

LiveWell

The Sun Health Way



Take a look:
Healthy U now
inside LiveWell!

Instruments of Change:

Sun Health Foundation
champions leading-edge
technology

Brace Yourself:
Simple steps
to prevent
serious falls

Flying High

Grandview Terrace resident
experiences the ride of his life



Sun Health™

For our community friends

Welcome to *LiveWell*

A new magazine produced specifically for you

Sun Health's vision is to be a "leading advocate for healthy living." Our new monthly magazine *LiveWell* is an extension of that vision. Whether you are reading it online at sunhealth.org or flipping its pages over a cup of coffee, our aim is to provide you with relevant and useful information about maintaining your health.

So much of what Sun Health accomplishes today would not be possible without the generous support of the local community.

Each issue of *LiveWell* will also feature articles about the residents who call a Sun Health community home, including Grandview Terrace in Sun City West, The Colonnade in Surprise and La Loma Village in Litchfield Park. More than 700 individuals enjoy independence, comfort, security and peace of mind in our resort-style campuses. Our active-living residents enjoy a vibrant lifestyle supported by a caring staff, and each community is uniquely designed to appeal to couples and individuals alike.



Through the Sun Health Center for Health & Wellbeing, we are providing innovative services and evidence-based programs that focus on teaching us to "care for our health." In short, we are providing you with the knowledge and tools that can improve your health status, regardless of your current state.

So much of what Sun Health accomplishes today would not be possible without the generous philanthropic support of the local community. *LiveWell* will also feature information about the generosity of the community, and how individual support continues to add to the vitality of your local medical centers and community programs created to serve your needs.

As you page through *LiveWell*, you will find that we have incorporated our *Healthy U* community education calendar (previously a separate publication) into the magazine. Each month, more than 2,000 community members participate in one of our diverse educational classes or exercise activities. The schedule of these programs will come to you each month in this new format.

Read through *LiveWell* and pass it on to friends and family. We also look forward to your reactions to the information we are providing and encourage your feedback.

Please enjoy the first of many issues of *LiveWell*.

Stay healthy,

A handwritten signature in black ink that reads "Ronald D. Guziak".

Ronald D. Guziak
President & CEO, Sun Health

SUN HEALTH
14719 W. Grand Avenue
Surprise, AZ 85374
623.832.5350
information@sunhealth.org
sunhealth.org

SUN HEALTH FOUNDATION
623.832.5330
sunhealthfoundation.org

SUN HEALTH SENIOR LIVING
623.236.3767
sunhealthseniorliving.org

◆ **Grandview Terrace**
Bhakti Gosalia, Exec. Dir.
623.975.8014

◆ **La Loma Village**
Susan Davis, Exec. Dir.
623.537.7521

◆ **The Colonnade**
Barbara Foster, Exec. Dir.
623.236.3770

**CENTER FOR HEALTH
& WELLBEING**
623.832.WELL (9355)
sunhealthwellbeing.org

SUN HEALTH LEADERSHIP
Ronald Guziak,
President and CEO
Bill Sellner,
Exec. VP and CFO
Joe La Rue,
Exec. VP
Jennifer Drago,
EVP-Population Health
Sharon Grambow,
COO-Sun Health Senior Living
Ron Austerlade,
Chief Marketing Officer

SUN HEALTH MARKETING
Ken Reinstein, Marketing
John Tucker, Public Relations
Jennifer Alexander, Design
Danielle Kuskowski,
Programs
Autumn Leonard,
Healthy U

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Cami Kaiser,
General Manager
Isaac Moya,
Creative Development Dir.
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Michelle Jacoby, Editor
Nick Kostenko,
Editorial Coordinator
Tracey Phalen,
Sr. Managing Art Director
David Imes, Designer
Mark Lipczynski,
Photography



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Recipe of the Month

Orange Soy Salmon & Vegetables

Please follow us on





Tom Pellett and his friend **Phyllis Kukendal** enjoying the view from 4,000 feet above the Sonoran Desert. His “dream” was fulfilled through Sun Health’s Masterpiece Living® program.

Flying High

Grandview Terrace resident’s dream takes flight *By Sally J. Clasen*

When Grandview Terrace, a Sun Health Senior Living Life Care community, launched its “Bucket List” program this spring, Debbie Sables asked residents to write down a list of dreams they hoped could be fulfilled in their lifetimes. The life enrichment coordinator got the idea from her peers in other Masterpiece Living® communities (see sidebar).

Tom Pellett, 89, a father of three and grandfather of five, shared two wishes. One was to soar across the sky in a glider.

No one was more surprised than Pellett when his aviation idea was selected as the first wish to be granted.

“I never thought that they would pick it,” he says of his high-flying adventure. “I figured it would be too difficult to arrange and too expensive. I couldn’t believe I was going to do it. Left to

my own devices, I wouldn’t have done it, but I guess they thought it would create a little excitement to kick off the program.”

