

LiveWell

JANUARY/FEBRUARY 2025



**The Heart of
Healthy Living**

A Lifestyle WITH YOU IN MIND



Sun Health Communities offers a vibrant and low-maintenance lifestyle, where you can live carefree 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

The Colonnade

Surprise, AZ

La Loma Village

Litchfield Park, AZ

Sun Health At Home

Your Home

JAN
9
11 a.m.

JAN
28
1:30 p.m.

FEB
13
11 a.m.

FEB
25
1:30 p.m.

Learn about Sun Health At Home at
one of our 1-hour Discovery Seminars



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

This edition of LiveWell is all about joyfully protecting and nurturing your heart – both physically and emotionally!

We're thrilled to kick things off with a spotlight on heart health, featuring an uplifting interview with Dr. Rahul Sharma, a cardiologist from Cardiac Solutions. He shares heart-healthy activities and prevention tips that will invigorate your cardiovascular system. Don't miss our delicious heart-friendly recipe, perfect for adding a burst of flavor and joy to your meals!

You'll also be delighted to discover the wonderful benefits of having a pet! Learn how a furry companion can brighten your day, reduce the effects of heart disease, and keep you moving with joy.

Next, we explore the growing impact of dementia and how education can improve caregiving. We highlight insights from Maribeth Gallagher, DNP, FAAN, on building meaningful connections through understanding and compassion.

In honor of Blood Donor Month, we celebrate the incredible power of donation, reminding us how a single act of kindness can create ripples of positivity and save lives.

And let's not forget the joy of movement! Staying active is key to maintaining heart health, boosting your mood, and enhancing your overall vitality.

Here's to a heart-healthy and cheerful start to the year!

Kim Thompson

Kim Thompson
Chief Experience Officer
Sun Health

LiveWell

JANUARY/FEBRUARY 2025, ISSUE 82

SUN HEALTH

14719 W. Grand Ave.
Surprise, AZ 85374
(623) 471-9550

Information@SunHealth.org
SunHealth.org

SUN HEALTH WELLNESS

(623) 471-9355

SunHealthWellness.org

SUN HEALTH AT HOME

(623) 227-4663

SunHealthAtHome.org

SUN HEALTH COMMUNITIES

(623) 236-3767

SunHealthCommunities.org

SUN HEALTH FOUNDATION

(623) 471-8500

SunHealthFoundation.org

KIM THOMPSON

Chief Experience Officer

MICHELLE MARTINEZ

Vice President of Community Operations

NORA HANNAH

Chief Engagement Officer

MEGAN WORD

Vice President of
Marketing & Communications

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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HEART HEALTHY

New Year's Goals

The new year represents new opportunities to embrace healthy habits. This year, get to the heart of the matter by prioritizing cardiac health.

“Heart disease is the leading cause of death for both men and women in the U.S.,” says Interventional Cardiologist Rahul Sharma, M.D. “Even more than cancer, which people find surprising.”

Dr. Sharma says one of the first steps in preventing or treating heart disease is knowing your risk.

“There are good tools to help you understand your risk of cardiac events over a 10-year period,” he says. “One is the ASCVD Risk Estimator. It helps you and your physician estimate future heart issues based on your personal health history. I encourage my patients to do this and update it regularly, so they understand their risk as they age.”

Dr. Sharma also recommends these heart-healthy lifestyle changes:

- **Schedule regular screenings** – Heart screenings are good and relatively inexpensive tools that can provide additional insight. “A coronary artery calcium test involves a quick CT scan of the heart that shows calcium deposits in your coronary arteries and assigns you a calcium score,” Dr. Sharma says. “Based on the amount of calcium, the score directly correlates to future cardiac events.”
- **Avoid nicotine** – Stop smoking or chewing tobacco. Avoid second-hand smoke as well.
- **Maintain a healthy diet** – “The diet that works best is the one you can sustain,” Dr. Sharma says. “Both the Mediterranean and DASH diets have been shown to be both safe and sustainable.”

