Pioneering Her Path
Retired professor of medicine educates and inspires at Grandview Terrace

A Commitment To Community
Couple's giving-back philosophy enhances research and community wellness

Breathe Easier
Know the basics of COPD

Championing Independence
Sun Health at Home wellness coordinator brings “heart and smarts” to the job
It’s no secret that we all have great respect and admiration for the people who support the mission of Sun Health. Robert and Norma Cameron provide just one such example.

Upon relocating to Sun City West, this couple made community service a significant part of their lives—delivering meals, helping at the library and at community clean-up efforts, and more. While Robert is no longer with us, Norma continues to support health care in our community through annual gifts to Sun Health Foundation. We are truly grateful for her commitment to the health of our community.

Breathing is something most of us do without thinking. You might even take it for granted. But for people with chronic obstructive pulmonary disease (COPD), breathing can be challenging and painful. In late October, we recognize Respiratory Care Week, and in this issue of LiveWell, we’re providing important information on COPD that I think you’ll find valuable.

I invite you to meet Dr. Phyllis Swanson. Since moving into the assisted living suites at Grandview Terrace Health and Rehabilitation, this former college professor started sharing her hobby with the staff, and started teaching her certified nursing assistant how to paint abstract art. Her love of art and learning is inspiring to the Grandview Terrace staff and other residents.

We are also excited to share more information about our new Sun Health at Home program. This month, you’ll meet Jennifer Keiser. As the program’s wellness coordinator, Jennifer is a passionate advocate for older adults in our community. I’m confident you’ll enjoy learning about the vital role she plays in promoting individual health. We are grateful for Sun Health at Home member Stefanie Sjoberg for allowing us to tag along when Jennifer visited her at home recently.

I enjoy hearing from you and encourage you to continue asking questions about Sun Health’s programs and services, and sharing your opinions about LiveWell. Please email us anytime at information@sunhealth.org.

Stay Healthy,

Ron Guziak
President & CEO, Sun Health
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On the Cover: Jennifer Keiser sits down with Sun Health at Home member Stefanie Sjoberg

Please follow us on:
For 30 years, Dr. Phyllis Swanson, 86, was a college professor at some of the top medical schools in the country. Although she no longer has a classroom, she continues teaching.

Last year, when she moved from Sun Health Senior Living’s Grandview Terrace into the fully renovated assisted living suites at Grandview Terrace Health and Rehabilitation, her certified nursing assistant, Mark Evertsen, became her latest pupil. She has taught him how to paint abstract art – a hobby she took up after retirement and mastered through 15 years of classes.

Together, the pair has painted more than 50 colorful pieces of artwork. The collection was recently displayed at an art show.

"Because of Mark, I can continue to paint – he makes it possible for me," she says, adding that a tremor in her hand impedes her ability to paint.

"Of course, I am a teacher, so I’ve taught him the technique, but I defer to him to do some of the basic stuff. And he does it better than I do!"

Phyllis’ work as an artist is just the latest impressive endeavor for the retired professor, author and mother of 10.

"I’ve had a wonderful life," she says.

Growing up just outside of Boston, Phyllis is the younger of two daughters. Neither her father, a butcher, nor her mother, a housewife, had more than an eighth-grade education. Still, they encouraged both daughters to dream big and work hard.

In 1947, when Phyllis entered high school, she knew education was her path to success.

"I knew if I wanted to go to college, I needed to hit the ground running in high school and become the valedictorian," she says. "And I was."

Phyllis obtained a Ph.D. in physiology in 1957 – a time when few women were obtaining science degrees.
"I loved teaching medical students," she says. "I loved being involved with young people. And when you’re teaching medical students, you’re dealing with the top 10 percent of students in the country."

“I was told by many people that I was one of the pioneers for women going into medicine,” says Phyllis. “I didn’t really think of it that way at the time."

From 1957 to 1970, she was a professor at the University of Pittsburgh School of Medicine. She later taught at the University of Illinois College of Medicine until 1987, before retiring.

