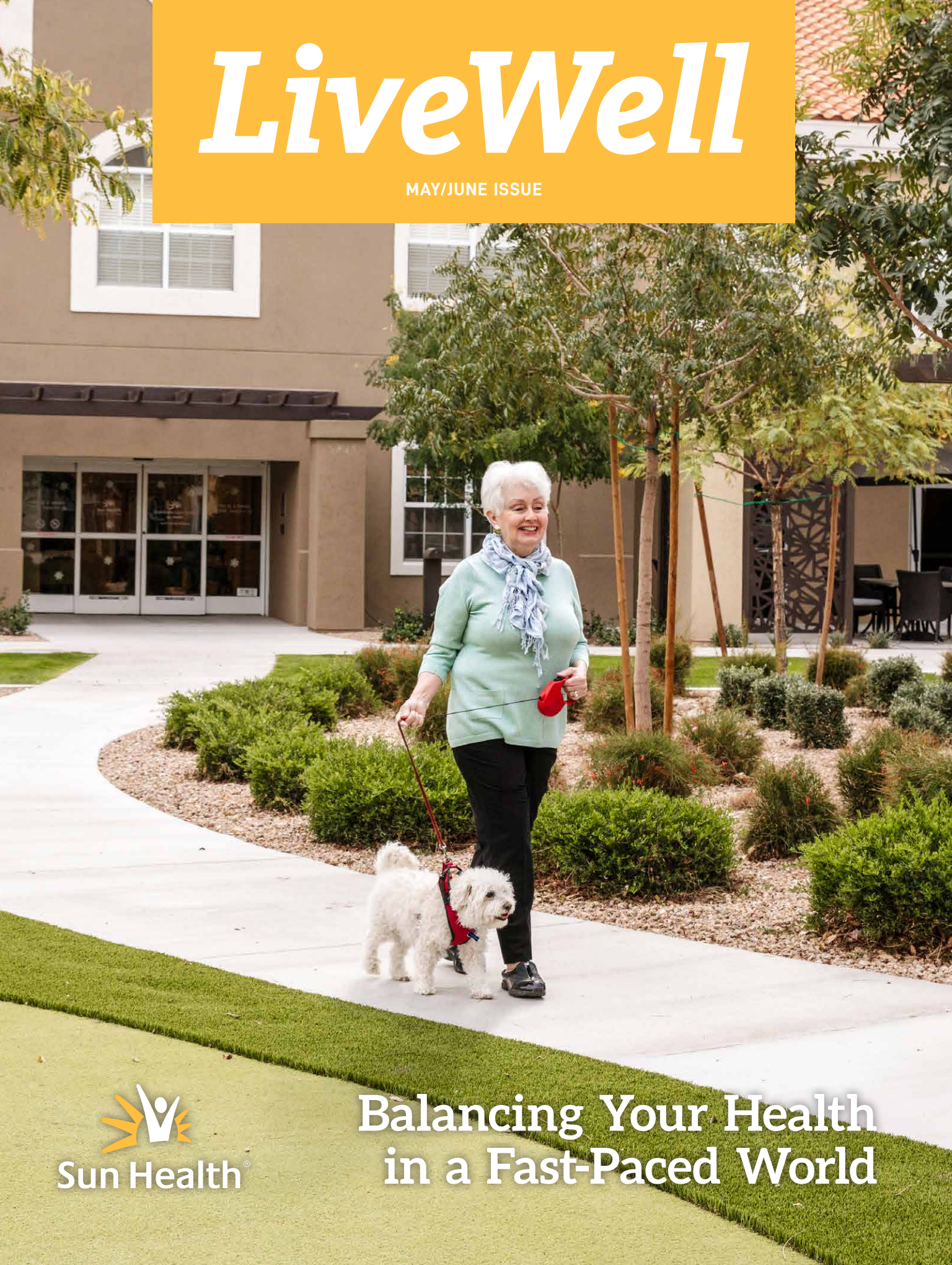


LiveWell

MAY/JUNE ISSUE



Balancing Your Health
in a Fast-Paced World

A Lifestyle WITH YOU IN MIND



Sun Health Communities offers a vibrant and carefree lifestyle, where you can live maintenance-free and have more time for the activities you love. Our three Life Plan Community locations—Grandview Terrace, La Loma Village, and The Colonnade—feature world-class amenities, community clubs and social activities, so you can spend your day doing as much, or as little, as you wish. For those who want to continue enjoying life in their current home, we also offer an exceptional Sun Health At Home® program. Both living options give you the privacy of your own residence and encourages you to live the spectacular life you want.

