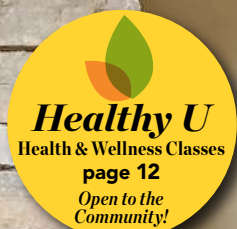


Celebrating Your Health & Lifestyle

May 2018

LiveWell

The Sun Health Way



A Handy Reference

A guide to finding reputable vendors

A Tale of Two Families

Donors' gifts live on long after they are gone

Guests of Honor

Honor Flight AZ takes Sun Health veterans to U.S. capital

Healthy Together

Fitness is a family affair for three generations



Sun Health

For our community friends

Did you know?



25% of Americans age 65+ have type 2 diabetes



Moderate weight loss of 5-7% can reduce a senior's risk of developing diabetes by 71%

Do you have prediabetes?

Medicare introduced a new Medicare Diabetes Prevention Program (MDPP) benefit on **April 1, 2018**. That means this program is covered by Medicare and most health insurance companies.

Sun Health offers one of the only qualified MDPP programs in Arizona. The MDPP aims to prevent or delay the onset of type 2 diabetes among those who have been diagnosed with prediabetes. This program includes:

- » Nutrition education for long-term dietary change
- » Practical instruction and motivation to increase physical activity
- » Problem-solving strategies for overcoming challenges related to losing weight and keeping it off and leading a healthier lifestyle

Sun Health's next Diabetes Prevention Program will be offered in two locations on Thursdays, starting May 10:

SURPRISE

9:00 to 10:00 a.m.

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

SUN CITY

1:30 to 2:30 p.m.

Banner Boswell/Chapman Conf. Room
13180 N. 103rd Dr., Sun City

See page 13 for more information and call 623-832-WELL (9355) to register and inquire about the cost.



LiveWell

May 2018, Issue 33
SunHealthLiveWell.org

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SUN HEALTH SENIOR LIVING

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sunhealthseniorliving.org

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SUN HEALTH at HOME

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CREATED FOR SUN HEALTH



Welcome to LiveWell

A magazine produced specifically for you

Sun Health Mission Statement:

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

Family is more than our blood relatives. As many of us know, family also can be our friends or colleagues — people we connect with in special ways at various times in our lives.

In this issue of *LiveWell*, you will read about eight Sun Health Senior Living residents who share a special bond. They are veterans who were chosen by Honor Flight Arizona to visit Washington, D.C. in March.

Family and friends are a great referral source when you're looking for reliable contractors or local businesses. But when you don't have recommendations, you'll appreciate the tips we share on page 6 and 7 for finding reputable vendors.

Next, learn about Jo and Dick Kuhn and Charlie Beckman, Sun Health Foundation donors, now deceased, whose commitment to helping others lives on through their gifts and in their children.

And lastly, be inspired by Mia Ciotola, Donna Allen and Dolores Thomas, three generations who recently took Sun Health's "Weigh" To Go! class together and have made health a family affair.

Please enjoy this issue of *LiveWell* and share any interesting tidbits with your own family. Contact us at information@sunhealth.org with any suggestions.



To your good health,

Sharon Grambow

Sharon Grambow

Interim President and CEO, Sun Health

4

Guests of Honor

Honor Flight AZ takes Sun Health veterans to U.S. capital

6

A Handy Reference

A guide to finding reputable vendors

8

A Tale of Two Families

Donors' gifts live on long after they are gone

10

Healthy Together

Fitness is a family affair for three generations

12

Healthy U

Sun Health Community Education class listings, events & activities

15

Healthy U Calendar

May classes & events at a glance



Please follow us on:



SunHealthLiveWell.org

On the cover: Veterans and Honor Flight Arizona participants swap stories at The Colonnade



Guests of Honor

Honor Flight AZ takes Sun Health veterans to U.S. capital

By Shanna Hogan

Wearing matching yellow shirts, a group of 30 retired military veterans trooped through Terminal 4 at Sky Harbor International Airport.

As they passed through a sea of waiting passengers, the crowd parted and began cheering for the veterans. The men were on their way to Washington, D.C. for an Honor Flight — a three-day journey to tour historic military sites.