“I loved teaching medical students,” she says. “I loved being involved with young people. And when you’re teaching medical students, you’re dealing with the top 10 percent of students in the country.”

Phyllis married at 26, and later had two children with her first husband, who passed away at 42.

“Suddenly, I was a single mother of a 6- and 9-year-old child,” she says. “So there was no question that I had to work. So I did.”

She eventually found love again and married, becoming the stepmother to eight children, with whom she remains close to this day. She now has more than 35 grandchildren.

After she lost her husband in 2006, Phyllis moved into Grandview Terrace, a Sun Health Senior Living community. More recently, she moved to Grandview Terrace Assisted Living, a move she was able to easily make through the concept of Life Care, which helps to provide a seamless transition for residents of Sun Health Senior Living’s three campuses.

“Last year I found out that I needed to be in assisted living, and I really do,” she says. “But I’ve been very happy. It’s been wonderful here and has already become home.”

For more information about the Grandview Terrace campus, including our Assisted Living program, visit SunHealthSeniorLiving.org/Grandview.

Patrons are greeted by the maître d’ and seated at a reserved table to enjoy a prix fixe, multi-course meal presented by a dedicated, white-gloved server.

While this may sound like a restaurant review from New York City, it’s actually Fireside Dining, a new amenity for residents of Grandview Terrace in Sun City West. Fireside, available Tuesday and Friday evenings, launched in June following extensive training by Sun Health Senior Living’s (SHSL) dining partner Morrison Community Living.

“Grandview Terrace’s food service is already highly rated by our residents,” said Grandview Terrace Executive Director Bhakti Gosalia. “We have fine dining here, but we wanted something different, so we challenged our team to create the ‘wow factor’ with a new menu, classic ambiance and five-star meal.”

According to SHSL General Manager Andres Montoya, the focus is on atmosphere, planning and service.

“We only seat 38 residents and our servers take care of one table at a time,” he said. “There is a new menu every month that is focused on seasonality and freshness.”

Fireside Dining is also open to residents from Sun Health’s other two campuses, La Loma Village and The Colonnade. They and their guests can choose from two soups, three to four entrées, two desserts and a choice of wine pairings. Vegetarian and gluten-free options are available. SHSL Executive Chef Tom Smith oversees menu planning and kitchen staff training.

“I want our chefs to be as creative as possible while staying with current trends,” said Tom, who spends up to three weeks planning each menu. “In August, we went outside the box with shrimp and grits, but the presentation made it look like a million bucks. The key is the presentation.”

Look for more information about Fireside Dining’s expansion to the other communities in a future issue.
Jennifer Keiser and Stefanie Sjoberg sit at a dining room table in Stefanie’s cozy home in Sun City West. They chat about the weather (too hot), pets (love ’em) and family origins (Europe and the U.S.). Stefanie’s accent hints at her German and Czech roots.

The conversation flows. It’s an easy back and forth peppered with laughs and verbal encouragements – just two good friends catching up.

But surprisingly, it’s only their second meeting.

Stefanie became a Sun Health at Home member in July and Jennifer, the program’s personal wellness coordinator, visited the 79-year-old to complete a care plan and assess her home for safety hazards.

In her 15-year career as a social worker, Jennifer has helped thousands of people of all ages and backgrounds solve or cope with problems in their everyday lives. She’s worked for hospitals, home-care agencies, behavioral health programs and in hospice care.

Now, she’s writing a new chapter in her career as Sun Health at Home’s first wellness coordinator, a job that entails learning members’ likes, dislikes, needs and preferences,
and coordinating any medical and nonmedical services they may need to age successfully in their own homes.

“I’m passionate about advocating for older adults,” she says. “My goal is to connect them with resources that will help them maintain their dignity and independence.”

It’s a role that Jennifer Drago, executive vice president of Population Health, believes was scripted with Jennifer Keiser in mind.

“The wellness coordinators are the heart of the program,” she said. “and Jennifer Keiser has the heart and the smarts for the job. She knows how to connect with people and to earn their trust.”