Grandview Terrace

Sun City West, AZ

La Loma Village

Litchfield Park, AZ

The Colonnade

Surprise, AZ

Sun Health At Home

Your Home



To learn more about Sun Health, scan the QR code to visit SunHealthCommunities.org or call (623) 471-7451

A NOTE FROM *Kim*



Kim Thompson
Chief Experience Officer

“Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.” —John Lubbock

Ah, summer! That glorious time of year when the sun shines brighter, the days stretch longer, and life just seems a bit less rushed.

Except perhaps in the digital era with its endless stream of notifications and the constant pressure to stay connected, only adding to the challenge of keeping up.

In this fast-paced environment, the need to prioritize our health — both mental and physical — becomes not just important but critical.

This edition is all about finding those little moments of peace and wellness in our day-to-day chaos. We’ve got some cool tips and tricks up our sleeve to help you stay healthy without turning your life upside down.

I want you to meet our massage therapist Kevin, who shares some surprising insights into the benefits of massage and a tip on how to take a second to decompress — even in the midst of your to-do list.

We have a special section on safety — both online and in the real world — to take the stress and anxiety out of our summer travels and online fun. Finally, we offer some down-to-earth self-care tips and tricks you can implement right now (without booking a flight to Tahiti!).

We’ll show you how to make the most of the sunny days, whether you’re a beach bum, a mountain hiker, an early-morning golfer, or just someone who enjoys a lazy day in the shade.

So, let’s make this summer all about balance. A little work, a little play, and a whole lot of taking care of ourselves. Because, at the end of the day, being healthy doesn’t have to be a chore. It’s all about finding joy in the small things and making every moment count.

Cheers to a healthy, happy summer!

Kim Thompson

Kim Thompson
Chief Experience Officer
Sun Health

LiveWell

MAY/JUNE 2024, ISSUE 78

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SunHealthAtHome.org

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Sun Health Foundation is a 501(c)(3) Arizona nonprofit organization supporting the health and wellbeing of the West Valley. All donations to Sun Health Foundation are tax deductible. Learn more at: SunHealthFoundation.org

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Become a Master OF TIME MANAGEMENT & SELF-CARE

by Tressa Jumps

You've got to run to the post office, hit the gym, take the dog to the groomer, get a haircut, pick up dinner, email your sister back, take out the trash, mow the lawn, pick up those pesky lemons that fell from the tree, buy a gift for your grandson (or Venmo him!), and pay the bills.

But you're feeling pretty Zen about it all. Why? Because you're a master of managing your time and taking care of your most precious resource: You and your time.

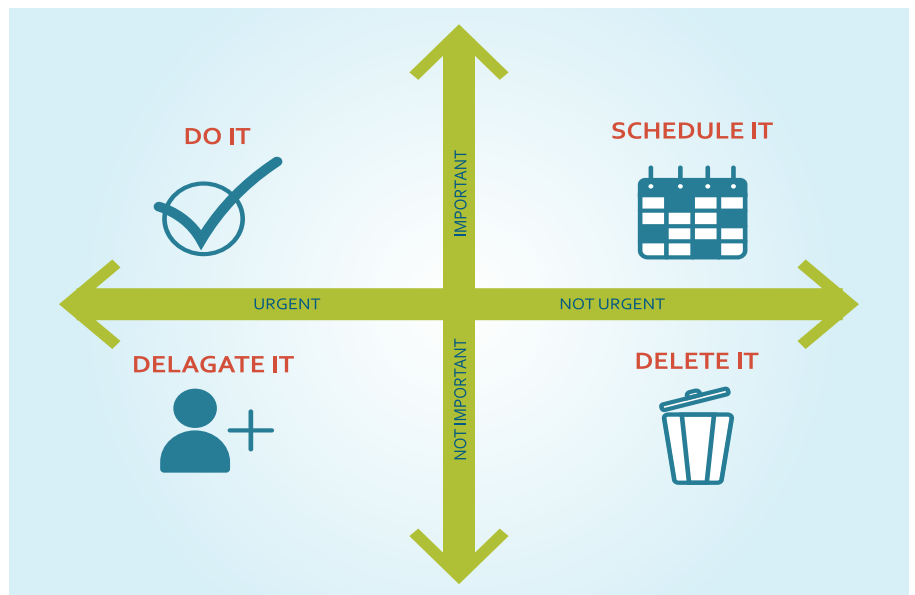
If you're not in the breezy, calm, and carefree category, take the summer months to practice these tips.

1. Prioritize tasks. Focus on tasks both urgent and important first, then schedule time for important but not urgent tasks. Use the Eisenhower Box to guide you.

