

Join our Healthy Holiday Event Friday, Dec. 13. See page 6 for info.



Sun Health<sup>®</sup>  
WELLNESS

# LiveWell

DECEMBER 2019

## Holistic Health

Spirituality Is  
Good Medicine

Maintain,  
Don't Gain





# Maintain, Don't Gain

By Renee Moe

## Eating Healthy During the Holidays

**B**etween Thanksgiving pies and Christmas cookies, preventing holiday weight gain can be challenging. As you celebrate the season, can you have your fruitcake and eat it, too, while maintaining your weight?

"Yes, as long as you employ some discipline," says Registered Dietitian Susan Welter, Sun Health Center for Health & Wellbeing.

The average individual gains from 1 to 2 pounds during the holidays, with more obese individuals gaining an average of 5 to 7 pounds. "While that may not sound like much, the problem is that weight accumulates over time," Susan says.

Carrying excess weight can have long-term health consequences, including increased risk for diabetes, heart disease and certain cancers.

The most obvious causes for this excess weight gain during the holidays are overeating and not exercising. Stress is also a factor.

Teri Elkins, M.P.H., C.H.E.S., knows this too well.

"I was an emotional eater and used food as a coping mechanism," says Teri, health & wellness coordinator with Sun Health Wellness. "At one point I weighed more than 200 pounds, and I'm only 5'1"."

Susan points out that holiday parties, baking and having less time for exercise create a recipe for weight gain, yet: "You can still enjoy the season without packing on the pounds. It's all about planning."

Teri lost her excess weight and has kept it off for 11 years due to discipline. She and Susan recommend the following tips to help you maintain.

## Healthy Ho-Ho-Holiday Tips to Prevent Weight Gain

- **Schedule Fitness** – “Place exercise as an appointment on your calendar or day planner,” Susan says. “Plan your other activities around that.” Teri agrees: “If I schedule exercise in the morning, I find it promotes making healthier choices throughout the day.”
- **Focus on 80/20** – Try using the 80/20 rule when planning meals. “The basic idea is simple,” Susan says. “Make 80% of the food you eat healthy choices like fruits and veggies. For the remaining 20% you can choose less healthy food.”
- **Make a List, and Check it Twice** – Before you head to the grocery store, plan healthy meals and make a list of what you need. You’re less likely to buy junk food. Keeping a food journal is also a good idea, according to Susan. Studies show that tracking calories and what you eat can help manage weight.
- **Stay Hydrated** – Many times we mistake thirst for hunger, so drink lots of water. Drinking more water also helps you feel full. According to Susan, women should drink seven to nine 8-ounce cups daily and men should drink 11 to 13 cups.

- **Eat With Your Eyes** – Teri suggests using a salad plate instead of a dinner plate. “We tend to eat with our eyes,” she says. “If you use a smaller plate that is full of food, you don’t feel deprived.”
- **Control Your Cookie Cravings** – When facing holiday goodies, enjoy a sample, but don’t overdo it. “If you deny yourself your favorite foods, the more you’re likely to give in to temptation,” Teri says.
- **Give Yourself the Gift of Relaxation** – High stress levels, worry and being discouraged can lead to weight gain. Both Susan and Teri recommend keeping things as simple as possible. “During the holidays, we typically put pressure on ourselves to have everything perfect,” Susan says. “Don’t overcommit, and add time to relax and have fun.”

Lastly, focus on the reason for the season. “The holidays are about spending time with people you care about,” Teri says. “Concentrate on the company and not the food. Focus your energies on connecting with others. After all, conversation is calorie-free.”

Learn more as Teri Elkins presents **10 Steps to a Leaner, Healthier YOU!** on Tuesday, Dec. 10. See page 5 for registration information.



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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.



## Spirituality Is Good Medicine

**K**indness can actually be good for your heart and not in the way most people may think. While an act of kindness can provide an emotional lift, research shows the act triggers the release of oxytocin, which assists in lowering blood pressure and improving heart health.

Kindness is just one component of spirituality that can impact someone's overall health, says Sally Charalambous, a Sun Health instructor, retired registered nurse and certified hypnotherapist. She regularly shares her holistic health expertise on meditation, mindfulness, grateful aging and spirituality during classes for Sun Health Wellness.

"Kindness literally changes your body chemistry," Sally says, noting its ability to activate a person's immune system. "Spiritual practices have measurable positive effects on your physical, mental and emotional health. It's often overlooked in my opinion, and yet it's so important."

Spirituality differs from religion in that it is a unique, individual experience encompassing several exercises and practices increasingly being embraced by Western medicine. It can be defined as having a personal connection to a higher power through meditation, yoga or experiencing nature, and it may or may not be connected to religion. Spirituality is one element of a holistic approach to health that complements the attention given to physical, mental and emotional health.