Social work is a calling that didn’t come calling until later in Jennifer’s life. “I knew I wanted to help people but I thought I wanted to become a psychologist,” she says. She attended college with that goal in mind.

She discovered social work might be a better fit while working for AmeriCorps, a national organization that places adults in public service jobs with a goal of “helping others and meeting critical needs in the community.”

Jennifer served as a classroom aide to students with special needs in a school in Michigan. Some of her duties were similar to what a social worker might do.

“I learned so much, and just loved working with the children,” she says. She returned to college with a new purpose – to earn a bachelor’s degree in social work. She graduated from Northern Michigan University in 2003 with her diploma and a zeal to change the world. Her first job as a social worker was with a hospice agency in Lake Havasu City, where she learned valuable lessons.

But Phoenix offered better job opportunities and the opportunity to earn a master’s degree in social work at Arizona State University. She completed her degree in one year, while working full time. The normal program lasts two years. “When I have a goal in mind, I achieve it,” she says.

It’s indicative of a fierce independent streak that’s ingrained in this mother of two grade-school-age sons, who she’s raising to be loving and strong.

“My grandmother and mother are both very independent and I am too, sometimes to a fault, but it fits well with Sun Health at Home. I know how important my independence is to me, so I understand how important it is for our members, especially as they age.”

That philosophy is ever-present when she visits members in their homes to assess how they are functioning, and checks their homes for safety hazards that may need correcting.

Stefanie may have just met Jennifer, but she senses something special about her. “I feel like we’ve known each other for a long time,” Stefanie says. “She’s friendly; she’s a great listener; and she takes the time to make sure you understand how the program works.”

Join us for a Discovery Seminar to learn more about Sun Health at Home

To RSVP and find the address of each seminar, visit sunhealthathome.org/seminar or call 623-227-HOME (4663).

• Thursday, Oct. 6 at 11 a.m. Sun Health Center for Health & Wellbeing
• Tuesday, Oct. 11 at 11 a.m. My Office™ Business Suites - Peoria
• Tuesday, Oct. 18 at 2 p.m. La Loma Village Health and Rehabilitation
• Thursday, Oct. 20 at 11 a.m. Sun Health Center for Health & Wellbeing
• Thursday, Oct. 27 at 11 a.m. Sun Health Center for Health & Wellbeing

Jennifer identifies Stefanie’s rug as a potential fall hazard.
When Robert and Norma Cameron decided to relocate to Sun City West, they started several new chapters in their lives: retirement, new friendships and, importantly, community service.

Volunteering took them from delivering meals to seniors in need to assisting library patrons and even to helping keep the community tidy. Giving back to the community was fulfilling. But it took on a whole new meaning when Norma’s sister-in-law was diagnosed with Alzheimer’s disease.

The couple began supporting the Banner Sun Health Research Institute (the Institute), on the Banner Boswell Medical Center campus in Sun City.

Norma says her sister-in-law was more like a sister. And the diagnosis was hard on the family emotionally and financially. Norma is a firm believer in the Institute’s work supporting families who are battling diseases like Alzheimer’s.

“That was really dear to our hearts because of our love for her, and we thought that was a good place for our money,” Norma says.

Robert and Norma lived in the Kansas City area. When friends moved to Arizona, the couple visited and “fell in love with the place,” Norma recalls.

The couple retired to Sun City West and began helping others. Their work touched all corners of the community, including the Institute and Sun Health Foundation.

In addition to the couple’s financial support of the Institute, they decided to make a personal contribution by registering as tissue donors and donating their bodies upon their deaths. Robert passed away in 2011. But in a previous interview, he said, “This is our way to not only give back to the community, but the whole health care system.”

The Institute’s Brain and Body Donation Program focuses on the health and diseases of senior volunteers living in Maricopa County. Researchers study volunteers’
function during life and their organs and tissue after death. To date, the program has concentrated various studies on Alzheimer’s, Parkinson’s and heart disease, as well as cancer.