“When we first walked through the terminal in Phoenix all the other passengers were clapping and saying ‘thank you for your service,’” says Larry Sly, a Korean War veteran and Colonnade resident who went on the trip. “And when we arrived in Baltimore they did the same thing. It became very emotional. It was certainly more than what we expected.”

The March 12 excursion included 19 Korean War veterans and 11 veterans of World War II — eight of whom are Sun Health residents from The Colonnade

and Grandview Terrace campuses.

This was the 70th flight by Honor Flight Arizona since its inception in 2009. In the last nine years the nonprofit organization has flown more than 1,700 veterans to Washington at no cost to the veteran.

Korean War veteran Jack Gossett, 89, went on an honor flight in May 2017 and was so moved by the experience he helped organize the March excursion for his Sun Health neighbors who are honorees.

“There are quite a few veterans at all three Sun Health campuses,” says Jack, a resident of The Colonnade.

The national Honor Flight program started in 2005 to provide veterans of all branches of service a chance to tour historic Washington memorials. The groups visit memorials commemorating their sacrifices to our country including: Korean, Vietnam and World War II memorials, the Tomb of the Unknown Soldier and Arlington National Cemetery. All expenses are paid for by the nonprofit, which organizes regular fundraisers.

ALLEN BUTLER

During the trip, veterans get to see the way their impact was memorialized and gain a greater perspective on their service.

“It was a very moving experience for me — the response from people when we walked out was just amazing,” Jack says. “It was emotional, especially considering how people didn’t care much for the military during the Vietnam War period.”

Larry heard about the flight from Jack and, at first, he wasn’t sure he would qualify. He joined the Air Force in 1955 shortly after the Korean War and served mostly in a support role.

But as Jack informed him, the tours are for qualifying veterans in all branches of the Korean War and World War II.

“It’s not the point whether you were in combat or not. You don’t have to be shot at to be a veteran,” Jack says. “Rank is immaterial. We don’t care what it was — just the fact that you were there in the military.”

Viewing the memorials in person was a stirring experience for Larry, especially the Changing of the Guard ceremony at Arlington Cemetery.

“It’s really a very humbling experience to realize all these memorials were built on the sacrifice of military people before us,” he says.

Grandview Terrace resident Glenn Weavers is a Korean War veteran who served as a combat engineer toward the

tail end of the war. He lived in South Korea for 16 months helping construct roads, bridges and schools that had been destroyed in the war.

“At the time I was in Korea, there wasn’t any shooting,” Glenn says. “The area was totally destroyed. We were there to help them rebuild it.”

Glenn first heard about the Honor Flights two years ago and applied. The way he was treated during the trip gave him renewed pride for his service.

“We had an opportunity to see many of the things that we heard a great deal about over the years. It was a fantastic trip,” he says.



HF312 (short for Honor Flight 3/12) gathered for this photo shortly after they returned from their trip.

Standing (L-R): Larry Sly, Chuck Milton, Tom Wells, Jerry Doucet, Bob Rains
Sitting (L-R): John Busuttill, John Tullai, Jim Derr, Glenn Weavers

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

A Handy Reference

A guide to finding reputable vendors



Andrew Strmic of Grab Bars, Etc., shows a grab bar to homeowner and SHAH member Jackie Sorad.

By Meghann Finn Sepulveda

Whether you need a handyman, housekeeper, financial advisor or lawyer, it's important to do research and seek recommendations before hiring a service professional. Although you can't guarantee the individual will provide quality or reliable service, there are ways to increase your safety and security when working with service professionals.

Talk to family members, friends

Experts say one of the best ways to find reputable sources is by talking to those closest to you.

"Ask your family members, friends and even neighbors for recommendations," says Linda Esparza, RN, wellness coordinator for Sun Health at Home. "These are the people who can speak from experience."

Beware of any stranger who shows up at your home unannounced and says he or she is on a job in the area already and can give you a good price. This is a common scam according to AARP.

Check references

Before hiring someone, consider calling the Better Business Bureau to see if a contractor is licensed, bonded and insured, is in good standing and if any complaints have been filed. It's also beneficial to read online reviews, which can provide a great deal of insight on personal experiences from past clients that may help guide your decision.

