

LiveWell

MAY/JUNE 2025



**Stronger
for Life**



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 four Life Plan Community locations—Freedom Plaza, 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.

Freedom Plaza

Peoria, AZ

Grandview Terrace

Sun City West, AZ

La Loma Village

Litchfield Park, AZ

The Colonnade

Surprise, AZ

Sun Health At Home

Your Home

MAY
8
11 a.m.

MAY
20
1:30 p.m.

JUN
12
11 a.m.

JUN
24
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

"It's not the years in your life that count. It's the life in your years." —Abraham Lincoln

In this issue of LiveWell, we're embracing the theme "Stronger for Life," highlighting the importance of bone and muscle strength for long-term health and independence. Staying strong goes beyond fitness—it's about maintaining mobility, confidence, and quality of life at every stage. We're excited to celebrate National Senior Health & Fitness Day on May 28 with multiple opportunities to get active, learn, and stay connected.

Dr. Andrew Chung shares insights into why strong bones are key to aging well, while we also take a look at muscle mass, sarcopenia, and practical ways to prevent muscle loss. Nutrition also plays a key role in strength, so we're offering food tips to help fuel your body and keep you feeling your best.

Just as we prioritize personal growth and wellbeing, Sun Health is deepening its commitment to the community through the full acquisition of Freedom Plaza—now our fourth Life Plan Community—further solidifying a partnership that has fostered healthy, vibrant living for more than 40 years.

We hope this edition inspires you to stay active, nourish your body, and embrace a lifestyle of strength and wellbeing for years to come!

Kim Thompson

Kim Thompson
Chief Experience Officer
Sun Health

LiveWell

MAY/JUNE 2025, ISSUE 84

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(623) 471-9355

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SUN HEALTH AT HOME

(623) 227-4663

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(623) 236-3767

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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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Stronger BONES Stronger LIFE

You may want a backbone or a funny bone, but you need healthy bones and joints to remain active and stronger for life.

“As we age, our bones lose mass and density due to a loss of calcium and other minerals,” says Andrew Chung, D.O., an orthopedic spine surgeon and clinical assistant professor at the University of Arizona. “This can lead to osteoporosis where normal rebuilding of bone is outpaced by the breakdown of bone.”

Osteoporosis affects 10 million people over age 50, with women four times more likely to have the disease due to hormonal changes following menopause. Dr. Chung says seniors who have a sedentary lifestyle or who have been on chronic steroids for other diseases also are more susceptible.

“Lifestyle changes can help regain lost bone density to some extent,” Dr. Chung says. “These include improved nutrition, smoking and alcohol cessation, and incorporating weight-bearing exercises into your fitness routine.”

Osteoporosis is diagnosed with a DEXA scan. Women should begin screening at age 65 and men at 70.

“Treatment can include two main categories of medications: anabolic (bone-building) and anti-resorptive (preventing bone loss),” Dr. Chung says. “Anabolic medications, although better, tend to be much more expensive, even with insurance coverage.”

He also recommends daily calcium and vitamin D supplements but suggests discussing their use with your doctor since they can interact with other medical conditions.

Joint problems such as stiffness and arthritis also are common with age, elevating the risks for falls and injuries.

“Almost all adults have some degree of osteoarthritis by age 65,” Dr. Chung says. “It’s a degenerative condition of the joints (hip, knee, shoulder, spine), where cartilage wears down.”

Damage caused by osteoarthritis can be slowed with lifestyle changes like weight loss, a healthy diet, daily exercise, and avoidance of smoking and excessive alcohol use. When it begins to cause pain, the use of anti-inflammatory medications and steroid injections can benefit. Surgery is the last step in the treatment of arthritic conditions.

With appropriate lifestyle changes and the use of certain medications, you can improve bone and joint health to live a stronger, more active life.

“Almost all adults have some degree of osteoarthritis by age 65.”



Muscle Up To Fight Sarcopenia

Strong muscles help you carry groceries, climb stairs, and get out of a chair—essential for staying active and independent in your golden years. That independence can be undermined by sarcopenia, the gradual loss of muscle mass, strength, and function due to aging.

The good news is that it's possible to build new muscles.

