Serving the Spirit
Sun Health Senior Living expands spiritual services for residents of all faiths

Driving Home the Benefits of Sun Health at Home

A Sweeter Life
Diabetes Self-Management program educates and empowers people to make positive lifestyle changes

Charity Begins at Home
Couple’s investment reaps big rewards for future of the community

2016 COMMUNITY BENEFIT REPORT INSIDE

For our community friends
A

wareness. It’s essential when making life changes. And this month—American Diabetes Month*—it’s worth noting that more than 25 percent of people with diabetes don’t know they have it.

Once you’re diagnosed, education is important. In this issue of LiveWell, you’ll meet Larry Randall, who was diagnosed with diabetes 20 years ago. Thanks to knowledge gained at the Sun Health Center for Health & Wellbeing’s Diabetes Self-Management program, Larry is healthier than he has been in two decades. His story truly demonstrates the value of good health information and personal responsibility.

Of course, physical health is just one part of life. At Sun Health Senior Living, we believe in the four pillars of Masterpiece Living*—spiritual, intellectual, social and physical. We recently renewed our focus on the spiritual pillar. I’m excited to introduce you to Rev. David Klumpenhower, our corporate director of Spiritual Life, and the programs he has helped develop.

Also in this issue, you’ll meet Carol Hilder and learn about her philosophy for giving back. After her husband, Len, passed away in 2009, Carol continued to live true to the couple’s charitable values. And today, through thoughtful planning of her estate, Carol will help Sun Health carry out its mission long into the future.

This month in our Sun Health at Home feature, our Membership Counselor Joshua Freegard answers a few of the big questions we often receive. I think you’ll find the answers useful as you, or someone you love, plans for the future.

Finally, this issue is a special one. Inside you will find our 2016 Community Benefit Report, a look back at the last fiscal year, July 1, 2015 to June 30, 2016, of operations for all of Sun Health. We hope you will find our accomplishments match our mission of championing healthy living, research and superior health care.

As the Thanksgiving holiday approaches, I want to take this opportunity to say “Thank you for being a part of the Sun Health family.” for reading LiveWell and sharing your thoughts on the magazine with us. As always, we welcome your feedback on this issue and story ideas for future issues. Contact us at information@sunhealth.org.

Stay Healthy,

Ron Guziak
President & CEO, Sun Health
6 Driving Home the Benefits of Sun Health at Home
A Q&A with membership Counselor Joshua Freegard

8 Charity Begins at Home
Couple’s investment reaps big rewards for future of the community

10 A Sweeter Life
Diabetes Self-Management program educates and empowers people to make positive lifestyle changes

12 Healthy U
Sun Health Community Education class listings, events & activities

15 Healthy U Calendar
November classes & events at a glance

Please follow us on:
ix months after moving into Grandview Terrace in Sun City West, one of Anne MacDonald’s new neighbors came by with a scary premonition.

“She said she had been awakened in the middle of the night with a sense of divine guidance and inspiration to get me to the doctor,” says Anne, 84. “It freaked me out. I’ve never heard anyone say that to me.”

On her friend’s advice, Anne booked an appointment with her doctor, who ordered a CT scan. She had pancreatic cancer. Not only did the advice save her life, it renewed her faith.

“I always went to Sunday school and read the Bible and felt like I was a good Christian. But I was never convinced that miracles would ever happen to me,” she says. “And I consider that a miracle. This has really changed my spiritual life.”

Up until last year, however, on-campus spiritual programs were limited for the more than 800 Sun Health Senior Living residents. Realizing this, Sun Health administrators decided to create a spiritual-life program to serve all of Sun Health Senior Living. In late 2015, Rev. David Klumpenhower, a seasoned chaplain and pastor, was hired as the corporate director of Spiritual Life for Sun Health Senior Living.

“At Sun Health we really promote all four pillars of Masterpiece Living—spiritual, intellectual, social and physical,” Rev. Klumpenhower says. “But the spiritual pillar was not as strong as the other pillars so Sun Health’s leaders created this program.”

In the short year he’s been with Sun Health, Rev. Klumpenhower has developed programs for residents of myriad faiths and spiritual beliefs. These include worship services, rosary and communion, grief counseling, funerals, celebration of life ceremonies, pet blessings, private ministry work, celebrations for religious holidays for a variety of faiths and field trips to local temples, churches and monasteries.

“A lot of our residents are very involved in their church communities and their synagogues,” he says. “The need is there but it becomes even greater in our health and rehabilitation buildings.”

Rev. Klumpenhower added that it was important to meet the various spiritual needs of the residents, regardless of religion.

“My job is to minister to the residents. Sometimes faith never comes into the visit, because maybe they’re an atheist or agnostic,” he says. “But they have a need; they have grief; they are dealing with a loss.”

To expand the department, Rev. Klumpenhower recently added Chaplain Alrick Headly to the department.
“We are going to be able to minister to people of all faiths in a really deep and powerful way,” he says. “We have a number of Jewish residents and we’re so excited to bring a rabbi on staff in early 2017.”

For residents like Anne, Rev. Klumpenhower and the new spiritual services at Sun Health have been life-changing, as she recently completed radiation treatment for a second bout with cancer.

“I have had the most incredible outpouring of love and prayers,” she says. “I really don’t think physically or mentally I could have survived two bouts of cancer without all this support.”

For more information about Sun Health Senior Living and Masterpiece Living®, visit sunhealthseniorliving.org or call 623-236-3767.

“In the short year he’s been with Sun Health, Rev. Klumpenhower has developed programs for residents of myriad faiths and spiritual beliefs.”

In September, Director of Spiritual Life for Sun Health Senior Living Rev. David Klumpenhower along with Paula Sikes, life enrichment manager at The Colonnade, and resident Vern Ermeling led a five-day Masterpiece Living® trip to Southern California with 36 residents from Grandview Terrace, La Loma Village and The Colonnade.