Sun Health at Home, a continuing care at home program, offers members complimentary access to a vetted vendor list, which provides peace of mind to those who need to hire outside vendors for household maintenance or personal support.

"We compiled a comprehensive list of reputable vendors who have a longstanding relationship with Sun Health," says Barbara Mason, executive director for Sun Health at Home. "We have done our due diligence in checking the credentials and references of all our vendors and feel confident in their business practices."

This resource has been especially helpful for Jackie Sorad, a Sun Health at Home member who recently hired a medical equipment company to deliver a walker and install grab bars in her shower, along with a private-duty caregiver to assist her after she fell and fractured her back.

“It makes me feel better that I don’t have to look in the phone book anymore when I need to hire help,” she says. “It’s one of the reasons why I joined Sun Health at Home.”

Members of Sun Health at Home can call the member line to obtain references from the vetted vendor list, which consists of dozens of service professionals such as housekeepers, tax accountants, fiduciaries, lawyers, financial advisors and even veterinarians.

“The list is constantly growing,” Linda says. “We also make updates and changes and re-evaluate each professional on a regular basis.”

Some residential neighborhoods also have preferred vendor lists, which are available to those who live in the community. Online referral sources such as Angie’s List can also be a helpful tool to identify trustworthy service professionals.

Shop around

AARP recommends that individuals in need of contracting services should gather at least three estimates that detail the materials to be used, the labor charges, the start and end dates and the total cost.

It’s also a good idea to get all estimates in writing, understand what you are signing and keep a copy of the contract, according to AARP.

Find the right fit

While other factors such as cost, scheduling and individual needs come into play, choosing a service professional ultimately boils down to personal preference.

“It’s important to feel comfortable with a service professional, especially if he or she will be spending time in your home,” Linda explains. “Seniors need to be extra careful and take necessary precautions.”

Jackie says she appreciates the assistance she has received from the Sun Health at Home program.

“I’ve moved so many times throughout my life,” she says. “I’m so happy to finally stay put.”

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, May 3 at 10 a.m.
- Monday, May 7 at 3 p.m.
- Tuesday, May 15 at 1 p.m.
- Tuesday, May 22 at noon, La Bona Pasta, 13321 W. Indian School Road, Litchfield Park (Seminar and luncheon)
- Thursday, May 31 at 11 a.m.

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



(L) Jo and Dick Kuhn and
(R) Charlie Beckman

A Tale of Two Families

Donors' gifts live on long after they are gone

By John Tucker

The two families come from different backgrounds. One rural, the other urban. But a common thread binds them together.

Both families gave generously to Sun Health Foundation which enabled countless individuals to receive needed medical care through Sun Health and Banner Health.

The heads of those families are now deceased, but their legacies live on, not just through philanthropy but in the lives of their children who witnessed their parents' charity and learned valuable lessons from it.

The Kuhn Family

Fond memories pour out of Carol Mount and Janet Congel when they talk about their parents, Dick and Jo Kuhn who met as kids at a church in Columbus, Ohio. Dick was a farm boy from the nearby agricultural community of Hilliard. Jo was a city girl, five years Dick's junior.

The pair hit it off and married in 1944, a union that lasted 68 years. They bought a farm adjacent to Dick's parents' farm where they raised crops and livestock.

"Mom and dad worked hard, made a

loving home for us, devoted themselves to their church and volunteered for civic and farming organizations too numerous to list," Carol says.

Janet echoes that sentiment.

"Our parents were always thinking of and doing for others and that set an incredible example for us."

Both daughters remember their farmhouse as a social hub. "Mom and dad loved to have guests and they welcomed everyone into our home like they were family," Carol says. Get-togethers often centered on meals, socializing and playing board games or cards, especially euchre.

"It was a wonderful, wholesome, family-oriented way to grow up," Janet says.

Dick and Jo retired to Sun City in 1989. They immersed themselves in community activities and in their church. In their spare time, they traveled, which included many visits to see children and grandchildren.

The Kuhns became acquainted with Sun Health by attending health-education seminars hosted by Sun Health Foundation. Shortly after, they began donating to the organization.

In a 2004 interview - shortly after the Kuhns had created a charitable gift annuity through the Foundation - Jo explained the reason for their generosity. "We chose to do this because we're grateful for all we've been given."

