

Join us for Stand Up to Falling Down on Sept. 20. See page 7.

LiveWell

SEPTEMBER 2019



Stopping the Fall

Postural stability is paramount to fall prevention and intervention



Vincent Pizziconi (L) and Dr. Thurmon Lockhart discuss postural stability testing, shown on the cover, during which Vincent is learning to control his center of mass and stabilize his gait.

Stopping the Fall

Postural stability is paramount to fall prevention and intervention

By Erin Thorburn

As people get older, their risk of falling increases due to several factors. It's helpful to understand why the fall risk increases, and even more useful — learning that there are several tools, resources and strategies to help reduce falls.

According to the National Council on Aging, falls result in more than 800,000 hospitalizations and more than 27,000 deaths annually. Furthermore, one in four Americans 65 and older falls each year.

"Fall prevention starts with assessing a patient's risk for falling," explains Dr. Thurmon E. Lockhart, ASU professor of the School of Biological and Health Systems Engineering and Ira A. Fulton Schools of Engineering. "This means evaluating considerations such as balance, walking, psychosocial, psychophysical and vision issues."

While people often tend to be embarrassed or concerned about discussing falling or even fall prevention with a medical expert, in doing so they can learn valuable information.

For example, postural stability is extremely critical in fall prevention. An assessment from a doctor can help patients evaluate their posture control as it relates to the risk of falling.

"As a person ages, the sensory system responsible for postural control declines. This decline is believed to be an integrative process associated with a greater risk of falling," Dr. Lockhart says.

Dr. Lockhart describes healthy postural stability in a younger person as more "complex," with a greater probability of variable movement. As a person ages, postural stability becomes less complex, therefore resulting in more robotic-like movements. The movements Lockhart refers to are most evident in a person's gait.

"We can see what gait changes look like when an older person walks. It happens to all of us, eventually," Dr. Lockhart says.

Being overweight or obese can also impact postural stability and gait, significantly affecting a person's

center of mass. When this is altered by excess weight, balance and healthy gait function are compromised and the risk of falling increases.

Falling intervention is critical, and has proven to reduce falls by 30% to 40%, but it relies on health professionals completing a comprehensive fall-risk assessment — something not all providers proactively acquire.

To help encourage healthy postural stability and gait assessments, Dr. Lockhart created the Lockhart Monitor smartphone application. The app measures walking speed and postural stability to help identify an individual's risk of falling, simply by holding your phone or clipping it to a belt. The system can also assess the risk for mobility, gait, frailty and instability.

An individual can easily share the Lockhart Monitor app results with their doctor, children or other health experts to further develop fall-prevention strategies.

"Just about everything an individual does physically requires balance control and most of the time this is done automatically without conscious attention. The ability to maintain balance is a complex process that is primarily governed and coordinated between multiple systems," Dr. Lockhart says. "The risk of developing a problem with balance increases with age due to the effects of previous injuries, debilitating medical conditions and/or the body's systems degenerating over time."

In fact, according to Dr. Lockhart, less than 10% of people over age 65 can return to the same quality of life they had prior to a fall. "Often, there are sequential issues once the first fall occurs," he says. "The key is to stop that first fall from happening."

How to minimize damage from a fall

If you are ever in the midst of an fall:

- Try to remember to keep your knees and elbows bent.
- Protect your head by tucking your chin into your chest.
- Try to fall on the most padded parts of your body (usually the buttocks).
- Allow yourself to roll as you land to spread the area of impact to more of your body.

Join Dr. Lockhart and other experts at **Stand Up to Falling Down** on Friday, Sept. 20. For more information, including how to sign up for a complimentary Fall Risk Assessment, please see page 7.



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SunHealthLiveWell.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

Ken Reinstein,
Marketing Director
Editor
(623) 832-7603
Marketing@SunHealth.org

Ashley Durham,
Graphic Design

*Cover and page 2 photos
by Allen Butler*

CREATED FOR SUN HEALTH BY



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.

Lifestyle adjustments help regain, retrain and maintain your brain

A healthy brain, like a healthy body, is essential for living a long, active and engaged life. Mental decline is one of the biggest fears for older adults, and for good reason. Nearly six million people in the U.S. are living with Alzheimer's disease or other dementias according to the Alzheimer's Association. That number will grow rapidly over the next 30 years as the population of Americans over age 65 increases.

Brain health and healthy brain aging have been a passions of Paul E. Bendheim, M.D., for decades. He is a clinical professor of neurology at the University of Arizona College of Medicine – Phoenix and an authority on Alzheimer's disease and other neurodegenerative disorders. Dr. Bendheim is also the founder, chairman and chief medical officer of BrainSavers, LLC, and author of the book "The Brain Training Revolution: A Proven Workout for Healthy Brain Aging."

