



# LiveWell

SEPTEMBER/OCTOBER 2020



*Stand Up*

TO FALLING DOWN p2

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## STAND UP TO FALLING DOWN

# How Sun Health Can Help Steady Your Stride

By Rainey Daye Holloway

Sally Harloff, a Sun Health At Home (SHAH) member and volunteer, says she was baffled as to why she seemed to be stumbling and falling so much. Then, she got answers when taking advantage of Sun Health's Fall Risk Assessment, a service available to anyone in the community at little or no cost.

"I just had a tendency to fall out of nowhere, not because I tripped or recall my toe hitting something," says Sally. "When I attended Sun Health's Stand Up To Falling Down Event (see page 5) we did the balance assessment. Mine was okay, but I wasn't happy with that. I decided to take it a step further by scheduling a fall risk assessment at the Sun Health Center for Health & Wellbeing."

During Sally's assessment, Wellness Specialist Alex Stark discovered why Sally was taking tumbles out of the blue – she was slightly dragging her feet, resulting in unsteady footing.

"What surprised me was Alex watched me walk outside on pavers, then the sidewalk and upstairs

and he said, 'Do you feel like you're dragging your feet?' For a minute I felt like I was in the Carol Burnett show, then he explained in a simple way what he saw happening as I walked."

Alex's solution for Sally was a simple fix involving her knees.

"Alex taught me with a slight bend of my knee while walking, it brought my foot up just high enough to avoid shuffling. Just a tiny bit of a movement, a teeny bend, brought my foot up enough. The way he explained it was simple and made it better."

Alex's assessment did not end with an evaluation of Sally's gait. She says she was surprised when he asked her when was the last time she had her hearing checked. "I thought that was in grade school."

It turns out Sally needed hearing aids. Alex noticed during the assessment that Sally was leaning to compensate for undetected hearing loss. "Nobody

else has ever tested me like that to see if I was leaning one way or the other. The assessment helps you realize the tendencies you have and helps you correct them. It made a big difference, and I was so glad I did it as it was a real eye opener.”

### What to expect during the fall risk assessment?

With a master’s degree in exercise physiology, Alex’s approach is to first assess core body strength. He says a strong core is the key to keeping upright.

“Our balance is strongly associated with our core. The core is the center part of our body with the most ability to move, adjust and compensate for changes around us,” Alex explains. “Our core is made up of muscles in our lower back and abdomen and holds most organs like our liver, intestines and stomach. It is squishy and flexible and not rigid like bones. And it also needs to be strong to help if you get off balance.”

**For recommended exercises to strengthen your core, see page 4.**

### The psychological aspect

The 45-minute appointment also takes a look at how one’s psyche may be playing a role in making a person unsteady.

“Sometimes the fear of falling plays a big role in our chance of falling. When you are hesitant in taking steps you are less rhythmical with your movements

increasing the chance of catching your foot or losing your balance,” Alex explains.

Besides fall prevention, Alex says he teaches people how to react during a fall to prevent injury. He shares the story of a gentleman who was working on his reflexes in case of a fall. The next time this person lost his balance he prevented a serious injury as his improved reflexes helped him to use his hand to brace his fall. As Alex says, “a bruised hand is much better than a skull fracture.”

If you are interested in having a fall risk assessment, please contact Sun Health’s Center for Health & Wellbeing at (623) 471-9355 or send an email to [Wellbeing@SunHealth.org](mailto:Wellbeing@SunHealth.org).

Sun Health Wellness offers classes relating to fall prevention and exercises for core strength among many other topics. Visit [SunHealthWellness.org](http://SunHealthWellness.org) and click on the Healthy Living classes link. Or, call us at (623) 207-1703 for more information.

**Join Sun Health on Tuesday, Sep. 22 for our annual fall prevention event, Stand Up to Falling Down. See page 5 for more information and to register for this virtual event.**

## LiveWell

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

### SUN HEALTH

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

Page 8 photo submitted by:  
Dr. Amardeep Sodhi

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### SUN HEALTH WELLNESS

(623) 471-9355  
[SunHealthWellness.org](http://SunHealthWellness.org)

### SUN HEALTH AT HOME

(623) 227-4663  
[SunHealthAtHome.org](http://SunHealthAtHome.org)

### SUN HEALTH COMMUNITIES

(623) 236-3767  
[SunHealthCommunities.org](http://SunHealthCommunities.org)

### SUN HEALTH FOUNDATION

(623) 471-8500  
[SunHealthFoundation.org](http://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.