Sally Charalambous practicing meditation

"We pay so much attention to our bodies, often at the expense of our spiritual selves," Sally says. "The essential work of developing a spiritual consciousness is opening your heart and resting your mind. The heart is the true center."

Meditation, for example, has been shown to improve lifespan, decrease cardiovascular disease, lower blood pressure, improve immune function and reduce anxiety and depression, according to a Mayo Clinic. Sally also suggests her students practice gratitude and mindfulness by keeping a journal and learning to accept things as they are instead of how one wishes them to be.

She can personally attest to the positive influence spirituality can have as part of a holistic

approach to health. This occurred after Sally found no relief from prescribed medication. Instead, she used meditation to rid herself of symptoms related to anxiety.

"I'm a calmer, happier and more joyful person because of meditation," she says.

Holistic health simply allows for the availability of any type of treatment that may benefit a patient, regardless of its source. Components of spirituality are additional elements that can be employed along with traditional medical practices.

"Everyone is on a spiritual path, some people just don't know it yet," Sally says. "Each person is unique and has to come to this in their own way."

**Sun Health Wellness offers monthly Healthy Living Classes covering general fitness and specific health conditions. Go to [SunHealthWellness.org](https://SunHealthWellness.org) and click on Healthy Living Classes for info.**

Registration Opens November 12

## BRAIN HEALTH

### Ambiguous Loss

**Monday, Dec. 23; 1 to 2:30 p.m.**

Caring for someone with dementia causes stress, can be overwhelming and causes a unique kind of grief. Join Sun Health Memory Care Navigator Sherry Wagoner, BSN, for information to help caregivers/family members dealing with their loss and grief.

*Location: Faith Presbyterian Church*

## CANCER CARE

### Healthy Meal Prep for Cancer

**Fridays, Dec. 6 & 20; 10 to 11 a.m.**

Jennifer Brown, MS, RD, from Cancer Support Community of Arizona, will prepare items with a focus on Comforting Teas (12/6) and an End of Year Recipe Share/Potluck (12/20). This class is provided in partnership with Cancer Support Community of Arizona.

*Location: The Colonnade*

### Healthy Holidays

**Monday, Dec. 9; 1:30 to 3 p.m.**

Holidays are one of our favorite times to enjoy much-loved meals, but eating healthy can become a challenge. For that reason, join Cancer Support Community of Arizona's Registered Dietitian Jennifer Brown to learn easy tips to help you stay healthy and mindful as you celebrate the holidays with friends and family.

*Location: La Loma Village Health and Rehab*



## Need a Ride?

*Northwest Valley Connect is available*

**NorthwestValleyConnect.org (623) 282-9300**

## DIABETES

### Diabetes Connection Support Group

**Monday, Dec. 16; 3 to 4 p.m.**

This monthly group is for individuals who have diabetes to meet, share and learn in the pursuit of healthy living.

**Registration is not required.**

*Location: Sun Health Center for Health & Wellbeing*

## HEALTH & WELLBEING

### 10 Simple Steps to a Leaner, Healthier YOU!

**Tuesday, Dec. 10; 9:30 to 11 a.m.**

It doesn't have to be complicated or overwhelming to start implementing healthier habits even during the holiday season. Teri Elkins, health & wellness coordinator from Sun Health Wellness, will share what she has learned during her own personal weight loss journey. She will incorporate information from her education and experience in health, fitness and nutrition.

*Location: Freedom Plaza/Ballroom*

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

*Beginning November 12, 2019*


**SunHealthWellness.org**

 **Register By Phone**

*Beginning at 8:30 a.m. November 12, 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)

## HEALTH & WELLBEING (continued)

### Cold Laser Therapy

**Thursday, Dec. 12; 9:30 to 11 a.m.**

Today more than 20 million people in the United States are affected by peripheral neuropathy. Join William M Bucur, DC, to hear about how using Cold Laser Therapy, a nontoxic, noninvasive approach can reduce neuropathy pain, inflammation and improve balance.

*Location: The Colonnade*

### Healthy Holiday Event

**Friday, Dec. 13; 9 a.m. to noon**

Please join friends and community partners of the Sun City West Consortium for a festive morning of fun! Bring your family and friends to enjoy crafts, party ideas, cookie decorating, food/drink recipes and samples along with education and resources for a healthy holiday season. Casual holiday attire encouraged. Attendees will find prizes, coupons and drawings by local vendors.

*Location: SCW Foundation/Webb Room*

### Fore! Your Health

**Tuesday, Dec. 17; 1:30 to 3 p.m.**

Playing golf regularly has been shown to improve longevity and reduce the risk for heart disease and stroke. Join Sun Health Wellness Specialist Alex Stark, MS, to learn what exercises can help you get into the swing of things to keep your health on the fairway.

