

LiveWell

SEPTEMBER / OCTOBER ISSUE

Fall into
better health



Sun Health®

SUN HEALTH

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SunHealth.org

SUN HEALTH WELLNESS

(623) 471-9355

SunHealthWellness.org

SUN HEALTH AT HOME

(623) 227-4663

SunHealthAtHome.org

SUN HEALTH COMMUNITIES

(623) 236-3767

SunHealthCommunities.org

SUN HEALTH FOUNDATION

(623) 471-8500

SunHealthFoundation.org

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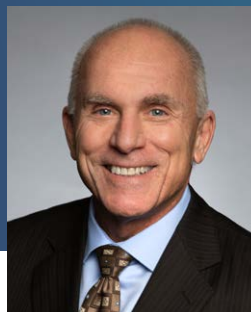
Sun Health®

Empowering people to enjoy living longer.

What began more than 55 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 heartfelt generosity of people like you who support the Sun Health Foundation through your time, talent, treasure, and testimony.



A NOTE FROM THE Editor



Joe La Rue
President & CEO



Kim Thompson
Chief Experience Officer

As the vibrant colors of autumn foliage remind us, change is an inevitable part of life. Our bodies, like the world around us, undergo transformations as we age. It becomes essential to listen to our bodies and embrace necessary changes to maintain health and wellbeing.

Sometimes these changes are minor, like increasing water intake, while other times they call for a lifestyle overhaul to address new diagnoses like diabetes. At Sun Health, our commitment to promoting healthy change in our communities is reflected through *LiveWell* magazine, offering more than 45 educational and fitness classes monthly. See page 10.

In this issue, we delve into the significance of strength training for all stages of life. Incorporating weights into your routine may be a novel change, but the benefits of strength training, which include fall prevention, are vast.

Learn more about the importance of strength training on page 4 and register for our 9th annual Stand Up to Falling Down fall prevention event Sept. 13. See page 8.

Businesses and healthcare providers are not exempt from change. The aspirations of our residents and members are different today than during Sun Health's establishment over 55 years ago. While in our early days we focused primarily on fundraising for healthcare, our organization has grown exponentially to encompass vibrant senior living options and industry-leading wellness services.

We consistently seek opportunities to bring fresh perspectives within our leadership team, and in the past year we have undergone a profound metamorphosis to ensure we can deliver necessary services and education for healthier communities.

With great excitement, I introduce our new Chief Experience Officer, Kim Thompson. Kim's primary focus is maximizing the experience and satisfaction of our residents and members, reflecting the deepest values of Sun Health. Kim will also take over as editor of *LiveWell* magazine, sharing the future changes we are implementing at Sun Health!

For recent news, I'm thrilled to share that La Loma Village was honored with the title Best Senior Living by West Valley View readers, while Grandview Terrace received the Best Practice Award for Fitness from LeadingAge Arizona.

Sun Health has been a catalyst for change in the West Valley for over a half a century. While seasons may shift – both in life and in business – the essence and mission of Sun Health remain steadfast: To empower you to live a longer, healthier, more purposeful life.

In health,

Joe La Rue
President & CEO
Sun Health



The Power of
*Strength
Training*

As we gracefully age, maintaining a strong and healthy body becomes increasingly important. The good news is that it's never too late for you to start strengthening your body.

Engaging in regular strength training exercises not only will help you stay fit but also will improve your stability and balance.

Strength training has numerous benefits for both men and women, and there is more to it than simply building large muscles and lifting heavy weights. It is a comprehensive approach that targets your entire body from your bones to your muscles, tendons, and ligaments.

By incorporating regular strength training into your routine, you can increase your muscle mass, improve your bone density, and enhance your overall physical performance.

Did you know that strength training also can significantly reduce the likelihood of falls in older adults?

According to a study conducted by the National Council on Aging, regular strength training can decrease falls by an astounding 40%. By improving the strength of your legs, core, and upper body, you enhance your ability to control movements and react swiftly to imbalance. Ultimately, this improved stability and balance not only will provide a solid foundation for your daily activities but also instill a sense of confidence and reduce the risk of falling accidents.