Vern, a La Loma Village resident and retired pastor, organized the excursion based on past experience. “I selected the places based on locations I knew about, having lived there,” he said. “I wanted to go where most people haven’t been before – places that are really unique and interesting.”

According to Rev. Klumpenhower, “the purpose was to see different sites representing every aspect of Masterpiece Living® - physical, social, intellectual and spiritual.”

The tour included sites such as Forest Lawn Glendale and Forest Lawn Covina, where the group saw artwork that included the world’s largest religious painting and a stained glass replica of the Last Supper, as well as a four-story mosaic of “The Life of Christ.” They also visited the Los Angeles Cathedral and toured Skid Row. The group went to the Anne Frank Exhibit at the Museum of Tolerance as well as “intellectual” sites such as The Ronald Regan Library and Museum, Griffith Park Observatory and Planetarium, Gene Autry Western Museum and the Nethercutt Museum, which features a billion dollar car collection. A favorite social and intellectual site the group visited was the Warner Brother’s VIP Studio Tour.

The entire trip was the “social” aspect, according to Rev. David. “We had a great time on the bus, going out to dinners and shows, wineries and other venues,” he said. “And, physically we walked a lot.”
Joshua Freegard welcomes any and all questions. “Curiosity and skepticism are healthy,” the Sun Health at Home membership counselor says.

“Joining a continuing care at home program like Sun Health at Home is a big decision, so we want people to ask questions, to kick the tires, talk it over with family or friends and to learn as much as they can to help them make an informed decision,” Joshua added.

Before joining the team in 2015, he worked 15 years as a financial adviser for banks and investment firms locally. He holds several financial licenses and is well versed in helping people manage their money wisely.

He’s filling a similar role for Sun Health at Home, but with a twist. “I’m still helping people plan for a secure financial future, but now I’m also helping them plan for their future care needs. It’s an investment in their own life,” he said.

Sun Health at Home is a continuing care at home program that offers highly personalized services and programs designed to allow individuals to remain in their homes safely and confidently. It combines the assurance of needed support, personalized coordination of services and is a cost-effective alternative or complement to long-term care insurance, all leading to the highest possible level of independence.

Sun Health at Home is the only program of its type in Arizona and most people aren’t familiar with the continuing care at home model, so there are many questions. Here are four frequently asked questions about the program, along with Joshua’s answers.
Q: Is Sun Health at Home like insurance?
A: Sun Health at Home is regulated by the Arizona Department of Insurance (DOI) as a continuing care at home program, the only one in the Southwestern United States. We are like insurance in that our pricing is determined by industry actuaries and we must make annual reports to the DOI to ensure we are fulfilling the statutory requirements of a continuing care at home program in Arizona. But, we don’t just protect your assets, we also provide and coordinate services for our members. Our personal wellness coordinators develop close relationships with members and become their advocates in health and nonhealth matters. In addition, we are a Life Care program and that means we will take care of your needs even if you outlive your assets and can no longer pay your monthly fee.

Q: Is Sun Health at Home an alternative for those who don’t have long-term care insurance?
A: Our program provides more comprehensive and responsive services than a typical long-term care insurance program including wellness services, personal care coordination and other support to help you stay in your home, even when you have care needs. However, many of our members find that Sun Health at Home complements existing long-term care insurance plans by providing additional services. In fact, one of our plan options is designed for people with long-term care insurance.

Q: How do I know the program won’t go out of business?
A: Sun Health at Home meets and exceeds the Arizona DOI requirements for maintaining necessary financial reserves to operate. But more importantly, we are part of Sun Health, a nonprofit community-based organization with more than 50 years of experience meeting the health care needs of older adults in the West Valley. Our three senior living Life Care communities, multiple community wellness programs and philanthropic foundation are thriving and driven by our mission to champion healthy living, research and superior health care.

Q. Why should I pay for future services when I don’t have any needs today?
A: Just like retirement, being able to age in place successfully takes proper planning. People buy life, health, homeowners, and car insurance as part of a plan to protect their assets from being wiped out by unforeseen events. The costs are spread over a period of time. Research shows that nearly 70 percent of adults 65 and older will need long-term care at some point in their lives. These services can cost $150 to $200 per day for assisted living or skilled care in Arizona. That’s up to $73,000 per year not covered by Medicare or other health insurance plans. Having a plan for long-term care is a must. Sun Health at Home mitigates the risk on your financial situation and just as important, provides needed care during times of illness.

Another reason to plan early is that a member must be healthy and independent to join. Just like the underwriting process typically associated with purchasing life or long-term care insurance, Sun Health at Home has a medical qualification process. Certain health conditions or deficiencies could disqualify someone, so it is essential to consider this program when healthy.

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, Nov. 3 at 11 a.m.
  Sun Health Center for Health & Wellbeing

• Thursday, Nov. 10 at 10 a.m.
  Trilogy, Kiva Club at Vistancia

• Monday, Nov. 14 at 3 p.m.
  Sun Health Center for Health & Wellbeing

• Thursday, Nov. 17 at 1 p.m.
  Sun Health Center for Health & Wellbeing
Carol Hilder has a simple philosophy about giving back: Charity begins at home.

Carol and her husband, Len, lived their lives that way, whether supporting their church, volunteering locally or funding local health care. Together, they worked to leave a lasting, positive mark in their community through their philanthropy.

When Len passed away in 2009, Carol remained steadfast in supporting her community through Sun Health Foundation.

“I was able to increase my giving and center my focus,” Carol says. “I could have spread it out among many charities, but I am very happy with what I have chosen to do.”

To Carol, estate gifting and charitable gift annuities made sense. And, both help foster the Foundation’s vital local work.

Carol and Len moved to Sun City West in 1996. They had lived on both coasts, thanks to Len serving 23 years as a Naval Officer. After retiring from the Navy, he had another 22-year career as a college professor, becoming chair of Engineering Technology departments at two colleges. They also were literary Braille transcribers for many years.

