

This month features an 'April shower' of health and wellness classes. See p. 5-7.

LiveWell

APRIL 2019

Better Breathing

Preventing and Treating Chronic Obstructive Pulmonary Disease (COPD)

Doug Salter loves to sing, and his lungs love it too.

Prepare for Tomorrow Today

Dr. Jeffrey Ronn
listens to Peter
Vergalla's
lungs.

Better Breathing

By Shanna Hogan

Preventing and Treating COPD

The event occurred 12 years ago, but the memory of it still causes Doug Salter to wince. He had come down with a nasty cold and sore throat and coughed up blood during a coughing fit.

"The first thing that goes through my mind as an ex-smoker is (that) it finally caught up with me," Doug, 84, says. "I've got lung cancer."

After a visit to an emergency room, where a CAT scan was performed, Doug saw his longtime pulmonologist, Dr. Jeffrey Ronn, of the Sunrise Medical Center in Surprise. He was relieved to learn he had a bacterial infection, which Dr. Ronn treated with a shot.

But his lung issues were far from over. The retired California Highway Patrolman was diagnosed with COPD, or chronic obstructive pulmonary disease, a long-term lung condition, which includes chronic bronchitis and emphysema. Symptoms include a persistent cough, shortness of breath and fatigue. It affects millions of people and is the third leading cause of death from disease-related illnesses in the United States, according to the American Lung Association (ALA).

"We get COPD by doing many things that are ill-advised, but the No. 1 cause is smoking," says Dr. Ronn, who has specialized in pulmonology and critical care medicine for more than four decades. Indeed, the ALA states that approximately 85 to 90 percent of COPD cases are caused by smoking.

Spotting the Signs

While COPD can occur at any age, it is a progressive disease that worsens over time.

"There's a deterioration of the lungs even if you don't smoke. Every year our lungs decline, just like our bones get more brittle as we get older," Dr. Ronn says.

He recommends that current or former smokers, as well as those with shortness of breath, coughing, wheezing or fatigue, see a pulmonologist. "We can do a pulmonary function test, check their oxygen and order a CT scan of their chest to evaluate their lungs and determine the best treatment," says Dr. Ronn, who has served patients, the local hospitals and Sun Health for more than 35 years.

Breathing Better

While the disease can be deadly, COPD is often preventable and treatable. Medications such as inhalers, nebulizers, steroids and antibiotics, as well as lifestyle changes, can improve lung function.

"It involves taking better care of your health, not smoking and trying to prevent exacerbation," Dr. Ronn says. An exacerbation of COPD is a sudden worsening of symptoms, which typically lasts several days. It can be triggered by an infection or environmental causes.

Dr. Ronn prescribed CPAP (Continuous Positive Airway Pressure) therapy for Doug, a hose and mask device that uses pressurized air to improve breathing while sleeping. After a bout with pneumonia, he was put on supplemental oxygen for almost two months.

But the biggest lifestyle change came on Doug's 50th birthday when he decided once and for all to quit smoking.

"I was a heavy smoker and had been for years," he says. "And if I hadn't quit, I can assure you I would have died a long time ago."

Doug is breathing easier these days and that's given him more lung power to sing classic country songs in his rich bass voice, an activity he thoroughly enjoys and that's benefited his health. He and his wife Gayle often sing at a local restaurant's karaoke night and they have a karaoke system at home. "Singing is one of the best medicines," Doug says.

Ways to improve your breathing if you have COPD

- See a pulmonologist who can evaluate your condition and recommend treatment.
- Quit smoking.
- Avoid smoky or dusty places.
- Exercise and maintain a healthy weight.
- Check daily weather reports and avoid going outdoors on polluted days.
- Take prescribed medications as directed.
- Get healthy sleep.
- Drink plenty of water, which can thin mucus.
- Attend pulmonary rehabilitation.
- Do breathing exercises.
- Get regular chest X-rays and pulmonary function tests with a doctor.

Join pulmonologist Jeffrey Ronn, MD, as he presents
"COPD: What's New?," 9:30 to 11 a.m., Wednesday, April 24.
See p. 6 for details and registration info.



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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.

Prepare for Tomorrow Today

There's no time like the present to get your affairs in order

By Erin Thorburn

The Boy Scout motto “Be prepared” is good advice for all stages of life, but it takes on greater import as we grow older.

Getting one's affairs in order sooner rather than later can ensure your end-of-life wishes are followed and relieve your loved ones from having to make difficult legal, financial, medical or ethical decisions.

LiveWell magazine sat down with *Senior Care Organizer* author, registered nurse and senior care consultant Claudia Rumwell to get her ideas on how to best prepare for the later stages of life.

What's the best way to put your affairs in order?

CR: It's different for everyone. Close-knit families often get through this process on their own. The forms aren't difficult, but the key is allowing enough time to go through the questions and understand the information. Seniors who may not have any family to rely on could attend an educational presentation about advance directives or discuss it with a close friend or primary care doctor.

What are the biggest mistakes people make in planning?