It's time for you to take the first step toward a stronger, healthier, and more vibrant life. Flip to page 15 to explore classes that can help kickstart your strength training journey.

Remember, it's never too late for you to invest in your physical wellbeing and embrace the transformative power of strength training.



THE CENTER FOR HEALTH & WELLBEING

Sun Health Wellness offers a variety of fitness classes to support healthy lifestyles at little or no cost. You can view all of our upcoming classes on page 15.

**CALL TODAY
(623) 471-9355**

SunHealthWellness.org

Fall Prevention is a Balancing Act



Life is a constant balancing act, but feeling unstable can lead to falls, serious injuries, and potential loss of independence. Sun Health is empowering people to enjoy living longer and staying falls free by hosting its annual Stand Up to Falling Down event on Sept. 13. The event is complimentary and will provide information and resources from health professionals on how to avoid falls.

One of this year's presenters will be Letha Zook, P.T., Ed. D, G.C.S., Department Chair of Physical Therapy, Franklin Pierce University. "The most common cause of falls is mostly loss of balance, especially when rising from a seated position," says Dr. Zook.

Difficulty walking can be another predictor for falls. "Gait speed indicates that a person is fearful of single leg stance," she says. "Any shuffle and short steps allow the surface to become an obstacle to our gait."

Falls don't have to be a normal part of aging, and you can take action to reduce your risk. "Improving core strength gives you a stable base for your arms and legs to operate when the outer environment is unstable," says Dr. Zook. "On Sept. 13 we'll demonstrate exercises to increase lower extremity strength and balance including mini squats and single leg stances."

She also endorses fall risk assessments. "We recommend annual PT checkups for people age 55+ that take the factors of falls into account and provide information to identify decline of function," she says. Dr. Zook's PT students will be conducting several standardized tests on Sept. 14 to assess risk of falls, including sit to stand, single leg stance and timed up and go testing. These will take place at the Sun Health Center for Health & Wellbeing.

To hear more from Dr. Zook, register today for Sun Health's 9th Annual Stand Up to Falling Down, and sign up for a complimentary fall risk assessment, by calling (623) 471-9355 or visit SunHealthWellness.org/StandUp.



Letha Zook, P.T., Ed. D, G.C.S., Department Chair of Physical Therapy, Franklin Pierce University



Please join us for our 9th Annual Stand Up To Falling Down, a free community event. See page 8.

**REGISTER TODAY
(623) 471-9355**

SunHealthWellness.org/StandUp



9TH ANNUAL

STAND UP *to* FALLING DOWN

A fall prevention screening and awareness event

Wednesday, September 13 | 9 a.m. - Noon
Grandview Terrace | 14515 W Granite Valley Dr.

Sun Health wants to keep you standing tall. Each year, 3 million older adults are treated in emergency departments for fall injuries. However, fall-related injuries are preventable. Join Sun Health for our 9th Annual Stand Up to Falling Down fall prevention event featuring educational presentations from local health experts and fall prevention resources.



To register, call (623) 471-9355 or scan the QR code
to visit SunHealthWellness.org/StandUp



Prevent Falls by Making Safety a Priority

by Renee Moe

Fall prevention and safety should be important considerations as you age. Physical changes and health conditions can make falls more likely, which are the leading cause of both fatal and nonfatal injuries for older adults.

Paramedic Aaron Kent with the Surprise Fire and Medical Department (SFMD) estimates they receive at least 10 calls regarding falls daily. “The majority of our fall-related calls are not fatal,” SFMD Capt. Jason Erbes says. “But injuries from falls like a broken hip can be the start of more serious health problems that can lead to long-term disability.”



Aaron Kent
Paramedic



Jason Erbes
Captain

Photos courtesy
of Surprise Fire &
Medical Department

“We are passionate about helping people and preventing these types of injuries,” Kent says. “Preventing falls keeps people healthy and takes the burden off of the 911 system and hospitals.”

Frequent callers to 911 for fall-related injuries are referred to SFMD’s Community Paramedic Program. “Paramedics visit clients at home to provide care and identify resources,” Erbes says. This includes health assessments, safety inspections, and referrals to preventative care.

