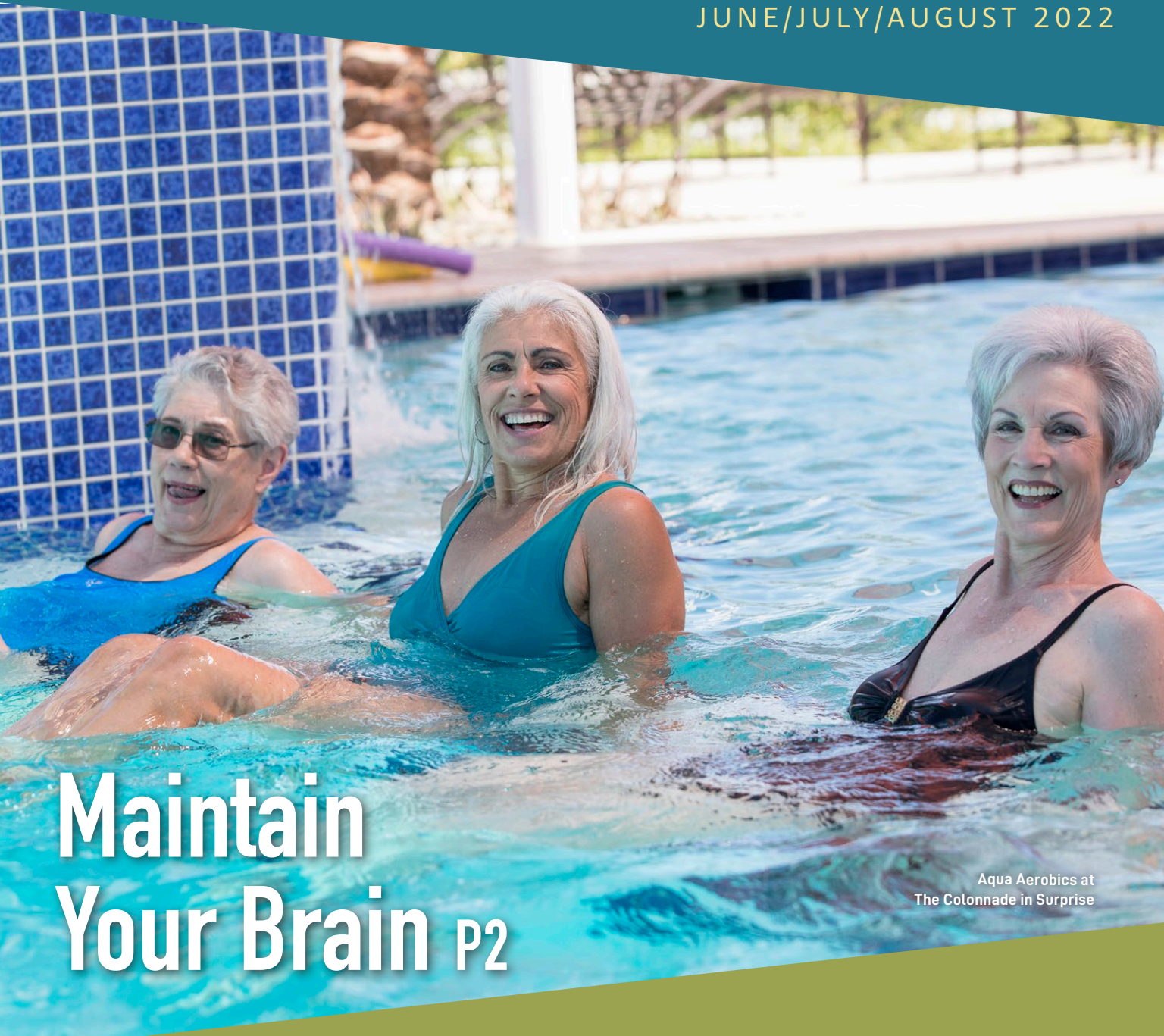




# LiveWell

JUNE/JULY/AUGUST 2022



## Maintain Your Brain P2

Aqua Aerobics at  
The Colonnade in Surprise

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# Maintain Your Brain

## Brain Health, Mental Health, Physical Health are Equally Important

By Ken Reinstein

Fitness Coordinator April Styles and residents from The Colonnade  
Photo by Jake Johnson

**M**ore than 1,200 planes fly in and out of Phoenix Sky Harbor International Airport carrying 120,000 passengers daily. Air traffic control has the critically important job to make sure each plane comes and goes safely, directing when and where each plane is at all times. Without it, chaos would ensue.

Likewise, your brain processes hundreds of billions of neural signals each second in and out of your brain and is the air traffic controller for your body, making sure your body is doing what it's supposed to do to stay alive. Without it, chaos would ensue.

You need to take care of the organ that makes you, well, you.

The last couple of years have shined a bright light on brain and mental health as nearly everyone has had their lives changed in some way since March 2020. The effects of the global pandemic, with the additional strain of life-altering political and racial events at home and abroad, mean that many people are suffering, often in silence.

Yet, there are ways to help you and those you love.

Barbara Mason, Sun Health's Vice President of Home and Community Based Services, went to school to be a licensed addictions counselor. She also frequently leads Dementia Friends training, as well as guided meditation sessions.

Barbara offers some simple tips to help yourself and others, along with a message about the importance of destigmatizing mental illness.

"One of the most important things about treating mental illness is acceptance and removing labels," Barbara says. "Acceptance that people who have mental illness are still people. And they're still useful, and they're still worthwhile, and they're still important. We wouldn't judge somebody who had heart disease, but we do with mental illness."

### **An Invisible Disease**

"I wanted to know why this thing that we couldn't see was

so serious and could be so life changing,” Barbara says. “For instance, if you have diabetes there are symptoms, and your blood sugar does something, and your pancreas reacts in a certain way. But if you have depression, how do you quantify it? In other words, how do you look at depression?”

During nursing school, Barbara decided she wanted to learn more about the brain.

“I went back to school and decided that I was going to start by looking at people who have addictions and became a licensed addictions counselor,” she says. “And here’s what I found out — probably 90% or more of the people who have addiction issues have mental health issues. It’s not simply that somebody wakes up and decides that they’re going to totally mess up their lives and drink themselves to death. There

is something inside of them that is telling them, ‘I need to stop this pain. And to stop this pain, I have to take myself out of myself.’”