After moving, Len continued teaching, and the couple became active in their church. Carol became a Sun Health volunteer and began supporting Foundation activities. They were motivated in their giving by witnessing the Foundation’s impact in the community and at Banner Del E. Webb Medical Center. “I’ve watched Del E. Webb evolve from a local hospital to a growing medical center, especially with women’s health,” she says. “I think that’s just wonderful. Sun Health has been a large part of the hospital’s growth.”

Carol’s thoughtful support and financial planning will allow Sun Health to continue its work. With the charitable gift annuity, Carol receives fixed payments for a lifetime and then the Foundation continues to benefit afterward. She also named Sun Health Foundation in her estate.

“I was very impressed, and when it came time for a decision Sun Health seemed the best choice for me,” she said.

“Estate gifts are critical to the Foundation’s growth in the community, and what Carol has done with estate planning will impact many lives in the future,” says Pamela Kohnen, Sun Health Foundation’s senior development director.
“...for the past 50 years Sun Health has been doing good by helping others be well and healthy. Simply put, it’s what we do well.”
You may not recognize the names, but they deserve recognition, and lots of it.

They are the original members of the Sun City Community Hospital, Inc. board of directors, a group officially formed in 1966 to marshal the necessary resources to build a hospital for area residents. Along with countless others, we owe these five men and one woman a debt of gratitude for planting the seeds that grew into Sun Health.

The opening of Walter O. Boswell Memorial Hospital in 1970 marked the first in a long line of accomplishments that spans five decades. It likely never would have happened were it not for a groundswell of community support, a force for the common good that still reverberates in the West Valley a half century later.

Sun Health was created by and for the community. Despite the changes that have occurred over the years, that commitment to the community remains rock solid and it animates our mission to “champion healthy living, research and superior health care.”

In these pages, we highlight some of the people, programs and services that are putting the mission into action, just as our original board members did so many years ago. This Community Benefit Report is dedicated to them and to you, our donors and our friends.

Sincerely,

Herman L. Orcutt, Chairman
Sun Health Services/Sun Health Colonnade, Board of Directors

Jerry S. Solomon, Chairman
Sun Health Foundation Board of Trustees

Larry D. Baker, Chairman
La Loma Senior Living Services Board of Directors

Ronald D. Guziak, President and CEO
Sun Health Services & Sun Health Foundation
Each year in October, Sun Health Foundation celebrates those who have made a difference in the community through charitable giving. In 2015, we heard the stories of three members of the community whose lives were changed for the better thanks to Sun Health Foundation donors.

Ron Guziak, Sun Health president and CEO, summed up the community’s generosity at the time by stating that “over the years, thousands of people like you have given hundreds of millions of dollars to make sure that our local medical centers, the research institute and, more recently, Sun Health Community Wellness programs, have the best in equipment, services and programs.”

Sun Health has since shared many more of these great stories in the pages of LiveWell magazine, launched in 2015 to bring Sun Health’s vision of being a “leading advocate for healthy living” to life through the experiences of Foundation donors and those positively impacted by this generosity.

The story of Bob and Rae McMillan is an important one because they helped shape the health and wellbeing of Litchfield Park - a town where the McMillan roots run deep. Bob’s father was a dentist in the town for nearly 50 years and Bob befriended many locals including town founder Paul Litchfield and his wife, Florence. It
was through these connections that Bob and Rae helped to shape Litchfield Park’s health care landscape. The pair played an important part in the development of the La Loma Village senior living community in Litchfield Park by facilitating a 300-acre land donation from Edith Denny, who was Paul Litchfield’s daughter. As Edith and her husband Wally were advancing in years and wondering which organization would benefit most from their gift of land, they sought Rae’s advice. At the time, Rae was employed by Northern Trust, and the Dennys were her clients and friends. Rae, who also served on the Sun Health Foundation board of trustees, worked hard to make sure that people knew about Sun Health, an effort she and her fellow board members took to heart.

“I don’t think that I made such a difference,” Rae says modestly, “but there were people who needed to know about Sun Health, and I think I was fairly successful, along with other board members, in introducing the organization through social events and one-on-one introductions.”

It was Rae’s comment at a Foundation board meeting about the Dennys’ dilemma that led to fellow board member Dick Malcomson suggesting the Dennys consider Sun Health as the developer of their land. That suggestion and a follow-up tour of Sun Health properties by the Dennys led to the land donation and the creation of La Loma Village. Years later, the Dennys’ involvement would come full circle. Wally lived in the retirement community, as did one of their daughters, Julia Denny Sweeney. It’s a legacy the McMillans are proud to be part of. That is truly an example of creating a healthy community together.

“Over the years, thousands of people like you have given hundreds of millions of dollars to make sure that our local medical centers, the research institute and, more recently, Sun Health Community Wellness programs, have the best in equipment, services and programs.”
Henry Ford once said, “Coming together is a beginning, staying together is progress and working together is success.” That quote is a fitting summary of the nearly decade-long partnership between Sun Health and Banner Health.

United by a shared commitment to improving the health and wellbeing of those we serve, our esteemed organizations have forged a powerful partnership centered, in large part, on Sun Health’s mission of championing healthy living, research and superior health care. This mission is closely aligned with the partnership, and it is based on our five-decade history of serving citizens in the West Valley.

Banner Boswell and Banner Del E. Webb medical centers are, without question, leaders in nonprofit hospital-based health care in the Northwest Valley. Furthermore, Banner’s expansive physician network, robust research program and respected health care services are earning accolades.

Sun Health is an admired advocate for healthy living and an award-winning leader in the field of population health management. From programs that directly support Banner Boswell and Banner Del E. Webb medical centers and the ever-expanding Banner Sun Health Research Institute, to comprehensive community health and wellness programs and education initiatives, stellar senior living communities and a first-to-market “continuing care at home” program, Sun Health is credited with helping to ease patients’ transitions from the hospital to home, fostering greater health and independence, and advancing the principles of Masterpiece Living™.

The continued collaboration between Sun Health and Banner Health undoubtedly means there are many more health care successes in store for our community. Like they say, together we can do so much.

