

LiveWell

MARCH 2019



A Critical Connection

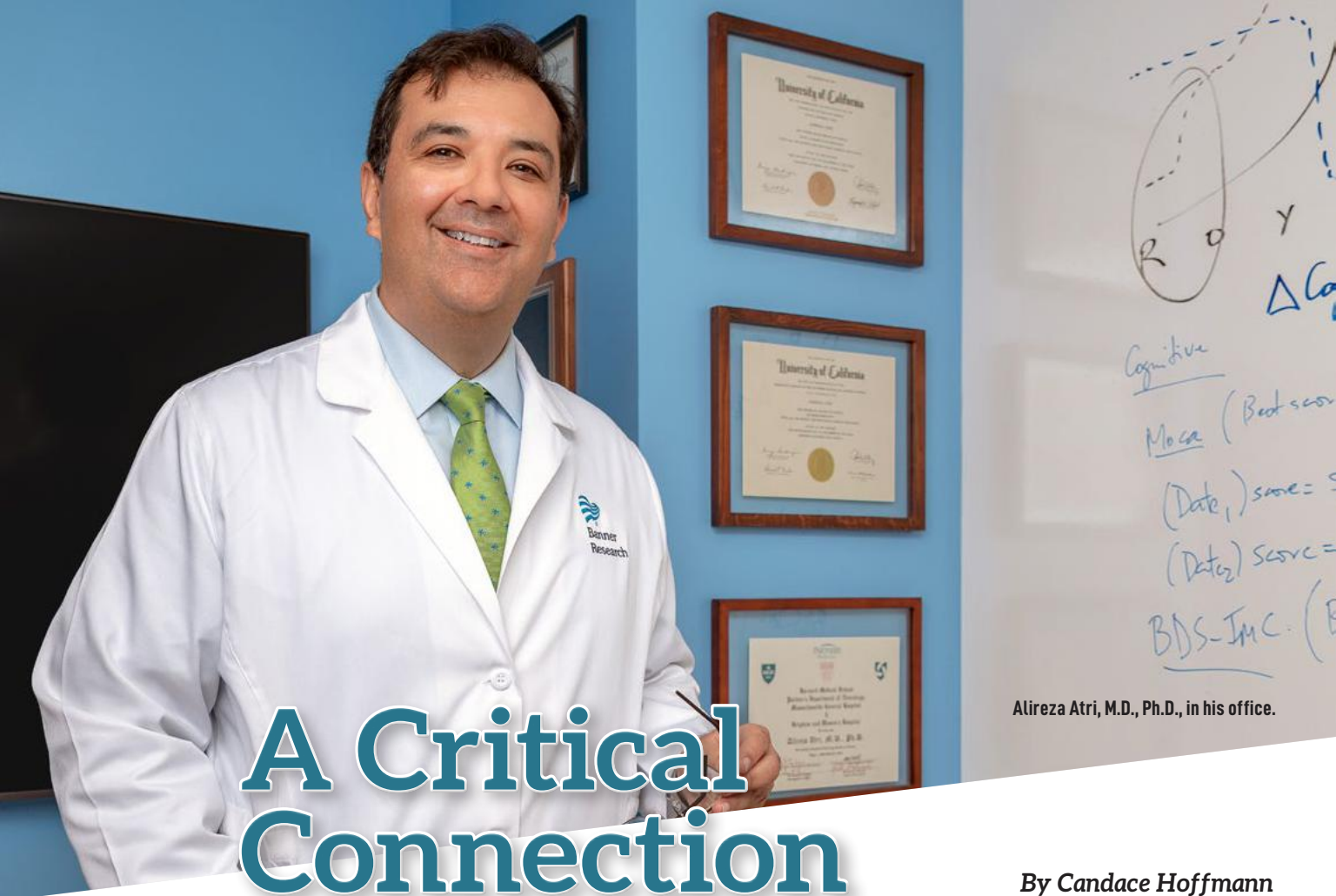
Growing evidence shows diabetes increases risk for dementia

Dr. Alireza Atri, director of the Banner Sun Health Research Institute

Memory Loss: Normal Aging or Cause for Concern?



Sun Health[®]
WELLNESS



A Critical Connection

By Candace Hoffmann

Growing evidence shows diabetes increases risk for dementia

Researchers are beginning to see a connection between diabetes and types of dementia, including Alzheimer's disease.

Anything that affects blood flow or causes inflammation can impact the brain and contribute to the changes in the brain proteins that can lead to Alzheimer's disease and related dementias, Dr. Alireza Atri, director of the Banner Sun Health Research Institute, in Sun City, explains.