There is no easy solution.

“It’s very hard because as soon as the drugs or alcohol wear off the pain is still there,” Barbara adds. “And so, the dual diagnosis intrigued me. Also, I discovered the propensity for the community at large to label people. In other words, I’ve heard so many times

*“One of the most important things about treating mental illness, is acceptance and removing labels.”*

**Barbara Mason**



## LiveWell

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SunHealthWellness.org

### SUN HEALTH

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(623) 471-9355

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### SUN HEALTH AT HOME

(623) 227-4663

SunHealthAtHome.org

### SUN HEALTH COMMUNITIES

(623) 236-3767

SunHealthCommunities.org

### SUN HEALTH FOUNDATION

(623) 471-8500

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## Empowering people to enjoy living longer

What began more than 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.

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Barbara Mason

‘they’re schizophrenic’ or ‘they are an addict,’ and that’s not good for the patient.”

According to Barbara, it’s better to say — “This person has schizophrenia” or “This person has depression” or “This person has alcohol addiction.”

“You are you labeling a person, which can be very, very destructive to someone who is trying to heal,” Barbara says. “I think that reducing the stigma is one of the most important things about treating mental illness. Acceptance that people who have mental illness are still people. And they’re still useful, worthwhile and important.”

Barbara says it is important we talk about it more openly and look for ways to help those in need.

“This is critical for everyone, especially our aging population. Many older adults are hurting physically because their physical conditions are changing. And they may also be hurting emotionally and spiritually because I think about how many people I’ve talked to that since COVID started, they haven’t been to a therapist.

“They haven’t been to their church service, and they may be dealing with grief. Grief can turn itself into anxiety,

can be depression. And it’s so important for us to just embrace that and accept it and say, ‘You are OK, even if you’re not OK. It’s OK to not be OK. And I know that’s kind of cliché, but it’s so true.’”

### **Addressing the Problem**

“Remember that your brain rules your body, it is the conductor,” Barbara says. “So, if you’re not focusing on the health of your brain, then you are bound to have health issues. And some of those issues will exacerbate into other diagnoses affecting the heart, the kidneys and cause other issues.”

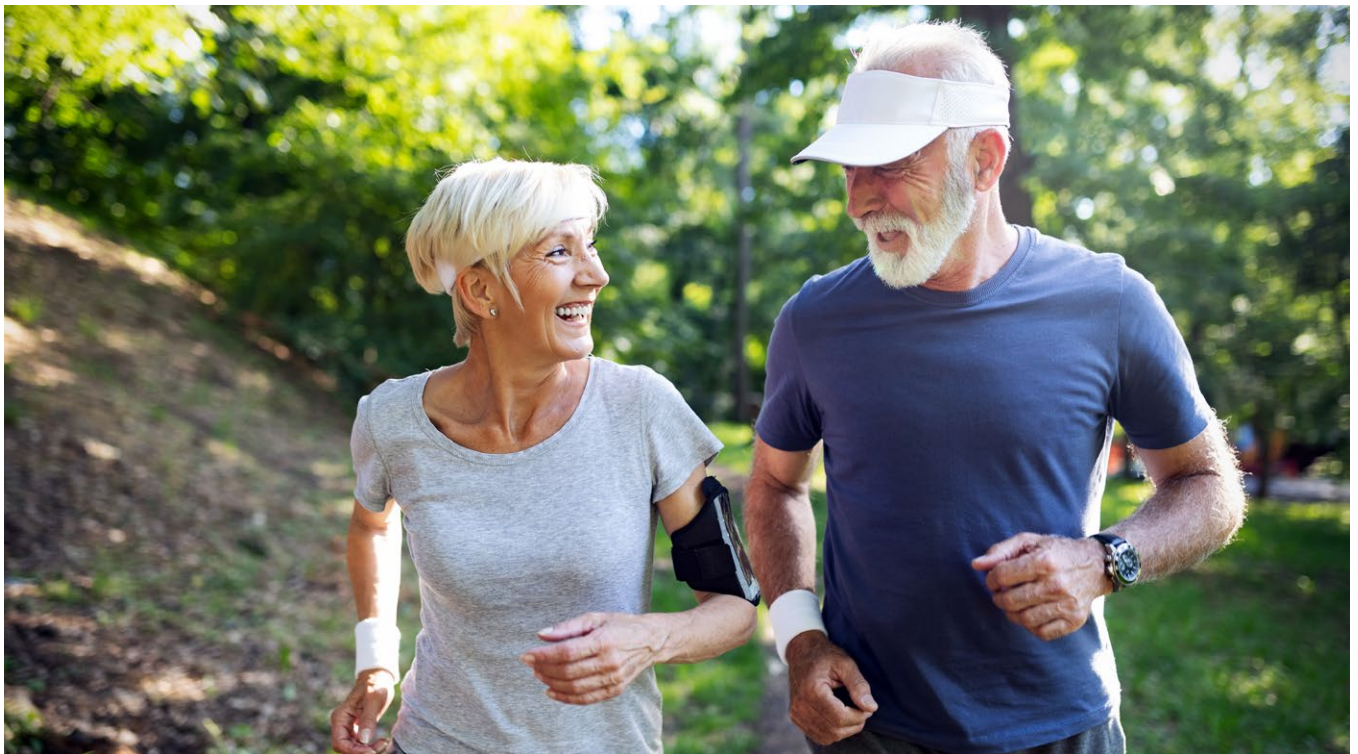
She adds, “The other benefit of taking care of your brain is longer life and happiness for ourselves and those around us. We talk a lot about the people who we love and how important they are to us. And if we don’t take care of ourselves and they must do so, then they pay the price. And that’s important.”

### **Just Get Up and Move**

“If you are sitting in your depression, anxiety, whatever it might be, it’s time to make a change,” Barbara says. “You become an energy vampire and suck the life out of the room for you and for everyone else. Everyone knows you’re an energy vampire and doesn’t want to be around you.”

**Sun Health’s online platform LiveWell Learning offers several classes aimed at establishing good habits for exercising and eating, including Setting and Achieving Goals, Stress Eating, Nutrition for Fitness and Healthy Habits.**

To learn more, please visit [LiveWellLearning.org](https://LiveWellLearning.org).