“That research is going to help a lot of people in the community, and if not my next-door neighbor, me,” Norma says. “Their research is going to help us all.”

Beyond the Institute, Norma also supports the Sun Health Foundation through a charitable gift annuity. Norma receives fixed payments for a lifetime and then the Foundation continues to benefit after she passes away.

Sun Health Foundation provides wide-ranging support for Banner Boswell and Banner Del E. Webb medical centers, as well as the Institute. The Foundation also supports Sun Health’s community wellness and education programs and services.

After more than 30 years in the Sun Cities, Norma understands the importance of having exceptional health care nearby. She also knows it takes community support to keep services and programs thriving. This is why the Camerons chose to include Sun Health Foundation in their estate plans.

“It’s a wonderful fact that good health care is right in our backyard,” Norma says. “I’ve been fortunate enough not to have to use any of it, but it’s nice to know that it’s there. She adds, “It’s just marvelous the work that Sun Health does in this community!”

The Benefits of Giving Stock

Making a gift of appreciated stock to Sun Health Foundation is an investment with real benefits. Aside from the tax advantages from this generous gift, you also gain the satisfaction of leaving a lasting impact on a cause close to your heart.

According to a 2016 Gallup poll, more than half of Americans own stock. But many Foundation donors do not realize that they can donate appreciated stock to support Sun Health’s mission in the future.

By design, investment portfolios fluctuate throughout the years. If you opt to sell investments that are worth more than what you originally paid for them, you must pay capital gains tax. Consider donating stock to Sun Health Foundation instead. The chart below shows how the way in which you make your donation can affect your total tax savings.

**$10,000 GIVEN THREE WAYS**

Which Benefits You—and SHF—More?

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<th></th>
<th>Give $10,000 Cash to SHF</th>
<th>Sell $10,000 in Appreciated Stock and Give Cash to SHF</th>
<th>Give $10,000 in Appreciated Stock Directly to SHF</th>
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<td>$10,000 cash</td>
<td>$10,000 stock</td>
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<tr>
<td><strong>Cost basis of stock</strong></td>
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<td>$2,000</td>
<td>$2,000</td>
</tr>
<tr>
<td><strong>Long-term capital gain of stock</strong></td>
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<td>$8,000</td>
<td>$8,000</td>
</tr>
<tr>
<td><strong>Long-term capital gains tax ($8,000 × 15%)</strong></td>
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<td>($1,200 due to IRS eliminated)</td>
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<td><strong>Income tax savings ($10,000 × 28%)</strong></td>
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<td><strong>Total tax savings (capital gains tax + income tax savings)</strong></td>
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<td>$1,600</td>
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<td><strong>Net cost of gift (fair market value of gift – total tax savings)</strong></td>
<td>$7,200</td>
<td>$8,400</td>
<td>$6,000</td>
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**Best Option**

Invest in Our Future

A gift of stock can pay dividends in the long run for you and Sun Health Foundation. Contact us to learn more.

Information provided by The Stelter Company

For more information, go to SunHealthFoundation.org or call 623-832-5330

By Sharon Thornton, Exec. VP and Chief Philanthropy Officer

623-832-5582

October 2016 • sunhealth.org
Breathe Easier
Know the basics of COPD
By Stephanie Conner

Wheeze, shortness of breath, tightness in the chest and a cough that brings mucus – these are the telltale signs of chronic obstructive pulmonary disease (COPD). A disease that typically worsens over time, COPD is an umbrella term that includes multiple lung diseases: emphysema, bronchitis and sometimes asthma.

For the 11 million people in the U.S. with COPD, it is important to make the right lifestyle changes and see a doctor for regular checkups.

Diagnosis and Monitoring

The symptoms of COPD can be associated with other health conditions, so if you have the signs, it’s important to get an accurate diagnosis, says Jeffrey Ronn, M.D., director of Cardio Pulmonary at Banner Boswell and Banner Del E. Webb medical centers.

