

# *LiveWell*

MARCH/APRIL 2025



**Living  
Well with  
Parkinson's  
Disease**



Sun Health®



# 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*

MAR

**13**

11 a.m.

MAR

**25**

1:30 p.m.

APR

**10**

11 a.m.

APR

**22**

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](https://SunHealthCommunities.org) or call (623) 471-7451

# A NOTE FROM *Kim*



Kim Thompson  
Chief Experience Officer

*“Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it” —Michael J. Fox*

This month's issue of LiveWell shines a compassionate light on Parkinson's disease (PD), offering valuable insights and resources for those affected by this challenging condition. We're honored to feature Dr. Sara Dhanani, a Movement Disorders Neurologist, who shares her expertise on how PD impacts not only those living with it, but also their families and care partners.

Her empathetic approach highlights the importance of addressing the whole person, with nonmedication strategies that can help alleviate symptoms and improve quality of life.

In addition, we've invited our in-house nutritionist, Sarah Fagus, to explore how diet can play a supportive role in managing PD. With practical suggestions, simple recipes, and nutritious meal plans, we hope to inspire ways to bring healing nutrition into everyday life.

We also introduce you to Robin Rhea, Director of the Parkinson's Foundation Southwest Chapter in Arizona, who offers a simple yet insightful guide on the “ABCs of PD.” This valuable resource can help demystify the disease and provide families and caregivers with tools to better understand and support their loved ones.

Finally, Chris Cavaletto, our certified fitness instructor, shares fitness routines specifically designed for people with PD. Her approach is grounded in improving mobility, strength, and overall wellbeing, empowering individuals to move with confidence.

We hope this issue brings you both encouragement and practical support as we join together in the journey of navigating Parkinson's disease. Here's to a brighter, more hopeful tomorrow!

*Kim Thompson*

Kim Thompson  
Chief Experience Officer  
Sun Health

## LiveWell

MARCH/APRIL 2025, ISSUE 83

### 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

### 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](http://SunHealthFoundation.org)

CREATED FOR SUN HEALTH BY

**ROX MEDIA**

[rox-media.com](http://rox-media.com)



# Healthy Eating Tips for Parkinson's Disease

A balanced diet is the basis for good health. But for people living with Parkinson's disease, good nutrition is vitally important.

"Eating well is extremely important for those living with PD," says Sun Health Nutritionist Sarah Fagus.

According to Sarah, there isn't a one-size-fits-all diet for Parkinson's disease. "A well-balanced diet that includes vegetables, fruits, whole grains, lean protein, and healthy fats – like avocados and nuts – can help improve overall health," she says

The right foods also can fight constipation, optimize medications and maintain general health and fitness.

- **Constipation** – Many Parkinson’s patients experience constipation due to a slowdown of the digestive system. “You can combat constipation with a high fiber diet, which can include sources from green, leafy vegetables, fruits, legumes, and whole grains like quinoa,” Sarah says. “PD patients should aim to consume 30 to 35 grams of fiber per day.”
- **Dehydration** – This is common due to medications that treat Parkinson’s and can lead to tiredness, confusion, balance issues, weakness, and kidney problems. “It’s important to drink plenty of water each day,” Sarah says. “Water is better than other beverages like coffee and soda since they contain caffeine that can cause dehydration. It’s recommended

that women consume 11.5 cups of water per day, and men should consume 15 cups per day.”

- **Medication Interaction** – The timing of medications and the food one eats also are critical. The absorption of commonly used medicines like levodopa can be disrupted if medications are taken after eating a high-protein meal. “Speak with your doctor to ensure your medication schedule is working for you,” she says.

While changing one’s diet can be challenging, even small modifications can be beneficial. It’s also important to balance food with physical activity. Consider consulting with a registered dietitian or nutritionist for support. Contact the Sun Health Center for Health and Wellbeing at (623) 471-9355 for more information.

## EASY LEMON GARLIC COD

Serves 4      Prep: 5 mins. | Total: 30 mins.

### Ingredients

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 2 lemons                           | 1 1/2 lb cod, cut into equal filets |
| 2 cloves garlic, minced or pressed | 2 Tbs parsley, fresh, chopped       |
| 1/4 cup olive oil                  |                                     |

### Prep

1. Preheat oven to 400° F.
2. Slice one lemon into rounds and squeeze the juice from the other.
3. Mince or press garlic.