# Exercises to Strengthen Your Core

*Our balance is strongly associated with our core. The core is the center part of our body with the most ability to move, adjust and compensate for changes around us. A strong core can prevent falls.*

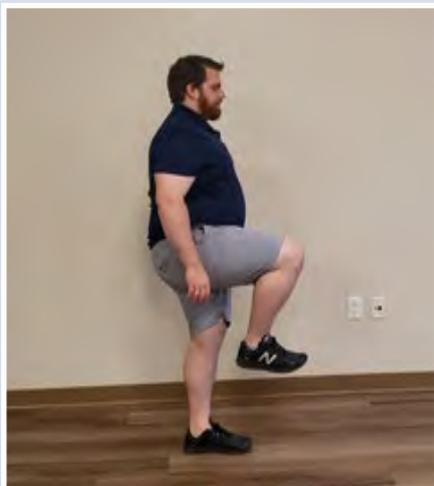
*The following exercises called Good Morning, Knee Holds and the Reverse Chair Superman are recommended to strengthen your core. Each exercise can be performed for 5 to 8 repetitions. As a reminder, please consult with your physician before starting any exercise program.*



## **Good Morning:**

This stretch helps with your posterior chain hamstrings and hips for better hip adjustment.

Start in a standing position with your feet shoulder width apart, lean your torso forward while pushing your hips backwards. Continue to keep your back as straight as possible as you continue to tilt your pelvis. Once you cannot go forward without bending your back, hold for 15 seconds then slowly return to a standing position.



## **Knee Holds:**

Knee holds are good for strengthening hip flexors and knee flexion and elevation.

Start in a standing position with your feet shoulder width apart, lift your knee up and toward your chest while pointing your toes straight forward. Hold this position for 15 seconds then slowly lower your foot back to the ground.



## **Reverse Chair Superman:**

Even superheroes need a strong core. This stretch strengthens abdominals and improves core stability.

Start seated in an armless chair, face to one side with your feet slightly off the floor. Then slowly lean back using the back of the chair as support if necessary. Once you feel your core engaging hold the position for 15 seconds and return to an upright position.

6TH ANNUAL

# Stand Up To Falling Down

A VIRTUAL FALL PREVENTION SCREENING & AWARENESS EVENT



**Tuesday, September 22, 2020 9:30 a.m.**

In recognition of National Fall Prevention Day, Sun Health is hosting a virtual fall prevention awareness event. Registration is required.

### DON'T FALL FOR IT

*Rhonda Zonoozi, Exercise Physiologist, Banner Thunderbird*

Our chance of falling is impacted by our choices and what is around us. Learn how to reduce the risk of falling and increase your balance and mobility, wellbeing and physical safety.

### MANAGE YOUR MUSCLES

*Alex Stark, Wellness Specialist, Sun Health*

Loss of skeletal muscle can result in weak bones, falls and fractures and loss of independence. Learn how physical activity and nutrition can help prevent and manage changes in muscle.

### COMPLIMENTARY FALL RISK ASSESSMENTS

Fall Risk Assessments are available by appointment, Sep. 23-25.

**(623) 471-9355**

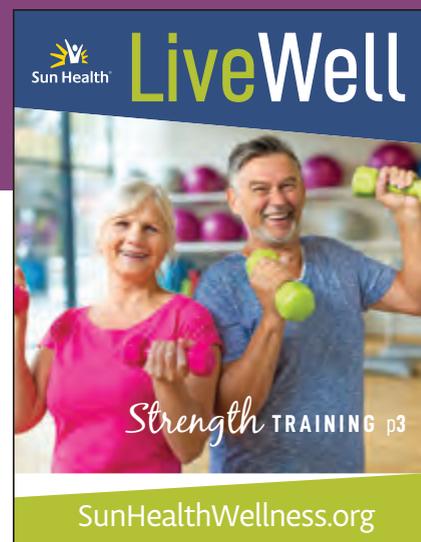
**TO REGISTER, GO TO [SUNHEALTHWELLNESS.ORG/CLASSES](https://SunHealthWellness.org/Classes)**



## Your new and improved *LiveWell* magazine

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. The improved magazine includes:

- An expanded 16-page publication 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* will no longer be distributed via Independent newspapers. Receive a complimentary one-year digital subscription to *LiveWell* at [SunHealthWellness.org/Livewell-magazine](https://SunHealthWellness.org/Livewell-magazine). You may also request a copy mailed to your home. Sun Health will never share your information with any outside organization.

