

Celebrating Your Health & Lifestyle

December 2018

LiveWell

The Sun Health Way

A Nicer Season

Two programs that brighten the holidays for others

Our Vibrant Future: Generosity for Generations

Meeting the needs of a growing West Valley

Point. Click. Be Well.

New online tools are designed to improve overall health

Building a Community Through Education

Community Education covers wide variety of health/wellness topics



Sun Health™

For our community friends

Changes
Coming to
LiveWell!

See Page 2
for details.

Changes Coming to *LiveWell* in 2019

LiveWell magazine began publishing in 2015 with the goal of providing useful information on a variety of health and wellness programs and services offered by Sun Health and its partners. We're proud of the work we've done to that end and we thank you, our readers, for your interest.

Armed with information from readership surveys and focus groups conducted last summer, we've decided to change the format of *LiveWell*. Beginning with the January 2019 issue, the magazine will change from a 16-page to an eight-page publication with a stronger

focus on health and wellness topics. In addition, the distribution of the magazine will change significantly. Most of you have been receiving the magazine in your mail. In 2019, the magazine will be inserted in the *Sun City Independent*, *Sun City West Independent*, *Surprise Today* and *West Valley View* newspapers the second Wednesday of each month. We also encourage readers to sign up online to have *LiveWell* emailed to your inbox each month. Go to livewellsubscribe.org to sign up to make sure you receive every issue.

— *LiveWell Editorial Board*

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Gala

A sincere thank you to our generous sponsors of the 2018 Sun Health Foundation Gala.

All proceeds will support the new Banner Boswell Medical Center Emergency Department with a 40,000 square-foot expansion and easier access for the community.

Thank you to sponsors not listed here due to printing deadlines.

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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.

Is it just me, or does it seem like 2018 has flown by?

Before it flies any further, I'd like to take time to thank you for reading *LiveWell* magazine and for providing suggestions regarding how we can build an even better publication. (See page 2 for information on changes to the magazine coming in 2019)

In this month's issue we bring you these topics:

- In our cover story, we highlight two programs that brighten the holidays for those in need.
- Sun Health Foundation launched its Generosity for Generations Campaign last month, a campaign which promises to transform health care at Banner Boswell and Banner Del E. Webb medical centers.
- The Sun Health Center for Health & Wellbeing has partnered with clinical psychologist Dr. Michael Cofield to offer free Online Wellness Tools, a collection of self-paced self-improvement courses.
- Sun Health's Community Education program is a community service aimed at empowering people to become their own advocates for health.

As always, if you have comments about *LiveWell* or questions about Sun Health, please email us at information@sunhealth.org. I wish you and yours the very best this holiday season.



Joe

Joe La Rue

President and CEO, Sun Health

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Sun Health Community Education class listings, events & activities



Please follow us on:



SunHealthLiveWell.org

On the cover: (L-R) In the holiday spirit - Mary-Jane Gibson, Debbie Arbuckle and Kelsey Kelley from Banner Olive Branch Senior Center.

A Nicer Season



Banner Olive Branch Senior Center staff member Debbie Arbuckle presents volunteer Mary-Jane Gibson with a gift.

Two programs that brighten the holidays for others

By Shanna Hogan

Many of the seniors who frequent the Banner Olive Branch Senior Center in Sun City live on a fixed income and rely on the center's meals and food boxes to help make ends meet. Other seniors are homebound and count on the center for sustenance.

Given the situation, most of the center's clients can't afford to give anything other than simple gifts during the holidays. And, it may have been years since they've received a holiday gift, much less a wrapped gift.

Five years ago, the staff at Banner Olive Branch decided to rekindle some holiday spirit by starting a gift drive in which local employers volunteer to purchase a requested gift – not more than \$30 – for a Banner Olive Branch client.

The volunteers wrap the gift, mark who it's for and deliver it to the center where they are stored until the annual holiday luncheon. On that day, gifts are handed out, and at 11 a.m. clients tear into their gifts, many with childlike glee.

"It's just an amazing moment when everybody opens their gift at the same time," says Ivy Glinski,

director of the Banner Olive Branch Senior Center. “Everyone is excited like they are kids again. There is such electricity in the room.”

