

LiveWell

JULY/AUGUST 2024

Mind
and Body
Vitality


Sun Health®

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 encourage 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

“Vitality shows not only in the ability to persist but the ability to start over.” —F. Scott Fitzgerald

I love that word “vitality.” It’s not a small, gentle word—not a word that evokes a lackluster being. It’s about thriving, not merely surviving. It’s about grabbing the essence of life, wringing it out for all it’s worth. It’s what Sun Health strives to instill in our communities and services.

Whether you’re just starting on your wellness journey, you’re a seasoned veteran of living with intention, or you’ve fallen off the wagon and are starting over—we have a program or community with you in mind.

The theme for this edition of LiveWell is *Mind and Body Vitality*. We know the body and the mind are so incredibly linked that healing or strengthening one impacts the other. Of course, the same is true of the opposite. If we don’t care for the mind and the body in tandem, they both suffer. After all, what would a conductor be without an orchestra and vice versa?

Did you know that July is Alzheimer’s Awareness month? In the following pages, we will cover the benefits and services of our free Memory Care Navigator program. This program is 360 degrees; it’s for those suffering from memory

loss, their loved ones, and their caregivers. Because the disease is so all-encompassing, so too is the Sun Health program.

Next, we delve into the critical importance of mental health—from loss of identity and purpose to financial concerns, health issues, and coping with transitions. As the saying goes: “Life comes at you fast, but it doesn’t have to run you over.”

Vitality can be found in the small moments, small successes, and small steps forward.

Finally, we will showcase our nationally lauded Diabetes Prevention Program. This yearlong course not only helps you manage diabetes, but it also addresses the common stressors of the disease, bringing a sense of control and hope. It brings vitality, in both mind and body, back into the lives of those learning to make lifestyle changes.

In the dog days of summer, the heat may sap our energy, but in us remains that indomitable spirit—the one that drives us forward. The journey is not linear, so please remember to be kind to yourself. Every step forward is a testament to your dedication, resilience, and yes, **vitality**.

LiveWell

JULY/AUGUST 2024, ISSUE 79

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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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We also educate participants about available local clinical trials they may discuss with their physicians.



Community Resource and Assistive Services:

The Memory Care Navigator works with families to create an action plan to narrow down the specific resource needs your loved one might have. The Navigator provides resource information for respite and caregiving support, adult day centers, and other valuable resources in the community.



Peer Connections:

Connecting with other caregivers who are going through similar

experiences can provide a sense of solidarity, camaraderie, and mutual support. Our Memory Care Navigators host and facilitate a variety of events including Memory Cafés, caregiver support groups, and community education classes. These events allow caregivers to share coping strategies, exchange practical tips, and form meaningful relationships built on empathy and understanding



Advocacy and Empowerment:

Caregivers often encounter challenges related to advocating for their loved one's needs within healthcare systems, long-term care facilities, and community support services.

A support network can empower caregivers to advocate for their loved ones' rights and access to quality care.

MEET SUN HEALTH'S NEWEST MEMORY CARE NAVIGATOR

Deanna Zamorano



"I have been in the healthcare field for 10 years with a background in nursing and case management services. Even with my knowledge and experience in the field, nothing could have prepared me for the overwhelming struggles of caring for my grandmother in her home when she was diagnosed with Alzheimer's disease."

"In the thick of it all, I remember thinking to myself, 'If it's this hard for me as a healthcare professional, I can't imagine how hard it would be for people with no healthcare experience to find themselves catapulted into a 24/7 caregiving role for their loved ones.'"

"As a Memory Care Navigator, my goal is to share insight, connect, and empathize with our program members to navigate their new normal as best they can. Whatever stage you find your loved one in with their dementia-related diagnosis, we are here to help meet your needs and connect you to services within your community."

Schedule your complimentary consultation today!
Call (623) 471-9355

DIABETES PREVENTION & EDUCATION

by Tressa Jumps

Diabetes is one of the fastest-growing diseases in our country.