In 2008, Dick was diagnosed with Alzheimer's disease. Not long after, the Kuhns established a gift from their estate to the Foundation to support Alzheimer's research at the Banner Sun Health Research Institute. Dick and Jo had received care and support at the Institute. Dick passed away in 2012 and Jo in 2017.

"Mom and dad were all about family and they felt like they were part of the Sun Health family," Carol says.

The Beckman Family

Phil Beckman describes his father Charlie Beckman as the "smartest person" he ever met. "Even in his 90s, he could do a lecture on economic theory at the drop of a hat," Phil says.

Charlie had two masters' degrees from Columbia University - one in economics and one in Russian - and was prepared to take a

teaching job at a college in Atlanta before a WWII buddy convinced him that the U.S. Office of Strategic Services, a forerunner of the modern CIA, needed him more. Previously, he had served the OSS as an Army serviceman during the war.

Charlie wound up working for the CIA for his entire career. His assignments took him to China, Hong Kong, Egypt and around the U.S. He learned to speak several languages and became a student of the culture and history of the countries wherever he worked or visited.

Charlie, his wife Elizabeth, and sons Jim and Phil lived many years in Chevy Chase, Maryland.

Charlie and Elizabeth retired and moved to Sun City in 1971. Charlie became very involved in the local Disciples of Christ Church and served as a chief clerk for the Arizona Tax Court for a few years.

The Beckmans began donating to Sun Health Foundation in the '70s with most gifts earmarked for Boswell Memorial Hospital. Elizabeth's health began to fail and Charlie became a devoted caregiver. She died in 2001. The care Sun Health had provided for Elizabeth motivated him to give more.

In a conversation with Pamela Kohnen, senior development director for the Foundation, Charlie shared that he could see the good work being done by Sun Health and that he wanted all future gifts to go to the Foundation's greatest needs. He established a charitable gift annuity in 2004.

"My dad thought very highly of Sun Health Foundation. He knew it was a first-class organization," says Phil, who knows a thing or two about estate planning. He's a retired computer engineer and a paralegal, and he and an attorney friend ran a law firm for a few years that specialized in estate planning. "Everyone should have a plan to ensure that their wishes are followed," Phil says.

Charlie passed away Dec. 24, 2017. "He lived a full life making a difference in the lives of others," Phil says.

Pamela knew the Kuhns and Charlie well and has continued to stay in touch with their children.

"My life is so enriched by having the opportunities and blessings of knowing them," Pamela says. "We strive to honor our donors while they are with us, but also after they are gone."



Reach Your Sun Health Foundation Development Directors

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Claudia Vazquez, Development Director

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Bonnie Olsen, Development Director

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Pamela Kohnen, Sr. Development Director

pamela.kohnen@sunhealth.org • 623-832-5735

SunHealthLiveWell.org

THE PERFECT WAY TO HONOR SOMEONE YOU LOVE

If you have a friend or family member whose life has been touched by Sun Health, you might consider making a gift in his or her name. When you memorialize important people in your life — such as your mother, father, spouse, mentors or other special loved ones — by donating to Sun Health Foundation you not only honor that special person, you also make a meaningful impact in the local community. On top of that, you might possibly receive personal financial benefits.

You Have Choices

There are three basic ways to establish an honorary gift:

- **A gift today** — An outright gift can help fund immediate needs or an upcoming project. The financial benefits include an income tax charitable deduction (if you itemize) and the possible elimination of capital gains tax.
- **A gift through your estate plan** — You can include a gift in your will or living trust stating that a specific asset, certain dollar amount or percentage of your estate will pass at your death in honor of your loved one.
- **A gift that lives on forever** — Honorary endowments can be made now or through your estate plan. Endowments are structured so that a small portion of your gift, rather than the whole amount, is used each year to fund a particular purpose. To perpetuate the fund forever, the majority of the fund always remains intact and is invested for the future.

Discover Your Giving Options

To learn more about supporting Sun Health Foundation, please call 623-832-5330 or visit sunhealthfoundation.org

The information in this publication is not intended as legal or tax advice. For such advice, please consult an attorney or tax advisor. References to estate and income taxes include federal taxes only. State income/estate taxes or state law may impact your results.



