

Welcome to the new *LiveWell* magazine. Health classes begin on page 5.

LiveWell

JANUARY 2019

How to Increase Your Vitality

The Health Benefits
of Meditation



Vicki Johnson (L) and Carole Parnell, residents of The Colonnade, taking a brisk walk.



La Loma Village residents Ernie (L) and Marty Lenthal improve their vitality through exercise in La Loma's fitness center.

How to Increase Your Vitality

By Alison Stanton

Making just one small improvement in your daily habits can lead to other healthy changes

When Tracy Garrett thinks of the word vitality, she pictures people who are active and full of vim and vigor.

The registered dietitian nutritionist and diabetes program coordinator from the Sun Health Center for Health & Wellbeing also defines vitality as the state of “being strong and of having energy.”

But what if you don't have much get-up-and-go? Rhonda Zonoozi, an exercise physiologist and health coach from the center, has solutions.

“Adopting some healthy lifestyle habits, including healthy eating, being active, maintaining a healthy body weight, moderate alcohol use if at all and smoking cessation can all help improve one's vitality,” says Rhonda.

According to a recent study led by Harvard T.H. Chan School of Public Health, adults who maintain healthy habits not only have more vitality, they may add more than a decade to their life expectancy.

When people come to Tracy seeking more vitality, she has them examine their current nutritional routine.

"I always ask my clients to fill out a food log; this provides a baseline for evaluation and sets the stage for developing individual recommendations," she says. Those recommendations often center around eating more nutrient-dense, brightly colored plant-based foods and high-quality protein sources.

"Food is fuel for our body, including our brain, and poor quality or inadequate nutrients can produce fatigue, lack of motivation and even a lower mood state. This does not align with vitality."

As Rhonda notes, making just one small improvement in a person's daily habits can lead to other healthy changes. This phenomenon is called "the domino effect," she adds.

"A group of researchers at Northwestern University studied a group of people who lowered their amount of sedentary and leisure time. What they also did, without being told, was to reduce their daily fat intake," Rhonda says.

In January, Tracy and Barbara Mason, executive director of the Sun Health At Home, will teach classes related to vitality.

In the "Self-Esteem & Vitality" class, Barbara will discuss ways to maintain dignity and

increase vitality as we age.

Tracy will present "Eating for Health & Vitality," in which she will discuss some evidenced-based eating styles that can prevent, delay or manage a chronic disease.

Unlike other New Year's resolutions that may be forgotten by the end of the month, improving vitality is a goal one can work on all year long in small increments.

"There are interventions that everyone can adopt, one bite at a time, that can lead them down the path to increased vitality and quality of life," Tracy says.

VITALITY CLASSES THIS MONTH

Self-Esteem & Vitality: Give Yourself a Boost

Friday, Jan. 11, 9:30 to 11 a.m., at The Colonnade
Presenter: Barbara Mason, CADC

Eating for Health & Vitality

Thursday, Jan. 17, 9:30 to 11 a.m., at PORA
Presenter: Tracy Garrett, Registered Dietitian

Registration is required. Please see page 6 for more details.



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The Sun Health Story

Sun Health is an organization driven by passion – a passion to improve the wellbeing and quality of life for the communities we serve. We demonstrate this through our investment in Life Plan Communities, health and wellness programs and the local community hospitals.

It's this comprehensive commitment to your wellbeing that distinguishes Sun Health, and it all begins with the heartfelt generosity of people like you who support Sun Health Foundation.

The Health Benefits of Meditation

How to maximize your meditation

By Erin Thorburn

What if there were a way to reduce depression and stress, increase mindfulness and concentration and even boost immune health and memory function – all without taking a single pill? Studies show there is.

According to experts, meditation offers a host of mind, body and emotional benefits. In fact, 18 million U.S. adults practice meditation and 8 percent of Americans make it part of their daily or weekly routine.

Kate Shipp, associate dean of yoga education at the Southwest Institute of Healing Arts, helps individuals of all ages and stages get the most out of their meditation.

“For those new to meditation, I suggest beginning with yoga nidra, a form of guided mindfulness meditation where all you need to do is listen and follow the guided process,” Kate says. “It’s so simple and the benefits are not only calming, but studies have shown that the nervous system, various organs and the brain begin to heal from imbalances.”

Kate adds that a beginner can expect the mind to be “busy” during meditation for a while. “It’s part of learning to be with the thoughts instead of engaging with the thoughts,” Kate says. “One of my favorite quotes is by Pema Chodron, ‘You are the sky. Everything else is just the weather.’”



To reduce brain chatter, meditation practitioners often imagine placing their stray thoughts in balloons or in boxcars of a train to merely observe them float or roll away.

“It’s not that the mind ever stops,” Kate says. “It’s that you stop reacting to your mind. Meditation teaches you that your mind does not control you. You control your mind.”

To help keep tabs on your mind through meditation, there are several guided and structured meditation apps such as “Calm” and “Insight Timer,” in addition to a variety of YouTube meditation videos.

Kate recommends the Kamini Desai’s, “I AM Yoga Nidra” app.

