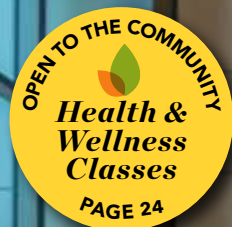


Celebrating Your Health & Lifestyle

July 2018

LiveWell

The Sun Health Way



Supporting Your Future Needs at Home

FAQs about Sun Health at Home answered

State of The Art
La Loma University's College of Fine Arts awarded top honors

The Fire Within
The right food can help reduce chronic inflammation

Warm Hearts - Willing Hands

Volunteers turning compassion into action

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Thursday, July 12
1:30 p.m.

GOODYEAR
Friday, July 13
10:00 a.m.

SUN CITY
Monday, July 16
9:30 a.m.

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Gala

Celebrating Sun Health Champions of Yesterday and Today



Emmitt Smith
SPECIAL GUEST

For ticket information or partnership opportunities, please contact Jamie Rogers at 623-832-5734 or jamie.rogers@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

SUN HEALTH LEADERSHIP
Sharon Grambow,
Interim President and CEO

Jennifer Drago,
Exec. VP-Population Health

Joe La Rue,
Exec. VP

Bill Sellner,
Exec. VP and CFO

SUN HEALTH MARKETING
Ken Reinstein, Marketing Dir.
Ashley Durham, Graphic Design
John Tucker, LiveWell Editor
623-832-5496
john.tucker@sunhealth.org

CREATED FOR SUN HEALTH



We're always looking for ways to provide you with useful information. In this issue, we begin with FAQs about Sun Health at Home (SHAH), the first continuing care at home program in the Southwest. SHAH membership counselors Josh Freegard and Rachel Collyer provide the answers.

Next, La Loma Village residents are discovering and rediscovering the joys of visual arts and music through La Loma University's Julia Sweeney College of Fine Arts, a program that recently won a special award.

The Sun Health story wouldn't be complete without recognizing the role volunteers have played in the organization's success. Three volunteers, who have devoted thousands of hours to Sun Health and Banner Health, share why they give and keep on giving.

Finally, Tracy Garrett, registered dietitian nutritionist, shares information on foods that can reduce inflammation in the body, which has been linked to multiple health problems.

Thanks for reading *LiveWell*. We welcome your comments and questions at information@sunhealth.org.

To your health,



Sharon Grambow

Sharon Grambow
Interim President and CEO, Sun Health

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SunHealthLiveWell.org

On the cover: (L-R) Sun Health/Banner Health volunteers Pearl and Art Quast and Christine Smith.



Supporting Your Future Needs at Home

FAQs about Sun Health at Home answered

By *Meghann Finn Sepulveda*

When it comes to your health and wellbeing, having a plan in place is essential. Sun Health at Home is a comprehensive and cost-effective continuing care at home plan designed for individuals who wish to age in place.

Whether you already have long-term care insurance or are just exploring coverage of your future long-term needs, Sun Health at Home membership counselors Josh Freegard and Rachel Collyer explain the benefits of a continuing care at home plan and discuss how it can complement existing long-term care plans or serve as an alternative to these types of plans.

What is Sun Health at Home?

Rachel: Sun Health at Home is a nonprofit continuing care at home plan that is ideal for people age 55 and older who are reasonably healthy and independent and have a strong desire to remain in their home. We provide personalized coverage that is guaranteed for life and tailored to meet the

changing health needs of our members as they age, along with support services such as community wellness classes, transportation coordination and medication management.

The program also protects against rising health care costs.

Sun Health at Home members can feel confident knowing that a trusted wellness coordinator and personal advocate is locally based and available 24/7 to initiate benefits and navigate all aspects of care.

Can I join Sun Health at Home if I have an existing long-term care insurance plan?

Josh: Absolutely. We have several membership plan options available including those designed to complement long-term care insurance policies. Sun Health at Home can complement these plans to better meet today's standards so members can prepare for their future and preserve their hard-earned assets.

Rachel: Sun Health at Home can also fill in the caps and gaps that may exist with a long-term

care insurance plan in areas such as waiting periods and benefit caps. Sun Health at Home provides solutions to members by eliminating long waiting periods and by not requiring a physician's order to submit a claim and initiate care. Unlike a long-term care insurance plan, we can quickly step in, provide support and fulfill the health needs of our members when only one activity of daily living – such as eating, bathing or dressing – is identified as deficient.

How is Sun Health at Home a more affordable option?

Josh: Most long-term care insurance plans often don't consider the cost of inflation. Many individuals who rely on these plans have elected an expensive inflation rider to adjust the daily coverage limit. This amount typically equates to nearly half of the premium of the policy and is usually not affordable for most people. Sun Health at Home offers generous daily coverage amounts for members, which increase over time. The cost is built into our program and can be adjusted as needed.

Can I qualify for a continuing care at home plan if I did not qualify for long-term care insurance?

Josh: There are some financial and medical qualifications that individuals must meet before they can join Sun Health at Home, including the ability to live independently and have no current signs of cognitive impairment or serious health conditions that could require long-term care in the near future.

Rachel: We take a general overview of an individual's lifestyle and review their medical records from the past two to five years. Unlike a long-term care insurance plan that may deny people who suffer from diabetes or asthma, Sun Health at Home accepts individuals who are appropriately managing

these common health conditions.

What if my health changes?

Josh: Once you are a member, we help you to navigate each health situation and provide the coverage you need for short-or long-term caregiver assistance, medically necessary transportation and other supportive care services. Our program provides peace of mind, which is especially important to those who wish to remain at home so they have a much greater chance of being successful.

Rachel: Sun Health at Home is intended to be a lifetime program. We are committed to making sure the home is the safest place for our members. While the goal is to prevent the need for facility-based care, it is available at Sun Health's three award-winning active Life Care retirement communities in addition to access to preferred providers for members who live in areas outside of the West Valley.

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, Arizona

- Thursday, July 12 at 11 a.m.
- Monday, July 16 at 3 p.m.
- Wednesday July 25 at 1 p.m.
- Tuesday July 31 at 10 a.m.

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

Students from La Loma University's "History of Street Art" class took a field trip to downtown Phoenix to see the real thing.

State of The

Art

La Loma University's College of Fine Arts awarded top honors



PHOTO BY JAYNETTE ESPINOLA

By Shanna Hogan

Retired engineer Lynn Snyder had not picked up a paintbrush since he was a child. But an art class at La Loma Village, where he lives, awakened a forgotten muse inside him.

Today, he's a budding artist

"The painting is great. I'm not very good at it, but I'm trying," Lynn says. "I'm learning to blend paints together to get the color that I want. I've gotten a little bit better."