"Diabetes works in probably both direct and indirect mechanisms to cause disruption in brain physiology and also in brain structure," he says, adding that the brain is connected to the rest of the body through blood vessels, which bring nutrients and oxygen to the brain and also work to transport toxins, or as Dr. Atri calls them, "garbage" out of the brain.

"Anything that hurts blood vessels, the brain garbage collection system and powerhouses of cells is bad for the brain and that's where diabetes indirectly, along with a number of other things – high cholesterol, high blood pressure, smoking, etc. – come in."

The American Diabetes Association notes that diabetes increases a person's risk for Alzheimer's disease by 65 percent. However, lifestyle changes such as exercise and diet can reduce the risk.

Dr. Atri notes that these changes are supported by research and "generally they are activities, approaches and interventions to lower risk of damage to our blood vessels and brain and to promote 'building' of new, better, or stronger brain connections and capacities." These include:

- Managing stress and learning relaxation techniques.

- Eating healthier.
- Controlling cerebrovascular risk factors: managing blood pressure, blood sugars/ diabetes, cholesterol, weight/body composition; and avoiding head trauma, strokes and smoking.
- Adopting a positive attitude and a life purpose.
- Being socially and emotionally engaged.
- Exercising your brain through education and activities (e.g. learning a new language or playing games that are “mentally effortful”) and engaging in lifelong learning.
- Participating in research studies/programs that may lead to breakthroughs. Many studies are seeking healthy volunteers. These programs can be mentally stimulating and can track how you are doing over time.

Dr. Atri notes that being active, exercising regularly and eating a healthy diet will have the greatest impact on reducing both your diabetes and dementia risks.

“Whatever actions you take, the key is a willingness to carry them out consistently,” he says.

Boosting Brain Health

Experts say the best diet for brain health is the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet, which is a combination of the Mediterranean diet and the anti-hypertensive diet.

Do Eat:

- Green leafy vegetables: At least six servings a week.
- Other vegetables: At least one a day.
- Nuts: Five servings a week.
- Berries: Two or more servings a week.
- Beans: At least three servings a week.
- Whole grains: Three or more servings a day.
- Fish: Once a week.
- Poultry: Two times a week.
- Olive oil: Use it as your main cooking oil.
- Wine: One glass a day.

Avoid or Limit:

- Red meat: Fewer than four servings a week.
- Butter and margarine: Fewer than a tablespoon daily.
- Cheese: Fewer than one serving a week.
- Pastries and sweets: Fewer than five servings a week.
- Fried or fast food: Fewer than one serving a week.

Dr. Atri will discuss the link between diabetes and dementia at the Sun Health Diabetes Expo, 8:30 a.m. to noon, Thursday, March 7 at The Colonnade. See p. 5 for details and registration info.



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by Allen Butler*

CREATED FOR SUN HEALTH BY



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.

Memory Loss: Normal Aging or Cause for Concern?

By Shanna Hogan

Losing your car keys. Forgetting someone's name. Mixing up words.

Who among us has not experienced one or more of these mental miscues? Most often, they are just signs of mild forgetfulness that can be chalked up to normal aging.

But, how can you tell the difference between normal age-related memory loss and signs of a more serious problem like mild cognitive impairment or dementia?

As a Sun Health Memory Care Navigator who helps individuals affected by memory loss and their loved ones, Marty Finley, M.Ed., hears this question almost daily. She offers the following examples to explain the difference:

"We all lose our car keys once in a while, but if you're frequently losing your keys, it may be more than normal aging," Marty says. "Older adults may forget to pay a bill or occasionally forget an appointment. Someone with dementia, however, may not be able to reconcile a bank statement or remember what day, month or season it is."

"As we get older, things slow down a little bit. It may take longer to retrieve information from the files of our brain to get that information," she adds. "That's normal aging. With dementia, the person never finds that information."

Marty recommends that anyone who is concerned about memory issues should report their concerns to their primary care physician.



Free brain-health checks offered by appointment.

The Banner Sun Health Research Institute (BSHRI) is providing free brain-health checks by appointment at the Institute, 10515 W. Santa Fe Drive, Building A, in Sun City. For information or to make an appointment, call (623) 832-5747.

Sun Health launched its Memory Care Navigator program in 2015 to help clients, family members and caregivers navigate the emotional, psychological and physical effects of Alzheimer's disease and related dementias. The program is offered to community members in the West Valley at no cost thanks to the generosity of Sun Health Foundation donors.

The navigators conduct in-person assessments, and based on their findings they develop an

individualized plan for the person with dementia and his or her family.

"Each person with dementia is different, so each home visit is different," Marty says. "Each action plan is designed to meet their specific needs and their situation."

In addition to meeting with clients and families, Marty teaches classes about various aspects of memory loss and brain health.