For Sun Health and Banner Health, the future is certainly bright!

Sharon Thornton,
Chief Philanthropy Officer
Sun Health

David Cheney,
Chief Executive Officer
Banner Boswell Medical Center

Debbie Flores,
Chief Executive Officer
Banner Del E. Webb Medical Center
Through the years, thousands of donors have contributed hundreds of millions of dollars for the health and wellbeing of our citizens. The actual dollar amount is more than $350 million. Whether these contributions are earmarked for the local medical centers, Banner Sun Health Research Institute or Sun Health community programs, all of the funds stay right here in the community.

2016 PROCEEDS FROM SUN HEALTH RESALE SHOPS

DONORS

31,000

GIFTS

$292,000

311 VOLUNTEERS

$7.2 MILLION

78 nursing scholarships awarded

$194,500

To support Community Wellness Programs

$377,000

For cancer care in the Northwest Valley

37,300 VOLUNTEER HOURS
Community Wellness is where Sun Health truly shines. We offer an array of community education, health and support services, including those listed below.

**SUN HEALTH CENTER FOR HEALTH & WELLBEING**

The Sun Health Center for Health & Wellbeing offers seniors personalized support centered on healthy aging. Engaging health education and fitness classes, support groups and individual consultations help the Center’s members better understand and manage chronic conditions they may face, as well as other aspects of aging. Located in Surprise, Sun City and Litchfield Park, each center specializes in health issues including heart health, lung health, diabetes and prediabetes, fall prevention and memory care. Through funding from Sun Health Foundation, programs and services are offered at a low cost and some are complimentary. In 2016, more than 2,200 client visits were provided at our locations.

**SUN HEALTH CARE TRANSITIONS**

The Centers for Medicare and Medicaid Services report that one in five patients discharged from an acute care hospital is readmitted within the first 30 days of the initial admission. Often, these readmissions are preventable, sometimes resulting from confusion over medications, difficulty understanding or following discharge instructions, or lack of follow-up care. Sun Health Care Transitions is assisting Medicare beneficiaries during this critical post-discharge period with a complimentary, evidence-based program that empowers patients and fosters healthy independence. Our team of nurses and care managers educate patients about their health conditions and medications and instill confidence so that they can self-manage their health and have a successful recovery. Since our program began, we have served 9,599 patients, and those we’ve served had a readmission rate of 7.94 percent. The national Medicare average is 17.8 percent. Overall, Sun Health Care Transitions has prevented $12.7 million in costs due to readmissions.

“Because of the Sun Health Care Transitions program, we have some of the lowest readmission rates in the country – about half the national average.”

– Jeffrey Ronn, M.D., pulmonologist

**VIAL OF LIFE/FILE OF LIFE**

The Vial of Life/File of Life program enables family members or first responders to quickly obtain a patient’s pertinent medical information in an emergency. Sun Health proudly offers both the Vials and Files to the community free of charge. More than 8,000 vials were distributed to the community in 2016.
COMMUNITY EDUCATION
Through regular lectures and learning events—most offered complimentary or at a low cost—our Community Education program provides seniors with practical and powerful information that is meaningful and relevant to their particular stage of life and health status. Topics include heart health, cancer support, osteoporosis care, dementia support, methods for coping with chronic conditions, medication management and consumer protection. More than 9,400 people attended classes in 2016.

MEMORY CARE NAVIGATOR
Alzheimer’s disease and other related dementias can take a heavy toll on patients and their loved ones. The Sun Health Memory Care Navigator is a community resource funded by Sun Health Foundation that offers personal guidance to patients, family members and caregivers as they navigate the path of dementia.

“It is a great service, and is so needed by people out there, like me,” says Shirley Frizell. Shirley used the Memory Care Navigator services to support her journey with her husband Bill, who passed away this year.

The program helped 331 families in 2016. Additionally, 306 people attended support groups and 481 people took part in related community education classes.

MEDICATION MANAGEMENT
From complimentary, customized medication profiles detailing a person’s health and drug history, to individual pharmacist reviews, our Medication Management program offers a suite of services to help manage the complexities and safeguard against the potential dangers of taking multiple medications and supplements.

HIGHLIGHTS
Care Transitions Program Highlighted on National Stage
In May 2016, Registered Nurse Case Manager Brittany Eads and Executive Vice President Jennifer Drago gave a presentation on Sun Health’s successful Care Transitions program at the 9th annual Orthopedic and Spine Summit in Chicago.

Sun Health Employee Wellness Program Earns Gold
In June 2016, Sun Health’s Employee Wellness Program earned a Gold Award from the Healthy Arizona Worksites Program, a statewide public health initiative created by the Arizona Department of Health Services and the Maricopa County Department of Public Health.

Sun Health Involvement Never Ends (SHINE)
Sun Health’s employee volunteer group organized several food drives, a day of service at Habitat for Humanity and a backpack drive for foster children.

“The Sun Health Memory Care Navigator program is such a needed community resource”
Our community programs add years to life and life to years. Through good nutrition, exercise, lifestyle changes and treatments, we teach people how to improve and manage their health and wellbeing more effectively.

**8,060 VIALS OF LIFE DISTRIBUTED**

**331 FAMILIES WERE HELPED THROUGH THE MEMORY CARE NAVIGATOR PROGRAM**

**$12.7 MILLION in avoided costs due to decreased readmissions**

**9,599 CARE TRANSITIONS**

**SUN HEALTH READEMISSIONS 7.94%**

**VS.**

**MEDICARE AVERAGE 17.8%**

**DIABETES SELF-MANAGEMENT EDUCATION PARTICIPANTS’ A1c SCORES DECREASED**

**7.71% ↓ 6.88%**

**DIABETES PREVENTION PROGRAM**

**5.16% ↓**

**IN FISCAL YEAR 2016**

**331 FAMILIES WERE HELPED THROUGH THE MEMORY CARE NAVIGATOR PROGRAM**

**9,412 COMMUNITY EDUCATION CLASS ATTENDANCE**

**WELLNESS**
We’re all getting older, but how many of us can say we’re aging successfully – that is, seeking growth and productivity as time goes by?

