



## *Successfully Managing* MOVEMENT DISORDERS p2

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**KNOWLEDGE IS 'PWR!'**

## Successfully Managing Movement Disorders

By Rainey Daye Holloway

If asked about a year we wish didn't happen, many of us might answer 2020.

Mike Gambino of Sun City would say 2003 is a year he'd like to forget.

The Buffalo, New York, native's life completely changed that year — not only was his job in healthcare administration eliminated, he found himself in the middle of a divorce. If these two life-altering situations were not enough, a third scenario came along stopping him in his tracks.

Mike was diagnosed with Parkinson's disease. As an Air Force major who traveled the world, Mike was used to dealing with different scenarios. However, this diagnosis and the fact that his primary care provider didn't offer much advice, was daunting.

"I didn't know what to expect. The doctor said to do some exercise. That was it," he says.

Mike says he is thankful someone recommended the movement disorders program at Banner Sun Health Research Institute. He credits their medical expertise, support groups and PWR! Program (see page 4) for helping him successfully manage his condition.

Neurologist David Shprecher, DO, MSci, FAAN, who is Banner Sun Health Research Institute's movement disorders program director, explains why the right knowledge is power when diagnosed with a neurological issue.

"Just in the past seven years, the FDA has approved 10 new treatments for Parkinson's disease," he says. "Although they don't provide a cure, available medications offer a diverse toolbox that allows me as a specialist to help people manage the symptoms and progression of Parkinson's and related diseases."

Being diagnosed with Parkinson's is life-changing, and Dr. Shprecher says people tend to deny facing such a diagnosis and delay medication and treatment. Common Parkinson's symptoms, such as tremors, small handwriting, or shuffling when walking, are due to loss of dopamine producing brain cells. Medications and the right exercise can make a difference in these and other symptoms.

Getting a quick diagnosis from a physician can be problematic, however.

"One of the problems is we do not have a definitive test for Parkinson's. Some neurologists, sometimes

during a limited exam, tell someone with absolute certainty they have Parkinson's," Dr. Shprecher says. "We have to follow someone over time and see how symptoms evolve to be confident in the diagnosis because there are other close 'cousins' of Parkinson's that don't always declare themselves in the first year of symptoms."

Dr. Shprecher has learned in more than a decade of practice that some symptoms can actually be a more aggressive brain illness or that even certain medications could be causing symptoms that mimic Parkinson's.

Misdiagnosis also happens frequently when patients present with tremors. He says the most common type of tremor misdiagnosed is not a Parkinson's tremor, but instead something called essential tremor.

"I think when people have essential tremor, they wait to see a specialist sometimes because they think it is Parkinson's. But with the right diagnosis, I can provide reassurance that it is a milder condition that we can treat and follow over time."

Dr. Ross Stapleton, a retired physician in Sun City West who has been diagnosed with essential tremor, says specialty care makes all the difference in his treatment.

"Dr. Shprecher has tried various alternative medications and is keeping at it until we find the best we can do for my symptoms."

Dr. Shprecher's current research is aimed at improving early diagnosis of Parkinson's and related diseases, as well as treatment options.

His dedication to his work is very personal, he says, because he can relate to the struggles of his patients. He has the neurological disorder Tourette syndrome.

As he puts it, at the end of the day his ultimate goal is to "develop a treatment that can prevent these illnesses entirely."

**Sun Health's Center for Health & Wellbeing in partnership with Banner Alzheimer's Research Institute and Movement Disorders Program is proud to present, "Parkinson's Disease Care: A Team Effort!" on Monday, April 12, 9:30 to 10:30 a.m. See page 12, or visit [SunHealthWellness.org](http://SunHealthWellness.org) to register.**

**To learn more about local treatment and research for Parkinson's and other movement disorders, go to [www.BannerSHRI.com](http://www.BannerSHRI.com)**

## LiveWell

MARCH/APRIL 2021, ISSUE 63  
[SunHealthWellness.org](http://SunHealthWellness.org)

### SUN HEALTH

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*Page 8 photo by Jake Johnson*