Mary-Jane Gibson volunteers at the center and participates in its offerings including the gift drive. Her face lights up as she remembers the fuchsia cardigan sweater she received last Christmas.

“Receiving a Christmas present is such a nice thing,” Mary-Jane says.

For the past three years, Sun Health employees and residents along with employees of Banner Health have taken part in the drive. In 2017, more than 200 clients received a gift.

This year’s luncheon falls on Thursday, Dec. 20, and the Banner Olive Branch staff and clients are eagerly anticipating the day.

“It’s just so much fun and we are so grateful to Banner Health and Sun Health for supporting this program,” Ivy says.

Following the luncheon, gifts and meals are also delivered to the homebound seniors.

“The holidays are really tough for a lot of people who are all alone,” Ivy says. “So, it really makes their season a lot nicer.”

Meanwhile, residents and staff at The Colonnade, a Sun Health Life Plan community in Surprise, are giving back to another charity through an entirely different luncheon.

The Colonnade’s fourth annual Holiday Charity Table Luncheon brings residents, employees and special guests together for an afternoon of fun and fundraising, complete with gourmet food, music and dining-room tables decorated to the hilt in holiday style.

“It’s a friendly competition where residents and staff form teams and try to out-decorate each other,” says Paula Sikes, Life Enrichment manager at The Colonnade. Before lunch, guests view the tables and vote for their favorite.

Proceeds from the luncheon are donated to a local charity. Past recipients have included Will’s Hope, a charity for medically fragile children, Soldiers Best Friend, which provides veterans living with PTSD or traumatic brain injury with service or companion



PHOTOS BY ALLEN BUTLER



Paula Sikes with a decked-out table at a recent Holiday Charity Table Luncheon – an annual event at The Colonnade.

dogs, and an adopt-a-family program organized by the Surprise Police Department. This year, proceeds will go to the Surprise Police - Domestic Victims Unit to benefit victims of domestic abuse.

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



Executive director Barbara Mason shows the Online Wellness Tools to Russ LeBarron and Sun Health at Home member Susan Moody.

Point. Click. Be Well.

Sun Health at Home encourages members to use the online tools, which are designed to improve overall health

By Alison Stanton

Sun Health at Home members now have a user-friendly way to help improve their overall physical and emotional wellbeing.

The Online Wellness Tools were created by Dr. Michael Cofield, a clinical health psychologist, along with his team, and are designed for people to use in the comfort of their homes on their computers.

The Online Wellness Tools are provided at no cost as part of Sun Health's nonprofit mission to promote healthy living.

Dr. Cofield recently completed the initial

training course and presentation on the online tools with Sun Health at Home staff and members.

"We are just amping up the program now with Sun Health at Home," Dr. Cofield says, adding that there are a fair number of tools that people are welcome to use.

One of the tools is called "Roadmap to Peace of Mind," which features 10 modules focusing on stress and emotions.

The "Resiliency for Life" tool focuses on four pillars that can help people boost their resiliency.

“... research on computerized health programs like the Online Wellness Tools clearly shows that computer interactions are as effective, if not more effective, than one-on-one interactions.”



Other Online Wellness Tools cover topics like insomnia, dietary issues, smoking cessation and mindfulness.

“The tools are self-guided, completely confidential and anonymous and can be done on people’s own time and at their own pace,” Dr. Cofield says.

In addition, research on computerized health programs like the Online Wellness Tools clearly shows that computer interactions are as effective, if not more effective, than one-on-one interactions.

Barbara Mason, executive director of Sun Health at Home, says the convenience and privacy that these tools offer is reassuring for members.

“Many of our members come from the generation that doesn’t like asking for help. There’s a stigma attached,” she says.

“It is also empowering to be able to help yourself. It gives folks a sense of having control.”

Sally Harloff, a member of Sun Health at Home, appreciates the fact that she can take the online courses at her own pace.

“I’m one of the least tech-savvy people around so not having to keep pace, as in a class setting, keeps me motivated,” Sally says.

She found “The Road Map to Peace of Mind,” especially helpful. “The lessons are excellent and the solutions are laid out in

a way that makes it easy to take control of your own happiness and sanity.”

