

Celebrating Your Health & Lifestyle

February 2018

Live Well

The Sun Health Way



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Health & Wellness Classes
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Open to the Community!

A Gift for Your Family

Sun Health at Home provides peace of mind to members' adult children

Inspired Giving

Gil Vasquez invests in Sun Health Foundation to "stay local"

Romance and Heart Health

Positive relationships can have a definite effect on blood pressure, circulation, weight and sleep quality

On the 'MARC'

Sun Health Executive Vice President Honored for Leadership by WESTMARC



DIABETES SELF-MANAGEMENT: *Taking Control*

Join our 5-week series to learn about:

-  Healthy eating
-  Developing an active lifestyle
-  Monitoring
-  Taking medications
-  Healthy coping skills
-  Reducing your risks
-  Preventing complications

SURPRISE

Starting Tuesday, Feb. 27
9:30 to 11:30 a.m.

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

SUN CITY

Starting Tuesday, Feb. 27
2:00 to 4:00 p.m.

Banner Boswell Medical Center
Support Services Building
14719 W. Grand Ave., Surprise

PHOENIX

Starting Wednesday, Feb. 28
2:30 to 4:30 p.m.

Banner Thunderbird Medical Center
South Tower
5555 W. Thunderbird Rd., Glendale

Call 623-832-9355 to register.

The cost of this program is covered by most insurance plans.

Diabetes Self-Management is an evidence based program that has been proven to lower health care costs, decrease A1c, control blood pressure & cholesterol, and improve quality of life. The Sun Health Center for Health & Wellbeing program is accredited by the American Association of Diabetes Educators and taught by certified diabetes educators who are registered dietitians.

LiveWell

February 2018, Issue 30
SunHealthLiveWell.org

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
623.975.8014

◆ La Loma Village
623.537.7521

◆ The Colonnade
623.236.3770

SUN HEALTH at HOME

623.227.HOME(4663)
sunhealthathome.org

CENTER FOR HEALTH & WELLBEING

623.832.WELL(9355)
sunhealthwellbeing.org

SUN HEALTH LEADERSHIP

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President and CEO

Bill Sellner,
Exec. VP and CFO

Jennifer Drago,
Exec. VP-Population Health

Joe La Rue,
Exec. VP

Sharon Grambow,
Exec. VP and COO
Sun Health Senior Living

SUN HEALTH MARKETING

Ken Reinstein, Marketing Dir.
John Tucker, Public Relations
Danielle Kuskowski, Programs

CREATED FOR SUN HEALTH



Join us this month as we celebrate 30 years of philanthropy since the opening of Banner Del E. Webb Medical Center.

Through Sun Health Foundation, the community has been involved in the building of the hospital and virtually of the major enhancements in service since 1988.

As the exclusive philanthropic partner for both Banner Del E. Webb and Banner Boswell Medical Centers, Sun Health Foundation will continue our focus on developing local support to enable your local medical centers to serve your needs.

At the same time, Sun Health is developing many community health programs that are provided to benefit your health and wellness. You can also find a new "home" at Grandview Terrace, La Loma Village and The Colonnade.

Thank you for your partnership with Sun Health and enjoy this issue of *LiveWell*.



Ron Guziak
Ron Guziak

President & CEO, Sun Health

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On the ‘MARC’

Sun Health Executive Vice President Honored for Leadership

By Shanna Hogan

Joe La Rue, executive vice president of Sun Health, doesn't like to use the term "senior" when referring to the three West Valley communities Sun Health owns and manages.

"I don't think of it as senior living," Joe says. "It's really purposeful, engaged and healthy living."

A lawyer and longtime West Valley resident, Joe joined Sun Health in 2005 after practicing law in Arizona for 16 years, primarily for Sun Health. Since 2008, he has participated in the evolution of Sun Health from a hospital operator to a focus on healthy living through community programs and life care communities.

"Sun Health shifted from the acute care hospital business and focused on healthy living, working to keep you out of the hospital," Joe says. "We want to support healthy living, not only in our senior living communities, but throughout the greater community."