And it did. In May, Pellett took to the skies for the late-morning flight, provided by NW Sky Sports, which departed from Lake Pleasant Airport in Peoria. Pellett, a friend and a pilot, were towed by a lead plane to an altitude of 4,000 feet and then released to glide across the West Valley.

“We kept going up because of updrafts, about another 500 feet,” recalls Pellett. “And then we started to soar over Lake Pleasant. We could see downtown Phoenix and the covered stadium. It was quiet, clear and calm,” he recalls. The flight lasted 20 minutes.

The glider ride went off without a hitch, but it did stir up some pre-flight concern among his friends at Grandview Terrace.

“It caused a lot of commotion here,” he says. Despite the worry, the event became an inspiration when

12 other residents and staff joined Pellett at the airport and followed his lead by taking their own glider rides. One resident even spent the day celebrating her forthcoming 95th birthday.

“It was a beautiful day and quite a success. It was a day to remember,” Pellett says.

“It was a beautiful day and quite a success. It was a day to remember,” Pellett says.

The World War II Navy veteran was in somewhat familiar territory. Pellett had spent time training as a fighter pilot at the end of the war and had taken private pilot lessons

over the years. He also had taken a ride in a glider about 15 years ago in Minnesota, so he didn’t have any anxiety about going back up in another engineless plane.



ALLEN BUTLER

“I was more apprehensive about being comfortable and being too hot,” he says.

The second time around proved a bit more adventurous when the pilot decided to tip the wing to the watching crowd in an unexpected high-speed flyby, according to Pellett.

“My stomach kind of dropped. That wasn’t my experience the first time,” he says with a chuckle.

Now that Pellett has another glider excursion under his belt, the idea of checking off other bucket list items has him thinking about what else he’d like to accomplish.

If given the chance, the former corporate finance professional would pick something lofty again.

“I wouldn’t jump out of an airplane unless it was an emergency. And I wouldn’t go hang gliding off a cliff,” he says. “But I would like to go for a ride in a hot air balloon.”

Masterpiece Living®

Q&A with *Sharon Grambow*



RICK DELIA

Sharon Grambow
COO of Sun Health
Senior Living

What is Masterpiece Living?

Masterpiece Living is a nationally recognized program and research-based way of life that focuses on four key dimensions: physical, social, intellectual and spiritual.

Why did Sun Health Senior Living become involved in Masterpiece Living?

Although we believed we were making a difference in the lives of our residents, we didn’t have the data or research to prove it. We heard about Masterpiece Living and the MacArthur Foundation study, which showed that 70 percent of how we age is based on the decisions we make and not genetics; and how—through intentional actions in the four dimensions—people can dramatically influence their quality of life. We signed up in 2010, launching programs across all three Sun Health Senior Living campuses.

How does Masterpiece Living empower Sun Health Senior Living residents?

The main way that Masterpiece Living empowers older adults is through knowledge. Health risk assessments and lifestyle inventories give residents a baseline in the four dimensions, and residents are requested to redo their assessments annually. The aggregate scores are shared with the communities, and we can measure the impact on our residents’ health and wellness. We also are benchmarked against national data, while residents can measure their personal improvement.



What are some outcomes you’ve seen?

One of the outcomes is a greater personal accountability for successful aging. Residents are more engaged in life enrichment and encourage their neighbors to get involved.

The bottom line?

Masterpiece Living is more than participating in events that others plan or eating a healthy, chef-prepared meal. It is a philosophical viewpoint on how to live our lives—whether we have a slow decline or live our lives to the fullest.

Cardiovascular Surgeon **Rajeev Kathuria, M.D.**, (Center Back) and team perform a procedure in the hybrid OR at Banner Boswell

Instruments of Change

Sun Health Foundation is championing superior health care at Banner Boswell and Banner Del E. Webb medical centers

By *Gremlyn Bradley-Waddell*

ALLEN BUTLER

You never know when you'll need help and, when you do, having it close at hand can be a lifesaver—literally.

That's what Gerald "Jerry" Anderson discovered earlier this year when heart problems began giving him shortness of breath. A retired farmer who winters half the year in Arizona and spends the other half in Washington State, Anderson is no stranger to cardiac issues. He underwent heart bypass surgery 15 years ago.

But the active 80-year-old doesn't care to sit around, so he made a doctor's appointment when he began having trouble breathing. And that's when he was surprised to learn how serious things were.

"They said I was lucky I didn't have a heart attack," he recalls. "I was close."

A candidate for "TAVR"

Anderson was told he might be a candidate for a minimally invasive procedure known as transcatheter aortic valve replacement (TAVR) surgery, a revolutionary new approach that replaces the heart valve via a catheter inserted near the groin, as opposed to major open-heart surgery.