Sun Health’s self-directed wellness tools are available for anyone to access and use. Simply visit sunhealthwellbeing.org and look for “Access Online Wellness Tools.” Enter Wellness Code SHWELLNESS under “New User.” You’ll be prompted to create a username and password and will have confidential access to the many tools offered.

Want to learn more about Sun Health at Home?

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

- Monday December 3 at 3 p.m.
- Tuesday December 11 at 11 a.m.

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

Our Vibrant Future: *Generosity* *for Generations*

By Linda Tyler

Generosity comes back to us over and over again. It moves us forward and keeps us connected, mends hearts and restores hope, knits our community and leaves an imprint for generations.

Sun Health Foundation is proud to announce the Generosity for Generations Campaign to raise and invest \$48 million in philanthropic funding for special initiatives important to us and to the health, wellbeing and quality of life of those who share our world.

Community support for Generosity for Generations ensures the continued availability of superior health care at Banner Boswell and Banner Del E. Webb medical centers. Spanning 48 months, the Campaign is vital to funding medical, structural and technological advancements to meet the expanding needs of a growing West Valley, today and for generations.

The Campaign will fund:

- Emergency Department and Patient Care Transformation (\$34m)
- Cancer-Fighting Treatment and Care Advancement (\$2m)
- Spine Health and Orthopedics (\$2m)

- Service Enhancements for Women and Infants (\$2m)
- Community Health and Wellness (\$2m)
- Future Cardiac Care Initiatives and Cancer-Fighting Treatment and Care Advancement (\$6m)

The centerpiece of the Campaign is Banner Boswell's Emergency Department and Patient Care Transformation. Banner Boswell's Emergency Department is the first point of care for many West Valley residents, their families, friends and neighbors. A total of 85 percent of admissions to Banner Boswell Medical Center occur through the Emergency Department, with a significant number of those patients in need of cardiac care. The 40,000 square-foot expansion will provide multiple enhancements to the emergency care experience, including 33 percent more patient beds and faster, easier access for the community.



Campaign Launch

Sun Health Foundation and Banner Boswell Medical Center will publicly launch the Campaign with an exciting event on December 4, which will feature presentations by hospital leaders and details about the transformation of the hospital's Emergency Department.

Save the date!

TUESDAY, DECEMBER 4, 2018
10 A.M. TO 4 P.M.

Lakeview United Methodist Church
10298 W. Thunderbird Blvd., Sun City

Admission is free and refreshments will be served.

For more information on event times
and to register, call 623-295-0022, or visit
sunhealthfoundation.org/generosity

See back page for event details.

The following presentations will be featured at the Campaign launch:

Community Partners in Superior Health Care

Gina W. Ore, Executive Vice President/Chief Philanthropy Officer, Sun Health Foundation
Introducing the Generosity for Generations Campaign

Transformative New Developments in Patient Care

Debbie Flores, CEO, Banner Boswell and Banner Del E. Webb medical centers
Cutting-edge developments designed to enhance the patient experience

Meeting a Growing Community's Emergency Care Needs

Scott Anderson, MD, Chief Medical Officer, Banner Boswell and Banner Del E. Webb medical centers
Joe La Rue, President/CEO, Sun Health
Advancements that will innovate the delivery of medical care

Minimizing Your Risk for Falls

Adam Holliday, Sun City Fire Department
Susan Mouret, Chief Nursing Officer, Banner Boswell Medical Center
Partnering in emergency medical services and fall prevention education

Knowing Your Emergency Care Options

Scott D. Lopata, MD, Banner Boswell Medical Center
Joe La Rue, President/CEO, Sun Health
When is it emergent? Urgent? Helpful tips to help you understand the difference between urgent, walk-in and emergency care.

How to Prepare for an Emergency

Paola Linyard, Director of Observation, Emergency & Trauma Services, Banner Boswell Medical Center
Hites T. Patel, MD, Banner Boswell Medical Center
No one plans to have an emergency but learning how to be better prepared can make a difference.

Note: Speakers subject to change



To learn more about the Generosity for Generations Campaign, call Sun Health Foundation at 623-832-5330.



Building a Community Through Education

Community Education covers wide variety of health and wellness topics geared to older adults

By Alison Stanton

A typical Sun Health Community Education program features a local health expert sharing the latest information on a health-related topic and answering questions in front of a live audience.

