



LiveWell

JUNE 2020



Urgent or Emergent?
When & Where to Seek Care



SUN HEALTH WELLNESS:

Urgent or Emergent? When & Where to Seek Care

By Renee Moe

Deciding where to seek care in a medical situation can be confusing according to Scott Lopata, M.D., emergency physician and regional director for Vituity, the contracted Emergency Department physician group at Banner Boswell and Banner Del E. Webb medical centers.

“It’s not a straightforward answer,” he says. “Many symptoms can be seen at an urgent care (UC) center, but also might indicate that you should go to an emergency department (ED).”

“A headache can be just a headache, if you’ve had a similar headache before or have a history of migraines,” says Dr. Lopata. “But if a headache is associated with a high fever and stiff neck, it could be meningitis. Headache associated with weakness in the side of the body or changes in vision, could be a stroke. Chest pain could be from weight lifting, or it could be a sign of a heart attack.”

Urgent Care Best for Minor Medical Issues

UC’s are best for mild symptoms or non-emergency situations. “As a general rule cough, cold and flu

symptoms, isolated vomiting and diarrhea, sprains and strains are appropriate for treatment in urgent care,” he says.

If you are sick from an illness that’s affecting other family members, that’s also good reason to go to urgent care. “If it’s something contagious between people and multiple people have symptoms, chances that the illness is severe are low,” says Dr. Lopata. “If symptoms significantly worsen, then go to an ED.”

The longer you suffer symptoms, the more likely it’s not an emergency. “If you’ve had a cough for weeks, chances that it’s pneumonia are low, since symptoms would have gotten worse,” he says. “Likewise, if you’ve had chest pain for a month, the chance that it’s related to a heart attack are also lower.”

While minor injuries from falls can be seen in an UC, there are exceptions if you take blood thinners, for example. “If you take blood thinners and were to fall and hit your head, you should visit an ED to get a CT scan,” says Dr. Lopata. “Even minor head strikes can cause serious problems.”

Emergency Department For Serious Conditions

Emergency departments are open 24/7 and equipped and staffed for the most complex and critical needs, including life-threatening conditions and traumatic injuries. Symptoms that should be evaluated in an ED include:

- Chest pain or difficulty breathing
- Weakness or numbness on one side
- Slurred speech
- Head or eye injury
- Concussion/confusion
- Broken bones and dislocated joints
- Bleeding that can't be stopped

"Age increases your risk that issues could be serious," says Dr. Lopata. "As we age, we're more likely to develop chronic conditions like diabetes or hypertension that increase risk."

"It's better to be safe than sorry," he says. "Trust your gut. If your symptoms feel unusual, those are the times to visit an ED."

When in doubt, don't hesitate to call 911. "Whether you arrive by ambulance or drive yourself, how quickly you see a provider is based on the severity of symptoms," Dr. Lopata says.

Please Note: With heightened concerns over COVID-19, Dr. Lopata advises against going directly to the ED if you have minor respiratory symptoms and are able to walk and talk normally. "We want to minimize exposure and contact among patients and make sure not to

overwhelm the health care system," he says. "If you are experiencing persistent cough, shortness of breath and/or fever, please contact your primary care doctor for guidance. If your physician recommends you go to the ED, please call ahead or call 911. In both cases, the ED can prepare for your arrival and assure appropriate precautions are in place. That said, should you require more immediate assistance or have difficulty breathing, please call 911 directly."

Advanced Emergency Care in Your Backyard

Luckily, West Valley residents have access to excellent emergency care. Sun Health Foundation's *Generosity for Generations* Campaign is raising \$34 million to expand the existing Emergency Department at Banner Boswell Medical Center. "The new 40,000-square-foot ED will improve care and expand our capacity to treat 60,000 emergency patients annually," says Dr. Lopata. "Beds will increase from 32 to 46 private rooms."

"The new design will enhance triage, treatment and observation areas," he says. "Both the Cath Lab and Radiology will be attached to the ED, allowing patients to get tested quicker, speeding care decisions and treatment."

A new ED will provide the most advanced emergency care available, right in your own backyard.

To learn more visit SunHealth.org/current-campaign and click on "Emergency Department".

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SunHealthWellness.org

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SUN HEALTH WELLNESS

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SUN HEALTH AT HOME

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SunHealthAtHome.org

SUN HEALTH COMMUNITIES

(623) 236-3767
SunHealthCommunities.org

SUN HEALTH FOUNDATION

(623) 471-8500
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.



SUN HEALTH WELLNESS:

Vial of Life Can Be Lifesaver During Medical Emergency

By Renee Moe

Medical emergencies can happen in an instant. Be prepared with the Vial of Life (VOL), which can speak for you when you can't speak for yourself. The VOL contains important medical information that can assist emergency personnel in administering proper medical treatment.