Many of the residents at Sun Health Senior Living’s three Life Care communities – Grandview Terrace in Sun City West, The Colonnade in Sun City Grand, and La Loma Village in Litchfield Park can, because they are able to incorporate socially, intellectually, physically and spiritually fulfilling activities into their well-rounded lives. Those are the four principles of successful aging as advocated by Masterpiece Living™, a nationally recognized program and research-based way of life that seeks to change the experience and perception of aging. It is embraced by residents and staff alike.

While this concept may be new to some, many Sun Health residents are longtime devotees to an active lifestyle. We asked a few of them to share how they do it. What we heard was inspiring. Here is just one example.

JEAN BONDE
Resident of The Colonnade since 2014

“I’m a senior, my husband’s a senior, and I want to stay as active and healthy as I can – both of us do,” says Jean Bonde, who lives at The Colonnade with her husband, Les. A retired nurse and current certified water aerobics instructor, Jean knows the benefits of healthy eating and regular exercise by heart, but she says she’s still learning new ways to keep her mind and body active. While she may have slowed down a bit in the water, she finds time to attend lectures on subjects such as chaos theory and Winston Churchill, and she is an active churchgoer, who also has taken mission trips. Jean enjoyed reading Live Long, Die Short, the book by Dr. Roger Landry, the president of Masterpiece Living™, and she recently attended a conference on aging. She sees many active, involved residents at The Colonnade. However, she’d like to see even more of them learn about successful aging.

“I think most of us would like to live long and die short,” Jean says.

“...in 2016 Sun Health Senior Living formed a partnership with Morrison Community Living – a company with a 95-year history in the hospitality business...”
SUN HEALTH SENIOR LIVING HIGHLIGHTS

Morrison Community Living Partnership
In February 2016, Sun Health Senior Living formed a partnership with Morrison Community Living – a company with a 95-year history in the hospitality business – to take dining experiences for its residents to a new level of excellence.

The Colonnade Opens Two More Villas and Breaks Ground on Club Solé
Two new 36-unit villas opened at The Colonnade in March 2016, with over 90 new residents moving into the community in just over two months. Construction crews also broke ground on Club Solé, a 12,000 square-foot recreation and dining clubhouse exclusively for residents and their guests.

The Colonnade Wins National “Best of 55+ Housing Award”
In January 2016, The Colonnade community brought home silver from the 2016 National Association of Home Builders (NAHB) “The Best of 55+ Housing Awards.” Sharon Grambow, executive vice president and chief operating officer for Sun Health Senior Living said, “Receiving this award boosts our national reputation. We were in impressive company with the other nominees and award winners, who included names like Verrado and Del Webb. I am extremely proud of this recognition.”

Grandview Terrace Health and Rehabilitation
In August 2015, Grandview Terrace Health and Rehabilitation completed an upscale 20-suite Assisted Living residence. The project was the last phase of a multimillion-dollar, top-to-bottom renovation of the buildings previously known as Grandview Care Center. A skilled care unit, a sub-acute rehabilitation unit and an indoor therapy pool in the rehabilitation department were remodeled. Construction crews also built a 16-suite memory support residence, designed specifically for people with Alzheimer’s disease and related dementias.

Sun Health Senior Living Executive Honored by American College of Health Care Administrators
In July 2015, Bhakti Gosalia, executive director of Grandview Terrace, received the designation of “fellow” of the American College of Health Care Administrators (ACHCA), the organization’s highest level of membership. Gosalia’s career with Sun Health spans more than 27 years.

"...The Colonnade, a Sun Health Senior Living Life Care Community, brought home silver from the 2016 National Association of Home Builders “The Best of 55+ Housing Awards.”
Live Well, Plan Smart and Enjoy Life!

At Sun Health Senior Living, we believe that every person deserves to live or work in a supportive and pleasing environment, a place that brings out the best in them. Our communities feature a “family feel” rooted in hospitality, respect, safety and security. Since acquiring these communities in 2010, we’ve increased resident satisfaction, employee satisfaction and overall occupancy.

Your Wellbeing, Your Plan, Your Home

Sun Health at Home launched in January 2016 as a continuing care at home program for residents ages 55 and older who want to remain at home, safely and confidently, as they age. It is the first program of its kind in the Southwestern United States. Members are paired with a personal wellness coordinator and have access to a wide range of wellness and long-term care services as needed. The program is yet another way Sun Health is delivering on its vision to serve as a leading advocate for healthy living.

174
PEOPLE WHO MOVED INTO A SUN HEALTH SENIOR LIVING COMMUNITY
(Representing 116 residences)

2,386
RESIDENT VOLUNTEER HOURS LOGGED AT LA LOMA VILLAGE

Number of Employees:
2010: 468
2016: 590

21%
INCREASE

$62,200
TUITION REIMBURSEMENT AND SCHOLARSHIPS TO EMPLOYEES

11
MEMBERS ENROLLED IN SUN HEALTH AT HOME WITHIN FIRST 6 MONTHS
2016-2017 BOARD MEMBERS & Executive team

Sun Health Services/Colonnade/La Loma Board
Herman L. Orcutt, Chairman
Ronald D. Guziak, President
Sandra L. Foell, Secretary
Richard V. Livengood, Treasurer
R. Jack Stephenson, Vice Chairman/Immed. Past Chair
Larry D. Baker
Joel E. Barthelemy
A. Steven Charney, M.D.
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John Luke
Michael Mandell
Robert McMillan, D.D.S.
Jeffrey G. Ronn, M.D.
Jerry S. Solomon, Ex-Officio
Dean L. Strycker, M.D.
Jon (Jack) Wohler