Lynn and dozens of other La Loma residents, might not have discovered their inner artist if not for the Julia Sweeney College of Fine Arts.

La Loma University's popular art college recently won the 2018 Best Practices Award from LeadingAge Arizona, a nonprofit leader in education and advocacy in aging services.

About five years ago Windy Hadley, La Loma's life enrichment program director, along with other staff and residents, developed La Loma University to provide opportunities for residents to keep learning.

"There was a need for lifelong learning here at La Loma Village that was evident," Windy says. "The residents were wanting more variety of intellectual offerings."

Working under the guidance of a resident committee, Windy and her team successfully launched La Loma University in 2013. However, a year-and-a-half ago, she realized something was missing.

"We had an amazing program, but we were missing one component that's really important," Windy says. "And that was the fine arts."

For months, Hadley collaborated with members of La Loma Village's Life Enrichment team to research, develop and launch the Julia Sweeney College of Fine Arts. That included the music therapist and the art enrichment life therapist, who previously were not involved in the independent living side of La Loma.

"The team spent hours and hours researching and developed different variations of programming that would be intellectually appealing and fun to everyone, even people who are not artists," Windy says.



The school was named in memory of former La Loma Village resident Julia Sweeney, an artist who formed the first art club on campus.

“She was beloved,” Windy says. “It was a perfect connection to name the program after her.”

More than 35 percent of the residents attended the initial debut, and the classes have continued to grow in attendance and popularity. Current classes include: “History of Street Art,” “Paint like the

Greats,” “Music of the World” and “Composer Spotlights.”

“We used to have zero fine arts opportunities and now we have at least four substantial classes a month,” Windy says. “It’s very exciting to see.”

After that first art class, Lynn continued creating and drawing. He’s since painted flowers and landscapes — something he never imagined doing before moving to La Loma Village.

“Being retired and living in a place like this, I don’t have the responsibilities of taking care of a house or doing all that other stuff,” he says. “So, I have time to devote to something new and creative. It’s really fun.”

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

PARTNERS for Good

Partnering with LeadingAge Arizona yields benefits

Congratulations to the residents and staff at La Loma Village for winning Best Practice honors at this year’s LeadingAge Arizona awards ceremony. Sun Health’s Life Care communities enjoy a longstanding connection with LeadingAge Arizona, a nonprofit that provides advocacy and education about issues related to the continuum of care for people over the age of 65.

Our own Bhakti Gosalia, executive director of Grandview Terrace, serves on the board of directors for LeadingAge Arizona. In her role, Bhakti advocates on both a local and national level to advance public policies, promote best practices and offer cutting-edge training and educational programming for health care, housing and senior services in Arizona. Sun Health’s interim president and CEO Sharon Grambow served on the organization’s board for several years.

As a member of LeadingAge Arizona, we benefit by having a voice at the table with decision makers regarding licensing and regulations. The partnership also provides us with a platform to share thoughts and dialogue about important issues pertaining to older adults.

Over the past few years, LeadingAge Arizona has recognized several Sun Health Senior Living employees and programs with awards ranging from excellent service to innovation to leadership and best practices.

Our affiliation with LeadingAge Arizona is just one of the many nonprofits with whom we are proud to partner. They inspire us to continuously look for ways to improve the lives of our residents.



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

Warm Hearts - Willing Hands

(L-R) Christine Smith, Art Quast, Pearl Quast.

PHOTO BY ALLEN BUTLER

Volunteers turning compassion into action

By Susie Steckner

Before there was Sun Health, there were volunteers – go-getters who saw the need for a community hospital in Sun City and who marshaled local support and raised funds to open Walter O. Boswell Memorial Hospital in 1970.

They and the hundreds of volunteers who helped staff the hospital may not have realized it at the time, but they were planting seeds of compassion and philanthropy, seeds that continue to bear fruit at the two local medical centers, the research institute and across the West Valley.

Here are the stories of three current volunteers at Banner Del E. Webb Medical Center who are metaphorically working in the health care vineyard.

Christine Smith

Throughout her life, Christine “Chickie” Smith has been guided by a simple motto: Pass it on. When someone has done a good deed for

you or a deserving organization needs help, give of yourself.

These days, Christine is passing it on as a roving ambassador for Banner Del E. Webb.

“I just thoroughly enjoy it,” Christine says. “It’s social and you feel like you’re helping people.”

Helping people has always been part of her life.

A native Californian, Christine met her late husband Dick when they were students at UCLA, and the couple went on to have five children. Christine later supplemented her degree in physical therapy with an associate’s degree in nursing and forged a part-time career working in various doctors’ offices.

Over the years, Christine has given back to the community in numerous ways, from special-events volunteering and charity quilter to a money counter at her church.

Christine began volunteering at the hospital in 2012 and has served almost 2,400 hours since. Her nursing

background and warm personality are a welcome addition to the busy medical center, says Banner Del E. Webb’s Volunteer Coordinator Donna Barr.

“Christine is great with patients, visitors and staff because she has such a calm and friendly demeanor.”

In a 2016 email, surgery nurse Cynthia Frami praised Christine for helping a patient’s husband who had flown a long distance to be with his wife for her emergency surgery. In addition to being tired, the gentleman had limited mobility. Christine helped him get around and stayed by his side from start to finish.

“What a heartwarming and amazing show of customer caring,” Cynthia wrote in the email.

Christine, who lives at The Colonnade and is a Sun Health Foundation supporter, finds volunteering at the medical center to be a heartwarming experience.

“The volunteers and staff become like your friends,” she says. “It’s like a whole family in itself.”

A Shared Mission

For Superior Health Care



A Shared Vision

Sun Health's West Valley roots began in 1966 when residents of Sun City, the country's first active adult community, determined that there was a need for a hospital to support their quest to age well. These residents started fundraising and, in 1970, Walter O. Boswell Memorial Hospital opened. Some years later, Sun City West residents embarked on a similar fundraising campaign to launch a hospital in that new and growing retirement community and, in 1988, the Del E. Webb Memorial Hospital opened to serve the far northwest Valley.

As the area grew, the nonprofit Sun Health hospital system expanded to meet the needs of the growing communities, ultimately adding a community health education program, skilled nursing services, home care, personal care services, hospice services and residence, a memory care residence and a world-renowned research institute.