He learned it was offered a few hours away, at a Seattle hospital, but traveling there wasn't feasible

for Anderson and his wife, Janis. A nurse suggested finding out if the procedure was offered in the Phoenix area. That way, Anderson could have the procedure during their winter respite.



"I just can't believe how much better I am, it's unreal."

Gerald "Jerry" Anderson

The couple loved the idea and found out that Banner Boswell Medical Center in Sun City, recognized two years in a row by Truven Health Analytics as one of the country's Top 50 Cardiovascular Hospitals, offered the TAVR procedure.

Nearly as important, "Boswell is very handy for us," notes Anderson, whose second home is near Wittmann in the far northwest valley.

After undergoing the procedure, which was performed by Dr. Rajeev Kathuria, Anderson says he remembers coming out of the anesthesia and feeling better immediately.

"I could breathe again," he says, adding, "I can't say enough to thank the doctors, the nurses, everyone, and how thankful I am for this technology."

History of support

Anderson says his gratefulness extends to Sun Health Foundation, which helped fund the advanced hybrid operating room (OR) at Banner Boswell that can accommodate such specialized and innovative surgeries as TAVR.

Leaving A Legacy

Planned Giving with Sun Health Foundation

By *S. Renee Brida, JD*



S. Renee Brida
Vice President of
Planned Giving

In life, most people require some kind of assistance, whether it's physical, financial or spiritual. And during life's struggles, we are often reminded that assistance comes in many forms.

The concept of giving back or leaving a legacy is very powerful. By leaving a legacy—whether through a lifetime gift, a gift from an estate plan, or a gift of time—those things that mattered to you during your life will continue well into the future. How will you be remembered?

At nonprofit Sun Health, we are committed to promoting superior health care for all who live in our community. For nearly 50 years, Sun Health Foundation has championed the power of philanthropy and the many things that we can accomplish by working together. Everyday, we are making peoples' lives better through support of our community medical centers, the Sun Health Center for Health & Wellbeing, or the health and rehabilitation services on our senior living campuses.

As a result, many people search for ways to give back through their philanthropic support. A planned or legacy gift can help you discover options for making charitable gifts in ways that could allow you to:

- ◆ Make a larger charitable gift than you thought possible
- ◆ Increase your current income
- ◆ Plan for the financial needs of a spouse or loved one
- ◆ Provide inheritances for your heirs at a reduced tax cost
- ◆ Reduce your income tax and/or avoid capital gains tax
- ◆ Diversify your investment portfolio
- ◆ Receive income from your personal residence or farm
- ◆ Plan for the transfer of your business
- ◆ Leave a charitable legacy for future generations

If you would like to understand how your support of Sun Health Foundation can make a lasting impact, we would be pleased to help you find a charitable plan that works for you and your family.

For more information, call 623-832-4321 or visit sunhealthfoundation.planningyourlegacy.org

In fact, over the last seven years, Sun Health has delivered on its mission of championing superior health care by providing an impressive \$84 million in capital improvements and equipment to both Banner Boswell and Banner Del E. Webb medical centers.

"I'm grateful for Sun Health and its long history of supporting Banner Boswell Medical Center," says Dave Cheney, chief executive officer. "Their commitment to our mission has enabled us to bring truly superior health care, including our hybrid OR suite and many other health care innovations, to those we serve in the greater Sun City community.



Orthopedic surgeon **Martin Benoit, M.D.** using the MAKOpasty robot for a partial knee replacement.

Donors are key

The Foundation—which is going strong as it completes its fifth decade—provided nearly \$12 million to build the hybrid OR at Boswell. More than \$3 million in Foundation funds enabled Banner Del E. Webb Medical Center to purchase spinal surgery equipment, as well a MAKOpasty robotic arm-assisted navigation system used for partial knee and total hip replacement procedures. It is the only "MAKO" robot in the entire Banner Health system. These are just two recent examples of the support Sun Health has provided to these medical centers. "Our many Sun Health Foundation donors can rest assured that 100 percent of their gifts go toward the purposes they specify," said Bill Sellner, Sun Health CFO. "And their gifts stay right here in the community."

As for Anderson and others like him who have benefitted from Sun Health Foundation's support, there's simply nothing that tops good health. He's more than thrilled to be able to go for walks around his property again or watch his grandsons team rope on the rodeo circuit.

"I just can't believe how much better I am," Anderson says. "It's unreal."



Brace Yourself

Simple steps can help prevent serious falls

By Michelle Jacoby

It's happened to all of us. A slip, a stumble, a misstep that causes your legs to buckle from underneath, and suddenly you find yourself on the floor. As minor as these accidents may seem, in older adults, falls are a leading cause of serious injuries that can lead to significant rehabilitation, hospitalization and even death.

According to the Health in Aging Foundation, it's estimated that one in every three adults, age 65 and older, falls each year.