As students become more experienced and comfortable with meditation, Kate suggests they establish a disciplined routine.

“I recommend setting aside a seated meditation practice twice a day for 20 minutes,” she says. “By learning to sit with what you are feeling and thinking — without needing it to shift or change in any way — you begin to reconnect to the part of you that is always peaceful, whole and complete, just as you are.”

Learn more about meditation. Attend “New Year, New Mindfulness,” Thursday, Jan. 31; 1:30 to 3 p.m. See p. 6 for details.

Registration Opens December 12

BRAIN HEALTH

Want to Save Your Brain?

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

Dr. Paul Bendheim, a neurologist and founder of BrainSavers®, will describe the BrainSavers® Brain+Body Total Fitness Program, which promotes healthy aging and fights off the assaults of aging while reducing your risk of memory loss and Alzheimer's or dementia. Come learn about BrainSavers® – A fitness program to remember!

Location: Grandview Terrace/Grand Room

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Jan. 4 & 18; 10 to 11 a.m.

Chef Debra will show how to create dishes with Plant Protein (1/4) and Ancient Grains (1/18). This class is provided in partnership with Cancer Support Community of Arizona.

Location: The Colonnade

DIABETES CARE

National Diabetes Prevention Program

Sun Health's National Diabetes Prevention Program (NDPP) is led by a registered dietitian and an exercise physiologist. This yearlong lifestyle-change program uses research-based curriculum developed by the CDC to help you make the necessary nutrition, physical activity and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes.

The fee for this series is covered by Medicare and many insurance providers. Call 623-832-WELL (9355) to register.

Mondays, starting Jan. 7; 9 to 10 a.m.

Location: Banner Boswell/Chapman Conf. Room

Fridays, starting Jan. 11; 9 to 10 a.m.

Location: Center for Health & Wellbeing

Diabetes Self-Management Training

This six-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by Tracy Garrett and Susan Welter, registered dietitians and certified diabetes educators, and Rhonda Zonoozi, exercise physiologist.

Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers; physician referral required. Register at least one week prior to the start of the series.

Tuesdays – Jan. 15, 22 & 29; Feb. 5, 12 & 19

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

Diabetes Connection Support Group

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

This monthly group is for individuals who have diabetes or prediabetes. We'll kick off the New Year with "Transforming Your Habits." **Registration is not required.**

Location: Center for Health & Wellbeing

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

Beginning at 6 a.m. December 12

sunhealthcommunityeducation.org

 **Register By Phone**

Beginning at 8 a.m. December 12

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.

Classes & Events

HEALTH & WELLBEING

Grief & Loss Series **\$**

Thursdays - Jan. 10, 17, 24 & 31; Feb. 14, 21 & 28; Mar. 7; 9:30 to 11 a.m.

The Grief Recovery Method® program, taught by Rev. David Klumpenhouwer, makes it possible to move on after loss while also providing a safe environment, guidance and tools to help you lead a happier life. **Note: Registration for this series requires 10 class credits for class book (\$10).**

Location: Grandview Terrace Health & Rehab

Self-Esteem & Vitality: Give Yourself a Boost

Friday, Jan. 11; 9:30 to 11 a.m.

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

Location: The Colonnade

Creating Your Healthy Vision for 2019

Monday, Jan. 21; 9:30 to 11 a.m.

Have you set New Year's resolutions in the past and failed? Join Sun Health's Exercise Physiologist and Certified Health Coach Rhonda Zonoozi to learn how to successfully create a compelling vision plan and set SMART goals with small action steps you can take for a healthier you in 2019.

Location: SCW Foundation/Webb Room

New Year, New Mindfulness

Thursday, Jan. 31; 1:30 to 3 p.m.

New to Meditation? Barbara Mason, CADC, will share basic practices and guide you through a meditation technique for relaxation and peace throughout the new year!

Location: Center for Health & Wellbeing

HEART HEALTH

Blood Pressure Checks

Wednesday, Jan. 16; 2 to 4 p.m.

Retired nurse volunteers are onsite to check your blood pressure and answer any questions.

Registration is not required.

Location: Center for Health & Wellbeing

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, Jan. 2 & 16; 3 to 4 p.m.

Location: Grandview Terrace H&R

Thursdays, Jan. 10 & 24; 10 to 11 a.m.

Location: Iora Primary Care

Got Caregiver Stress?

Thursday, Jan. 3; 10 to 11 a.m.

Marty Finley, Marty Finley, a Memory Care Navigator for Sun Health, will discuss warning signs of stress, burnout, how to cope and self-care.

Location: Iora Primary Care

Safety Tips & Strategies

Monday, Jan. 28; 1 to 2:30 p.m.

Surprise Police Department provides tips and crime prevention strategies to keep you and your loved ones with memory issues safe in your home and community.

Location: Faith Presbyterian Church

NUTRITION

Eating for Health & Vitality

Thursday, Jan. 17; 9:30 to 11 a.m.

Join Sun Health's Registered Dietitian Tracy Garrett as she invites you to explore what vitality means to you and the evidence-based nutrition practices associated with improved quality of life.