According to the Cleveland Clinic, sarcopenia most commonly affects people ages 60 and older. For most people, it's a gradual decline starting at age 30. Other risk factors include inactivity, obesity, chronic diseases, reduction in hormone levels, and inadequate protein intake.

The main symptom of sarcopenia is muscle weakness. Other signs include loss of stamina, difficulty performing daily activities, and slower walking speed.

There is no single test that can diagnose sarcopenia. Your doctor may perform a physical exam that could include tests for handgrip strength, leg muscle strength, and walking speed among others.

While you can't completely prevent age-related sarcopenia, you can take steps to slow its progression.

Strength Training: You're never too old or too weak to start strength training. The National Academy of

Sports Medicine recommends that adults aim for at least two to three days of strength training exercises per week. If you're new to strength training, work with a professional to learn proper form to avoid injury.

Adequate Caloric Intake:

Consuming enough calories is essential to prevent muscle loss. Undereating can lead to muscle breakdown, so it's important to maintain a well-balanced diet that includes sufficient protein, healthy fats and carbohydrates to fuel muscle maintenance and repair.

Prioritize Protein:

Building and maintaining muscle requires adequate protein. According to the Academy of Nutrition and Dietetics, protein supports the immune system and bone health and maintains, repairs, and helps build muscle mass. Women over age 50 should consume 46 grams of protein daily and men 56 grams.

You can maintain muscle health and remain stronger for life by embracing an active lifestyle that includes strength training and a healthy diet that includes plenty of protein. Get started by checking out the many resources and classes offered by the Sun Health Center for Health & Wellbeing. See page 15 or visit SunHealthWellness.org.




FITNESS

to Fortify Your Frame



Staying physically active is one of the best ways for seniors to support bone, joint, and muscle health.



“Exercise can improve bone density, build muscle around joints, and enhance flexibility, all important for preventing osteoporosis and fractures and maintaining mobility and independence,” says DeAnn Straw, fitness instructor at the Sun Health Center for Health & Wellbeing.

DeAnn offers several strategies to help you bone up on your fitness routine:

Make Time to Move

“Regular physical activity is essential for maintaining strong bones,” she says. “Aim to get at least 30 minutes of exercise five days a week.”

Prioritize Weight-bearing Exercise

“Weight-bearing exercises are best for improving bone health,” DeAnn says. “Best options include weightlifting, walking, hiking, running, tennis, or pickleball. Incorporate weight-bearing exercises at least two days a week.”

Embrace Strength Training

“Strength training also fortifies your skeletal system by stimulating bone growth,” she says. “It builds muscle around the joints, providing additional support and stability, reducing the likelihood of falls.” Lifting free weights or using strength machines work, but do simple moves like squats, lunges, deadlifts, dead rows, bicep curls, shoulder raises, and triceps extension.

Bolster Balance and Flexibility

“Balance training is extremely important for older adults,” DeAnn says. “Balance exercises like single leg exercises with or without weights, yoga poses with or without chair assistance, and Tai Chi are great options.”

For those who find high-impact exercise daunting, low-impact activities like walking, chair exercises, swimming, or cycling are excellent alternatives. Swimming and water exercises make it easier for your body to support your weight.

You also should learn to listen to your body.

“With any exercise regimen, there can be some discomfort involved when changing things up,” DeAnn says. “If you have pain, it is recommended to stop and modify your exercise. But if you feel minor discomfort as your muscles are working, then that equals progress and your body getting stronger.”

The Sun Health Center for Health & Wellbeing has a variety of classes to help you improve bone and joint health and build muscle mass. These include classes for strength training, balance and posture, yoga, and Pilates. Go to SunHealthWellness.org for more information.

**Need additional inspiration?
Attend Sun Health's
celebration of National
Senior Health & Fitness Day
on Wednesday, May 28. See
the link on the back cover
for more details.**

NUTRITION:

Eat Well, Stay Strong

Healthy bones and muscles are the foundation for living longer, stronger, and more active lives. As we age, bones and muscles naturally lose density and strength, increasing the risk of osteoporosis, fractures, and loss of mobility and independence.

Making simple changes to your diet can help.

“You can reduce the risk of osteoporosis by ensuring you get the recommended amounts of calcium, vitamin D and protein,” says Sun Health Senior Registered Dietitian Julia Deen. “Reducing caffeine and alcohol also helps.”