REASONS

"Falls among seniors can be attributed to a many factors, including health problems and living environment," says Rhonda Zonoozi, exercise physiologist and certified health and wellness coach at the Sun Health Center for Health & Wellbeing.

Medical issues such as arthritis, heart disease, muscle weakness, dementia, vision changes and certain medications can increase the chance of falling. Around the home, things such as slippery throw rugs and poor lighting can cause falls, as well.

Fractured bones—coupled with emergency room visits and hospital stays—can be traumatic.

PREVENTION

To prevent falls at home, she recommends inspecting rooms to make sure there are clear and open pathways free from furnishings and clutter. Loose carpets and rugs should be tacked down, cords bundled up, and lights added to dimly lit areas. For added precaution, grab bars can be installed near the toilet and bathtub, and no-slip decals or a rubber mat can be used in

the shower. If you live alone, consider purchasing a medical alert device.

Also, if you've had a fall, let your doctor know right away. Tell them how it happened and the possible cause.

"Surprisingly, fewer than half of people who have fallen tell their doctor," says Zonoozi. "It's important to let your doctor know so he or she can determine if a medical issue may have led to the fall. One fall can lead to future falls if not addressed properly. A doctor can recommend exercises, refer to physical therapy, check vision, or change medication to reduce the risks."

MOVE

Exercise is one of the best lines of defense.

"Exercises that increase leg strength are great for preventing falls. Strong legs help with walking and gait," she says, adding that exercises that help improve balance are also beneficial. Overall good health and fitness can also help reduce the risk of falls.

"For most healthy adults, simply getting out and walking can do wonders," Zonoozi says. "The general recommendation is 150 minutes of cardio exercise a week. If you're just starting, begin with just a few minutes of walking each day and build up from there."

Proper nutrition is important as well. Eat foods rich in vitamin D and calcium. "And if you can't get everything you need in the food, a supplement may be recommended. Adequate water intake is also very important to avoid dehydration."

Knowing what can lead to falls and how to avoid them is key in preventing them.

"Knowing what can lead to falls and how to avoid them is key in preventing them."

KEY TAKEAWAYS ON FALL PREVENTION

The primary causes of falls in older adults may be related to the side effects of medications, home environment, leg weakness or balance issues. The fear of falling also can be a factor.

In order to avoid or reduce falls, I recommend my clients tour their home, looking for hazards on the floors. Do they have to walk around furniture? If so, I suggest moving furniture to create a clearer path, as well as keeping floors clutter-free. For pet owners, I suggest placing a bell on the pet's collar to be more aware of its presence. When walking their dog, I suggest staying on level



Rhonda Zonoozi
Sun Health Exercise Physiologist and Certified Health and Wellness Coach

sidewalks, instead of potentially hazardous grassy or rocky areas.

Certain exercises can help people avoid or reduce falls, such as those targeting leg strength. Stronger legs help with walking and gait, and going up and down

stairs. Simply going from a seated position to standing, and building up to 10 to 15 repetitions, is a good way to increase leg strength. Simple balance exercises include practicing standing on one foot. Begin by standing on one foot with both hands on a table. As your balance improves, go from two hands, to one hand, to a finger, to no support.

FOR MORE INFORMATION about fall prevention, contact the Sun Health Center for Health & Wellbeing at 623-832-WELL (9355).

MARK LIPCZYNSKI


Orange Soy Salmon and Vegetables

2 skinless salmon fillets (5 ounces each), 1-inch thick	1-1/2 tbsp. low sodium soy sauce
1 bag (6 oz.) baby spinach	1 tbsp. hoisin sauce
1 cup matchstick-cut carrots	1 tsp. grated fresh ginger
8 oz. sugar snap peas	1 tsp. toasted sesame oil
1 bunch green onions, sliced or whole	1 tsp. olive oil
	1 tsp. water
	1 lime/lemon

Grated peel and juice of 1/2 orange

- 1 Begin by preparing the marinade. In a small bowl, combine the orange peel and juice, soy sauce, hoisin sauce, ginger and sesame oil. Mix to blend and reserve 1 tablespoon of marinade for the vegetables. Add salmon filets to the bowl and let marinate for 15 to 30 minutes.
- 2 Add olive oil to a 10- to 12-inch sauté pan and heat over medium-high heat until oil just begins to smoke. Add salmon filets and cook on each side 4 to 6 minutes or until filets are opaque in the center.
- 3 Place spinach, carrots and snap peas in a microwave safe bowl and toss with reserved 1 tablespoon of marinade plus 1 teaspoon of water. Cover with vented plastic wrap and microwave on high for 3.5 to 4 minutes or until vegetables are tender.
- 4 Place about half of the vegetables on a plate and top with 1 salmon filet. Garnish with sliced or whole green onions and a lime or lemon wedge.

