

Treat yourself to good health this month. Class listings start on page 5.



Sun Health  
WELLNESS

# Live Well

OCTOBER 2019

## Healthy Sleep, Healthy Brain

The critical role of  
sleep and brain health

Moments of  
Mindfulness

Celebrating  
50 Issues  
Thank You!



# Moments of Mindfulness

## Learn ways to re-center yourself and enhance your health

By Susie Steckner

**A**re you living in the moment? In our busy, always-on-autopilot lives, it can be challenging.

But it's possible to re-center ourselves through using mindfulness techniques — and realize some important benefits in the process.

“The practice of mindfulness gives us a way to begin to be more present to our experience, to see our habits of reactivity more clearly, and to pause and slow down in order to make more conscious, beneficial choices, particularly when we are experiencing stressful, difficult circumstances,” says Dr. Ann Sebren, who has been practicing mindfulness for nearly two decades and is principal lecturer in the College of Health Solutions at Arizona State University.

### What is mindfulness?

Dr. Sebren defines mindfulness as “clearly knowing sensations, thoughts and emotions in the present moment with gentle, open receptivity in order to reduce habits of reactivity and enhance wise, caring response.”

It's an essential attribute we all have, rather than a characteristic or quality we strive to acquire. Through mindfulness practice, Dr. Sebren says, we are learning

to inhabit a part of our lives that we often lose touch with in our busy world. We can reclaim our ability to be fully present.

### What are the benefits?

According to Dr. Sebren, mindfulness is not a cure-all, yet. However, research supports a wide range of benefits.

In some populations, practicing mindfulness can reduce depression and anxiety, ease fatigue and enhance sleep. The practice may also help manage chronic pain and positively impact the immune system and stress hormones in stressed individuals.

The practice has also been found to enhance attention control and concentration and may improve our memory, according to Dr. Sebren.

### Getting started

It can be helpful to begin with the awareness of breath practice. Think of breath as an anchor that can help keep our attention in the moment.

Find a supportive and comfortable posture, and then direct your attention toward feeling the sensations of breathing in different areas of the body, such as the nostrils, chest or belly.

“Don’t be surprised if your attention wanders to sounds, emotions or elsewhere; this is completely natural. When that happens, notice what has captured your attention and then gently return focus,” Dr. Sebren says. “Remember that mindfulness practice is not about creating any particular state or experience but training in bringing caring, open, gentle attention to whatever is happening while it’s happening.”

### Mindfulness misunderstandings

According to Dr. Sebren, there are often misunderstandings about mindfulness.

Practicing mindfulness doesn’t mean that you will constantly maintain attention on the breath without wandering. Too often, people believe they have failed or aren’t able to practice mindfulness because their attention wanders and gets caught up in other things. Being mindful isn’t about creating a “state of unthinking bliss” that eliminates stress and discomfort. It is a way of learning how to relate to stress and discomfort in ways that lead to more peace and ease.

### Learning more

Consider signing up for a mindfulness-based class or program offered by qualified teachers. (See box to the right.)

You’ll also find online options, such as programs offered through the UCLA Mindful Awareness Research Center or Mindfulness-Based Stress Reduction (MBSR) programs offered by trained MBSR teachers.

Apps such as Headspace or CALM may be helpful as well.

### Anytime, anywhere

Like learning anything new, the practice of mindfulness takes time and regularity “to become aware of our habits of distraction, perception and reactivity and to develop the capacity of awareness to find some ease, steadiness and space in the face of stress,” Dr. Sebren says.

Try a formal mindful awareness practice, such as the awareness of breath practice every day, but don’t forget the informal opportunities throughout your day.

“Mindfulness can be practiced anytime, anywhere in daily life — walking to our destination, eating, cleaning the table or having a conversation,” Dr. Sebren says. “So, from this perspective, the invitation is not just to practice mindfulness every day, but more moments of every day as well!”

Learn more about mindfulness when Dr. Sebren presents  
“Am I on Autopilot?” Friday, Oct. 25 from 9:30 to 11 a.m.  
Visit page 7 for more info and to register.



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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.

# Healthy Sleep, Healthy Brain

By Meghann Finn Sepulveda

## The critical role of sleep and brain health

**S**leep has a profound effect on overall health. Chronic lack of sleep and poor-quality sleep can increase your risk of developing certain medical conditions, and certain sleep behaviors could indicate other serious health issues.