A physical exam and medical history are critical first steps. Then, Dr. Ronn typically orders a chest X-ray or CT scan and conducts a full pulmonary (lung) function test. After diagnosis, he likes to see people with COPD a few times a year and recommends a pulmonary function test every 18 months to two years. To effectively manage the condition, people with COPD may need medications and oxygen, in addition to lifestyle changes.

Keys to Managing COPD

While there is no cure for COPD, the goal is to maximize lung health and minimize the condition’s impact on a patient’s life. Most important for managing COPD is “getting people off of cigarettes,” Dr. Ronn says. Within several weeks of quitting, lung health improves, and by nine months, coughing and shortness of breath may improve, making a big difference for those with COPD.

Dr. Ronn also recommends that people with COPD enroll in a pulmonary rehabilitation program. In addition to receiving education and support, people learn how to incorporate physical activity into their lives and do breathing exercises that help improve lung function.

The community is invited to participate in Better Breathers, a monthly education and support group for people with COPD, offered through Sun Health’s Community Education program.

To help minimize risk of the condition flaring up, Dr. Ronn insists his patients with COPD get an annual flu shot, and advises getting two types of pneumococcal vaccines to prevent against pneumonia.

“The goal is to help prevent respiratory infections,” he says. “That’s why good hygiene and handwashing also are important habits every day.”

Help For Your Lungs

Sponsored by the American Lung Association, Better Breathers Clubs are support groups for individuals with a chronic lung disease and their caregivers. Clubs are led by trained facilitators and feature educational presentations on a variety of relevant topics. Two local clubs locations include:

Banner Del E. Webb Medical Center
Meets the 2nd Monday of the month
2 to 4 p.m.
The Colonnade -
19116 Colonnade Way, Surprise
Facilitator: Rochelle Swenson, RRT 623-524-4048 rochelle.swenson@bannerhealth.com

Banner Boswell Medical Center
Meets the 2nd Thursday of the month
1:30 to 2:30 p.m.
Banner Boswell -
10503 W. Thunderbird Blvd. Ste 301, Education Room, Sun City
Facilitator: Beverly Kramer, RRT 623-832-5390 beverly.kramer@bannerhealth.com

For more information, call 1-800-LUNGUSA (586-4872)
Nutrition

Dealing with the symptoms of COPD and the medical treatments used to manage the condition can make eating more challenging. Choose nourishing and easy-to-prepare foods and drinks to help you stay on top of your nutrition as well as your COPD.

Enjoy these refreshing high-calorie recipes to promote weight gain, which can be important for people who have COPD.

Super Shake:

**INGREDIENTS**
- 1 cup whole milk
- 1 cup ice cream (1-2 scoops)
- 1 package Carnation Instant Breakfast

**DIRECTIONS**
Pour all ingredients into a blender. Mix well.

**NUMBER OF SERVINGS:** 1  
**CALORIES PER SERVING:** 550

Chocolate Peanut Butter Shake

**INGREDIENTS**
- 1/2 cup heavy whipping cream
- 3 tablespoons creamy peanut butter
- 3 tablespoons chocolate syrup
- 1 & 1/2 cups chocolate ice cream

**DIRECTIONS**
Pour all ingredients into a blender. Mix well.

**NUMBER OF SERVINGS:** 1  
**CALORIES PER SERVING:** 1,090

Recipe from Cleveland Clinic

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Integrative Health Conference

"Building Your Health Your Way"

Date: Saturday, Oct. 22  
Time: 8:30 to 11:30 a.m.

Location: Banner Boswell Medical Center, Support Services Memorial Hall, 13180 N. 103rd Dr., Sun City

Join our keynote speaker Dr. Santosh Rao, along with several multidisciplinary practitioners, to connect ancient wisdom and modern technology to construct a healthier existence.