Calcium is the cornerstone of bone health, but your body can't make it on its own.

If you don't get enough calcium from your diet, your body will take it from your bones, weakening them over time. Julia suggests the Recommended Daily Allowance (RDA) for women over age 70 of 1,200 mg/day, while men need 1,000 mg/day.

Some of the best sources for calcium are dairy products (milk, cheese, yogurt). Calcium can come from sources including dark green, leafy vegetables (spinach, broccoli, kale), canned fish, soy products, beans, and nuts.

“Your body also needs vitamin D, which promotes calcium absorption and is necessary for bone growth and remodeling,” Julia says. “Excellent food sources for vitamin D include dairy products, soy products, egg yolks, mushrooms, and fatty fish. The RDA of vitamin D for adults over age 70 is 800 IU/daily, while the RDA for adults 51 to 70 is 600 IU/daily.”

If you can't get enough calcium and vitamin D through your diet, discuss taking supplements with your doctor.

Getting enough protein is equally important – but not too much.

“Protein gives bones strength and flexibility and helps build muscles necessary for mobility and preventing falls,” Julia says. “Good food sources for protein include lean meat, fish, dairy, beans, and legumes. You need 0.8 grams of protein per kilogram of body weight daily. Always check with your provider because protein needs vary.”

What you eat matters in maintaining bone health as you age. Make simple changes now to support stronger bones and a stronger life. The Sun Health Center for Health & Wellbeing can help. Go to SunHealthWellness.org for information resources and classes.



TOMATO CHICKEN SAUTE

Serves 4

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 1 1/2 lb chicken breast
- 2 Tbs olive oil
- 1 pint cherry tomatoes
- 3/4 cup chicken broth, low-sodium
- 1/4 cup green onions, chopped
- 2 Tbs oregano, fresh, chopped (or 2 teaspoons dried oregano)

Directions

1. Heat olive oil in a large pan over medium-high heat. Season the chicken with salt and pepper.
2. Cook the chicken until lightly browned and cooked through, about 3 minutes per side. Transfer to a separate plate.
3. Add the tomatoes to the pan and saute with remaining oil from the pan stirring occasionally, until tomatoes start to burst.
4. Add chicken broth and simmer until reduced by half.
5. Stir in the green onions and oregano. Put chicken back in the pan and serve.

Notes

Serve over mixed greens, arugula, or cauliflower rice.

Per serving:

298 calories	5g carbohydrates
14.5g total fat	2g fiber
137mg cholesterol	2g sugar
323mg sodium	35g protein

PRACTITIONER SPOTLIGHT

HIGHLIGHTING OUR COMMUNITY'S EXPERTS



Dr. Andrew Chung, Spine Surgeon

Guided by Science, Driven by Compassion: Dr. Andrew Chung's Story

Dr. Andrew Chung didn't set out to be a spine surgeon. Chiropractic care seemed to be his calling. But once he got into chiropractic school, he realized he wanted to do more.

A fascination with the spine's mechanics led him to shadow a few spine surgeons, and that's when he was hooked. Medical school, an orthopedic residency at Mayo Clinic, and years of training later, he now considers it a privilege to help people regain their mobility and quality of life.

One of the most powerful stories in Dr. Chung's life isn't from a patient; it's from his wife who had spinal surgery as a teenager. She had suffered from excruciating back and sciatic pain due to spondylolisthesis, a condition in which part of the spine slips forward and pinches nerves. Walking became difficult, and kids at school made fun of her. The surgery was life changing.

That experience left a lasting impression on Dr. Chung.

"It's truly a blessing to get thank you notes from patients months or years later after their surgery (yes, some doctors love those!) letting me know how they're back to playing with their kids or grandkids, back to hiking, golfing, doing things that they once enjoyed doing that they were unable to do prior to surgery," he says. "I also love how quickly our science is evolving and the technological advancements that continue to come about. It keeps things exciting moving in the future."

Born in Chicago and raised in Glastonbury, Connecticut, Dr. Chung's career eventually brought him to Arizona. When he's not in the operating room, Dr. Chung's world revolves around his family. His daughters are everything to him, and no matter how packed his schedule is, he makes sure to be home for bedtime stories. Outside of family time, he enjoys cooking, gardening, working out, reading, and teaching current and future spine surgeons.