CR: The biggest mistake is to put it off. I often hear, “I don't need it yet.” Another



mistake is not taking enough time to find someone willing to be your health representative and follow your directive's wishes. Advance directives aren't just for the one filling it out; they're also for family or friends so they know what to do if their loved one is very ill, dying and/or unable to speak for themselves.

What is the ideal age to start putting plans in place?

CR: The age you are today. I have found that those caring for or assisting seniors in their 70s or older should start thinking about the importance of having a plan in place for themselves, not just for their loved one.

The future is not guaranteed. If you don't have a plan, that's when you need one.

Is it necessary to consult attorneys, health care providers, estate planners or other professionals?

CR: Although they can assist, it isn't mandatory. Senior care

professionals such as a geriatric care manager, social worker or a nurse senior-care consultant can be helpful. It's also important to recognize that the advance directives forms involved are state-specific. Arizona's forms may be found at: azag.gov/seniors/life-care-planning.

What other actions do you recommend?

CR: In addition to advance directives, it's important to have a durable Power of Attorney (PoA) for finances and medical issues. A good start is to have copies of the completed directives and PoA documents, along with other information such as emergency contacts, personal info, medical conditions, surgical history and medications as part of a “personal information notebook.” Organizing today will help you plan for tomorrow.

Claudia Rumwell will present “Senior Care Prep 101: Getting Your Ducks in a Row,” 1:30 to 3 p.m., Tuesday, April 23.

See p. 6 for details and registration info.

Registration Opens March 13

BRAIN HEALTH

Lewy Body Dementia – Different than Alzheimer's Tuesday, April 16; noon to 1:30 p.m.

David Shprecher, DO, movement disorders director at Banner Sun Health Research Institute, will explain why Lewy Body Dementia is more complicated to diagnose and how the symptoms are more varied than Alzheimer's disease.

Location: Grace Bible Church

CANCER CARE

Healthy Meal Prep for Cancer Fridays, April 5 & 19; 10 to 11 a.m.

Jennifer Brown, MS, RD, will demonstrate Flavors of Spring (4/5) and Cooking with Tofu (4/19). These classes are provided in partnership with Cancer Support Community of Arizona.

Location: The Colonnade

DIABETES CARE

Are You Too Sweet?

Join Sun Health's Exercise Physiologist and Certified Health Coach Rhonda Zonoozi to learn practical steps that people with prediabetes can take to prevent or delay diabetes and the new insurance benefit available.

Monday, April 8; 1:30 to 2:30 p.m.

Location: Freedom Plaza/Ballroom

Monday, April 15; 9:30 to 10:30 a.m.

Location: SCW Foundation/Webb Room

Annual Diabetes Self-Management Training Tuesday, April 9; 9:30 to 11:30 a.m.

This class is designed for those who have previously completed a Diabetes Self-Management Training program. Sun Health's certified diabetes educator 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 covered by most insurance plans.**

Location: Sun Health Center for Health & Wellbeing

Diabetes Connection Support Group Monday, April 15; 3 to 4 p.m.

Join Registered Dietitian and Certified Diabetes Educator Susan Welter to learn how to incorporate diabetes superfoods into your daily meal plans. **Registration is not required.**

Location: Sun Health 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 a Sun Health registered dietitian and certified diabetes educator, and an exercise physiologist/certified health coach. **Please call (623) 832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurances and requires a physician referral. Register at least one week prior to the start of the series.**

Tuesdays, April 16, 23 & 30; May 7, 14 & 21;
9:30 to 11:30 a.m.; Sun Health Center for Health & Wellbeing
2 to 4 p.m.; Banner Boswell/Juniper Conf. Room
6 to 8 p.m.; Grandview Terrace Health & Rehab

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 Register Online

Beginning at 6 a.m. March 13


SunHealthCommunityEducation.org

 Register By Phone

Beginning at 8 a.m. March 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.

Classes & Events

Registration opens March 13.
To register, call (623) 207-1703 or visit
SunHealthCommunityEducation.org

HEALTH & WELLBEING

Eat Healthy, Be Active

Wednesdays, April 17 & 24; May 1, 8, 15 & 22;
10 to 11 a.m.

Led by Sun Health's Exercise Physiologist and Certified Health Coach Rhonda Zonoozi, the *Eat Healthy, Be Active* community workshops are based on the *Dietary Guidelines for Americans* and the *Physical Activity Guidelines for Americans*. These six one-hour workshops will give individuals tips and tools to encourage better overall health in the community and at home and to reduce the risk of chronic diseases. **Note: Registration for this class series requires 50 class credits (\$50).**

Location: The Colonnade

The Truth Behind Hospice and Palliative Care Friday, April 12; 9:30 to 11 a.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: The Colonnade

Facing Difficult Emotions and Moving Through Fear and Stress

Thursday, April 18; 9:30 to 11 a.m.

ASU Professor Linda Larkey, PhD, CRTT, will share several evidence-based paths and methods known to be beneficial for both patients and caregivers in addressing the fear of a cancer diagnosis.

