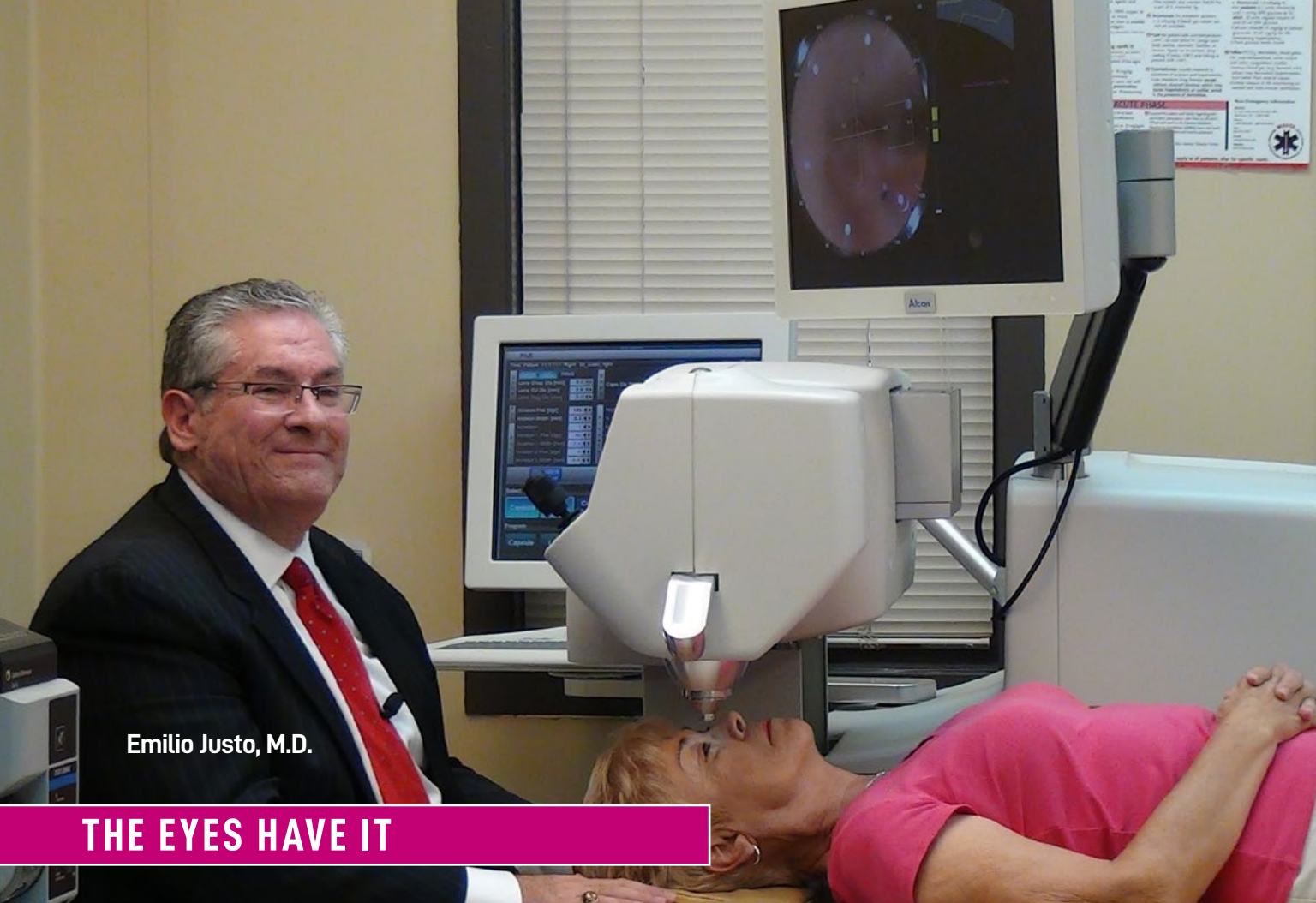
For more information please contact the Center for Health & Wellbeing at **(623) 471-9355**.