Falls don’t have to be a normal part of aging. Take the following steps to stay safe:

- Use night lights, grab bars in the bathroom, and handrails in stairwells.
- Keep pathways clear; remove trip hazards like clutter, scatter rugs, and power cords.
- Review medications with your doctor and discuss side effects.
- Get your vision and hearing checked annually.
- Exercise to enhance leg strength and balance.
- Invest in a medical alert system.
- Use assistive devices like canes, walkers, or wheelchairs.

If you fall and suffer injuries or can’t get up on your own, ask someone for help, contact your medical alert monitoring system or call 911. For more information on the Community Paramedic Program call (623) 882-7120.

Learn more about fall prevention at our upcoming
free community event, Stand Up To Falling Down.
SunHealthWellness.org/StandUp (623) 471-9355





Planning Ahead: Medical, Legal, Financial Decisions
Thursday, Sep. 7 | 10:30-11:30 a.m.

A diagnosis of Alzheimer’s disease and related dementias leave important decisions that need to be considered. Join Carrie Langford, LMSW, to help caregivers learn about what decisions are necessary along with how to find help and pay for care in the home, community and residential settings.

Location: Zoom

Ambiguous Loss & Dementia: Living with Uncertainty
Thursday, Sep. 14 | 10-11 a.m.

Caregiver stress and burden may sometimes be misunderstood, with the real culprit being ambiguous loss – when the person is physically present but psychologically different from who they once were. Join Lori Nisson, LCSW to learn definitions and concrete strategies to infuse hope, meaning and promote self-care.

Location: Zoom

Driving & Dementia
Tuesday, Sep. 19 | 1:30-2:30 p.m.

Learn about the changes that impact one’s ability to safely drive after a dementia diagnosis. Marty Finley, Lead Memory Care Navigator, will discuss the changes and “red flags” to watch for.

Location: Grace Bible Church and Zoom

Dementia Friends Info. Session
Thursday, Sep. 21 | 11 a.m.-noon

Arizona will experience the largest increase in persons developing Alzheimer’s and related dementias over the next five years. People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend. Join Sun Health VP of Home and Community Based Services, Barbara Mason for this discussion and walk away with the tools to implement YOUR dementia friendly community.

Location: Zoom

Normal Aging vs. Dementia
Thursday, Oct. 19 | 1-2 p.m.

We all notice changes in our memory as we age. Join Sun Health’s Marty Finley, Lead Memory Care Navigator, to learn the difference between what is normal aging and what may be cause for concern.

Location: Lord in Christ Lutheran Church

Location & Class Key

THE COLONNADE

19116 N. Colonnade Way, Surprise, AZ

DESERT PALMS PRESBYTERIAN CHURCH

13459 W. Stardust Blvd., Sun City West, AZ

FAITH PRESBYTERIAN CHURCH

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

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria, AZ

GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City, AZ

GRANDVIEW TERRACE/BALLROOM

14515 W. Granite Valley Drive, Sun City, AZ

GRANDVIEW TERRACE HEALTH & REHAB

14505 W. Granite Valley Drive, Sun City West, AZ

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West, AZ

OFFICE EVOLUTION

15331 W. Bell Road, Suite 212, Surprise, AZ

PORA

13815 W. Camino Del Sol, Sun City West, AZ

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise, AZ

SALVATION ARMY

17420 Ave of the Arts, Surprise, AZ

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

Registration begins:
Aug. 15, 2023 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



RESOURCE & SUPPORT GROUPS

Dementia Caregiver Support Group Wednesdays, Sep. 6, Sep. 20, Oct. 4, Oct. 18 | 3-4 p.m.

This support group is led by Sun Health's Lead Memory Care Navigator Marty Finley.

Location: Grandview Terrace

Memory Café Tuesdays, Sep. 12, Oct. 10 | 10-11:30 a.m.

"Memory Cafes provide resources, support and social interaction 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: Zoom

Caregiver Support Group Thursdays, Sep. 14, Sep. 28, Oct. 12, Oct. 26 | 10-11 a.m.

