

Celebrating Your Health & Lifestyle

April 2018

LiveWell

The Sun Health Way

A Game Plan for Success

Hundreds huddle to hear Coach Lou Holtz talk success

Beginning a New Chapter

Assisted Living and Memory Support Building to open in 2019

Spring Into Action

The benefits of exercise for improved wellness and healthy aging



Resilience and Health

Learn the four pillars to help boost resiliency



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PLAY, MAKE NEW FRIENDS AND SUPPORT A GREAT CAUSE

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At Briarwood Country Club in Sun City West
Friday, April 6, 2018 • 12:00 PM Shotgun Start

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FOURSOME: \$1,800 • INDIVIDUAL: \$450 *Special 9-hole tournament option available.*
(a portion of the ticket price is tax deductible)



Learn more at www.sunhealthfoundation.org/golf

Or contact Joyce Wilt at (623) 832-4319 or Joyce.Wilt@sunhealth.org



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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

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President and CEO

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Exec. VP and CFO

Jennifer Drago,
Exec. VP-Population Health

Joe La Rue,
Exec. VP

Sharon Grambow,
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Sun Health Senior Living

SUN HEALTH MARKETING
Ken Reinstein, Marketing Dir.
John Tucker, Public Relations
Danielle Kuskowski, Programs
Ashley Durham, Graphic Design

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Change. It is one of life's few constants. We can embrace it, fight it or drive it. In this issue of *LiveWell*, change abounds. For starters, learn how resiliency can help us roll with the changes and challenges that often come with aging.

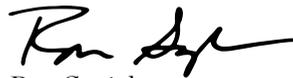
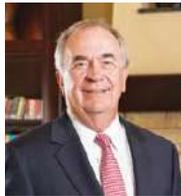
Take a few minutes to read about Lou Holtz's visit to Sun Health, during which the legendary football coach spoke to packed houses about his "Game Plan for Success," and its link to individual and community health.

Discover how exercise can help change our bodies and minds to bolster independence.

Lastly, changes are afoot on The Colonnade campus with construction underway on an assisted living and memory support building, which will benefit Colonnade residents and the community.

As always, please enjoy this issue of *LiveWell*. And if you want to see any changes in the magazine, please tell us at information@sunhealth.org.

Cheers,



Ron Guziak
President & CEO, Sun Health

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On the cover: Residents from The Colonnade socialize over dinner

Resilience and Health

Learn the four pillars to help boost resiliency

By Alison Stanton



Residents from The Colonnade socialize while playing cards and shooting pool. Socialization improves one's resiliency.

According to the American Psychological Association, “Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors.”

“That is a pretty good definition,” says Michael Cofield, Ph.D., a board-certified clinical health psychologist.

“Resilience generally means being able to bounce back, resist or recover from the circumstances that life throws at us.”

Resilience is important throughout life but Dr. Cofield says it is especially relevant as someone enters middle age and beyond.

“The over-65 age group is growing. Those 80 and older are the fastest growing age group of all, and they face some unique circumstances. Seventy to 80 percent of people age 80 and older have one or more chronic health conditions, which are some of the biggest challenges in life,” he says, adding that older adults are also more prone to experience loss of family and friends and possible loss

of physical and mental abilities.

“People with higher levels of resiliency live significantly longer than those who are not as resilient,” Dr. Cofield says.

“And even if they do not live longer, those who are more resilient have a much better quality of life.”

Social connectivity is closely tied to resilience. According to Dr. Cofield, the quality and, to some extent, the quantity of one’s personal relationships impacts his or her physical, mental and emotional health.

“We have studied people with low levels of social connectivity who are socially isolated, and almost every negative health outcome you can think of goes up. You see an increase in depression, high blood pressure, alcoholism, and they are more likely to develop cancers.”

According to Dr. Cofield, resiliency also correlates with a person’s mindset.

“People with low levels of optimism, for example, have been found to live shorter lives as well.”