BRAIN HEALTH & MEMORY SUPPORT

Understanding the Signs of Dementia Thursday, May 1 | 1-2 p.m.

Learn the difference between normal memory changes and the changes that happen with dementia, how dementia progresses, and when it's time to get help. This presentation is offered by Hospice of the Valley.

Location: Sierra Winds

Dementia Caregiver Support Group Wednesdays, May 7 & 21 and June 4 & 18 | 3-4 p.m.

Sun Health's Memory Care Navigator team 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, join us to share your experiences, learn new approaches, and gather community resources.

Location: Grandview Terrace Health & Rehab

Memory Café Tuesdays May 27 and June 24 | 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 participate in a cognitive engagement program.

Location: Salvation Army

Care for the Caregiver Tuesday, June 3 | 2-3 p.m.

Caring for a loved one can be both rewarding and challenging. Learn how to optimize your loved one's well-being and take care of yourself in the process. This presentation is offered by Hospice of the Valley.

Location: Freedom Plaza, a Sun Health Community

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 CENTER

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 WEST, AZ

GRANDVIEW TERRACE HEALTH & REHAB

14505 W. GRANITE VALLEY DR., SUN CITY WEST, AZ

LIFE IN CHRIST LUTHERAN CHURCH

14802 N. 75TH AVE. PEORIA, 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

SHEPHERD OF THE HILLS UMC

13658 W. MEEKER BLVD., SUN CITY WEST, AZ

SPIRIT OF GRACE LUTHERAN CHURCH

15820 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

Registration begins:
April 15, 2025 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



DIABETES & NUTRITION

Diabetes Self-Management Education Starts Thursday, May 22 | 2-4 p.m.

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 is covered by Medicare and most insurance providers and requires a physician referral. Register at least two weeks ahead.

Location: Sun Health Center for Health & Wellbeing

National Diabetes Prevention Program Starts Tuesday, June 3 | 11 a.m.-noon

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach and nutritionist. This yearlong lifestyle change program uses research-based curriculum to help you make the necessary nutrition, physical activity, and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes. The fee is covered by Medicare and most insurance providers.

Location: Sun Health Center for Health & Wellbeing

Annual Diabetes Self-Management Education

Thursday, June 26 | 2-4 p.m.

This two-hour class is 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 focuses on a fit-all solution. Fee is covered by most insurance plans.

Location: Sun Health Center for Health and Wellbeing

MyPlate Meal Planning

Tuesday, May 20 | 10-11 a.m.

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

Location: Sun Health Center for Health & Wellbeing

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

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




Register Online SunHealthWellness.org

Beginning April 15, 2025



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

Beginning at 8:30 a.m. April 15, 2025

Classes with this icon  have an associated fee.



HEALTH & WELLBEING

Common Foot Issues in Older Adults **Tuesday, May 6 | 2-3 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 discuss three main foot issues—skin and nail conditions, structural deformities, and diabetes and foot health.

Location: Freedom Plaza, a Sun Health Community

Love the Skin You're In! **Wednesday, May 7 | 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 & Cancer Institute will talk about everything you should be doing to make sure your skin is the best it can be.

Location: Grace Care Center at La Loma Village, a Sun Health Community

Fire Safety: Prevention and Preparedness

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

Cooking and heating are the leading causes of home fires and fire injuries. Al Velasquez from the Arizona Fire & Medical Authority will help you evaluate and create a plan to help keep you safe.

Location: Desert Palms Presbyterian Church

The Basics of Hearing Loss

Tuesday, May 13 | 10:30-11:30 a.m.

Hearing health has a significant impact on your overall health, and is associated with balance problems, falls, social isolation, cardiovascular health, and cognitive decline. Learn about the auditory system and how to hear well from Dan Hewson with Ascent Audiology.

Location: United Church of Sun City

Postural Alignment & Longevity **Wednesday, May 14 | 10-11 a.m.**

Health studies have shown that poor posture can contribute to a variety of physical ailments and can affect your overall wellbeing. Learn about the connection between postural alignment and longevity, and how to enhance your health, increase your lifespan, and improve your quality of life with better posture.