Recently Joe was recognized for his work enriching the community when he was honored with the West Valley

Inspiration in Leadership Award at the 25th anniversary of WESTMARC Best of the West Awards Dinner.

WESTMARC, the Western Maricopa Coalition, is a partnership of 15 communities in the West Valley. Joe was also recognized as one of its founding members.

In addition to being a former member of the WESTMARC Board of Directors, Joe currently serves on the Arizona State Transportation Board. Joe previously served on various boards and commissions in Maricopa County, and he also served on the Peoria City Council. Joe is also active in philanthropic work with charitable organizations. "Giving back to the community is fundamental to who I am and is the core essence of Sun Health," he says.

"Sun Health has a culture of encouraging its employees to give their time, talent and treasure to help build community," Joe says. "The early leaders of Sun Health recognized that the stronger that we grow and the greater community, the stronger that the Sun Health community becomes. We've always had a purpose and

“The dream for WESTMARC is 15 communities speaking with one voice, so you can live, work and play in your own backyard, in an engaged, purposeful and healthy way!”

passion to empower all those around us.”

Joe has lived in Maricopa County for over 40 years, and has watched the West Valley grow and flourish around him. He resides in Peoria with his wife Suzy. They have five daughters and four grandchildren.

“Thirty years ago I was a kid lost in the cotton patch,” Joe says, “because 30 years ago the West Valley was predominantly cotton fields.”

He adds, “You had these little towns with cotton and agriculture fields between them.”

He has found his way with Sun Health, however. In just three decades the population of every West Valley city has ballooned. Big-city amenities, like the football and spring training stadiums and hockey rink, have replaced the cotton fields, transforming the area into a premier recreational and entertainment destination in Arizona. As the communities have grown, so has Sun Health.

“The dream for WESTMARC is 15 communities speaking with one voice,” Joe says, “so you can live, work and play in your own backyard, in an engaged, purposeful and healthy way!”

Learn more about Sun Health Senior Living's three Life Care communities —
623-236-3767 or
sunhealthseniorliving.org

ALLEN BUTLER

A CULTURE OF Wellbeing

FOSTERING THE NEEDS OF ONE ANOTHER

For more than 50 years, Sun Health has been committed to identifying the health and wellness needs in our community and then meeting those needs. We are dedicated to making a positive difference in the lives of all those around us. This is our culture, and as Joe La Rue pointed out, the core essence of Sun Health.

At our three award-winning Life Care communities, we continue to deliver on the culture of wellbeing. This is especially true through our programs that focus on the physical, social, intellectual and spiritual needs of our residents.

Sun Health at Home offers a great alternative and provides many of the same benefits provided to those who elect to move to a Sun Health campus. (See article on page 6.)

Most importantly, the Center for Health & Wellbeing provides support to the entire population of the area, including our residents, community members and Sun Health employees.

We all seem to thrive, regardless of our age, through common purpose, friendship and a sense of belonging. To us at Sun Health, wellbeing is enhanced with a focus on others rather than ourselves.

While Valentine's Day is traditionally a celebration of romance, it is also a great time to acknowledge a friend or renew a personal connection. Your thoughtfulness toward others will be well received and create a good feeling for both you as the sender, and the receiver of the greeting.

Here's to your wellbeing.



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

A Gift for Your Family



Sun Health at Home provides peace of mind to members' adult children

By Meghann Finn Sepulveda

Staying independent is one of the most important aspects of aging. Many active adults wish to remain in the comfort of their own home as they age, but do not have resources or loved ones nearby to help manage their health needs and other long-term services. Sun Health at Home, a continuing care at home program, offers a variety of benefits, including a personal wellness coordinator who acts as a trusted resource, partner and advocate and respects the individual wishes of each member, navigates care and ensures safe and successful aging.

A sense of security

Sun Health at Home member Gene Hopp began looking at retirement communities shortly after his wife passed away in 2011, but quickly realized he wasn't ready to leave his home. A few years later, the 78-year-old Sun City West resident learned about Sun Health at Home.