About 50 percent of a person’s resiliency is inherited from their parents, and around 10 percent is linked to factors like socioeconomic status and

gender. Dr. Cofield says that 40 percent of one’s resilience, however, is based on choices, attitudes and behaviors, all things a person can control.

“Fortunately, research shows that as we get older, we are capable of becoming more resilient,” he says, adding that for those who want to boost their resilience, keeping four key pillars in mind is a great place to start.

According to Dr. Cofield, the first pillar involves enhancing psychological hardiness and boosting your level of realistic optimism, which can be learned and allows you to be more flexible. The second pillar is enhancing social connectivity, and beginning to do things that improve your chances of obtaining social support, often by giving it to others.

The third pillar of resilience involves developing mindfulness or other stress-reducing tools, and the fourth focuses on boosting the number of positive emotions you experience on a daily basis, such as gratitude, joy or serenity.

To learn more, please attend “Resiliency: The Art of Healthy Aging” on April 13. (See back page for details.)

OVERCOMING DEPRESSION IN OLDER ADULTS

Anywhere from 1 to 5 percent of older adults living in the general community have major depression, notes Mary Ann Zimmerman, MC, LPC, Managing Director of Mindability.

"However, the rate rises to over 13 percent and higher for those in home health care and hospital settings," Ms. Zimmerman says.

When older adults feel they may be depressed, she says seeking an accurate diagnosis is very important.

"There are many underlying causes or reasons why people can become depressed, ranging from neurochemical factors to ones that are more reactive to stressful life circumstances," she notes, adding that anyone who feels blue or depressed should first report these symptoms to their primary care physician.

In addition, low-intensity, self-help tools can often help people with depression, Ms. Zimmerman adds.

"These include such simple things as reading some well-validated, evidence-based information pertaining to the treatment of depression, as well as various online programs that are gaining greater and greater acceptance."

Dr. Cofield and Ms. Zimmerman developed an online protocol called "The Road Map to Peace of Mind," which she says is a confidential, self-paced, structured tool to help patients gain control over painful or negative emotions including depression and anxiety.

The Road Map to Peace of Mind and other self-directed wellness tools are available on sunhealthwellbeing.org. Look for "Access Online Wellness Tools" and then enter Wellness Code LWAPRIL under "New User". You will be prompted to create a username and password to provide confidential access. These online wellness tools are available to you at no cost by Sun Health as part of our nonprofit mission to champion healthy living.

SUN HEALTH'S MEMORY CARE NAVIGATOR PROGRAM EXPANDS

Sun Health has added a social services expert to its staff to meet a growing demand for its Memory Care Navigator program, which helps clients, family members and caregivers navigate the emotional, psychological and physical effects of Alzheimer's disease and related dementias.



The program is offered to the community at no cost thanks to the generosity of Sun Health Foundation donors.

Cheryl Ortega joins the program as the second navigator. She has almost three decades of human-service experience, including working at Plaza Del Rio Care Center, Banner Boswell Rehab Center and Arizona Adult Protective Services.

Cheryl brings personal experience to the job, having cared for her father who had Alzheimer's disease.

Cheryl joins Marty Finley, M.Ed., Sun Health's first Memory Care Navigator. More than 1,400 individuals and families have benefited from the program since its inception in 2013.

"We are so excited to be able to double the number of families we can help through our Memory Care Navigator program as a result of generous community support," says Debra Richards, director of Community Programs for Sun Health. "Cheryl is an experienced and compassionate professional who is a perfect fit for this program."



Memory Care Navigators develop a plan of care tailored to each client's needs. They also serve as a liaison between clients and families, their physicians, and ancillary community services.

If you or someone you know can benefit from the Memory Care Navigator program, call 623-832-9300 or visit sunhealth.org/memorycare.



