

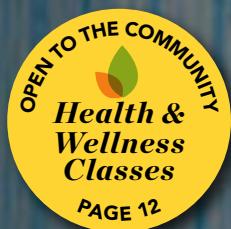
Play it cool this month with more than 20 health classes/events. See Healthy U, p. 12

Celebrating Your Health & Lifestyle

August 2018

Live Well

The Sun Health Way



Good Grief

Grief counseling helps those who have experienced a loss

Dignity Through Technology

Helping older adults use and enjoy today's technology

A Smart Investment

Life Plan communities support employee scholarship programs

On Point

The finer points of acupuncture

 Sun Health™

For our community friends

4th Annual

Stand Up To Falling Down

A fall prevention screening and awareness event

ON-SITE FALL RISK ASSESSMENTS

Space is limited.
Call to register.

The Colonnade
19116 Colonnade Way
Surprise, AZ 85374

EVENT REGISTRATION REQUIRED
CALL 623-428-1741

- » Individual fall risk screening available (reservation required)
- » Educational presentations
- » Demonstrations
- » Local resource providers



LiveWell

August 2018, Issue 36
SunHealthLiveWell.org

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CREATED FOR SUN HEALTH

ROX MEDIA GROUP

Welcome to *LiveWell*

A magazine produced specifically for you

Sun Health Mission Statement:

Sun Health champions healthy living, research and superior health care.

At every age, we seek to learn and grow — and try new things. In this issue of *LiveWell*, you'll learn how ancient practices like acupuncture are giving new hope to those who have had limited success with more traditional treatments.

We all experience losses in our lives, but the death of a loved one is perhaps the most painful loss of all. Grief counseling can help. Discover how it's helped one widow to find peace amid her sorrow.

The It's Never 2 Late (iN2L) system, used at two of our communities, is proving that it's never too late to engage and connect with people affected by Alzheimer's and related dementias.

Finally, read about Scott Felciano and Neal Smith; two Sun Health employees who received scholarships to further their education through Sun Health Foundation-managed scholarship programs, most funded by our residents and donors.

I hope you find something useful in this issue of *LiveWell*. We welcome your feedback at information@sunhealth.org.

To your health,




Joe La Rue

President and CEO, Sun Health

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Please follow us on:



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On the cover: Acupuncturist JoDee Chenaux treats Raul Ferran for pain.

On Point

The finer points of acupuncture

By Alison Stanton



PHOTO BY ALLEN BUTLER

Raul Ferran gets a kick out of showing how he can twist around and touch his lower back with his right hand. It's a simple movement for most of us but for nearly 30 years the Sun City resident could not do it. Among other things, he couldn't put on a belt without assistance.

That was before he met licensed acupuncturist JoDee Chenaur. For 27 years, Raul carried around a ball and chain of pain caused by a work accident in which an 800-pound liquid oxygen cylinder fell on him, pinning him against a wall. In freeing himself, he severely wrenched his spine and back muscles.

A chiropractor helped realign his spine but the back-muscle pain persisted. Massage, pain relievers, yoga and strength training offered some relief, but it was fleeting. "I tried my best to not let the pain take over, but it was always there gnawing at me," Raul says.

He returned to his job as a delivery driver for the oxygen company and gradually accepted his pain as a fact of life. Life went on and eventually Raul and his wife Maria E. Ferran moved from the New York City area to Arizona to retire.

Maria was also dealing with some aches and pains. She had heard that acupuncture could help relieve pain, and her interest was piqued when she read in *LiveWell* magazine about Sun Health's acupuncture services offered through the Center for Health & Wellbeing. She told Raul about it, but he was skeptical.

Maria made an appointment with JoDee and experienced positive results after one visit. "When I noticed what a difference she had made on my healing, I managed to convince Raul to see her," Maria says. He agreed to give it a try.

JoDee remembers being surprised by the overall tightness in Raul's back as she examined him. "It felt like a snake was embedded in his muscles," she said.

She used a combination of acupuncture and cupping to treat him. Cupping involves placing heated glass cups on the skin along the meridians of the body, creating suction as a way of stimulating the flow of energy.

After his first session, Raul felt like a burden had been lifted from his back. "I was able to move without pain for the first time in ages," he says. He had three additional treatments. Now, he feels like a new person.

"I can move my arms freely, lift things I couldn't before and get around more easily," he says. And he was able to return to bicycle riding, a long-lost passion.