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### SUN HEALTH WELLNESS

(623) 471-9355  
[SunHealthWellness.org](http://SunHealthWellness.org)

### SUN HEALTH AT HOME

(623) 227-4663  
[SunHealthAtHome.org](http://SunHealthAtHome.org)

### SUN HEALTH COMMUNITIES

(623) 236-3767  
[SunHealthCommunities.org](http://SunHealthCommunities.org)

### SUN HEALTH FOUNDATION

(623) 471-8500  
[SunHealthFoundation.org](http://SunHealthFoundation.org)



## Empowering people to enjoy living longer

What began over 50 years ago as a desire of a group of individuals to improve the health and wellbeing of their community has since prospered into a legacy of passion and giving.

Today, the Sun Health team champions superior health and wellbeing through philanthropy, inspired living and wellness programs. Our commitment begins with the heart-felt generosity of people like you who support the Sun Health Foundation through your time, talent, treasure and testimony.

# THE PWR!<sup>™</sup> OF *Exercise Over Movement Disorders*

When you hear someone has Parkinson's disease, you might not think of exercise as the best medicine. Sun City resident Mike Gambino, who has Parkinson's, shares how being active in Banner Health's exercise program for Parkinson's and movement disorders, called PWR! Fitness<sup>™</sup> Parkinson Wellness Recovery is making a big difference in keeping the disease from progressing.

"The PWR!<sup>™</sup> program is a gem and provides a valuable service for me," Mike says. "The outcomes I have achieved while using this program make me believe that any medical challenges I may face would be much worse without the PWR!<sup>™</sup> program."

Banner Sun Health's Research Institute, through its Banner Neuro Wellness West program, offers PWR!<sup>™</sup> exercise programs for individuals and families who are affected by Parkinson's disease and other neurological conditions. Exercise Physiologist and Wellness Program Manager Melinda Peterson-Theobald, MS, says the program is designed for all levels of abilities.

"With movement disorders the body becomes weaker and movements smaller, making movement difficult, Melinda says. "The PWR!<sup>™</sup> Fitness program offers exercises for different levels of ability and fitness that focus on high effort, large amplitude and functional movement. The program is designed for the beginner to the advanced." The exercises can be performed in a variety of positions: standing, seated, on the floor and even in bed."

Neurologist David Shprecher, DO, MSci, FAAN, who is Banner Sun Health Research Institute's movement disorders program director (see page 2) explains the program helps to retrain the brain.

"When we walk, it happens automatically, but for someone who has Parkinson's they have to concentrate on what is happening, otherwise the more affected arm won't swing or the leg may lag behind. Our programs teach you to be conscious about the affected movements and how to compensate for what is happening," he says.



Mike Gambino

Mike credits Melinda's never-ending dedication to the PWR!<sup>™</sup> program to his success and agrees that the small changes he's learned make a big difference.

"I have the Parkinson's shuffled walk. What PWR!<sup>™</sup> has done is help me be conscious that when I find myself shuffling, I know to take larger steps."

**Those interested in learning more about the Banner Neuro Wellness West PWR! Fitness<sup>™</sup> Program, can call (623) 832-2046 or send an email to [Melinda.Peterson-Theobald@bannerhealth.com](mailto:Melinda.Peterson-Theobald@bannerhealth.com)**

**The Sun Health Center for Health & Wellbeing also offers a variety of strength and exercise programs. Visit [SunHealthWellness.org](http://SunHealthWellness.org) or call the center at (623) 471 9355 to learn more.**

# Sun Health Wellness Programs Put You In Control



## DIABETES PREVENTION PROGRAM

### Prediabetes Diagnosis? Take Back Control of Your Health

Take your first step by contacting Sun Health's Diabetes Prevention Program. As the only program in Arizona recognized by Medicare, we have been granted special privileges to provide in-person and online education. We are also one of a few organizations fully recognized by the Centers for Disease Control (CDC) for our successful record. Our program is convenient, easy to access and consistently provides results.