A Game Plan for Success

Hundreds huddle to hear Coach Lou Holtz talk success

By John Tucker

Legendary football coach Lou Holtz played linebacker for two seasons at Kent State in the 1950s, but you wouldn't know it to look at him. College linebackers today typically stand 6 feet 2 inches and weigh at least 220 pounds.

Lou once described his body this way: "I stand 5 feet 10, weigh 152 pounds, wear glasses, speak with a lisp, and have a physique that appears like I've been afflicted with beriberi or scurvy most of my life."

But when the lean, 81-year-old led football teams, worked in an ESPN broadcast booth or, as he does today, gives motivational speeches, he cuts a towering figure.

His larger-than-life persona was in full bloom on Feb. 13 as he delivered a pep talk—seasoned with humor, colorful stories and homespun wisdom—to almost 800 guests at Palm Ridge Center in Sun City West.

Sun Health sponsored the free talk in celebration of the 30th anniversary of Banner Del E. Webb Medical Center, a hospital founded by Sun Health in 1988 and for which it continues to be the fundraising arm. Community support helped build the hospital and continues to keep it going strong.

In his speech, titled "A Game Plan for Success," Lou touched on how teamwork, whether it's on the

gridiron, in the boardroom or in a community, is crucial for success.

Lou knows a few things about teamwork. He led six college football teams to bowl games within two years of joining each program. To date, he is the only coach to ever guide four different programs to final top 20 rankings.

"If you want to fail, you have a right to fail," Lou said. "But you don't have the right to cause other people to fail. Anytime you're part of the team, part of a family, part of an organization, you have an obligation to other people. And you must honor that commitment to other people."

Lou added, "Commitment to your fellow human beings is what



makes health care such a high calling, but you don't have to be a doctor, nurse or another health professional to make a difference. You can volunteer, you can donate to a health care cause; you can look after the health of a loved one. All of us play a role and great things happen when we perform that role to the best of our ability."

He credited Sun Health, Banner Health and the community "for the great health care you have here in this area."

Since Sun Health became the exclusive fundraising partner for Banner Health's Boswell Medical Center and Del E. Webb Medical Center in 2008, Sun Health Foundation donors have provided approximately \$78 million to support capital and program improvements at these local medical centers.

Lou also shared his thoughts on aging. He joked that the average age of people in Florida, where he lives, is "deceased," and that he's so old he doesn't buy green bananas anymore.

On a more serious note, he spoke of the need for all human beings, no matter their age, to have dreams and to have a plan for how to achieve them.

"In this world, you're either growing or you're dying. Dreams are what keep us going and growing."

Lou closed with his three rules.

Do the right thing. Do the best you can. And, always show you care.

"From what I know of Sun Health, their employees, donors and volunteers all follow those same rules. They do the right thing, they do their very best, and they always show people they care," Lou said.



**Watch a special video presentation,
"Celebrating 30 Years of Philanthropy
for Banner Del E. Webb Medical Center,"
at sunhealthfoundation.org/30-years**



*For information on how you can
support your local medical centers,
please contact Sun Health Foundation
at 623-832-5330.*



Spring Into Action

The benefits of exercise for improved wellness and healthy aging

By Meghann Finn Sepulveda

Regular physical activity is important at all stages of life. But it takes on increased importance for older adults who can reap many health benefits from regular exercise, even if it's moderate. A variety of exercise, nutrition and wellness classes, along with a team of highly trained staff are available to help individuals meet their goals at the Sun Health Center for Health & Wellbeing.

It's never too late

Some older adults believe they should limit exercise or shouldn't exercise at all, but this is rarely the case. In fact, being physically active helps older adults maintain the ability to live independently, reduces the risk of falling, strengthens bones and can also improve mental health and delay dementia and cognitive decline, according to the Centers for Disease Control and Prevention.

"Individuals can start an exercise plan at any age," says Rhonda Zonoozi, an exercise physiologist and health coach at the Sun Health Center for Health & Wellbeing. "However, it's important to

check with a doctor first if there are any known medical conditions."