Rebecca Haro, Administrative Emergency Medical Services manager with Sun City Fire and Medical, first learned about VOL when she began working for the fire department in 2002. "When we responded to emergency calls, VOL came in handy if the patient wasn't able to communicate their medical history or medications," she says. "It became a good resource that we appreciated."

Rebecca recalls assisting an elderly resident in Sun City West who had a small dog. "The next-door neighbors were not at home," she says. "But the resident included an alternate person to care for the dog in his VOL information. This was extremely helpful at 2 a.m. to help us ensure that the pooch was cared for."

Vial of Life is a nationally recognized program that saves countless lives each year and contains:

- Medical Form – to complete with your current medical information
- Vial – to place the completed medical form into, then place inside your refrigerator
- Bright orange cling/sticker – to post on your front entrance, window or refrigerator to alert emergency personnel to look for your VOL inside the refrigerator.

Rebecca says the biggest challenge is making sure that residents keep their information updated. "Once you've completed VOL, go back and update it occasionally to make sure the information is still current."

You can download a new form from our website at SunHealthWellness.org/Vial-of-Life-File-of-Life.

Vial of Life is a tool that is made possible due to the generosity of donors to the Sun Health Foundation. You can pick up a VOL at Sun Health's Center for Health & Wellbeing at 14719 W. Grand Ave. in Surprise or at many local hospitals and fire departments. For questions, please call (623) 471-9355.

Healthy Mindsets Online Tools

Did you know that Sun Health provides complimentary access to a suite of online mind-body programs? Whether you're interested in losing weight, coping with stress, reducing worry and depression or learning ways to boost your health and happiness, you can access confidential self-directed solutions at SunHealthWellness.org, including:

- **The Road Map to Peace of Mind:** A 10-module, evidence-informed cognitive behavioral program for depression, anxiety, anger and other emotional distress
- **Resiliency4Life:** Self-directed modules that identify and address the four pillars of resiliency including Mental Hardiness, Social Connectivity, Building Mind-Body Muscle Memory and Sparking Positive Emotions. Resiliency4Life is empirically-based and provides concrete tools, techniques and strategies for better achieving health, happiness and higher performance.

- **Insomnia Matters!:** A modular self-guided video presentation teaching state-of-the-art cognitive behavioral treatment for insomnia skills. It does so in simple, user-friendly, bite-sized chunks.

Also, enjoy educational modules on:

- Emotional Stress Conditions
- Positive Habit Cycles
- De-Stressing about Stress
- Persistent Health Conditions
- Self-Hypnosis

To Join: On SunHealthWellness.org, view the "Resources" dropdown menu and click "Online Mind-Body Programs." As a New User, enter the Wellness Code SHWELLNESS to create an account. You will be prompted to create a username and password the first time you enter.

Let Us Know What You Think

At Sun Health Wellness, our goal is to deliver useful health and wellness content and Healthy Living classes that allow community members to live longer, healthier, more purposeful lives. To do that, we want to know what written content and classes are valuable to you, and are seeking your feedback through focus group sessions in July.

We are seeking individuals who live in ZIP codes: 85340, 85351, 85373, 85374, 85375, 85387 and 85395. We plan to offer both in-person and virtual online focus group sessions.

In exchange for your feedback, you'll receive a \$25 gift card to a local grocery store. Participants are first come, first served, so please call **623-252-2293** to reserve your place today. Gift cards are limited to one per household.



Tues., July 7, 10 a.m.
in Sun City

Thurs., July 9, 1 p.m.
in Surprise

Mon., July 13, 9 a.m.
in Sun City West

Wed., July 15, 2 p.m.
in Goodyear/Litchfield Park

90-minute session. Refreshments provided. One card per household. Sun Health Community residents and Sun Health employees are not eligible.

Classes & Events

BRAIN HEALTH

Staying Safe with Parkinson's Disease

Tuesday, Jun. 9 | 9:30 to 11 a.m.

Dr. Stephanie De Santiago will be discussing various ways to maintain safety with a Parkinson's disease diagnosis. She will address topics such as fall prevention, home safety modifications, staying safe in the night and medication management tips.

Location: Banner Boswell/Chapman Conf. Room

DIABETES

Diabetes Connection Support Group

Monday, Jun. 15 | 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: Sun Health Center for Health & Wellbeing

Annual Diabetes Self-Management Education \$

Tuesday, Jun. 16 | 3 to 5 p.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's certified diabetes educator to learn how carbohydrates fit into your diabetes meal plan. This class will offer a 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

HEALTH & WELLBEING

Keeping Our Independence

Tuesday, Jun. 16 | 1:30 to 3 p.m.

Loss of muscle mass and strength with aging can lead to less functional ability and independence. Join Sun Health Wellness Specialist Alex Stark, MS, to learn how strength-training activities can help you stay independent and remain in your own home.

Location: Grace Bible Church

Why Do My Feet Tingle?

Wednesday, Jun. 17 | 9:30 to 11 a.m.