Maria also received four treatments. "The pain on my lower back has actually dissipated, and my vertigo and fogginess are gone."

As JoDee explains, acupuncture involves inserting fine needles into specific points on a person's body; these points are located on meridians or channels.

"Acupuncture increases the flow of blood and 'Qi,' or energy where there may be blockages and brings the body naturally back into homeostasis or balance," she says.

In addition to treating pain, JoDee uses cupping to assist with circulation, detoxification, anxiety, hypertension and tight muscles.

Mei Zen cosmetic acupuncture is another speciality of JoDee's. It can help reduce fine lines and wrinkles as well as treat conditions like Bell's palsy. She also does Tui Na body work for pain and tension and Qi Gong, which involves meditation with movement.

"The World Health Organization lists over 40 items that acupuncture has been proven to help through evidence and controlled studies," says JoDee, who has a degree in Traditional Chinese Medicine, which took eight years to complete and included passing national boards.

"Some of the most common ailments I see are chronic and acute pain, stress, anxiety, insomnia, allergies, digestive issues, headaches and migraines, respiratory issues, fertility issues, and adverse reactions to chemotherapy and radiation."

During the first visit, she spends about 90 minutes completing a full intake, which includes evaluations along with the acupuncture treatment. Follow-up appointments last about 60 minutes.

Maria and Raul say they expect to return at some point for "tune-ups" with JoDee.

"JoDee is very knowledgeable in her profession and explains the process and its benefits," Maria says.

LYMPHATIC MASSAGE DOES A BODY GOOD

While traditional massage involves applying pressure to sore muscles and kneading the skin with the help of lotions or oils, Susan Casaccio, licensed massage therapist, says lymphatic massage is completely different.

"With lymphatic massage, no lotions or oils are used and the pressure on the skin is minimal. We use strokes rather than massaging, and the amount of pressure is described as a dime or nickel's worth of weight," she says.

This gentle and noninvasive form of massage can be used to treat many health conditions, Susan says, including lymphedema/chronic tissue swelling, post-operative edema, post-traumatic edema, sports injuries and scar tissue.

"Also, a lot of times after a mastectomy or oncology treatment, the client will require and benefit from lymphatic massage," she says.

Susan says her clients start each session with deep diaphragmatic breathing before she begins the lymphatic massage, using slow and rhythmical movements moving from top to bottom.

"Lymphatic massage involves a light and repetitive skin stretching movement that is very specific—the skin is stretched in a specific direction and sequence to help speed the rate at which lymphatic fluids reach the appropriate nodes for filtration," she says, adding that each session ends with more diaphragmatic breathing.

Susan also offers the following types of massage: Swedish, deep tissue, customized therapeutic, trigger-point therapy and sports massage. To schedule an appointment, please contact the Sun Health Center for Health & Wellbeing at 623-832-WELL (9355).



CRUNCHY MEXICAN SALAD WITH SPICY CILANTRO VINAIGRETTE



Selected for its anti-inflammatory qualities by Registered Dietitian Nutritionist Susan Welter from the Sun Health Center for Health & Wellbeing.

Ingredients for the salad

- 1/2 cup small cauliflower florets
- 1/2 cup small broccoli florets
- 1/2 cup carrot sticks or slices
- 1/2 cup jicama sticks
- 1/8 cup white onion, thinly sliced
- 1/2 cup rinsed, canned low-sodium black beans
- 1/2 cup diced red bell pepper
- 2 tbsp. fresh cilantro leaves
- 2 tbsp. roasted, salted pumpkin seeds

Directions

1. Combine vegetables, beans, cilantro and pumpkin seeds in a salad bowl.

Ingredients for the vinaigrette

- 1 cup cilantro, pressed into the cup
- 1/2 cup extra virgin olive oil
- 1/2 cup lime juice
- 1/4 cup orange juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Pinch of minced garlic

Directions for the vinaigrette

1. Puree all ingredients in a blender or food processor until smooth.
2. Just before eating, add 2 tablespoons of the vinaigrette to the salad and toss.

Nutritional Information

Serving size: about 3 1/4 cups. Per serving: 404 calories; 20 g fat (2 g sat); 16 g fiber; 44 g carbohydrates; 16 g protein; 157 mcg folate; 0 cholesterol; 10 g sugars; 1 g added sugars; 13,866 IU vitamin A; 179 mg vitamin C; 140 mg calcium; 5 mg iron; 418 mg sodium; 1,186 mg potassium. Nutrition Bonus: Vitamin C (298% daily value), Vitamin A (277% dv), Folate (39% dv), Iron (28% dv)

For more healthy recipes, visit SunHealthLiveWell.org.