Healthy Together

Fitness is a family affair for three generations

By Alison Stanton

To say that Mia Ciotola is close to her mom, Donna Allen, and her grandma, Dolores Thomas, is an understatement.

The three women text and phone each other frequently and get together as often as they can.

“We are definitely a close-knit family,” Mia says. “Not a day goes by that we are not in touch.”

So when Donna learned about the “Weigh” To Go! class offered by Sun Health and asked her daughter and mom to join her, Mia says they all readily agreed.

The trio took the 12-week class in late 2017, finishing right before Christmas.

“I thought this would be a very unique opportunity to combine spending time together with my mom and grandma, but also learning together and growing together,” Mia says, adding that all three of them were weighed and had their body mass index, or BMI, measured at the start of the class.

By the end of the 12 weeks, Mia says she, her mom and grandma all

had “significant weight loss” along with a drop in their BMIs.

“We learned about the importance of mindful eating and implementing some type of movement or exercise. The Sun Health instructors who taught the class were so encouraging — they said that when it comes to exercise, quantity is not as important as quality and that we shouldn’t over-do it.”

As the result of taking the class, Mia says the three of them now have pedometers and are mindful of how many steps they take each day.

“We all try to get out and do something every day, whether it is walking at the mall or at a track in Sun City Grand.”

While she is at work, Mia says she also now strives to get up from her desk regularly to walk around, and when the members of the three generations get together and are watching television, they get up and move during the commercials.

“We are much more mindful eaters now and ask ourselves if we are really hungry before eating. We put our forks down during the meals and enjoy the food and just being

together,” Mia says, adding that for her mom and grandma especially it was challenging to accept that it’s okay to not be in the “clean plate club.”

“That is the way they were raised and the way they raised their kids, but we learned that when you don’t waste food, it ends up on your waistline.”

Mia says that she, her mom and grandma all encourage each other to stay on track with their healthy diets and exercise by sharing quotes, affirmations and words of encouragement by phone or text.

Taking part in the “Weigh” To Go! class and the Happy, Healthy Holiday event last December also got Mia to thinking about how important it is for all women to take care of their health.

“To me, ‘women’s wellness’ means empowering each other to be better versions of ourselves and thinking about the mind/body/spirit and to not focus on one thing in particular, but treat ourselves as whole.”

For more information, call 623-832-WELL (9355) or sunhealthwellbeing.org



HAVE YOU BEEN SCREENED FOR OSTEOPOROSIS?

According to the National Osteoporosis Foundation, osteoporosis is a disease of the bone that makes a person's bones weak and more likely to break. Approximately half of all adults age 50 and older are at risk of breaking a bone and should be concerned about bone health. Further, one in two women and up to one in four men will break a bone in their lifetime due to osteoporosis. For women, the incidence is greater than that of heart attack, stroke and breast cancer combined.

Screening for osteoporosis is simple and painless, involving an X-ray machine that measures your bone density. Postmenopausal women should be screened every two years. Men who have risk factors for osteoporosis should also be screened. Ask your primary care physician about osteoporosis screening, which is a Medicare-covered benefit.

And, if you've had a fracture after 50, it is essential that you are screened for osteoporosis. Often a fracture is the first warning sign of osteoporosis, and if this condition is treated correctly the first time, future fractures can be prevented.

To learn more, visit www.nof.org.

SunHealthLiveWell.org

Ingredients

- 1 pre-made pie crust
- 1 tablespoon olive oil
- 2 cups fresh spinach
- ½ cup mushrooms
- ¼ cup onions
- 1 cup shredded Swiss cheese
- 6 eggs
- ½ cup milk
- ¼ cup sour cream
- Salt and pepper to taste
- Paprika



Selected by Registered Dietitian Nutritionist Tracy Garrett from the Sun Health Center for Health & Wellbeing for its bone-building nutritional content

Directions

1. Preheat oven to 350°.
2. Put the pie crust into a pie pan and prick several times with a fork. Sauté the spinach, mushrooms and onion in the olive oil. Place the spinach mixture in the pie crust and top with the cheese.
3. Combine the eggs, milk, sour cream and salt and pepper to taste and pour over the spinach-cheese mixture. Sprinkle with paprika.
4. Bake in preheated oven for 35 minutes.