### Sleep and your health

The National Sleep Foundation says that adults age 65 and older need between seven and eight hours of sleep nightly. According to Movement Disorders Director David Shprecher, DO, at Banner Sun Health Research Institute, during quality sleep our brains consolidate new memories and remove toxins that accumulate during the day.

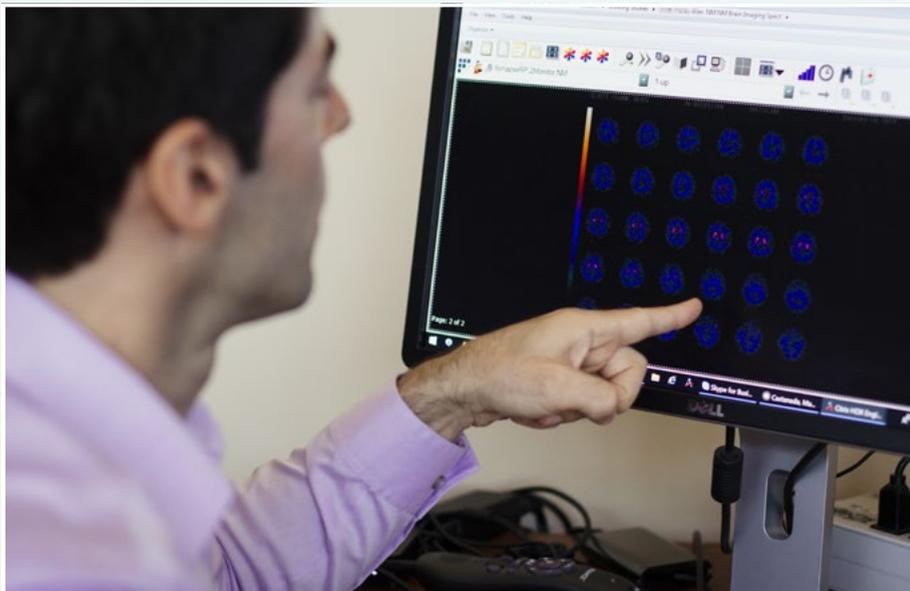
“Poor sleep quality impairs performance, concentration and memory and may lead to higher rates of dementia in older adults,” Dr. Shprecher explains.

Establishing a consistent sleep schedule in a comfortable environment, removing electronics from the bedroom and exercising are good sleep practices.

### The importance of sleep stages

Your brain cycles through several stages of sleep, including the rapid eye movement (REM) stage. Your body goes through both at night. According to the National Institute of Neurological Disorders and Stroke, you get less REM sleep as you age.

“During REM sleep, the muscles in the body are relaxed and that’s when dreaming occurs,” Dr. Shprecher says.



### REM sleep behavior disorder

Older adults may experience common but often treatable conditions such as sleep apnea, restless leg syndrome and insomnia.

REM sleep behavior disorder, along with other disorders, can be diagnosed through a detailed medical history and professional sleep study.

Someone with REM sleep behavior disorder may experience dream enactment — suggested by complex movements while asleep, such as shouting, punching, flailing the arms and bicycling the legs, according to Dr. Shprecher.

“This condition is linked with a higher risk of Parkinson’s disease and related dementia,” he adds.

“Due to its association with neurodegenerative disease, consult a neurologist if other potentially related symptoms, such as a shuffling gait, tremor or memory or attention problems are present.”

If someone exhibits violent dream enactment, adding large pillows and bedrails as well as moving furniture to prevent injury may be necessary. Doctors may also prescribe melatonin or clonazepam.

“With REM sleep behavior disorder, the brain circuit that relaxes our muscles seems damaged, so people move during REM stage,” Dr. Shprecher says.

Dr. Shprecher suggests talking to your doctor if you or a loved one notice any changes in sleep habits.

**Learn more about sleep disorders and brain health in a class with Dr. Shprecher from 9:30 to 11 a.m. on Tuesday, Oct. 29. Visit page 5 for more info and to register.**

Registration Opens September 10

## BONE & JOINT

### Spine Wellness

**Tuesday, Oct. 22; 1:30 to 3 p.m.**

Properly diagnosing and treating the symptoms of back pain early can delay or even prevent more invasive options later. Typically, treatment includes referral to a surgeon. Join Abhishiek Sharma, MD, to learn how the team approach helps prevent acute pain from transforming to chronic pain reducing surgical interventions.