**Sun Health**<sup>™</sup>  
WELLNESS

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

At Sun Health Wellness, we're proud to offer educational resources and provide nutritional guidance to help you better manage your health.



Emilio Justo, M.D.

## THE EYES HAVE IT

# Keeping Your Eyes Healthy as You Age

By Renee Moe

Henry David Thoreau said it's not what you look at that matters, it's what you see. Maintaining your eye health and sight is vital to living an active, independent lifestyle as you age.

"Aging and genetics can affect your eye health," says ophthalmologist Emilio Justo, M.D., founder and medical director of the Arizona Eye Institute & Cosmetic Laser Center. He says common age-related eye conditions include:

- **Cataracts**, which cause the lenses of the eyes to become cloudy instead of clear. "Cataract surgery to remove the clouded lens and add a lens implant is recommended if your lifestyle is affected," he says. "Technology to treat cataracts is changing dramatically with advances in laser surgery and special implants. In fact, we just began implanting the first-ever trifocal lens to improve vision near, intermediate and distant."

- **Macular Degeneration**, which results in blurred or no vision in the center of your eyesight due to thinning of the macula, the part of the retina responsible for clear vision.
- **Glaucoma**, which damages the optic nerve due to fluid buildup that increases pressure in the eye. "Glaucoma is the No. 1 silent, blinding condition because individuals often don't experience symptoms until it's too late," says Dr. Justo. "It's not reversible, but can be managed with eye drops, laser treatment or surgery."

Diabetes also can cause eye issues, including diabetic retinopathy. "Diabetes causes fragility of capillaries in the retina that leak and cause swelling, leading to blurred vision," he says. "It can be mild or severe enough to cause blindness. How long you've had diabetes and how well you control blood sugar play a factor."



Other common age-related eye changes include:

- **Drooping Eyelid**, which is caused by excess skin around the eye due to aging and genetics. Eyelid surgery, or blepharoplasty, removes excess skin causing drooping, often covered by insurance. True eyelid droop involves the eyelid lowering due to muscle weakness and causes a loss of peripheral vision. Different types of muscle-tightening procedures can lift the eyelid.
- **Dry Eye**, which occurs when tears aren't able to provide adequate lubrication for your eyes. Dry eyes are mostly due to aging, but people with autoimmune medical conditions like rheumatoid arthritis and lupus can also have it. Treatments can include artificial tears, gels at bedtime and prescription eye drops.

### Protecting Your Vision

To maintain eye health, Dr. Justo advises getting regular dilated eye exams. "Individuals over age 60 should get an annual dilated eye exam," he says. "People with diabetes should also have their eyes checked once a year. A normal, healthy person between ages 50 and 60 with no pre-existing eye conditions or family history can get an eye exam every other year."

Both ophthalmologists and optometrists can help you maintain eye health, but it's important to know the difference.

Ophthalmologists are medical or osteopathic doctors who specialize in eye and vision care including diagnosing and managing eye diseases and performing eye surgery. Their training includes four years of college, four years of medical school and at least four years specializing in ophthalmology.

Optometrists are health care professionals who provide sight testing and correction including diagnosis, treatment and management of vision changes. Their training includes four years of college, plus three years of optometry school.

Making positive lifestyle changes can delay or prevent certain eye problems. "Many healthy behaviors that reduce risk for other diseases can also protect your eyesight," says Dr. Justo. "If you smoke, stop; it's a risk factor for macular degeneration, cataracts and

eye circulation. Limit alcohol, eat a healthy diet and control diabetes and high blood pressure." He also recommends protecting your eyes from ultraviolet (UV) rays. "Cumulative UV exposure can lead to cataracts and macular degeneration," says Dr. Justo. "When outside wear a hat or wear sunglasses that block UVA and UVB light exposure."

While you can't prevent all age-related changes to your eyes, being proactive can reduce your risk.