"It was the perfect solution," he says.

While his health needs are currently minimal, Gene wanted to have a program in place that would coordinate care and other long-term services, if there was ever a need.

"I wasn't worried, but I wanted to be covered and know that someone would take care of me if anything happens," he explains.

The comprehensive and cost-effective Sun Health at Home program provides wellness services, coordinates in-home care, when needed, and provides a wide range of support services, which helps put members and their family members at ease.

"Our wellness coordinators are dedicated to meeting the individual needs of our members, which often comes as a relief to adult children, many whom live out of state," says Barbara Mason, executive director at Sun Health at Home.



It was the perfect solution...

Valuable peace of mind

Gene, a retired airline pilot, discussed the program with his two sons before he joined Sun Health at Home in 2016.

“The decision was, in a sense, more for their sake,” Gene says.

Gene’s youngest son Steve, 51, who resides in Colorado with his wife and daughter and serves as Gene’s medical power of attorney, is grateful his dad has a long-term care plan in place.

“Sun Health at Home gives me comfort, especially since I live too far away to regularly check on him,” Steve says.

Personalized support

All Sun Health at Home members have access to a wide range of services, with a lifetime guarantee of care, including an in-home functional and safety assessment, health and wellbeing services, medication management, nutritional support and transportation coordination.

Wellness coordinators, who are either licensed social workers or registered nurses, look out for the overall wellbeing of each member, while maintaining privacy, honoring personal wishes, navigating health care, assisting with decision making and offering individualized support.

“I’ve been able to communicate with the wellness coordinator on a regular basis, which has been very valuable these last few months,” Steve says. “She makes sure my dad

gets to his doctor appointments and keeps me in the loop about his medical issues.”

Today Gene is active and spends his days hiking, dancing, playing bridge and reading.

He is very comfortable in his home but recognizes that he might someday require in-home care or may need to transition to a Sun Health Senior Living community.

“I’m not sure when that will be, but for now, knowing I have a plan in place gives me peace of mind,” he says.

Want to learn more about Sun Health at Home?

Join us for a no-obligation Discovery Seminar. Events are held at the Sun Health Center for Health & Wellbeing, 14719 W. Grand Ave., in Surprise

- Tuesday, Feb. 6 at 2 p.m.
- Thursday, Feb. 15 at 3 p.m.
- Thursday, Feb. 22 at 11 a.m.

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



Inspired Giving

Gil Vasquez invests in Sun Health Foundation to “stay local”

By Susie Steckner

Sun City West resident Gil Vasquez has lived an active and full life, serving his country, traveling the world and thriving in a longtime career. In retirement, he started thinking about how he could give back and support a worthy charity.

At first, Gil considered an out-of-state charitable organization. But when Gil was hospitalized at Banner Boswell Medical Center in Sun City, he changed course and put his thoughts into action. Gil wanted his giving to “stay local.” For him, Sun Health Foundation offered the ideal way to do that.

The Foundation is the exclusive fundraising partner for both Banner Boswell and Banner Del

E. Webb medical centers, a wide range of community wellness programs and vital medical research.

“I think that anybody who plans to stay here should get involved with Sun Health,” he says. “It’s a no-brainer. They’re here for you.”

He adds, “What you’re doing is helping other people and maybe yourself down the road.”

It’s no surprise that Gil ultimately decided to support his community. An Arizona native, he was born and raised in Glendale. He enlisted in the Navy in the 1960s, just before the Vietnam War, and dove into radio school. Gil ultimately served three tours,

traveling to many different ports.

Life after the service included marriage, raising two children, work in the aerospace industry and a move back to Arizona, where Gil landed a job with Salt River Project. He stayed with SRP for 32 years, retiring as a lead relay technician.

Gil also spent many of those years traveling widely, enjoying everything from the pristine beauty of Antarctica to the wild animals of Africa to the beautiful museums of Russia.