**Various breakout sessions to include:**
- Acupuncture
- Meditation
- Hypnotherapy
- Art Therapy
- Herbology & Cupping
- Music Therapy
- Massage Therapy
- Tai Chi & QiGong
- Aromatherapy
- Pet Therapy
- Yoga

**Registration Required**  
Please Call 623-207-1703
Meditation for Healthy Living
Meditation is commonly used for relaxation and stress reduction. A growing body of scientific research supports its health benefits. Learn how to incorporate meditation into your everyday life.
**Monday, Oct. 3; 9:30 to 10:30 a.m.**
**Location: The Colonnade**

Strengthening the Domains of Your Brain
Your brain is much more than memory. Join Heather Mulder, Banner Alzheimer’s Institute, to learn about the domains of your brain, such as cognition, language and memory. You can use this class as a “personal trainer” to strengthen the domains that need improvement.
**Wednesday, Oct. 12; 9 to 11:30 a.m.**
**Location: Grandview Terrace H&R**

Hip Care & the Anterior Approach to Total Hip Replacement
Dr. Heather Woodin provides expert knowledge on hip health and describes the benefits of the Anterior Approach to Total Hip Replacement Surgery, a less-invasive approach allowing you to recover quickly and get you back to your normal daily activities.
**Tuesday, Oct. 11; 1 to 2 p.m.**
**Location: La Loma Village H&R**

Frankly Speaking About Cancer: Treatments and Side Effects
This workshop features ways to help manage the physical and psychological effects of cancer treatment.
**Monday, Oct. 3; 1 to 2:30 p.m.**
**Location: Faith Presbyterian Church**
Healthy Meal Preparation for Cancer
**Wednesdays, Oct. 5 & 19; 9 to 10 a.m.**
Chef Madelyn Pryor will demonstrate easy, nutritious meals. October will feature Salads (Oct. 5) & Smoothies (Oct. 19). Open to cancer survivors, family and friends.
*Location: Center for Health & Wellbeing*

*Provided in partnership with the Cancer Support Community Arizona*

### DIABETES CARE

**Could You Be Too Sweet? An Introduction to Diabetes**
Have you or someone you know been diagnosed with diabetes? Registered Dietitian Tracy Garrett, who is a certified diabetes educator, leads this introductory class about improving your blood sugars and overall health.
**Monday, Oct. 3; 1:30 to 2:30 p.m.**
*Location: Boswell/Juniper*
**Friday, Oct. 7; 10 to 11 a.m.**
*Location: The Colonnade*

**Diabetes Self-Management Education**
This four-week, fast-track course provides guidance to help prevent diabetic complications and improve overall health. This series is taught by Tracy Garrett and Susan Welker, registered dietitians and certified diabetes educators; and Rhonda Zonoozi, exercise physiologist and certified health coach. Call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by insurance and requires a physician referral. Register at least one week prior to the start of the series.
**Starts Tuesday, Oct. 25; 9:30 a.m. to noon**
*Location: Center for Health & Wellbeing*
**Starts Wednesday, Oct. 26; 9:30 a.m. to noon**
*Location: La Loma Village H&R*
**Starts Thursday, Oct. 27; 9:30 a.m. to noon**
*Location: Boswell/Chapman*

### HEALTH & WELLBEING

**Diabetes Connection Support Group**
**Monday, Oct. 17; 3 to 4 p.m.**
A monthly group for individuals who have diabetes to share and learn. *Registration is not required.*
*Location: Center for Health & Wellbeing*

**Surgical Intervention for Diabetes**
**Tuesday, Oct. 18; 10 to 11 a.m.**
Surgery has become one of the most effective tools for the treatment of diabetes. Join bariatric surgeon David Podkameni, MD, to learn about research supporting the role of bariatric surgery in treating obesity and diabetes.
*Location: La Loma Village MPR*

**Tour the Sun Health Center for Health & Wellbeing**
**Tuesday, Oct. 4; 11 a.m. to noon**
Tour the Sun Health Center for Health & Wellbeing to learn about its services and meet the staff.
*Location: Center for Health & Wellbeing*

**Bladder Drop**
**Wednesday, Oct. 5; 9:30 to 10:30 a.m.**
Bladder drop or pelvic organ prolapse is a common condition that causes various issues with bladder emptying, pelvic pressure and urinary leakage. Join obstetrician/gynecologist Dr. Afshin Malaki to review surgical and non-surgical options.
*Location: The Colonnade*