“It’s time to do something about it. Just getting up and going for a walk can make a huge difference. Your body has this amazing ability to produce its own pain killers like serotonin. And that will help you immediately. If you’re not a person who is ready, if you will reach out and say, ‘I need to talk to someone, I need a counselor,’

then Sun Health has some amazing resources for you.”

Sun Health’s LiveWell Learning platform at [LivewellLearning.org](https://LivewellLearning.org) has multiple resources and classes that are private, as well as seminars. Barbara teaches the module on meditation and mindfulness and one on resiliency.

“We have opportunities for people to just kind of slowly get

in touch with themselves that are anonymous,” she adds. “Often from that, people will develop the desire to know more, to learn more. And Sun Health is a phone call away. We are not a mental health provider. However, through our relationships and our presence in the Valley all these years, we do have the ability to help folks connect to the right resources.”

**It may be hard for you to get an appointment with a local counselor. Yet, there are many resources in the community and nationally if you need them. Some of those include:**

- Sun Health Center for Health & Wellbeing (623) 471-9355 or [SunHealthWellness.org](https://SunHealthWellness.org)
- Doctor on Demand - [DoctorOnDemand.com](https://DoctorOnDemand.com)
- Solari Crisis & Human Services - (800) 631-1314 or [Crisis.Solari-inc.org](https://Crisis.Solari-inc.org)
- National Suicide Prevention Lifeline – (800) 273-8255 or [SuicidePreventionLifeline.org](https://SuicidePreventionLifeline.org)

**Like *LiveWell* Magazine? Get it delivered digitally to your favorite device or a copy mailed to your home. Visit [SunHealthWellness.org/Livewell-magazine](https://SunHealthWellness.org/Livewell-magazine).**



# Did You Know?

## Assisted Living and Memory Support Services Offered

**D**id you know The Colonnade offers assisted living and memory support services to residents in the West Valley, not just the more than 300 independent living residents who live on our 40-acre gated Life Plan community in the heart of the Sun City Grand?

The Colonnade's Assisted Living and Memory Support program provides caregivers, services and amenities that ensure happiness comes first. Our people-centered approach means each resident's comfort, fulfillment and independence is prioritized over everything else.

With the flexibility to live each day on their terms, residents can enjoy living in a private residence, receiving balanced meals and staying social with planned activities, all while receiving assistance and care when necessary. Our services include:

### **Assisted Living**

Assisted living at The Colonnade offers 26 beautifully appointed apartment suites as well as spacious common areas that provide another option for individuals who want to continue living active, independent lifestyles while accessing personalized support and assistance when needed.

Caring, certified and licensed health professionals assist with activities of daily living, including showering, dressing, toileting, medication management, housekeeping services and scheduling and coordinating doctor's appointments.

Residents have the flexibility to live each day on their own terms — enjoying the many community amenities, activities, social outings and restaurant-style dining while receiving assistance when necessary to make their lives happier and living easier.

### **Memory Support**

Located in the same building is memory support at The Colonnade. With nearly six million Americans living with Alzheimer's disease or other dementias and new diagnoses every 65 seconds, the need for quality memory support services continues to grow.

Residents benefit from the latest developments in caring for individuals with Alzheimer's disease and dementia. Our intimate memory support community has low resident-to-staff ratios and sensory-based programming to reduce anxiety and promote cognitive functioning.

Qualified and compassionate caregivers are

available 24/7 to offer care and comfort and are specially trained to handle the unique challenges associated with memory loss. They practice a resident-centered approach to care, personalized to each individual.

The shared common spaces include skill and activity stations, and the spacious memory support suites include private bathrooms and are beautifully designed with upscale, modern décor and bright, natural light, pleasing neutral colors and high-end furnishings.

Memory support offers a variety of services including full housekeeping and laundry services, chef-prepared meals and snacks and restaurant-style dining. A full life enrichment program caters to residents' preferences and abilities.

Other amenities include fitness classes, music and pet therapy, a full-service salon/barbershop and a private, enclosed memory garden with water feature.

Safety features include secure, card-access doors, personalized call pendants and 24/7 emergency call systems in bedrooms and bathrooms. And, The Colonnade campus is a gated community with restricted access and 24-hour security.

## Move in Today

Both assisted living and memory support at The Colonnade provide caregivers, services and amenities that foster an environment where wellness and happiness come first.

"This is such a unique time in our world with the pandemic, which often means that those of us who need the most help and support might not be getting it," says Nina Louis, Executive Director at The Colonnade. "Our assisted living and memory support services provide a safe, caring place for you, your neighbors and your loved ones. We're not immune from COVID-19 on our campus, yet we work hard to keep everyone safe and closely follow and exceed all health and safety protocols."

For more information about the available options for assisted living or memory support at The Colonnade, schedule a tour by calling (623) 236-3750. For more information, visit either of these websites:

- [SunHealthCommunities.org/The-Colonnade-Assisted-Living](https://SunHealthCommunities.org/The-Colonnade-Assisted-Living)
- [SunHealthCommunities.org/The-Colonnade-Memory-Support](https://SunHealthCommunities.org/The-Colonnade-Memory-Support)



The Memory Care Living Room at The Colonnade

# A Tribute to Dr. Jeffrey Ronn



Dr. Jeffrey Ronn

**O**n March 16, 2022, Dr. Jeffrey Ronn passed away suddenly at the age of 69. He was a practicing physician and was closely affiliated with Sun Health through service on the board of directors as well as serving as the medical director for Sun Health At Home.

“Dr. Ronn was a major presence in the West Valley, and an amazing friend to Sun Health,” says Barbara Mason, Vice President of Home and Community Based Services. “He was always available to visit patients at home and we could count on him at a moment’s notice. We will miss him and all that he did for the community as a dedicated advocate for everyone he treated. Sun Health shares our condolences with his wife Lori, who was our former colleague, as well as his family and friends.”

*Sunrise Medical Center shared the following;*

“It is with heavy hearts that we announce the passing of our dear friend and colleague, Jeffrey Ronn, M.D. Although Dr. Ronn’s life ended before we were ready, the time that he spent in our lives was memorable and full of joy and laughter. His smile was infectious, and he had a way of touching everyone’s life that he came across. Dr. Ronn has been caring

for patients in the community since 1985. He was one of the most caring and compassionate physicians around. His love for medicine and patient care is irreplaceable. His passing is a tremendous loss to his family, colleagues and the community he served.”