It might seem like a quaint method of learning compared with the nearly instantaneous information available through a simple Google search.

“There’s a flood of information on the web about any and every health topic, but it’s not always trustworthy,” says Debbie Frankel, Sun Health’s Community Wellness Outreach Program manager. “Our speakers are experts in their field, and they present information that’s evidence-based.”

In her three years running the program, Debbie also has learned that most older adults still like face time with professionals. “They may not get that when they go to a doctor’s office where appointments tend to be very short. Here they can learn about the latest treatments, ask questions and get professional advice from a trusted source,” Debbie says. “An added benefit is that people learn they are not alone. The person next to them may have the same health challenges.”

Fran and Fred Zickert from Sun City West attend three to four presentations each month. “I grew up believing that you need to learn at least two new things every day, so

Fred and I really enjoy the speakers and events,” Fran says.

The Zickerts were particularly excited about a recent talk titled “End of Life – A Physician’s Perspective,” which was presented by A. Collins Villamor, M.D. “We learned so much about end-of-life matters and how to prepare for those with advance directives, living wills and more,” Fran says. “Before this talk, we hadn’t done much to prepare. Now, we are getting things in order.”

An average of 25 Community Education presentations are held each month in a variety of West Valley locations. Most of those are a lecture format, but the program also includes fitness classes. According

“An added benefit is that people learn they are not alone. The person next to them may have the same health challenges.”

to Debbie, more than 9,500 people attended Sun Health’s Community Education classes in fiscal year 2018. Attendees are asked to fill out a survey after each presentation rating their experience. The survey also asks them to suggest future topics. “We take those suggestions seriously and I do my best to find speakers that are willing to talk about that topic,” Debbie says.

The programs, with a few exceptions, are provided at no cost to attendees. “It’s made possible by Sun Health Foundation donors and through partnerships with Banner Health and local organizations that host some of the talks, Debbie says. She adds that the speakers provide their time and expertise at no charge. “It truly is a community service.”

Leonard Lazoff, 89, regularly attends the talks held in Sun City. He doesn’t drive so he often walks to the events. “I mainly go to the talks that address my own health concerns,” he says.



PHOTO BY KEN REINSTEIN

Those concerns include pre-diabetes. “I want to make sure I’m not diagnosed with diabetes, so I appreciate any information that can help me avoid it,” Leonard says. “I’m not the best student in the world, especially with nutrition, but these classes help.”

Over time, Debbie has gotten to know many of the regulars like Fran, Fred and Leonard, and they’ve become like family to her.

“When I review the registration and see who has registered, I’m always happy when I see their names on the list.”

**For more information about available
Community Education classes, see pages 12-15
or visit sunhealthcommunityeducation.org.**

Classes & Events

Registration Opens November 15

BRAIN HEALTH

When to Take the Keys

Friday, Dec. 7; 9 a.m. to noon

Join Dr. Bryan Spann & Lori Nisson, LCSW, of Banner Sun Health Research Institute, attorney Lora Johnson and Jenny Nordine, OTR/L, CDRS to learn about the neurological changes that impair driving, the legal perspective and how to address driving with family members with dementia. Panel discussion and resources available to answer your questions.

Location: Lord of Life Lutheran Church SCW

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Dec. 7; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will show how to create Healthy Chocolate Holiday Treats.

Location: The Colonnade

Supplements and Cancer Care

Wednesday, Dec. 12; 1:30 to 3 p.m.

Dr. Heather Paulson, ND, FABNO, naturopathic oncologist, will discuss what you need to know about supplements during and after cancer treatment.

Location: Banner Boswell Medical Center/Memorial Hall West

Quarterbacking Breast Cancer: A Breast Surgeon's Playbook

Thursday, Dec. 13; 1:30 to 3 p.m.

A breast cancer diagnosis can be a game changer. Join general surgeon Selyne Samuel, MD, to discuss the game plan and the team that is needed to win.

Location: PORA

DIABETES CARE

Prediabetes: Knowing If You Are at Risk and What to Do About It

One out of three American adults has prediabetes, and most do not know it. Join Sun Health's Rhonda Zonoozi to learn the simple steps that people with prediabetes can take to prevent or delay diabetes and about the new insurance benefit available to many with prediabetes.