- **Get enough sleep** – “Sleep is a huge factor in terms of long-term heart disease risk,” he says. “Aim for at least seven to eight hours. And if you suspect you have a sleep disorder, like insomnia or sleep apnea, see a sleep medicine specialist.”
- **Increase activity** – While regular exercise is great, cardio exercises are especially beneficial for your heart. “You should aim for 30 to 45 minutes of exercise at least four to six times a week,” Dr. Sharma says. “That includes exercises like brisk walking, biking, or swimming.”

By resolving to take preventive measures, you can reduce your risk of developing heart disease, while also improving your overall health.

Learn more about ways you can take better care of your heart by joining an upcoming Heart Health class. See details on Page 14.

A Heartfelt Bond:

The Health Benefits of Pet Companionship

Did you know that having a pet isn't just good for companionship – it also can do wonders for your health?

Studies show pet ownership, especially of dogs, is linked to significant cardiovascular benefits. Research reveals that dog owners are 31% less likely to experience heart attacks or strokes compared to those without a furry friend. Even more impressive, people with a history of heart issues who share their home with a dog reduce their risk of death from heart problems by a remarkable 65%.

The magic lies not just in the extra exercise from daily walks, but also in the emotional benefits pets provide. Pets help lower stress levels, reduce blood pressure, and improve mental wellbeing.

The unconditional love from a pet encourages social interaction, alleviates loneliness, and promotes a more active lifestyle – essential ingredients for a healthy heart and mind.

If you're ready to improve your health and fill your life with tail-wagging joy, now is the perfect time to adopt a pet. Contact one of the local shelters.



At Sun Health, we understand that pets are like family, which is why each of our Life Plan Communities is proudly pet-friendly.

Chance Pet Shelter
chanceshelter.org/adoption
(602) 394-1595

Maricopa County Pet Adoption
Maricopa.gov/214/Adopt-a-Pet
(602) 506-3011

4 Paws Cat Rescue
4pawsrescue.org
(623) 876-8778



SHEET PAN MAPLE-MUSTARD SALMON WITH GLAZED CARROTS

Prep Time 10 mins
Total Time 30 mins

Meal Type Lunch/Dinner
Servings 4

Ingredients

2 Tbs oregano, fresh, chopped (or 1 teaspoon dried)
2 Tbs mustard, Dijon
2 Tbs maple syrup
2 Tbs olive oil
1 1/2 lb salmon, fillets
2 lb carrots, peeled and cut into strips or rounds
1 onion, sweet, sliced or chopped small
salt and pepper to taste

Directions

Prep

1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Combine oregano, mustard, syrup, and olive oil in a small bowl.
3. Peel and cut carrots and chop the onion.

Make

1. Brush 1/2 mustard-maple syrup mixture evenly over salmon fillets.
2. Toss carrots and onion with remaining dressing in a bowl.
3. Add salmon to the pan and spread vegetables around the salmon in an even layer.
4. Bake at 425°F for 20-30 minutes or until salmon is done and carrots are tender.

Dementia: Knowing Better, Doing Better

Dementia is becoming one of the most feared conditions for people older than 55.

Increasing understanding about dementia and educating caregivers is both a passion and a priority for Maribeth Gallagher, DNP, FAAN, Dementia Program Director for Hospice of the Valley. “I love Maya Angelou’s quote,

“When we know better, we do better,” she says. “The better we understand dementia, the better we can care for those living with it.”

Caring for a loved one with dementia influenced Maribeth’s career as a psychiatric nurse practitioner with a doctoral degree in nursing. “Serving as a care partner provided me insight into, and compassion for others in the same position,” she says.

That insight guides her approach to caregiving. “Dementia affects a person’s ability to process information,” Maribeth says. “While you’re unable to change how they think, you can change how they feel. Caregivers are experts on knowing what gives loved one’s joy or frustration.”

Maribeth offers strategies to make meaningful connections. Instead of confronting or arguing,

validate what the person is saying so they feel heard, and then gently redirect them or ask them for help.

“If they try to leave the house unaccompanied, validate their desire and then redirect by asking for help choosing which cookie they can take as a snack,” Maribeth says.

She also recommends slowing the speed at which you communicate.