Nutritional Information

Servings: 6, Amount/Serving: Calories 341, Total Fat 24g, Sat. Fat 12g, Cholesterol 225mg, Sodium 394mg, Total carbohydrates 15g, Sugars 2g, Dietary Fiber 1g, Protein 15g, Calcium 236mg, Vitamin D 50.4 IU.

For more healthy recipes, visit SunHealthLiveWell.org

Recipe from the College of Agricultural, Consumer and Environmental Sciences (ACES) at the University of Illinois at Urbana-Champaign


Classes & Events

REGISTRATION REQUIRED! SPACE IS LIMITED, SO REGISTER EARLY.

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

 **Register by phone** beginning at 8 a.m.
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

Banner Del E. Webb/Auditorium — 14502 W. Meeker Blvd., Sun City West, use the Louisa Kellam Center for Women's Health entrance

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

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

Grace Bible Church — 19280 N. 99th Ave., Sun City

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

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

Iora Primary Care — 13940 W. Meeker Blvd, 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. R. H. Johnson Blvd., Sun City West

The Colonnade — 19116 N. Colonnade Way, Surprise

BONE & JOINT HEALTH

Lifestyle Strategies to Prevent & Treat Osteoporosis

Join Sun Health's Registered Dietitian Tracy Garrett and Exercise Physiologist Rhonda Zonoozi to learn how nutrition and exercise affect bone health and steps you can take to prevent osteoporosis or slow its progress.

Friday, May 11; 2 to 3:30 p.m.

Location: La Loma Village H&R

Monday, May 14; 2 to 3:30 p.m.

Location: The Colonnade

Prevention & Management of Osteoporosis

Tuesday, May 22; 2 to 3:30 p.m.

Approximately half of all seniors suffer from low bone density in the form of osteoporosis or its precursor, osteopenia. Dr. Walter Nieri, geriatrician, will discuss appropriate screening and evaluation, available treatment options and overall management of osteoporosis.

Location: Banner Boswell Medical Center/Juniper Conf. Room

BRAIN HEALTH

Gender Bias and the Brain

Tuesday, May 15; 1:30 to 3 p.m.

We know men and women are different...there's no denying this. But when it comes to the brain, are the playing fields equal? Michelle Toft, LMSW, EDM, will explain the differences between men and women's cognition and what women can do to maintain a healthy brain.

Location: Grace Bible Church

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, May 4 & 18; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will show how to create dishes with cabbage & sauerkraut (5/4) and leafy greens (5/18).

Location: The Colonnade

Colon Cancer Prevention & GERD

Wednesday, May 9; 1:30 to 3 p.m.

Jyotsna Ravi, MD, will explain available screening procedures for colon cancer and how lifestyle interventions may prevent or delay the disease. Participants also will learn about the signs and symptoms of gastroesophageal reflux disease, GERD, and ways to avoid it.

Location: Banner Boswell/Memorial Hall West

HEALTH & WELLBEING

Take a Tour of the Center for Health & Wellbeing

Tuesday, May 1; 11 a.m. to noon

Tour the Sun Health Center for Health and Wellbeing to learn about its services and meet the staff.

Location: Center for Health & Wellbeing

Self-Esteem: Give Yourself a Boost

Monday, May 21; 2 to 3:30 p.m.

Join Barbara Mason, CADC, to learn the importance of maintaining dignity and increasing self-esteem as you age to develop an attitude of positivity, usefulness and involvement to better respond to change.

Location: Grandview Terrace H&R

Essential Oils for Beginners

Thursday, May 24; 2 to 3:30 p.m.

Cynthia Campbell, wellness advocate, explains what essential oils are, their origin and history of use and how to use them safely in today's world.

Location: The Colonnade

HEART HEALTH

Managing Atrial Fibrillation

Friday, May 18; 9:30 to 11 a.m.

Cardiac Educator Becky Kraemer, RN, explains how to manage and live healthy with Afib.

Location: Banner Boswell/Chapman Conf. Room

Taking Care of Your Heart

Thursday, May 17; 10 to 11 a.m.

Join Mark Burns, MD, to learn about complex ablations and how this treatment can lead to improved heart health.