*Location: Grace Bible Church*

## MEMORY CARE

### The Holidays & Coping with Dementia

**Thursday, Dec. 5; 10 to 11 a.m.**

Join Sun Health Memory Care Navigator Marty Finley, MEd, as she offers tips to successfully plan for the holidays when your loved one has Alzheimer's or another dementia.

*Location: Iora Primary Care*

### Memory Café

**Tuesday, Dec. 10, 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 Caregiver Support Group

**Wednesdays, Dec. 4 & 18; 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*

## PHYSICAL FITNESS

*All physical fitness classes are held at Sun Health Center for Health & Wellbeing*

### Special One-Session Trial Classes

Looking to get a jump start on your New Year's resolution? Thought about our Physical Fitness classes, yet do not want to commit to a series? These special one-session classes are offered as a complimentary trial so you can see what you've been missing. While the classes are offered at no-cost, registration is required.

#### Matt Yoga Trial Session

**Monday, Dec. 23; 9 to 10 a.m.**

Yoga helps you move easier, improve flexibility, build strength and reduce stress. Join yoga instructor Donna Schnoor for an activity filled class. Bring a mat or towel.

**Participants must be able to stand independently and to safely get up and down from the floor unassisted.**

#### Chair Yoga Trial Session

**Monday, Dec. 23; 10:30 to 11:30 a.m.**

Yoga involves paying attention to your breath, which can help you relax, relieve stress and improve posture using both seated and standing postures. Join Micheline Peffer for an active morning of chair-based yoga.

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

#### Strength Training Trial Session

**Monday, Dec. 23; 12:30 to 1:30 p.m.**

**Friday, Dec. 27; 11 a.m. to noon**

Resistant training is important for improving strength, bones and maintaining independence. This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups. Join DeAnn Straw for a morning of interval-based exercise.

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

Note: Unless otherwise noted, Physical fitness classes are offered in an eight-class series. Registration for a series requires 40 class credits (\$40).

### Mat Yoga

**Mondays, 8:30 to 9:30 a.m.**

**Dec. 30; Jan. 6, 13, 20, 27; Feb. 3, 10 & 17**

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.

### Chair Yoga Plus

**Mondays, 9:45 to 10:45 a.m.**

**Dec. 30; Jan. 6, 13, 20, 27; Feb. 3, 10 & 17**

Chair yoga using both seated and standing postures.

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

### Tai Chi

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

**Dec. 30; Jan. 6, 13, 20, 27; Feb. 3, 10 & 17**

Beginning Tai Chi modified for seniors.

### Strength Training

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

**Dec. 30; Jan. 6, 13, 20, 27; Feb. 3, 10 & 17**

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

## SAFETY

### AARP Smart Driver

**Wednesday, Dec. 4; 8:30 a.m. to noon**

Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live

more independently as they age and remain safe on today's roads. Pre-registration is required. **The fee is \$15 for AARP members and \$20 for nonmembers, payable by check only. Please bring driver's license and check payable to AARP to the session.**

*Location: Desert Palms Presbyterian Church*

### Be Prepared!

**Monday, Dec. 16; 9:30 to 11 a.m.**

Join Capt. Mike Payne from the Surprise Fire-Medical Department to learn about medical emergency preparedness and how to make the best out of an emergency situation if something was to occur in your home.

*Location: SCW Foundation/Webb Room*



*How To Have A*  
**HAPPY, HEALTHY  
HOLIDAY!**  
*An Interactive Wellness Event*

**FRIDAY, DEC. 13**  
**9 a.m.**

**SUN CITY WEST FOUNDATION-WEBB ROOM**  
**14465 RH JOHNSON BLVD., SUN CITY WEST**

Join Sun City West Consortium and community partners to learn about fun and festive ways to enjoy the healthy holiday season.

**Space is limited. To register, visit [SunHealthWellness.org](http://SunHealthWellness.org) and click on Healthy Living Classes, or call (623) 207-1703.**

## Location Key

### 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 AND REHAB

14505 W. Granite Valley Dr., Sun City West

### IORA PRIMARY CARE

13940 W. Meeker Blvd., #101, Sun City West

### LA LOMA VILLAGE HEALTH AND REHAB

14260 S. Denny Blvd., Litchfield Park

### SALVATION ARMY

17420 N. Avenue of the Arts, Surprise

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

### SCW FOUNDATION/WEBB ROOM

14465 W. RH Johnson Blvd.,  
Sun City West

### THE COLONNADE

19116 N. Colonnade Way, Surprise





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TAKE CARE  
OF YOU?**

**HOW MUCH WILL  
CARE COST AND HOW  
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.

**Wednesday,  
Dec. 4, 10 a.m.**

Wickenburg  
Community Hospital  
520 Rose Lane  
Wickenburg

**Thursday,  
Dec. 12, 10 a.m.**

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

**Tuesday,  
Dec. 17, 1 p.m.**

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



Excellence in Innovation  
Award Winner 2019

**CALL NOW (623) 227-4663**