Being a friend or family member who is caring for someone with dementia can be very stressful. We are constantly adapting and learning new ways to do things to help them be as successful as possible and that can be overwhelming at times. Joining a caregiver support group can help!

Location: Faith Presbyterian Church

Memory Café Tuesdays, Sep. 26, Oct. 24 | 10-11:30 a.m.

Memory Cafes provide resources, support and social interaction 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

Like *LiveWell*? Get it delivered digitally to your favorite device or a copy mailed to your home.

Visit SunHealthWellness.org/Livewell-magazine

Support your health and the women we love!

Sunday, September 24, 2023

6:30 a.m. Check in | 7:30 a.m. Race Start | Surprise Stadium

Join **Sun Health Foundation's 5K** to walk or run for our mothers, sisters, friends, partners, daughters, granddaughters, and cousins.

Benefiting diabetes prevention education through Sun Health Wellness.



To register, visit SunHealthFoundation.org/5K or call (623) 471-8508.





DIABETES

Diabetes Connection Group

Mondays, Sep. 18, Oct. 16 | 3:30-4:30 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 provides 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: Center for Health & Wellbeing

Diabetes 101

Wednesday, Oct. 18 | 10:30-11:30 a.m.

Diabetes affects 1 in 10 people in the United States, and over 48% of adults 65 and older have prediabetes. Research shows that food and lifestyle changes can help manage this chronic condition. Join Sun Health registered dietitians for information on ways to improve your health and manage diabetes.

Location: Surprise Senior Center

DIABETES EXPO

Wednesday, Nov. 8, 2023

Empower yourself to stress less about diabetes!
Join Sun Health's annual expo for practical tips
and expert guidance on the prevention and
management of diabetes.



For more information,
call (623) 471-9355

Registration begins:
Aug. 15, 2023 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



HEALTH & WELLBEING

Self-Care through Mindfulness, Meditation **Wednesday, Sep. 27 | 10:30-11:30 a.m.**

Sometimes we are so busy worrying about the future we forget about the present and to take time for ourselves. Join Barbara Mason, CADC, to learn more about how you can use mindfulness practices in your lifestyle.

Location: Zoom

What is the Area Agency on Aging? **Thursday, Sep. 28 | 10-11 a.m.**

Are you interested in learning about the senior services offered by the Area Agency on Aging, Region One? Please join Alfredo Gonzalez, an information and referral specialist, who will explain many services of the agency such as home-delivered meals, Medicare benefits assistance, family caregiver respite, and more.

Location: PORA and Zoom

Common Foot Issues in the Aging Population

Tuesday, Oct. 24 | 2-3 p.m.

Our feet change as we get older, so you may be encountering new foot issues. Please join Dr. Dylan Kaumaya as he discusses three main foot issues as we age – skin and nail conditions, structural deformities, and diabetes and foot health.

Location: Freedom Plaza and Zoom

Won't You Drum with Us? **Friday, Oct. 27 | 9:30-10:30 a.m.**

Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's a fun, fast-paced way to get your heart rate up, improve your rhythm, and burn calories. You don't need to be a drummer to do it, and even more amazingly, you don't even need drums! Join Sun Health Fitness Coordinator, Kecia Meyers for this fun and interactive presentation.

Location: The Colonnade

Do You Know Your Medicare? **Monday, Oct. 30 | 1:30-2:30 p.m.**

This Medicare educational event will cover all aspects of your Medicare; enrollment periods, penalties, the different parts of Medicare, supplements, advantage plan differences, and Medicare and veteran benefits. We are here to guide you through the process.

Location: Faith Presbyterian Church and Zoom.

BONE & JOINT HEALTH

Bone and Collagen Health in the Lower Extremities

Tuesday, Oct. 3 | 2-3 p.m.

Please join Dr. Mira Pandya to learn more about bone and collagen health of the lower extremities and the importance of this in our overall health.

Location: Freedom Plaza and Zoom

SAFETY

Balancing Your Fall Risk

Friday, Sep. 22 | 9:30-10:30 a.m.