Prep time: 30 minutes **Cook time:** 20 minutes **Serves:** 2



This month's recipe was suggested by Registered Dietitian Tracy Garrett, Sun Health Center for Health & Wellbeing and prepared by Executive Chef Curtis Anderson, Sun Health Grandview Terrace.



Classes & Events

REGISTRATION REQUIRED, CLICK OR CALL!



Register online

Visit sunhealthwellbeing.org
and click "Education"



Register by phone

623-207-1703

*except where noted

CLASS SIZES ARE LIMITED AND WALK-INS CANNOT BE ACCOMMODATED. 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.



CLASSES WITH THIS ICON HAVE AN

ASSOCIATED FEE. Exercise classes are \$5 per class. For other classes with a fee, check the session description or call for more information.

SPACE IS LIMITED, REGISTER EARLY!

BRAIN HEALTH

Monthly Meditation Practice

Wednesday, Sept. 9; 1:30 to 2:30 p.m. & 3 to 4 p.m.

Meditation is commonly used for relaxation and stress reduction, plus a growing body of scientific research supports the health benefits of this activity. Come prepared to practice with us.

*Grandview Terrace, Spiritual Loft, Second Floor
14515 W. Granite Valley Dr., Sun City West*

Brain Health & Spirituality

Wednesday, Sept. 23; 11 a.m. to noon

Many of us have discovered that we're more productive when our bodies and minds are aligned. The challenge is in learning to develop a method that achieves this alignment consistently. Come learn about spiritual techniques through balance, relaxation, prayer and gratitude that ultimately enhance both brain health and our quality of life.

*La Loma Village Health and Rehabilitation Center,
Community Education Room,
14260 Denny Blvd., Litchfield Park*

BONE & JOINT HEALTH

Rheumatology Basics

Wednesday, Sept. 23; 9:30 to 10:30 a.m.

Rheumatology is a sub-specialty of internal medicine devoted to diagnosis and therapy of rheumatic diseases. Join Dr. Nehad Soloman from Arizona Arthritis and Rheumatology for a discussion about gout, osteoarthritis, rheumatoid arthritis and rotator cuff injuries.

*Banner Boswell Medical Center Support Services,
Juniper Room, 13180 N. 103rd Drive, Sun City*

CANCER CARE

Integrative Approach to Side-Effect Management

Thursday, Sept. 17; 9:30 to 10:30 a.m.

Jonathan Psenka, ND, naturopathic physician with Longevity Medical Health Center, discusses managing common side effects of fatigue, nausea and taste changes through an integrative approach. Learn to help yourself during and beyond treatment. Open to cancer survivors, family and friends. Provided in partnership with the Cancer Support Community Arizona.

*PORA Headquarters,
13815 Camino Del Sol, Sun City West*

Healthy Meal Preparation for Cancer

Wednesday, Sept. 23; 9 to 10 a.m.

Chef Madelyn Pryor demonstrates easy, nutritious meals that you can make without too much effort. September's topic will be salads and will include a take-home recipe. Open to cancer survivors, family and friends. Provided in partnership with Cancer Support Community Arizona. *Sun Health Center for Health & Wellbeing, Betty's Kitchen, 14719 W. Grand Ave., Surprise*

DIABETES CARE

Diabetes Connection Support Group

Thursday, Sept. 17; 3 to 4 p.m.

This monthly group is a place where individuals who have diabetes can gather together to share and learn. Join us for discussions to assist you in your pursuit of healthy living. **Registration is not required.** *Sun Health Center for Health & Wellbeing, Community Room, 14719 W. Grand Ave., Surprise*

📍 Diabetic Self-Management Education

This eight-week class provides the guidance needed to help prevent diabetic complications and improve overall health status for people with this condition. The series is taught by Tracy Garrett, registered dietitian and certified diabetes educator; and Rhonda Zonoozi, exercise physiologist and certified health and wellness coach.

Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series may be covered by Medicare and other insurance carriers, and requires a physician referral. Please register at least one week prior to the start of the series.

Starts Tuesday, Sept. 1; 1 to 2:30 p.m.

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

Starts Wednesday, Sept. 2; 9 to 10:30 a.m.

Banner Boswell Medical Center Support Services, Chapman Room, 13180 N. 103rd Drive, Sun City

HEALTH & WELLBEING

Go4Life

Wednesday, Sept. 9; 11 a.m. to noon

September is Go4Life Month, an opportunity to focus attention on the physical and mental health benefits of exercise and physical activity for older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age, while also reducing the risk of developing some chronic diseases. Join us to learn about the four types of exercise that are ideal for health and wellbeing, based on the Go4Life program from the National Institute on Aging.

La Loma Village Health and Rehabilitation Center, Community Education Room, 14260 Denny Blvd., Litchfield Park

10 Keys for Healthy Living

Monday, Sept. 21; 9:30 to 10:30 a.m.