A one-year commitment for a lifetime of wellness – at low or no cost. Program highlights:

- Improved health and nutrition through lifestyle changes
- Managed by a registered dietitian and certified lifestyle coach
- Weekly check-ins to ensure your progress
- Tips and tools to help you maintain a healthy weight
- Scale provided at start of program

"Within the first six months of the DPP program, I was able to lose 20 pounds and have kept it off!"

- JoAnn M., Sun Health Diabetes Prevention Program participant

## 360 WELLNESS PROGRAM

### 360 Brings Your Health Full Circle

If your physician suggests losing weight to help address conditions such as metabolic syndrome and heart disease then 360 could be right for you. All these benefits at a low-cost:

- Unlimited access to health coaches
- Weekly check-ins to ensure your progress
- Wide range of interactive resources
- 24/7 access via smartphone app or desktop



Ready to learn more? Call (623) 471-9355  
or visit [SunHealthDPP.org](http://SunHealthDPP.org)



## OUR IMPACT

# From Exercise To Support Groups, We're Here For You

By Rainey Daye Holloway

Sun Health envisions a world in which people live longer, healthier, more purposeful lives.

One of the ways we accomplish this is through Sun Health's Center for Health & Wellbeing, which offers programs and services to help people throughout the Valley of the Sun realize their potential no matter their age or health challenges.

"Our wellness services are designed to help improve your overall health and wellbeing," Barbara Mason, vice president of Home and Community Based Services, says. "Whether you wish to develop an individual exercise plan or learn mindfulness and relaxation techniques for pain control, we work to understand your personal needs, and we have the resources and team members in place to help you succeed."

Sun Health's consultative services provide a personal guide for individuals, family members, friends or caregivers navigating care and treatment for themselves or a loved one. Whether you need support managing treatment for diabetes or dementia or with transitioning an individual from hospital to home, we're here for you.

Our healthy living classes feature health education and fitness programs designed to help you learn about health conditions, discover new trends in prevention and treatment, improve strength and flexibility, prevent physical disability and delay cognitive decline.

Don't take our word for it. Read first-hand the impact Sun Health classes have had on many and how we may be able to support your journey to live your life to its fullest.

### **We Keep People Standing Tall**

A four-month time span is what holds together a lifetime friendship for Margie Davis and Don Grafton of Sun City.



# LiveWell

## LEARNING

ON-DEMAND CLASSES  
On any device. From anywhere.



Access online health and wellness classes on your terms, on any device, from anywhere. Sun Health offers this low-cost solution for those who want to live a longer, healthier, more purposeful life.

New classes are added regularly to keep you on top of the most current wellness trends. There's no better time than now to start exploring our classes.

ON-DEMAND HEALTH & WELLNESS CLASSES

[LiveWellLearning.org](https://LiveWellLearning.org)

JOIN US FOR A FREE COMMUNITY HEALTH EVENT



## Resiliency: THE MIND-BODY CONNECTION

Wednesday, April 7, 2021 9:30 a.m. – 11:30 a.m. PST

**resilience**  
*/rəˈzilyəns/*

*noun*; the capacity to recover quickly from difficulties; toughness.

Current times have brought with it many changes to our lives – having an impact on our minds and bodies. Sun Health's experts want to help get you and your loved ones on the path to resiliency.

Call (623) 471-9355 or visit [SunHealthWellness.org](https://SunHealthWellness.org)



The duo became fast friends after both lost their spouses within months of each other. The kinship has proven to be beneficial from a health perspective, too.

Margie used the skills she learned while attending a Sun Health Center for Health & Wellbeing class, “From the Floor to Your Feet,” to give her friend a helping hand when he fell while doing yard work. Using what she learned saved her friend from having to call 9-1-1.

“Don was outside pruning trees and he fell and landed straight on his back. He already has a very bad back,” Margie says. “We immediately looked at each other and asked, ‘What did we learn from class?’”

Margie grabbed something for Don to hold onto so he could get to his knees. From there he was eventually able to steady himself with his friend’s help and work his way back to standing.

“I was really impressed that Sun Health instructor Alex Stark used chairs and things around the house to show how to use them to get up in case of a fall,” Margie says. “He also helps you analyze how to move, how to sense if you’ve broken something. There were so many great ideas and things we learned that were easy to implement.”