Once he settled into retirement, Gil volunteered at Banner Del E. Webb Medical Center, helping ferry patients and visitors around

ALLEN BUTLER

For more information about supporting superior health care in the community through Sun Health Foundation, call 623-832-5330 or visit sunhealthfoundation.org.

the hospital campus. He also became interested in the work of the Banner Sun Health Research Institute, which seeks to unravel the mysteries of Alzheimer's and Parkinson's diseases.

When Gil needed surgery and required a five-day stay at Banner Boswell — the first time he had ever been a patient in a hospital — he was grateful for the caring staff and expert care.

“That’s when I started thinking seriously about donating to a foundation or charity,” he says. “It was a way for me to show my appreciation to the doctors, nurses and entire staff at Banner Boswell who did such a great job taking care of me. Kudos to all.”

Gil later attended an open house at Banner Del E. Webb and learned about the innovative Progressive Care Unit. The unit, supported by Sun Health Foundation, is designed to provide faster healing time for patients, adequate space for family members to take part in the healing process of their loved ones, and an overall improvement in patient care.

Beyond the Progressive Care Unit, Gil discovered that the Foundation serves the Sun Cities community in myriad ways through its programs and services.

He decided to support the foundation using a donor-advised fund. The philanthropic vehicle allows donors to make charitable contributions and receive an immediate tax benefit.

“It’s a very convenient way to support the organizations that are meaningful to you,” says Wendy Nelson, a fund development program director with Sun Health Foundation.

Gil appreciates both the convenience — he can handle his giving online through his mutual fund — and the ability to decrease his tax liability.

“It’s a good feeling to know that you’ve helped the community,” Gil says. “I suggest that anybody who can, do it. Don’t hesitate!”

CELEBRATING TOGETHER



At the same time as Sun Health is “Celebrating 30 Years of Philanthropy: Creating a Healthier Community” on Feb. 13 (see magazine back page), Sun City West celebrates their 40th anniversary, and we are proud to be one of their sponsors. Below is a partial list of planned events.

- **Feb. 1 – Feb. 28 – Sun City West Memory Lane (closed Sundays/Mondays)** - memorabilia highlighting Sun City West, the R. H. Johnson Library, and the Friends of the Library Chartered Club.
- **Thursday, Feb. 15 – 40th Year Anniversary Dinner;** 5:30 p.m. at Palm Ridge.
- **Friday, Feb. 16 – 40th Year Anniversary Lecture;** 10 a.m. Lisa Schnebly Heidinger will tell stories of Sun City West’s earliest days.
- **Saturday, Feb. 17 – 40th Year Anniversary 5K Run/Walk;** 8 a.m. at Stardust Golf Course.
- **Saturday, Feb. 17 – 40th Year Anniversary Bowling;** 9 a.m. to 4 p.m. – The Sports Pavilion will have a 40-cent special, where everything will cost 40 cents.
- **Saturday, Feb. 17 – 40th Year Anniversary Golf Tournament - At Stardust Golf Course.** Sold out.
- **Saturday, Feb. 17 – Concert in the Park – Southwest Surfer;** 5 p.m. at Beardsley Park.
- **Sunday, Feb. 18 - Scavenger Hunt Concert and wrap up;** 4 to 6 p.m. Enjoy the Lizard Scavenger Hunt wrap up with a concert featuring Stringfever at the R.H. Johnson Great Lawn.
- **Monday, Feb. 19 – 40th Year Anniversary Parade;** 9 a.m.
- **Monday, Feb. 19 Concert featuring the Tommy Dorsey Orchestra with The FlyBoys;** 3 and 7 p.m.

For a complete list of events and full details, visit suncitywest.com.

Romance and Heart Health

Positive relationships can have a definite effect on blood pressure, circulation, weight and sleep quality

By Alison Stanton

Around the world, the heart shape is recognized as a sign of love.

This symbol and its meaning are especially popular this month, as store shelves are bursting with heart-shaped boxes of candy, pillows and other Valentine's Day treats.

Interestingly, love can also have a positive impact on the heart — not the box of candy at the store, but the one you have beating inside your chest.