Below is an excerpt from his obituary:

*Jeff pursued his dream of becoming a physician by attending and graduating from Michigan State University Medical School. He completed his internal medicine internship and residency at the Providence Medical Center in Portland, Oregon. He then returned to Michigan and began private practice in occupational medicine.*

*After two years in private practice, Jeff decided to continue his education at the University of Arizona with a Fellowship in Pulmonary Disease. He had been in group practice in Arizona since 1985 and joined Sunrise Medical Center in 2002.*

*Jeff touched so many lives because he loved people and they were important to him. He was always helping them in any way he could with compassion, empathy, humor and goodwill, whether they were a patient, family member, friend or even a stranger.*

Sun Health thanks you.





# Connect to Friends with Memory Loss

By Sun Health Staff

Chandra Black, R.N., and resident  
Photo by Jake Johnson

If your friend has memory loss, the closeness you once had may be fading, and you may be at a loss how to maintain the friendship. The person you once knew is slowly slipping away from you.

Still, your interactions can be meaningful if you keep a few things in mind.

The Family Caregiving Alliance suggests you set the stage for an enjoyable visit by being pleasant and respectful. Eliminate background noise such as TVs and radios that might be distracting.

The alliance also suggests you ask simple questions requiring yes or no answers rather than open-ended questions that might require a more elaborate and likely frustrating response.

Take a trip down memory lane. This is where your friend is living now so talking about the old days is a great way to spur the lively communication that probably brought you both together in the first place.

Above all, the alliance says — keep your sense of humor and find things the two of you can laugh about. It truly is the best medicine.

Marty Finley, M.Ed., Sun Health Memory Care Navigator, will lead a class from 2 to 3 p.m. on Tuesday, June 21 when she will discuss tips for caregivers and share area resources for those caring for a loved one with dementia.

Additionally, Marty leads a weekly Dementia Caregiver Support Group every Wednesday from 3 to 4 p.m. Details on each of these and how to register for the June 21 class can be found on page 18.

Sun Health's Memory Care Navigator program can help those with memory loss and their family members and friends to identify support, services and resources that may be helpful in navigating the dementia journey. The service is provided at no charge to clients through the generosity of Sun Health Foundation donors.

For more information or to schedule a consultation, call **(623) 471-9300** or visit [SunHealth.org/memorycare](https://SunHealth.org/memorycare).



# Getting 'AHEAD' of Memory Loss

## New Study Aims to Help Prevent Alzheimer's Disease At Banner Sun Health Research Institute

By Ken Reinstein

L: Ken Reinstein, Dr. Alireza Atri, M.D., Ph.D. and Nadira Trncic, Ph.D., CCRC  
Photo by Allen Butler

**W**atching your father bear hug your grandfather kicking and screaming into a nursing home as a young teenager is something you don't forget.

My grandfather Martin Bracker could no longer take care of himself due to memory loss. He passed away in 1987 at age 87 and was later determined to have had Alzheimer's disease.

Less than 10 years later, it was my father who started having memory issues. Zale Reinstein could once recite the intricate details of any car on the road after decades in the automotive recycling industry. Not long after retirement, he was unable to tell you what year it was or take

care of himself. He died in 2002 at age 72.

Then, my mother's memory began to change because of COPD and a reduction in oxygen to the brain. Again, I was watching someone I loved start to decline in physical and mental health. She had selective memory and could often only recall details from many years ago and would ask the same questions repeatedly. Marilyn Reinstein, who was Martin's daughter, died in 2019 at age 91.

That sticks with you. That scares you. What if there was a way to know if I, as a man in my mid-50s, was destined to go down this path.

There is. Or at least that is one

of the goals of the AHEAD Study underway at nearly 75 locations across North America, including Banner Sun Health Research Institute in Sun City.

The study is testing whether an investigational treatment can lower people's risk of memory loss due to Alzheimer's disease. Researchers have learned that changes in the brains of people with Alzheimer's disease start as many as 20 years before they notice symptoms like memory problems.

During those two decades, a protein in the brain called "amyloid" builds up in people who go on to have memory problems because of Alzheimer's disease. While not all people

with amyloid in their brain will develop memory problems, we know that the people who do are at a higher risk for developing the disease.

The study is funded by the National Institutes of Health (NIH) in partnership with the pharmaceutical company Eisai. It is being conducted by the NIH-funded Alzheimer's Clinical Trial Consortium (ACTC), a network of leading academic Alzheimer's research centers.

When this study was presented as a topic for LiveWell magazine, I realized I was also eligible to enroll in it. Based on my family history, it was something I really wanted to do. So, I enrolled and first followed all the protocols before starting the writing assignment. Doing so meant I could possibly change my life proactively as well as give others the chance to do so if they could enroll in the study, too.

Prevention studies are relatively new.

"We started doing prevention studies maybe 15 years ago or so," says Nadira Trncic, Ph.D., C.C.R.C., clinical research program manager at Banner Sun Health Research Institute. "Like with anything else, if we can find modalities to prevent disease,

then that's a better way to go than go treat something that's already in a full swing.

"Even if we don't get results from this particular drug. Even if it doesn't get approved and proves that the hypothesis worked, we have data from all the assessments and scans and different tracers that we are using. So that really helps us to gain more knowledge about Alzheimer's disease, gain more knowledge how this starts, when it starts."

Previous studies helped pave the way for this one.

"We know already, thanks to these previous studies, that decades before first signs of memory loss, there are changes in the brain," Dr. Trncic says. "That started with studies like this, where we did amyloid PET scans, and we followed people, and we connected the dots. That really helped us to understand Alzheimer's disease. And then it'll help medicine to hopefully develop something that if we can't cure it, at least we can keep it from getting worse."

These studies require willing and eligible participants to make progress.

"Research studies require time commitments from the people

"Through this study, we can measure the proteins that are involved in starting a whole process of Alzheimer's disease that are silently destructive for 20 or 25 years before enough damage occurs in the brain that people start showing symptoms."