**Sun Health Wellness offers free classes in person and via video conferencing. Registration is required for some classes. To see the full schedule of the upcoming classes, go to [SunHealthWellness.org](https://SunHealthWellness.org) and click on the banner at the top of the page for the latest information.**

### **No-cost Transition Care**

Jennifer Harris, was shocked and delightfully surprised when her phone started ringing shortly after her discharge following her open-heart surgery at the start of the pandemic in March 2020.

The Sun City resident was nervous about the days following her serious surgery.

“I’ve gotta say, I received the first call and it felt so good. I had received extraordinary care at the hospital and here you go home and you feel like a fledgling, like, ‘Oh no, what do I do now?’”



she recalls. “Then I received a call from a nurse from Sun Health saying, ‘I am going to be keeping in touch with you and going over things. I am here for questions.’ It was such an extension of professionalism, and the comfort of following me to my home was really appreciated.”

Sun Health’s Care Transitions is a 30-day program that includes a nursing assessment, chronic disease education, medication review and education, a home-safety evaluation, a fall risk assessment and information on community resources. This is normally provided during an in-home visit by a registered nurse within 48 to 72 hours after the patient has been discharged. However, we are currently providing this with a virtual visit.

Licensed practical nurses make weekly follow-up calls to check-in, reinforce education and confirm that doctor appointments have been made and kept. A social worker is available to assist patients who need extra support.

Jennifer says the comforting calls and outreach made a big difference in her recovery.

**Sun Health Care Transitions is provided at no-cost thanks to generous donations made to the Sun Health Foundation. To learn more visit [SunHealth.org](https://SunHealth.org)**

### **Keeping Diabetes At Bay**

With the help of Sun Health and lots of brotherly love, Janice Park of Phoenix is showing diabetes who is boss. Janice says her brother Lester has been trying to get her help for years, but nothing was working, that is, until they found Sun Health’s Diabetes Self-Management Education program.



## New Friends When You Need It Most with Memory Care Navigator and Support

“I can say things here that I cannot say to anyone else without judgement ... including laughing about how at times my husband refers to me as his elderly caregiver and warns me about not coming into his bedroom because I’m too old for him.”

Laughter and the friendships developed are many reasons why attendees, who remain anonymous for their loved ones, will tell you they wish they would have joined Sun Health’s Dementia Caregiver Support Group sooner.

“If we did not laugh, we would lose our sanity,” adds one, as another says, “It helps me to get things off my chest.”

One person shared that her husband gets confused when watching TV and thinks the characters from the show will be coming over to spend the night. Much to that person’s relief, another shared a similar story and what they did to deal with the situation.

“I held off going for a year. As soon as I went, I said to myself, ‘Why didn’t I do this a year ago?’ You develop a kinship like no other.”

**If you need support caring for a loved with memory loss, Sun Health’s Memory Care Navigator is a great resource. To schedule a phone consultation, call (623) 471-9300 or visit [SunHealth.org/memorycare](https://SunHealth.org/memorycare).**



“What can I say, he’s my little brother and he loves me,” Janice says. “We talk about our health a lot and we are close. With his encouragement, I had gone to multiple diabetes information classes, but it was not right and did not tell me anything. They had no personal interest and rushed me in and out. I did not bother to check anything or watch what I eat, and I let everything go.”

Letting everything go started to become dangerous for Janice as blood work showed her diabetes was continuing to get worse. Janice’s doctors and her brother were becoming increasingly worried. Janice’s brother suggested his big sister give Sun Health’s program a try.

“I didn’t expect it to work, but I was really surprised. Sun Health staff were knowledgeable, personable and never before had I wanted to get my life back together. They made it personal and clear that they were not dropping me. They hung in there with me and held me accountable.”

Feeling that dedication from Sun Health, helped Janice lose 14 pounds, and the 72-year-old received a big surprise at her physician’s office.

“The incredible part is I got my blood work and I was like ‘This has got to be someone else’s blood work, not mine,’” Janice says. “My numbers were below a 7.0, my kidneys were better, cholesterol, blood sugar. It all improved.”