For more information please contact Sun Health Marketing at **(623) 252-2293** and leave a message.



## DEMENTIA FRIENDS

# How Raising Awareness about Dementia Strengthens our Community

By Rainey Daye Holloway

When someone is diagnosed with cancer or heart disease, we develop treatment plans and rally family and friends in support. When someone is diagnosed with a dementia-related disease causing memory loss, a typical response is to say it's a normal part of aging.

Memory care experts want to make sure everyone knows – it is not.

“Dementia is an umbrella term, like when we say someone has cancer, we ask what kind,” says Lori Nisson, MSW, LCSW, Family & Community Services director for the Banner Alzheimer’s Institute and Banner Sun Health Research Institute (BSHRI). “It causes a change in memory, thinking and your ability to communicate. The most common form being Alzheimer’s disease. Dementia is not a normal part of aging. It is a disease of the brain.”

These assumptions often prevent people from getting treatment and care; and Lori emphasizes that you can have good quality of life with the diagnosis. According to the Alzheimer’s Association, 150,000 Arizonans have Alzheimer’s impacting 346,000 caregivers. Arizona is projected to have the largest growth rate in the U.S. over the next five years.

### Would You Consider Becoming a Dementia Friend?

Because dementia-related diseases are often dismissed as a “normal aging,” people can feel alone

in living with the disease. However, all of us can help by becoming a Dementia Friend.

The concept of being a Dementia Friend began in the U.K. in 2013. The Alzheimer’s Society noticed a disturbing trend – people and their caregivers dealing with dementia-related diseases were losing friends and feeling socially isolated.

Becoming a dementia friend is simple. BSHRI and Sun Health offer hour-long Dementia Friends Informational sessions that seek to transform how we think, talk and act about the disease. By raising awareness and reducing stigma, we can all be a friend to someone in this situation and improve the support provided in our community. See page 14 for more information.

### Dementia Friendly Cities

There is also a push for cities to become Dementia Friendly cities. This movement equips community members, businesses, government and first responders, among others, with valuable education on how to appropriately help support someone they encounter with memory loss issues.

In 2019, Surprise became Arizona’s second Dementia Friendly City, partnering with Banner, Sun Health, Benevilla, the Salvation Army and the Alzheimer’s Association. Tempe was the first.

“We knew we had incredibly dedicated community partners in the West Valley and wanted to improve support for families living with dementia. We reached out to key stakeholders Sun Health and to Benevella – and of course both were on board,” says Lori. “We selected Sun Health as a key partner because they are dedicated to supporting aging adults – not only with their communities but with their support programs for memory loss, caregiver support and all of their strong investments of taking care of people and families as they mature.”

### Memory Café

After Mayor Skip Hall and city leaders proclaimed Surprise a Dementia Friendly City came the launch of what Lori calls the “crown jewel” of the movement, the Memory Café.

Sun City resident Sandy Vanaskey, whose husband Dave was recently diagnosed with Alzheimer’s, says the Memory Café serves up exactly what’s needed.

It offers socialization and support for people with memory loss and their care partners. Visitors socialize and then split into two groups. The people with dementia participate in cognitive engagement, exercises, art projects and even breaking into a song or two.

Caregivers share stories, helpful advice and where to find support and education. This program has been moved to a virtual platform as a result of current conditions. For more information, see page 13.

“He was hesitant, but the fact is that he knows he is not alone in all this, there were other men he connected with,” Sandy recalls. “The experience brought my husband out of his shell. He now explains to people that he has Alzheimer’s when he meets them in case he does or says something out of the ordinary.”