In 2008, as the health care environment was rapidly evolving, Sun Health sold its health care assets to the nonprofit Banner Health, spurring a unique decade-long partnership with Sun Health Foundation serving as the fundraising arm of the Banner Boswell and Del E. Webb medical centers and the Banner Sun Health Research Institute. Over the past 10 years, this fruitful partnership has resulted in \$84 million being raised from

community donations and other sources to support needed equipment, enhancements and research at these facilities. Some of the projects funded with these resources include additional private beds for progressive care, a new cardiac catheterization lab, orthopedic surgical equipment and a new endoscopy suite at Banner Del E. Webb Medical Center, as well as a cardiac hybrid operating room at Banner Boswell Medical Center.

Today, the Sun Health and Banner Health partnership provides West Valley residents with the very best in medical care and community wellness programs to serve their health needs, now and in the future. The next chapter of our philanthropic partnership is profiled on pages 10 and 11 of this report. We invite you to learn more about exciting enhancements in our community's health care that we will be partnering together on next. We applaud your philanthropic spirit; past, present, and future!



Sharon Grambow
Interim President and
Chief Executive Officer
Sun Health



Debbie Flores
Chief Executive Officer
Banner Boswell and
Del E. Webb medical centers

Banner Health purchases Boswell and Del E. Webb from Sun Health. Sun Health Foundation becomes exclusive philanthropic partner for the medical centers



2008



Cardiac Cath Lab added at Banner Del E. Webb



2009

La Loma Village merges with Sun Health



2010

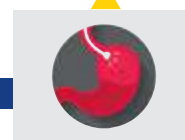
Sun Health purchases The Colonnade community



2011



Cath/Endovascular Lab added at Banner Del E. Webb



2011

An Extraordinary Partnership Between Sun Health & Banner Health Continues a Legacy of Superior Health Care

Our partnership provides West Valley residents with the very best in medical care and community wellness programs to serve your health needs, now and in the future. The nonprofit Sun Health Foundation is proud to serve as the philanthropic partner of Banner Boswell Medical Center, Banner Del E. Webb Medical Center, and the Banner Sun Health Research Institute.

Our Partnership by the Numbers Since 2008

\$79 MILLION

provided by Sun Health Foundation and its donors to support capital and program enhancements at Banner Boswell and Banner Del E. Webb medical centers

\$5 MILLION

to support research in diseases of aging and clinical care for memory and movement disorders at the Banner Sun Health Research Institute

10 YEARS

The philanthropic partnership between Sun Health and Banner Health launched in September 2008 and continues to flourish today

10,225 DONORS

invested in their community's health care including 3,839 employees of Banner Health and Sun Health



indicates funding from community through Sun Health Foundation



Banner Del E. Webb Medical Center Celebrates 30 Years of Superior Care

A trailer on Meeker Boulevard, staffed by a single doctor. That was the extent of health care in Sun City West in the early 1980s. Walter O. Boswell Memorial Hospital, now Banner Boswell Medical Center, stood seven miles away in Sun City.

“When I found out Sun Health was building a hospital in Sun City West, I thought it was wonderful,” Sun Health Foundation donor Aloise Wrobel says. “We wanted all the support that was possible in our own area.”

In 1988, Del E. Webb Memorial Hospital was opened to serve the growing community. Area residents donated \$9 million through Sun Health Foundation to help build the hospital.

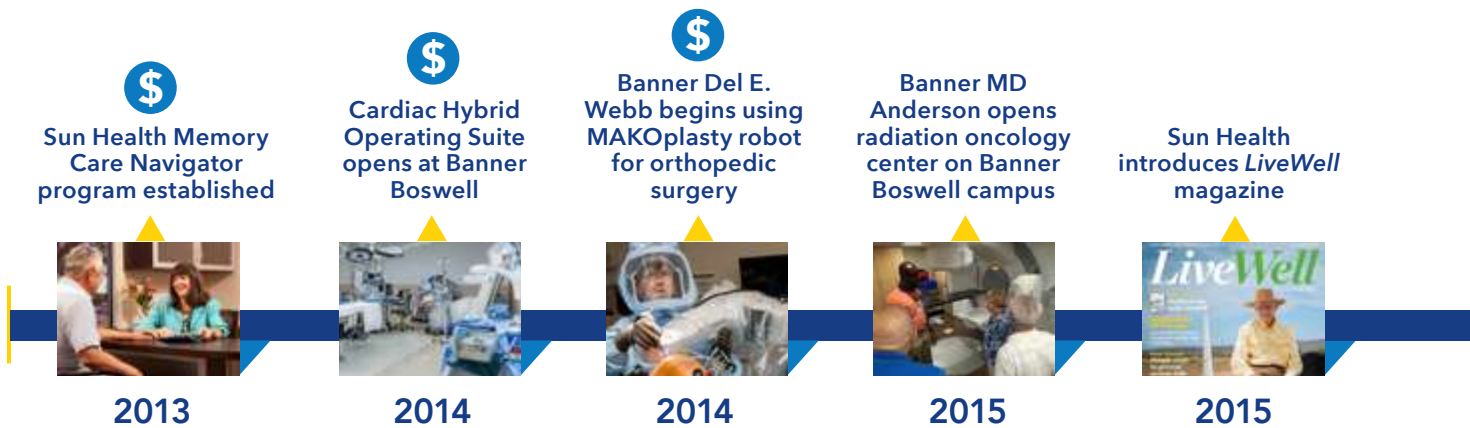
“It all started with the community,” says Debbie Flores, CEO of Banner Boswell and Banner Del E. Webb medical centers.

“Throughout Banner Del E. Webb’s 30-year history, it’s been Sun Health Foundation donors who helped us make improvements, expand services and provide broader care to this community.”

Debbie cited a few recent examples of what Foundation donors have supported in recent years.

“Several years ago, we expanded and built a much needed cardiac catheterization lab,” she says. “We also recently added an advanced robotic technology, the MAKO Robot, to our Banner CORE Center for Orthopedics that provides patients the opportunity to have a minimally invasive surgery, such as knee replacement, and is really one of the newest technologies in that area.”

Another recent example is the Progressive Care Unit that opened in 2017. The 29,952 square-foot unit added 28 private beds, and state-of-the-art care for the community.





In addition, the new unit houses a large central telemetry monitoring room, from which technicians continually monitor the vital signs and heart rhythms of patients via a bank of monitors and other specialized equipment.

“We would not be able to do the things that we have done to expand and enhance services without the support of the community and our donors through Sun Health Foundation,” Debbie says.

To celebrate the 30th Anniversary, Sun Health and Banner Health held two community events in February. One event was a community fair, which showcased several programs and services at Banner Del E. Webb funded by Sun Health Foundation. Employees, volunteers and physicians who have been with the center since 1988 also were given special recognition. The second community event featured an inspirational talk by legendary football coach Lou Holtz, who addressed a crowd of nearly 800 people in Sun City West.