Location: PORA Learning Center

Senior Care Prep 101: Getting Your Ducks in a Row Tuesday, April 23; 1:30 to 3 p.m.

When it comes to caregiving for seniors, organizing today equals a plan for tomorrow. Join Claudia Rumwell, RN, to learn how to prepare, organize and set up a plan for successful aging and/or caregiving. Imagine being prepared so the future won't dictate your life.

Location: Sun Health Center for Health & Wellbeing

LUNG HEALTH

COPD - What's New?

Wednesday, April 24; 9:30 to 11 a.m.

Join Dr. Jeffrey Ronn, West Valley pulmonologist, as he shares new treatment options for those diagnosed with COPD.

Location: The Colonnade

NUTRITION

You Want Me to Eat Bugs?

Thursday, April 11; 1:30 to 3 p.m.

Join Susan Welter, Sun Health registered dietitian nutritionist, to learn how and why to incorporate probiotics ("good" bacteria) in your diet.

Location: Sun Health Center for Health & Wellbeing

Are You Ready to DASH?

Thursday, Apr. 25; 10 to 11:30 a.m.

Join Sun Health Exercise Physiologist and Certified Health Coach Rhonda Zonoozi to discover how the award-winning DASH style of eating can promote heart and kidney health and improved wellbeing.

Location: Sun Health Center for Health & Wellbeing

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, April 3 & 17; 3 to 4 p.m.

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

Location: Grandview Terrace Health & Rehab

Understanding & Managing Difficult Behaviors with Dementia Monday, April 8; 1:30 to 2:30 p.m.

Marty Finley, MEd, a Memory Care Navigator for Sun Health, will discuss the reasons people with dementia may have behavior problems and provide tips for how to minimize them.

Location: La Loma Village Health & Rehab

Techniques to Improve Communication with the Person Who Has Dementia

Friday, April 26; 9:30 to 11 a.m.

Michelle Cornelius, LMSW, EdM, will teach an interactive skill-building session using techniques from improv to help you improve communication with the person who has dementia.

Location: Lord of Life Lutheran Church

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



SAFETY

AARP Smart Driver™ Course \$

Tuesday, April 9; 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: Freedom Plaza/Ballroom

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 CY31:

April 29; May 6, 13 & 20; June 3, 10, 17 & 24

Beginning Chair yoga.

Mat Yoga \$

Mondays, 9:30 to 10:30 a.m.; Series MY9:

April 29; May 6, 13 & 20; June 3, 10, 17 & 24

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 TC31:

April 29; May 6, 13 & 20; June 3, 10, 17 & 24

Beginning tai chi modified for seniors.

Strength Training \$

Mondays, 1 to 2 p.m.; Series ST31:

April 29; May 6, 13 & 20; June 3, 10, 17 & 24

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

Driving FORE Superior Health Charity Golf Day

hosted by Sun Health Foundation

SATURDAY, MAY 11 • 10 A.M. TO 2 P.M. • TOPGOLF GLENDALE • 6101 N. 99TH AVE.

Form your own team, or we'll connect you to one for some family-friendly fun and competition. Prizes awarded. Proceeds benefit the Emergency Department and Patient Care Transformation at Banner Boswell Medical Center.

For more information, visit SunHealth.org/News-Events or call (623) 832-4323.

Location Key

BANNER BOSWELL/JUNIPER CONF. ROOM

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

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria

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

PORA LEARNING CENTER

13815 W. Camino Del Sol, Sun City West

SCW FOUNDATION

14465 RH Johnson Blvd., Sun City West

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

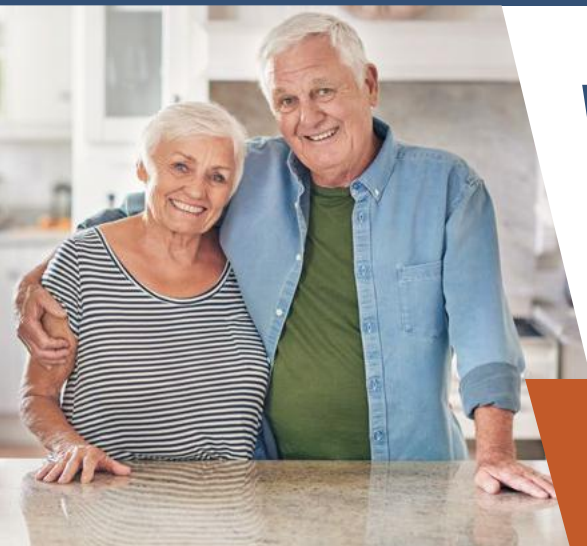
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Registration is required.

Friday, April 5	Wednesday, April 10	Thursday, April 11	Tuesday, April 16	Monday, April 29
9 a.m.	10:30 a.m.	10 a.m.	2 p.m.	3 p.m.
Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Wickenburg Community Hospital 520 Rose Lane, Wickenburg	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Foothills Recreation & Aquatics Center, Raven Room 5600 W. Union Hills Dr., Glendale	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise



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 Continuing Care at Home program.**