Marina Mitchell, BSN, RN and a Cardiac/CHF Educator at Banner Del E. Webb Medical Center, says love and romance have a number of positive effects on heart health.

"Romance can help lower stress levels and blood pressure while also increasing circulation, improving sleep and even helping to maintain our body weight," Marina notes.

For those who have not been hit by Cupid's arrow recently, Marina says not to worry — you can definitely also

experience positive health benefits by spending time with good friends, taking care of pets or even exchanging some kind words with the cashier at the supermarket.

"We absolutely should be engaging in positive relationships in general; doing so can help release hormones and neurotransmitters that boost our spirits and help reduce the risk of depression," Marina says.

"Whether it's a friend or a romantic partner, it is joyful to be engaged with another person, and as humans, we are meant to do that. We are all designed to have relationships with others and we need them just as we do food, air or water."

For those who have a current health condition, Marina says she discourages anyone from being worried about being in an intimate and active relationship.

"If you can climb one or two flights of stairs or do activities that burn 200 calories every 30 minutes and

have by your you are safe activity, then for intimate relationships."

been told doctor that for regular you are also safe

And, as news stories sometimes illustrate, Marina says it is definitely possible to die from a broken heart.

"It is a natural process called Takotsubo syndrome that can happen when we experience sudden stress or loss. It makes such a large impact on the heart that it can cause it to enlarge and not pump efficiently. In some cases, it can lead to the demise of the person," Marina says.

"While we don't fully understand it, we do recognize that it is something that happens, and people should not be afraid of it as the risk of death is low."

Marina will present a class called "Romance & Your Heart" from 10 to 11:30 a.m. on Friday, Feb. 16. For more information, please see page 14. Registration is required to attend this class.



NEW BLOOD PRESSURE STANDARDS

Last fall, the American Heart Association modified its blood pressure guidelines.

Rhonda J. Zonoozi, BS, CHWC, EP-C, an exercise physiologist and health coach for the Sun Health Center for Health & Wellbeing, says according to the new guidelines, a normal systolic reading is still less than 120 and a normal diastolic reading is less than 80. However, elevated blood pressure is now defined as consistent readings of 120-129 systolic over less than 80 diastolic, and high blood pressure stage 1 is 130-139 systolic or 80-89 diastolic.

High blood pressure, stage 2 involves a reading of 140 or higher or 90 or higher, and a hypertensive crisis is defined as higher than 180 and/or higher than 120.

"In the previous categories there was one called 'pre-hypertension'—a key change is that this is now called 'elevated,'" Rhonda notes.

While some may be concerned that the new guidelines may result in an increase in the number of people taking blood pressure medicine, Rhonda says this is not necessarily the case.

"The lower classification of hypertension and new categories are designed to help people become aware of their risk sooner. Physicians will still want to assess the risk of developing cardiovascular disease over the next 10 years, and those individuals with elevated or stage 1 hypertension that are otherwise healthy should start with lifestyle changes to reduce their blood pressure," she says.

Monthly blood pressure checks are offered at the Sun Health Center for Health & Wellbeing. For more information, please see page 14.

Rhonda will present a class called "Get the Facts about High Blood Pressure" from 2 to 3:30 p.m. on Tuesday, Feb. 20. For more information, please see page 14. Registration is required to attend this class.



*A Chuckle a Day
Keeps the Doctor Away*

Recently, a man went to his doctor because he was not feeling well lately. The doctor examined the man, left and returned with three pill bottles. The doctor said, "Take the green pill with a big glass of water in the morning. Take the blue pill with a big glass of water after lunch. Then, just before going to bed, take the red pill with another big glass of water." Startled about all the new pills, the man asked, "Doc, what exactly is my problem?" The doctor said emphatically, "You need to drink more water."

Another man told his doctor he no longer could do all of the household chores he used to do. The doctor ponder this for a moment. "Now, Doc, I can take it. Tell me directly what is wrong with me," the man said. "Well," the doctor replied, "you're just lazy." "OK," said the man. "Now give me the medical term to tell my wife."




Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.

 **Register online** begins at 6 a.m.
 Visit sunhealthcommunityeducation.org

 **Register by phone** Starting January 23
 623-207-1703 *except where noted*

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.

 **Classes with this icon have an associated fee. Class fees are nonrefundable unless the class is canceled.**

LOCATION KEY:

Banner Boswell/Juniper Conf. Room — Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

Banner Boswell/Memorial Hall West — Support Services, 1st Floor, 13180 N. 103rd Dr., Sun City

Banner Thunderbird/Conf. Room 3A — 5555 W. Thunderbird Road, Glendale

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

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, Suite 101, Sun City West

La Loma Village H&R — La Loma Village Health and Rehabilitation Center, 14260 Denny Blvd., Litchfield Park

Sun City West Foundation/Webb Room — 14465 W. RH Johnson Blvd., Sun City West

The Colonnade — 19116 N. Colonnade Way, Surprise

BRAIN HEALTH

Normal Aging vs. Dementia

Wednesday, Feb. 7; 10 to 11:30 a.m.

Join Sun Health's Marty Finley, MEd, to learn the difference between what is normal aging and what may be cause for concern.

Location: Banner Boswell/Memorial Hall West

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Feb. 2 & 16; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will show how to create Under the Sea — Veggies (2/2) and Healing Broths (2/16).

Location: The Colonnade

DIABETES CARE

 **Annual Diabetes Self-Management Education**
Monday, Feb. 12; 1:30 to 3:30 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 Feb. 7 to register. Fee covered by most insurance plans.**

Location: The Colonnade

Diabetes Support Group

Monday, Feb. 19; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes. Topic: myths & facts about the health benefits of chocolate. **Registration is not required.**

Location: Center for Health & Wellbeing



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

💰 Diabetes Self-Management Education

This accredited five-week course provides the guidance needed to help prevent or delay diabetic complications and improve overall health. This series is taught by Center for Health & Wellbeing certified diabetes educators. **Please call 623-832-WELL (9355) to register and inquire about insurance coverage. Medicare and most insurance providers cover the fee for this series, which requires a physician referral. Please register by Tuesday, Feb. 20.**

Starts Tuesday, Feb. 27:

9:30 to 11:30 a.m.; Center for Health & Wellbeing
2 to 4 p.m.; Banner Boswell/Juniper Conf. Room

Starts Wednesday, Feb. 28:

2:30 to 4:30 p.m.; Banner Thunderbird/Conf. Room 3A

💰 Chair Yoga Plus

Wednesdays – 9:30 to 10:30 a.m.; **Series CYP1:**
Feb. 7, 14, 21, 28; Mar. 7, 14, 21 & 28

Chair Yoga using both seated and standing postures.
Participants must be able to stand independently.

💰 Tai Chi

Wednesdays – 11 a.m. to noon; **Series TC16:**
Feb. 7, 14, 21, 28; Mar. 7, 14, 21 & 28

Beginning Tai Chi modified for seniors.

💰 Strength Training for Health

Fridays – 11 a.m. to noon; **Series ST16:**
Feb. 9, 16, 23; Mar. 2, 9, 16, 23 & 30

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

💰 Fit & Balanced

Wednesdays – 1:30 to 2:30 p.m.; **Series FAB3:**
Feb. 21 & 28; Mar. 7, 14, 21 & 28; Apr. 4 & 11

Low-intensity class focusing on the strength, flexibility, and balance exercises using a chair as support.
Participants must be able to stand independently.

HEALTH & WELLBEING

Transportation Options for the Northwest Valley Monday, Feb. 5; 9:30 to 11 a.m.

Join representatives from Northwest Valley Connect and Valley Metro to learn about the transportation options available to local residents, including Dial-a-Ride, wheelchair-accessible options and low-income opportunities.

Location: SCW Foundation Building/Webb Room

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Feb. 7 & 21; 3 to 4 p.m.

