

LiveWell

JULY/AUGUST 2025



**Beat the Heat:
Stay Cool, Stay
Protected**



A Lifestyle **WITH YOU IN MIND**

At Sun Health Communities, you'll enjoy a vibrant, 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

JUL

10

11 a.m.

JUL

22

1:30 p.m.

AUG

14

11 a.m.

AUG

26

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

"The greatest wealth is health." —Virgil

Thriving in Arizona's sun-soaked climate is all about making smart choices for your health every day. In this issue, we're bringing you exactly that—expert insights and practical tips to help you live your best, healthiest life.

As temperatures soar, finding ways to move your body without overheating becomes essential. We share creative ways to keep fit indoors so your wellness routine doesn't take a summer break.

Safeguarding your eyes is a must in the desert sun. Don't miss our guide on UV eye protection, because your sunglasses should do more than just look good!

We're also diving into helpful tips to outsmart skin cancer. With simple, proactive steps, you can enjoy the sunshine while protecting the skin you're in.

And on page 8, you'll find a special *Practitioner Spotlight* featuring Dr. Mark Gimbel, whose dedication to surgical oncology offers hope and healing to so many in our community. His story reminds us of the power of passion and purpose in healthcare.

Here's to living well, staying safe, and embracing a vibrant, active lifestyle no matter the season.

Stay cool, stay protected, and as always, stay healthy.

Kim Thompson

Kim Thompson
Chief Experience Officer
Sun Health

LiveWell

JULY/AUGUST 2025, ISSUE 85

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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
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SUN HEALTH FOUNDATION

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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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From *Sun-Kissed* to *Sun-Safe*: Outsmart Skin Cancer

Many folks who choose to live in Arizona love the sun. But too much sun today could turn into tomorrow's regret in terms of skin damage and potential skin cancer.

"Skin cancer is the most common type of cancer in the world," says Tymothi Claude, physician assistant with the Skin and Cancer Institute. "Most skin cancers are caused by too much exposure to ultraviolet (UV) sunrays."

Skin cancer can affect anyone, regardless of race or skin tone.

"Your risk increases if you are fair skinned, have a family history of skin cancer, smoke, work outdoors, or work with carcinogens, radiation or chemicals," Tymothi says.

Detecting skin cancer early greatly improves treatment outcomes, and being aware of common early signs is crucial. Signs include new growths, changes in existing moles, and unusual skin changes that persist or worsen.

Stay safe this summer and year-round by following these sun-smart tips.

- **Use sunscreen** – "A broad spectrum sunscreen that filters out both UVA and UVB rays is best," Tymothi says. "Look for a sun protection factor (SPF) of 30 or higher." There are two types of sunscreens: chemical and mineral.

Chemical sunscreen absorbs better and is transparent on skin but can sometimes cause skin irritation. Mineral sunscreens are better for sensitive skin and create a physical barrier with ingredients like zinc oxide or titanium oxide.

- **Apply sunscreen effectively** – "Apply sunscreen 15 minutes before you go outside," Tymothi says. "Then reapply every two hours or more frequently if you sweat or go in water. Cover any skin exposed to the sun, and don't forget ears, neck, chest, back, and scalp."
- **Sun safe behaviors** – In addition to sunscreen, wear wide-brimmed opaque hats, sunglasses, SPF lip balm, and protective clothing. Avoid the sun between 10 a.m. and 4 p.m. when UV rays are the strongest. Plan your daily walks or other activities before or after these peak hours.
- **Schedule skin cancer screenings** – "Catch skin cancer early when it's most treatable by scheduling a yearly skin cancer screening with a dermatologist who will check your skin from head to toe," Tymothi says. "People who have a history of skin cancer or have many moles and freckles should screen more frequently. You should also perform regular skin checks at home to see if any spot looks new or different."

Prioritize your sun safety every day. Vigilant sun protection and routine skin examinations play pivotal roles in the prevention and early detection of skin cancer.





COOL MOVES:

Staying Active in the Hottest Weather

Exercise is essential to living a longer, healthier, and more purposeful life. During the hot Arizona summer, you can stay active while keeping cool at the Sun Health Center for Health and Wellbeing. The Center offers indoor exercise classes for both fun and fitness.

VJ Schartz has been a fitness instructor with the Sun Health Center for Health and Wellbeing since 2021. At age 79, she credits a lifetime commitment to exercise for giving her energy and keeping her young at heart. VJ suggests the following indoor classes to stay fit and keep cool this summer.



