

November is Diabetes Awareness Month, see pages 5-6 for classes



# LiveWell

NOVEMBER 2019

## A Prescription for Prevention

Participating in a structured lifestyle-change program can prevent or reverse prediabetes

**Diabetes Doesn't  
Have to Get You Down**





# A Prescription for Prevention

Pat Tierney (L), who completed DPP in 2018, stands next to Sun Health's Teri Elkins, health & wellness coordinator.

*By Candace Hoffmann*

## Participating in a structured lifestyle-change program can prevent or reverse prediabetes

**A**s a former athlete, Sun City resident Pat Tierney never gave much thought to what he ate.

"I could eat like a horse, not gain weight and not have any problems," he says.

But that changed as the years passed. And after having open heart surgery to replace his aortic valve, he learned he was among the 1 in 3 adults in Arizona who have prediabetes. The condition, as defined by the American Diabetes Association means the state of having your blood glucose (sugar) levels higher than normal, but not yet high enough to be considered diabetes. It is also reversible, unlike Type 2 diabetes.

"I had never in my 70 years established eating discipline," Pat says.

To meet the challenges ahead, he turned to the Diabetes Prevention Program (DPP) offered through

the Sun Health Center for Health & Wellbeing. It was a life-changing decision.

Pat lost 20 pounds over 10 months, his A1C level dropped to 6.0 from 6.5, and his cholesterol also went down.

"The Sun Health Center for Health & Wellbeing is the first in-person Diabetes Prevention Program in Arizona to achieve full recognition status from the Centers for Disease Control (CDC)," says Teri Elkins, MPH, CHES, Health and Wellness Coordinator.

According to the CDC, "people with prediabetes who take part in a structured lifestyle-change program can cut their risk of developing Type 2 diabetes by 58% (71% for people over 60 years old)," Teri says.

The next yearlong lifestyle-change program starts in January. The National Diabetes Prevention Program is led by a certified lifestyle coach and a registered

dietitian. It uses a research-based curriculum by the CDC to help you make nutrition, physical activity and behavioral changes to improve your health and prevent or delay the onset of Type 2 diabetes.

Participants learn, practice and adopt a healthier lifestyle over the course of 16 core classes by implementing nutrition strategies, setting activity goals and problem solving. Monthly maintenance classes follow.

Both prediabetes and diabetes affect more than 100 million Americans. In Arizona, the Department of Health Services says that 1 in 10 people have diabetes. Without intervention, prediabetes is likely to transition to Type 2 diabetes within five years.

Since prediabetes shows few or no symptoms, your doctor may order the same tests that help diagnose Type 2 diabetes – an A1C test known as a glycated hemoglobin test, which shows your average blood sugar level over the past two to three months, or a fasting blood sugar test, which provides a snapshot of your glucose level taken after you've fasted for at least eight hours.

If you have prediabetes, be sure to talk with your doctor about how to best manage your condition and keep regular appointments to ensure it has not progressed.

It is also important to:

- Lose weight if you are overweight – lose at least 7% of your body weight.
- Increase your daily exercise.
- Make changes in your diet such as following the Mediterranean or a plant-based diet.
- Get enough sleep.

## What's My Risk?

Your risk of developing prediabetes and diabetes depends on such factors as gender, weight, family history, age and how active you are. Left untreated, diabetes can cause severe eye, kidney, heart, sexual, stroke and other problems. Check your risk profile at [sunh.org/prediabetes-screening](http://sunh.org/prediabetes-screening) and discuss it with your physician.

**The National Diabetes Prevention Program offered by Sun Health can help guide you through all of these changes and more. The fee for this series is covered by Medicare and most insurance providers. For more information call (623) 832-9355 to register.**



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#### CREATED FOR SUN HEALTH BY



## The Sun Health Story

Sun Health is an organization driven by passion – a passion to improve the wellbeing and quality of life for the communities we serve. We demonstrate this through our investment in Life Plan Communities, health and wellness programs and the local community hospitals.

It's this comprehensive commitment to your wellbeing that distinguishes Sun Health, and it all begins with the heartfelt generosity of people like you who support Sun Health Foundation.

# Diabetes Doesn't Have to Get You Down

By Susie Steckner  
and Danielle Kuskowski

**A**t 65, Lorraine Roerig was the picture of health. She worked part-time, ate healthy and stayed active.

"I was telling my friends, 'I'm 65 and here it is the best time of my life,'" Lorraine says. "And two weeks later, in May, I ended up in the emergency room with sugar levels up over 1,100."

She adds, "They told me I never should have survived it."

Lorraine and her husband were shocked to discover that she had Type 1 diabetes, something usually diagnosed during childhood.

The couple resolved to learn more and turned to Sun Health's Diabetes Self-Management Education (DSME) program, thanks to a recommendation from Dr. Dipti Patel.