According to the American Diabetes Association, 11.6% of the U.S. population has diabetes, with the highest demographic (29.2%) being adults 65 years or older. The disease, which is oftentimes preventable and manageable, is a cornerstone of Sun Health's dedication to community wellness.

The Sun Health Center for Health and Wellbeing has received the CDC's Full Plus Recognition as a result of our consistent work with the National Diabetes Prevention Program. This recognition is only awarded to programs that can demonstrate they have effectively reduced the risk of developing type 2 diabetes in their participants.

Sun Health's Diabetes Prevention Program is a yearlong course that combines education, physical activity, weight loss, and the lifestyle

changes needed to maintain new, healthy habits. Classes are conducted in a group setting, allowing participants to share experiences and learn from one another.

Leoma Lightner, RN, BSN, a parish nurse at Desert Palms Presbyterian Church, participated in the Diabetes Prevention Program last year, saying, "We learned how to improve our shopping at the grocery store, how to eat, and how to plan meals. Yes, you can make mistakes, but with the right education and new habits, regain your healthy goals.

"The classes show you that you can feel better when you eat properly. It's been quite a learning curve for me. With this class, it's now a daily habit for me to eat healthily. Since there are 96 million pre-diabetic people, this program is so important for everyone. It has led me to a happier, healthier life."

In addition to the Diabetes Prevention Program, Sun Health also offers Diabetes Self-Management & Training for those already diagnosed with diabetes. Diabetes Self-Management Education is a five-week course that provides guidance to improve overall health and help prevent diabetic complications. This program has been demonstrated to decrease A1C levels, improve control of blood pressure, lower cholesterol, and improve overall quality of life.

Sun Health's diabetes education programs are evidence-based, with a history of proven results to prevent or manage diabetes. Our primary goal is to empower participants with the knowledge and skills necessary to take control of their health.

Understanding that physical wellbeing directly influences mental wellness, we aim to instill confidence in individuals to effectively manage their condition, leading to a more vibrant and stress-free life.



Stress less about diabetes and take control of your health! See page 11 for upcoming diabetes-related programs, or call **(623) 471-9355**.





MENTAL WELLNESS AMID LIFE CHANGES

by Tressa Jumps

Entering a new phase of life can be daunting but also exciting. It's an opportunity to find new vitality in the changes. These transitions can bring about various mental health challenges, including loss of identity, social status and purpose, social isolation, health decline, and changes in routine and structure.

Erica Trocino, LPC-S, CEDS-C, an AZ Licensed Professional Counselor and Supervisor with Two Arrows Counseling and Consulting, PLLC, provides tips for managing mental health:

1. Find a community for socialization, connection, and a sense of belonging. You are not alone; reach out and talk to a therapist about the feelings you are experiencing and know that help is available.
2. Discover new hobbies or rekindle old interests. Trying new things stimulates the brain and delays aging. Give yourself permission to be a beginner again.
3. Aristotle said, "We are what we do repeatedly." Habits are the foundation of health, and small changes can have a significant impact over time.

"Practice gratitude daily! Having an 'attitude of gratitude' helps guide our focus toward the good things in our lives. It helps to reduce suffering when we are experiencing challenges. It's easy to forget about the good when a crisis arises, and gratitude is an opportunity to reconnect with the present moment," says Trocino.

Check with your insurance provider for a listing of local mental health providers. If you are experiencing a mental health crisis, please call 988 and speak with someone today.

PRACTITIONER SPOTLIGHT

HIGHLIGHTING OUR COMMUNITY'S EXPERTS



Meet Briana Auman, Psy.D.

Meet Briana Auman, Psy.D. (she/her), Clinical Neuropsychologist at Banner Sun Health Research Institute (BSHRI). Originally from Pennsylvania, she went to graduate school in New York and then moved to Arizona specifically to work at BSHRI.