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Dan L. Reynolds, Vice Chairman
Ronald D. Guziak, President
Shirley Frizzell, Secretary
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Kathleen Crowley
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Patricia Lewis Finnell
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Richard (Dick) Jaskowick
L. Birt Kellam
Fredric H. Klopf, M.D.
Jerry Lapke
Richard (Dick) A. Malcomson
Randy McGrane
Daniel D. Minnix
David Monheit
Herman L. Orcutt, Ex-Officio
Regina Shanney-Saborsky
Ronald J. Symic
Debra Undhjem

Executive Team
Ronald D. Guziak, President & Chief Executive Officer, Sun Health Services and Foundation
Ron Austerlade, Vice President/Chief Marketing Officer, Sun Health
Jennifer Drago, Executive Vice President of Population Health, Sun Health
Sharon Grambow, Executive Vice President/Chief Operating Officer, Sun Health Senior Living
Joseph E. La Rue, Executive Vice President, Sun Health
William T. Sellner, Executive Vice President/Chief Financial Officer, Sun Health
Sharon Thornton, Executive Vice President
Chief Philanthropy Officer, Sun Health Foundation
**Sun Health Administration**
sunhealth.org
Phone: 623-832-5350

**Philanthropy/Sun Health Foundation**
sunhealthfoundation.org
Phone: 623-832-5330

**Center for Health & Wellbeing**
sunhealthwellbeing.org
Phone: 623-832-WELL (9355)

**Care Transitions**
sunhealth.org/caretransitions
Phone: 623-832-4300

**Community Education**
sunhealth.org/education
Phone: 623-832-WELL (9355)

**Medication Management**
sunhealthmeds.org
Phone: 623-832-4100

**Memory Care Navigator**
sunhealth.org/memorycare
Phone: 623-832-9300

**Vial and File of Life**
sunhealth.org/vialoflife
Phone: 623-832-5665

**Senior Living**
sunhealthseniorliving.org
Phone: 623-236-3767

**Grandview Terrace**
sunhealthseniorliving.org/grandview
Phone: 623-975-8000

**Grandview Terrace Health and Rehabilitation**
sunhealthseniorliving.org/grandview
Phone: 623-975-8100

**La Loma Village**
sunhealthseniorliving.org/laloma
Phone: 623-537-7500

**La Loma Village Health and Rehabilitation Honoring Senator Bob and Mrs. Ila Denny**
sunhealthseniorliving.org/laloma
Phone: 623-537-7400

**The Colonnade**
sunhealthseniorliving.org/colonnade
Phone: 623-236-3700

**Sun Health at Home**
sunhealthathome.org
Phone: 623-227-HOME (4663)
MISSION STATEMENT:
SUN HEALTH CHAMPIONS HEALTHY LIVING, RESEARCH AND SUPERIOR HEALTH CARE.

VISION STATEMENT:
SUN HEALTH IS A LEADING ADVOCATE FOR HEALTHY LIVING.
“Many people find it’s easy to give through an estate. They don’t know what’s going to happen in the future and, this way, they can support a charity later on,” Pamela added.

With her charitable gifting in place, Carol is free to enjoy life at Sun Health Senior Living’s Grandview Terrace community with friends, activities and her beloved cats Misty and Ima Diva. One of her greatest joys is being a surrogate grandmother to the Russian adopted daughter of close friends.

“I know Sun Health competes with other charitable organizations for funding.” Carol says, “but I live in Sun City West and truly believe charity begins at home, especially as we age and have more health care concerns.”

Sun City was barely six years old when visionary community leaders foresaw the need for a hospital in their own backyard. Those leaders and the community rallied to raise funds and build Boswell Memorial Hospital, which opened Nov. 6, 1970. But, it was in 1966, 50 years ago, when the seeds of Sun Health were planted by those visionaries, as seen in the photograph below of the handwritten minutes from the group’s first meeting. Several months ago Sun Health Foundation launched the “50/50 Campaign,” a new initiative designed to honor our 50th anniversary and build our support through legacy gifts. The goal of 50/50 is to identify 50 new donors who have designated Sun Health Foundation in their estate. We are already more than half way to our goal, and hope to achieve it by June 2017.

Many estate gifts are unrestricted in nature, giving future boards of directors the ability to determine the best use of the funds.

We hope you will join our campaign to strengthen our sustainability. You will be joining thousands of others in continuing the legacy of support. For more information about how to include the Foundation in your estate plans, contact me at 623-832-5582.

By Sharon Thornton, JD, LL.M, Exec. VP and Chief Philanthropy Officer 623-832-5582

To learn more about estate gifts or other charitable contributions to Sun Health Foundation, call 623-832-5582 or sunhealthfoundation.org
Larry Randall knew how to get by. Diagnosed with type 2 diabetes at age 55, he felt his disease was pretty well-controlled. Still, he hadn’t bothered to improve his eating habits, and he wasn’t very active. His doctor changed his medications from time-to-time, and for nearly 20 years, he continued to get by.

“What I now know is that getting by isn’t good enough,” says Larry, a Sun City Grand resident.

Larry, 75, and his wife, Connie, moved to Arizona from Ohio early last year. That’s when he started seeing a new doctor who had a more aggressive approach than his previous doctor. And that’s also when the Randalls learned about the Sun Health Center for Health & Wellbeing’s Diabetes Self-Management program.

“We agreed it was time to get more engaged,” Larry says. Making Changes

The Center for Health & Wellbeing’s Diabetes Self-Management program covers diabetes nutrition, exercise, blood sugar testing, insulin management and more. The length of the program—10 hours—made Larry a bit reluctant.

“But as it turned out, the depth and breadth of the topics proved quite comprehensive and helpful,” he says, “and the length was not an issue at all.” In fact, he and Connie often refer to the materials they received in class.

Putting all of that information to use has paid off. Larry changed his diet dramatically. He reduced his sugar and carbohydrate intake, replacing pasta, bread, rice and potatoes with healthy vegetables. He cut out snacking, and he eats smaller, more reasonable portions. He also exercises more.