*Location: Sun Health Center for Health & Wellbeing*

### “Bone” Appétit!

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

Strong bones are important for our health and lifestyle. But did you know more than 80% of all fractures in people over age 50 are related to osteoporosis? Sun Health Wellness Specialist Alex Stark, MS, will talk about how exercise and nutrition can help to feed your bones what they need to stay healthy and get stronger.

*Location: The Colonnade*

## BRAIN HEALTH

### BrainSavers®

**Mondays & Wednesdays, 10 to 11 a.m.**

**Sep. 30; Oct. 2, 7, 9, 14, 16, 21, 23, 28, 30; Nov. 4, 6, 11, 13, 18, 20, 25, 27; Dec. 2, 4, 9, 11, 16, & 18**

BrainSavers®, the Brain+Body Total Fitness, is a 24-class health program that promotes healthy aging by fighting off the assaults of getting older, while reducing the risk of memory loss and Alzheimer's or dementia. **Note: registration for this 24-class series requires 145 class credits (\$145) before Sep. 12 or 160 class credits (\$160) after.**

*Location: SCW Foundation/Powell*

### Healthy Living for Your Brain & Body

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

Martha Burrue, from the Alzheimer's Association, will share the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, using hands-on tools to help you incorporate these into a plan for healthy aging.

*Location: Grace Bible Church*

### Communication Tips for Dementia

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

It is important to treat people with dementia as adults and to be respectful. Understanding how to connect and communicate with our loved ones is of the utmost importance. Join Sun Health Memory Care Navigator Sherry Wagoner, BSN, to learn techniques and tips on what to do and say.

*Location: Desert Palms Presbyterian Church*

### Sleep Disorders and Brain Health – What's the Link?

**Tuesday, Oct. 29; 9:30 to 11 a.m.**

Do you or a loved one shout, kick or move your arms during sleep, as if acting out a dream or nightmare? This could be a sign of REM sleep behavior disorder, a condition linked to an increased risk for Parkinson's disease and dementia. David Shprecher, DO, of Banner Sun Health Research Institute, will discuss this link and the efforts to develop preventative treatments.

*Location: Faith Presbyterian Church*

**Note: For more about this topic, please see page 4.**

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

*Beginning September 10, 2019*

**SunHealthWellness.org**

 **Register By Phone**

*Beginning at 8:30 a.m. September 10, 2019*

**(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

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

## CANCER CARE

### Healthy Meal Prep for Cancer

**Fridays, Oct. 4 and 18; 10 to 11 a.m.**

Jennifer Brown, MS, RD, from Cancer Support Community of Arizona, will prepare items with a focus on Flavors of Fall (10/4) and Savory Soups (10/18). This class is provided in partnership with Cancer Support Community of Arizona.

*Location: The Colonnade*

### Stress and Mental Health During Cancer

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

Not only does cancer diagnosis impact your body, it also impacts your mental health. You might find yourself experiencing feelings of depression, anxiety and even fear. Join Oncology Navigator Amy Malensek, OCN, CBCN, to talk about coping mechanisms and other tools to take care of your mental health while dealing with a cancer diagnosis.

*Location: Faith Presbyterian Church*

## DIABETES CARE

### Diabetes Self-Management Education

This six-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by registered dietitians and certified diabetes educators. **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 and requires a physician referral. Register at least one week prior to the start of the series. Tuesdays – Oct. 1, 8, 15, 22 & 29; Nov. 5 9:30 to 11:30 a.m.; Sun Health Center for Health & Wellbeing 2 to 4 p.m.; Banner Boswell/Juniper Conf. Room**

### Annual Diabetes Self-Management Education

**Monday, Oct. 14; 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 covered by most insurance plans.**

*Location: The Colonnade*

### Diabetes Connection Support Group

**Monday, Oct. 21; 3 to 4 p.m.**

This monthly group is for individuals who have diabetes to gather together to share and learn in their pursuit of healthy living. **Registration is not required.**

*Location: Sun Health Center for Health & Wellbeing*

## HEALTH & WELLBEING

### ALTCS 101

**Tuesday, Oct. 8; 9:30 to 11 a.m.**

Tyler White, from JacksonWhite Law, will give an overview of the state's Medicaid program for long-term care, Arizona Long-Term Care System. This presentation covers medical and financial eligibility requirements, services covered by ALTCS and more.

*Location: Freedom Plaza/Ballroom*

### Edema – Symptoms, Causes and Treatments

**Wednesday, Oct. 9; 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: Banner Del E. Webb/Auditorium A & B*

### Grateful Aging

**Thursday, Oct. 10; 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 and will discuss new coping skills for each aspect of holistic health and wellbeing.