### Make

1. Whisk together lemon juice, garlic, and olive oil. Pour into a glass baking dish large enough to accommodate cod filets.
2. Pat cod dry and season with salt and pepper. Add to the dish, flipping once to coat all sides with lemon garlic mixture.
3. Place lemon rounds on top of fish filets and bake for about 20-25 minutes or until the cod is cooked through and flaky.
4. Place on plates and drizzle with pan juices before serving. Sprinkle with fresh parsley.



Per serving:  
224 calories  
5g carbohydrates  
1g fiber  
14g total fat  
22g protein



# Understanding Parkinson's Disease

**P**arkinson's disease is a progressive neurological disorder that affects the nervous system and can cause uncontrollable movements such as shaking, muscle stiffness, and balance difficulties. Nonmotor symptoms such as loss of smell, trouble sleeping or soft voice can also occur.

The condition affects 1 in 100 people older than 60. There are nearly two million cases in the U.S. and 22,600 in Arizona.

To live well with Parkinson's, it is important to understand the condition and its progression. Nerve cells in the brain called neurons slowly break down or die, decreasing levels of dopamine that lead to irregular brain activity. This leads to movement problems and other symptoms.

"Parkinson's is a very diverse disorder," says Robin Rhea, Advancement Director, Parkinson's Foundation Southwest Chapter. "Scientists believe it's caused by a combination of genetic and environmental

factors. Symptoms start slowly and worsen over time." According to Robin, there are 10 early signs that may indicate Parkinson's:

- **tremor in the hand or fingers**
- **small handwriting**
- **loss of smell**
- **trouble sleeping**
- **trouble walking or moving**
- **constipation**
- **soft or low voice**
- **masked face (showing little or no expression)**
- **dizziness or fainting**
- **stooping or hunching over**

Making a diagnosis, particularly in the early stages, can be difficult.

"It's a good idea to keep a history of your symptoms," Robin says. "Seeing any changes or increases in symptoms should lead you to get a clinical diagnosis from a neurologist." Typically, individual history, symptoms, physical exam, and diagnostic tests are used to make a diagnosis.

There is no known cure for Parkinson's, and treatment options vary. "There is no one-size-fits-all treatment for Parkinson's," Robin says. "Treatment may include diet and exercise, physical, occupational and speech therapy, as well as medication, and surgery. Research shows that exercise and physical activity cannot only maintain and improve mobility, flexibility, and balance but also ease nonmotor symptoms such as depression and constipation."

To better understand the condition, the Parkinson's Foundation is currently conducting a PD GENERation study.

"It's a national initiative that offers free genetic testing for those with Parkinson's and free genetic counseling to help participants better understand their results," Robin says. To learn more, call the Parkinson's Foundation Helpline 1-800-4PD-INFO (473-4636) or view the website [www.parkinson.org](http://www.parkinson.org).



# EXERCISE

## is Good Medicine for Parkinson's Disease

While exercise is good for everyone, it is particularly beneficial for people with Parkinson's disease. Research suggests regular exercise can help with balance and mobility and improve many symptoms. Getting regular exercise could be considered as important as taking medication.

When it comes to Parkinson's disease, certain types of exercises are better than others.

"Parkinson Wellness Recovery (PWR!) has developed exercises specifically designed to slow the progression of the disease and improve quality of life," says Chris Cavaletto, a trainer and fitness instructor at the Sun Health Center for Health and Wellbeing. "It helps maintain or restore skills that deteriorate with PD and interfere with everyday movement."

"PWR! Moves helps to maintain strength, flexibility, balance, and cognitive acuity so that you can continue to do the things you want to do," she says.

PWR! Moves targets four skills shown by research to improve mobility in people with Parkinson's disease: muscle strength for upright postures, weight shifting, spine flexibility, and transitional movements.

"PWR! Moves exercises are performed with large, whole-body movements, maximum effort, and intentional action in multiple postures," Chris says. "The workouts challenge people both physically and cognitively and help them gain body awareness and maintain functional movements."

Chris says she is excited to teach PWR! Moves at the Sun

Health Center for Health and Wellbeing. "With PD on the rise, I feel there is a need for this class," she says. "I love knowing that exercise can improve the quality of life for someone."