*"Individuals over age 60 should get an annual dilated eye exam. People with diabetes should also have their eyes checked once a year. A normal, healthy person between ages 50 and 60 with no pre-existing eye conditions or family history can get an eye exam every other year."*

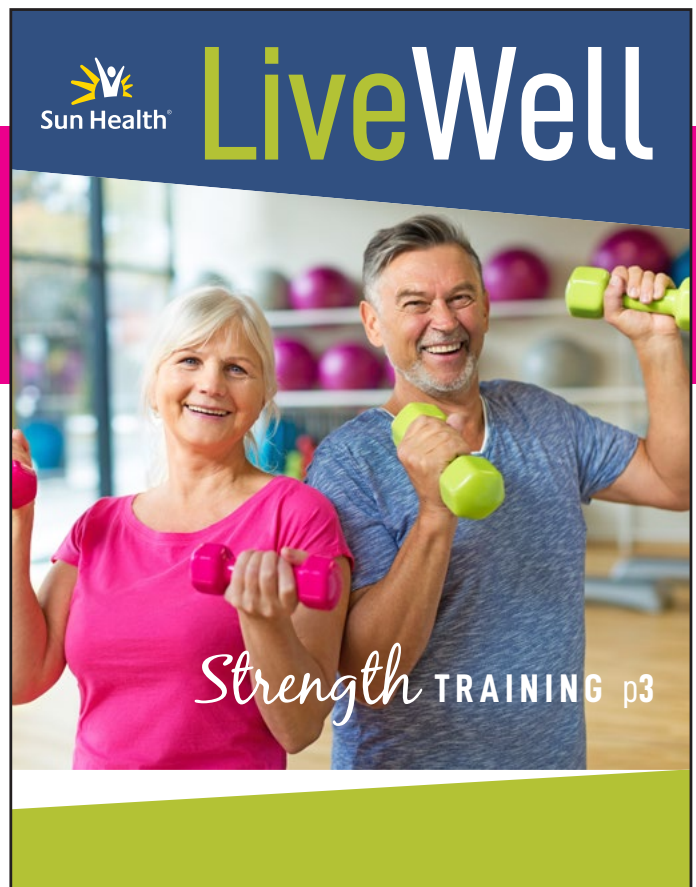


For more information, attend "The Silent Thieves of Vision" presentation with Arizona Eye Institute's Manuel Zambrano, OD, on Tuesday, July 21 at 1 p.m. For more information and to register, please see page 12.

# Your new and improved *LiveWell* magazine

This issue debuts some great changes to our publication, which will now be published every other month:

- An expanded 16-page magazine with more information you can use to stay healthy.
- Two months of Healthy Living classes to choose from, and more time to plan ahead.
- An opportunity to receive *LiveWell* magazine digitally or mailed directly to your home.



*LiveWell* magazine will no longer be distributed via the newspaper. Receive a complimentary one-year digital subscription to *LiveWell* – go to [SunHealthWellness.org/Livewell-magazine](http://SunHealthWellness.org/Livewell-magazine) and fill out the registration form. You may also request a copy mailed to your home. Sun Health will never share your information with any outside organization.

If you choose to receive *LiveWell* magazine as a digital subscription, you will receive exclusive content, including digital subscriber-only classes and information not found in the printed edition

The new and improved *LiveWell* magazine is another way we are fulfilling our vision to help our community members live longer, healthier, more purposeful lives.

For more information please contact the Sun Health Center for Health & Wellbeing at **(623) 471-9355**.



Empowering people  
to enjoy living longer.

  
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WELLNESS

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

## DIABETES

Registration Opens June 16, 2020



**SERIES**  
JUL-SEPT  
**MULTI DATES**

### 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 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.**

**Thursdays, July 9, 16, 23, 30 & Aug. 6 | 2 to 4 p.m.**

Location: Sun Health Center for Health & Wellbeing

**Tuesdays, Aug. 4, 11, 18, 25 & Sept. 1 | 9:30 to 11:30 a.m.**

Location: Banner Boswell/Chapman Conf. Room

**Tuesdays, Aug. 4, 11, 18, 25 & Sept. 1 | 2 to 4 p.m.**

Location: Sun Health Center for Health & Wellbeing



**MON**  
JULY  
**20**

### Challenges with Nutrition and Diabetes

**Monday, Jul. 20 | 1:30 to 3 p.m.**

Eating to control your blood sugar can be challenging. Please join Sun Health Registered Dietitian Damian Plues to discuss strategies for planning ahead and meal adjustments to make all foods fit.