Nadira Trncic

participating," Dr. Trncic says. "This trial calls for biweekly or monthly visits to our site, depending on what arm of the study they are placed in based on eligibility. We need people who can dedicate their time consistently and be committed for the duration of the trial.

"So, it's important, I think, for people like you, who know about Alzheimer's, who were touched by Alzheimer's in their family and close friends. That's usually the people who come here for these prevention trials."

**You can provide educational experiences and support to community residents to help them improve their quality of life.**

Visit [SunHealthFoundation.org/generosity](https://SunHealthFoundation.org/generosity) or call (623) 471-8500 to learn more.



Dr. Alireza Atri, M.D., Ph.D.  
Photo by Allen Butler

“Prevention is always going to be best and that’s why studies like this are very, very important.”  
Dr. Atri

“Does that mean that you’re completely out of the woods 10 years from now? No,” Dr. Atri says. “But, through this study, we can measure the proteins that are involved in starting a whole process of Alzheimer’s disease that are silently destructive for 20 or 25 years before enough damage occurs in the brain that people start showing symptoms.

“We can measure it during life. And now, with these new drugs, we can remove those sticky and toxic amyloid proteins and brain plaques that start the process of Alzheimer’s. And that’s the best hope for prevention. When someone has breast cancer or lung cancer, it’s personalized. People can say, ‘Oh, you have this type of molecular signature and we’re going to give you these drugs’. And that’s what is going to happen with Alzheimer’s disease. We’re going to have a combination of drugs to treat your specific disease.

“But prevention is always going to be best. And, that’s why studies like this are very, very important.”

For more information about joining this study, please contact Banner Sun Health Research Institute at (623) 832-6500 or [BSHRI.info@bannerhealth.com](mailto:BSHRI.info@bannerhealth.com).

**Basic eligibility criteria include:**

- Healthy adults ages 55-80.
- Have not been diagnosed with Alzheimer’s disease or another dementia.
- Have a study partner, either a close relative or friend, who will participate in one study visit per year.
- Have elevated or intermediate levels of amyloid in their brain found by imaging as part of the study.

During the initial intake visit, blood is drawn to check for amyloid levels. I did not show any signs of amyloid

development and cannot continue in the study. That’s certainly a relief, although it does not mean that I won’t develop Alzheimer’s or another form of dementia later in life.

Yet, this was one test I was happy to fail and know that even though I won’t be continuing in this study I’ve made a difference.

“Your results give us a better sense of both numerator and denominator and people of your age with your types of risks, etc. So, it is helpful,” says Alireza Atri, M.D., Ph.D., Director of the Banner Sun Health Research Institute, who is also the onsite principal investigator for this study. “I’m happy for you.”

# Smart Giving Workshop Series



Sun Health Foundation presents a series of free, educational workshops where you will learn more about how to maximize the benefits of charitable giving for you, your family and the charities you care about.

## MARK YOUR CALENDAR FOR:

### Make It Your Best Tax Year Ever!

Tuesday, June 14 | 10 to 11:30 a.m.  
The Colonnade, La Vita Room  
19116 N. Colonnade Way, Surprise



Join us to learn even more little-known, IRS-approved strategies and structures that provide enormous tax savings and other surprising benefits for you, your family, and the charities you care about.

For example, you will learn how to “temporarily lend an asset” to charities and receive a 60%-90% tax deduction. You will also learn how to make a major gift to nonprofits at a cost of 10 to 25 cents on the dollar.

### Are Your Ducks in a Row?

Don't Leave Things to Chance  
September 2022 (Date TBD)

Is your estate plan in place? What are the pitfalls if not? Learn more about the importance of estate planning that reflects your wishes, and the imprint your legacy can have on future generations.



### A Goal Without a Plan is Just a Wish!

October 2022 (Date TBD)



It's critical to ensure your estate plan reflects everything you wish, including your philanthropic intent. Experts will share little-known secrets for IRS-approved structures and strategies, and financial/legal options that can reap benefits for you and your family.

### Have Your Cake and Eat it, Too!

November 2022 (Date TBD)

Tax-smart giving is a win-win, with benefits to you, your family, and your community. Experts will share a variety of gift-plan strategies that will help you do just that.



To RSVP and for more information on future dates, contact:  
Andrea at (623) 471-8501 or  
[Andrea.James-Mishra@SunHealth.org](mailto:Andrea.James-Mishra@SunHealth.org)

# The Key to Exercise Success Begins with Just Getting started

By Angela Toale

Regan Benike, EP-C

**F**or some, exercising is a way of life, and we couldn't imagine a day without it. For others, it's something not only physically, but mentally painful and we couldn't be more averse to the idea.

Whether you're a serious athlete, occasional gym-goer or complete novice, there is always room for improvement in how you approach exercise.

Sun Health's American College of Sports Medicine (ACSM) certified exercise physiologist and wellness intern Regan Benike, EP-C, uncovers the keys to exercise success, regardless of skill or capability.

"The key to success in anything we do is to understand and eventually master the basics," Regan says.

"Preparation is essential to have a rewarding exercise session."

Hydration also is critical.

"A lot of people think it's OK to just hydrate during the workout," Regan says. "However, it's as important to make sure you're hydrated beforehand."

Daily water intake-to-body-weight ratio (see sidebar) is different for each person but should be taken into consideration, no matter age or lifestyle. Not enough water can lead to dehydration, which could be more severe if someone is exercising while dehydrated.

Clothing is another element of success. A simple adjustment can make a big difference in comfort, movement and safety, with a focus on wearing well-fitted exercise gear.

"You don't want clothing to be so tight that you're cutting off circulation, obviously. Yet, you don't want clothing so loose that you're going to be slipping or falling."

Under the Arizona sun, things can get heated quickly, and avoiding heat exhaustion or heat stroke is critical. It's always best to exercise in the cooler morning or evening hours.

"If you are going outdoors in the sun, don't wear black; light colors are the best. Dry-fit clothing is typically your best option," Regan says. "Dark colors capture more sunlight, therefore heating your body up more quickly than lighter color clothing. Dry-fit material also aims to provide a cooling effect and breathability by whisking

away sweat and dispersing it across the fabric so it can be evaporated into the air.”

We often avoid exercise because we feel like we don’t have the time.

“ACSM’s recommendations are to get 150 minutes of moderate intensity exercise per week,” Regan says. “This can be broken up however you want to, but generally you want 30 minutes a day, five days a week.”