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 medical center, is crucial for success.

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

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 and Banner 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 says.

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 \$79 million to support capital and program improvements on both campuses.



Banner Del E. Webb opens inpatient unit for behavioral health patients, ages 18-54



2016

Sun Health at Home launches first continuing care at home in Southwestern US



2016



Progressive Care Unit opens at Banner Del E. Webb



2017



New Emergency Department
Oncology Service Line Expansion
Total Joint and Spine Center Development
Women and Infants Services Expansion



2018 and beyond

The Keys to a Safer Community

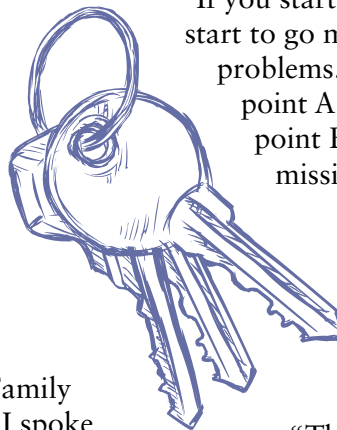
Videos from the "Memory Loss: When to Take the Keys" seminar are available at: sunhealthwellbeing.org/mcnvideos

In January, Sun Health and the Banner Sun Health Research Institute (BSHRI) teamed up for a special event titled "Memory Loss: When to Take the Keys." Nearly 100 people attended the half-day seminar that included presenters from both organizations as well as local attorney Lora Johnson and Certified Driver Rehabilitation Specialist Jenny Nordine.

Bryan M. Spann, D.O., Ph.D., cognitive and neurobehavioral specialist, and Lori Nisson, Family and Community Services director, from BSHRI spoke about important topics related to driving and memory loss, including tips on how to start the conversation about retiring from driving.

According to Dr. Spann, a person with Alzheimer's disease may experience significant shrinkage of brain mass each year, compared to a normally aging person who might lose only a minimal amount of brain mass per year. The impact of brain volume loss or atrophy plus additional factors can lead to problems for people with Alzheimer's who continue to drive.

"A person with normal brain function receives information from our environment and all of our senses, what we see, smell, taste, feel and touch, and then uses memories to interpret these things, such as a familiar landmark or common street signs," Dr. Spann says.



"If you start having memory problems, pieces start to go missing and that leads to driving problems. Someone might be able to get from point A to point B, but cannot get from point B to point C, because that part is missing."

This was the first time the two organizations partnered together for a half-day workshop benefiting the community, according to Lori.

"The partnership of like-minded entities really enables our teams to collaborate to better serve our community," she says. "Both organizations focus on ways to help family caregivers and this topic catches the attention of many families that encounter the challenges of facing dementia and driving. This event was a success because it gave each organization a greater reach in the community, and offered family and professional caregivers concrete strategies to equip them to more effectively manage this issue."



Bryan M. Spann, D.O., Ph.D.

Roadmap to Caregiving

Supported by Sun Health's Memory Care Navigator Program

For years, Ken Barberi and Mary Lou Pelletier (pictured below) have been friends. When Mary Lou was diagnosed with dementia, Ken became her full-time caregiver. But he hasn't been alone. Sun Health's Memory Care Navigator (MCN) program is by his side. Navigator Marty Finley provided information about community resources and helped Ken develop an action plan. It has given Ken peace of mind.

"It's an enormous help. I don't know how you would approach this without having an organization like Sun Health," Ken says. "You know what to expect. You know what resources you can access. It's not a big unknown anymore."

The MCN program, offered at no charge, helps clients, family members and caregivers navigate the emotional, psychological and physical effects of Alzheimer's disease and related dementias. The program is fully funded through donations to Sun Health Foundation.



"I don't know how you would approach this (dementia) without having an organization like Sun Health."

Ken Barberi

Ken, a retired Foreign Service officer, and Mary Lou live in the same house and are navigating the dementia journey together. After Mary Lou received a diagnosis in 2014, Ken reached out to the MCN program for help.

Marty visited the couple at home, working with Ken to create emergency care and transition plans and directing him to helpful resources. She also gave him a better understanding of what the next few years might look like as Mary Lou's condition changes. Since the diagnosis, Marty has offered plenty of practical advice too - everything from eliminating trip hazards like rugs to taking a "sweet and soft" approach to caregiving with chocolate treats.

Ken doesn't know exactly what the future holds for Mary Lou, but he knows he can turn to Sun Health's Memory Navigator Program as needed.

"I find it extremely useful and I think anybody going through this would need an organization like this," Ken says. "Marty gave me a road map."



'A Wonderful Resource' for Diabetes Education

Sun City Physician Values Sun Health Center for Health & Wellbeing Programs



Thomas Maxwell, M.D.

Thomas Maxwell, M.D., managing partner, Maxwell Group, has practiced medicine in Sun City his entire career. The primary care physicians and other providers in his practice see about 120 patients a day, and diabetes and pre-diabetes are prevalent issues.

Dr. Maxwell's group refers patients to Sun Health's Center for Health & Wellbeing's Diabetes Self-Management Education (DSME) and Diabetes Prevention Program. The Center is staffed by two registered dietitians, who are certified diabetes educators, and an exercise physiologist, who is also a certified wellness coach.

"We refer patients to Sun Health because, quite frankly, other resources for diabetes education are lacking," Dr. Maxwell says.

"The fact that Sun Health has these programs is wonderful. It's a great resource," he adds.

Rene Kridler, practice manager at the Center, appreciates the importance of those referrals. "Physician referrals are critical to our programs. Patients trust their physician and will put their trust in us when their doctor recommends our program." Rene says. "To truly serve our community, we must have physicians on board, working together to educate and shift the current health care model from treatment to prevention."

Dr. Maxwell spends about 15 minutes with each patient. However, he rarely has time to cover patient education.

"It's tough because my patients usually are not there for just one issue," he says. "Almost invariably there are other concerns unrelated to what the appointment was for, so you spend time dealing with those things. It can be a challenge to provide patients with needed education in a limited timeframe."

He values the patient who takes a proactive approach to his or her health care.

"I am more likely to get the results I want for that patient," Dr. Maxwell says. "And, I can almost guarantee they will end up taking fewer medications, have fewer complications, have better test results and just do better. The feedback I get is quite positive. Most feel they glean new information from the Sun Health program, including patients who have been dealing with their diabetes for a long time."

According to Rene, the follow-up with the physicians is critical.

"The doctor needs to know that a patient has completed a program for the best continuity of care," she says. "When a patient completes our program the physician can rest assured that their patient will be an informed medical consumer with improved health and compliance."