As we age, declines in balance and strength increase the risk of falling. Join us to learn about the sensory systems that help us stay balanced while standing still and moving and to discover simple exercises to improve balance and lower body strength.

Location: The Colonnade and Zoom

What is the Sun City West Posse Program?

Thursday, Oct 26 | 10-11 a.m.

Please join Commander Edward Stern to learn more about the services that the Sun City West Posse program provides and how we can help each other to make our community a safer place.

Location: PORA



NUTRITION

Nutrition & Lifestyle for Weight Loss

Tuesday, Sep. 12 | 11:30 a.m.-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 Mya Perkins, MS, RD, will discuss nutrition and lifestyle changes you can put into action.

Location: Zoom

Food Safety

Monday, Sep. 25 | 1:30-2:30 p.m.

An estimated 1 in 6 Americans get foodborne illness (food poisoning) every year, but you can help protect yourself and others from getting sick. Join Sun Health Nutritionist Sarah Fagus to learn about ways to learn about food safety in the kitchen.

Location: Faith Presbyterian Church and Zoom

Nutrition & Lifestyle for Weight Loss

Tuesday, Oct. 10 | 11:30 a.m.-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 Mya Perkins, MS, RD, will discuss nutrition and lifestyle changes you can put into action.

Location: Zoom

Understanding My Fitness Pal

Tuesday, Oct. 17 | 1:30-2:30 p.m.

Food and activity tracking can be helpful no matter where you are in your weight loss or healthy eating journey. Research has shown that people who keep daily food records lose twice as much weight as those who do not track. Food tracking also can help reduce sodium and added sugars. Join the Sun Health Center for Health & Wellbeing staff and bring a computer or tablet for our hands-on demo!

Location: Grace Bible Church

Nutrition & Bone Health

Wednesday, Oct. 25 | 10-11 a.m.

Osteoporosis is a condition in which the bones become thinner, weaker, and more likely to break. The health and strength of our bones rely on important nutrients. Join Sun Health Registered Dietitian Julia Deen to learn about ways to balance your diet to improve bone health.

Location: Zoom

Classes are provided at low or no cost, thanks to generosity of the community through Sun Health Foundation.

Registration begins:
Aug. 15, 2023 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



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 \$ (8 week)

Mondays, Sep. 11 | 8-9 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 week)

Mondays, Sep. 11 | 9:30-10:30 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 week)

Mondays, Sep. 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 week)

Mondays, Sep. 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.

Yin Yoga \$ (7 week)

Wednesdays, Oct. 4 | 8-9 a.m.

Yin yoga is a slow, passive style of yoga, done mostly on the floor in seated or lying-down postures. We come into the pose to a point where we feel significant resistance and stay there, calmly holding the pose and remaining still for the duration.

Chair Yoga Plus \$ (7 week)

Wednesdays, Oct. 4 | 9:30-10:30 a.m.

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair. Participants must be able to safely get up and down from the floor unassisted.

Tai Chi \$ (7 week)

Wednesdays, Oct. 4 | 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 \$ (7 week)

Wednesdays, Oct. 4 | 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 \$ (8 week)

Fridays, Oct. 13 | 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.

For more information and resources on exercise and wellness, contact the Sun Health Center for Health & Wellbeing at (623) 471-9355 or visit SunHealthWellness.org



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Stay Healthy While Living *At Home*

We specialize in personalized support and coordinated services to help members stay active and healthy in their homes as they age. With a variety of plans available, it's easy to find the Sun Health At Home® membership that meets your individual needs.

To learn more about the benefits of this program, please join us at an upcoming 1-hour complimentary Discovery Seminar. Registration is required.

(623) 294-6726
SunHealthAtHome.com

**Join us for a complimentary
 1-hour Discovery Seminar:**

Sun Health Center for Health & Wellbeing
 14719 W. Grand Ave., Surprise, AZ 85374

SEPT	SEPT	OCT
7	19	3
1 p.m.	2 p.m.	2 p.m.

PebbleCreek Clubhouse
 16262 Clubhouse Drive, Goodyear, AZ 85395

OCT
19
12 p.m.



SUN HEALTH AT HOME