Marty Finley, MEd, Sun Health's Memory Care Navigator, leads this support group. **Registration is not required.**

Location: Grandview Terrace H&R

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 CY16:**
Feb. 7, 14, 21, 28; Mar. 7, 14, 21 & 28

Beginning Chair yoga.

SAFETY

💰 Balance & Strength Training

Wednesdays – 3:30 to 4:30 p.m.; **Feb. 21 & 28; Mar. 7, 14, 21 & 28; Apr. 4 & 11**

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: Center for Health & Wellbeing

💰 AARP Smart Driver™ Course

Monday, Feb. 19; 8:30 a.m. to 12:30 p.m.

Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live more independently as they age and remain safe on today's roads. **Pre-registration is required. Fee is \$15 for AARP members and \$20 for nonmembers, payable by check only. Please bring driver's license and check payable to AARP to the session.**

Location: The Colonnade

February 2018



Signature Classes: Celebrating Heart Month

HEART HEALTH

How the Heart Works

Thursday, Feb. 1; 10 to 11:30 a.m.

In honor of National Heart Month, Iora Medical Director Rick Kratche, MD, will review the anatomy and key responsibilities of the heart.

Location: Iora Primary Care

Living Well with Congestive Heart Failure

Friday, Feb. 2; 10 a.m. to noon

Join Cardiac Educator Becky Kraemer, RN; and Exercise Physiologist Rhonda Zonoozi to learn about nutrition, medications, exercise and self-monitoring techniques that help you live well with this chronic condition.

Location: Banner Boswell/Juniper Conf. Room

Managing Atrial Fibrillation

Monday, Feb. 12; 2 to 3:30 p.m.

Atrial Fibrillation, or Afib, is the most common type of irregular heartbeat and can increase the risk of stroke. Cardiac Educator Becky Kraemer, RN, explains how to manage and live healthy with Afib.

Location: The Colonnade

Blood Pressure Check

Wednesday, Feb. 14; 2 to 4 p.m.

Retired nurse volunteers are on-site to check your blood pressure and answer any questions you may have.

Registration is not required.

Location: Center for Health & Wellbeing

Tips & Tools for Living with Heart Failure

Thursday, Feb. 15; 10 to 11 a.m.

Join Banner Boswell's Heart Failure/AMI Program Manager Nicole Petcu to learn about heart failure, ways to manage it and how "Hands Only CPR" is performed.

Location: Banner Boswell/Memorial Hall West

Romance & Your Heart

Friday, Feb. 16; 10 to 11:30 a.m.

Marina Mitchell, BSN, RN, will reveal the benefits of romance on heart health and how medications can affect your ability to enjoy romance.

Location: The Colonnade

Get the Facts about High Blood Pressure

Tuesday, Feb. 20; 2 to 3:30 p.m.

Join Sun Health's Exercise Physiologist Rhonda Zonoozi to discover the risks for developing high blood pressure, recommendations for prevention and treatment, and the new guidelines from the American Heart Association.

Location: Center for Health & Wellbeing

Overview of Implantable Cardiac Devices

Wednesday, Feb. 21; 10 to 11:30 a.m.

Life after Implant: Sean Morgan with Cardiac Solutions will discuss the indications, expectations, and benefits of common cardiac implantable electronic devices.

Location: The Colonnade

NUTRITION

Are You Ready to DASH?

Join Sun Health Registered Dietitian Tracy Garrett to discover how the award-winning DASH style of eating can promote heart and kidney health and improved wellbeing.

Friday, Feb. 9; 2 to 3:30 p.m.

Location: La Loma Village H&R

Monday, Feb. 26; 1:30 to 3 p.m.

Location: Faith Presbyterian Church

February Classes & Events At-A-Glance

Mon

Tue

Wed

Thu

Fri



We invite you to join Sun Health for a Special Presentation with Legendary Football Coach Lou Holtz on Feb. 13. See back page.

1

- How the Heart Works; 10 to 11:30 a.m.

2

- Healthy Meal Prep; 10 to 11 a.m.
- Congestive Heart Failure; 10 a.m. to noon

5

- Transportation Options for NW Valley; 9:30 to 11 a.m.