Although the fabled fountain of youth has never been found, there are 10 keys to a healthy lifestyle that are essential for maintaining a healthy and active life.

Join a Sun Health registered dietitian to learn more about living well.

Litchfield Park Library, 101 W. Wigwam Blvd., Litchfield Park

Take a Tour of the Sun Health Center for Health & Wellbeing

Monday, Sept. 21; 11:30 a.m. to 12:30 p.m.

Are you curious about the resources Sun Health offers to help you prevent or manage chronic illness? Want to learn more? Take a tour of the Sun Health Center for Health & Wellbeing to learn about the available services, and meet the staff tasked with guiding you on your journey toward health and wellbeing!

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

HEART HEALTH**Taking Care of Your Heart:
Heart Attacks & Cardiac Arrest
Are YOU prepared to Save a Life?
Tuesday, Sept. 8; 10 a.m. to noon**

If someone you loved suffered a heart attack or cardiac arrest, would you know what to do? In September, Taking Care of Your Heart will offer a unique and valuable educational opportunity. Learn how to recognize early warning signs of a heart attack, when to perform CPR, what happens in the emergency room and how blood flow is restored to your heart. Hear from a cardiac arrest survivor and then practice hands-only CPR. Bring your friends and family—do it for the ones YOU love.

*Banner Boswell Medical Center Support Services,
Memorial Hall West, 13180 N. 103rd Drive, Sun City*

LUNG HEALTH**Better Breathers Club**

This is a monthly education and support group for those with chronic obstructive pulmonary disease (COPD). Learn ways to cope with COPD, while gaining support and encouragement from those who share in your struggle.

**Thursday, Sept. 10; 1:30 to 3:30 p.m.
Second Thursday of every month**

*Boswell West Medical Office Building,
10503 W. Thunderbird Road, Suite 301, Sun City*

**Monday, Sept. 14; 2 to 4 p.m.
Second Monday of every month**

*The Colonnade, Recreation Village,
19116 Colonnade Way, Surprise*

MEMORY CARE**Dementia Caregiver Support Group
Wednesdays, Sept. 2 & 16; 2 to 3 p.m.**

Do memory care issues affect your family? Sun Health's support group is specifically for people caring for a loved one with Alzheimer's disease or any type of dementia. Sun Health's Memory Care Navigator Marty Finley, M.Ed., leads the group, held on the first and third Wednesday of every month.

Registration is not required.

*Grandview Terrace Health and Rehabilitation,
Community Education Room,
14505 W. Granite Valley Drive, Sun City West*

Nutrition & Alzheimer's

A Sun Health registered dietitian will discuss nutritional aspects related to Alzheimer's disease. She will discuss healthy eating choices proven to prevent this disease and offer nutritional advice for those living with Alzheimer's.

Wednesday, Sept. 9; 11 a.m. to noon

*Banner Boswell Medical Center Support Services,
Juniper Room, 13180 N. 103rd Drive, Sun City*

Tuesday, Sept. 15; 11 a.m. to noon

*Sun Health Center for Health & Wellbeing,
Community Room, 14719 W. Grand Ave., Surprise*

Wednesday, Sept. 16; 10 to 11 a.m.

*La Loma Village Health and Rehabilitation Center,
Community Education Room,
14260 Denny Blvd., Litchfield Park*

**The Difficulties of Driving & Dementia
Monday, Sept. 14; 1 to 2 p.m.**

This class will focus on answering the question, "At what point is someone unable to continue to drive safely?" Dementia is more than memory loss. Learn what difficulties may signal it is time to give up the car keys.
*Sun Health Center for Health & Wellbeing,
Community Room, 14719 W. Grand Ave., Surprise*

COMPASS: Directions for Caregivers After a Dementia Diagnosis

Wednesday, Sept. 16; 9:30 to 11 a.m.

This is an introductory class designed for caregivers following a new diagnosis of Alzheimer's disease/dementia. Caregivers are introduced to the basics of disease progression, treatment and care. In addition, caregivers learn to avoid many common problems that can arise when caring for the person with dementia.

*The Colonnade, Recreation Village
19116 Colonnade Way, Surprise*

PHYSICAL FITNESS

Strength Training for Health

Tuesdays, Sept. 1, 15 & 29; 3:30 to 4:30 p.m.

Strength training has many health benefits. In this low-intensity class, we will use bands, body weight, and other items to train our upper- and lower-body muscle groups. Beginners are welcome. Exercise Physiologist and Certified Health & Wellness Coach Rhonda Zonoozi will be the instructor.

*Sun Health Center for Health & Wellbeing,
Community Room, 14719 W. Grand Ave., Surprise*

Chair Yoga

Wednesdays, Sept. 2, 9, 16, 23, 30; 8 to 9 a.m.

Fridays, Sept. 4, 11, 18, 25; 8 to 9 a.m.

Mondays, Sept. 14, 21, 28; 8 to 9 a.m.