"I was extremely grateful there was somewhere I could go to get information," Lorraine says.

## Boosting quality of life

The DSME program is a series of six classes through the Sun Health Center for Health & Wellbeing. The program has been proven to decrease A1C, control blood pressure and cholesterol and improve quality of life.

Though most in Lorraine's classes were diagnosed with Type 2 diabetes, which is most common in adults, she says she benefitted greatly from the discussions about eating right and balancing carbs.

"It was a reinforcement of everything that I've been researching," she says.



Lorraine Roerig in Lassen Volcanic National Park in California

She appreciated how Sun Health instructors Damian Plues and Susan Welter, both registered dietitians and certified diabetes educators, presented information and answered questions about any subject, including insulin pumps.

## Facing your feelings

Lorraine also found support navigating the emotions she felt after her diagnosis. One class in the DSME series called "Healthy Coping" was especially helpful.

"I walked away knowing it is OK to cry and have these feelings," she said. "As I grew more knowledgeable, I knew I would become stronger."

Another favorite was the interaction with other participants. They shared stories and leaned on each other. When Lorraine shared that she was using a 14-day monitor to track her glucose rather than pricking herself a few dozen times a day, some classmates offered tips about the monitor.

Lorraine says she would recommend Sun Health's DSME program to anyone in need.

"Google searches and books are only part of the answer when it comes to finding information to manage diabetes," she says. "It's OK to have real discussions of what you are going through and know that there is support."

**In recognition of Diabetes Awareness Month, Sun Health is offering a number of classes related to diabetes and management of the condition. See pages 5-6 for more information.**

Registration Opens October 8

## BRAIN HEALTH

### Be Brain Smart

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

Gio Franko, MD, from SMART Brain Aging, will discuss how to keep the brain active. Attendees will learn specific skills to identify new patterns and pathways for brain health.

*Location: The Colonnade*

## CANCER CARE

### Healthy Meal Prep for Cancer

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

Jennifer Brown, MS, RD, from Cancer Support Community of Arizona (CSCAZ), will prepare items with a focus on All About Appetizers (11/1) and Healthy Holiday Treats (11/15). This class is provided in partnership with CSCAZ.

*Location: The Colonnade*

## DIABETES

### Annual Diabetes Self-Management Education

**Monday, Nov. 11; 2 to 4 p.m.**

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

*Location: Banner Boswell/Chapman Conf. Room*

### Diabetes Connection Support Group

**Monday, Nov. 18; 3 to 4 p.m.**

Monthly group for individuals who have diabetes or prediabetes. Liz Caray, from Abbott Diabetes Care, will discuss the Freestyle Libre 14 Day continuous glucose monitoring. **Registration is not required.**

*Location: Sun Health Center for Health & Wellbeing*

### 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, Nov. 12, 19 & 26; Dec. 3, 10, 17; 9:30 to 11:30 a.m.; Banner Del E. Webb/Bradshaw Conf. Room 2 to 4 p.m.; Banner Boswell/Chapman Conf. Room**

### The Silent Thieves of Vision

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

Common vision conditions macular degeneration and diabetic retinopathy can silently cause blindness. Join Arizona Eye Institute & Cosmetic Laser Center's Assistant Director of Optometry Manuel Zambrano to learn how to be proactive about your vision health.

*Location: Freedom Plaza/Ballroom*

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

*Beginning October 8, 2019*

**SunHealthWellness.org**

 **Register By Phone**

*Beginning at 8:30 a.m. October 8, 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)

## DIABETES (continued)

### **Orthopedic Surgery & Type 2 Diabetes: Am I at Risk?** **Tuesday, Nov. 12; 9:30 to 11 a.m.**

Orthopedic trauma is a rapidly growing subset of patients in the United States, and 25% of adults over age 60 have diabetes. Many studies have shown a strong correlation between uncontrolled blood sugar and an increase in post-operative complications. Join Amber Dewey, BSN, ONC; Tamara Eydeler, MSN-L, BSN; and Breanna Zieder BSN, ONC, from Banner Health's Orthopedic department, to learn how to avoid orthopedic complications.

*Location: Freedom Plaza/Ballroom*

### **Keeping Diabetes in Check** **Wednesday, Nov. 13; 9:30 to 11 a.m.**

Join Sun Health's Registered Dietitian Damian Plues to learn to lead a healthier life and live successfully with diabetes by managing diet, physical activity and medications, all of which will help avoid complications of the disease.

*Location: The Colonnade*

### **Don't Be Afraid of Insulin** **Tuesday, Nov. 19; 1:30 to 3 p.m.**

Learn about Type 2 diabetes and the role of insulin as a treatment option. Dr. Diane Gronski, an endocrinologist, will discuss diabetes management and overcoming barriers to insulin therapy.