This might seem like a big ask. However, Regan puts this into perspective.

“If someone’s never exercised before, hearing 30 minutes a day, five days a week can be intimidating. That’s understandable, and I would tell them start slow,” she says. “A good recommendation for those just starting or looking to get back into exercise is to break up their daily time into 10-minute segments. You are

still going to see benefits, and it will be easier to get that goal.”

Finally, the most important key to exercise success is taking stock of your physical and mental state. It’s about being honest with yourself regarding your physical ability as well as checking with your doctor before starting any regular exercise routines.

“Knowing those different modifications and knowing your limitations is important,” Regan says. “And you must get outside of your comfort zone if you want to see any gains in strength, balance, as well as confidence in your ability to work out. Once you are cleared by your doctor, then challenge yourself to reach those goals. You have the keys; all that’s left to do is to take a leap of faith and open the door.

“And remember slow progress is still progress.”



## Hydration:

- About 2 hours before exercise, the American College of Sports Medicine recommends drinking about 2 cups (17 oz., specifically) of water to promote adequate hydration and allow time for excretion of excess ingested water.
- During exercise, drink according to your thirst sensation.
- After exercise, drink 16-24 oz. for every pound lost.
- In general, the U.S. National Academies of Sciences Engineering Medicine recommend about 15.5 cups of water daily for men and 11.5 cups of water daily for women.
- Always check with your doctor regarding the potential impact of any medication you take, whether prescription or over-the-counter.

For more information and resources on exercise and wellness, contact the **Sun Health Center for Health & Wellbeing** at **(623) 471-9355** or visit **[www.sunhealthwellness.org](http://www.sunhealthwellness.org)**.





# Heat Safety with Philip Morin, EMT

By Angela Toale

Photo by Ken Reinstein

Sometimes we find ourselves in situations that make us scratch our heads. Maybe we pull a tray of cookies out of the oven only to realize we added too much butter and are left with a hot, dribbling mess.

Or maybe the situation is more serious; we find ourselves on a hiking trail under the sweltering sun, completely out of water, and starting to feel lightheaded. While both situations are discouraging, the latter scenario is more common and dangerous.

In 2020, there were more than 2,000 emergency room visits for heat-related illness in Arizona.

“The signs of heat exhaustion and heat stroke can creep up on us if not carefully monitored,” Philip Morin, EMT, from Sun

Health Wellness, says. “If you get to the point where it’s hot out and you’re not sweating, you’re about five minutes away from an ambulance ride.”

This is typically after a period of profuse sweating and then a sudden stop in sweat production.

If you begin to feel lightheaded, muscle weakness, cramping, shallow breathing or rapid heart rate, you may be experiencing heatstroke. Philip suggests that you, “Stop. Sit down before you fall down. Call 911. Because if you get dizzy, you run the risk of falling, particularly if you’re hiking.

“If you’re able, it is even better to get inside an air-conditioned place and sip water — without

gulping to avoid feeling worse.”

Preventing these scenarios is possible as long as we prepare ourselves and constantly stay hydrated.

“If you’re going to go hiking, hydrate yourself at least two days beforehand ... If you plan to do it that day, you are going to be behind the curve,” Philip says.

The Arizona heat shouldn’t slow us down. It’s our responsibility to prepare for the heat, whether out in your garden, on a hiking trail, or just by the pool, stay hydrated and stay safe.

If you’re looking for more health and wellness resources or community wellness programs, visit [SunHealthWellness.org](http://SunHealthWellness.org) or call (623) 471-9355.



# Heat Safety for Older Adults

## What is Heat Illness?

Heat illness occurs when the body becomes too hot and is no longer able to regulate its own temperature. There are several types of heat illness — three of the most common are heat cramps, heat exhaustion and heat stroke.

## Chronic Medical Conditions

Individuals with certain medical conditions can be more vulnerable to heat effects.

- Cardiovascular conditions
- Respiratory conditions
- Diabetes
- Obesity

## Prescription Medicines

Talk to your healthcare provider to find out what medications you take that will interact with the heat. These medicines are known to be affected by heat.

- Antidepressants
- Diuretics
- Sleep aids
- Parkinson's drugs
- High blood pressure medicines

## How to Protect Yourself

- When possible, use indoor facilities.
- Plan outdoor activities for the coolest times of the day.

- Limit, reduce duration of outdoor activity.
- Take frequent breaks.
- Provide drinking water before, during and after activity.
- Drink more water than usual. Avoid drinks with sugar, alcohol and caffeine.
- Pace physical activity.
- Plan for cool-down recovery time in the shade, if possible, following outdoor activity.
- Wear light colored clothing, wide-brimmed hats.

Sources: Arizona Department of Health Services, City of Phoenix

# The Impact of Wellness Programs

Sun Health Wellness develops and implements industry-leading, community-based health and wellness programs. Community support through the *Generosity for Generations* Campaign helps make these classes and programs available at little or no cost.\*

\*Stats are from 1-1-21 to 12-31-21

## CENTER FOR HEALTH AND WELLBEING

1,176

Total Clients Served



## DIABETES PREVENTION PROGRAM

15-20 lbs

Average Weight Loss

74

Clients Served

558

Total Lost Pounds

## MEMORY CARE NAVIGATOR

256

Prior Clients Supported

527

Support Group Attendees



456

New Families Served

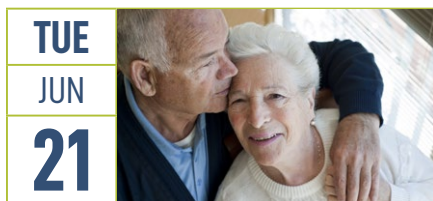
# CLASS CALENDAR



Registration Opens  
May 17, 2022



## BRAIN & MEMORY HEALTH



### Caregiver Tips and Resources

Tuesday, Jun. 21; 2 to 3 p.m.

Sun Health's Memory Care Navigator Marty Finley, M.E.d, will discuss tips for caregivers and share area resources for those caring for a loved one with dementia.

*Location: Freedom Plaza*



### Understanding Parkinson's Disease

Wednesday, Jul. 27; 10 to 11 a.m.