“I became interested in neuropsychology because I like thinking about thinking,” Auman says. “The process of BSHRI’s assessment is like solving a mystery, gathering up information to understand how each person’s mind works—and how to help it work its best.”

From both researchers and the public, there is now a focus on optimizing brain functioning to be its best throughout our whole lifespan. Auman suggests that one way to think about brain health is the idea of resilience. A strong brain is one with good blood flow, more neurons, and more connections between these cells. Cognitive reserve is the efficiency and flexibility of our mental networks and is established and strengthened through learning.

Emotional resilience and our skills for coping with stress are important, along with good sleep. Our brains clear waste material during sleep, and poor sleep can increase the risk for both mental health problems like depression as well as cognitive decline.

Auman says this is an exciting time to be studying aging. “The focus is shifting from treating diseases to prevention and optimizing functioning. I like the idea of building brain resilience, which can come from physical health, learning new things, coping with stress, and social support.”

DID YOU KNOW?

One common issue that can impact brain health is hearing loss. Problems with hearing are very common as we age, but untreated hearing loss actually puts a strain on our brain and can contribute to cognitive decline. Hearing loss impacts communication and can lead to isolation, which also increases risk of developing dementia. Luckily, this is one factor that is easily addressed.



BRAIN & MEMORY HEALTH

Dementia Caregiver Support Group **Wednesdays, July 3, July 17, Aug. 7 and** **Aug. 21 | 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 and Rehab

Defining Dementia: Progression, Treatment and Strategies **Wednesday, July 17 | 9:30-10:30 a.m.**

Dementia is a concern for older adults, as it affects memory, language, problem-solving abilities and cognition. Dr. Chris Morris of Sonoran MD will discuss signs and symptoms, risk factors and how to adopt a healthy lifestyle that may decrease the risk of cognitive decline and dementia.

Location: Lord of Life Lutheran Church

Memory Café **Tuesdays, July 23 and Aug. 27 | 10-11:30 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.

Location: Salvation Army

Memory Support- "When is it Time?" **Tuesday, Aug. 20 | 1:30-2:30 p.m.**

How do you know when it's time to move a loved one into a memory care community? What is the best living option? What can you do to help make the transition easier? Having these difficult conversations and knowing where to start can feel overwhelming. Jill Parsons, Director of Assisted Living and Memory Support with Sun Health, will provide you with the knowledge and tools to make the best decision for your loved one.

Location: Grace Bible Church

Registration begins:
June 13, 2024 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



DIABETES

Annual Diabetes Self-Management Education

Thursday, July 25 | 8:30-10:30 a.m.

This two-hour class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's 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: Surprise Senior Center

Managing Diabetes and Hypertension

Wednesday, Aug. 7 | 10:30-11:30 a.m.

Hypertension is twice as likely to affect a person with diabetes than a person without diabetes. If left untreated, both conditions can lead to heart disease and stroke. Dr. Chris Morris from Sonoran MD will discuss the best approaches to manage both conditions and how to create a guide for healthy aging.

Location: Surprise Senior Center



DIABETES EXPO

Stress Less About Diabetes

SAVE THE DATE!

Wednesday, November 6, 2024

9 a.m. - noon





Advanced Directives

Wednesday, July 3 | 10:30-11:30 a.m.

Advance care planning is a facilitated process of planning for future health and personal care. Advance care planning conversations help to ensure that a person's beliefs, values, and preferences are understood, and then documented, so that they are in place to guide future decision-making at a time when a person is unable to make their wishes known to their healthcare team. Carla Sutter, MSW, of the Arizona Healthcare Directives Registry will help you design a plan that honors your end-of-life healthcare wishes.

Location: Surprise Senior Center

Geriatric Pain Control

Tuesday, July 16 | 1:30-2:30 p.m.