**The Steps to Appropriate Advance Care Planning**
**Thursday, Oct. 6; 9:30 to 10:30 a.m.**
Dr. Manouchka Joseph, medical director, Palliative Care for Banner Medical Group, will explain the purpose of advance directives, what documents are available and the pathways available to ensure wishes are honored.
*Location: La Loma Village H&R*

**Why Calcium Matters**
**Tuesday, Oct. 25; 9:30 to 10:30 a.m.**
Mira Milas, MD, surgeon and chief of endocrine surgery at Banner - University Medical Center Phoenix, will discuss the role of calcium in daily health and common calcium disorders. Attendees will learn about related symptoms and those small and interesting calcium-regulating glands - the parathyroids.
*Location: Grandview Terrace H&R*
HEART HEALTH

Taking Care of Your Heart
**Tuesday, Oct. 11; 9:30 to 10:30 a.m.**
Dr. Jeffrey Ronn, pulmonologist from Sunrise Medical Group, will discuss “Advance Directives.”
Location: Boswell/Juniper

MEMORY CARE

The Dementia Journey
**Friday, Oct. 28; 9:30 to 10:30 a.m.**
While the day-to-day care required by a person with dementia can be overwhelming, we take some time to learn how to provide joy along the journey, for the care partner and the person diagnosed. Michelle Toft, MSW, EdM, of Cypress Home Solutions, is the presenter.
Location: The Colonnade

NUTRITION

The Many Benefits of the Mediterranean Diet
Join one of Sun Health's registered dietitians as she discusses the components of the Mediterranean style of eating and the potential benefits from adopting this eating style. Attendees will learn how to make simple shifts in their food choices.
**Tuesday, Oct. 18; 10 to 11 a.m.**
Location: Center for Health & Wellbeing

Wednesday, Oct. 19; 10 to 11 a.m.
Location: La Loma Village H&R

Monday, Oct. 24; 1:30 to 2:30 p.m.
Location: Boswell/Juniper

PHYSICAL FITNESS

All Physical Fitness classes are held at:
Center for Health & Wellbeing

Chair Yoga
**Mondays, Oct. 3, 10, 17, 24, 31; 8 to 9 a.m.**
**Wednesdays, Oct. 5, 12, 19, 26; 8 to 9 a.m. & 1 to 2 p.m.**
Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

Tai Chi
**Mondays, Oct. 3, 10, 17, 24, 31; 11 a.m. to noon**
**Wednesdays, Oct. 5, 12, 19, 26; 11 a.m. to noon**
**Fridays, Oct. 7, 14, 21, 28; 11 a.m. to noon**
Tai Chi is a traditional Chinese martial art shown to improve strength and balance, and help with stress reduction and relaxation.

Yoga for Optimal Health
**Mondays, Oct. 3, 10, 17, 24, 31; 9:30 to 10:30 a.m.**
Yoga helps you move easier and feel less stiff or tired by improving flexibility and building upper-body, core and lower-body strength while also helping reduce stress. Participants must be able to stand independently and to safely get up and down from the floor unassisted.

Strength Training for Health
**Mondays, Oct. 3, 17, 24, 31; 1 to 2 p.m.**
**Fridays, Oct. 7, 21, 28; 8 to 9 a.m.**
This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

Yoga for Relaxation and Posture
**Wednesdays, Oct. 5, 12, 19, 26; 9:30 to 10:30 a.m.**
Yoga involves paying attention to your breath, which can help you relax, feel less stressed and improve posture. Participants must be able to stand independently.