VJ Schartz

- **Tai Chi** – “One of the best indoor activities for seniors is Tai Chi,” VJ says. She teaches Tai Chi at the Sun Health Center for Wellbeing and has been a student of the practice for decades. “Tai Chi offers many benefits for older adults including muscle control, stability, balance, and flexibility,” she says.

- **Balance & Posture** – Use chair-assisted standing exercises

to strengthen your core with a focus on increased flexibility and mobility to support muscles and joints during movement. Resistance bands are used to also improve posture.

- **Strength Training** – This low-intensity class uses bands, body weight, and other items to train the upper- and lower-body muscle groups.
- **Core to Strength** – Our core is one of the most important components for 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.
- **Chair Yoga** – Chair yoga incorporates all the benefits of a traditional yoga class with the added support of a chair. “For seniors, chair exercises offer a safe and effective way to maintain strength, improve flexibility, and boost exercise coordination without the risk of falls,” says VJ.

Stay fit and chill with indoor fitness classes at the Sun Health Center for Health and Wellbeing. For more information or to register, go to SunHealthWellness.org/ classes or call (623) 471-9355.

UV Got This: Eye Protection Tips

Summer in Arizona means lots of sunny days and UV exposure. Don't get blinded by UV light and protect your eyes from sun damage.

UV, or ultraviolet light, is an invisible type of radiation and is linked to many eye-related conditions.

"UV light can damage your eyes in a variety of ways," says Kimberly Tran, M.D., with Associated Retina Consultants. "It can cause eyelid skin cancer, damage to the surface of the eyes called photokeratitis, and contribute to cataracts and macular degeneration. It can also contribute to pinguecula, which causes a noncancerous growth on the white part of the eye, which can eventually grow over the cornea."

Some people are more at risk for eye damage from UV light.

"Those with light-skin and light-colored eyes are higher risk," Dr. Tran says. "Others at risk include those who work outside as well as those who take certain types of medication like antibiotics and diuretics."

Lower Your Risk

- **Wear sunglasses** – "It's very important to wear UV-blocking sunglasses outside," Dr. Tran says. "Look for sunglasses with a UV 400 rating that provides 99-100% UVA/UVB protection. Wraparound sunglasses are also a good option."
- **Contacts provide some protection** – "Contacts provide some protection, which will vary by brand," Dr. Tran says. "You should still wear sunglasses with your UV-protected contacts."
- **Schedule regular eye exams** – "Everyone should schedule a yearly eye exam," Dr. Tran says. They can often detect early signs of many eye health conditions before you become aware of symptoms.

UV light can pose a danger to your eyes year-round. Stop UV eye damage in its tracks by taking daily precautions against the negative effects of overexposure.



PRACTITIONER SPOTLIGHT

HIGHLIGHTING OUR COMMUNITY'S EXPERTS



Dr. Mark Gimbel, Surgical Oncology

A Microscopic Moment That Sparked a Lifelong Journey

When Dr. Mark Gimbel first peered down a microscope in a cancer research lab, he didn't just see cells—he saw a calling.

As a medical student, he became captivated by how the body's cells could turn rogue when he joined a research lab studying antiestrogens for breast cancer. "I was amazed by how these cells could wreak havoc," he recalls. A rotation with a medical oncology team exposed him to treatments that could slow the disease, but it was his passion for surgery, and the tangible impact it offered, that ultimately shaped his career.

Determined to combine his interests, Dr. Gimbel pursued a general surgery residency while continuing cancer research, including two years at Memorial Sloan-Kettering, where he focused on the genetic makeup of colon cancer. This dedication led him to a surgical oncology fellowship at Moffitt Cancer Center in Florida, where he honed his skills in surgical treatment of cancer patients.

One area that has particularly inspired Dr. Gimbel is immunotherapy. "It's not about a single patient story," he says. "It's about an entire class of treatment transforming lives." He's seen how immune-based therapies, once considered experimental, have given patients with advanced cancers like melanoma hope

and, in some cases, a cure. "Five to ten years ago, options were limited. Today, patients are living longer—and better—thanks to this progress."

Looking to the future, Dr. Gimbel envisions a more precise, personalized approach to cancer care. "By understanding the genetic makeup of a tumor from a small biopsy, we'll be able to predict its behavior and tailor treatments more effectively," he says.