What is Parkinson's disease? Join Debra Witthar, DNP, AGNP-C, from Banner Sun Health Research Institute to discuss Parkinson's disease, it's history, pathophysiology, symptoms, how we diagnose Parkinson's disease and treatments.

*Location: Zoom*



### Reducing your Risk for Dementia

Wednesday Aug.17; 9:30 to 10:30 a.m.

Many people feel concerned about developing dementia as they age, and some even believe it is just part of aging. However, research shows us there are many factors that influence our risks and there's good evidence that a healthy lifestyle can help reduce your risk of developing dementia when you're older. Join Sun Health Lead Memory Care Navigator Marty Finley as she covers risk factors and what steps you can take to reduce your risks.

*Location: Lord of Life Church*

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

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

Due to the ongoing COVID-19 pandemic, Sun Health continues to offer many of our classes in a hybrid format to allow for both in person or virtual attendance. We offer small group sessions (15 or fewer) for physical fitness classes as well as the Diabetes Prevention Program and the Diabetes Self-Management Education series held in person at The Sun Health Center for Health & Wellbeing.

Register Online

Beginning May 17, 2022

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

Register By Phone

Beginning at 8:30 a.m. May 17, 2022

**(623) 207-1703**

except where noted

# CLASS CALENDAR (continued)

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

THU	
JUL	
14	

## Know the 10 Warning Signs

Thursday, Jul. 14; 9:30 to 10:30 a.m.

Some memory changes come with age, but it is important to know when what you are observing in yourself, or another means it is time to seek help. Learn how to recognize some of the most common warning signs of Alzheimer's disease with Marty Finley, Sun Health's Lead Memory Care Navigator.

Location: ZOOM

TUE	
JUL	
19	

## Dementia Friends Info Session

Tuesday, Jul. 19; 10:30 to 11:30 a.m.

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 Banner Sun Health Research Institute's Janice Greeno, Dementia Friendly Arizona State lead, for this discussion and walk away with tools to implement your dementia friendly community.

Location: Zoom

WED	
JUL	
20	


## Improv Techniques in Communicating with Dementia Patients

Wednesday, Jul. 20; 9:30 to 10:30 a.m.

This is not another educational class on communication! Michelle Cornelius, LMSW, M.Ed, will teach an interactive skill-building session using techniques from improv to help you improve communication with the person who has dementia. Learn how to live in their world, speak with confidence and validate the person's feelings without an argument.

Location: Lord of Life Church

## DIABETES

THU	TUE	
JUN	AUG	
2	2	

## Diabetes Self-Management Education \$

Thursday, Jun. 2; 1 to 3 p.m.

Tuesday, Aug. 2; 9:30 to 11:30 a.m.

People with diabetes are living longer, healthier lives. The driving force? Healthy lifestyle changes and better diabetes management. How can you manage the disease to reduce health complications and improve quality of life? Join our registered dietitian and certified diabetes educator for this five-week accredited course that provides the latest information in diabetes management including monitoring, taking medication, eating healthy, being active, reducing risks, problem solving and healthy coping. **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 two weeks prior to the start of the series.**

Location: Sun Health Center for Health & Wellbeing

**The Sun Health Center for Health & Wellbeing is limiting in-person classes to 15 people and conducting brief health screenings and temperature checks upon arrival. Face masks and social distancing are required for everyone's health and safety. Thank you.**

# CLASS CALENDAR (continued)

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



## Annual Diabetes Self-Management Education \$

Tuesday, Jul. 26; 1 to 3 p.m.

This two-hour class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's 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*



## National Diabetes Prevention Program

Tuesday, Jun. 14; 2 to 3 p.m.

Sun Health's National Diabetes Prevention Program is led by a Registered dietician and 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*

## HEALTH & WELLBEING

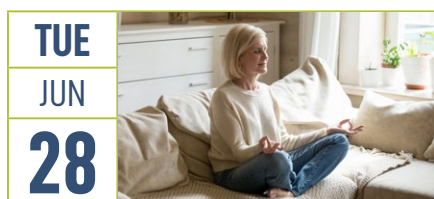


### Heart Disease

Tuesday, Jun. 14; 1:30 to 2:30 p.m.

Will offer insight into heart disease — the leading cause of death in America — and how to know if you may be at risk.

*Location: Grace Bible Church*

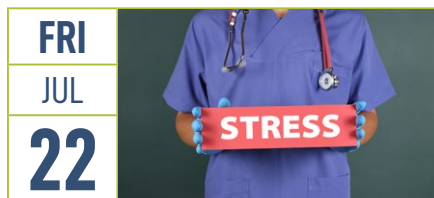


### De-stress with Effortless Meditation

Tuesday, Jun. 28; 2 to 3:30 p.m.

There are as many meditation methods as there are personality types. Finding the right fit is the key to unlocking a pleasurable practice and the benefits that accompany it. Meditation writer and facilitator Lori Motola will dig into a menu of practices and benefits and offer tips to make meditation approachable, easy and enjoyable.

*Location: Freedom Plaza/Ballroom*



### Stress Management

Friday, Jul. 22; 9:30 to 11 a.m.

Stress wreaks havoc on your emotional and physical wellbeing. Learn signs and symptoms of stress and develop coping strategies and tools to manage stress more effectively so you can be a happier, healthier you. You are worth it.

*Location: The Colonnade*

**With your support, Sun Health builds knowledge and understanding about age-related diseases and ways to prevent, delay and manage their symptoms and impact.**

Visit [SunHealthFoundation.org/generosity](http://SunHealthFoundation.org/generosity) or call (623) 471-8500 to learn more.

TUE	TUE	TUE	
JUN	JUL	AUG	
7	12	9	

## NUTRITION

### Nutrition and Lifestyle for Weight Loss

Tuesdays, Jun. 7; Jul. 12; Aug. 9; 11:30 a.m. to 12:30 p.m.

Come learn a lifestyle approach to weight loss that can help you make simple changes to maintain a healthy weight for life. Banner Health Registered Dietitian Lauren Pellizzon, MS, RD, will discuss nutrition and lifestyle changes you can put into action.

*Location: Zoom*

FRI	
JUL	
15	

### Can your Diet Slow Down Alzheimer's Disease?

Friday, Jul. 15; 3 to 4 p.m.