For information on the Memory Care Navigator program, call (623) 832-9300.

**Marty will talk about normal aging vs. dementia,
9:30 to 10:30 a.m., Friday, March 8.
See p. 5 for details and registration info.**

Registration Opens February 13

BRAIN HEALTH

Normal Aging vs. Dementia

Friday, March 8; 9:30 to 10:30 a.m.

We all notice changes in our memory as we age. Join Sun Health's Marty Finley, MEd, to learn the difference between what is normal aging and what may be cause for concern.

Location: The Colonnade

BONE & JOINT HEALTH

Easy Solutions for Neuropathy, Sore Heels & Toenails

Monday, March 11; 1:30 to 3 p.m.

Dr. Keith Arbuckle, DPM, will discuss common foot problems that slow seniors down. He will demonstrate good and not-so-good over-the-counter products and talk about ways to rid yourself of pain so you get your life back.

Location: La Loma Village Health & Rehab

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, March 1 & 15; 10 to 11 a.m.

Jennifer Brown, MS, RD, of Cancer Support Community

of Arizona, will focus on nutrition for wound healing (3/1) and healthy fats (3/15). Classes are provided in partnership with Cancer Support Community of Arizona.

Location: The Colonnade

DIABETES CARE

Diabetes Expo

Thursday, March 7; 8:30 a.m. to noon

Health-care professionals, service providers and vendors will provide information and resources on diabetes prevention and management.

8:30 a.m. – Vendor Walk

9 a.m. – Introduction

9:10 a.m. – Medication and Diabetes – Grace Akoh-Arrey, PharmD, Ambulatory Clinical Pharmacist

9:50 a.m. – Cardiology and the Link to Diabetes – Sean Morgan, PA-C, Cardiac Solutions

10:30 a.m. – Vendor Walk

11 a.m. – The Dangerous Link Between Diabetes & Dementia – Alireza Atri, MD, PhD, Banner Sun Health Research Institute

11:45 a.m. Closing remarks and prize drawings

Location: The Colonnade


Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

Beginning at 6 a.m. February 13

SunHealthCommunityEducation.org

 **Register By Phone**

Beginning at 8 a.m. February 13

(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.

National Diabetes Prevention Program

Sun Health's National Diabetes Prevention Program 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.

Wednesdays, starting March 13; 3 to 4 p.m.

Location: Sun Health Center for Health & Wellbeing

Wednesdays, starting March 13; 6 to 7 p.m.

Location: Banner Thunderbird/Conf. Room 3

Classes & Events

To register, call (623) 207-1703 or visit SunHealthCommunityEducation.org

DIABETES CARE (continued)

Annual Diabetes Self-Management Training

Monday, March 25; 1:30 to 3:30 p.m.

This class is designed for those who have previously completed a Diabetes Self-Management Training program. Sun Health's certified diabetes educators will provide you with the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call (623) 832-WELL (9355) to register. Fee is covered by most insurance plans.**

Location: Banner Boswell/Chapman Conf. Room

HEALTH & WELLBEING

Take a Tour of the Center for Health & Wellbeing

Tuesday, March 5; 11 a.m. to noon

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

Location: Sun Health Center for Health & Wellbeing

Regenerative Medicine and Stem Cell Therapy

Tuesday, March 19; 1:30 to 3 p.m.

Come join Dr. Casey McNinch, DPT, to learn how stem cell therapy can help you regain your life. If you suffer from chronic pain, this is the seminar for you!

Location: Grace Bible Church

The Benefits of Lymphatic Massage

Thursday, March 21; 9:30 to 11 a.m.

The lymphatic system is instrumental in keeping us healthy and our immune system strong. Susan Casaccio, LMT, presents four easy ways to boost your lymphatic system, detox your body and feel healthier.

Location: PORA Learning Center

Grateful Aging

Friday, March 22; 9:30 to 11 a.m.

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).

Location: Lord of Life Lutheran Church

Am I Active Enough?

Monday, March 25; 1 to 2:30 p.m.

The *Physical Activity Guidelines for Americans* provide recommendations and evidence-based advice on how physical activity can help promote health and reduce the risk of chronic disease. Join Sun Health's Exercise Physiologist and Certified Health Coach Rhonda Zonoozi to learn more about the new guidelines.

Location: Faith Presbyterian Church

HEART HEALTH

Managing Atrial Fibrillation

Monday, March 18; 1:30 to 3 p.m.

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

Location: Freedom Plaza/Ballroom

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, March 6 & 20; 3 to 4 p.m.

Marty Finley, MEd, Memory Care Navigator for Sun Health, leads these support groups. **Registration is not required.**

Location: Grandview Terrace Health & Rehab

NUTRITION

Diabetes & Dementia: The Nutritional Link

Wednesday, March 27; 9:30 to 11 a.m.