2. Set goals and deadlines. Be clear (and realistic!) about what you want to achieve each day and set deadlines. Break larger tasks into smaller, manageable steps to avoid feeling overwhelmed. Use the S.M.A.R.T. goals system for deadlines and timelines. (Specific, Measurable, Achievable, Relevant, and Time-Bound.)

3. Limit distractions. Identify your major distractions and find ways to minimize them, such as turning off notifications on your phone for a while.

4. Practice mindfulness. Take short breaks to practice mindfulness or meditation, which can help reduce stress and improve concentration. (See article on page 8 from our on-site massage therapist for a tip on breathing.) Even just 5 to 10 minutes a day can make a significant difference.



The Eisenhower Box

5. Eat healthy & be active. Plan your meals to include nutritious foods that boost energy and focus (no, coffee doesn't count). Exercise boosts your energy levels and improves mental health. And, yes, if you jog up the steps to the post office, it counts.

6. Stay hydrated. Especially in these coming Arizona summer months, keep a water bottle nearby and drink regularly to stay hydrated, which is essential for optimal brain function.

7. Get enough sleep. Set a goal of getting 7 to 9 hours of sleep each night. Good sleep and having a solid sleep schedule are key to productivity and overall health.

8. Learn to say 'no'. Perhaps the hardest and yet most rewarding habit is not overcommitting. It's OK to say "no" to tasks or activities that don't fit your priorities or that you don't have time for.

When mastering time management and self-care, be flexible and kind to yourself when things don't always go as planned. If you mess up, it's OK; just try again tomorrow.

Each new day is a new opportunity to practice becoming your best, easy-breezy Zen Master self!



TOP TIPS FOR ONLINE SAFETY

by Tressa Jumps

It seems like every week there's a new scam via email, text, or online shopping. As more and more of our personal information is stored online — from medical data to social media— internet safety is more important than ever.

Here are the top tips for keeping your private life, well, private.

1. Strong passwords

Your first line of defense is a strong, unique password for each service, program, or app.

Use a mixture of letters, numbers, and special characters, and avoid common words or phrases. Many computer security programs like McAfee or Norton also provide a password manager feature to keep track of complex passwords securely.

2. Stay updated

Updating your computer and software routinely may seem like a hassle at the moment, but cyber attacks are even more inconvenient.

Keep your software, including your operating system, browsers, and antivirus programs, updated. Why? Regular updates often include patches for the security vulnerabilities that hackers exploit.

3. Phishing scams

Pause and think before opening emails or messages that ask you to click on a link or provide personal information.

Phishing scams often mimic legitimate sources to steal data. Always verify the authenticity of a request before responding. How? Check the sender's email address first. For example, your bank will never send you an email from a Gmail account. If you do not recognize the phone number from a text message, Google it to see if it's associated with a legitimate business.

4. Secure networks

Avoid using public Wi-Fi for sensitive activities like online banking or anything that requires you to enter a password. If you have to use public Wi-Fi, try to use a virtual private network (VPN) to encrypt your connection and protect your data.

5. Social media

Oversharing personal details can make you an easy target for identity thieves.

Adjust your privacy settings to control who sees your information — such as friends only, friends of friends, or no one. Also, don't post photos of vacations while you're away; wait until you return, otherwise thieves know when you're not home.

6. Protect personal information

Be cautious about how much personal information you share online, especially on websites you're not familiar with. Look for secure websites; they will have an "s" after the http (https) when shopping or banking.



7. Backup data

Regularly backup important data to an external hard drive or a Cloud service like Google Drive, MS OneDrive, etc. Having a backup can save you from losing important data in case of a cyber attack or system failure.

8. Be skeptical

Not everything you read online is true. Question and verify.

Cross-check information from multiple, reliable sources from .edu or .gov sites (.org sites used to be highly regulated but no longer are), especially when dealing with news or health information.