“I would recommend anyone to sign up for the classes offered at Sun Health. I learned about them reading this *LiveWell* magazine,” Sandy adds. They are very informative, helpful for someone dealing with dementia or Alzheimer’s. I think it’s wonderful how many programs they have in this area for Surprise and Sun City. It’s helped me to realize I am not alone in this.”



### Dementia Friends: 5 Key Messages

- Dementia is not a normal part of aging.
- Dementia is caused by a disease of the brain.
- Dementia is not just about having memory problems.
- It is possible to have a good quality of life with dementia.
- There’s more to the person than the dementia.

According to UsAgainstAlzheimers.org, Alzheimer’s impacts nearly 6 million per year with one person in the U.S diagnosed every 65 seconds. However, you are not alone. Take a look at resources below:

### Sun Health’s Memory Care Navigator

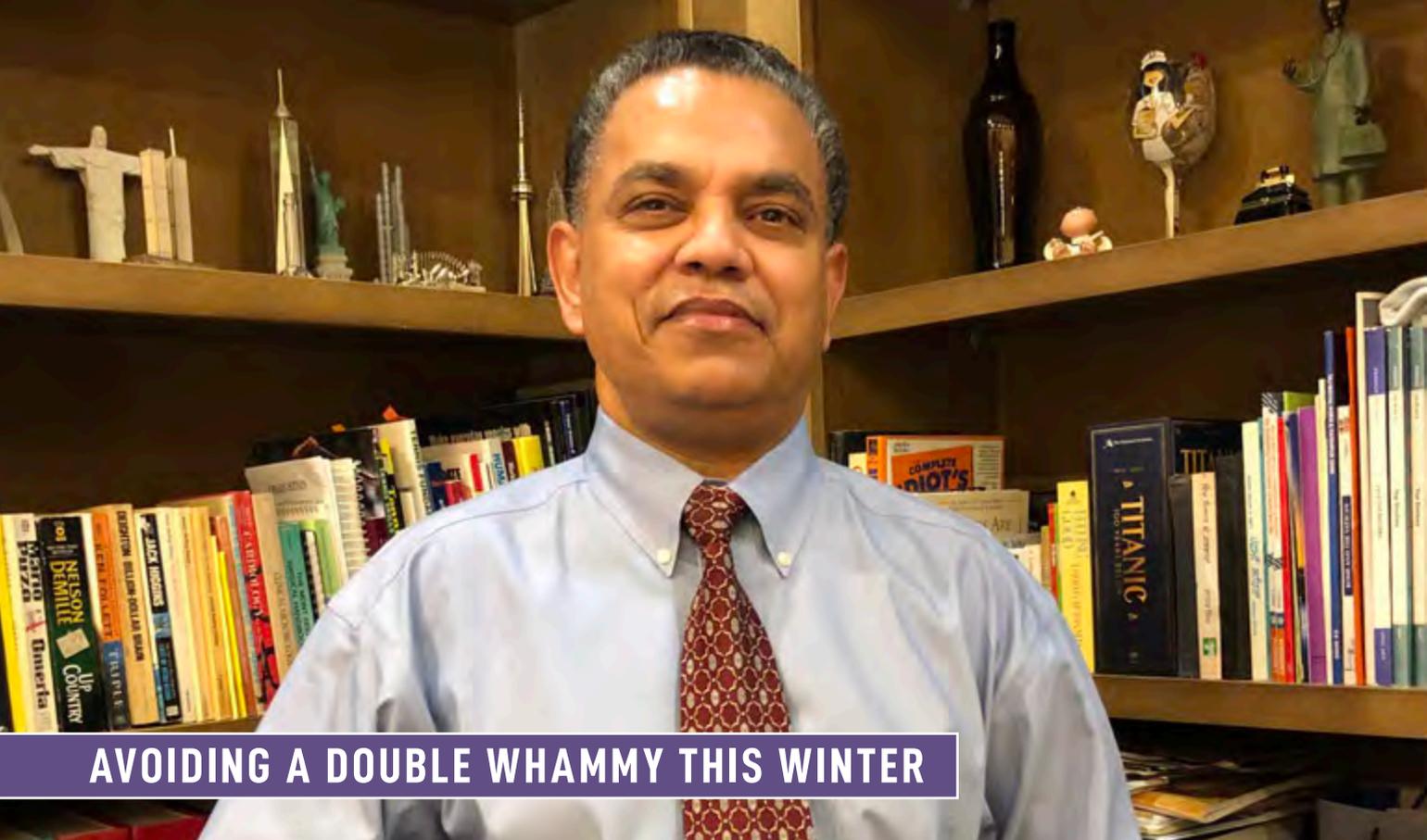
The Sun Health Memory Care Navigator is someone you can depend on to share knowledge about dementia and available community resources. The Navigator helps minimize the stress of supporting a loved one with this chronic disease. You can schedule a complimentary appointment by calling (623) 471-9300.