Yogalates
**Fridays, Oct. 7, 14, 21, 28; 9:30 to 10:30 a.m.**
This class emphasizes breathing through yoga poses and building core strength with Pilates to help improve sleep, decrease anxiety and help you feel restored. Participants must be able to stand independently and to safely get up and down from the floor unassisted.
### October Classes & Events At-A-Glance

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<th>Mon</th>
<th>Tue</th>
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<tbody>
<tr>
<td>3</td>
<td>Chair Yoga; 8 to 9 a.m.</td>
<td>Center for Health &amp; Wellbeing Tour; 11 a.m. to noon</td>
<td>Advanced Care Planning; 9:30 to 10:30 a.m.</td>
<td>Strength Training for Health; 8 to 9 a.m.</td>
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<td></td>
<td>Yoga for Optimal Health; 9:30 to 10:30 a.m.</td>
<td>Meditation; 9:30 to 10:30 a.m.</td>
<td>Yoga for Relaxation; 9:30 to 10:30 a.m.</td>
<td>Yogalates; 9:30 to 10:30 a.m.</td>
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<td>Tai Chi; 11 a.m. to noon</td>
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<td>Strength Training; 1 to 2 p.m.</td>
<td>Frankly Speaking Abt Cancer; 1 to 2:30 p.m.</td>
<td>Chair Yoga; 1 to 2 p.m.</td>
<td>Tai Chi; 11 a.m. to noon</td>
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<td></td>
<td>Intro to Diabetes; 1:30 to 2:30 p.m.</td>
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<td>10</td>
<td>Chair Yoga; 8 to 9 a.m.</td>
<td>Taking Care of Your Heart; 9:30 to 10:30 a.m.</td>
<td>Chair Yoga; 8 to 9 a.m.</td>
<td>Yogalates; 9:30 to 10:30 a.m.</td>
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<td>Yoga for Optimal Health; 9:30 to 10:30 a.m.</td>
<td>Hip Care/Anterior Approach; 1 to 2 p.m.</td>
<td>domains of Your Brain; 9 to 11:30 a.m.</td>
<td>Intro to Diabetes; 10 to 11 a.m.</td>
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<td>Tai Chi; 11 to noon</td>
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<td>Yoga for Relaxation; 9:30 to 10:30 a.m.</td>
<td>Tai Chi; 11 a.m. to noon</td>
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<td>17</td>
<td>Chair Yoga; 8 to 9 a.m.</td>
<td>Mediterranean Diet; 10 to 11 a.m.</td>
<td>Chair Yoga; 8 to 9 a.m.</td>
<td>Yogalates; 9:30 to 10:30 a.m.</td>
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<td></td>
<td>Yoga for Optimal Health; 9:30 to 10:30 a.m.</td>
<td>Surgical Intervention for Diabetes; 10 to 11 a.m.</td>
<td>Healthy Meal Prep; 9 to 10 a.m.</td>
<td>Tai Chi; 11 a.m. to noon</td>
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<td>Strength Training; 1 to 2 p.m.</td>
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<td>Mediterranean Diet; 10 to 11 a.m.</td>
<td>Tai Chi; 11 a.m. to noon</td>
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<td>Diabetes Support Group; 3 to 4 p.m.</td>
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<td>Tai Chi; 11 a.m. to noon</td>
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<td>24</td>
<td>Chair Yoga; 8 to 9 a.m.</td>
<td>Why Calcium Matters; 9:30 to 10:30 a.m.</td>
<td>Chair Yoga; 8 to 9 a.m.</td>
<td>Strength Training for Health; 8 to 9 a.m.</td>
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<td></td>
<td>Yoga for Optimal Health; 9:30 to 10:30 a.m.</td>
<td>Diabetes Self Management; 9:30 a.m. to noon (1 of 4)</td>
<td>Yoga for Relaxation; 9:30 to 10:30 a.m.</td>
<td>Yogalates; 9:30 to 10:30 a.m.</td>
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<td>Tai Chi; 11 a.m. to noon</td>
<td></td>
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<td>31</td>
<td>Chair Yoga; 8 to 9 a.m.</td>
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<td>Strength Training; 1 to 2 p.m.</td>
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</table>

**REGISTRATION REQUIRED FOR MOST CLASSES**

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[Register by phone](tel:623-207-1703)*except where noted*

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