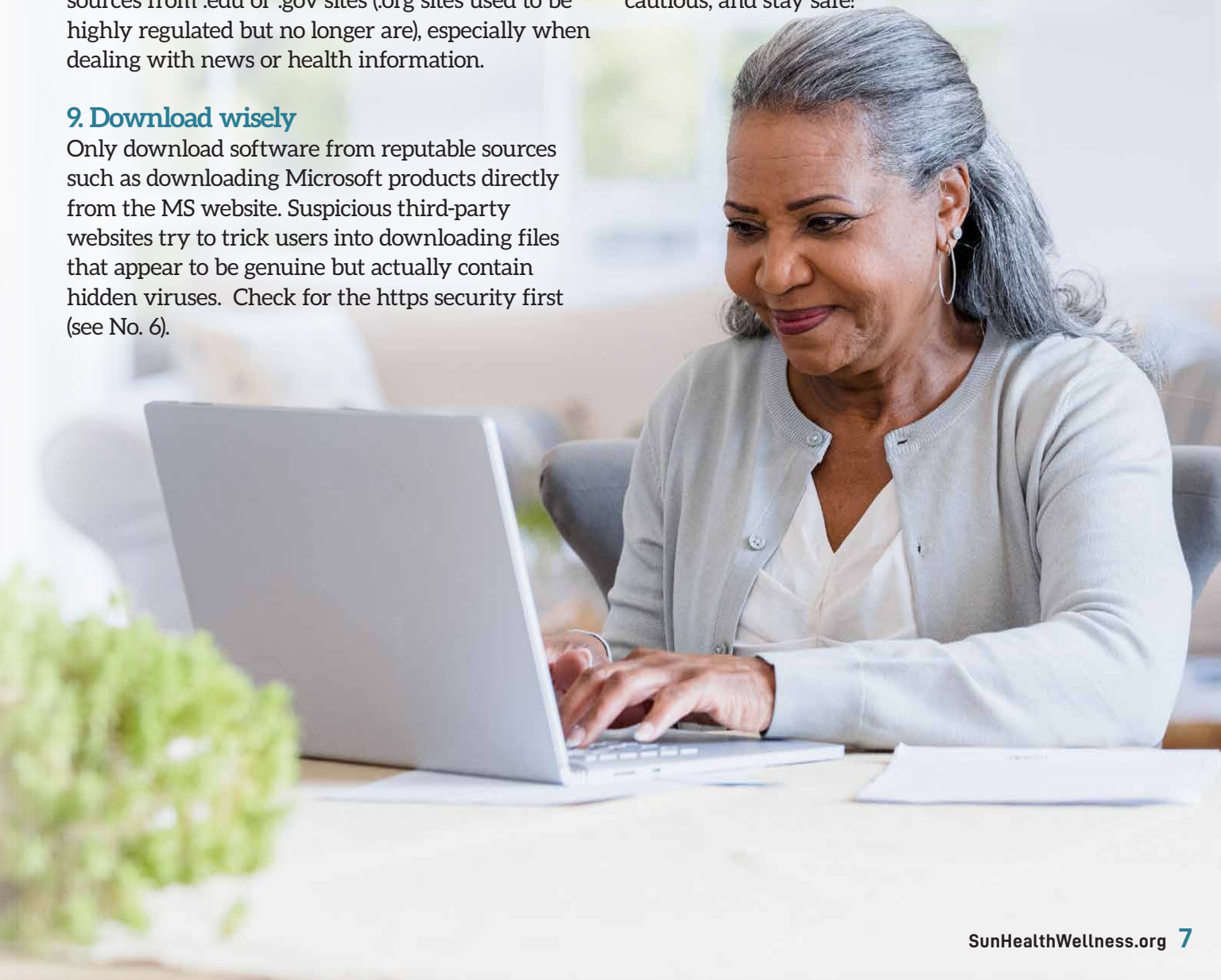
9. Download wisely

Only download software from reputable sources such as downloading Microsoft products directly from the MS website. Suspicious third-party websites try to trick users into downloading files that appear to be genuine but actually contain hidden viruses. Check for the https security first (see No. 6).

10. Two-factor authentication

Many platforms are suggesting (and some mandating) two-factor authentication (sometimes called 2FA). This is when you log in and the system sends you a text code, for example. This adds an extra layer of security by requiring a second form of identification beyond just your password.

The internet is a wonderful tool – and just like any other tool it comes with safety measures. Online safety is an ever-changing process, adapting as technology and threats evolve. Stay informed, stay cautious, and stay safe!





UNWIND WITH *Massage Therapy*

by Tressa Jumps

We tend to think of massages as a luxury, but today, they are a necessity.

Beyond the feelings of calm, relaxation, and tranquility, the sessions bring a long list of such medical benefits as increased circulation, reduced inflammation, and improved immunity. Not to mention massage can lower blood pressure, stress, and anxiety.

With such wholesale benefits, it's no wonder insurance companies and medical professionals are endorsing and even sometimes prescribing massage therapy.