### Banner Sun Health Research Institute

Memory evaluations, care and research opportunities are offered. For an in-person or telehealth appointment contact: (623) 832-6530.

### Recommended websites:

[SunHealthWellness.org/Memory-Care](https://SunHealthWellness.org/Memory-Care)  
[Banneralz.org/DementiaFriends](https://Banneralz.org/DementiaFriends)  
[DFAmerica.org](https://DFAmerica.org)  
[SunHealthWellness.org/Classes](https://SunHealthWellness.org/Classes)



## AVOIDING A DOUBLE WHAMMY THIS WINTER

# Why a Flu Shot is More Important Than Ever

By now, we're all familiar with guidelines to keep safe from the Coronavirus: wearing masks, hand-washing and social distancing, but there is something else we need to add to the list – getting a flu shot this fall. West Valley infectious disease physician Dr. Amardeep Sodhi explains why the influenza vaccine is needed more than ever this year.

“Absolutely, getting a flu shot is even more important this year, because we have the COVID-19 pandemic going on and you don't want to get hit with both viruses this winter,” says Dr. Sodhi. “The Sun City population is vulnerable due to age as 90% of influenza mortalities are in people ages 60 and older. This winter could deliver a one-two punch when a vulnerable population is faced with two potentially fatal infections and when our health care system is already overwhelmed. So there could be many fatalities due to lack of ICU beds and ventilators.”

The Centers for Disease Control Advisory Committee on Immunization Practices advises anyone over the age of 6 months to get an influenza vaccine every year. Dr. Sodhi reminds people the flu vaccine is very safe and does not cause the flu. And although rare, some people might have a low-grade fever or pain at the injection site; symptoms that tend to go away quickly.

He advises those who suspect they have the flu or Coronavirus not to self-diagnose but get tested. The viruses are very similar. Testing is the only way to know what is making a person sick.

Dr. Sodhi also says wearing masks, social distancing and good hand hygiene will also help protect people from getting infected with the flu or Coronavirus.

He shares the following advice long advocated by physicians when it comes to the importance of vaccines, especially during this year's pandemic. “Prevention is always better than cure.”

# CREATING VIBRANT COMMUNITIES



Ensuring a strong and vibrant community begins within.

Let your voice be heard. Join Arizona Town Hall for a Virtual Community Town Hall to discuss what enables people and communities to be healthy, resilient, productive, and happy. Communities are vibrant when fourteen interrelated elements of health and well-being are contributing and robust (shown above).

Wednesday  
Sep. 30  
9 a.m.-noon

Wednesday  
Oct. 14  
9 a.m.-noon

Thursday  
Oct. 22  
9 a.m.-noon

**REGISTER ONLINE AT:**

[https://aztownhall.org/113\\_Town\\_Hall](https://aztownhall.org/113_Town_Hall)

IN COLLABORATION WITH:





## ELDER ABUSE

# How to Stay Safe and Recognize the Signs

By Rainey Daye Holloway

Each of us can help prevent elder abuse by recognizing signs, keeping in contact with friends and loved ones and taking action when needed.

According to the Arizona Attorney General's Office, "Crooks are always looking for ways to capitalize on the good nature and willingness to trust in older adults."

"Elder abuse means any action taken against a person who is 50 years of age or older. It is an intentional or negligent act by any person that causes harm or a serious risk of harm to an older adult," says Betty Delano, senior outreach coordinator, Office of the Arizona Attorney General. "People who abuse and exploit the elderly do not discriminate. An elder abuse victim may be your neighbor, friend or family member."