Location: American Lutheran Church

Understanding the MyFitnessPal App **Wednesday, May 14 | 2-3 p.m.**

Food and activity tracking can be helpful no matter where you are in your weight journey. Research has shown that people who keep daily food records lose twice as much weight as those who don't. Bring a laptop computer or tablet for a hands-on demo by the nutrition staff at the Sun Health Center for Health and Wellbeing.

Location: Sun Health Center for Health & Wellbeing



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

Visit SunHealthWellness.org/Livewell-magazine

Registration begins:
April 15, 2025 at 8:30 a.m.



Register Online
SunHealthWellness.org



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

Take the First Step: Quit Smoking for a Healthier Life

Thursday, May 15 | 10-11 a.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. This presentation is offered by the Maricopa County Department of Public Health.

Location: Banner Olive Branch Senior Center

Living with Chronic Illness

Tuesday, May 20 | 1:30-2:30 p.m.

Chronic illnesses last a long time, often for a year or more. The most important step you can take is to seek help as soon as possible. Learn about the ways you can make your life better while managing your health. This presentation is offered by Hospice of the Valley.

Location: Grace Bible Church

Fire Prevention & Life Safety

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

Cooking and heating are the leading causes of home fires and fire injuries. Al Velasquez from the Arizona Fire & Medical Authority will help you evaluate and create a plan.

Location: Lord of Life Lutheran Church

Talking it Over: Sharing Your Healthcare Wishes

Tuesday, May 27 | 10-11 a.m.

Sun Health Chaplain Patrick Lyons will discuss how to talk about your healthcare wishes with others, especially adult children and family. He will provide simple, actionable steps to start the conversation and get your wishes in writing.

Location: Grandview Terrace, a Sun Health Community

The Difference Between a Will and a Trust

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

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

Location: Freedom Plaza, a Sun Health Community

Healthy Feet for Life

Thursday, May 29 | 10-11 a.m.

Dr. Craig Udall from Foot Envy will discuss common foot problems that affect mobility and the important "steps" you can take to help keep you on your feet.

Location: Goodyear Recreation Center

Understanding Medicare

Tuesday, June 3 | 10-11 a.m.

Deborah Bates, owner & educator at Bates Retirement Services, will discuss how and when to enroll in Medicare, what Medicare does and doesn't cover, and the pros and cons of Medicare Advantage and Medicare Supplemental insurance.

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

Fire Safety: Prevention and Preparedness

Wednesday, June 4 | 1- 2 p.m.

Cooking and heating are the leading causes of home fires and fire injuries. Al Velasquez from the Arizona Fire & Medical Authority will help you evaluate and create a plan to help keep you safe.

Location: Shepherd of the Hills UMC

Talking it Over: Sharing Your Healthcare Wishes

Thursday, June 5 | 1-2 p.m.

Sun Health Chaplain Patrick Lyons will discuss how to talk about your healthcare wishes with others, especially adult children, and family. He will provide simple, actionable steps to start the conversation and get your wishes in writing.

Location: Sierra Winds

PRP, Stem Cell Therapy for Pain Management

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

Learn the What? Why? and How? 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. Join Dr. Ruchir Gupta for his talk on the conditions that benefit from the use of stem cells and platelet-rich plasma therapies.

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
or by calling (623) 471-9355.

Advance Directives

Wednesday, June 11 | 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 when a person is unable to make their wishes known. Carla Sutter, MSW, of the Arizona Healthcare Directives Registry will help you design a plan that honors your end-of-life healthcare wishes.

Location: American Lutheran Church

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

Thursday, June 12 | 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? Nancy Juarez from the State Attorney General's Office will talk about how to protect yourself from fraud, warning signs it might be a scam, and common scams to look out for.

Location: Desert Palms Presbyterian Church

The Link Between Heart Disease & Hearing Loss

Monday, June 16 | 2-3 p.m.

Did you know that heart disease is linked to hearing loss? Learn about the signs, symptoms, risk factors and treatments to protect your heart and hearing with Dan Hewson from Ascent Audiology.

Location: Crown of Life Lutheran Church

The Difference Between a Will and a Trust

Tuesday, June 17 | 10-11 a.m.