“Use fewer and simpler words, and provide visual clues,” Maribeth says. “You might want to explain why they need to drink more fluids, and that there is both apple juice and water in the refrigerator. Instead, sit down, hold out both the water and juice, and ask which one they prefer.”

Maribeth will share additional insights and strategies at a free Understanding Dementia presentation Feb. 19, from 9 a.m. to noon at The Colonnade. Register at Events1@hov.org or call (602) 636-5393.

Whether for yourself or a loved one, Sun Health’s Memory Care Navigator offers free consultations. Call (623) 471-9355



Blood Donation: Giving = Living

The need for blood is constant. Every two seconds someone in the U.S. needs blood, while every day 600 people in Arizona need blood. Because blood is separated into components to help multiple patients, each donation can save up to three lives.

“There is no substitute for human blood,” says Sue Thew, Arizona Communications Manager for Vitalant (formerly United Blood Services). “That’s why blood donation is extremely important. At times the only thing that can help accident or burn victims, heart surgery and organ transplant patients and those fighting cancer is a life-saving blood transfusion.”

In less time than it takes to watch a TV show you could become a hero to patients in need. The process takes approximately 60 minutes and includes:

- ◆ Interview questions to ensure safety of the blood for transfusion and safety for you as a donor
- ◆ Mini-physical (height, weight, blood pressure, pulse, temperature, blood iron level)
- ◆ Actual donation (approximately 10 minutes)
- ◆ Recovery – 15 minutes to eat snacks to ensure your blood sugar, blood pressure and sodium levels are restored.

“Currently, we have an immediate need for all blood donors,” Sue says. “But we have a critical need for type O blood donors, which is the universal blood type.”

When you give, others live. Make a difference in someone’s life by participating in Sun Health’s blood drive Wednesday, Jan. 8, from 8:30 a.m. to noon at the Sun Health Center for Health and Wellbeing, 14719 W. Grand Ave., Surprise.

To make an appointment, visit vitalant.org (search by date, city or zip code), download the Vitalant app or call (877) 25-VITAL (877-258-4825). Donors may also sign up for the blood drive using the QR code.



PRACTITIONER SPOTLIGHT

HIGHLIGHTING OUR COMMUNITY'S EXPERTS



Rahul Sharma, MD
Interventional Cardiologist

Inspired to Heal: A Passion for Heart Valve Disease Care

Dr. Rahul Sharma's journey with medicine began in Long Island, N.Y., observing his father as an internal medicine/critical care physician.

"Growing up I watched him go to work in his scrubs and stethoscope," he says. "When I was 6 or 7 years old, he took me to the hospital, which solidified that I wanted to be a physician like him."

He was fascinated by how the heart worked as an organ and a pump. "I had a real interest in how the heart provided oxygen-rich blood to the body," says Dr. Sharma, an interventional cardiologist with Cardiac Solutions. "Later, I realized my real passion was treating heart valve disease through minimally invasive procedures."

Dr. Sharma chased that dream by completing his internal medicine and chief residency at Penn State University College of Medicine. He further specialized by completing cardiovascular and interventional cardiology clinical fellowships.

"Interventional cardiology was a perfect blend of all the things I love about cardiology," he says. "My reality is that I get to work with my hands every day, while also enjoying meeting with patients. It's a blessing that what began as a childhood interest has progressed to one of the true passions of my life."

As an expert in structural heart and valve disease, he has dedicated the past 10 years to perfecting his skillset in repairing and replacing heart valves.

Dr. Sharma also is passionate about sharing that expertise. "I'm very fortunate that a childhood fascination ultimately led to a career as an interventional cardiologist, in which I'm privileged to treat my patients, but also serve as a procedural proctor and trainer for other physicians," he says.

He is enthusiastic about what he sees as a new era in heart intervention.

"Structural heart disease is one of the most rapidly evolving and growing areas in cardiology," Dr. Sharma says. "I'm excited about the tremendous growth, the ongoing innovations, and evolving therapies and technologies in the pipeline."

MEET OUR TRAINERS

We have some great fitness classes in store for 2025 at Sun Health's Center for Health and Wellbeing!