Yoga enhances balance, strength and flexibility. Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair! Healthy posture, breath work and relaxation techniques are included in each class.

*Sun Health Center for Health & Wellbeing,
Community Room, 14719 W. Grand Ave., Surprise*

Yoga for All Levels

Wednesdays, Sept. 2, 9, 16, 23, 30; 9:30 to 10:30 a.m.

The health benefits of yoga include increased muscle tone, balance, strength and improved mood. Yoga also includes breathing exercises to help improve lung capacity, increase relaxation and help with stress management. It has also been shown to improve posture and promote better sleep. This class will use chairs for warm-ups and cool-downs, and will practice standing yoga poses. **Participants must be able to stand independently. Please bring a water bottle and wear comfortable clothes.**

*Sun Health Center for Health & Wellbeing,
Community Room, 14719 W. Grand Ave., Surprise*

Tai Chi

Wednesdays, Sept. 2, 9, 16, 23, 30; 11 a.m. to noon

Fridays, Sept. 4, 11, 18, 25; 11 a.m. to noon

Mondays, Sept. 14, 21, 28; 11 a.m. to noon

Tai Chi is a traditional Chinese martial art shown to help with stress reduction and improve strength, balance and relaxation. Practiced in a variety of styles, Tai Chi involves slow, gentle movements, deep breathing and meditation.

*Sun Health Center for Health & Wellbeing,
Community Room, 14719 W. Grand Ave., Surprise*

Sun Health/Banner Health Partnership

Sun Health is proud to offer its nonprofit Community Education program in partnership with nationally recognized Banner Boswell Medical Center, Banner Del E. Webb Medical Center and Banner Sun Health Research Institute—three facilities receiving annual philanthropic investments from Sun Health Foundation.



Circuit Training

Tuesdays, Sept. 8 & 22; 3:30 to 4:30 p.m.

Stations will be set up around the room featuring resistance bands, small hand weights, stability balls, a step and more. Please wear comfortable clothing and shoes, and bring a water bottle. Beginners are welcome. Instructor is Rhonda Zonoozi, exercise physiologist and certified health and wellness coach.

*Sun Health Center for Health & Wellbeing,
Community Room, 14719 W. Grand Ave., Surprise*

SAFETY

Reducing Your Risk of Falls

As we get older, our risk for falling increases and falls can be devastating to our health. Find out more about the personal risk factors, and how to protect yourself and reduce your fall risk in your home and surroundings.

Thursday, Sept. 3; 3 to 4 p.m.*

*Sun Health Center for Health & Wellbeing,
Community Room, 14719 W. Grand Ave., Surprise*

Monday, Sept. 21; 9 to 10 a.m.

*Banner Boswell Medical Center Support Services,
Juniper Room, 13180 N. 103rd Drive, Sun City*

** Please note that Sun Health is planning to film this class to make the content available online at a later date. The filming will take place primarily from the back the room.*

A Matter of Balance

This eight-week series is research-based and designed to teach strategies to reduce falls and the fear of falling while increasing activity levels among older adults. If you are ambulatory, concerned about falling or have fallen in the past, and are interested in improving balance, flexibility and strength, A Matter of Balance may be right for you.

Starts Thursday, Sept. 17; 1 to 3 p.m.

*La Loma Village Health and Rehabilitation Center,
Community Education Room,
14260 Denny Blvd., Litchfield Park*

Starts Friday, Sept. 18; 2 to 4 p.m.

*Banner Boswell Medical Center Support Services,
Juniper Room, 13180 N. 103rd Drive, Sun City*

Stand Up to Falling Down

Wednesday, Sept. 23; 9 a.m. to 2 p.m.

Each year one in three seniors will fall. The good news is there are many proven interventions that can reduce falls and help older adults live healthy, active lives. In recognition of National Falls Prevention Awareness Day, Sun Health is hosting a Fall Prevention Screening and Awareness Event that will feature local service providers, educational presentations from health professionals and complimentary individual fall risk screenings. Appointments are required for fall risk screenings. Please see ad on the back page.

Call 623-832-WELL (9355) to register.