According to Dr. Bendheim, modest lifestyle adjustments can have a profound impact on brain health, improve memory performance and reduce the risk of Alzheimer's. "What you eat and drink, how much you exercise and sleep, the way you socialize and manage stress are all critically important to your brain," says Dr. Bendheim. "The brain is the only organ



in your body that can improve in function if properly cared for. Physical exercise has been shown to generate new brain cells in the hippocampus portion of the brain, where memories are formed, even in aging brains. Cognitive stimulation, socialization, diet and other factors strengthen the aging brain."

Dr. Bendheim's BrainSavers® Brain+Body Total Fitness Program recommends six lifestyle components to regain, retrain and maintain your brain:

- cognitive fitness
- physical fitness
- healthful nutrition
- quality sleep
- stress management
- social engagement

It's never too late to start

Taking small steps toward a healthier lifestyle can improve brain health, even if you experience normal, age-associated memory loss. "Adopting a brain-healthy lifestyle at any age can't hurt and can actually slow down the progression of normal age-associated memory impairment," says Dr. Bendheim.

Starting simply with regular exercise can make a huge difference. "If we could get the country walking 30 minutes a day, five days a week, we would see reduced risk of heart disease, stroke, diabetes and Alzheimer's disease," says Dr. Bendheim. "Each of us has to be our own brain-health doctor. It's never too late to start."

Sun Health will be offering BrainSavers® classes as a pilot series starting in October. Dr. Bendheim will offer an introductory lecture and class for those who want to learn more on Sept. 5. See page 5 for details and to register.

Registration Opens August 14

BONE & JOINT

Stop Slouching!

Age-related slouching is often due to weakness in spinal bones and muscles. It is common in women and men of maturity and, in severe cases, can cause pain and disfigurement. Sun Health Wellness Specialist Alex Stark, MS, will talk about how exercise can help prevent and even reverse it.

Thursday, Sep. 12; 9:30 to 11 a.m.

Location: Banner Del E. Webb/Auditorium A & B

Monday, Sep. 16; 1:30 to 3 p.m.

Location: Freedom Plaza/Ballroom

BRAIN HEALTH

Want to Save Your Brain?

Thursday, Sep. 5; 1:30 to 3 p.m.

Dr. Paul Bendheim, a neurologist and founder of BrainSavers® will describe the Brain+Body Total Fitness Program, which promotes healthy aging and fights off the assaults of aging while reducing your risk of memory loss and Alzheimer's or dementia.

Location: PORA Learning Center

The Science of Alzheimer's

Tuesday, Sep. 10; 9:30 to 11 a.m.

Can scientists stop Alzheimer's disease before it affects memory and thinking? Current research efforts to prevent the disease are focused on individuals who may be at risk for Alzheimer's but are symptom-free. GStat Bioinformatics Scientist Mike Malek-Ahmadi, PhD, will provide an overview of preventative therapies being developed.

Location: Freedom Plaza/Ballroom

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Sep. 6; 10 to 11 a.m.

Jennifer Brown, MS, RD, of Cancer Support Community of Arizona, will focus on cooking for one or two. This class is provided in partnership with Cancer Support Community of Arizona.

Location: The Colonnade

DIABETES

National Diabetes Prevention Program

Sun Health's National Diabetes Prevention Program is led by a registered dietitian. 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. Call (623) 832-9355 to register.

Thursdays, starting Sep. 12; 11 a.m. to noon

Location: Sun Health Center for Health & Wellbeing

Thursdays, starting Sep. 12; 3 to 4 p.m.

Location: Banner Boswell/Chapman Conf. Room

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

Beginning August 14, 2019

SunHealthWellness.org

 **Register By Phone**

Beginning at 8:30 a.m. August 14, 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

DIABETES (continued)

Diabetes Connection Support Group

Monday, Sep. 16; 3 to 4 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

Healthy, Happy, Balanced Feet

Monday, Sep. 9; 1:30 to 3 p.m.

Foot Solutions Pedorthist Patti Vukich will provide an overview of the foot, as well as demonstrate a properly fitting shoe, discuss common injuries and how to maintain healthy, happy feet.

Location: La Loma Village Health and Rehab

Creative Aging with the Arts

Tuesdays, 1:30 to 3 p.m.

Sep. 10, 17 & 24; Oct. 1, 8 & 15

In this six-class Creative Aging series, instructor Gayle Glenn will guide participants to explore watercolor and ink, including basic composition, painting techniques, as well as how to use the elements of design. Participants will create a series of personally designed greeting cards as well as several finished paintings. In partnership with West Valley Arts Council.

Location: West Valley Arts Council HQ

Overview of Services from the Area Agency on Aging

Friday, Sep. 13; 9:30 to 11 a.m.

Join Area Agency on Aging Region One's information and referral specialist for a discussion about Senior Adult Independent Living (SAIL), Family Caregiver Support and other programs.

Location: The Colonnade

Valley Fever 101

Friday, Sep. 27; 9:30 to 11 a.m.