Can nutrition help heal the mind? There's good evidence that what you eat can make a difference in your risk of cognitive decline and dementia, including Alzheimer's disease. Learn how nutrition can help slow brain aging and impact brain health with Sun Health Registered Dietitian Tiffany Tutt, EP-C.

*Location: Zoom*

FRI	
JUN	
24	

### Food, Nutrition and Women's Health

Friday, Jun. 24; 10 to 11 a.m.

Healthy eating for women, what does this mean? Join Sun Health Registered Dietitian Julia Deen, RDN, to learn about special nutrition needs for women and how to incorporate more healthy foods in your daily diet.

*Location: The Colonnade*

TUE	TUE	
JUN	AUG	
14+28	9+23	

### Memory Café

Tuesdays, Jun. 14 & 28; Jul. 12 & 26, Aug. 9 & 23; 10 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: Held virtually & telephonically. Call (623) 832-6637 for details.*


MON	
JUN	
20	

### Diabetes Connection Support Group

Monday, Jun. 20, 3:30 to 4:30 p.m.

Whether you are new to diabetes or dealing with a new set of challenges, the Diabetes Connections Support Group is here to help ease the burden of diabetes. Connecting with other people living with diabetes can be relieving, encouraging and empowering. Support can offer a sense of being understood and provide opportunities to share wisdom and practical information. Join us to learn from educators and others just like you who are encountering and overcoming similar situations.

*Location: Hybrid Zoom & Center for Health and Wellbeing.*

EVERY WED	

### Dementia Caregiver Support Group

Wednesdays; 3 to 4 p.m.

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

*Location: Phone*

# CLASS CALENDAR (continued)

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

## PHYSICAL FITNESS

All physical fitness classes are held at the Sun Health Center for Health & Wellbeing at 14719 W. Grand Ave., Surprise. All classes are offered as weekly multisession series at \$5 per class, paid up front for the series.

### Mat Yoga **S** (4 session)

**Mondays, beginning Jun. 6; 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.

### Chair Yoga Plus **S** (4 session)

**Mondays, beginning Jun. 6; 9:30 to 10:30 a.m.**

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

### Stillness in Motion **S** (4 session)

**Mondays, beginning Jun. 6; 11 a.m. to noon**

Fifty minutes of continuous gentle movement designed to improve flexibility, leg strength, core strength, lung function, balance and relaxation. Based on Chinese qigong (chi kung) exercises, the movements are chosen to work the upper and lower body as well as the flow of qi (energy) throughout the body. Wear loose comfortable clothing; shoes are optional. No floor work so you do not need a mat.

### Strength Training **S** (4 session)

**Mondays, beginning Jun. 6; 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

### Simply Stretch **S** (8 session)

**Wednesdays, beginning Jun. 15; 8 to 9 a.m.**

A gentle blend of stretches targeting the whole body, designed to help with range of motion and alignment, the class will be on a mat — on backs or on bellies. Participants must be able to safely get up and down from the floor unassisted. Bring a mat or towel.

### Chair Yoga Plus **S** (8 session)

**Wednesdays, beginning Jun. 15; 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 **S** (8 session)

**Wednesdays, beginning Jun. 15; 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 **S** (8 session)

**Wednesdays, beginning Jun. 15; 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 **S** (9 session)

**Fridays, beginning Jul. 1; 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



## SAVE THE DATE

**Thursday, Sept. 22 | 9:30 - 11:30 a.m.**

### The Colonnade

19116 N. Colonnade Way  
Surprise, AZ 85374

8TH ANNUAL **STAND UP** *to*  
**FALLING DOWN**



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

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



### Mat Yoga (8 session)

**Mondays, beginning Jul. 11; 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.

### Chair Yoga Plus (8 session)

**Mondays, beginning Jul. 11; 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 session)

**Mondays, beginning Jul. 11; 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.

### Strength Training (8 session)

**Mondays, beginning Jul. 11; 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.

### Simply Stretch (8 session)

**Wednesdays, beginning Aug. 10; 8 to 9 a.m.**

A gentle blend of stretches targeting the whole body, designed to help with range of motion and alignment, the class will be on a mat — on backs or on bellies. Participants must be able to safely get up and down from the floor unassisted. Bring a mat or towel.

### Chair Yoga Plus (8 session)

**Wednesdays, beginning Aug. 10; 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 session)

**Wednesdays, beginning Aug. 10; 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 session)

**Wednesdays, beginning Aug. 10; 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.

A circular logo for the 5K for Women's Health event. It features the text "5K" in large blue letters, a colorful running shoe, and "for Women's HEALTH" in a mix of blue and pink fonts. Below the circle is the Sun Health Foundation logo.

**SUNDAY**  
**SEPTEMBER 25 | 8 a.m.**

**Surprise Stadium**  
15930 N. Bullard Ave.  
Surprise, AZ

## Celebrate the Women We Love!

Take steps to celebrate the women we love at Sun Health Foundation's 5K for Women's Health Walk/Run. Your participation is a feel-good opportunity for everyone to enjoy the benefits of exercise while supporting the health of the women in our lives – our mothers, sisters, friends, and daughters.

Open to men, women, and children.

With each step, you're improving the health of our community through Sun Health Foundation's *Generosity for Generations* Campaign.

## RSVP Today!

[SunHealthFoundation.org/5k](http://SunHealthFoundation.org/5k) or  
[Janine.McGhee@SunHealth.org](mailto:Janine.McGhee@SunHealth.org), (623) 471-8503.



14719 W. Grand Ave.  
 Surprise, AZ 85374  
 (623) 471-9550  
 Information@SunHealth.org  
 SunHealth.org

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# Stay Healthy While Living At Home



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

Our meetings are held at the Sun Health Center for Health & Wellbeing, 14719 W. Grand Ave., Surprise, AZ 85374

Registration is required.

JUNE	JUNE	JUNE
<b>7</b> 10 a.m.	<b>21</b> 9 a.m.	<b>28</b> 10 a.m.

JULY	JULY	JULY
<b>5</b> 10 a.m.	<b>12</b> 10 a.m.	<b>19</b> 10 a.m.

AUG	AUG	AUG
<b>11</b> 10 a.m.	<b>18</b> 10 a.m.	<b>25</b> 10 a.m.



SUN HEALTH AT HOME

**(623) 227-4663**

**SunHealthAtHome.org**