*The Colonnade, Recreation Village,
19116 Colonnade Way, Surprise*



September Classes & Events At-A-Glance

Mon	Tues	Wed	Thu	Fri
	<p>1</p> <ul style="list-style-type: none"> • Diabetic Self-Management Education 1 to 2:30 p.m. (1 of 8) • Strength Training for Health 3:30 to 4:30 p.m. 	<p>2</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Diabetic Self-Management Education 9 to 10:30 a.m. (1 of 8) • Yoga for All Levels 9:30 to 10:30 a.m. • Tai Chi 11 a.m. to noon • Dementia Caregiver Support Group 2 to 3 p.m. 	<p>3</p> <ul style="list-style-type: none"> • Reducing Your Risk of Falls 3 to 4 p.m. 	<p>4</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Tai Chi 11 a.m. to noon
<p>7</p>  <p>Labor Day</p>	<p>8</p> <ul style="list-style-type: none"> • Taking Care of Your Heart 10 a.m. to noon • Diabetic Self-Management Education 1 to 2:30 p.m. (2 of 8) • Circuit Training 3:30 to 4:30 p.m. 	<p>9</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Diabetic Self-Management Education 9 to 10:30 a.m. (2 of 8) • Yoga for All Levels 9:30 to 10:30 a.m. • Tai Chi 11 a.m. to noon • Go4Life 11 a.m. to noon • Nutrition & Alzheimer's 11 a.m. to noon • Monthly Meditation Practice 1:30 to 2:30 p.m. & 3 to 4 p.m. 	<p>10</p> <ul style="list-style-type: none"> • Better Breathers Club 1:30 to 3:30 p.m. 	<p>11</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Tai Chi 11 a.m. to noon
<p>14</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Tai Chi 11 a.m. to noon • Driving & Dementia 1 to 2 p.m. • Better Breathers Club 2 to 4 p.m. 	<p>15</p> <ul style="list-style-type: none"> • Nutrition & Alzheimer's 11 a.m. to noon • Diabetic Self-Management Education 1 to 2:30 p.m. (3 of 8) • Strength Training for Health 3:30 to 4:30 p.m. 	<p>16</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Diabetic Self-Management Education 9 to 10:30 a.m. (3 of 8) • Yoga for All Levels 9:30 to 10:30 a.m. • COMPASS: 9:30 to 11 a.m. • Nutrition & Alzheimer's 10 to 11 a.m. • Tai Chi 11 a.m. to noon • Dementia Caregiver Support 2 to 3 p.m. 	<p>17</p> <ul style="list-style-type: none"> • Side-Effect Management 9:30 to 10:30 a.m. • A Matter of Balance 1 to 3 p.m. (1 of 8) • Diabetes Connection Support Group 3 to 4 p.m. 	<p>18</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Tai Chi 11 a.m. to noon • A Matter of Balance 2 to 4 p.m. (1 of 8)
<p>21</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Reducing Your Risk of Falls 9 to 10 a.m. • 10 Keys for Healthy Living 9:30 to 10:30 a.m. • Tai Chi 11 a.m. to noon • Tour the Center for Health & Wellbeing 11:30 a.m. to 12:30 p.m. 	<p>22</p> <ul style="list-style-type: none"> • Diabetic Self-Management Education 1 to 2:30 p.m. (4 of 8) • Circuit Training 3:30 to 4:30 p.m. 	<p>23</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Healthy Meal Prep 9 to 10 a.m. • Diabetic Self-Management Education 9 to 10:30 a.m. (4 of 8) • Stand Up to Falling Down 9 a.m. to 2 p.m. • Yoga for All Levels 9:30 to 10:30 a.m. • Rheumatology Basics 9:30 to 10:30am • Tai Chi 11 a.m. to noon • Brain Health & Spirituality 11 a.m. to noon 	<p>24</p> <ul style="list-style-type: none"> • A Matter of Balance 1 to 3 p.m. (2 of 8) 	<p>25</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Tai Chi 11 a.m. to noon • A Matter of Balance 2 to 4 p.m. (2 of 8)
<p>28</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Tai Chi 11 a.m. to noon 	<p>29</p> <ul style="list-style-type: none"> • Diabetic Self-Management Education 1 to 2:30 p.m. (5 of 8) • Strength Training for Health 3:30 to 4:30 p.m. 	<p>30</p> <ul style="list-style-type: none"> • Chair Yoga 8 to 9 a.m. • Diabetic Self-Management Education 9 to 10:30 a.m. (5 of 8) • Yoga for All Levels 9:30 to 10:30 a.m. • Tai Chi 11 a.m. to noon 		



REGISTRATION REQUIRED, CLICK OR CALL TODAY!

Register online
 Visit sunhealthwellbeing.org
 and click "Education"

Register by phone
 623-207-1703
 *except where noted



Stand Up To Falling Down

A fall prevention screening and awareness event



More than **30%** of seniors fall each year and many more have a fear of falling.

The good news is there are many proven interventions that can reduce falls and help older adults live healthy, active lives.

In recognition of National Falls Prevention Awareness Day, Sun Health is hosting a Fall Prevention Screening and Awareness Event:

Date: **September 23, 2015**
Time: **9 a.m. to 2 p.m.**

Location: **The Colonnade
19116 Colonnade Way
Surprise, AZ 85374**

- Complimentary Individual Fall Risk Screening *(requires appointment)*
- Educational Presentations from Physicians and Health Professionals
- Local Service Providers On Hand to Answer Questions

Call 623-832-WELL (9355) to register.

Registration is REQUIRED as space is limited.