Just three years ago, Sun City Grand resident and Sun Health at Home member Lee Roach began exercising. A health condition had prevented her from being physically active as a child and young adult.

Now, at 78, Lee is doing well and is able to exercise regularly. She has taken advantage of the wide-range of benefits available to Sun Health at Home members, including a health-risk assessment, nutrition review, fitness-plan development, exercise classes and more.

Get inspired

Lee was motivated to take charge of her health a few years ago after seeing a close friend, who was restricted to a wheelchair, suffer and eventually pass away from an illness complication. Lee, who is a Type 2 diabetic, also watched her grandparents and parents grapple with chronic illnesses as they grew older.

"I was determined not let anything get me down," she says. "I want to be around for my grandchildren and great-grandchildren."

When she's not walking at home, Lee does weight training and takes chair yoga classes at the Sun Health Center for Health & Wellbeing. She has also participated in the Center's six-week diabetes self-management education series and the 12-week "Weigh' to Go" weight-loss class.

Start slow

Experts say that when you begin an exercise routine, it's important to go slow, have realistic expectations and set achievable goals.

"If you were previously inactive, you can start by making a few small changes throughout the day, focus on what you enjoy doing and make those activities a priority," Rhonda explains.

"Write down a specific action plan so you are more accountable and achieve success."

Fitness consulting and custom exercise programs including Senior Fitness Test are available at the Sun Health Center for Health & Wellbeing.

"This dynamic and internationally-recognized program measures various elements of fitness, including balance, agility, strength, flexibility and cardiovascular endurance," Rhonda says. "The results not only provide baseline fitness levels and identify areas of improvement, but also help individuals set goals and look back at their progress."

Both Lee and her partner Jim Hale have benefited from the Senior Fitness Test, along with nutritional counseling as part of their Sun Health at Home membership, and made positive changes to their diet.

"We are eating much better and have greatly improved our overall health," Lee says. "The support we received has been amazing."

Reap the benefits

Experts say those who participate in regular physical activity will make progress and see results.

"The immediate benefits of physical activity can include better sleep, increased energy and

improved mood," Rhonda says. "Other health benefits will come over time, such as lower blood pressure and weight management."

Lee, who has also recovered from three knee replacement surgeries and a broken back, says that exercise not only lessens her pain but it's also helped lower her blood sugar levels.

"I've lost weight," she says. "I feel so much younger, like I'm in my early 50s."

Take advantage of available programs

Sun Health at Home members, like Lee, receive complimentary benefits at the Sun Health Center for Health & Wellbeing as part of their Sun Health at Home membership. However, the Center for Health & Wellbeing is open to the public and its services are available to anyone interested in improving their wellbeing (no membership required). Call 623-832-WELL (9355) to learn more.

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 unless otherwise noted.

- Thursday, April 5 at 11 a.m.
- Monday, April 9 at 3 p.m.
- Wednesday, April 18 at 2 p.m.
- Wednesday, April 25 at 12 p.m. Palmbrook Country Club, Fiesta Room, 9350 W Greenway Road, Sun City

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



Beginning a New Chapter

Assisted Living and Memory Support Building to open in 2019

By Shanna Hogan

Residents of the West Valley will soon have additional care options on The Colonnade campus in Surprise.

Construction recently began at the Sun Health Life Care community on a new 82,000-square-foot assisted living and memory support facility on the 40-acre campus located in Sun City Grand.

In January about 250 community members and dignitaries representing the Sun Health board, the city of Surprise, SUNDT Construction and others gathered at the 5.5-acre construction site for the groundbreaking ceremony. A large banner displayed at the ceremony featured a rendering of the completed facility.

“Today marks the beginning of a new chapter,” says Sun Health Senior Living Chaplain Jesse Charyn. “Masterpiece Living is a way of life for each stage of life. There’s a sense of comfort being able to remain in the same community as your needs change.”