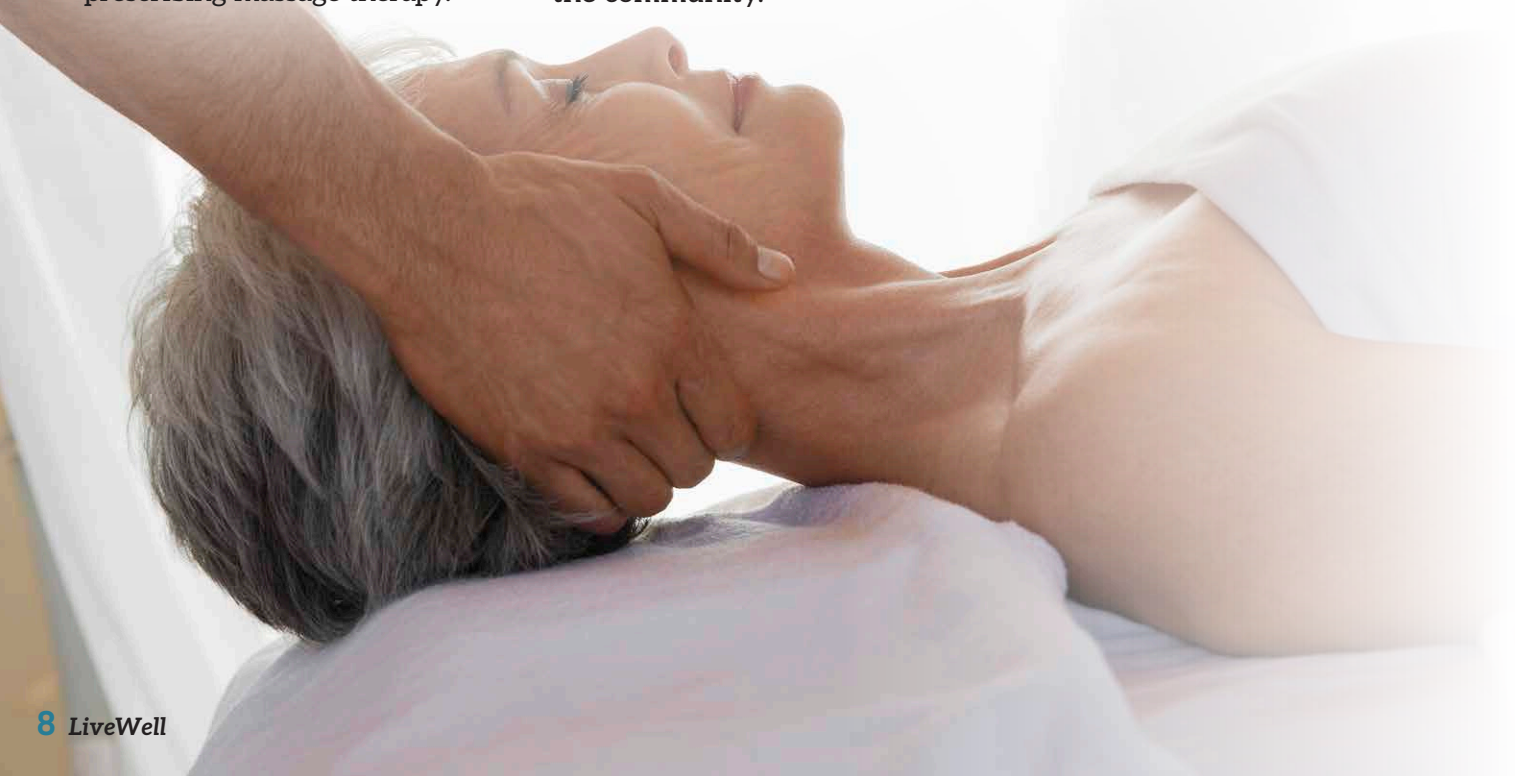
For Kevin Boivin, a Sun Health miracle worker (also known as a massage therapist), the progress he's seen from his clients after massage is exciting – especially knowing it is just part of the full spectrum of services at Sun Health Wellness.

“In conjunction with other Sun Health programming, classes, dietitians, strength training, and more, massage just rounds out that holistic view of what living well means,” Kevin says. “From yoga classes to diabetes education, Sun Health lives up to its promise to residents and the community.”

Surprising Benefits and Tips

The most common complaints Kevin says he sees are neck and lower back concerns. But what's surprising is why.

Many patients are post-surgical and want to increase their mobility, decrease swelling, and want to improve their lymphatic system. He has even worked with cancer patients post-treatment to encourage the lymph nodes to drain gently from the body, reduce lymphedema, and restore circulation.



“The key to our health is in motion. We have to keep moving. But the downside of that can be in a mentality where we are driving ourselves nonstop,” Kevin says. “Simply pausing between items on your to-do list and taking a deep breath is a hard practice to perfect. But it’s impactful.

“It’s a reminder that we can control what we focus on versus letting life control us. When we are stressed, we tend to have shallow, rapid breathing. Stress and anxiety have an incredibly negative biological impact. Pausing is a way to reset the body, take in oxygen and make a choice about our next steps.”