Location: Freedom Plaza/Ballroom



**MON**  
JULY  
**27**

### Are You At Risk For Type 2 Diabetes?

**Monday, Jul. 27 | 1 to 2:30 p.m.**

If you are 45 or older, are overweight, have a family history of type 2 diabetes, or had diabetes while you were pregnant, you may be at risk for prediabetes and type 2 diabetes. Join Teri Elkins, MPH, CHES, and learn how making modest lifestyle changes now – like eating healthier, being more physically active, and getting quality sleep – can help you avoid the bigger changes that come with managing type 2 diabetes.

Location: Faith Presbyterian Church



**THURS**  
AUG  
**20**

### National Diabetes Prevention Program

**Thursday, Aug. 20 | 9 to 10 a.m.**

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach, Teri Elkins, MPH, CHES. 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

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

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.

 **Register Online**

Beginning June 16, 2020

**SunHealthWellness.org**

 **Register By Phone**

Beginning at 8:30 a.m. June 16, 2020

**(623) 207-1703**

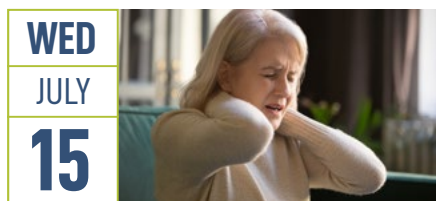
except where noted



# CLASS CALENDAR (continued)

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

## HEALTH & WELLBEING



### Fibromyalgia, Exercise, and Wellness

Wednesday, Jul. 15 | 9:30 to 11 a.m.

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain often accompanied by fatigue, sleep, lack of concentration. Please join Wellness Specialist Alex Stark, MS, to learn more about this complex condition.

Location: Lord of Life Lutheran Church



### Identifying When Pain Meds Become Too Much

Thursday, Jul. 16 | 9:30 to 11 a.m.

Barbara Mason, CADC, will discuss the growing dependence on opioids among seniors and their impact on the effectiveness and interactions of other prescribed medications.

Location: PORA Learning Center

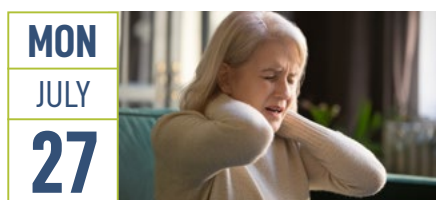


### The Silent Thieves Of Vision

Tuesday, Jul. 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

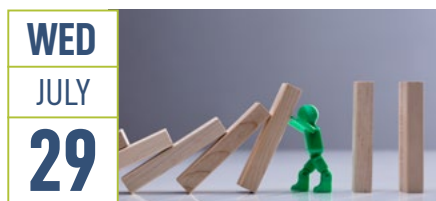


### Fibromyalgia, Exercise & Wellness

Monday, Jul. 27 | 1:30 to 3 p.m.

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain often accompanied by fatigue, sleep and lack of concentration. Please join Wellness Specialist Alex Stark, MS, to learn more about this complex condition.

Location: La Loma Village Health and Rehab

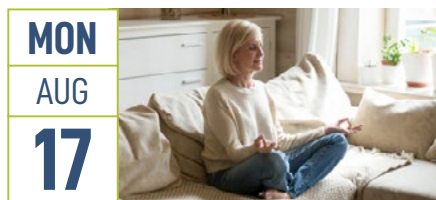


### Self-Esteem Give Yourself A Boost

Wednesday, Jul. 29 | 1:30 to 3 p.m.