Recipe from eatingwell.com

SUN HEALTH AT HOME

**Rev. David Klumpenhower
with Barbara Piggot.**



Good Grief

Grief counseling helps those who have experienced a loss

By Alison Stanton

When Barbara Pigott's husband Dave passed away in 2016, she felt profoundly numb.

"I blocked out all of my feelings to get through the day. I functioned — I had to — but I wanted to block the pain," Barbara says.

The couple, who met on a commuter train, had been together for 33 years, all of them "wonderful," according to Barbara.

"Dave was very sociable, always wanted to help others and had a repertoire of jokes that could keep you laughing for hours," Barbara says. He also was an avid golfer who enjoyed volunteering for the Sun City West Sheriff's Posse.

After her husband developed dementia, Barbara began to experience grief as she watched the man she adored slowly begin to decline mentally.

Many times, she felt the urge to pull the covers over her head, stay in bed and forget about everything. But she persevered knowing that Dave would want her to keep going.

"I had put aside most of my health concerns during the 10 years I was Dave's caregiver, and now I had to take care of myself and look to my future alone," Barbara says.

Barbara, who is a member of Sun Health at Home, says she received a great deal of help and support from Jennifer Keiser, a Wellness Coordinator for the program.

"She stayed throughout Dave's memorial service and was with me the day I collected his belongings from memory care. Her presence was a great support during those difficult times," Barbara says.

Jennifer encouraged her to attend a grief support group offered by Rev. David Klumpenhower,

“ ”

“Today, I can truly say I am at peace with my life and hope that in the days ahead that I can in some way be a help to others.”

corporate director of Spiritual Life at Sun Health Senior Living.

As a certified grief counselor, Rev. David provides members of Sun Health at Home and residents of the Sun Health communities with either one-on-one counseling or grief support groups that follow a model called the Grief Recovery Method.

Barbara attended an eight-week Grief and Loss series led by Rev. David. The series helped her better understand her grief and come to terms with it.

“Grief affects everyone differently,” Rev. David says. “But most people can benefit from some type of counseling after they experience a significant loss.”

And losses aren’t limited to the death of a loved one, he says. They can occur after a divorce, the death of a pet, retirement or other situations that involve a major life change.

“I strongly believe that when we encounter a loss, we need to connect and talk about it. Grief is really hard work, but it’s necessary,” he says. “Grief support groups give people a chance to open up, share their story and realize that they are not alone.”

Rev. David speaks from experience.

“I had experienced two significant losses and I could not get over them. I refused help and then suddenly realized one day, ‘I’m a mess.’”

He joined a grief support group and was surprised how much it helped him.

“It became like a life preserver for me. I met others who were in the same boat, and they often shared something I had not considered before, and we all supported each other in the healing process.”

Barbara experienced similar results from her grief support group.

“We all bonded with each other and the experience was really good. Rev. David is fantastic,” she says.

Barbara also has found solace in prayer, meditation, charitable giving, rosary making, healthy eating and exercise.

She adopted a Norfolk terrier named Cali Rose who quickly won over her heart.

Barbara encourages anyone dealing with a painful loss to seek help.

“Don’t go it alone. Reach out and take advantage of all the help available. Look to Sun Health’s offerings as their seminars are a wealth of information. Also, consider Sun Health at Home. I can honestly say that they are the most caring people I’ve ever encountered, and I’m glad that I entrusted my future care to them,” Barbara says.

“Today, I can truly say I am at peace with my life and hope that in the days ahead that I can in some way be a help to others.”

Want to learn more about Sun Health at Home?

Join us for a no-obligation Discovery Seminar. Unless otherwise noted, seminars are held at the Sun Health Center for Health & Wellbeing, 14719 W. Grand Ave., Surprise, Arizona.

- **Tuesday, August 7 at 1 p.m.**
- **Wednesday, August 15 at 10 a.m.**
Foothills Recreation & Aquatics Center
5600 W. Union Hills Dr., Glendale,
Raven Room
- **Friday, August 24 at 9 a.m.**
- **Thursday, August 30 at 11 a.m.**

Visit sunhealthathome.org/seminar or call 623-227-HOME (4663) to RSVP

Dignity Through Technology

Helping older adults use and enjoy today's technology



Memory Support resident Betty* uses the iN2L with Life Enrichment supervisor Tammy Soares.