Wednesday, Dec. 5; 9:30 to 10:30 a.m.

Location: Grandview Terrace H&R

Monday, Dec. 17; 9:30 to 10:30 a.m.

Location: Faith Presbyterian Church

Diabetes: A Doctor's Point of View

Monday, Dec. 10; 2 to 3:30 p.m.

Join Joshua Johnson, MD, of Pinnacle Care Internal Medicine, and Sun Health's registered dietitian Susan Welter to learn the medical importance of managing diabetes after your diagnosis and how diet, exercise and glucose monitoring can help keep it under control.

Location: SCW Foundation/Webb Room

Diabetes Connection Support Group

Monday, Dec. 17; 3 to 4 p.m.

Anyone who has been impacted by diabetes or prediabetes is welcome to join us and bring a healthy potluck item (recipes are appreciated) as we celebrate and discuss strategies to keep the holidays healthy and happy.

Registration is not required.

Location: Center for Health & Wellbeing



Need a Ride?

Northwest Valley Connect is available
northwestvalleyconnect.org (623) 282-9300

HEALTH & WELLBEING

Take a Tour of the Center for Health & Wellbeing **Tuesday, Dec. 4; 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

The Truth Behind Hospice and Palliative Care **Tuesday, Dec. 11; 2 to 3:30 p.m.**

Mary Filhart, RN, addresses the misconceptions of hospice, the differences between hospice and palliative care, and how each can help make the last stage of life the greatest stage of life.

Location: La Loma Village MPR

Healthy Holiday Event **Friday, Dec. 14; 8 a.m. to noon**

Please join our friends and community partners of Our Neighbor Network for a festive morning of fun! Bring your family and friends to enjoy crafts, party ideas, cookie decorating, food/drink recipes and samples along with education and resources for a healthy holiday season. Casual holiday attire encouraged. Prizes, coupons and drawings by local vendors.

Location: SCW Foundation/Webb Room

'Tis the Season: Thinking Outside the (Gift) Box **Wednesday, Dec. 19; 10 to 11:30 a.m.**

Cheryl House, Consultant with Phoenix Philanthropy Group, shares the different ways of giving and how they may benefit both you and your community.

Location: The Colonnade

HEART HEALTH

Blood Pressure Checks **Wednesday, Dec. 12; 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

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Register Online

Beginning at 6 a.m. November 15
sunhealthcommunityeducation.org

Register By Phone

Beginning at 8 a.m. November 15
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.

Get The Facts about High Blood Pressure **Monday, Dec. 17; 1:30 to 3 p.m.**

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

Location: La Loma Village - MPR

MEMORY CARE

Dementia Caregiver Support Group

Marty Finley and Cheryl Ortega, Memory Care Navigators for Sun Health, lead these support groups.

Registration is not required.

Wednesdays, Dec. 5 & 19; 3 to 4 p.m.

Location: Grandview Terrace H&R

Thursdays, Dec. 13 & 27; 10 to 11 a.m.

Location: Iora Primary Care

Enjoying the Holidays Now that My Loved One Has Dementia **Thursday, Dec. 6; 10 to 11:30 a.m.**

Join Sun Health Memory Care Navigator Cheryl Ortega as she offers tips to plan for the holidays when your loved one has Alzheimer's or another dementia.

Location: Iora Primary Care

How to Be a Friend to a Friend with Dementia **Tuesday, Dec. 18; 1:30 to 2:30 p.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: Grace Bible Church

SAFETY

\$ AARP Smart Driver Course

Tuesday, Dec. 4; 8:30 a.m. to 12:30 p.m.

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

Location: Center for Health & Wellbeing

Give the gift of *Wellness.*



Sun Health Wellness gift certificates are the perfect gift for everyone on your holiday list (including you!)