Location: PORA

Mediterranean Lifestyle

Wednesday, Jan. 23; 9:30 to 11 a.m.

Join Sun Health's Registered Dietitian Susan Welter as she discusses the Mediterranean style of eating, its benefits and how to make simple shifts in your food choices.

Location: Grace Bible Church

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to have it emailed to you each month.



PHYSICAL FITNESS

All physical fitness classes are held at:

Center for Health & Wellbeing

Note: Physical fitness classes are offered in an eight-class series.

Registration for a series requires 40 class credits (\$40).

Chair Yoga \$

**Mondays – Jan. 7, 14, 21 & 28; Feb. 4, 11, 18 & 25;
8 to 9 a.m.; Series CY27**

**Wednesdays – Jan. 30; Feb. 6, 13, 20 & 27;
Mar. 6, 13 & 20; 8 to 9 a.m.; Series CY28**

Beginning Chair Yoga.

Tai Chi \$

**Mondays – Jan. 7, 14, 21 & 28; Feb. 4, 11, 18 & 25;
11 a.m. to noon.; Series TC27**

**Wednesdays – Jan. 30; Feb. 6, 13, 20 & 27;
Mar. 6, 13 & 20; 11 a.m. to noon.; Series TC28**

Beginning Tai Chi modified for seniors.

Strength Training for Health \$

**Mondays – Jan. 7, 14, 21 & 28; Feb. 4, 11, 18 & 25;
1 to 2 p.m.; Series ST27**

**Fridays – Jan. 25; Feb. 1, 8, 15 & 22; Mar. 1, 8 & 15;
11 a.m. to noon; Series ST28**

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/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

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 Avenue, Sun City

GRANDVIEW TERRACE GRAND ROOM

4th Floor, 14515 W. Granite Valley Dr.
Sun City West, AZ 85375

GRANDVIEW TERRACE HEALTH & REHAB

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

PORA

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

SCW FOUNDATION/WEBB ROOM

14465 RH Johnson Blvd.,
Sun City West

THE COLONNADE

19116 N. Colonnade Way,
Surprise

Chair Yoga Plus \$

**Wednesdays – 9:30 to 10:30 a.m.; Series CYP7:
Jan. 30; Feb. 6, 13, 20 & 27; Mar. 6, 13 & 20**

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

Fit & Balanced \$

**Wednesdays – 1 to 2 p.m.; Series FAB7:
Jan. 30; Feb. 6, 13, 20 & 27; Mar. 6, 13 & 20**

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

Mat Yoga \$

**Mondays – 9:30 to 10:30 a.m.; Series MY7:
Jan. 7, 14, 21 & 28; Feb. 4, 11, 18 & 25**

Floor-based yoga. Participants must be able to
stand independently and to safely get up and
down from the floor unassisted. Bring a mat or towel.

SAFETY

Matter of Balance \$

**Fridays – Jan. 18 & 25; Feb. 1, 8, 15 & 22;
Mar. 1 & 8; 9:30 to 11:30 a.m.**

Are you concerned about falling, or have you fallen in the past? Have you avoided activities because you're afraid of falling? This eight-class evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

Note: This eight-class series requires 25 class credits (\$25).

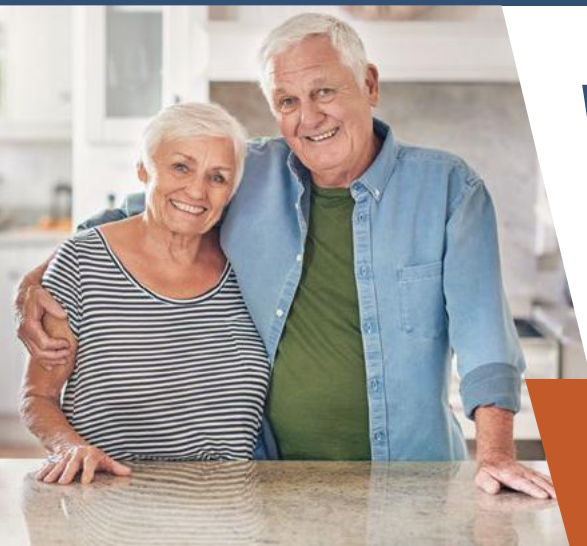
Location: Banner Boswell/Juniper Conf. Room



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How much will care cost and how will you pay?

What are the available options?

Learn how to age confidently and independently in your home by joining one of our complimentary seminars. Call (623) 227-HOME (4663) for more information.

Registration is required.

Tuesday, January 8	Monday, January 14	Thursday, January 24	Wednesday, January 30
11:00 a.m.	3:00 p.m.	10:00 a.m.	12:00 p.m.
Sun Health Center for Health & Wellbeing 14719 W. Grand Ave. Surprise, AZ 85374	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave Surprise, AZ 85374	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave. Surprise, AZ 85374	Palmbrook Country Club 9350 W. Greenway Rd., Sun City, AZ 85351 *Seminar & Luncheon*



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