By Stephanie Conner

George* lived apart from his wife. While she resided in Independent Living at Grandview Terrace, George required the services of Memory Support. His wife visited him every day, but her departures were often challenging. One day, George was particularly agitated and tried to escape the secure Memory Support area. At that moment, Bhakti Gosalia, Grandview Terrace's executive director, walked in.

"He was right in front of my face," she recalls. "Our caregivers thought he was going to strike me."

Bhakti held his hand and asked him where he was from. "Canada," he said.

Bhakti turned to the center's It's Never 2 Late (iN2L) computer system and used the Google Earth application to display his hometown on the monitor.

George may not have been able to remember what he'd done that day, but he remembered where he grew up, even recognizing the street where he'd once owned a shop. His anxiety and agitation passed.

"Then, he invited me to have soup and salad with him," Bhakti says. "I was thankful that iN2L supported me."

The iN2L system, which is used at Grandview Terrace Health and Rehabilitation and La Loma Village Health and Rehabilitation, offers a user-friendly, picture-based, touch-screen interface, and the system's applications are designed with older adults, including those with dementia, in mind.

Grandview has four systems in various locations — including a new addition that was made possible by Sun Health Foundation. La Loma uses two systems — a stationary and a mobile unit.

Activities Galore

"The iN2L is a dream come true to help benefit residents in their everyday activities," says Tammy Soares, a Life Enrichment supervisor at Grandview Health and Rehabilitation. "I've been leading activities for 30 years and this is an amazing system."

The wide array of options include group activities like trivia games, movies, bingo, and karaoke and other music programs.

"There are trivia reminiscing programs," adds Ione Murray, music therapist at La Loma. "It's pretty amazing because people with moderate dementia are

IT'S NEVER 2 LATE 4 TECH

still able to remember how much a pound of ham cost in 1932. They're working various parts of the brain — focus and logic, for example — all through one activity."

Group programming, she adds, also includes exercise classes like Tai Chi and yoga.

Individual activities include crosswords and painting, making music and entertainment such as casino games. The residents can also use iN2L to send emails and engage in video calls with loved ones over Skype. Former pilots have enjoyed the flight simulator app, and some residents use a stationary bicycle attached to the system to pedal through scenery of their choice.

"The residents are benefiting from it — it's dignity through technology," Tammy says

Wide-Ranging Benefits

The system's preprogrammed music playlists, designed to enhance the dining experience and to stimulate calm for those with dementia, are a great help, Ione says.

Reduced agitation and improved behavior is a significant benefit, Tammy and Ione agree. One resident with dementia did puzzles on the system even as he experienced a cognitive decline. "When he became agitated, we'd encourage him to use it, and it decreased his agitation," Ione explains. "That was a daily activity for this resident."

Another benefit, Tammy says, is the time savings. "iN2L's large number of activities and ease of use gives us more hands-on time with the residents."

The iN2L systems, Bhakti notes, provide many opportunities for Sun Health residents.

"It's very important to have a nice, beautiful environment," she says. "But this technology plays a big role in helping us provide the best care to those who may have dementia or are in assisted living."

*Name changed to protect resident's identity/privacy.

Learn more about Sun Health Senior Living's three Life Plan communities —

623-236-3767 or
sunhealthseniorliving.org

Smartphones. Fitbits. Voice-controlled digital assistants. Digital gizmos can be mind boggling for those of us who once were in awe of inventions like color television, the Etch A Sketch and soda-can pull tabs.

Today's younger generation is born with technology in their DNA. It can take me up to 10 minutes to send a simple text message on my phone. In that same span, a tech-savvy toddler could create a computer game, build an app and order a pizza online.

But, hold the rotary phone. Research shows that adults are increasingly using technology. According to Pew Research from 2017, roughly two-thirds of adults, age 65 and up, go online and around four in 10 (42 percent) report owning smartphones.

Sun Health is committed to using technology to improve the lives of our residents, members, clients, employees and business partners. The It's Never 2 Late (iN2L) technology featured in this issue is a prime example. The company has been around for 19 years providing engagement technology to senior living communities across the country.

Jack York, the cofounder and president of the company, has formed a close bond with Sun Health Senior Living. I asked him for his thoughts on our partnership and the role of technology in helping older adults thrive.