The trauma of elder abuse can result in premature death, the deterioration of physical and psychological health, destruction of social and familial ties, devastating financial loss and more. Older adults are being mistreated in multiple settings by family members, friends and neighbors, professionals and strangers. And, this abuse and neglect can come in many forms:

**Physical:** Any injury or physical condition that impairs health or welfare.

**Emotional:** A pattern of ridiculing or using demeaning remarks or making threats to inflict physical or emotional harm.

**Sexual:** Any type of nonconsensual sexual contact.

**Financial:** The illegal or improper use of a vulnerable adult or his/her financial resources for another's profit or advantage.

**Neglect:** Deprivation of food, water, medication, medical services, shelter, cooling, heating or other services necessary to maintain minimum physical or mental health.

Protecting yourself could be as simple as not picking up the phone.

"If you don't recognize a number, don't pick the phone up and let it go to voicemail," advises Betty. "Scammers want to speak to a real person so they can either threaten you or sweet talk you to get you to part with your money."

However, friends and family should be picking up the phone and reaching out to their older friends and relatives.

"I would recommend keeping in close contact with friends and loved ones to see how they are doing and what is going on, paying attention to possible warning signs. So many live alone and scam artists capitalize on that," Betty says.

**If you observe signs of senior abuse, learn what you can do at [AZAG.gov/seniors/seniors-abuse](https://www.AZAG.gov/seniors/seniors-abuse)**

## BRAIN HEALTH

Registration Opens Aug. 11, 2020



### Emerging Concepts in the Neuroscience of Sleep and Aging

Thursday, Sep. 17 | 9:30 to 10:30 a.m.

Please join Danielle Goldfarb, MD, from Banner Sun Health Research Institute, to receive updates in the relationship between sleep disorders and Alzheimer's disease, a concept of the neurolymphatic system, and to review lifestyle strategies to improve sleep.

Location: Class held online via Zoom

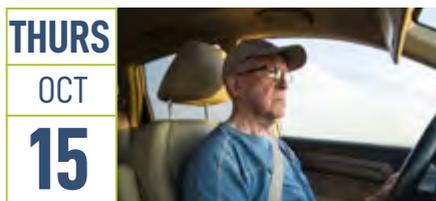


### Normal Aging vs Dementia

Monday, Sep. 21 | 10 to 11 a.m.

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

Location: Class held online via Zoom



### Driving and Dementia

Thursday, Oct. 15 | 10 to 11 a.m.

Driving requires the performance of many tasks simultaneously, including steering the car, watching your surroundings, regulating your speed to name a few.

Dementia is more than just memory loss and can impact our ability to multitask and how quick we can respond. Join Sun Health's Marty Finley, MEd, to learn what difficulties may signal someone's driving may be affected.

Location: Class held online via Zoom

## DIABETES



### 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.**



### Diabetes Connection Support Group

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

Monday, Sep. 21 | 3:30 to 4:30 p.m.

Monday, Oct. 19 | 3:30 to 4:30 p.m.

Location: Class held online via Zoom

## 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 September and October. We will offer small group sessions (10 or fewer) for Physical Fitness classes (page 15) and the National Diabetes Prevention Program (page 12).

 Register Online

Beginning Aug. 11, 2020

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

 Register By Phone

Beginning at 8:30 a.m. Aug. 11, 2020

**(623) 207-1703**

except where noted

# CLASS CALENDAR (continued)

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

|                     |   |
|---------------------|---|
| CALL<br>FOR<br>INFO |  |
|---------------------|---|

## National Diabetes Prevention Program **\$**

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.**

|      |   |
|------|---|
| TUES |  |
| OCT  |   |
| 13   |   |

## Annual Diabetes Self-Management Education **\$**

**Tuesdays, beginning Oct. 13**

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: Class held online via Zoom*

## HEALTH & WELLBEING

|     |  |
|-----|--|
| WED |  |
| SEP |  |
| 16  |  |

## The Truth & Myths of Tinnitus (Ringing in the Ears) - What Causes it?

**Wednesday, Sep. 16 | 1:30 to 2:30 p.m.**

Tinnitus impacts 50 million Americans, and many sufferers are told there is nothing that can be done to relieve it. What if testing can be done to determine the location and the severity of the tinnitus? Join Dan Hewson, MS, to learn how audiologists can determine the loudness and the frequency of the sound that people hear and what can really be done to help control the issue.