Before A Visit

Massage should be an integral part of our physical health, which means looping in medical providers – including physical therapists. Before each appointment, Kevin reviews the complete medical records of all clients – from past surgeries to current medications – so he can assess what the best type of massage would be to suit their needs.

“We are looking at this as a teamwide effort,” he says. “Physical therapists, for example, have great insight, so anytime I can work directly with providers, it further helps my client. That also includes knowing when someone isn’t quite

ready for massage yet – like if they still need to be recuperating.

“Anytime a client can put me in contact with their medical providers, it creates a way for all of us to work together to get the client feeling their best.”

Kevin advises people to choose a massage that matches their day. Are you going to spend a relaxing day at home or run a marathon afterward, for example? And maybe it just means after a therapeutic massage, you need to rest and let your body adjust for 15 to 20 minutes before continuing your day. There is such a thing as a post-massage fog.

Massage Therapists



Brooke Samuelson



Kevin Boivin

SERVICES

Swedish: Full-body muscle relaxation.

Deep tissue: Relieves tension in the deeper layers of muscle and connective tissue, targeting muscle knots and specific problem areas.

Customized therapeutic: Combines deep tissue, Swedish, trigger point, and sports massage and is completely customized to individual needs to help relieve pain and induce relaxation.

Trigger Point therapy: Dispels chronic tension located deep in the muscles to address pain that radiates from a very specific spot (or spots).

Sports massage: Addresses aches caused by repetitive motion, and helps active people recover more quickly.

For pricing and location details, please see page 13. Discounts are available to residents of Sun Health Communities.



BRAIN & MEMORY HEALTH

Dementia Caregiver Support Group Wednesdays, May 1, May 15, Jun. 5 and Jun. 19 | 3-4 p.m

Caring for a loved one with dementia can be challenging, but you don't have to face it alone. Sun Health's Memory Care Navigator team invites you to join the Dementia Caregiver Support Group, which offers a welcoming and understanding community where you can find comfort, guidance and a renewed sense of strength. If you are a family member or friend caring for an individual with dementia, please join us to share your experiences, learn new approaches and gather community resources.

Location: Grandview Terrace Health & Rehab

Improving Cognitive Functioning Wednesday, May 15 | 9:30-10:30 a.m.

Mild cognitive impairment is a concern for older adults, but is decline a necessary part of aging? Join George Miller, BCN from NeurofeedbackAZ, to learn low or no-cost ways to retain cognitive functioning and hear about the potential benefits of neurotherapy.

Location: Lord of Life Lutheran Church

Memory Café Tuesdays, May 28 and Jun 25 | 9:30-11 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.

Location: Salvation Army

Location & Class Key

AMERICAN LUTHERAN CHURCH

17200 N. Del Webb Blvd., Sun City, AZ

THE COLONNADE

19116 N. Colonnade Way, Surprise, AZ

CROWN OF LIFE LUTHERAN CHURCH

13131 W. Spanish Garden Drive, Sun City West, AZ

FAITH PRESBYTERIAN CHURCH

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

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria, AZ

GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City, AZ

GRANDVIEW TERRACE/BALLROOM

14515 W. Granite Valley Drive, Sun City, AZ

GRANDVIEW TERRACE HEALTH & REHAB

14505 W. Granite Valley Drive, Sun City West, AZ

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West, AZ

OFFICE EVOLUTION

15331 W. Bell Road, Suite 212, Surprise, AZ

PORA

13815 W. Camino Del Sol, Sun City West, AZ

SALVATION ARMY

17420 N. Avenue of the Arts, Surprise, AZ

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise, AZ

SURPRISE SENIOR CENTER

15832 W. Hollyhock St., Surprise, AZ

UNITED CHURCH OF SUN CITY

11250 N. 107th Ave, Sun City, AZ

Classes with this icon  have an associated fee.

Registration begins:
Apr. 16, 2024 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



DIABETES

Diabetes Self-Management Education Starts Tuesday, May 14 | 1:30-3:30 p.m.

People with diabetes are living longer, healthier lives. The driving force? Healthy lifestyle changes and better diabetes management. Join our registered dietitian and diabetes educator for this five-week accredited course that provides the latest information in diabetes management including monitoring, taking medication, eating healthy, being active, reducing risks, problem solving and healthy coping. Please call (623) 471-9355 to register. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least two weeks prior to start of series.

Location: Sun Health Center for Health & Wellbeing

National Diabetes Prevention Program Starts Tuesday, Jun. 4 | 11 a.m.-noon

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach and nutritionist. This yearlong lifestyle change program uses 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. The fee for this series is covered by Medicare and most insurance providers.