Note: Monday Exercise classes continue from prior month. Next series begins on March 5, 2018

6

7

- Chair Yoga (**CY16**); 8 to 9 a.m.
- Chair Yoga Plus (**CYP1**); 9:30 to 10:30 a.m.
- Normal Aging vs. Dementia; 10 to 11:30 a.m.
- Tai Chi (**TC16**); 11 a.m. to noon
- Dementia Support Group; 3 to 4 p.m.

8

9

- Strength Training (**ST16**); 11 a.m. to noon
- Are You Ready to DASH? 2 to 3:30 p.m.

12

- Annual Diabetes Self-Management; 1:30 to 3:30 p.m.
- Atrial Fibrillation; 2 to 3:30 p.m.

13

14

- **CY16, CYP1 & TC16** continue
- Blood Pressure Checks; 2 to 4 p.m.

15

- Living with Heart Failure; 10 to 11 a.m.

16

- Healthy Meal Prep; 10 to 11 a.m.
- Romance & Your Heart; 10 to 11:30 a.m.
- **ST16** continues

19

- AARP Smart Driver; 8:30 a.m. to 12:30 p.m.
- Diabetes Connection; 3 to 4 p.m.

20

- Get the Facts about BP; 2 to 3:30 p.m.

21

- **CY16, CYP1 & TC16** continue
- Implantable Cardiac Devices; 10 to 11:30 a.m.
- Fit & Balanced (**FAB3**); 1:30 to 2:30 p.m.
- Dementia Support Group; 3 to 4 p.m.
- Balance & Strength (**1 of 8**); 3:30 to 4:30 p.m.

22

23

- **ST16** continues

26

- Are You Ready to DASH? 1:30 to 3 p.m.

27

- Diabetes Self-Management (**1 of 5**); 9:30 to 11:30 a.m.
- Diabetes Self-Management (**1 of 5**); 2 to 4 p.m.

28

- **CY16, CYP1, TC16 & FAB3** continue
- Diabetes Self-Management; 2:30 to 4:30 p.m.
- Balance & Strength (**2 of 8**); 3:30 to 4:30 p.m.

**REGISTRATION REQUIRED FOR MOST CLASSES
CLICK OR CALL TODAY!**



Register online
Starting January 23

sunhealthcommunityeducation.org



Register by phone
Starting January 23

623-207-1703

*except where noted



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We invite you to join Sun Health for a Special Presentation
with **Legendary Football Coach**

LOU HOLTZ

*Celebrating 30 Years of Philanthropy: Creating a Healthier Community
and the 30th Anniversary of Banner Del E. Webb Medical Center*



30 YEARS OF PHILANTHROPY: *Creating a Healthier Community*

Tuesday, February 13, 2018 from 10 to 11:30 a.m.
Palm Ridge Center - 13800 W Deer Valley Dr., Sun City West

As Sun Health celebrates *30 Years of Philanthropy: Creating a Healthier Community*, supporting Banner Del E. Webb Medical Center, we invite you to a special presentation of "A Game Plan for Success," a motivational speech by Lou Holtz, Legendary Football Coach and Analyst, ESPN (2004-2015).

Seating Limited to Registered Guests.

To register, call **623.832.5536**
or visit sunhealthfoundation.org/louholtz



Walk Through History *The 30th Anniversary of Banner Del E. Webb Medical Center*

Open to the public. Registration is not required.

From noon to 4 p.m. on Tuesday, Feb. 13, the community is invited to join a Walk Through History at **Banner Del E. Webb Medical Center's Main Auditorium** at 14502 W. Meeker Blvd., Sun City West. This event will showcase the development of the medical center and how Sun Health and Banner Health are working together to serve the community.

Attendees will learn about area health and wellness services from both organizations, and we will have special presentations by **Dr. Roger Landry**, award-winning author of *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*; and **Dr. Kelly Rosso**, board certified breast cancer surgeon. **Visit sunhealthfoundation.org for full details.**