*Location: Grace Bible Church*

### **Why Should I Care About Prediabetes?** **Monday, Nov. 25; 1 to 2:30 p.m.**

Thirty-three percent of Americans have prediabetes. Are you part of the 90% who don't know they have it? Join Sun Health's Teri Elkins, MPH, CHES, to learn the consequences of a Type 2 diabetes and why you need to take action now.

*Location: Faith Presbyterian Church*

## KIDNEY HEALTH

### **Nutrition & Kidney Health** **Thursday, Nov. 21; 9:30 to 11 a.m.**

Sun Health's Susan Welter, RD, will discuss chronic kidney disease and individualized nutrition therapy options.

*Location: PORA Learning Center*

## HEALTH & WELLBEING

### **Self Esteem - Give Yourself A Boost** **Thursday, Nov. 7; 9:30 to 11 a.m.**

Self-esteem is always important. Yet, as we age, we can lose confidence and self-esteem facing health and loss. Join Barbara Mason, CADC, to learn how to maintain dignity and increase vitality, which can lead to an attitude of positivity, usefulness and involvement during life changes.

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

## HEART HEALTH

### **Sleep & Heart Health** **Monday, Nov. 11; 9:30 to 11 a.m.**

Sleep is critical to good heart health. Marina Mitchell, RN, BSN, from Banner Del E. Webb Medical Center, will discuss the important, yet often overlooked, connection between sleep and heart health.

*Location: La Loma Village Health and Rehab*

## MEMORY CARE

### **Dementia Caregiver Support Group** **Wednesdays, Nov. 6 & 20; 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 & Rehab*

### **"Have I Told You About ... ?"** **Monday, Nov. 18; 9:30 to 11 a.m.**

There are many reasons why someone repeats questions and stories, including having dementia. Sun Health Memory Care Navigator Sherry Wagoner, BSN, will discuss repetitiveness and how to reduce stress on caregivers and families.

*Location: SCW Foundation/Webb Room*

### **How to be a Friend** **Friday, Nov. 22; 10 to 11 a.m.**

Join Sun Health Memory Care Navigator Marty Finley, MEd, to learn how to maintain a relationship with a friend who has dementia. Learn some tips on what to do and say and how you can still be a friend.

*Location: La Loma Village Health and Rehab*

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

## Memory Care Navigator

is a complimentary service that Sun Health offers to individuals, family members and caregivers to help cope with the emotional, psychological and physical effects of memory loss.

[SunHealthWellness.org/MemoryCare](http://SunHealthWellness.org/MemoryCare)  
(623) 832-9300



## 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 seven-class series. Registration for a series requires 35 class credits (\$35).

### Strength Training \$

Fridays, 11 a.m. to noon

Nov. 1, 8, 15, 22; Dec. 6, 13 & 20

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

## Location Key

### BANNER BOSWELL

Chapman Conf. Room / Juniper Conf. Room  
Support Services, 2nd Floor,  
13180 N. 103rd Dr., Sun City

### BANNER DEL E. WEBB

Auditorium A & B / Bradshaw Conf. Room  
14502 W. Meeker Blvd., Sun City West  
Use the entrance for Louisa Kellam Center for Women's Health

### 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 AND REHAB

14505 W. Granite Valley Dr., Sun City West

### LA LOMA VILLAGE HEALTH AND REHAB

14260 S. Denny Blvd., Litchfield Park

### PORA LEARNING CENTER

13815 W. Camino del Sol, Sun City West

### SCW FOUNDATION/WEBB ROOM

14465 W. RH Johnson Blvd., Sun City West

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

### THE COLONNADE

19116 N. Colonnade Way, Surprise

### Chair Yoga \$

Wednesdays, 8 to 9 a.m.

Nov. 6, 13, 20, 27; Dec. 4, 11 & 18

Beginning chair yoga.

### Chair Yoga Plus \$

Wednesdays, 9:30 to 10:30 a.m.

Nov. 6, 13, 20, 27; Dec. 4, 11 & 18

Chair yoga using both seated and standing postures.

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

### Tai Chi \$

Wednesdays, 11 a.m. to noon

Nov. 6, 13, 20, 27; Dec. 4, 11 & 18

Beginning Tai Chi modified for seniors.

### Fit and Balanced \$

Wednesdays, 12:30 to 1:30 p.m.

Nov. 6, 13, 20, 27; Dec. 4, 11 & 18

Low-intensity class focusing on strength, flexibility, and balance exercises using a chair as support. **Participants must be able to stand independently.**



## Need a Ride?

Northwest Valley Connect is available

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



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 WILL YOU PAY?**

**WHAT ARE THE  
 AVAILABLE  
 OPTIONS?**

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

**Monday, November 11  
 3 p.m.**

Sun Health Center for  
 Health & Wellbeing  
 14719 W. Grand Ave.  
 Surprise

**Tuesday, November 19  
 10 a.m.**

Sun Health Center for  
 Health & Wellbeing  
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