“Somebody cared enough to make it feel personal.”

**For information about any of our diabetes, pre-diabetes and chronic disease services and programs, please call the Center for Health & Wellbeing at (623) 471-9355 or visit [SunHealthWellness.org/Diabetes](https://SunHealthWellness.org/Diabetes).**



## BENEFITS OF HUMAN TOUCH

# Massage Can Help Dementia Patients

By Rainey Daye Holloway

If you have a loved one with memory loss issues, consider getting them a massage to help alleviate common symptoms of dementia.

A lack of human touch can have a negative impact on those who have serious medical conditions, according to Massage Today, an organization that provides research on the benefits of massage therapy. The lack of connection with another leads to feelings of isolation, anxiety, poor trust in caregivers, insecurity and decreased sensory awareness.

Debbie McMahon, LMT, NCBTMB, licensed massage therapist, says the benefits of human touch can be especially important as we get older.

“Sometimes as we age, we have no one to visit with or communicate with, someone who expresses compassion and care, other than the caregiver,” Debbie says.

“We all require human touch, even if it is only five to 10 minutes a day.”

Adding in massage as part of the care of someone with memory loss provides them extra mental stimulation.

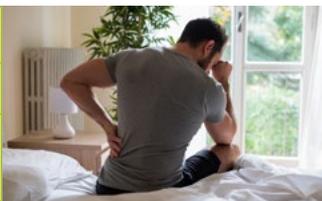
“The benefits of a safe and healthy touch can show major behavioral changes in those who suffer with dementia, loneliness, or depression. Massage can improve your state of mind and outlook,” Debbie says.

Massage Today points out that even a short visit can benefit those diagnosed with dementia. Even a five- or 10-minute massage of the hands is known to significantly decrease agitation, and those five minutes can lead to an hour of calm. A three-to-five-minute back massage has been known to decrease anxiety, agitation, ease pain and lower blood pressure.

**To discuss what might be the best type of massage for your condition, please contact Sun Health Center for Health & Wellbeing at (623) 471-9355.**

Registration Opens Feb. 9, 2021

## BONE & JOINT HEALTH

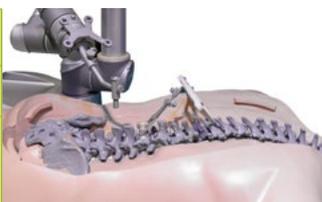
<b>MON</b>	
<b>MAR</b>	
<b>22</b>	

### Solutions for Lower Back Pain

Monday, Mar. 22 | 11:30 a.m. to 12:30 p.m.

Many of us experience back pain that restrict our quality of life. Join Dr. Navkirat Bajwa as he discusses the causes of lower back pain as well as treatment options that can keep you active.

Location: Zoom

<b>WED</b>	
<b>APR</b>	
<b>14</b>	

### Advances in Robotic Solutions for Back Problems

Wednesday, Apr. 14 | 11:30 a.m. to 12:30 p.m.

Open spinal surgeries can mean days in the hospital while it can be less than 24 hours with minimally invasive procedures. Join Anu Jagadish, MD, to learn how new advances in robotic technology can help treat back pain and recover faster.

Location: Zoom

## BRAIN HEALTH

<b>THURS</b>	
<b>MAR</b>	
<b>18</b>	

### Normal Aging vs. Dementia

Thursday, Mar. 18 | 9:30 to 10:30 a.m.

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

Location: Zoom

<b>WED</b>	
<b>APR</b>	
<b>7</b>	

Sun Health Wellness Signature Event - Held Virtually

### Resiliency: The Mind-Body Connection

Wednesday, Apr. 7 | 9:30 to 11:30 a.m.

Current times have brought with it many changes to our lives – having an impact on our minds and bodies. Sun Health's experts want to help get you and your loved ones on the path to resiliency during this signature virtual event. Please visit SunHealthWellness.org for more details.

Location: Zoom

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Classes with this icon (**\$**) have an associated fee.