The heart of any fitness program is the trainers that run it. We are fortunate to work with some of the best instructors in the West Valley. Get to know the great team here and then check out page 15 to find out how to register for upcoming classes!



DeAnn Straw – DeAnn has been an instructor with the Center for Health and Wellbeing for more than 10 years. DeAnn teaches Strength Training and Core to Strength and is adding two new classes: Balance & Posture and Pilates Fusion. DeAnn has been teaching group fitness classes since 2002. She holds an AFAA certification to include Cardio Interval, Yoga/Pilates and Strength Training. DeAnn strives to provide classes that are fun, energetic, and challenging. She enjoys making connections with participants of all fitness levels.



Christena "Chris" Cavaletto –Chris is a new instructor joining the Center for Health and Wellbeing for the first time in 2025. Chris will be teaching Chair Yoga Plus as well as a new class, PWR! Moves. Chris holds a Master's degree in Exercise Science and is certified as a personal trainer, group fitness instructor, health coach, and yoga instructor.



Vijaya "VJ" Schartz – VJ has been an instructor with the Center for Health and Wellbeing since 2022. She currently teaches both Tai Chi Essentials and Balance: Mind & Body. Outside of her teaching, VJ is an award-winning author, former radio personality, adventure seeker, and cat lover.





BRAIN HEALTH & MEMORY SUPPORT

An Overview of Dementia Care

Thursday, Jan. 9 | 10-11 a.m.

Join Calli Carlson, OTR/L, CLT from Hospice of the Valley for a discussion on how to 'validate, connect and redirect' a loved one with dementia. This presentation will describe the progress of dementia and how meeting unmet needs may prevent or alleviate behavioral expressions of distress.

Location: Desert Palms Presbyterian

Dementia Caregiver Support Group

Wednesday, Jan. 15, Feb. 5, and Feb. 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 and Rehab

Memory Café

Tuesday, Jan. 28 and Feb. 25 | 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

Dementia Conversations: Driving, Doctor's Visits, Legal & Financial Planning

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

Learn how to have honest and caring conversations about common concerns when someone begins to show signs of dementia. This presentation is offered by the Alzheimer's Association, Desert Southwest Chapter.

Location: Freedom Plaza

Vascular Dementia

Monday, Feb. 10 | 10-11 a.m.

Vascular dementia is a general term describing problems with reasoning, planning, judgement, memory and other thought processes caused by brain damage from impaired blood flow to the brain. Learn about the risk factors and ways to prevent developing vascular dementia. This presentation is offered by the Banner Sun Health Research Institute.

Location: Grandview Terrace, a Sun Health Community

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 Dec. 10, 2024



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

Beginning at 8:30 a.m. Dec. 10, 2024

Classes with this icon (\$) have an associated fee.

Registration begins:
Dec. 10, 2024 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



DIABETES

Diabetes Self-Management Education Tuesday, Feb. 4 | 9-11 a.m.

People with diabetes can live longer, healthier lives. 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. The fee for this service is covered by Medicare and most insurance providers and requires a physician referral. Register at least two weeks prior to start of the series.

Location: The Colonnade, a Sun Healthy Community

National Diabetes Prevention Program Monday, Feb. 17 | 10-11 a.m.

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach and nutritionist. This year-long 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: Zoom Only

National Diabetes Prevention Program Friday, Feb. 21 | 1-2 p.m.

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach and nutritionist. This year long 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: Banner Olive Branch Senior Center

Understanding Dementia

February 19, 2025
9 a.m. - noon

*The Colonnade,
19116 N. Colonnade Way in Surprise*

Join us for a presentation by Maribeth Gallagher as she shares evidence-based skills to help people with dementia and their care partners **live well**. Research shows that education and support are key to managing dementia's challenges:



- Understanding dementia's progression
- Tips to reduce stress and improve well-being
- Strategies for communication/meaningful connection
- Vital role of care partners

To register: events1@hov.org (602) 636-5393



PRESENTED BY





HEALTH & WELLBEING

The Difference Between a Will and a Trust

Wednesday, Jan. 15 | 9:30-10:30 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: Lord of Life Lutheran Church

Scams & Online Safety: Be Scam Savvy!