*Location: Class held online via Zoom*

|     |   |
|-----|---|
| MON |  |
| SEP |   |
| 28  |   |

## Why Juice?

**Monday, Sep. 28 | 1 to 2:30 p.m.**

Juicing is a fun and easy way to add more fresh produce to your diet. Juicing also floods the body with micronutrients that are easily digestible, so your body will get more of what it needs with less food. Join Sun Health's Teri Elkins, MPH, CHES, to learn more about the benefits of juicing and watch a live juicing demonstration.

*Location: Class held online via Zoom*

|     |   |
|-----|---|
| MON |  |
| OCT |   |
| 26  |   |

## Laughter Is the Best Medicine.

**Monday Oct. 26 | 1:30 to 2:30 p.m.**

There's some scientific truth behind the saying "laughter is the best medicine." Studies have shown that laughter can have healing properties such as combating depression, increasing resilience and triggering the release of endorphins that can help you feel more relaxed both physically and emotionally. Join Teri Elkins, MPH, CHES, to learn more about the benefits of laughter and how to make it a daily habit.

*Location: Class held online via Zoom*

|     |   |
|-----|---|
| WED |  |
| SEP |   |
| 30  |   |

### Chronic Pain: Safe and Effective Treatment Options

Wednesday, Sep. 30 | 1:30 to 2:30 p.m.

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

*Location: Class held online via Zoom*

|       |   |
|-------|---|
| THURS |  |
| OCT   |   |
| 8     |   |

### Sciatica is on My Nerves

Thursday, Oct. 8 | 1:30 to 2:30 p.m.

Sciatica is pain that radiates along the sciatic nerve, which branches from your lower back through your hips and buttock then down each leg. Join Sun Health Wellness Specialist Alex Stark, MS, to learn more about this uncomfortable condition and what you can do to prevent or alleviate pain.

*Location: Class held online via Zoom*

|     |   |
|-----|---|
| WED |  |
| OCT |   |
| 21  |   |

### Understanding Muscle Loss

Wednesday, Oct. 21 | 9:30 to 10:30 a.m.

Many things can cause muscle loss such as sarcopenia and muscular atrophy. Join Sun Health Wellness Specialist Alex Stark, MS, to learn more about the various causes and what you can do.

*Location: Class held online via Zoom*

## MEMORY CARE

|             |   |
|-------------|---|
| WED         |  |
| SEP/OCT     |   |
| MULTI DATES |   |

### Dementia Caregiver Support Group

Sun Health's Memory Care Navigator Marty Finley, MEd, leads this support group. **Registration is not required. Call (623) 471-9571 enter PIN number 9571. The line will only be active at the scheduled time.**

Wednesday, Sep. 2 | 3 to 4 p.m.

Wednesday, Sep. 16 | 3 to 4 p.m.

Wednesday, Oct. 7 | 3 to 4 p.m.

Wednesday, Oct. 21 | 3 to 4 p.m.

|             |   |
|-------------|---|
| TUES        |  |
| SEP/OCT     |   |
| MULTI DATES |   |

### Memory Café

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.**

Tuesday, Sep. 8 | 9:30 to 11:30 a.m.

Tuesday, Sep. 22 | 9:30 to 11:30 a.m.

Tuesday, Oct. 13 | 9:30 to 11:30 a.m.

Tuesday, Oct. 27 | 9:30 to 11:30 a.m.

*Location: Class held online via Zoom*

# CLASS CALENDAR (continued)

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

|                    |   |
|--------------------|---|
| <b>THURS</b>       |  |
| SEP/OCT            |   |
| <b>MULTI DATES</b> |   |

## Dementia Friends Training

Arizona will experience the largest increase in people in the U.S. 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.