Due to COVID-19, Sun Health has opted to offer most of our classes online via Zoom. We will offer small group sessions (10 or fewer) for Physical Fitness classes (page 15), Diabetes Self-Management Education (page 11) and the National Diabetes Prevention Program (page 12) in person at The Center for Health & Wellbeing.

 Register Online

Beginning Feb. 9, 2021

[SunHealthWellness.org](https://SunHealthWellness.org)

 Register By Phone

Beginning at 8:30 a.m. Feb. 9, 2021

**(623) 207-1703**

except where noted

# CLASS CALENDAR (continued)

To register, call (623) 207-1703  
or visit [SunHealthWellness.org](http://SunHealthWellness.org)



## Parkinson's Disease Care: A Team Effort!

Monday, Apr. 12 | 9:30 to 10:30 a.m.

Symptoms like tremors, small handwriting, and gait/balance problems may lead to the diagnosis, but Parkinson's disease is not just a movement disorder. Good communication between you, your healthcare team, and an experienced neurologist can make a world of difference. Join Dr. David Sphrecher, from Banner Sun Health Research Institute, to learn more. And, read the article on page 2 of this magazine.

Location: Zoom



## Alcohol and the Aging Brain

Thursday, Apr. 22 | 9:30 to 10:30 a.m.

Drinking too much may increase the risk of dementia. Sun Health Memory Care Navigator Marty Finley, MEd, shares how alcohol impacts the aging brain and what changes you need to consider to reduce your risks.

Location: Zoom

## DIABETES



## Diabetes Self-Management Education \$

Thursdays, starting Mar. 4 | 2 to 4 p.m.

This five-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by a registered dietitian and certified diabetes educator. **Please call (623) 471-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

Location: Sun Health Center for Health & Wellbeing



## Diabetes Connection Support Group

Mondays, Mar. 15 & Apr. 19 | 3:30 to 4:30 p.m.

This monthly group is for individuals with diabetes to share and learn in pursuit of healthy living. **Registration is not required.**

Location: Zoom

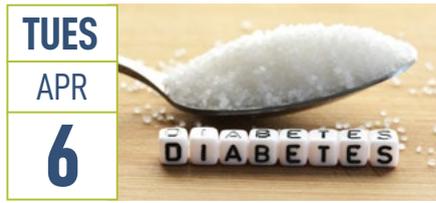


## National Diabetes Prevention Program \$

Fridays, beginning Apr. 2 | 9 to 10 a.m.

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach. This yearlong lifestyle change program uses CDC research-based curriculum 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. **Please call (623) 471-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers.**

Location: Sun Health Center for Health & Wellbeing and via Zoom



### Annual Diabetes Self-Management Education **\$**

Tuesday, Apr. 6 | 9:30 to 11:30 a.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's certified diabetes educators to learn how carbohydrates fit into your diabetes meal plan. This class will focus on a fit-all solution for everyone with diabetes. **Please call (623) 471-9355 to register. Fee covered by most insurance plans.**

Location: Sun Health Center for Health & Wellbeing



### Diabetes Self-Management Education **\$**

Tuesdays, beginning Apr. 13 | 9:30 to 11:30 a.m.

This five-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by a registered dietitian and certified diabetes educator. **Please call (623) 471-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

Location: Sun Health Center for Health & Wellbeing

## HEALTH & WELLBEING

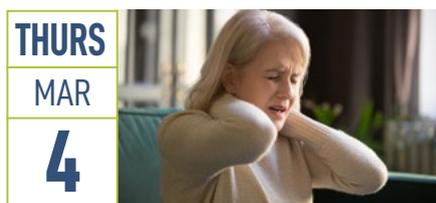


### Living with COPD

Wednesday, Mar. 17 | 11 a.m. to noon

Chronic obstructive pulmonary disease or COPD occurs when airflow is obstructed from the lungs. Individuals with COPD have an increased risk of heart disease and other conditions. Join Wellness Specialist Alex Stark, MS, to learn how with proper management most people with COPD can reduce symptoms and improve quality of life.