The first phase of the project will add 26 apartments

for assisted living and 24 apartments for memory support. Another 24 assisted living apartments will be added in a later phase.

“This project is a vital part of Sun Health’s commitment to Life Care for each of us who chose to make The Colonnade our forever home,” Jean Bonde, president of the Residents’ Council at The Colonnade, said.

When The Colonnade opened ten years ago, the plan was to eventually expand to meet the changing needs of the community.

“It was always a part of our plan that we would have a health care component on campus,” says Sharon Grambow, executive vice president for Sun Health Senior Living. “It’s evolved to where we are today with assisted living and memory care.”

The construction schedule has been expedited and instead of being built in phases, the memory care and assisted living will be built at the same time. Both are expected to be complete by the end of the year and be



Chaplain Jesse Charyn

operational by early 2019. The Surprise Planning and Zoning Commission approved the proposed site plan in January.

“This is a continuation of a great partnership. Sun Health and The Colonnade is a big part of what Surprise has become. And this project is just adding to that,” says Surprise Vice Mayor Ken Remley. “We’re just thrilled for the partnership we have with Sun Health.”

Most of all, the center will provide peace of mind.

“Being able to support our residents as their needs change is one of the goals we have with the assisted living and memory support,” says Dan Liguori, executive director of The Colonnade.

The groundbreaking ceremony and the efforts required to make the project a reality, stirred the emotions of several Sun Health employees in attendance.

“This is something we’ve wanted to have for a long time,” Dan says. “It’s going to be a beautiful building, but it’s not about the building. It’s about the people we’ll be able to help.”

Learn more about The Colonnade, one of Sun Health's three Life Care communities. Call 623-236-3767 or visit sunhealthseniorliving.org.

ALLEN BUTLER

GRANDVIEW TERRACE HEALTH AND REHAB RECEIVES 5-STAR RATING

Earlier this year, the Centers for Medicare & Medicaid Services (CMS) posted results from Nursing Home Compare, which surveyed more than 15,000 nursing homes across the country. Grandview Terrace Health and Rehabilitation Center on the Sun Health Grandview Terrace Life Care campus in Sun City West was granted a 5-star overall rating. This is the highest rating possible.

“We take great pride in our high ranking,” says Bhatki Gosalia, executive director at Grandview Terrace. “This is not only a testament to the quality of care we provide to our residents, but also the strong leadership shown by our administrator Toni Horton and the true passion that is displayed by our entire team.”

The data, which is available online and offered as a service to the public, measures the performance of nursing homes that are certified by Medicare and Medicaid, which include 149 in Arizona. Ratings are based on three performance measures: health and fire inspections, staffing ratios and quality of care.

“This is a good resource for people who are looking for a health center that provides the best care possible,” Bhatki says.

Grandview Terrace offers a full continuum of health care options including sub-acute rehabilitation, skilled nursing, assisted living and memory support services that allows individuals to successfully age in place.

“The whole concept of a Life Care community is amazing when you truly understand that it’s a plan for the rest of your life,” says Jackie Lusson, corporate director of sales. “The power to make decisions today for the future knowing that you have a complete guarantee is remarkable, and what makes it even more remarkable is that our health and rehab centers are highly rated.”

Learn about Grandview Terrace at sunhealthseniorliving.org. Read more about the findings from Nursing Home Compare at medicare.gov.



Bhatki Gosalia

Executive Director of Grandview Terrace and Grandview Terrace Health and Rehabilitation

Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.

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

 **Register by phone** beginning March 15
 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/Chapman Conf. Room** — Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City
- 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
- 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 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
- La Loma Village MPR** — La Loma Village Multi-purpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park
- PORA** — PORA Learning Center, 13815 W. Camino Del Sol, Sun City West
- The Colonnade** — 19116 N. Colonnade Way, Surprise

BRAIN HEALTH

Brain Health & Spirituality

Tuesday, Apr. 17; 1:30 to 3 p.m.