Are you worried about neuropathy? Join Peyman A. Elison, DPM, to learn more about how our nerves work and the best treatment options for those with neuropathy.

Location: Lord of Life Lutheran Church

Edema – Symptoms, Causes and Treatments

Thursday, Jun. 18 | 9:30 to 11 a.m.

Many medical conditions can cause swelling in the extremities, particularly the legs. Deb Lister, occupational therapist and certified lymphedema therapist, will discuss why the swelling may occur, prevention tips and management techniques to control this condition.

Location: PORA Learning Center

Ladies, You Don't Have to Live with Incontinence

Monday, Jun. 22 | 1 to 2:30 p.m.

Occupational Therapists Linda Rudd and Melissa Lee will discuss pelvic floor changes and why they matter. Most importantly, attendees will discover how they can reduce or eliminate the symptoms and live and laugh without worry!

Location: Faith Presbyterian Church

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Jun. 3 & 17 | 3 to 4 p.m.

Sun Health's Memory Care Navigator Marty Finley, MEd, leads this support group. **Registration is not required.**

Location: Grandview Terrace Health and Rehab

Memory Café

Tuesdays, Jun. 9 & 17 | 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. **Registration is not required.**

Location: Salvation Army

Dementia Friends Training

Tuesday, Jun. 16 | 10 to 11 a.m.

Arizona will experience the largest increase in persons 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 Barbara Mason from Sun Health and walk away with the tools to help your community become dementia-friendly.

Location: The Colonnade

PHYSICAL FITNESS

All physical fitness classes are held at:

Sun Health Center for Health & Wellbeing

Note: Unless otherwise noted, physical fitness classes are offered in a eight-class series. Registration for each series costs \$40.

Strength Training **\$**

Starting Fridays, Jun. 19 | 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 **\$**

Starting Mondays, Jun. 29 | 8:30 to 9:30 a.m.

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

Mat Yoga **\$**

Starting Mondays, Jun. 29 | 9:45 to 10:45 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.

Tai Chi **\$**

Starting Mondays, Jun. 29 | 11 a.m. to noon

Beginning Tai Chi that is modified for seniors.

Strength Training **\$**

Starting Mondays, Jun. 29 | 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.



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 DEL E. WEBB/AUDITORIUM A & B

14502 W. Meeker Blvd., Sun City West

FAITH PRESBYTERIAN CHURCH

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

GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City

GRANDVIEW TERRACE HEALTH AND REHAB

14505 W. Granite Valley Dr., Sun City West

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West

PORA LEARNING CENTER

13815 W. Camino del Sol, Sun City West

SALVATION ARMY

17420 Ave of the Arts, Surprise

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

19116 N. Colonnade Way, Surprise

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 Register Online

Beginning May 12, 2020

SunHealthWellness.org

 Register By Phone

Beginning at 8:30 a.m. May 12, 2020

(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.

SAFETY

STOP THE BLEED®

Tuesday, Jun. 23 | 10 a.m. to noon and 2 to 4 p.m.

Through the STOP THE BLEED® course, you will gain the ability to recognize life-threatening bleeding and intervene effectively. The person next to a bleeding victim may be the one who is most likely to save him or her. Take the course and become empowered to make a life or death difference when a bleeding emergency occurs. STOP THE BLEED®. Save a Life.

Location: Banner Del E. Webb/Auditorium A & B

Task Force Against Senior Abuse (TASA)

Wednesday, Jun. 17 | 1 to 2 p.m.

This task force of the Arizona Attorney General's Office was started to protect Arizona seniors from exploitation, abuse and neglect. Please join Betty Delano to go over TASA's mission, common crimes against seniors and prevention information.

Location: Banner Boswell/Chapman Conf. Room





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



Who will take care of you?
 How much will it cost, and how will you pay?
 What are the available options?

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

Sun Health Center for Health & Wellbeing
 14719 W. Grand Ave. Surprise, AZ 85374
 Thursday, June 11 at 2 p.m.
 Tuesday, June 16 at 10 a.m.

PebbleCreek Tuscany Clubhouse
 16262 Clubhouse Dr, Goodyear, AZ 85395
 Tuesday, June 23 at 3 p.m.

During this time, we also have a virtual Discovery Seminar available to view on our website, SunHealthatHome.org, and are happy to conduct a virtual meeting with you to answer questions you have about our program.



SUN HEALTH AT HOME

(623) 227-4663
SunHealthatHome.org

Healthy Living Classes ONLINE

At Sun Health, we envision a world where people live longer, healthier more purposeful lives.

One way to do that is by maintaining and enhancing social connections and staying active mentally and physically. Our Healthy Living Classes are a perfect way to stay connected and learn about important health topics from experts in their field.

Sun Health Wellness has implemented alternative means of holding its regular classes via video conferencing technology at no cost.

Registration is not required.
View upcoming online classes at SunHealthWellness.org.
Click on Healthy Living Classes.