In an email, Jack wrote:

"Our technology (iN2L) is a tool that's only as good as the staff that utilizes it and Sun Health is one of our premier clients in the United States. Their philosophy is to make every day worthwhile for all their residents, particularly individuals living with dementia."

"The generation we serve invented the backbone of the technology that we take for granted today. It's appropriate that they are given the chance to benefit from it."

Jack's message is worthy of a retweet. Now, if I just knew how to do that.



Jackie Lusson,
Corporate Director of Sales
for Sun Health Senior Living
623-236-3767 or
information@sunhealthsl.org

Scholarships helped Scott Felciano earn a business degree, which helped him climb the "corporate" ladder.



PHOTO BY ALLEN BUTLER

A Smart Investment

Life Plan communities support employee scholarship programs

By Candace Hoffmann

Playing ping pong isn't really part of his job description, but for Scott Felciano, it's certainly an activity close to his heart. Oh, not because he is a ping-pong master or even an avid amateur, it's because of who he is playing with — the residents at The Colonnade in Surprise.

Scott is the business office manager at The Colonnade and he enjoys mingling with the members of the Life Plan community. In fact, he's felt this way ever since he began working for Sun Health in 2007.

Starting out as a part-time server in dining services at La Loma Village, he transitioned to full time as an attendant in the community's cafe and from there was promoted to executive assistant to Susan Davis, then the executive director. More than just a job, he enjoyed being part of the community.

"I loved hearing residents' stories and getting to know them," Scott says. He also loved learning and trying new things, including advancing his education. An advantage of working for Sun Health's Life Plan communities is the opportunity to apply for resident-funded scholarships, which are managed through Sun Health Foundation.

The residents of all three Life Plan communities — La Loma Village, The Colonnade, and Grandview Terrace — voluntarily fund scholarships. Employees can apply throughout the year, and a committee at each location chooses the recipients.

Scott applied for and received a scholarship from La Loma Village and the Chapman Scholarship (see *Scholarly Support* at right). He attended Ottawa University

and earned his BA in business administration. In 2017 Scott became the payroll and accounts payable coordinator for Sun Health Senior Living. And in April 2018, he was promoted to business office manager at The Colonnade.

"Supporting education is a smart investment," says Gina Ore, chief philanthropy officer of Sun Health Foundation. "You can really see philanthropy at work when you give to the scholarship fund that helps people you know to advance their education. These scholarships improve employee skill levels and help retain quality employees, which in turn benefits the greater community."

Neal Smith has been with Sun Health Senior Living for nearly 15 years. He, too, took advantage of the scholarship program at Grandview Terrace early in his career.

He had been working as an HVAC technician on the campus and wanted to expand his knowledge. "I was just trying to take advantage of the wonderful opportunity that the residents had offered," Neal says about the scholarship that enabled him to earn a home inspector's certificate. Neal was promoted to director of Environmental Services at Grandview Terrace, a position he held for almost five years. He is now construction superintendent with Sun Health Senior Living.

Like Scott, Neal has a warm spot for the residents. "You get to know these residents and they almost start to feel like extended family. They have been there for me, and I want to be there for them."

In 2017, the Scholarship Committees awarded the following:

The Colonnade – 5 scholarships totally \$10,949

La Loma Village – 5 scholarships totaling \$7,298

Grandview Terrace – 30 scholarships totaling \$79,309

Construction superintendent Neal Smith (L), seen here with Mike Sorenson of Sundt Construction, received a scholarship, which helped him advance his career.

PHOTO BY ALLEN BUTLER

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SCHOLARLY SUPPORT NURSING SCHOLARSHIPS

Un Health support for nursing education dates to 1980 when Sun Health Foundation donors began offering scholarships to students enrolled in the Banner Boswell Mesa Community College Nursing Education Program, then based on the Boswell campus. The program, which closed in 2013, educated more than 1,300 nurses during its lifetime. Since then, Foundation donors have continued to provide scholarships to nurses, most recently to current and aspiring nurses at Banner Boswell and Banner Del E. Webb medical centers. In 2017, a total of 48 employees from the two campuses each received a \$2,000 nursing scholarship from Foundation donors.

The Chapman Scholarship Fund

Established by longtime Sun Health supporters Margaret and William Chapman in 1998, the fund has helped hundreds of people achieve their education goals at colleges, universities and vocational schools in Arizona. Mr. Chapman was Boswell Memorial Hospital's first board president. Mrs. Chapman was one of the founders of the Boswell volunteer auxiliary. Now deceased, the couple believed deeply in the power of education to open doors and improve lives.