Interventional Pulmonologist Archan Shah, MD, from Banner MD Anderson Cancer Center, discusses valley fever, including symptoms, causes, diagnosis and treatment options.

Location: Lord of Life Lutheran Church

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Sep. 4 & 18; 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

Ask the Memory Care Navigator

Thursday, Sep. 5; 10 to 11 a.m.

Do you or a loved one have questions about Alzheimer's disease or dementia and need more information? Join Sun Health Memory Care Navigator Marty Finley, MEd, for an open discussion where you can ask questions and get answers specific to your situation.

Location: Iora Primary Care

NUTRITION

Nutrition and Dementia

Did you know one in 10 people 65 and older have dementia? Growing research shows the influence that nutrition can have on this risk. Join Sun Health Registered Dietitian Damian Plues for a discussion about how good nutrition contributes to a healthy brain, which may protect against the onset of dementia.

Thursday, Sep. 19; 9:30 to 11 a.m.

Location: PORA Learning Center

Monday, Sep. 23; 1 to 2:30 p.m.

Location: Faith Presbyterian Church

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 an eight-class series. Registration for a series requires 40 class credits (\$40).

Strength Training

Fridays, 11 a.m. to noon

Sep. 6, 13 & 27; Oct. 4, 11, 18 & 25

Low-intensity class to strengthen the upper- and lower-body muscle groups. This seven-class series costs seven credits or \$35.

Location: Sun Health Center for Health & Wellbeing

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



Chair Yoga **\$**

Wednesdays, 8 to 9 a.m.

Sep. 11, 18 & 25; Oct. 2, 9, 16, 23 & 30

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

Location: Sun Health Center for Health & Wellbeing

Chair Yoga Plus **\$**

Wednesdays, 9:30 to 10:30 a.m.

Sep. 11, 18 & 25; Oct. 2, 9, 16, 23 & 30

Chair yoga using both seated and standing postures.

Participants must be able to stand independently.

Location: Sun Health Center for Health & Wellbeing

Tai Chi **\$**

Wednesdays, 11 a.m. to noon

Sep. 11, 18 & 25; Oct. 2, 9, 16, 23 & 30

Beginning Tai Chi modified for seniors.

Location: Sun Health Center for Health & Wellbeing

Fit & Balanced **\$**

Wednesdays, 12:30 to 1:30 p.m.

Sep. 11, 18 & 25; Oct. 2, 9, 16, 23 & 30

Low-intensity class focusing on strength, flexibility and balance exercises using a chair as support. **Participants must be able to stand independently.**

Location: Sun Health Center for Health & Wellbeing

SAFETY

Stand Up to Falling Down

Friday, Sep. 20; 8:30 a.m. to noon

In recognition of National Falls Prevention Awareness Day, Sun Health is hosting a Fall Prevention Screening and Awareness Event that will feature educational presentations from health professionals and complimentary individual fall-risk screenings. Appointments are required for fall-risk screenings. Call (623) 207-1703 to reserve your screening appointment.
Location: The Colonnade

How To Successfully Age in Place with Home Modifications

Tuesday, Sep. 24; 1:30 to 3 p.m.

Join Assistive Technology Specialist Terry L. Gesell, COTA/L, from Grab Bars, Etc., as he shares new strategies and assistive technology options available to allow seniors to successfully remain independent in their own homes.
Location: Sun Health Center for Health & Wellbeing

Why Does My Foot Tingle?

Wednesday, Sep. 25; 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 courses and actions for those with neuropathy.
Location: The Colonnade

Location Key

BANNER BOSWELL/CHAPMAN CONF. ROOM

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

BANNER DEL E. WEBB/AUDITORIUM A & B

14502 W. Meeker Blvd., Sun City West
Use the Louisa Kellam Center for Women's
Health entrance

FAITH PRESBYTERIAN CHURCH

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

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria

GRANDVIEW TERRACE HEALTH AND REHAB

14505 W. Granite Valley Dr., Sun City West
Use main entrance on east side

IORA PRIMARY CARE

13940 W. Meeker Blvd., #101, 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

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

19116 N. Colonnade Way, Surprise

WEST VALLEY ARTS COUNCIL HQ

16126 N. Civic Center Plaza, Surprise



14719 W. Grand Ave.
 Surprise, AZ 85374
 (623) 832-5350
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 WILL YOU PAY?**

**WHAT ARE THE
 AVAILABLE
 OPTIONS?**

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**Thursday,
 September 5
 10 a.m.**

14719 W. Grand Ave
 Surprise, AZ

**Monday,
 September 9
 9 a.m.**

14719 W. Grand Ave
 Surprise, AZ

**Wednesday,
 September 18
 11 a.m.**

22143 N Mission Drive,
 Sun City West
 Bella Stanza Room

**Thursday,
 September 26
 2 p.m.**

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