Location: Banner Boswell/Memorial Hall West

Living Well with Congestive Heart Failure

Monday, May 21; 9 to 11 a.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: SCW Foundation/Webb Room

DIABETES CARE

Diabetes Prevention Program

The 16-week National Diabetes Prevention Program is a research-based program focused on weight management, nutrition, exercise and behavior modification for lifestyle changes to prevent or delay Type 2 diabetes. Includes seven monthly maintenance sessions at the conclusion of the series. **Call 623-832-WELL (9355) to register and inquire about insurance coverage.**

Starts Thursday, May 10:

9 to 10 a.m.; Center for Health & Wellbeing

1:30 to 2:30 p.m.; Banner Boswell/Chapman Conf. Room

Diabetes Connection Group

Monday, May 21; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes. May's topic is "Changing your mindset about physical activity." **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 May 22.**

Starts Tuesday, May 29:

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

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

Starts Wednesday, May 30:

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

MEMORY CARE**Dementia Caregiver Support Group****Wednesdays, May 2 & 16; 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

Tips for Dealing with Caregiver Stress**Thursday, May 3; 10 to 11:30 a.m.**

When you are the primary caregiver for someone with dementia, the stress can build up to an unhealthy level. Marty Finley, a Memory Care Navigator for Sun Health, will share tips to help you cope.

Location: Iora Primary Care

NUTRITION**"Weigh" to Go! – An Introduction to Weight Loss****Friday, May 4; 9 to 10 a.m.**

Join Sun Health's Registered Dietitian Tracy Garrett to learn the benefits and strategies of successful weight loss. Attendees will also learn how to enroll in our upcoming "Weigh" to Go!, a 12-week weight loss program.

Location: Center for Health & Wellbeing

"Weigh" to Go! – Weight Loss Series**Starts Friday, May 11; 8:30 to 10 a.m.**

This 12-week interactive series is designed to help you safely lose and maintain weight through proven methods including healthy eating, increased activity and behavior modification. The series is taught by Tracy Garrett, registered dietitian, and Rhonda Zonoozi, exercise physiologist. **Call 623 832-WELL (9355) to register for this series and inquire about cost.**

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).

Fit & Balanced**Wednesdays – 1:30 to 2:30 p.m.; Series FAB4:****May 9, 16, 23 & 30; Jun. 6, 13, 20 & 27**

Beginner level, low-intensity class using A Matter of Balance program exercises, with a chair for support. **Participants must be able to stand independently.**

Chair Yoga**Wednesdays – 8 to 9 a.m.; Series CY20:****May 30; Jun. 6, 13, 20 & 27; Jul. 11, 18 & 25**

Beginning Chair yoga.

Chair Yoga Plus**Wednesdays – 9:30 to 10:30 a.m.; Series CYP3:****May 30; Jun. 6, 13, 20 & 27; Jul. 11, 18 & 25**

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

SAFETY**Balance & Strength Training****Wednesdays – 3:30 to 4:30 p.m.;****May 9, 16, 23 & 30; Jun. 6, 13, 20 & 27**

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

WOMEN'S HEALTH**Women's Breast Health Education & Awareness****Tuesday, May 15; 9 to 10:30 a.m.**

When we talk about breast health, most women think of breast cancer as their No. 1 concern. Join Kelly Rosso, MD, to learn why breast cancer is not the only reason to be concerned about the health of your breasts.

Location: Banner Del E. Webb/Auditorium

Take Control of Your Pelvic Health**Wednesday, May 30; 2 to 3:30 p.m.**

Female pelvic medicine addresses common conditions among women with pelvic floor problems, such as urinary and fecal incontinence, pelvic organ prolapse, pelvic pain and overactive bladder. Join Ali Azadi, MD, to learn how early detection and treatment of pelvic floor disorders can improve one's prognosis.