PWR! Moves will be offered in eight-week sessions starting in March. Class size is limited, and registration is required. See page 15 for more details.



Christena "Chris" Cavaletto

# PRACTITIONER SPOTLIGHT

HIGHLIGHTING OUR COMMUNITY'S EXPERTS



Dr. Sara Dhanani  
Neurologist, Movement Disorders Specialist

## Understanding Parkinson's: A Journey of Strength and Support

A Parkinson's diagnosis can be overwhelming, not just for the person diagnosed but for their entire support system.

Dr. Sara Dhanani, a specialist in movement disorders, understands this journey well. "In the early stages, it's all about acceptance," she says. "There's so much uncertainty – how the disease will progress, what the future holds. Every patient's experience is unique and so is their path forward."

As the disease advances, it brings challenges beyond physical symptoms.

"There's a sense of loss of self – who you were, who you are – not just for the patient but for their loved ones too," Dr. Dhanani explains. "The relationship shifts as a caregiver takes on more responsibility, but it's so important to maintain that bond. Stay a spouse, a partner, a loved one – not just a caregiver. That connection is vital for everyone's mental health and wellbeing."

Dr. Dhanani emphasizes the power of everyday actions.

"Exercise is the single most effective tool to slow progression and maintain quality of life," she says. "It doesn't have to be complicated – 30 minutes of cardio a few times a week, some strength training, and balance exercises like Tai Chi can make a world of difference."

Patients should explore mindfulness, a balanced diet, and activities that nourish the soul, like volunteering or spiritual practices. "You can't treat Parkinson's in isolation. It's about supporting the emotional, physical, and mental parts of yourself to live fully."

Dr. Dhanani reminds families and partners: "Don't lose yourself in caregiving. It's hard, but your emotional health matters too. Seek out support. It's why, at Banner Sun Health Research Institute, we have social workers ready to guide you." You are not

alone. Parkinson's disease is the second most common neurodegenerative disease after dementia.

Despite its challenges, Parkinson's is not the end of the road.

"This is not a handicap," Dr. Dhanani says. "With the right care, support, and treatments, there's no reason someone with Parkinson's can't live their best life. Seek out a movement disorder specialist, consider clinical trials, and never stop moving forward."

Dr. Dhanani's approach is rooted in optimism and partnership. "I want my patients to know they're not alone. We're in this together, and there's so much we can do to help them not just manage but thrive."

With love, support, and a holistic approach, navigating Parkinson's becomes a journey of strength and resilience – for patients and their families.





## BRAIN HEALTH & MEMORY SUPPORT

### **Dementia Caregiver Support Group** **Wednesdays, Mar. 5 and 19 and Apr. 2 and 16 | 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*

### **Managing Money: A Caregiver's Guide to Finances**

**Wednesday, Mar. 19 | 9:30-10:30 a.m.**

If you or someone you know is affected by Alzheimer's disease or dementia, the time for planning is now. Learn how caregiving affects finances, the legal and financial documents that should be put in place, and steps to lower the chances of financial abuse and fraud. This presentation is offered by the Alzheimer's Association, Desert Southwest Chapter.

*Location: Lord of Life Lutheran Church*

### **Memory Café**

**Tuesday, Mar. 25 and Apr. 22 | 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*

### **Vitamin M (Music) for Dementia: How Music Strikes a Chord**

**Friday, Mar. 28 | 10-11:00 a.m.**

Music can be beneficial for people with dementia and their caregivers. Please join Amanda Marcum, MT-BC from Hospice of the Valley, as she discusses evidence-based findings on how music can positively impact persons living with dementia. Learn about "individualized music" and how to provide music for persons living with dementia.

*Location: The Colonnade, a Sun Health Community*

### **Parkinson's Foundation: Serving the Community**

**Tuesday, Apr. 1 | 2-3 p.m.**

The Parkinson's Foundation makes life better for people living with Parkinson's disease by improving care and advancing research toward a cure. In honor of National Parkinson's Awareness Month, Robin Rhea, director of the Southwest Chapter, will be talking about the organization, resources and support offered to the community.

*Location: Freedom Plaza*

### **PD 101: Understanding Parkinson's disease** **Tuesday, Apr. 8 | 10:30-11:30 p.m.**

There is a lot to know and understand about Parkinson's disease. In honor of National Parkinson's Awareness Month, learn about the signs and symptoms, how it is diagnosed and what treatment options are available. This presentation is offered by the Parkinson's Foundation, Southwest Chapter.