Location: Sun Health Center for Health & Wellbeing

Diabetes Self-Management Education Starts Thursday, Jun. 13 | 1-3 p.m.

People with diabetes are living longer, healthier lives. The driving force? Healthy lifestyle changes and better diabetes management. Join our registered dietitian and diabetes educator for this five-week accredited course which provides the latest information in diabetes management including monitoring, taking medication, eating healthy, being active, reducing risks, problem solving and healthy coping. Please call (623) 471-9355 to register. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least two weeks prior to start of series.

Location: Sun Health Center for Health & Wellbeing

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

We offer small group sessions for physical fitness classes as well as the Diabetes Prevention Program and the Diabetes Self-Management Education series held in person at the Sun Health Center for Health & Wellbeing.



Register Online SunHealthWellness.org

Beginning Apr. 16, 2024



Register By Phone (623) 471-9355 *except where noted*

Beginning at 8:30 a.m. Apr. 16, 2024

Classes with this icon  have an associated fee.



HEALTH & WELLBEING

Understanding Grief and Mourning

Tuesday, May 7 | 2-3 p.m.

Grief and loss can be overwhelming experiences, but the more you know about what to expect, the less frightening it is. Here we explain the different types of grief and their effects, why expressing grief is so important, and discuss ways to help people who are grieving.

Location: Freedom Plaza

Current Dental Trends

Wednesday, May 8 | 10-11 a.m.

The world of dentistry is changing every day, and it can be difficult to keep up with the latest trends in oral health. Join us to learn the science behind current industry trends, and help decide what's best for your oral health care needs.

Location: American Lutheran Church

What is Heart Failure?

Tuesday, May 14 | 10:30-11:30 a.m.

About 5.7 million Americans are living with heart failure today. Heart failure is one of the most common reasons people aged 65 and older go into the hospital. Please join Dr. Michael Amponsah as he discusses what heart failure is, the symptoms and treatment.

Location: United Church of Sun City

COPD Prevention and Management

Tuesday, May 21 | 1:30-2:30 p.m.

Chronic Obstructive Pulmonary Disease (COPD) is a chronic progressive inflammatory lung disease that causes airflow obstruction from the lungs, with subsequent shortness of breath, excessive mucus production, chronic cough and wheezing most often due to chronic cigarette smoking. Even though it is progressive and irreversible, it is treatable and preventable. Join Dr. Jalal Abbas to learn more.

Location: Grace Bible Church

Osteoporosis Causes and Treatment

Tuesday, Jun. 4 | 2-3 p.m.

How do you know you are at risk for osteoporosis? Individuals are usually unaware that they have decreased bone density until they break their wrist, hip, or vertebra which cause excruciating pain and most times leaves you incapacitated. Please join Dr. Hurd as she walks you through the osteoporosis and osteopenia diagnoses as well as causes and effective treatments.

Location: Freedom Plaza

Elder Abuse Awareness

Wednesday, Jun. 5 | 10:30-11:30 a.m.

Please join Surprise Police Officer Chris Tovar to learn about the various types of elder abuse, which includes fraud, and ways to help prevent it.

Location: Surprise Senior Center

Registration begins:
Apr. 16, 2024 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



HEALTH & WELLBEING

The Difference Between a Will and a Trust Wednesday, Jun. 12 | 10-11 a.m.

Understanding the difference between a will and a trust can be confusing. Please join Irma Aranda, Estate Planning Specialist with Desert Financial Credit Union, as she discusses the difference between a will and a trust. She will also explain the importance of both financial and medical powers of attorney.

Location: American Lutheran Church

Love the Skin You're In Tuesday, Jun. 18 | 1:30-2:30 p.m.

Are annual skin cancer screenings important? What is the best sunscreen? Do I really need to moisturize? Certified Physician Assistant Tymothi Claude from the Skin and Cancer Institute will talk about everything you should be doing to make sure your skin is the best it can be no matter what your age.

Location: Grace Bible Church

Get Your Zzzzzzs with Sleep Apnea Friday, Jun. 28 | 9:30-10:30 a.m.

Please join pulmonologist Dr. Raj Mulpuri as he shares the ins and outs of sleep. You will learn how to obtain quality sleep while managing sleep apnea. The benefits of sleep to enhance outcomes with other disease processes will also be addressed.