A Sun Health certified diabetes educator will discuss the link between diabetes and dementia and the lifestyle steps you can take to reduce your risk.

Location: The Colonnade



To register, call (623) 207-1703 or visit SunHealthCommunityEducation.org

PHYSICAL FITNESS

All physical fitness classes are held at:
Sun Health 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 – 8 to 9 a.m.; Series CY29:
March 4, 11, 18 & 25; Apr. 1, 8, 15 & 22
Wednesdays – 8 to 9 a.m.; Series CY30:
March 27; Apr. 3, 10, 17 & 24; May 1, 8 & 15
Beginning Chair yoga.

Mat Yoga \$

Mondays – 9:30 to 10:30 a.m.; Series MY8:
March 4, 11, 18 & 25; Apr. 1, 8, 15 & 22
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 TC29:
March 4, 11, 18 & 25; Apr. 1, 8, 15 & 22
Wednesdays – 11 a.m. to noon; Series TC30:
March 27; Apr. 3, 10, 17 & 24; May 1, 8 & 15
Beginning tai chi modified for seniors.

Strength Training \$

Mondays – 1 to 2 p.m.; Series ST29:
March 4, 11, 18 & 25; Apr. 1, 8, 15 & 22
Fridays – 11 a.m. to noon; Series ST30:
March 22 & 29; Apr. 5, 12, 19 & 26; May 3 & 10
Low-intensity class to strengthen the upper- and lower-body muscle groups.

Chair Yoga Plus \$

Wednesdays – 9:30 to 10:30 a.m.; Series CYP8:
March 27; Apr. 3, 10, 17 & 24; May 1, 8 & 15
Chair Yoga using both seated and standing postures.
Participants must be able to stand independently.

Fit & Balanced \$

Wednesdays – 1 to 2 p.m.; Series FAB8:
March 27; Apr. 3, 10, 17 & 24; May 1, 8 & 15
Low-intensity class focusing on strength, flexibility and balance exercises using a chair as support. **Participants must be able to stand independently.**



Need a Ride?
Northwest Valley Connect is available
NorthwestValleyConnect.org (623) 282-9300

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have it emailed to you each month.

Location Key

BANNER BOSWELL/CHAPMAN CONF. ROOM

Support Services, 2nd Floor,
13180 N. 103rd Dr., Sun City

BANNER THUNDERBIRD/CONF. ROOM 3

5555 W. Thunderbird Rd., Glendale

FAITH PRESBYTERIAN CHURCH

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

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria
New location!

GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City

GRANDVIEW TERRACE HEALTH & REHAB

14505 W. Granite Valley Dr., Bldg. A,
Sun City West

LA LOMA VILLAGE HEALTH & REHAB

14260 S. Denny Blvd., Litchfield Park

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West
New location!

PORA LEARNING CENTER

13815 W. Camino Del Sol, Sun City West

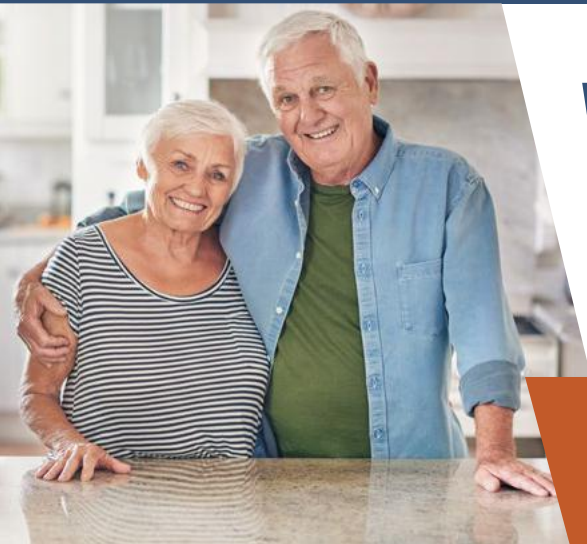
SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

19116 N. Colonnade Way, Surprise

You're healthy, active and *independent*, but if that ever changes ...



Who will take care of you?

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.

Wednesday, March 6	Thursday, March 14	Tuesday, March 19	Tuesday, March 26	Thursday, March 28
3 p.m.	10 a.m.	2 p.m.	10 a.m.	10 a.m.
Sun Health Center for Health & Wellbeing 14719 W. Grand Ave. Surprise	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave. Surprise	Sun City Grand Chaparral Center 19781 N. Remington Dr. Surprise	Corte Bella 22143 N. Mission Dr. Sun City West	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave. Surprise