Join Cameron Svendsen, LCSW, to learn about spiritual techniques through balance, relaxation, prayer and gratitude that enhance brain health and quality of life.

Location: Grace Bible Church

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Apr. 6 & 20; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will show how to create Spring Vegetables (4/6) and Breakfast Basics (4/20).

Location: The Colonnade

Symptom Management Nutrition Therapy for Those with Cancer

Thursday, Apr. 19; 9:30 to 11 a.m.

Tracy Garrett, registered dietitian nutritionist from Sun Health, invites anyone touched by cancer to learn about potential nutrition interventions for common cancer related symptoms such as weight loss, decreased appetite, diarrhea & constipation.

Location: PORA

DIABETES CARE

Diabetes Cooking Series

Thursdays – Apr. 5, 12, 19 & 26; 2:30 to 4 p.m.

Sun Health's Registered Dietitian and Certified Diabetes Educator Susan Welter will show how to prepare easy healthy meals at home to keep your blood-sugar levels balanced. This four-part series includes a review of healthy eating and nutrition basics, best breakfast foods, fast and fabulous dinners and smart snacking. Food demos and tastings are included. **Note: Registration for this four-class series requires 80 class credits (\$80).**

Location: Center for Health & Wellbeing

Diabetes Connection Group

Monday, Apr. 16; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes. Topic: Mindful Snacking. **Registration is not required.**

Location: Center for Health & Wellbeing

☎ 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 April 10.**

Starts Tuesday, Apr. 17:

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

Prediabetes: Knowing If You Are at Risk & What You Can Do About It

Join Sun Health's Diabetes Lifestyle Coach Rhonda Zonoozi to learn how people with prediabetes can prevent or delay diabetes with lifestyle changes.

Friday, Apr. 27; 9 to 10 a.m.

Location: Center for Health & Wellbeing

Friday, Apr. 27; 1:30 to 2:30 p.m.

Location: Banner Boswell/Chapman Conf. Room

HEALTH & WELLBEING

Take a Tour of the Center for Health & Wellbeing **Tuesday, Apr. 3; 11 a.m. to noon**

Tour the Sun Health Center for Health & Wellbeing to learn about its services.

Location: Center for Health & Wellbeing

Hypertension after 65

Thursday, Apr. 5; 10 to 11:30 a.m.

Karen Connelly Frank, MD, will discuss what hypertension is, the damage it may cause and how to manage it.

Location: Iora Primary Care

Resiliency: The Art of Healthy Aging

Friday, Apr. 13; 9 a.m. to noon

See back cover for information

Location: The Colonnade

Make Your Wishes Known: Advance Directives Workshop

Thursday, Apr. 26; 1:30 to 3:30 p.m.

Join Paul Fredericks, MAMin, and Sun Health's Linda Esparza, BSN, RN, to review the AZ Advance Directive forms and get assistance to make your end-of-life wishes known.

Location: Center for Health & Wellbeing

HEART HEALTH

Managing Atrial Fibrillation

Monday, Apr. 9; 9:30 to 11 a.m.

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

Location: Faith Presbyterian Church

Taking Care of Your Heart

Thursday, Apr. 12; 10 to 11 a.m.

Join Banner Del E. Webb's Heart Failure Educator Marina Mitchell, RN, BSN, to learn how sleep impacts your heart health and how to sleep better for optimal heart function.

Location: Banner Boswell/Memorial Hall West

Living Well with Congestive Heart Failure

Friday, Apr. 20; 1:30 to 3:30 p.m.

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/Memorial Hall West

MEMORY CARE**Dementia Caregiver Support Group**
Wednesdays, Apr. 4 & 18; 3 to 4 p.m.

Marty Finley, MEd, a Memory Care Navigator for Sun Health, leads this support group. **Registration is not required.**
Location: Grandview Terrace H&R

Understanding & Managing Difficult Behaviors
Monday, Apr. 23; 1 to 2 p.m.