**Note: Registration for this class requires 5 class credits (\$5).**

*Location: PORA Learning Center*

### Home is Where the Heart Is

**Friday, Oct. 11; 9:30 to 11 a.m.**

According to AARP, 87% of adults age 65+ want to stay in their current home and community as they age. Unfortunately, many find this harder to do than they expected. Presley Reader, MPA, CSA, will share the key steps you need to take to keep yourself and your loved one right where you are! All attendees will receive a free copy of *Aging in Arizona: Key Challenges & Opportunities Facing the Elderly & Their Families*.

*Location: The Colonnade*

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

### Am I on Autopilot?

**Friday, Oct. 25; 9:30 to 11 a.m.**

In modern society, we spend much of our time worrying about the future and letting autopilot take us through our present. Join Dr. Ann Sebren, EdD, as she talks about how mindfulness may help us increase awareness and improve our lives through reductions in stress, pain and anxiety.

*Location: Lord of Life Lutheran Church*

**Note: For more about this topic, please see page 2.**

### Let's Talk About Stress

**Wednesday, Oct. 30; 10 to 11:30 a.m.**

Being stressed out seems to be a normal feeling in today's world, but what effects does it have on your body and mental health? Bradley Millman, PsyD, from Banner MD Anderson Cancer Center, will discuss the effects of stress on our biological and psychological functioning as well as what can be done to alleviate these feelings.

*Location: Banner Boswell/Memorial Hall West*

## MEMORY CARE

### Dementia Caregiver Support Group

**Wednesdays, Oct. 2 & 16; 3 to 4 p.m.**

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

*Location: Grandview Terrace Health & Rehab*



## Need a Ride?

*Northwest Valley Connect is available*

**[NorthwestValleyConnect.org](http://NorthwestValleyConnect.org) (623) 282-9300**

## Location Key

### BANNER BOSWELL/JUNIPER CONF. ROOM

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

### BANNER BOSWELL/MEMORIAL HALL WEST

Support Services, 1st Floor,  
13180 N. 103rd Drive, Sun City

### BANNER DEL E. WEBB/AUDITORIUM A & B

14502 W. Meeker Blvd., Sun City West  
Use the Louisa Kellam Center for Women's Health entrance

### DESERT PALMS PRESBYTERIAN CHURCH

13459 W. Stardust Blvd., Sun City West

### FAITH PRESBYTERIAN CHURCH

16000 N. Del E. Webb Blvd., 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., Sun City West,  
Use Main Entrance on East side

### 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/POWELL ROOM

14465 RH Johnson Blvd., Sun City West

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

### THE COLONNADE

19116 N. Colonnade Way, Surprise

## PHYSICAL FITNESS

### Chair Yoga Plus \$

**Mondays, 8 to 9 a.m.;**

**Oct. 28; Nov. 4, 11, 18, 25; Dec. 2, 9 & 16**

Chair yoga using both seated and standing postures.

**Participants must be able to stand independently.**

*Location: Sun Health Center for Health & Wellbeing*

### Mat Yoga \$

**Mondays, 9:30 to 10:30 a.m.;**

**Oct. 28; Nov. 4, 11, 18, 25; Dec. 2, 9 & 16**

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.**

*Location: Sun Health Center for Health & Wellbeing*

### Tai Chi \$

**Mondays, 11 a.m. to noon;**

**Oct. 28; Nov. 4, 11, 18, 25; Dec. 2, 9 & 16**

Beginning Tai Chi modified for seniors.

*Location: Sun Health Center for Health & Wellbeing*

### Strength Training \$

**Mondays, 12:30 to 1:30 p.m.;**

**Oct. 28; Nov. 4, 11, 18, 25; Dec. 2, 9 & 16**

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

*Location: Sun Health Center for Health & Wellbeing*



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**Thursday,  
 Oct. 3  
 1 p.m.**

14719 W. Grand Ave.  
 Surprise, AZ

**Monday,  
 Oct. 7  
 3 p.m.**

14719 W. Grand Ave.  
 Surprise, AZ

**Tuesday,  
 Oct. 15  
 noon**

13321 W. Indian School Rd.  
 Litchfield Park, AZ

**Friday,  
 Oct. 25  
 11 a.m.**

19781 N. Remington Dr.  
 Surprise, AZ

**Thursday,  
 Oct. 31  
 1 p.m.**

14719 W. Grand Ave.  
 Surprise, AZ



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