Thursday, Jan. 16 | 10-11 a.m.

Have you ever received calls or texts from an unknown number selling you something that seems too good to be true? What about emails or physical mail claiming or demanding payment? Scam artists and fraudsters look for ways to take advantage of consumers. Nancy Juarez from the State Attorney General's Office will be presenting information on how to protect yourself from fraud, warning signs it might be a scam, and common scams to look out for.

Location: Banner Olive Branch Senior Center

DME 101: What You Need to Know

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

What is durable medical equipment? What do I need? Should I buy or rent? Chris Haas with Haas Medical Equipment will teach you everything you need to know about DME!

Location: Grace Bible Church

Location & Class Key

AMERICAN LUTHERAN CHURCH

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

BANNER OLIVE BRANCH SENIOR CENTER

13049 N. 103rd Ave., Sun City

THE COLONNADE

19116 N. Colonnade Way, Surprise, AZ

CROWN OF LIFE LUTHERAN CHURCH

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

DESERT PALMS PRESBYTERIAN CHURCH

13459 W. Stardust Blvd., 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

GOODYEAR RECREATION CAMPUS

420 S. Estrella Pkwy, Goodyear, 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

SALVATION ARMY

17420 N. Avenue of the Arts, Surprise, AZ

SIERRA WINDS

17300 N. 88th Ave., Peoria, AZ

SPIRIT OF GRACE LUTHERAN CHURCH

5820 W. Clearview Blvd., 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:
Dec. 10, 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

Wednesday, Jan. 22 | 8:30 a.m. - 12:30 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: Spirit of Grace Lutheran Church

Love the Skin You're In!

Thursday, Jan. 23 | 11 a.m.-noon

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: Goodyear Recreation Center

Advanced Directives

Friday, Jan. 24 | 10-11 a.m.

Advance care planning is a facilitated process of planning for future health and personal care. Advance directives 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: The Colonnade, a Sun Health Community

Common Foot Issues in Older Adults

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

Our feet change as we get older, so you may be encountering new foot issues with each step. Dr. Dylan Kaumaya will be discussing three main foot issues as we age- skin and nail conditions, structural deformities and diabetes and foot health

Location: Surprise Senior Center

DME 101: What You Need to Know

Thursday, Feb. 6 | 1-2 p.m.

What is durable medical equipment? What do I need? Should I buy or rent? Chris Haas with Haas Medical Equipment will teach you everything you need to know about DME!

Location: Sierra Winds

Advanced Directives

Tuesday, Feb. 11 | 10:30-11:30 a.m.

Advance care planning is a facilitated process of planning for future health and personal care. Advance directives 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: United Church of Sun City

Heart & Lung Health:

The Ultimate Relationship

Wednesday, Feb. 12 | 10-11 a.m.

In honor of American Heart Health Month, Dr. Wasiq Zaidi from Cardiac Solutions will talk about the important relationship between these two vital organs and how to keep your heart and lungs healthy with each breath.

Location: American Lutheran Church



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Visit SunHealthWellness.org/Livewell-magazine



HEALTH & WELLBEING

Fire Safety: Prevention and Preparedness

Thursday, Feb. 13 | 10-11 a.m.

Cooking and heating are the leading causes of home fires and fire injuries. It is important to learn how to prevent, escape and recover from a home fire. Al Velasquez from the Arizona Fire & Medical Authority will help you evaluate and create a plan that will keep you safe in your home.

Location: Desert Palms Presbyterian Church

How to Choose a Primary Care Provider

Monday, Feb. 17 | 2-3 p.m.

Finding the right healthcare provider requires research and planning. There are several things to consider when deciding who will support your healthcare needs. Please join Sun Health at Home's Wellness Coordinator Connie Swearingen to learn more about the steps to take when looking for a new provider.

Location: Crown of Life Lutheran Church

The Difference Between a Will and a Trust

Thursday, Feb. 20 | 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: Banner Olive Branch Senior Center

Fire Prevention and Life Safety

Monday, Feb. 24 | 1-2 p.m.