Self-esteem is always important. Yet, as we age, we can lose confidence and self-esteem when facing health and loss. Join Barbara Mason, CADC, to learn how to maintain dignity and increase vitality, which can lead to an attitude of positivity, usefulness and involvement during life changes.

Location: Grandview Terrace/Ballroom

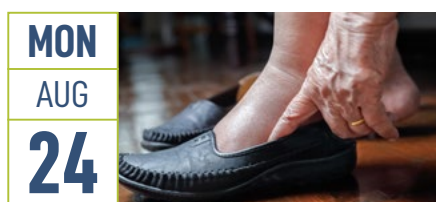


### A Guide To Meditation For Anxiety

Monday, Aug. 17 | 1:30 to 3 p.m.

New to meditation? Barbara Mason, CADC, will share basic practices and guide you through meditation techniques for relaxation and peace.

Location: Freedom Plaza/Ballroom



### Edema – Symptoms, Causes and Treatments

Monday, Aug. 24 | 1 to 2:30 p.m.

Many medical conditions can cause swelling in the extremities, particularly the legs. Deb Lister, occupational therapist and certified lymphedema therapist, will discuss why the swelling may occur, prevention tips and management techniques to control this condition.

Location: Faith Presbyterian Church

WED	
AUG	
26	

### Retiring Stress for the Aging

Wednesday, Aug. 26 | 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 others, retirement and the aging process has introduced new stressors that threaten to undermine the enjoyment of aging well. Sun Health's Rev. Alrick Headly will share how to overcome these stressors.

Location: Grandview Terrace/Ballroom

THURS	
AUG	
27	

### Mindful Movement

Thursday, Aug. 27 | 9:30 to 11 a.m.

Please Join Sun Health Wellness Specialist Alex Stark, MS, for an engaging class practicing mindfulness through movement. **Participants must be able to stand and walk independently.**

Location: Grandview Terrace/Ballroom

FRI	
AUG	
28	

### Cold Laser Therapy

Friday, Aug. 28 | 9:30 to 11 a.m.

Today more than 20 million people in the United States are affected by peripheral neuropathy. Join Mary Bucur and Mary Burch, from Greenway Cotton Chiropractic, as they provide an informational presentation about the use of cold laser therapy a non-toxic, non-invasive approach for neuropathy pain, decreasing inflammation and improving balance.

Location: The Colonnade

## MEMORY CARE

WEDS	
JUL/AUG	
MULTI DATES	

### Dementia Caregiver Support Group

Wednesdays: Jul. 1 & 15 | Aug. 5 & 19 | 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

TUES	
JUL/AUG	
MULTI DATES	

### Memory Café

Tuesdays: Jul. 14 & 28 | Aug. 11 & 25 | 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: Salvation Army

TUES	
JULY	
21	

### Dementia Friends Training

Tuesday, Jul. 21 | 10 to 11 a.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 and walk away with the tools to implement YOUR dementia friendly community.

Location: The Colonnade

# CLASS CALENDAR (continued)

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



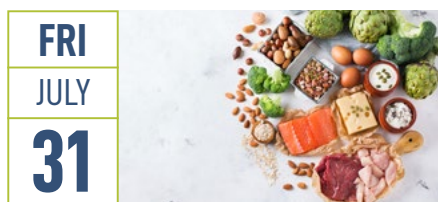
## Dementia Friends Champion Training

Wednesday, Aug. 12 | 9:30 to 11 a.m.

Do you want to help people understand dementia and the small things they can do to make a difference for people living with dementia? Would you enjoy facilitating Dementia Friends information Sessions for friends, family, colleagues or the wider community? Join us for Dementia Friends Champion Training. Free training materials will be provided.

Location: SCW Foundation/Webb Room

## NUTRITION



## Fueling for Fitness

Friday, Jul. 31 | 9:30 to 11 a.m.

Join Sun Health's Damian Plues, RD, to learn about the impact of nutrition on physical activity. Whether you're a competitive athlete or a casual exerciser, when and what you eat and drink will affect your performance.