Understanding the difference between a will and a trust can be confusing. Join Irma Aranda, Estate Planning Specialist with Desert Financial Credit Union, as she discusses the differences, as well as the importance of financial and medical powers of attorney.

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

Foot Issues in Older Adults

Tuesday, June 17 | 1:30-2:30 p.m.

Dr. Dylan Kaumaya from Roadrunner Foot & Ankle will discuss three main foot issues as we age—skin and nail conditions, structural deformities, and diabetes and foot health.

Location: Grace Bible Church

How to Choose a Primary Care Provider

Wednesday, June 18 | 9:30-10:30 a.m.

Finding the right healthcare provider requires research and planning. 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: Lord of Life Lutheran Church

Understanding Medicare

Thursday, June 19 | 10-11 a.m.

Deborah Bates, owner & educator at Bates Retirement Services, will discuss how and when to enroll in Medicare, what Medicare does and doesn't cover, and the pros and cons of Medicare Advantage and Medicare Supplemental insurance.

Location: Banner Olive Branch Senior Center

Hearing Aids 101: Treating Hearing Loss

Monday, June 23 | 1-2 p.m.

Come and "listen" to Dan Hewson from Ascent Audiology as he discusses the causes of hearing loss, prevention, treatment, and tips on how to take care of your hearing.

Location: Faith Presbyterian Church

Sharing Your Healthcare Wishes

Tuesday, June 24 | 2-3 p.m.

Sun Health Chaplain Patrick Lyons will discuss how to talk about your healthcare wishes with others, especially adult children, and family. He will provide simple, actionable steps to start the conversation and get your wishes in writing.

Location: Freedom Plaza, a Sun Health Community

PT 101: Preventive & Rehab Programs

Thursday, June 26 | 10-11 a.m.

Physical therapy can help improve quality of life by improving your ability to move, reduce or manage pain, restore physical function, and prevent disability. Come learn about the benefits with the team from SWAN Rehab.

Location: Goodyear Recreation Center

Postural Alignment & Longevity

Friday, June 27 | 10-11 a.m.

Learn about the vital connection between postural alignment and longevity, and how to enhance your health, increase your lifespan, and improve your quality of life with better posture.

Location: The Colonnade, a Sun Health Community

Registration begins:
April 15, 2025 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. Classes with this icon  have an associated fee.

Mondays, 8-Week Series

Chair Yoga Plus

Starts May 5 | 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 May 5 | 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.

Balance & Posture

Starts May 5 | 11:15 a.m.-12:15 p.m.

Participants practice 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 improve posture.

Strength Training

Starts May 5 | 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 May 5 | 2-3 p.m.

PWR! Moves is a Parkinson's-specific exercise program working 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.

Wednesdays, 8-Week Series

Balance: Mind & Body

Starts May 7 | 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 May 7 | 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.

Core to Strength

Starts May 7 | 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. This low-intensity class focuses on core strength, balance and flexibility exercises using a chair as support.

A Body in Motion... (45 min.)

Starts May 7 | 1:45 - 2:30 p.m.

Stays in motion! This lively class will provide a full body workout with a series of strength and cardio focused exercises.

Fridays 8-Week Series

Strength Training

Starts May 9 | 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.

Chair Yoga Plus

Starts May 9 | 11:45 a.m.-12:45 p.m.

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



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Move More. Live Well. *Thrive Longer.*

Celebrating Senior Health & Fitness



Join Sun Health for a special celebration of **National Senior Health & Fitness Day** on **May 28, 2025!** We're bringing you a day filled with fitness opportunities, expert-led programs, and activities to help you stay active, feel great, and embrace healthy aging.



What's Happening Wednesday, May 28



Open House Tour

From 8-9:30 a.m. and includes light refreshments



Meet Our Instructors

Ask any questions you might have about our fitness classes



Door Prizes and a Raffle

Includes a Fitness Starter Pack, massage gift card, and more



Located at the Center for Health & Wellbeing

14719 W. Grand Avenue, Surprise, AZ 85374

Space is Limited, RSVP Required



A healthier you starts with Sun Health!

To learn more, scan the QR code to visit
SunHealthWellness.org/fitnessday