Marty Finley, MEd, a Memory Care Navigator for Sun Health, will discuss the reasons people with dementia may have behavior problems and provide tips for how to minimize them.
Location: Faith Presbyterian Church

NUTRITION**Mindful Eating**

Sun Health's Registered Dietitian Susan Welter will show how to eat with more intention and enjoyment to build a healthy relationship with food.
Wednesday, Apr. 4; 10 to 11:30 a.m.
Location: Banner Boswell/Memorial Hall West

Tuesday, Apr. 10; 2 to 3:30 p.m.

Location: Center for Health & Wellbeing

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 CY18: Apr. 4, 11, 18 & 25; May 2, 9, 16 & 23
Mondays – 8 to 9 a.m.; Series CY19: Apr. 30; May 7, 14 & 21; Jun. 4, 11, 18 & 25

Beginning Chair yoga.

Chair Yoga Plus

Wednesdays – 9:30 to 10:30 a.m.; Series CYP2: Apr. 4, 11, 18 & 25; May 2, 9, 16 & 23
Chair Yoga using both seated and standing postures. Participants must be able to stand independently.

Tai Chi

Wednesdays – 11 a.m. to noon; Series TC18: Apr. 4, 11, 18 & 25; May 2, 9, 16 & 23
Mondays – 11 a.m. to noon; Series TC19: Apr. 30; May 7, 14 & 21; Jun. 4, 11, 18 & 25
Beginning Tai Chi modified for seniors.

Strength Training for Health

Fridays – 11 a.m. to noon; Series ST18: Apr. 6, 13, 20 & 27; May 4, 11, 18 & 25
Mondays – 1 to 2 p.m.; Series ST19: Apr. 30; May 7, 14, 21; Jun. 4, 11, 18 & 25
This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

Mat Yoga

Mondays – 9:30 to 10:30 a.m.; Series MY3: Apr. 30; May 7, 14 & 21; Jun. 4, 11, 18 & 25
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.

SAFETY**AARP Smart Driver™ Course**

Tuesday, Apr. 17; 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: La Loma Village H&R

AARP: We Need to Talk

Tuesday, Apr. 24; 10 to 11:30 a.m.

Join AARP Facilitator Ellen Winkler to learn how to have sensitive and successful conversations with loved ones about driving safety, especially when it is time to limit or stop driving.