A disaster or emergency can happen at any time and without a warning. Thankfully, there are things you can do to be prepared, respond safely and help speed your recovery. Steph Arnold with the Sun City Fire District will teach you the basics of how to prepare and protect yourself from an emergency.

Location: Faith Presbyterian Church

Current Dental Trends

Tuesday, Feb. 25 | 2-3 p.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 Dr. Cara Copeland from Midwestern University's College of Dental Medicine to learn the science behind current industry trends and help decide what's best for your oral health.

Location: Freedom Plaza

Heart Health

Thursday, Feb. 27 | 10-11 a.m.

High blood pressure and other risk factors contribute to high rates of heart disease and stroke worldwide, including in the U.S. where annual deaths from cardiovascular disease are approaching 1 million. Dr. Vinny Ram from Cardiac Solutions will talk about how to lessen your risk by taking care of your heart.

Location: Goodyear Recreation Center

Scams & Online Safety: Be Scam Savvy!

Friday, Feb. 28 | 10-11 a.m.

Have you ever received calls or texts from an unknown number selling you something that seems too good to be true? What about emails or physical mail claiming or demanding payment? Scam artists and fraudsters look for ways to take advantage of consumers. Nancy Juarez from the State Attorney General's Office will be presenting information on how to protect yourself from fraud, warning signs it might be a scam, and common scams to look out for.

Location: The Colonnade, a Sun Health Community

Registration begins:
Dec. 10, 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 in full at the time of registration.

Mondays, 8-Week Series 📅

Chair Yoga Plus

Starts Jan. 13 | 9-10 a.m.

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

Tai Chi Essentials (45 min.)

Starts Jan. 13 | 10:15-11 a.m.

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.

Balance & Posture

Starts Jan. 13 | 11:15 a.m.-12:15 p.m.

Balance & Posture uses chair assisted standing exercises to strengthen the core with an additional focus on increased flexibility and mobility to support muscles and joints during movement. Resistance bands are incorporated to further help improve posture.

Strength Training

Starts Jan. 13 | 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.

PWR! Moves

Starts Jan. 13 | 2-3 p.m.

PWR! Moves is a Parkinson's-specific exercise program that works to improve neuroplasticity and slow the progression of Parkinson's Disease. Focused on large movements, PWR! Moves targets four critical skills the disease attacks: antigavity extension, weight shifting, axial mobility, and transitional movements. This is a great option for anyone experiencing neurological related mobility and range of motion declines.

Wednesdays, 8-Week Series 📅

Balance: Mind & Body

Starts Jan. 15 | 10-11 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 (60 min.)

Starts Jan. 15 | 11:15 a.m.-12:15 p.m.

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

Starts Jan. 15 | 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

Starts Jan. 17 | 10:30-11:30 a.m.

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

Pilates Fusion

Starts Jan. 17 | 11:45 a.m.-12:45 p.m.

Pilates Fusion is a full-body workout that combines yoga and Pilates. Through simple exercises you will develop your strength, flexibility and stability which will contribute to a good posture and increase your body awareness. A portion of this class occurs seated on a yoga mat. Participants must provide their own yoga mats.



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

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Food for Thought

WINE & DINE FOR MEMORY & MIND

Sun Health Foundation invites you to join us for an evening of elevated dining, pairing exquisite wines and delectable brain food. Six courses, crafted by professional chefs with ingredients that support brain health, have each been sommelier-paired with the perfect varietal to create an evening of exceptional culinary artistry.



RSVP

Contact Cheryl Pineda Hunter
at (623) 471-8503 or
Cheryl.PinedaHunter@SunHealth.org

SATURDAY, FEBRUARY 1, 2025

5:00 - 9:00 p.m.

THE COLONNADE

La Vita Ballroom, 19116 N. Colonnade Way,
Surprise, AZ 85374

TABLE OF 10 \$2500 | INDIVIDUAL TICKETS \$250

BLACK-TIE OPTIONAL



Proceeds from this event benefit Sun Health Memory Care Navigator.
501 (c)(3) Tax ID# 23-7107959