Though his medical training took him across the country, Dr. Gimbel is a proud Arizona native. He grew up in Scottsdale, attending Kiva Elementary and Saguaro High School before heading to the University of Michigan. After years on the East Coast for medical training, the pull of family and Arizona sunshine brought him home. For over 15 years, he has helped build a surgical oncology practice at Banner MD Anderson Cancer Center, where he also serves as the Medical Director of the T.W. Lewis Melanoma Center of Excellence.

Outside the OR, Dr. Gimbel is an avid pickleball player, proud father of three grown sons, and a dedicated dog dad to a spirited Soft-Coated Wheaten Terrier. Married for over 23 years, he finds balance in outdoor jogs, park visits, and friendly competition on the court.



BRAIN HEALTH & MEMORY SUPPORT

Dementia Caregiver Support Group **Wednesdays, July 2 & 16 and Aug. 6 & 20** **| 3-4p.m.**

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

Location: Grandview Terrace Health & Rehab

Understanding Grief & Mourning **Monday, July 21 | 2-3 p.m.**

Grief and loss can be overwhelming experiences, but the more you know about what to expect, the less frightening it is. Please join Diane Walton with Hospice of the Valley as she explains the different types of grief and their effects, why expressing grief is so important, and discuss ways to help people who are grieving.

Location: Crown of Life Lutheran Church

Memory Café **Tuesdays, July 22 and Aug. 26 | 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

Managing Money: A Caregiver's Guide to Finances

Wednesday, Aug. 13 | 10-11 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: American Lutheran Church

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 June 10, 2025



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

Beginning at 8:30 a.m. June 10, 2025

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



Matters of the Heart: A Guide to Cardiovascular Care

Tuesday, July 8 | 10:30-11:30 a.m.

Diagnosing and treating structural heart disease can now be done using minimally invasive procedures. Dr. Nishant Gupta from Heart One Associates invites you to learn about interventional cardiology, conditions that affect the structure and function of your heart, and the technology used to treat cardiovascular disease.

Location: United Church of Sun City

Common Foot Issues in Older Adults

Wednesday, July 9 | 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: American Lutheran Church

Take a Step Forward in Diabetic Foot Pain **Thursday, July 10 | 10-11 a.m.**

Diabetic peripheral neuropathy is a condition that causes pain and numbness in the legs and feet. Dr. John Paul Malayil invites you to join his discussion on how managing diabetes and new treatment options can relieve symptoms of diabetic peripheral neuropathy.

Location: Desert Palms Presbyterian Church

Neuro Rehab Treatment for Stroke Recovery

Tuesday, July 15 | 1:30-2:30p.m.

Stroke rehabilitation is designed to help patients relearn skills lost after a stroke. Mikayla Derochie, DPT from Wall 2 Wall Sports & Rehab invites you to learn about how neurological physical therapy helps patients improve movement, balance, strength, and coordination.

Location: Grace Bible Church

Postural Alignment & Longevity **Wednesday, July 16 | 10-11 a.m.**

Health studies have shown that poor posture can contribute to a variety of physical ailments and can affect your overall well-being. 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: Lord of Life Lutheran Church

Stroke: Recovery, Care, and Prevention **Thursday, July 17 | 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 survivors to regain independence with their daily activities by setting meaningful goals.

Location: Banner Olive Branch Senior Center

Identity Theft & Fraud: How to Stay Safe **Tuesday, July 22 | 2-3 p.m.**

Learn what identity theft is, how to protect yourself, and how to report it if your information gets stolen.

Location: Freedom Plaza, a Sun Health Community

Registering Just Got Easier!

No account required—no password to remember.

Now you can also register for yourself and others in the same transaction.

Visit SunHealthWellness.org/classes to sign up online today.

Registration begins:
June 10, 2025 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



HEALTH & WELLBEING

The Difference Between a Will and a Trust

Thursday, July 24 | 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: Goodyear Recreation Center

Understanding Medicare

Monday, July 28 | 1-2 p.m.

Learning about Medicare can be overwhelming. At this seminar, Deborah Bates, Owner & Educator at Bates Retirement Services will discuss how and when to enroll in Medicare, what is and is not covered, and the pros and cons of Medicare Advantage and Medicare Supplemental insurance.

Location: Faith Presbyterian Church

Advance Directives

Thursday, July 31 | 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. Carla Sutter, MSW, of the Arizona Healthcare Directives Registry, will help you design a plan that honors your end-of-life healthcare wishes.