Location: La Loma Village - MPR Room

**Need a Ride?**

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

April Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p>2</p>	<p>3</p> <ul style="list-style-type: none"> • Take a Tour CHW; 11 a.m. to noon 	<p>4</p> <ul style="list-style-type: none"> • Chair Yoga (CY18); 8 to 9 a.m. • Chair Yoga Plus (CYP2); 9:30 to 10:30 a.m. • Mindful Eating; 10 to 11:30 a.m. • Tai Chi (TC18); 11 a.m. to noon • Dementia Support Group; 3 to 4 p.m. 	<p>5</p> <ul style="list-style-type: none"> • Hypertension after 65; 10 to 11:30 a.m. • Diabetes Cooking (1 of 4); 2:30 to 4 p.m. 	<p>6</p> <ul style="list-style-type: none"> • Healthy Meal Prep; 10 to 11 a.m. • Strength Training (ST18); 11 a.m. to noon
<p>9</p> <ul style="list-style-type: none"> • Atrial Fibrillation; 9:30 to 11 a.m. 	<p>10</p> <ul style="list-style-type: none"> • Mindful Eating; 2 to 3:30 p.m. 	<p>11</p> <ul style="list-style-type: none"> • CY18, CYP2, TC18 continue 	<p>12</p> <ul style="list-style-type: none"> • Taking Care of Your Heart; 10 to 11 a.m. • Diabetes Cooking (2 of 4); 2:30 to 4 p.m. 	<p>13</p> <ul style="list-style-type: none"> • Resilience: The Art of Healthy Aging; 9 a.m. to noon • ST18 Continues
<p>16</p> <ul style="list-style-type: none"> • Diabetes Connection Group; 3 to 4 p.m. 	<p>17</p> <ul style="list-style-type: none"> • AARP Smart Driver; 8:30 a.m. to 12:30 p.m. • Diabetes Self-Management (1 of 5); 9:30 to 11:30 a.m. • Brain Health & Spirituality; 1:30 to 3 p.m. • Diabetes Self-Management (1 of 5); 2 to 4 p.m. 	<p>18</p> <ul style="list-style-type: none"> • CY18, CYP2, TC18 continue • Dementia Support Group; 3 to 4 p.m. 	<p>19</p> <ul style="list-style-type: none"> • Nutrition Therapy for Cancer; 9:30 to 11 a.m. • Diabetes Cooking (3 of 4); 2:30 to 4 p.m. 	<p>20</p> <ul style="list-style-type: none"> • Healthy Meal Prep; 10 to 11 a.m. • ST18 Continues • Congestive Heart Failure; 1:30 to 3:30 p.m.
<p>23</p> <ul style="list-style-type: none"> • Understanding & Managing Difficult Behaviors; 1 to 2 p.m. 	<p>24</p> <ul style="list-style-type: none"> • Diabetes Self-Management (2 of 5); 9:30 to 11:30 a.m. • AARP We Need to Talk; 10 to 11:30 a.m. • Diabetes Self-Management (2 of 5); 2 to 4 p.m. 	<p>25</p> <ul style="list-style-type: none"> • CY18, CYP2, TC18 continue 	<p>26</p> <ul style="list-style-type: none"> • Advance Directives; 1:30 to 3:30 p.m. • Diabetes Cooking (4 of 4); 2:30 to 4 p.m. 	<p>27</p> <ul style="list-style-type: none"> • Prediabetes: Knowing if You Are at Risk; 9 to 10 a.m. • ST18 Continues • Prediabetes: Knowing if You Are at Risk; 1:30 to 3:30 p.m.
<p>30</p> <ul style="list-style-type: none"> • Chair Yoga (CY19); 8 to 9 a.m. • Mat Yoga (MY3); 9:30 to 10:30 a.m. • Tai Chi (TC19); 11 a.m. to noon • Strength Training (ST19); 1 to 2 p.m. 	<p>REGISTRATION REQUIRED FOR MOST CLASSES CLICK OR CALL TODAY!</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Register online Starting at 6 a.m., Mar. 15 sunhealthcommunityeducation.org</p> </div> <div style="text-align: center;">  <p>Register by phone Starting at 8 a.m., Mar. 15 623-207-1703 <i>*except where noted</i></p> </div> </div>			

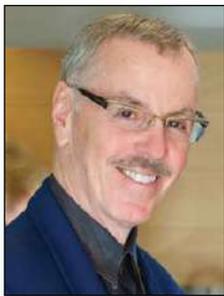


Resiliency: The *Art* of Healthy Aging

A FREE COMMUNITY HEALTH EVENT

Friday, April 13, 2018
9 a.m.-Noon
(Doors open at 8:30 a.m.)

The Colonnade
19116 N. Colonnade Way
Surprise, AZ 85374



Featuring Keynote Speakers:

**"Implementing the 4
Pillars of Resilience"**

MICHAEL COFIELD, PhD, ABPP
Clinical Health Psychologist



**"Aging and Resilience:
The New Normal in
A Changing World"**

BARBARA ATKINS
Certified Retirement Coach

**Demonstrations and
Interactive Displays:**

- Acupuncture/cupping demo
- Guided meditation demo
- Chair massage
- Pet therapy
- Aromatherapy
- Music therapy
- Community resources
- Local support groups
- Sun Health Wellness services

Registration is required!

Call 623-207-1703 or visit sunhealthcommunityeducation.org.