Location: The Colonnade

UNWIND WITH A Relaxing Massage

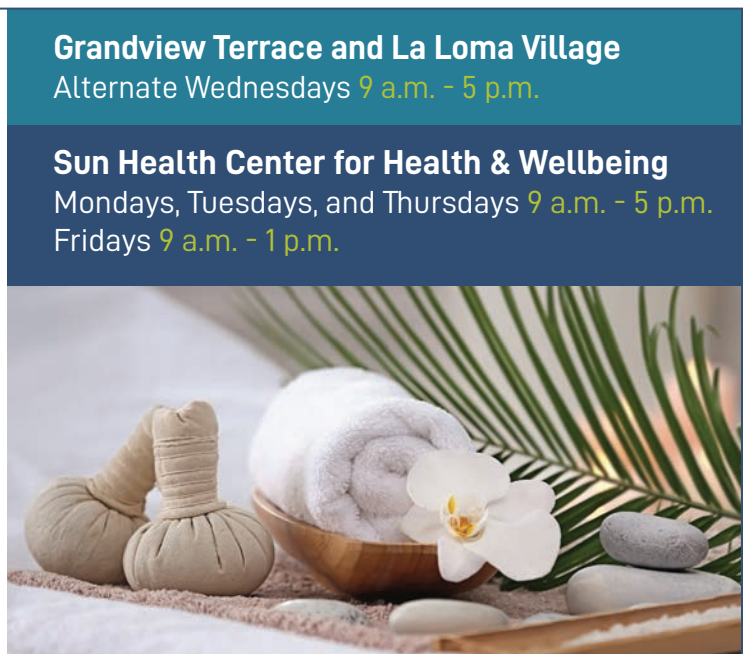
\$65

60 MINUTES

\$95

90 MINUTES

Additional discounts for residents of
Sun Health Communities



Grandview Terrace and La Loma Village

Alternate Wednesdays 9 a.m. - 5 p.m.

Sun Health Center for Health & Wellbeing

Mondays, Tuesdays, and Thursdays 9 a.m. - 5 p.m.

Fridays 9 a.m. - 1 p.m.

To make an appointment, call us today! (623) 471-9355





NUTRITION

Recipes, Recipes, Recipes!

Wednesday, May 1 | 10:30-11:30 a.m.

Who wouldn't enjoy trying out a fresh recipe? What key factors should we consider when seeking a nutritious recipe? Join the Sun Health Center for Health & Wellbeing nutrition team to explore ways to enhance the healthiness of our recipes and discover new culinary inspirations.

Location: Surprise Senior Center

Nutrition & Lifestyle for Weight Loss

Thursdays, May 9 and Jun. 13 | 11:30 a.m.-12:30 p.m.

Come learn a lifestyle approach to weight loss that can help you make simple changes to maintain a healthy weight for life. Banner Health Registered Dietitian Mya Perkins, MS, RD, will discuss nutrition and lifestyle changes you can put into action.

Location: Zoom

For more information and resources on exercise and wellness, contact the Sun Health Center for Health & Wellbeing at (623) 471-9355 or visit SunHealthWellness.org

Sun Health envisions a world where people live longer, healthier and more purposeful lives.

Registration begins:
Apr. 16, 2024 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



PHYSICAL FITNESS

Classes are held at the Sun Health Center for Health & Wellbeing at 14719 W. Grand Ave., Surprise. All classes are offered as weekly multisession series at \$5 per class, paid up front for the series.

Mondays, 8-Week Series

Chair Yoga Plus

Starts Apr. 29 | 9:30-10:30 a.m.

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

Tai Chi Essentials

Starts Apr. 29 | 11 a.m.-noon

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

Strength Training

Starts Apr. 29 | 12:30-1:30 p.m.

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

Wednesdays, 8-Week Series

Chair Yoga Plus

Starting Jun. 19 | 9:30-10:30 a.m.

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

Tai Chi Essentials

Starting Jun. 19 | 11 a.m.-noon

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

The Core to Strength

Starting Jun. 19 | 12:30-1:30 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.

Fridays 8-Week Series

Strength Training

Starting Jun. 21 | 11 a.m.-noon

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



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Stay Healthy While Living *At Home*

We specialize in personalized support and coordinated services to help members stay active and healthy as they age in place at home. With a variety of plans available, it's easy to find the Sun Health At Home® membership that meets your individual needs.

To learn more about the benefits of this program, please join us at an upcoming 1-hour complimentary Discovery Seminar. Registration is required.



(623) 294-6726
 SunHealthAtHome.org

Join us for a complimentary 1-hour Discovery Seminar:

Sun Health Center for Health & Wellbeing
 14719 W. Grand Ave., Surprise, AZ 85374

MAY	MAY	JUNE	JUNE
7	21	13	25
2 p.m.	10 a.m.	10 a.m.	1:30 p.m.

Wickenburg Community Hospital
 520 Rose Ln., Wickenburg, AZ 85390

MAY
14
10 a.m.



SUN HEALTH AT HOME