Classes & Events

Registration Opens July 12

BONE & JOINT HEALTH

Causes and Treatment for Knee Pain

Wednesday, Aug. 15; 2 to 3:30 p.m.

Dustin Sepich, MD, orthopedic surgeon, will talk about causes and treatment for knee pain including both operative and nonoperative treatment modalities and how to improve patient outcomes.

Location: Grandview Terrace H&R

BRAIN HEALTH

Exercise Your Parkinson's Knowledge

Physical Therapist Celeste Delap will demonstrate key exercises and explain how exercise has a positive impact for individuals with Parkinson's disease.

Tuesday, Aug. 7; 10 to 11:30 a.m.

Location: Center for Health & Wellbeing

Tuesday, Aug. 28; 10 to 11:30 a.m.

Location: La Loma Village/MPR

Plaques and Tangles without Memory Problems

Monday, Aug. 13; 2 to 3:30 p.m.

Can scientists find a way to stop Alzheimer's disease before it ever affects your memory and thinking? Research efforts are now focused on individuals who may be at risk for Alzheimer's but do not show any symptoms as a way to prevent the disease. Michael Malek Ahmadi, PhD, Bioinformatics Scientist at Banner Alzheimer's Institute, will provide an overview of how preclinical AD is defined and how it is being used to develop preventative therapies.

Location: The Colonnade

Brain Health as You Age: You Can Make a Difference

Monday, Aug. 27; 1 to 2:30 p.m.

Certified Health Coach Rhonda Zonoozi will share evidence-based information on brain health as we age and will explain what we can do to help keep our brain functioning at its best.

Location: Faith Presbyterian Church

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Aug. 3 & 17; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will highlight Bean Bonanza (8/3) and Crazy for Kale (8/17).

Location: The Colonnade

DIABETES CARE

Diabetes Self-Management Training

This ten-hour course provides guidance to help prevent diabetic complications and improve overall health.

This series is taught by Tracy Garrett and Susan Welter, registered dietitians and certified diabetes educators; and Rhonda Zonoozi, exercise physiologist and certified health coach. Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.

Tuesdays & Fridays – Aug. 7, 10, 14 & 17:

9:30 a.m. to noon; The Colonnade

1:30 to 4 p.m.; Banner Boswell/Chapman Conf. Room

Tuesdays – Aug. 28; Sep. 4, 11, 18 & 25

9:30 to 11:30 a.m.; Center for Health & Wellbeing

2 to 4 p.m.; Banner Boswell/Juniper Conf. Room

Wednesdays – Aug. 29; Sep. 5, 12, 19 & 26

2 to 4 p.m.; Banner Thunderbird/Conf. Room 3



Need a Ride?

Northwest Valley Connect is available
northwestvalleyconnect.org (623) 282-9300

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Annual Diabetes Self-Management Training

Monday, Aug. 13; 3 to 5 p.m.

This class is for those who have previously completed a Diabetes Self-Management program. Sun Health's certified diabetes educators will provide you with the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call 623-832-WELL (9355) by Aug. 6 to register. Fee covered by most insurance plans.**

Location: Banner Thunderbird/Conf. Room 5

HEALTH & WELLBEING

This is Only a Test...a Senior Fitness Test

The Senior Fitness Test™ was designed to assess functional fitness — the physical ability to perform normal everyday activities safely and independently. Join Exercise Physiologist Rhonda Zonoozi to learn what is included in the actual test and how you can sign up for it in the future. **Wednesday, Aug. 15; 10 to 11:30 a.m.**

Location: The Colonnade

Tuesday, Aug. 21; 1:30 to 3 p.m.

Location: Grace Bible Church

End of Life – A Physician's Perspective

Thursday, Aug. 16; 10 to 11:30 a.m.

Join A. Collins Villamor, MD, to learn about advanced directives, life support, end of life choices and hospice from a physician's point of view.

Location: PORA

Medicare 101

Monday, Aug. 20; 10 to 11:30 a.m.

Suzanne Tatz, an independent health insurance broker, will cover the ABC & Ds of Medicare and the changes for 2019, including whether you qualify for Extra Help on prescriptions or Part B premiums!

Location: SCW Foundation/Webb Room

Register Online

Beginning at 6 a.m. July 12
sunhealthcommunityeducation.org

Register By Phone

Beginning at 8 a.m. July 12
623-207-1703
except where noted

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

CLASS SIZES ARE LIMITED. Events with fewer than 10 reservations are subject to cancellation. If you are unable to make a class you are registered for, contact us within two business days prior.