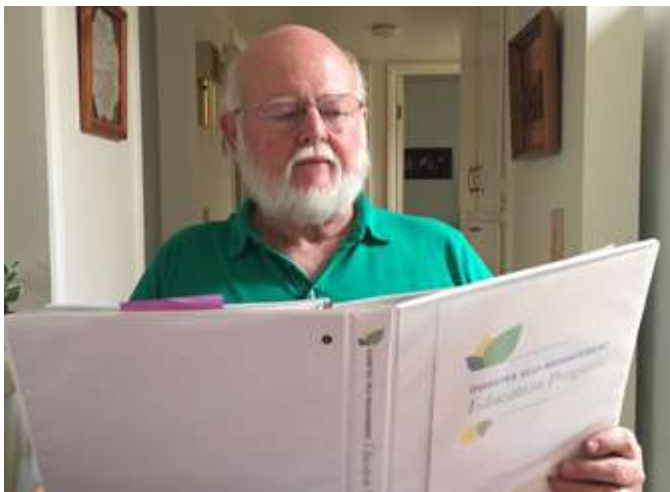
Sun City resident Gene Kirkpatrick had been on the edge of being diabetic for many years, and was formally diagnosed after a surgery in 2011. However, like many people he really didn't understand what that meant.

"I didn't know a lot about diabetes when I was first diagnosed," he says. "After surgery and recovery, my blood sugars remained high and my doctor put me on Metformin and Januvia, but the levels spiked last summer. I knew I needed to find a class to understand what diabetes really is."

Gene learned about the DSME program at the Center in *LiveWell* magazine and asked Dr. Maxwell about it. The doctor encouraged him to enroll.

"The class really opened my eyes on how the body processes sugars and insulin," Gene says. "I realized that when I eat and when I exercise has a big effect on my sugar level. The last time I had my A1C labs drawn, it had lowered 1.5 percent, which is similar to a 60 point reduction in blood sugar. It's a result of the class and also me really just understanding my diabetes. Overall, it's going in a positive direction."

"I would definitely recommend this class," he adds. "What is really nice is the notebook we get with all of the references in it. I refer to it all the time."



Gene Kirkpatrick with his DSME Notebook

What is Diabetes Self-Management Education?

Sun Health's Center for Health & Wellbeing offers Diabetes Self-Management Education, a five-week program that covers everything from healthy eating and physical activity to reducing risks and preventing complications. The program is accredited by the American Association of Diabetes Educators.

For more information about the Diabetes Self-Management Education program or the Center for Health & Wellbeing, please call 623-832-WELL (9355) or visit sunhealthwellbeing.org.

The Next Chapter of Community Investment

The generosity of donors like you has made possible superior health care facilities and services at Banner Boswell Medical Center and Banner Del E. Webb Medical Center. As we look ahead to these exciting projects, we hope you will consider an investment in your community's health care. Thank you for your ongoing support.

New Emergency Department

\$34 MILLION TO BE RAISED

Seventy-six percent of Banner Boswell's patients are admitted through the emergency department (ED), making it the "front door" of the medical center for most patients. With an average patient age of 73, Boswell has a unique opportunity to design an ED patient experience that supports its expertise in geriatric care while increasing capacity. The new, 40,000 square-foot ED will expand the number of patient treatment areas from 42 to 56 to reduce waiting times and accommodate current and projected volumes. The ED will also provide new triage areas to evaluate arriving patients, while improving patient and ambulance accessibility.



The project also will provide a new dedicated CT scanner in the ED as well as shell space for a future cardiac catheterization and electrophysiology lab to allow coordination with other critical cardiac services. In addition, this project calls for converting the vacated ED space into a centralized observation unit. The project will include a structural foundation for a future patient tower. Sun Health Foundation will raise \$34 million of the overall \$60.4 million project costs.

Oncology Service Line Expansion

\$2.14 MILLION TO BE RAISED

At Banner Del E. Webb, a new Comprehensive Breast Cancer Clinic opened in November 2017, but is continuing to expand in partnership with MD Anderson Cancer Center, bringing together medical imaging and surgical, medical and radiation oncology expertise in one location for highly-coordinated care and enhanced patient experience. In addition to providing state-of-the-art mammography services, Webb will centralize its breast diagnostic testing, biopsy, laboratory, and oncology services and will enhance its program with an upright, stereotactic table with 3D imaging capabilities.

At Banner Boswell, renovation and enhancements to the Endoscopy department will accommodate the growth of lung cancer treatment and thoracic care by providing new minimally-invasive options for patients. Specifically, these improvements will provide new technology for interventional pulmonology, a bronchoscopy room for thoracic and pulmonary procedures and a third room with updated equipment for general diagnostic and therapeutic use.





Development of Total Joint and Spine Center

\$2.24 MILLION TO BE RAISED

Banner Del E. Webb provides surgical care to more than 4,700 orthopedic patients annually and has built a remarkable reputation for providing patient-centered care and exceptional clinical outcomes through the Banner CORE Center for Orthopedics. Banner Del E. Webb continues building on its expertise in orthopedics through expansion of the Total Joint and Spine Center with investment in specialized instrumentation and equipment for the orthopedic surgical suites, including state-of-the-art, high-resolution monitors, portable navigated surgery systems, expanded sterilization capability and new surgical tables. In addition, operational funding support will be provided for a specialized patient navigator focused on supporting patients through each step of their orthopedic and spine care journey.



Women and Infants Services Expansion and Renovation

\$1.8 MILLION TO BE RAISED

Banner Del E. Webb's Women and Infants Services department currently delivers more than 1,850 babies per year. Approximately 25 percent of these births delivered via cesarean section in a special surgical suite within the obstetric (OB) unit. The Women's and Infants Services department will be renovated and expanded to provide for a new OB triage area, a new OB post-anesthesia care unit located adjacent to the OB surgical area and an expansion of the inpatient nursery to accommodate this growing program.

Sun Health is a leading advocate for healthy living. Our partnership with Banner Health provides West Valley residents with the very best in medical care and community wellness programs to serve your needs, now and in the future.



To learn more about these and other fundraising priorities, please contact Sun Health Foundation at (623) 832-5330.

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Pearl and Arthur Quast

Pearl Quast thinks of volunteering as holy work. “If I’m physically, emotionally and intellectually able to assist in an enterprise, I feel spiritually bound to do so,” she says.

If there’s a nonprofit in the Valley, there’s a good chance Pearl or Art, her husband, have volunteered there. The Roman Catholic Diocese of Phoenix, the Sun Cities Art Museum, Theater West, Phoenix Masterworks Chorale and the West Valley Symphony are a few of the organizations they have helped. But Banner Del E. Webb Medical Center holds a special place for them. Pearl has served more than 4,200 hours, and Art has given more than 2,000 hours. They reside at Grandview Terrace, which is within easy walking distance to the hospital.