**Thursday, Sep. 10 | 1:30 to 2:30 p.m.**

**Thursday, Oct. 22 | 9:30 to 10:30 a.m.**

*Location: Class held online via Zoom*

|            |   |
|------------|---|
| <b>WED</b> |  |
| OCT        |   |
| <b>14</b>  |   |

## Dementia Friends Champion Training

**Wednesday, Oct. 14 | 2 to 3 p.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: Class held online via Zoom*

## NUTRITION

|             |  |
|-------------|--|
| <b>TUES</b> |  |
| OCT         |  |
| <b>13</b>   |  |

## Digestive Issues – Why They Aren't Our Fault and How to Fix Them

**Tuesday, Oct. 13 | 1:30 to 3 p.m.**

Understand why so many of us struggle with digestive issues and why it isn't our fault. Holistic Nutritionist Tina Nunziato will teach you holistic ways to address your digestive issues (and get to the source) without prescription and over-the-counter medicines allowing you to take control of your life and get your health and energy back.

*Location: Class held online via Zoom*

## SAFETY

|              |   |
|--------------|---|
| <b>THURS</b> |  |
| SEP          |   |
| <b>24</b>    |   |

## A Reflexive Defense

**Thursday, Sep. 24 | 2 to 3 p.m.**

Our reflexes allow our body to protect itself from harm. Join Sun Health Wellness Specialist Alex Stark, MS, to learn more about how we can use reflexes to prevent falls and what we can do to improve their response.

*Location: Class held online via Zoom*

|            |   |
|------------|---|
| <b>FRI</b> |  |
| SEP        |   |
| <b>25</b>  |   |

## Improving Cognitive Capacity and Movement & Preventing Neurodegeneration

**Friday, Sep. 25 | 9:30 to 10:30 a.m.**

Join Edward Ofori, PhD, to learn factors that influence brain health and their impact on cognitive impairment. Dr. Ofori will discuss different techniques we can use to train our brain and improve our ability to successfully move and to think at the same time.

*Location: Class held online via Zoom*

## PHYSICAL FITNESS



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

Unless otherwise noted, physical fitness classes are offered in either a seven- or eight-class series. Registration for each series costs \$35 (seven classes) or \$40 (eight classes).

### **Chair Yoga Plus** \$

**Wednesdays, starting Sep. 2 | 9:30 to 10:30 a.m.**

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

### **Chair Yoga** \$

**Wednesdays, starting, Sep. 2 | 8 to 9 a.m.**

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

### **The Core to Strength** \$

**Wednesdays, starting Sep. 2 | 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** \$

**Wednesdays, starting Sep. 2 | 11 a.m. to noon**

Beginning Tai Chi modified for seniors.



### **Strength Training** \$

**Fridays, starting Oct. 9 | 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 Plus** \$

**Mondays, starting Oct. 26 | 9:45 to 10:45 a.m.**

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

### **Mat Yoga** \$

**Mondays, starting Oct. 26 | 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.

### **Strength Training** \$

**Mondays, starting Oct. 26 | 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 Oct. 26 | 11 a.m. to noon**

Beginning Tai Chi modified for seniors.

## Joining Our Classes Via Zoom

Are you using Zoom for the first time or need a reminder? You can join our classes from a computer, laptop, iPad/ tablets and smartphone. Or, you can call-in if you just want to listen. Please follow the link in your Sun Health email or at [SunHealthWellness.org/classes](http://SunHealthWellness.org/classes) a few minutes before the scheduled start time. If you click the link in advance you can pre-register for the class and you will receive a direct link and phone number by email for easy access. Once you have joined the class you may be put in a waiting room until the class starts. Please make sure to join audio to ensure you can hear the presentation. Microphones are turned off for many classes, so please take advantage of the live chat feature at the bottom of your Zoom screen to have your questions or concerns addressed.



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 Information@SunHealth.org  
 SunHealth.org

NONPROFIT ORG  
 US POSTAGE PAID  
 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? What are the available options?

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

### Sun Health Center for Health & Wellbeing

14719 W. Grand Ave., Surprise, AZ 85374

Sep. 8, 2 p.m. | Sep. 17, 2 p.m. | Oct. 8, 2 p.m. | Oct. 15, 2 p.m.

### PebbleCreek

16262 Clubhouse Dr., Goodyear, AZ 85385

Sep. 22, 3 p.m. | Oct. 27, 3 p.m.

We're keeping you safe and healthy with brief health screenings and temperature checks upon arrival, requiring facial coverings of all participants and staff, and socially distanced seating. If you have further questions, call us at (623) 277-HOME (4663).

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

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 an online meeting with you to answer questions you have about our program.



SUN HEALTH AT HOME

(623) 227-4663

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