Fees are nonrefundable unless the class is canceled.

Fun with Drums

Wednesday, Aug. 29; 2 to 3:30 p.m.

Did you know drumming can reduce anxiety and stress, help control pain and boost the immune system? Join Musical Therapist Piper Laird to blend sound and rhythm in an interactive drumming experience. Drums & instruments will be provided.

Location: Grandview Terrace Ballroom

MEMORY CARE

Dementia Caregiver Support Group

Marty Finley and Cheryl Ortega, Memory Care Navigators for Sun Health, lead these support groups.

Registration is not required.

Wednesdays, Aug. 1 & 15; 3 to 4 p.m.

Location: Grandview Terrace H&R

Thursdays, Aug. 9 & 23; 10 to 11 a.m.

Location: Iora Primary Care

Family Caregivers Caring for Themselves

Thursday, Aug. 23; 2 to 3:30 p.m.

Cheryl Ortega, Sun Health Memory Care Navigator, shares why caregivers must take care of themselves and ideas on how to make that happen.

Location: The Colonnade



Healthy U

August 2018

PHYSICAL FITNESS

All classes held at the Center for Health & Wellbeing

Note: Physical fitness classes are offered in eight-class series. Registration for a series requires 40 class credits (\$40).

⊕ Chair Yoga

Wednesdays – 8 to 9 a.m.; Series CY22:

Aug. 1, 8, 15, 22 & 29; Sep. 5, 12 & 19

Mondays – 8 to 9 a.m.; Series CY23:

Aug. 27; Sep. 10, 17 & 24; Oct. 1, 8, 15 & 22

Beginning Chair yoga.

⊕ Chair Yoga Plus

Wednesdays – 9:30 to 10:30 a.m.; Series CYP4:

Aug. 1, 8, 15, 22 & 29; Sep. 5, 12 & 19

Chair Yoga using both seated and standing postures.

Participants must be able to stand independently.

⊕ Tai Chi

Wednesdays – 11 a.m. to noon; Series TC22:

Aug. 1, 8, 15, 22 & 29; Sep. 5, 12 & 19

Mondays – 11 a.m. to noon; Series TC23:

Aug. 27; Sep. 10, 17 & 24; Oct. 1, 8, 15 & 22

Beginning Tai Chi modified for seniors.

⊕ Fit & Balanced

Wednesdays – 1:30 to 2:30 p.m.; Series FAB5:

Aug. 8, 15, 22 & 29; Sep. 5, 12, 19 & 26

Beginner level, low-intensity class focusing on strength, flexibility and balance exercises using a chair as support.

Participants must be able to stand independently.

⊕ Mat Yoga

Mondays – 9:30 to 10:30 a.m.; Series MY5:

Aug. 27; Sep. 10, 17 & 24; Oct. 1, 8, 15 & 22

Floor based Yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

⊕ Strength Training for Health

Mondays – 1 to 2 p.m.; Series ST23:

Aug. 27; Sep. 10, 17 & 24; Oct. 1, 8, 15 & 22

Low-intensity class to strengthen the upper- and lower-body muscle groups.

⊕ Balance & Strength Training

Wednesdays – 3:30 to 4:30 p.m.: Aug. 8, 15, 22 & 29;

Sep. 5, 12, 19 & 26

Led by Rhonda Zonoozi, exercise physiologist, this advanced class emphasizes balance exercises, along with leg and core strength training. **Participants must be able to stand without assistance.** Call 623-832-WELL (9355) to register and inquire about cost.

Location Key:

Banner Boswell/Chapman Conf. Room

Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

Banner Boswell/Juniper Conf. Room

Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

Banner Thunderbird Medical Center/Conf. Room 3

5555 W. Thunderbird Road, Glendale, AZ

Banner Thunderbird Medical Center/Conf. Room 5

5555 W. Thunderbird Road, Glendale, AZ

Center for Health & Wellbeing

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

Faith Presbyterian Church

16000 N. Del E. Webb Blvd., Sun City

Grace Bible Church

19280 N. 99th Ave., Sun City

Grandview Terrace Ballroom

Grandview Terrace, 4th Floor, 14515 W. Granite Valley Dr., Sun City West

Grandview Terrace H&R

Grandview Terrace Health and Rehabilitation Center, 14505 W. Granite Valley Dr., Sun City West