Location: Sun Health Center for Health & Wellbeing

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

GOODYER 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

LA LOMA VILLAGE
14154 W. DENNY BLVD., LITCHFIELD PARK, 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



HEALTH & WELLBEING

Stroke: Recovery, Care, and Prevention **Tuesday, Aug. 5 | 2-3 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: Freedom Plaza, a Sun Health Community

How to Choose a Primary Care Provider **Wednesday, Aug. 6 | 1-2 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: Shepherd of the Hills UMC

Healthy Feet for Life **Wednesday, Aug. 6 | 2-3 p.m.**

Foot care should be part of regular healthcare maintenance. Dr. Craig Udall from Foot Envy invites you to learn about common foot problems that affect mobility and the important "steps" you can take to help keep you on your feet!

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

Common Foot Issues in Older Adults **Thursday, Aug. 7 | 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: Sun Health Center for Health & Wellbeing

What is DME? A Guide to Staying Independent

Tuesday, Aug. 12 | 10:30-11:30 a.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: United Church of Sun City

The Difference Between a Will & Trust **Thursday, Aug. 14 | 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: Desert Palms Presbyterian Church

Advance Directives **Monday, Aug. 18 | 2-3 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. Carla Sutter, MSW, of the Arizona Healthcare Directives Registry, will help you design a plan that honors your end-of-life healthcare wishes.

Location: Crown of Life Lutheran Church

Registration begins:
June 10, 2025 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



Advance Directives

Tuesday, Aug. 19 | 1:30-2:30 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. Carla Sutter, MSW, of the Arizona Healthcare Directives Registry, will help you design a plan that honors your end-of-life healthcare wishes.

Location: Grace Bible Church

What is In-Home Care?

Wednesday, Aug. 20 | 10-11 a.m.

With the right kind of support and home safety guidelines, older adults can comfortably age in place. Presley Reader with ComForCare will discuss the types of personal and medical care services offered by professional caregivers in your home.

Location: Lord of Life Lutheran Church

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

Thursday, Aug. 21 | 10-11 a.m.

Have you ever gotten a call, text, or email that seemed too good to be true? Scam artists always look for ways to take advantage of consumers. Nancy Juarez from the State Attorney General's Office shares how to spot scams, recognize warning signs, and protect yourself from fraud.

Location: Goodyear Recreation Center

Take a Step Forward in Diabetic Foot Pain

Friday, Aug. 22 | 10-11 a.m.

Diabetic peripheral neuropathy is a condition that causes pain and numbness in the legs and feet. Dr. John Paul Malayil invites you to join his discussion on how managing diabetes and new treatment options can relieve symptoms of diabetic peripheral neuropathy.

Location: The Colonnade, a Sun Health Community

Sleep Apnea: How to Get Your Zzzzs

Monday, Aug. 25 | 1-2 p.m.

Dr. Brandon Fornwalt, D.O. with Valley ENT, invites you to his presentation on sleep apnea. Learn about the causes and treatments and ways to get quality sleep while managing sleep apnea.

Location: Faith Presbyterian Church

What is In-Home Care?

Tuesday, Aug. 26 | 10-11 a.m.

With the right kind of support and home safety guidelines, older adults can comfortably age in place. Presley Reader with ComForCare will discuss the types of personal and medical care services offered by professional caregivers in your home.

Location: Grandview Terrace, a Sun Health Community

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

Tuesday, Aug. 26 | 2-3 p.m.

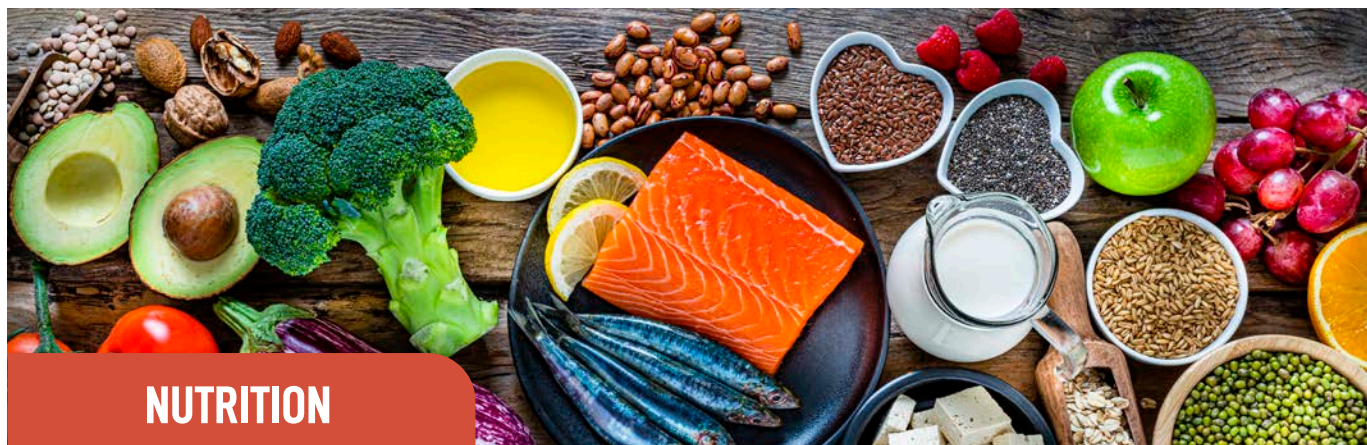
Have you ever gotten a call, text, or email that seemed too good to be true? Scam artists always look for ways to take advantage of consumers. Nancy Juarez from the State Attorney General's Office shares how to spot scams, recognize warning signs, and protect yourself from fraud.