*Location: United Church of Sun City*

Sun Health offers a variety of wellness classes to support you in living a longer, healthier, and more purposeful life.

Learn more at [SunHealthWellness.org/classes](https://SunHealthWellness.org/classes)  
or by calling (623) 471-9355.



## BRAIN HEALTH & MEMORY SUPPORT

### Meaningful Engagement for Persons Living with Dementia

**Wednesday, Apr. 16 | 9:30-10:30 a.m.**

Please join Dee Unks, MC, LPC from Hospice of the Valley, as she discusses the basic principles of approaching persons living with dementia. Learn how to customize sensory experiences for meaningful engagement.

*Location: Lord of Life Lutheran Church*

### Ambiguous Loss & Parkinson's disease: A Caregiver's Guide

**Thursday, Apr. 17 | 10-11 a.m.**

Caregiver stress and burden may sometimes be misunderstood, with the real culprit being ambiguous loss — when the person is physically present but psychologically different from who they once were. Learn definitions and strategies to infuse hope, meaning, and promote self-care from Lori Nisson, LMSW, Director of Family & Community Services at the Cleo Roberts Center for Movement & Memory Disorders.

*Location: Banner Olive Branch Senior Center*

### Effective Communication Strategies

**Tuesday, Apr. 22 | 2-3 p.m.**

Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help connect and communicate at each stage of the disease. This presentation is offered by the Alzheimer's Association, Desert Southwest Chapter.

*Location: Freedom Plaza*

## FREE HEALTH SCREENING



Must be 18 years of age or older AND have a family member with diabetes, heart disease or kidney disease **OR** participants must have a history of diabetes or high blood pressure

### SCREENINGS OFFER:

- ▶ Free Health Screening
- ▶ Immediate Blood & Urine Results
- ▶ Free Medical Consult, Health Education
- ▶ Free Health Resources
- ▶ Help to Find a Family Doctor

**Saturday, April 26th**

**8:30 – 11:30 am**

**The Colonnade**

19116 N Colonnade Way  
Surprise, AZ 85374

[azkidney.org/pathtowellness](http://azkidney.org/pathtowellness)

(602) 840-1644

A PROGRAM OF



IN PARTNERSHIP WITH



MADE POSSIBLE WITH  
GRANT FROM



Registration begins:  
Feb. 11, 2025 at 8:30 a.m.



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



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



## DIABETES

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

**Tuesday, Mar. 11 | 9 to 11 a.m.**

This two-hour class is designed for anyone having previously completed the 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. Fee is covered by most insurance plans.

*Location: Trevi Room at The Colonnade, a Sun Health Community*

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

**Starts Thursday, Mar. 13 | 2 to 4 p.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: Sun Health Center for Health & Wellbeing*

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

**Starts Friday, Apr. 4 | 8:30-9:30 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. 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 Tuesday, Apr. 15 | 9 to 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: Trevi Room at The Colonnade, 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](https://SunHealthWellness.org)

Beginning Feb. 11, 2025



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

Beginning at 8:30 a.m. Feb. 11, 2025

Classes with this icon **\$** have an associated fee.



## HEALTH & WELLBEING

### Advanced Directives

**Tuesday, Mar. 4 | 11-noon**

Advance care planning conversations help to ensure that a person's beliefs, values, and preferences are understood, and then documented, so 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: Goodyear Recreation Center*

### Scams & Online Safety: Let's Be Scam Savvy!

**Thursday, Mar. 6 | 1-2 p.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: Sierra Winds*

### Estate Planning: What You Need to Know

**Monday, Mar. 10 | 10-11 a.m.**

Organizing your affairs and estate planning is an ongoing process that includes much more than writing a will. Attorney Joshua Love from Brandon White Law will teach you about the basic elements of planning and the benefits of having a plan in place.

*Location: Grandview Terrace, a Sun Health Community*

### Kidney Health 101

**Thursday, Mar. 13 | 10-11 a.m.**

Did you know your kidneys filter your blood up to 25 times a day? Get to know your kidneys with Renee Hynds, Director of Patient Programs at the Arizona Chapter of the National Kidney Foundation. Learn all about your kidneys, how they work, the risk factors of kidney disease, and steps you can take to keep your kidneys healthy as we celebrate National Kidney Awareness Month!