Pearl and Art, who have three sons, began volunteering at then-Del E. Webb Memorial Hospital soon after moving from Wisconsin to Sun City in 1992 to retire. A former educator and K-12 reading consultant, Pearl fit right in as a volunteer for Webb’s Child Development Center, which provided day care for employees’ children. After three years, Pearl switched to the gift shop, which has been her main base for the past 19 years.

Lori Moreno, the gift shop manager, values Pearl for more than just her years of service. “Pearl is very good at customer service and very attentive to the details,” Lori says.

Art worked in marketing and sales his entire career so when he retired he decided he wanted to volunteer doing tasks that were new to him.

He found a niche in the hospital’s pharmacy, where he volunteered for 25 years. He also gave 25 years to the Sun City West Prides, a volunteer group that keeps the community looking beautiful, and 19 years to the Sun City West Library.

He says he has enjoyed all of it. “I look at these things not as work, but as fun.”

John Tucker contributed to this article.



Reach Your Sun Health Foundation Development Staff

Gina Ore, Chief Philanthropy Officer
gina.ore@sunhealth.org • 623-832-5582

Pamela Kohnen, Sr. Development Director
pamela.kohnen@sunhealth.org • 623-832-5735

Wendy Nelson, Development Director
wendy.nelson@sunhealth.org • 623-832-5323

Bonnie Olsen, Development Director
bonnie.olsen@sunhealth.org • 623-832-5566

Claudia Vazquez, Development Director
claudia.vazquez@sunhealth.org • 623-832-4323

SunHealthLiveWell.org

CHARITABLE GIFT ANNUITY RATES ON THE RISE

A charitable gift annuity (CGA) enables you to donate to a charity and boost your retirement income, all while getting a nice tax deduction. What’s not to like?

Interest in CGAs is sure to rise because of the American Council on Gift Annuities (ACGA) recent increase in suggested maximum charitable gift annuity rates. On average, rates will increase an estimated 30 to 50 basis points on gifts established on or after July 1, 2018. The last time the ACGA increased the suggested maximum annuity rates was in 2010.

How It Works

The concept is simple. You make a donation using cash, marketable securities or other assets, and Sun Health in turn pays you a fixed amount for life. With this type of gift, you can feel secure knowing you can count on receiving stable payments for as long as you live. And now, if you make your gift on or after July 1, the gift annuity rates will be an estimated 30 to 50 basis points higher. A more complete listing of the current and new rates can be found at acga-web.org/gift-annuity-rates.

A Case in Point

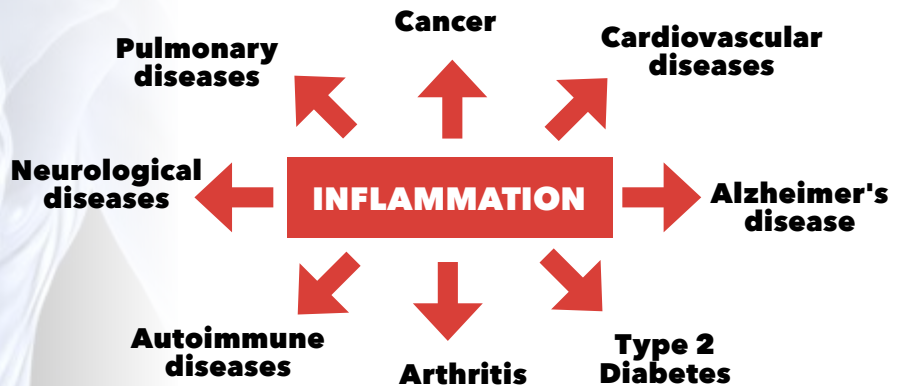
Under the current rate schedule, Mary, 79, transfers \$25,000 in exchange for a charitable gift annuity. She will receive annual payments of \$1,650, a rate of 6.6 percent. Instead, if Mary waits to make her gift on or after the new rate schedule is in place on July 1, the same gift amount will provide \$1,775 in annual payments, reflecting a 7.1 percent rate. That’s a payout rate increase of approximately 7.5 percent.

In addition to the opportunity to increase your retirement income while supporting health care in your community, gift annuities offer you numerous tax benefits, including:

- A partial income tax charitable deduction now for your gift when you itemize.
- Part of each payment is income tax free throughout your estimated life expectancy.
- Capital gains tax savings on appreciated property you donate.

You are our future

Contact any of the Foundation development staff to discuss how a charitable gift annuity allows you to make a gift and provides you, and another person if you choose, with secure, tax-favored payments for life. With your help, we can continue to positively impact the health of the communities we serve.



The Fire Within

The right food can help reduce chronic inflammation

By Alison Stanton

Inflammation: the good, the bad and the ugly

The acute inflammation process is a natural part of the healing process, says Tracy Garrett, RDN, CDE.

Tracy, who is a registered dietitian nutritionist and certified diabetes educator at Sun Health Center for Health & Wellbeing, says inflammation typically lasts for about 24 to 48 hours. This occurs as the body's normal immune response to invaders such as harmful bacteria, toxins or tissue injuries. The response changes blood flow, increases cell permeability and activates white blood cells to devour the offenders.

But not all inflammation is good.

"The inflammation that we are concerned about from a health standpoint is the chronic, low-grade type that doesn't go away after a few days," Tracy says, adding that when this occurs, there can be a negative impact to the body.

A number of health conditions have been linked to chronic inflammation. These include cardiac disease, cancer, dental issues, Alzheimer's disease, Parkinson's disease, bowel and digestive disorders, mood disorders and allergies.

"Most age-related diseases have some connection with underlying inflammation," Tracy says.

Controlling inflammation through the diet

While chronic inflammation can be caused by things over which we have no control — for example, a genetic predisposition — Tracy says diet can also be a trigger.

"We can definitely control what we put in our mouths," she says. "In the past, individuals chose foods based on taste and maybe caloric contents. But nutrition is not just about calories; it's about how foods impact our bodies."

Reducing inflammation starts on our plates

As Tracy notes, in order to lower inflammation, it is wise to learn which foods are rich in anti-inflammatory properties and strive to eat those as often as possible.

"I often ask, 'Are you spooning in health or havoc?' What we put into our mouths matters and being healthy is about more than what the scale tells us," she says, adding that plant-based foods, including whole grains, fruits, veggies and high-quality sources of lean protein are great places to start.

On the flip side, avoiding foods that are highly refined or that are high in sodium, added sugar or animal fat may help to reduce chronic inflammation, Tracy says.