Pain can be an unpleasant and emotional experience. Join Dr. Ruchir Gupta of Mountain View Head and Spine Institute to learn why pain is not a part of growing older. We will discuss factors that affect pain perception, types of pain and approaches to safely treat and manage pain.

Location: Grace Bible Church

Joint Health: Keeping Hips and Knees Aligned

Tuesday, July 23 | 2-3 p.m.

Staying active and mobile is important for healthy aging! Mobility is how well your joints move through their full range of motion. Joint health of the hips and knees are important and can determine your ability to move about freely and easily. Please join Dr. Mark Allen as he 'walks' you through the conditions that affect joint health, how to improve mobility and treatments that support the health of hips and knees.

Location: Freedom Plaza



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Visit SunHealthWellness.org/Livewell-magazine

Registration begins:
June 13, 2024 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



HEALTH & WELLBEING

AARP Safe Driving Class

Monday, Aug. 12 | noon-4 p.m.

Designed especially for drivers aged 50-plus, the AARP Smart Driver Course is intended to help drivers live more independently as they age and remain safe on today's roads. Pre-registration is required. The fee is \$20 for AARP members and \$25 for nonmembers, payable by check only. Please bring driver's license and a check made payable to AARP to the session.

Location: Crown of Life Lutheran Church

Advanced Directives

Wednesday, Aug. 21 | 9:30-10:30 a.m.

Advance care planning is a facilitated process of planning for future health and personal care. Advance care planning conversations help to ensure that a person's beliefs, values, and preferences are understood, and then documented, so that they are in place to guide future decision-making at a time when a person is unable to make their wishes known to their healthcare team. Carla Sutter, MSW, of the Arizona Healthcare Directives Registry will help design a plan that honors your end-of-life healthcare wishes.

Location: Lord of Life Lutheran Church

PRP and Stem Cells for Chronic Pain Management

Tuesday, Aug. 27 | 2-3 p.m.

Learn the Who? What? Why? of Regenerative Therapy! As a treatment option in place of traditional surgery, the use of regenerative medicine is aimed at healing the body instead of treating symptoms with medication and procedures. Please join Dr. Ruchir Gupta for his informative presentation on the conditions that benefit from the use of stem cells and platelet-rich plasma therapies.

Location: Freedom Plaza

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 Dr., 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 Dr., Sun City, AZ

GRANDVIEW TERRACE HEALTH & REHAB 14505

W. Granite Valley Dr., Sun City West, AZ

LORD OF LIFE LUTHERAN CHURCH

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

OFFICE EVOLUTION

15331 W. Bell Rd., 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.



10TH ANNUAL

STAND UP to FALLING DOWN

A FALL PREVENTION AWARENESS AND SCREENING EVENT

**SAVE
THE DATE!**

**Wednesday,
Sept. 25, 2024**

9 a.m. to noon

The Colonnade

**19116 N. Colonnade Way
Surprise, AZ 85374**

Celebrate a decade of fall prevention with Sun Health at our 10th Annual Stand Up to Falling Down event! Each year, 3 million older adults require emergency care for fall-related injuries, yet many of these accidents can be prevented. Join us for a milestone year featuring expert-led educational presentations and essential fall prevention resources designed to help you stay strong and steady.





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 July 1 | 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 July 1 | 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 July 1 | 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.

Chair Yoga Plus

Starts Aug. 26 | 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 Aug. 26 | 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 Aug. 26 | 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

Balance: Mind & Body

Starting Aug. 21 | 9:30-10:30 a.m.

Learn breathing, relaxation, attune your mind, balance your body, and move according to the ancient disciplines of Taiji, Chi-Gong, yoga, and meditation.

Tai Chi Essentials

Starting Aug. 21 | 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 Aug. 21 | 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 Aug. 23 | 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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 SunHealth.org

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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:**

JUL 11 10 a.m.	JUL 23 1:30 p.m.	AUG 8 10 a.m.	AUG 27 1:30 p.m.
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SUN HEALTH AT HOME

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