“When I look back at how much I was putting in my mouth at meal times, it seems rather astounding. What was I thinking?” he says. “The answer is, I wasn’t.”

Results That Make a Difference

Larry’s lifestyle changes resulted in a 65-pound weight loss. Ten inches have vanished from his waist, and he’s two shirt sizes smaller than he was 18 months ago when he started this process.

“The general strain on my body due to the weight has significantly decreased,” he says.

And perhaps even more impressive – Larry has reduced the dosages of his diabetes and blood pressure medications.

He credits the Sun Health Center for Health & Wellbeing’s Diabetes Self-Management program and the staff of certified diabetes educators and exercise physiologist who taught the program with giving him a game plan for effectively managing his diabetes.

“It has made a significant difference in my life,” he says, “and has hopefully added years.”
Nutrition

Now you can prepare a stuffing that’s both healthy and delicious. With whole grain bread, omega-3 rich walnuts and vitamin C-loaded cranberries, this dish packs a healthy punch to any holiday meal.

INGREDIENTS
• 30 slices (1-ounce each) day-old whole-grain bread, crusts removed, cut into small cubes
• 1 tablespoon olive oil
• 1 large onion, chopped
• 3 large celery stalks, chopped
• 1/3 cup coarsely chopped walnuts
• 1/2 bunch fresh sage, stems removed, coarsely chopped
• 3 cups hot low-fat, reduced-sodium chicken broth
• 1 egg, lightly beaten
• 1/2 cup dried cranberries or dried cherries, coarsely chopped
• Kosher salt and fresh-ground black pepper to taste
• Paprika

DIRECTIONS
1. Preheat the oven to 375°F. Add the bread to a large bowl.
2. Heat the olive oil in a large skillet over medium heat. Add the onions and celery, and sauté for 3 minutes. Add the walnuts and sauté for 2 minutes. Add in the sage and cook for 1 minute.
3. Add the onion-sage mixture to the bread. Pour the hot chicken broth and egg over the onion-sage, and mix well (until moist). Add in the cranberries or cherries. Season well with salt and pepper. Add the mixture to a large casserole dish, and sprinkle with paprika. Bake for about 40–45 minutes, or until the top is browned and crusty.

Prep Time: 15 minutes • Cook Time: 1 hour • Serves: 12

For full nutrition information go to: sunhealthwellbeing.org/recipes

Recipe from The Family Classics Cookbook by American Diabetes Association

THREE TIPS FOR DIABETES PREVENTION
Concerned about your diabetes risk? You may have more control than you think.
“Research indicates that an individual may be able to cut his or her risk of developing type 2 diabetes by 50 percent or more through lifestyle modifications,” says Tracy Garrett, RDN, CDE, for the Sun Health Center for Health & Wellbeing.

Here are three tips from Tracy:

1. Maintain a healthy weight. A lot of people at risk for diabetes are overweight. Maintaining a healthy weight can be beneficial in preventing diabetes.

2. Talk with a nutritionist. “I feel that those who are most successful in improving their health over the long term, are the ones who have received personalized recommendations, based upon their habits and food preferences,” Tracy says.

3. Get moving. “Science points to inactivity as a risk factor for many diseases, including prediabetes and diabetes,” she says. Aim for at least 150 minutes per week of exercise. You can start by simply walking 30 minutes or more five days a week. You can even break it down into two or three shorter sessions.
Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.

Register online
Visit sunhealthwellbeing.org and click “Education”

Register by phone
623-207-1703 except where noted

CLASS SIZES ARE LIMITED. Events with fewer than 10 reservations are subject to cancellation. If you are unable to make a class you are registered for, contact us within two business days prior.

$ Classes with this icon have an associated fee.

LOCATION KEY:

Boswell/Chapman - Boswell Medical Center, Support Services Chapman Room, 2nd Floor 13180 N. 103rd Dr., Sun City

Boswell/Juniper - Banner Boswell Medical Center, Support Services Juniper Conference Room, 2nd Floor 13180 N. 103rd Dr., Sun City

Center for Health & Wellbeing - Sun Health Center for Health & Wellbeing 14719 W. Grand, Surprise

The Colonnade - 19116 Colonnade Way, Surprise

Faith Presbyterian Church - 16000 N. Del E. Webb Blvd., Sun City

Grandview Terrace H&R - Grandview Terrace Health and Rehabilitation Center, 14505 W. Granite Valley Dr., Sun City West

La Loma Village H&R - La Loma Village Health and Rehabilitation Center, 14260 Denny Blvd., Litchfield Park

La Loma Village MPR - La Loma Village Multi-purpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park

Litchfield Park Library - 101 W. Wigwam Blvd., Litchfield Park, AZ 85340

PORA - PORA Learning Center, 13815 W. Camino Del Sol, Sun City West

BRAIN HEALTH

Meditation for Healthy Living
Wednesday, Nov. 9; 9:30 to 10:30 a.m.
Sue Witter, meditation expert, will show you how to incorporate meditation into your everyday life for relaxation, stress reduction and other health benefits.
Location: Grandview Terrace H&R

DIABETES CARE

Annual Diabetes Self-Management Training
Tuesday, Nov. 15; 1:30 to 4:15 p.m.
This class is designed for those who have previously completed a Diabetes Self-Management Training series. Sun Health’s certified diabetes educators will provide you with the latest recommendations as part of your annual Medicare benefit for diabetes support. Please call 623-832-WELL (9355) by Nov. 10 to register. Fee covered by most insurance plans.
Location: Center for Health & Wellbeing

Diabetes Awareness Expo
Friday, Nov. 18; 9 a.m. to noon
Health care professionals, service providers and vendors will be on hand at this expo to provide information and resources on diabetes prevention and management. Registration is not required.
Location: The Colonnade
HEALTH & WELLBEING

Take a Tour of the Sun Health Center for Health & Wellbeing  
**Tuesday, Nov. 1; 11 a.m. to noon**
Tour the Sun Health Center for Health & Wellbeing to learn about its services and meet the staff who can guide you on your journey toward health and wellbeing.  
*Location: Center for Health & Wellbeing*