Location: Zoom

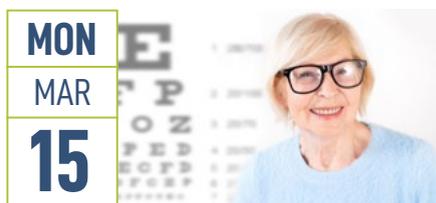


### Chronic Pain: Safe and Effective Treatment Options

Thursday, Mar. 4 | 1 to 2 p.m.

Aches and pain come in many shapes and sizes. Join Craig Saran, DO, to learn more about what can be done to help issues including lower back, neck and arthritis joint pain with treatment options including spinal cord stimulation, CBD therapy, regenerative therapies and more.

Location: Zoom



### The Silent Thieves Of Vision

Monday, Mar. 15 | 11 a.m. to Noon

Common vision conditions can silently cause blindness and rob you of your independence. Join Arizona Eye Institute Emily Marsh, OD, to learn how to be proactive about your vision health.

Location: Zoom

## HEART HEALTH



### Stroke: Symptoms, Causes and Treatments

Tuesday, Apr. 6 | 11:30 a.m. to 12:30 p.m.

Strokes are the No. 5 leading cause of death and disability in the U.S., but did you know 80% of strokes are thought to be preventable? Join Emun Abdu, MD, to learn about the causes of stroke, risk factors, tips you can implement for stroke prevention and what are the latest treatments.

Location: Zoom

# CLASS CALENDAR (continued)

To register, call (623) 207-1703  
or visit [SunHealthWellness.org](http://SunHealthWellness.org)

## KIDNEY HEALTH

WED	
MAR	
10	

### How Do I Know if I Have Chronic Kidney Disease?

Wednesday, Mar. 10 | 10 to 11 a.m.

Karlene Rood, RN, wellness coordinator from Sun Health At Home, will discuss how Chronic Kidney Disease is detected and how healthy habits can save your kidneys.

Location: Zoom

WED	
MAR	
31	

### Be Kind to Your Kidney

Wednesday, Mar. 31 | 1:30 to 2:30 p.m.

Your kidneys are vital organs, which means they are in a family with better known organs such as your heart, lungs and brain. Join Sun Health Registered Dietitian Melva Zerkoune to learn important facts about this vital organ. She will discuss simple steps you can take to be kind to your kidneys and keep them healthy and protected.

Location: Zoom

## MEMORY CARE

WED	
MAR/APR	
MULTI DATES	

### Dementia Caregiver Support Group

Every Wednesday | 3 to 4 p.m.

This telephone support group is led by Sun Health Wellness's Memory Care Navigator, Marty Finley, MEd. Call (623) 471-9571 enter PIN number 9571. The line will only be active at the scheduled time.

Location: Telephonically

TUES	
MAR/APR	
MULTI DATES	

### Memory Café

Tuesday, Mar. 9, 23 & Apr. 13 & 27 | 9:30 to 11:30 a.m.

Memory Cafés provide a social and resource place for people living with memory loss and their care partners. Caregivers participate in an educational and/or support session while people with memory loss actively participate in a cognitive engagement program. This program is free of charge. For more information, to get the link and/or telephone number for the Virtual Memory Café group call (623) 832-6637 or email [BannerResearch@bannerhealth.com](mailto:BannerResearch@bannerhealth.com).

Location: Held Virtually and Telephonically

TUES	
APR	
13	

### Dementia Friends Info Session

Tuesday, Apr. 13 | 11 a.m. to noon

Arizona will experience the largest increase in people developing Alzheimer's and related dementias over the next five years. People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend. Join Sun Health's Barbara Mason for this discussion and walk away with the tools to implement YOUR dementia friendly community.

Location: Zoom

## NUTRITION

MON	
MAR	
1	

### Support Your Health With Nutrition

Monday, Mar. 1 | 1:30 to 2:30 p.m.

Men and women are living longer and enjoying energetic and active lifestyles well into their 80s and 90s. Multiple studies confirm eating well and being active can make a dramatic difference in the quality of life for older adults. Join Sun Health Registered Dietitian Melva Zerkoune to learn how you are never too old to enjoy the benefits of improved nutrition and fitness.