"If we know which foods can increase or decrease inflammation, we would be wise to choose accordingly."

FOODS THAT FIGHT INFLAMMATION

The following foods, rich in anti-inflammatory properties, may be incorporated as part of a diet to fight inflammation:

- **Berries:** Rich in antioxidants, berries can ward off free radicals.
- **Cherries:** Tart cherries, in particular, are known for their anti-inflammatory compounds.
- **Walnuts:** While all nuts tend to have anti-inflammatory properties, walnuts are especially adept at reducing inflammation because of their natural levels of antioxidants and omega-3 essential fatty acids.
- **Meats and legumes:** Protein-rich foods like skinless chicken, turkey and salmon have anti-inflammatory properties, as do legumes like pinto beans, black beans and red beans.
- **Fermented foods:** Foods like sauerkraut, miso, tempeh, kefir, kimchi and sourdough bread provide plenty of anti-inflammatory power.
- **Herbs and spices:** Add a punch of flavor to your meals with anti-inflammatory herbs and spices such as basil, cayenne pepper, cinnamon, mint, oregano, thyme, turmeric, curry and cloves.
- **Sweet potatoes:** These bright orange taters taste sweet, but they are tough on inflammation.
- **Certain beverages:** Water, kombucha tea, red wine (1-2 servings a day), green tea (hot or iced), low-fat milk, fruit juice (1 serving a day) and low-sodium vegetable juices are all anti-inflammatory beverages.



STAY HEALTHY THIS SUMMER

The Valley of the Sun gets its name for a good reason, especially during the summer when the temperatures routinely break triple digits.

Rhonda J. Zonoozi, BS, CHWC, EP-C, an exercise physiologist and health coach for the Sun Health Center for Health & Wellbeing, offers a number of tips for beating the heat.

Drink plenty of water: If you plan on spending any time outdoors during the summer, staying well hydrated is a must. Don't wait until you feel thirsty to start drinking water — start downing the H₂O prior to going outside and then continue to hydrate during and afterward. Get into the habit of carrying water with you whenever you leave your home.

Protect your skin from the sun: Try to limit your outside activities to early in the morning or later in the day. Regardless of whether the day is sunny or cloudy, apply sunscreen with an SPF of at least 30 a half-hour before going outside. Reapply the sunscreen often, wear light-colored clothing that covers your skin as much as possible, and protect the eyes with sunglasses that have a UV rating on the label.

Know the symptoms of heat-related illnesses: Check the National Weather Service heat index often at this link: [nws.noaa.gov/om/heat/heat_index.shtml](https://www.nws.noaa.gov/om/heat/heat_index.shtml), and be aware of the symptoms of heat exhaustion and heat stroke. They include feeling faint, headache, feeling dizzy or nauseous, becoming confused or agitated, having a rapid pulse, having dry or flushed skin and not sweating. If any of these occur, get into an air-conditioned area immediately, and call 911, if necessary. For more information, visit [nws.noaa.gov/om/heat/heat-illness.shtml](https://www.nws.noaa.gov/om/heat/heat-illness.shtml).

Classes & Events

Registration Opens June 14

BONE & JOINT HEALTH

Being Active with Arthritis

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

Arthritis is a leading cause of pain and disability for nearly 53 million adults. Although people with arthritis tend to be less physically active, moving more is an important strategy for relieving pain and maintaining or improving function. Join Rhonda Zonoozi, exercise physiologist, to discover healthy and safe physical activity recommendations.

Location: Grace Bible Church

BRAIN HEALTH

Fact or Fiction: The Truth about Alzheimer's Disease

Wednesday, Jul. 18; 10 to 11:30 a.m.

Join Heather Mulder & Terry Fogerty of Banner Alzheimer's Institute for this fun, interactive session as they share the truth about Alzheimer's disease, where we are and where we're headed, and leave with easy steps you can take to join us in our fight to end Alzheimer's disease.

Location: SCW Foundation/Webb Room

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Jul. 6 & 20; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will highlight Foods for Sleep (7/6) and Top 'Cancer-Fighting' Spices (7/20).

Location: The Colonnade

DIABETES CARE

Diabetes: A Doctor's Point of View

Friday, Jul. 27; 1:30 to 3 p.m.

Join Ashish Sachdeva, MD, to learn the medical importance of managing diabetes after your diagnosis and how diet, exercise and glucose monitoring can help keep it under control. He'll also share what is new in glucose monitoring devices.

Location: Banner Boswell/Memorial Hall West

HEALTH & WELLBEING

Grateful Aging

A lot of attention focuses on the physical losses associated with aging. Sally Charalambous will address the mental, emotional and spiritual gains that can be realized. She will examine the pitfalls of negative self-talk, procrastination and ageism and discuss new coping skills for each aspect of holistic health and wellbeing. **Note: Registration for this class requires 5 class credits (\$5).**

Monday, Jul. 9; 2 to 3:30 p.m.

Location: The Colonnade

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

Location: La Loma Village/MPR

Living with Meaning & Purpose after 65

Tuesday, Jul. 10; 10 to 11:30 a.m.

Back by popular demand! There is a direct correlation between our overall health and our purpose that gives our life meaning. As we consciously age in a rapidly changing world, Terry Musch, executive coach, will discuss how we see our role in this significant moment.

Location: Center for Health & Wellbeing

How to Manage Back Pain

Wednesday, Jul. 11; 1:30 to 3 p.m.

Most people have low-back pain at some point in their lives, but it usually doesn't cause much trouble. Low back pain typically starts suddenly and lasts a few days or weeks. Neurosurgeon Abhishiek Sharma, MD, will discuss symptoms and conservative treatment approaches for managing your back pain.

Location: Banner Boswell/Memorial Hall West

Acupuncture – What's the Point?

Monday, Jul. 23; 1:30 to 3 p.m.

Are you curious about acupuncture? Join Sun Health's JoDee Chenaur, L.Ac, to learn about acupuncture and its benefits as well as treatable conditions. Watch a live demonstration of acupuncture and cupping.

Location: Faith Presbyterian Church

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Register Online

Beginning at 6 a.m.

sunhealthcommunityeducation.org

Register By Phone

Beginning at 8 a.m.

623-207-1703

except where noted

Classes with this icon () have an associated fee.

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

Fees are nonrefundable unless the class is canceled.

Prepare to Care

Wednesday, Jul. 25; 2 to 3:30 p.m.

Caring for a family member or close friend is one of the most important roles you will play. Dana Kennedy, Arizona State Director, AARP, tells how to have vital conversations with older family members, organize important documents, assess your loved one's needs and locate important resources.