Call or visit our Surprise Location:
14719 W. Grand Ave. in Surprise
sunhealthwellbeing.org

623-832-WELL (9355)

Gift certificates available for:

- Nutrition consultation
- Fitness evaluation and planning
- Wellness packages including weight management
- Massage
- Acupuncture
- Health coaching



Location Key:

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

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

Faith Presbyterian Church
16000 N. Del E. Webb Blvd., Sun City

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

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

Iora Primary Care
13940 W. Meeker Blvd. Ste 101, Sun City West

La Loma Village MPR
La Loma Village Multi-Purpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park


Lord of Life Lutheran Church
13724 W. Meeker Blvd., Sun City West, AZ

PORA
PORA Learning Center, 13815 W. Camino Del Sol, Sun City West

SCW Foundation
14465 RH Johnson Blvd., Sun City West

The Colonnade
19116 N. Colonnade Way, Surprise, AZ

Healthy U December Classes & Events At-A-Glance

MON	TUE	WED	THU	FRI
3	4 <ul style="list-style-type: none"> • AARP Smart Driver; 8:30 a.m. to 12:30 p.m. • Take a Tour CHW; 11 a.m. to noon 	5 <ul style="list-style-type: none"> • Prediabetes: Knowing If You Are at Risk; 9:30 to 10:30 a.m. • Dementia Caregiver Support Group; 3 to 4 p.m. 	6 <ul style="list-style-type: none"> • Enjoying the Holidays Now That My Loved One Has Dementia; 10 to 11:30 a.m. 	7 <ul style="list-style-type: none"> • When to Take the Keys; 9 a.m. to noon • Healthy Meal Prep; 10 to 11 a.m.
10 <ul style="list-style-type: none"> • Diabetes: A Doctor's Point of View; 2 to 3:30 p.m. 	11 <ul style="list-style-type: none"> • Truth Behind Hospice & Palliative Care; 2 to 3:30 p.m. 	12 <ul style="list-style-type: none"> • Supplements & Cancer Care; 1:30 to 3 p.m. • Blood Pressure Checks; 2 to 4 p.m. 	13 <ul style="list-style-type: none"> • Dementia Caregiver Support Group; 10 to 11 a.m. • Quarterbacking Breast Cancer; 1:30 to 3 p.m. 	14 <ul style="list-style-type: none"> • ONN Healthy Holiday Event; 8 a.m. to noon
17 <ul style="list-style-type: none"> • Prediabetes: Knowing If You Are at Risk; 9:30 to 10:30 a.m. • Get the Facts about High Blood Pressure; 1:30 to 3 p.m. • Diabetes Support Group; 3 to 4 p.m. 	18 <ul style="list-style-type: none"> • How to Be a Friend to a Friend with Dementia; 1:30 to 3 p.m. 	19 <ul style="list-style-type: none"> • 'Tis the Season: Thinking Outside the (Gift) Box; 10 to 11:30 a.m. • Dementia Caregiver Support Group; 3 to 4 p.m. 	20	21
24 <p>Happy Holidays! Our offices will be closed.</p>	25 <p>Happy Holidays! Our offices will be closed.</p>	26	27 <ul style="list-style-type: none"> • Dementia Caregiver Support Group; 10 to 11 a.m. 	28
31	<div> <div>  <p>Register Online Beginning at 6 a.m. on November 15 sunhealthcommunityeducation.org</p> </div> <div>  <p>Register by Phone Beginning at 8 a.m. on November 15 623-207-1703</p> </div> </div>			



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Generosity FOR Generations

Sun Health Foundation invites you to the launch of the Generosity for Generations Campaign supporting Banner Boswell Medical Center's Emergency Department

Tuesday, December 4, 2018

Lakeview United Methodist Church • 10298 W Thunderbird Blvd, Sun City

10 a.m. - 4 p.m.

(presentations conducted every hour)

Join Sun Health Foundation and Banner Boswell Medical Center for the community launch of the Generosity for Generations Campaign in support of the hospital's Emergency Department and Patient Care Transformation.

The 40,000-square-foot expansion will provide 33 percent more patient beds and faster, easier access for the community.

- » Hear from hospital leaders and physicians, and community first responders
- » Witness the unveiling of plans that will transform how care is delivered
- » Learn more about the Generosity for Generations Campaign
- » Journey through time to see how Banner Boswell's history connects to our future
- » Tour exhibits and displays
- » Enjoy refreshments and giveaways

Admission is free but registration is required.



See page
9 for more
details.

To RSVP, call 623-295-0022 or visit sunhealthfoundation.org/generosity