Hearing Loss or Memory Loss? What can I do about it?  
**Monday, Nov. 7; 9:30 to 10:30 a.m.**
Daniel Hewson, MSc, of Ascent Audiology, will address how the ear works, the effects of hearing loss and its correlation to memory loss, and the advancement of hearing aid technology.  
*Location: The Colonnade*

Concerns of the Dying; How We Can Be Proactive  
**Monday, Nov. 7; 1 to 2 p.m.**
Nancy Curran, Prime Care Hospice volunteer coordinator, will discuss the difficult conversations we all must face with our family, including fears, preparation, wishes and forgiveness.  
*Location: Faith Presbyterian Church*

Don’t Let Incontinence Rule Your Life  
**Tuesday, Nov. 8; 1 to 2 p.m.**
Join Jolene Capperelle, incontinence care consultant from Comfort Plus, to learn the common causes of incontinence, how nutrition can affect this condition and what to look for in related products.  
*Location: La Loma Village H&R*

What’s Keeping You Up at Night?  
**Tuesday, Nov. 15; 6 to 7 p.m.**
Cyrus Guevarra, registered sleep center technologist, will discuss sleep patterns and disorders, as well as when to consider a sleep test.  
*Location: Litchfield Park Library*

Is the World Around You Spinning?  
**Tuesday, Nov. 15; 11 a.m. to noon**
Come hear Celeste Delap, DPT, as she explains the symptoms of vestibular disorders such as dizziness, vertigo, imbalance, tinnitus, jumping vision, nausea/vomiting and anxiety, as well as what you can do about these disorders.  
*Location: La Loma Village H&R*

The Mind-Body Connection  
**Wednesday, Nov. 16; 9:30 to 10:30 a.m.**
Mike Wallace, MA, LPC, explains the mind-body connection, addressing depression and how certain medical conditions can cause and aggravate depression, as well as the effects of stress and how it can be managed.  
*Location: The Colonnade*

Exploring Thyroid Disorders  
**Thursday, Nov. 17; 9:30 to 10:30 a.m.**
Join Dr. Michael Rodriguez, otolaryngologist, as he discusses the thyroid gland, the functional changes associated with thyroid disorders, the work-up you should have and the role of medicine and surgery.  
*Location: PORA*

10 Things To Prepare You for Your Future  
**Tuesday, Nov. 22; 9:30 to 10:30 a.m.**
Lora Johnson, elder law attorney, will help you prepare for the concept of “when I can no longer live alone.” This session will address long-term care planning to provide peace-of-mind for you and your loved ones.  
*Location: Grandview Terrace H&R*

HEART HEALTH

Taking Care of Your Heart  
**Tuesday, Nov. 8; 9:30 to 10:30 a.m.**
Join Dr. Murali Macherla, vascular and thoracic surgeon, as he speaks on the latest in cardio-thoracic surgery.  
*Location: Boswell/Juniper*
MEMORY CARE

Dementia Caregiver Support Group

**Wednesdays, Nov. 2 & 16; 3 to 4 p.m.**
Marty Finley, MEd, leads this support group specifically for people caring for a loved one with Alzheimer’s disease or any type of dementia.

Registration is not required.
Location: Grandview Terrace H&R

Memory Training Class

**Wednesday, Nov. 2; 9:30 to 10:30 a.m.**
Laurie Fox, certified senior adviser, will lead this fun, interactive class for people who want to enhance and keep their memory strong.

Location: The Colonnade

PHYSICAL FITNESS

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

**Chair Yoga**

**Mondays, Nov. 7, 14, 21, 28; 8 to 9 a.m.**
**Wednesdays, Nov. 2, 9, 16, 23, 30; 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, Nov. 7, 14, 21, 28; 11 a.m. to noon**
**Wednesdays, Nov. 2, 9, 16, 23, 30; 11 a.m. to noon**
**Fridays, Nov. 4, 11, 18; 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, Nov. 7, 14, 21, 28; 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, Nov. 7, 14, 21, 28; 1 to 2 p.m.**
**Fridays, Nov. 4, 11; 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, Nov. 2, 9, 16, 23, 30; 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, Nov. 4, 11, 18; 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.

SAFETY

**AARP Smart Driver Course**

**Thursday, Nov. 3; 8:30 a.m. to 12:30 p.m.**
Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live more independently as they age and remain safe on today’s roads. Registration is required. Fee is $15 for AARP members and $20 for nonmembers, payable by check only. Please bring driver’s license and check payable to AARP to the session.
Location: La Loma Village MPR

**Transportation made simple**

**Need a Ride?**
Northwest Valley Connect helps you get around town

northwestvalleyconnect.org • (623) 282-9300
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<td>Taking Care of Your Heart; 9:30 to 10:30 a.m.</td>
<td>Incontinence Class; 1 to 2 p.m.</td>
<td>AARP Smart Driver; 8:30 a.m. to 12:30 p.m.</td>
<td>Strength Training; 8 to 9 a.m.</td>
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<td>Diabetes Awareness Expo; 9 a.m. to noon</td>
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**REGISTRATION REQUIRED FOR MOST CLASSES**

**CLICK OR CALL TODAY!**

Register online Sunhealthwellbeing.org and click “Education”

Register by phone 623-207-1703 *except where noted*
SHOPPING WITH A PURPOSE!
100 Percent of Net Proceeds Fund Projects In Your Community

When you shop at Sun Health Foundation’s Resale Shops, you not only find great treasures, you support local initiatives in your community. Staffed by more than 200 dedicated volunteers, 100 percent of our net proceeds directly support your local medical centers, transportation services provided by our partner, Sun City West Foundation, as well as Sun Health community health and wellness programs.

Visit sunhealthfoundation.org/resale for additional information.

We always welcome donations at our resale shops. To schedule a free local pickup of large furniture donations, please call 623-832-7600.