Location: Grandview Terrace/Ballroom

HEART HEALTH

Overview of Implantable Cardiac Devices

Monday, Jul. 16; 2 to 3:30 p.m.

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

Location: Grandview Terrace H&R

Blood Pressure Check

Wednesday, Jul. 18; 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

MEMORY CARE

Memory Boxes & Books

Thursday, Jul. 12; 10 to 11:30 a.m.

Sharing a memory box or memory book with your loved one who has memory issues can provide great pleasure and value to you both. Join Cheryl Ortega, a Sun Health Memory Care Navigator, as she explains what they are and shares an example of a customized memory book and memory box.

Location: Grandview Terrace H&R

Dementia Caregiver Support Group

Wednesday, Jul. 18; 3 to 4 p.m.

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

Location: Grandview Terrace H&R

SunHealthLiveWell.org

Home Safety for Memory Loss

Thursday, Jul. 26; 2 to 3:30 p.m.

Marty Finley, MEd, Sun Health Memory Care Navigator, invites you to learn tips on making the home safer for your loved one with memory loss, Alzheimer's disease or other dementia diagnosis.

Location: The Colonnade

How Do I Stay a Friend to My Friend Who Has Dementia?

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

Maintaining a relationship with a friend who has dementia can be challenging, especially for people who have little experience with dementia. Learn some tips on what to do and say, and how you can still be a friend. Presented by Marty Finley, MEd, Memory Care Navigator for Sun Health.

Location: Shepherd of the Hills UMC/ Fellowship Hall



VOLUNTEERS NEEDED

Share your passion while building a healthier community.

Volunteer opportunities:

Greeter • Class attendant
Office assistant • Fundraising events

Call 623-832-4319



Healthy U

July 2018

NUTRITION

Label Reading

Label reading enables you to make excellent choices to manage and prevent disease. Susan Welter, Sun Health registered dietitian, explains how to use general nutrition targets together with nutrition labels to determine the value of a food product to benefit your health.

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

Location: PORA

Tuesday, Jul. 31; 2 to 3:30 p.m.

Location: Banner Boswell/Juniper Conf. Room

PHYSICAL FITNESS

All classes held at the Center for Health & Wellbeing

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

☛ Mat Yoga

Mondays – 9:30 to 10:30 a.m.; Series MY4:

Jul. 2, 9, 16, 23 & 30; Aug. 6, 13 & 20

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.

☛ Tai Chi

Mondays – 11 a.m. to noon; Series TC21:

Jul. 2, 9, 16, 23 & 30; Aug. 6, 13 & 20

Beginning Tai Chi modified for seniors.

☛ Strength Training for Health

Mondays – 1 to 2 p.m.; Series ST21:

Jul. 2, 9, 16, 23 & 30; Aug. 6, 13 & 20

Fridays – 11 a.m. to noon; Series ST22:

Jul. 27; Aug. 3, 10, 17, 24 & 31; Sep. 7 & 14

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



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org (623) 282-9300

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

Center for Health & Wellbeing

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

Faith Presbyterian Church

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

Grace Bible Church

19280 N. 99th Ave., Sun City

Grandview Terrace Ballroom

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

Grandview Terrace H&R

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

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

Shepherd of the Hills UMC

13658 W. Meeker Blvd., Sun City West

Sun City West Foundation/ Webb Room

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

The Colonnade

19116 N. Colonnade Way, Surprise

Healthy U July Classes & Events At-A-Glance

MON	TUE	WED	THU	FRI
<p>2</p> <ul style="list-style-type: none"> • Mat Yoga (MY4); 9:30 to 10:30 a.m. • Tai Chi (TC21); 11 a.m. to noon • Strength Training (ST21); 1 to 2 p.m. 	<p>3</p>	<p>4</p> <p>Independence Day - Our Offices are Closed</p> 	<p>5</p>	<p>6</p> <ul style="list-style-type: none"> • Healthy Meal Prep; 10 to 11 a.m. <p>Note: Fri. exercise class continues from prior month. Next series begins on Jul. 27, 2018</p>
<p>9</p> <ul style="list-style-type: none"> • MY4, TC21 & ST21 continue • Grateful Aging; 2 to 3:30 p.m. 	<p>10</p> <ul style="list-style-type: none"> • Living with Meaning & Purpose after 65; 10 to 11:30 a.m. 	<p>11</p> <ul style="list-style-type: none"> • How to Manage Back Pain; 1:30 to 3 p.m. <p>Note: Wed. exercise classes continue from prior month. Next series begins on Aug. 1, 2018</p>	<p>12</p> <ul style="list-style-type: none"> • Memory Boxes & Books; 10 to 11:30 a.m. 	<p>13</p>
<p>16</p> <ul style="list-style-type: none"> • MY4, TC21 & ST21 continue • Implantable Cardiac Devices; 2 to 3:30 p.m. 	<p>17</p> <ul style="list-style-type: none"> • Being Active with Arthritis; 1:30 to 3 p.m. 	<p>18</p> <ul style="list-style-type: none"> • The Truth about Alzheimer's; 10 to 11:30 a.m. • Blood Pressure Checks; 2 to 4 p.m. • Dementia Caregiver Support Group; 3 to 4 p.m. 	<p>19</p> <ul style="list-style-type: none"> • Label Reading; 9:30 to 11 a.m. 	<p>20</p> <ul style="list-style-type: none"> • Healthy Meal Prep; 10 to 11 a.m.
<p>23</p> <ul style="list-style-type: none"> • MY4, TC21 & ST21 continue • Acupuncture - What's the Point? 1:30 to 3 p.m. 	<p>24</p> <ul style="list-style-type: none"> • Grateful Aging; 10 to 11:30 a.m. 	<p>25</p> <ul style="list-style-type: none"> • Prepare to Care; 2 to 3:30 p.m. 	<p>26</p> <ul style="list-style-type: none"> • Home Safety for Memory Loss; 2 to 3:30 p.m. 	<p>27</p> <ul style="list-style-type: none"> • Strength Training (ST22); 11 a.m. to noon • Diabetes: A Doctor's Point of View; 1:30 to 3 p.m.
<p>30</p> <ul style="list-style-type: none"> • MY4, TC21 & ST21 continue • How Do I Stay a Friend to My Friend Who Has Dementia?; 9:30 to 11 a.m. 	<p>31</p> <ul style="list-style-type: none"> • Label Reading; 2 to 3:30 p.m. 	<p>Register Online Beginning at 6 a.m. on June 14 sunhealthcommunityeducation.org</p> <p>Register by Phone Beginning at 8 a.m. on June 14 623-207-1703</p>		



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