Iora Primary Care

13940 W. Meeker Blvd Ste 101
Sun City West

La Loma Village MPR

La Loma Village Multipurpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park

PORA

PORA Learning Center, 13815 W. Camino Del Sol, Sun City West

Sun City West Foundation/Webb Room

14465 W. R. H. Johnson Blvd., Sun City West

The Colonnade

19116 N. Colonnade Way,
Surprise Way

Healthy U August Classes & Events At-A-Glance

MON

TUE

WED

THU

FRI

💻 Register Online
Beginning at 6 a.m.
on July 12
sunhealthcommunityeducation.org

📞 Register by Phone
Beginning at 8 a.m. on
July 12
623-207-1703

- Chair Yoga (**CY22**); 8 to 9 a.m.
- Chair Yoga Plus (**CYP4**);
9:30 to 10:30 a.m.
- Tai Chi (**TC22**);
11 a.m. to noon
- Dementia Caregiver
Support Group; 3 to 4 p.m.

2

- Healthy Meal Prep;
10 to 11 a.m.

Note: Friday exercise class
continues from prior month. Next
series begins on Sep. 28, 2018.

6

7

- Diabetes Self-Management
(1 of 4); 9:30 a.m. to noon
- Exercise Your Parkinson's;
10 to 11:30 a.m.
- Diabetes Self-Management
(1 of 4); 1:30 to 4 p.m.

8

- **CY22, CYP4, TC22** continue
- Fit & Balanced (**FAB5**);
1:30 to 2:30 p.m.
- Balance & Strength **(1 of 8)**;
3:30 to 4:30 p.m.

9

- Dementia Caregiver Support
Group; 10 to 11 a.m.

10

- Diabetes Self-Management
(2 of 4); 9:30 a.m. to noon
- Diabetes Self-Management
(2 of 4); 1:30 to 4 p.m.

13

14

- Plaques & Tangles;
2 to 3:30 p.m.
- Annual Diabetes Self-
Management; 3 to 5 p.m.

15

- Diabetes Self-Management
(3 of 4); 9:30 a.m. to noon
- Diabetes Self-Management
(3 of 4); 1:30 to 4 p.m.

- End of Life - A Physician's
Perspective; 10 to 11:30 a.m.

17

- Diabetes Self-Management
(4 of 4); 9:30 a.m. to noon
- Healthy Meal Prep;
10 to 11 a.m.
- Diabetes Self-Management
(4 of 4); 1:30 to 4 p.m.

20

21

- Medicare 101;
10 to 11:30 a.m.

- This is Only a Test... A Senior
Fitness Test; 1:30 to 3 p.m.

22

- **CY22, CYP4, TC22 & FAB5**
continue
- Balance & Strength **(3 of 8)**;
3:30 to 4:30 p.m.

23

- Dementia Caregiver Support
Group; 10 to 11 a.m.
- Family Caregivers Caring for
Themselves; 2 to 3:30 p.m.

24

- Chair Yoga (**CY23**); 8 to 9 a.m.
- Mat Yoga (**MY5**);
9:30 to 10:30 a.m.
- Tai Chi (**TC23**); 11 a.m. to noon
- Strength Training (**ST23**);
1 to 2 p.m.
- Brain Health;
1 to 2:30 p.m.

28

- Diabetes Self-Management
(1 of 5); 9:30 to 11:30 a.m.
- Exercise Your Parkinson's;
10 to 11:30 a.m.
- Diabetes Self-Management
(1 of 5); 2 to 4 p.m.

29

- **CY22, CYP4, TC22 &**
FAB5 continue
- Fun with Drums; 2 to 3:30 p.m.
- Diabetes Self-Management
(1 of 5); 2 to 4 p.m.
- Balance & Strength **(4 of 8)**;
3:30 to 4:30 p.m.

30



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SPECIAL GUEST
Emmitt Smith

*Celebrating
Sun Health
Champions
of Yesterday
and Today*

2018 SUN HEALTH FOUNDATION

Gala

SATURDAY, NOVEMBER 10, 2018

Renaissance Glendale Hotel & Spa

All proceeds will support the new Banner Boswell Medical Center Emergency Department with a 40,000-square-foot expansion, providing 33 percent more patient beds and easier access for the community.

For sponsor information or to learn more about the event, contact Jamie Rogers at 623-832-5734 or jamie.rogers@sunhealth.org.

TO PURCHASE TICKETS:
sunhealthfoundation.org/2018-gala