Location: The Colonnade

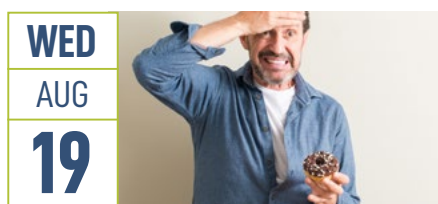


## The Sugar Guide

Tuesday, Aug. 18 | 1:30 to 3 p.m.

Confused by the ever-increasing forms of sweeteners? Sun Health Wellness Dietetic Intern Stacy Davison BS, DTR, will discuss sugar, alternatives and replacements so you can make educated decisions about what you choose to sweeten up your life.

Location: Grace Bible Church



## Stressful Eating

Wednesday, Aug. 19 | 9:30 to 11 a.m.

Feeling anxious, depressed, or stressed? Perhaps you reach for a plate when these moments arise? Join Damian Plues, RD, to learn eating habits that can brighten your day and improve your wellbeing instead of leaving you craving.

Location: Lord of Life Lutheran Church

## SAFETY



## Consumer Scams/Identity Theft

Thursday, Aug. 20 | 9:30 to 11 a.m.

Betty Delano, senior outreach coordinator with the Arizona Attorney General's 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.

Location: PORA Learning Center



## Task Force Against Senior Abuse (TASA)

Monday, Aug. 31 | 10 to 11 a.m.

This task force of the Arizona Attorney General's Office was started to protect Arizona seniors from exploitation, abuse, and neglect. Please join Betty Delano to go over TASA's mission, common crimes against seniors, and prevention information.

Location: The Colonnade



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

## PHYSICAL FITNESS



### **All classes are held at 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).

#### **Chair Yoga Plus \$** (9-class series)

**Wednesdays, starting Jul. 1 | 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 \$** (9-class series)

**Wednesdays, starting Jul. 1 | 9 to 10 a.m.**

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

#### **The Core to Strength \$** (9-class series)

**Wednesdays, starting Jul. 1 | 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 \$** (9-class series)

**Wednesdays, starting Jul. 1 | 11 a.m. to noon**

Beginning Tai Chi modified for seniors.

#### **Strength Training \$**

**Fridays, starting Aug. 14 | 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, starting Aug. 24 | 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, starting Aug. 24 | 9:45 to 10:45 a.m.**

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

#### **Strength Training \$**

**Mondays, starting Aug. 24 | 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.

#### **Tai Chi \$**

**Mondays, starting Aug. 24 | 11 a.m. to noon**

Beginning Tai Chi modified for seniors.

## Location Key

### **BANNER BOSWELL/CHAPMAN CONF. ROOM**

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

### **FAITH PRESBYTERIAN CHURCH**

16000 N Del 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 HEALTH AND REHAB**

14505 W. Granite Valley Dr., Sun City West

### **GRANDVIEW TERRACE/BALLROOM**

14515 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

### **SCW FOUNDATION/WEBB ROOM**

114465 R H Johnson Blvd, Sun City West

### **SUN HEALTH CENTER FOR HEALTH & WELLBEING**

14719 W. Grand Ave., Surprise

### **THE COLONNADE**

19116 N. Colonnade Way, Surprise



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

NONPROFIT ORG  
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 Denver, CO  
 PERMIT NO. 5377

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.

**Sun Health Center for Health & Wellbeing**  
 14719 W. Grand Ave., Surprise, AZ 85374  
 Jul. 9, 10 - 11:30 a.m. | Jul. 14, 10 - 11:30 a.m.  
 Jul. 23, 10 - 11:30 a.m.  
 Aug. 11, 2 - 3 p.m. | Aug. 20, 2 - 3 p.m.

**PebbleCreek**  
 16262 Clubhouse Dr. Goodyear, AZ 85385  
 Aug. 25 3 - 4 p.m.

*Check our website for live upcoming seminars, or attend our online webinars at [SunHealthAtHome.org](http://SunHealthAtHome.org) or call (623) 227-4663*



SUN HEALTH AT HOME

(623) 227-4663  
 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.