*Location: Desert Palms Presbyterian Church*

### MyPlate Meal Planning

**Monday, Mar. 17 | 2-3 p.m.**

Balanced eating emphasizes consuming a variety of foods from different food groups in appropriate portions to meet nutritional needs. MyPlate serves as a simple visual tool to guide individuals in creating balanced meals, promoting optimal health and wellness. Celebrate National Nutrition Month with Sun Health's Nutritionist Sarah Fagus and learn about meal planning with MyPlate.

*Location: Crown of Life Lutheran Church*

### Stroke: Recovery, Care and Prevention

**Tuesday, Mar. 18 | 1:30-2:30 p.m.**

Stroke is a leading cause of disability and affects the mental, emotional, and physical health of a survivor's life. Tara Lakes, OTR/L, from Banner Rehabilitation Hospital, will discuss how occupational therapy helps stroke survivors to regain independence with their daily activities by setting meaningful goals.

*Location: Grace Bible Church*



Like *LiveWell*? Get it delivered digitally to your favorite device or have a copy mailed to your home.

Visit [SunHealthWellness.org/Livewell-magazine](https://SunHealthWellness.org/Livewell-magazine)

Registration begins:  
Feb. 11, 2025 at 8:30 a.m.



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



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



## HEALTH & WELLBEING

### **Common Foot Issues in Older Adults** **Thursday, Mar. 20 | 10-11 a.m.**

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

*Location: Banner Olive Branch Senior Center*

### **The Basics of Heart Health** **Tuesday, Mar. 25 | 2-3 p.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 one million. Dr. Cesar Rodarte from Sonoran MD will talk about how to lessen your risk by taking care of your heart.

*Location: Freedom Plaza*

### **DME 101: What You Need to Know** **Wednesday, Mar. 26 | 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: Shepherd of the Hills UMC*

### **Advanced Directives** **Monday, Mar. 31 | 1-2 p.m.**

Advance care planning conversations help to ensure that a person's beliefs, values, and preferences are understood, and then documented, so 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: Faith Presbyterian Church*

### **Common Foot Issues in Older Adults** **Wednesday, Apr. 2 | 1-2 p.m.**

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

*Location: Shepherd of the Hills UMC*

### **Take the First Step: Quit Smoking for a Healthier Life**

#### **Thursday, Apr. 3 | 1-2 p.m.**

Cigarette smoking is the leading cause of preventable disease, disability, and death in the U.S. Learn more about reducing your risk for serious health issues and improving your quality of life. This presentation is offered by the Maricopa County Department of Public Health.

*Location: Sierra Winds*

7<sup>TH</sup> ANNUAL FUNDRAISER  
**DRIVING FORE**  
HEALTH & WELLNESS

**SATURDAY**  
**APRIL 12, 2025**

See event details  
on back cover.

**How to Choose a Primary Care Provider**  
**Wednesday, Apr. 9 | 10-11 a.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: American Lutheran Church*

**Advanced Directives**  
**Thursday, Apr. 10 | 10-11 a.m.**

Advance care planning conversations help to ensure that a person's beliefs, values, and preferences are understood, and then documented, so 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, from the Arizona Healthcare Directives Registry, will help you design a plan that honors your end-of-life healthcare wishes.

*Location: Desert Palms Presbyterian Church*

**Stroke: Recovery, Care and Prevention**  
**Monday, Apr. 14 | 10-11 a.m.**

Stroke is a leading cause of disability and affects the mental, emotional, and physical health of a survivor's life. Tara Lakes, OTR/L, from Banner Rehabilitation Hospital, will discuss how occupational therapy helps stroke survivors to regain independence with their daily activities by setting meaningful goals.

*Location: Grandview Terrace, a Sun Health Community*

**Kidney Health 101**  
**Tuesday, Apr. 15 | 1:30-2:30 p.m.**

Did you know that your kidneys filter your blood up to 25 times a day? Get to know your kidneys with Renee Hynds, Director of Patient Programs at the Arizona Chapter of the National Kidney Foundation. Learn all about your kidneys, how they work, the risk factors of kidney disease, and steps you can take to keep your kidneys healthy.