Location: Grandview Terrace Ballroom

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May Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
 <p>Register online Starting at 6 a.m., April 12 sunhealthcommunityeducation.org</p>	<p>1</p> <ul style="list-style-type: none"> Take a Tour CHW; 11 a.m. to noon 	<p>2</p> <ul style="list-style-type: none"> Dementia Support Group; 3 to 4 p.m. 	<p>3</p> <ul style="list-style-type: none"> Tips for Dealing with Caregiver Stress; 10 to 11:30 a.m. 	<p>4</p> <ul style="list-style-type: none"> "Weigh" to Go! Introduction; 9 to 10 a.m. Healthy Meal Prep; 10 to 11 a.m. <p>Note: Friday Exercise Class continues from prior month. Next series begins on June 1, 2018</p>
<p>7</p> <p>Note: Monday Exercise classes continue from prior month. Next series begins on July 2, 2018</p>	<p>8</p>	<p>9</p> <ul style="list-style-type: none"> Fit & Balanced (FAB4); 1:30 to 2:30 p.m. Colon Cancer & GERD; 1:30 to 3 p.m. Balance & Strength (1 of 8); 3:30 to 4:30 p.m. 	<p>10</p> <ul style="list-style-type: none"> Diabetes Prevention Program (1 of 16); 9 to 10 a.m. Diabetes Prevention Program (1 of 16); 1:30 to 2:30 p.m. 	<p>11</p> <ul style="list-style-type: none"> "Weigh" to Go! (1 of 12); 8:30 to 10 a.m. Prevent & Treat Osteoporosis; 2 to 3:30 p.m.
<p>14</p> <ul style="list-style-type: none"> Prevent & Treat Osteoporosis; 2 to 3:30 p.m. 	<p>15</p> <ul style="list-style-type: none"> Women's Breast Health; 9 to 10:30 a.m. Gender Bias and the Brain; 1:30 to 3 p.m. 	<p>16</p> <ul style="list-style-type: none"> FAB4 continues Dementia Support Group; 3 to 4 p.m. Balance & Strength (2 of 8); 3:30 to 4:30 p.m. 	<p>17</p> <ul style="list-style-type: none"> Diabetes Prevention Program (2 of 16); 9 to 10 a.m. Taking Care of Your Heart; 10 to 11 a.m. Diabetes Prevention Program (2 of 16); 1:30 to 2:30 p.m. 	<p>18</p> <ul style="list-style-type: none"> "Weigh" to Go! (2 of 12); 8:30 to 10 a.m. Atrial Fibrillation; 9:30 to 11 a.m. Healthy Meal Prep; 10 to 11 a.m.
<p>21</p> <ul style="list-style-type: none"> Congestive Heart Failure; 9 to 11 a.m. Self-Esteem; 2 to 3:30 p.m. Diabetes Connection; 3 to 4 p.m. 	<p>22</p> <ul style="list-style-type: none"> Prevention & Management of Osteoporosis; 2 to 3:30 p.m. 	<p>23</p> <ul style="list-style-type: none"> FAB4 continues Balance & Strength (3 of 8); 3:30 to 4:30 p.m. 	<p>24</p> <ul style="list-style-type: none"> Diabetes Prevention Program (3 of 16); 9 to 10 a.m. Diabetes Prevention Program (3 of 16); 1:30 to 2:30 p.m. Essential Oils; 2 to 3:30 p.m. 	<p>25</p> <ul style="list-style-type: none"> "Weigh" to Go! (3 of 12); 8:30 to 10 a.m.
<p>28</p> <p>Memorial Day Our Offices are Closed</p> 	<p>29</p> <ul style="list-style-type: none"> Diabetes Self-Management (1 of 5); 9:30 to 11:30 a.m. Diabetes Self-Management (1 of 5); 2 to 4 p.m. 	<p>30</p> <ul style="list-style-type: none"> Chair Yoga (CY20); 8 to 9 a.m. Chair Yoga Plus (CYP3); 9:30 to 10:30 a.m. FAB4 continues Pelvic Health; 2 to 3:30 p.m. Diabetes Self-Management; 2:30 to 4:30 p.m. (1 of 5) Balance & Strength (4 of 8); 3:30 to 4:30 p.m. 	<p>31</p> <ul style="list-style-type: none"> Diabetes Prevention Program (4 of 16); 9 to 10 a.m. Diabetes Prevention Program (4 of 16); 1:30 to 2:30 p.m. 	 <p>Register by phone Starting at 8 a.m., April 12 623-207-1703 <i>*except where noted</i></p>



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