Location: Freedom Plaza, a Sun Health Community



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Visit SunHealthWellness.org/Livewell-magazine



NUTRITION

Nutrition and Heart Health (2 class series)

Tuesday, July 15 & 22 | 9-10 a.m.

Why is nutrition important to heart health? The Sun Health Nutrition Team invites you to this two-class series to discover ways that foods can promote heart-healthy living. Topics include dietary patterns that can help with blood pressure control, suggestions for reducing added sugars, and overall healthy eating. Sessions will include short cooking videos and introduction to the DASH (Dietary Approach to Stop Hypertension) diet.

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

Nutrition and Heart Health (2 class series)

Thursdays, Aug. 21 & 28 | 9-10 a.m.

Why is nutrition important to heart health? The Sun Health Nutrition Team invites you to this two-class series to discover ways that foods can promote heart-healthy living. Topics include dietary patterns that can help with blood pressure control, suggestions for reducing added sugars, and overall healthy eating. Sessions will include short cooking videos and introduction to the DASH (Dietary Approach to Stop Hypertension) diet.

Location: Banner Olive Branch Senior Center

4-INGREDIENT MEDITERRANEAN TURKEY BURGERS

Prep time 10 mins. | Total time 25 mins. Serves 4

Meal type lunch/dinner

Ingredients

- 1/4 cup oil packed sun-dried tomatoes
- 1 tsp basil, fresh
- 1 lb ground turkey
- 1/3 cup goat cheese, crumbled
- 8 romaine lettuce leaves

Directions

Prep

1. Chop sun-dried tomatoes and basil.

Make

1. Combine all ingredients and form into 4 patties.
2. Heat 1 tablespoon of oil from the sun dried tomatoes in a nonstick skillet over medium heat.
Lay burgers in skillet and cook until lightly browned 2-3 minutes per side.
3. Reduce heat to low, partially cover, and continue to cook until done through (internal temperature should reach 165°F), about another 3-4 minutes per side.
4. Enjoy wrapped in lettuce leaves.



Per serving:

237 calories	3g carbohydrates
13.7g total fat	1g fiber
87mg cholesterol	0g sugar
173mg sodium	27g protein

Adapted from America's Test Kitchen

Registration begins:
June 10, 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 a weekly multisession series at \$5 per class, paid in full at the time of registration.

Mondays, 8-Week Series

Chair Yoga Plus \$

Starts July 7 | 9-10:00 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 July 7 | 10:15-11:00 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 July 7 | 11:15 a.m.-12:15 p.m.

Class 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 July 7 | 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 July 7 | 2-3:00 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 \$

Starts July 2 | 10-11:00 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 \$

Starts July 2 | 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 July 2 | 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...Stays in Motion! \$

Starts July 2 | 1:45-2:30 p.m.

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 July 11 | 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 July 11 | 9-10 a.m.

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



14719 W. Grand Ave.
Surprise, AZ 85374
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Save the Date!



Sun Health®

LiveWell CONFERENCE

2025

November 13 - 14, 2025

Join us for a premier event bringing together thought leaders, health experts, community organizers, and more. Featuring workshops and panels on physical health, cognitive health, aging with purpose, and social and emotional wellbeing to provide you resources and connections to help you live healthier and happier for longer.



With Keynote Speaker on November 13th

Arthur C. Brooks

Harvard professor, social scientist, and renowned author of books "Build the Life You Want: The Art and Science of Getting Happier" (2023) and "From Strength to Strength" (2022).

Keep an eye out for the next issue of LiveWell Magazine for more details.