*Location: Grace Bible Church*

**Love The Skin You're In!**  
**Monday, Apr. 21 | 2-3 p.m.**

Are annual skin cancer screenings important? What is the best sunscreen? Do I really need to moisturize? Certified Physician Assistant Anna Gould 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: Crown of Life Lutheran Church*

**The Science of Mindfulness**  
**Thursday, Apr. 24 | 10-11 a.m.**

What is mindfulness, and how does it work to help us reduce stress and enhance wellbeing? Dr. Ann Sebrén, ASU teaching professor and certified mindfulness teacher-professional, will talk about the science that explains how mindfulness can change our brain, change our perceptions, and change our hearts.

*Location: Goodyear Recreation Center*

**A Guide to Planning for Long-term Care**  
**Monday, Apr. 28 | 1-2 p.m.**

What is a living will? What is the difference between a guardian and conservator? How do I protect my assets and plan for future care needs? Attorney Joshua Love from Brandon White Law will teach you about the legal framework for preparing and planning for long-term care.

*Location: Faith Presbyterian 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, AZ

**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**

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**

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

**SHEPHERD OF THE HILLS**

13658 W. Meeker Blvd., Sun City West, 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:  
Feb. 11, 2025 at 8:30 a.m.



Register Online  
[SunHealthWellness.org](https://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 Mar. 10 | 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 Mar. 10 | 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 Mar. 10 | 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 Mar. 10 | 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 Mar. 10 | 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: antigravity 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

Starting Mar. 12 | 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

Starting Mar. 12 | 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

Starting Mar. 12 | 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 Mar. 14 | 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

Starting Mar. 14 | 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.



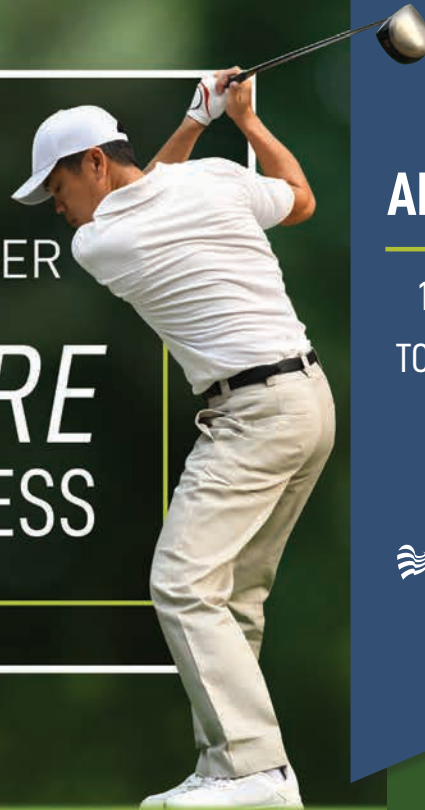
14719 W. Grand Ave.  
 Surprise, AZ 85374  
 (623) 471-9550  
 Information@SunHealth.org  
 SunHealth.org

NONPROFIT ORG  
 US POSTAGE PAID  
 Denver, CO  
 PERMIT NO. 5377



7<sup>TH</sup> ANNUAL FUNDRAISER

**DRIVING FORE**  
 HEALTH & WELLNESS



**SATURDAY**  
**APRIL 12, 2025**

10:30 A.M. - 1 P.M.  
 TOPGOLF GLENDALE

SPONSORED BY  
 Banner Health.

We're **TEEING** up a fun-filled day of golf, games, brunch, great friends, and **DRIVING** for a cause.

**Your Day of Play Includes:**

- Brunch buffet, snacks, and beverages
- Fun for golf enthusiasts, beginners, and passionate spectators alike
- Tournament-style game play and point-scoring golf games amp up the excitement
- Great entertainment for friends, families, and colleagues
- All equipment for play is provided on site, but feel free to bring your own clubs
- Private bays for up to 6 players + 2 spectators available

**REGISTER TODAY** while there's still time!

To RSVP and for sponsorship information, contact [Joyce.Wilt@SunHealth.org](mailto:Joyce.Wilt@SunHealth.org), (623) 471-8508, or visit [SunHealthFoundation.org/golf](http://SunHealthFoundation.org/golf)

*Proceeds from this event benefit cancer care equipment and treatment.*