Location: Zoom



### Healthy Eating, Proven Results with the DASH Diet!

Wednesday, Apr. 21 | 11 a.m. to Noon

The DASH eating plan is a new way of eating for a lifetime! Join Sun Health Wellness Coordinator Teri Elkins, MPH, CHES, to learn simple tips on how to start and maintain a DASH eating plan.

Location: Zoom

The staff at the Sun Health Center for Health & Wellbeing is focused on your health and safety by conducting brief health screenings and temperature checks upon arrival, requiring facial coverings of all participants and staff, and maintaining socially distanced classes.

## PHYSICAL FITNESS



All classes are held at Sun Health Center for Health & Wellbeing  
14719 W. Grand Ave., Surprise

All physical fitness classes are offered as 6- and 8-week sessions at \$5 per session, i.e. \$30 and \$40.

### Chair Yoga \$ (8-week series)

Wednesdays starting Mar. 3 | 8 to 9 a.m.

Wednesdays starting Apr. 28 | 8 to 9 a.m.

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

### Chair Yoga Plus \$ (8-week series)

Wednesdays starting Mar. 3 | 9:30 to 10:30 a.m.

Wednesdays starting Apr. 28 | 9:30 to 10:30 a.m.

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

### Tai Chi Essentials \$ (8-week series)

Wednesdays starting Mar. 3 | 11 a.m. to noon

Wednesdays starting Apr. 28 | 11 a.m. to noon

All of the health benefits of Tai Chi Chuan in five easy-to-learn, easy-to-do movements. Developed at Harvard, this class has been adapted for seniors and works on balance, breathing and relaxation, with the goal of maintaining a healthy body.

### The Core to Strength \$ (8-week series)

Wednesdays starting Mar. 3 | 12:30 to 1:30 p.m.

Wednesdays starting Apr. 28 | 12:30 to 1:30 p.m.

Our core is one of the most important components to our strength, but is often the first to go. Please join Sun Health for a low-intensity class focusing on core strength, balance and flexibility exercises using a chair as support.

### Strength Training \$ (8-week series)

Fridays starting Mar. 5 | 11 a.m. to noon

Fridays starting Apr. 30 | 11 a.m. to noon

This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

### Chair Yoga Plus \$ (6-week series)

Mondays starting Apr. 19 | 9:30 to 10:30 a.m.

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

### Mat Yoga \$ (6-week series)

Mondays starting Apr. 19 | 8 to 9 a.m.

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.

### Seasonal Qigong \$ (6-week series)

Mondays starting Apr. 19 | 11 a.m. to noon

This class will focus specifically on the exercises related to winter. This is the time to work on the bladder and kidneys with easy to do Chinese exercises that have been modified for seniors.

### Strength Training \$ (6-week series)

Mondays starting Apr. 19 | 12:30 to 1:30 p.m.

This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.



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

Who will take care of you?



## How much will it cost? What are the available options?

Learn to age confidently and independently in your home by joining one of our complimentary seminars, online or in person. Registration is required.

### **Sun Health Center for Health & Wellbeing**

14719 W Grand Ave, Surprise, AZ 85374

Mar. 2, 2 p.m. | Mar. 9, 10 a.m. | Mar. 19, 2 p.m. | Mar. 23, 2 p.m.

Apr. 6, 2 p.m. | Apr. 14, 3 p.m. | Apr. 27, 2 p.m.

We're keeping you safe and healthy with brief health screenings and temperature checks upon arrival, requiring facial coverings of all participants and staff, and socially distanced seating. If you have further questions, call us at (623) 277-HOME (4663).

*Check our website for live upcoming seminars or attend our online webinars at [SunHealthAtHome.org](http://SunHealthAtHome.org) or call (623) 227-4663*

During this time, we also have a virtual Discovery Seminar available to view on our website, [SunHealthAtHome.org](http://SunHealthAtHome.org), and are happy to conduct an online meeting with you to answer questions you have about our program.



SUN HEALTH AT HOME

(623) 227-4663

[SunHealthAtHome.org](http://SunHealthAtHome.org)