You ‘Gotta’ Have Art

Celebrating the new Julia Sweeney College of Fine Arts at La Loma Village

A Steady Resource
Wellness coordinator shares her expertise

Future of Aging
Foundation board member helps ensure accessible and innovative health care

Caring for Memory
Memory Care Navigator program offers support for memory issues

Celebrating Your Health & Lifestyle

The Sun Health Way

Healthy U
Health & Wellness Classes
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For our community friends

September 2017
Inside this issue is a special report highlighting the collaboration between Sun Health and Banner Health that began in 2008.

Since then, both organizations have continued to adapt to the demands of the new models of care. While the medical centers focus on acute care, Sun Health has adopted a keen focus on meeting your health and wellness needs through education and services centered on chronic disease management.

All of our efforts are directed toward our vision to be “the leading advocate for healthy living.” We are thankful for the community response to this vision and the support provided through the years that makes all of this possible.

As always, LiveWell will continue to bring you stories that demonstrate how we deliver on our commitment to you.

It is back-to-school at La Loma University, a lifelong learning program for residents of La Loma Village. I invite you to read about the arts education program recently named for Julia Sweeney, an artist with strong Litchfield Park roots who called La Loma Village home.

Also, meet Lew Lancaster, a Sun Health Foundation board member for 10 years. After a long corporate career, Lew was motivated to give back to his community, to learn more about health care and help guide innovative services Banner Boswell and Banner Del E. Webb provide through donor support.

Lew was also interested in the work of Banner Sun Health Research Institute, as he and his wife Cindy knew firsthand the toll of Alzheimer’s disease. Sun Health understands this, too, which is why we offer the Memory Care Navigator program, also featured in this issue.

I am also delighted to introduce Linda Esparza, RN, BSN, our newest Sun Health at Home wellness coordinator. Linda is eager to help members remain as healthy as possible as they age so they can maintain their independence at home.

Thank you for your continued support of Sun Health and LiveWell. If you have thoughts to share or questions for us, please contact us at information@sunhealth.org.

Stay Healthy,

Ron Guziak
President & CEO, Sun Health

Sun Health Mission Statement:
Sun Health champions healthy living, research and superior health care.
You ‘Gotta’ Have Art
The Julia Sweeney College of Fine Arts recently joined the La Loma University curriculum

Future of Aging
Foundation board member helps ensure accessible and innovative health care

Special Report - A Shared Mission
For Superior Health Care

Caring for Memory
Memory Care Navigator program offers support for memory issues

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

Healthy U Calendar
September classes & events at a glance

Wellness coordinators provide a variety of services, including helping Sun Health at Home members with their Personal Emergency Response System, one of many successful aging tools offered.
Like a fine work of art that outlives its creator, Julia Sweeney’s artistic influence is still palpable in Litchfield Park. Julia had strong roots in the community and at La Loma Village, part of Sun Health Senior Living.

Now, an arts education program at La Loma Village, where Julia lived until 2011, has been named in her honor. This adds to her legacy as an artist, local pioneer and friend to many.

The Julia Sweeney College of Fine Arts is part of the fall curriculum at La Loma University, a lifelong learning program for La Loma residents, now in its third year.

“Julia would love this honor,” says resident Phyllis Stacklie, who was a good friend and shared Julia's love of fine art, especially painting.

Phyllis remembers the La Loma art studio cinched the deal for her when she and her husband were looking for a retirement community more than a decade ago.

“It was a great studio, which Julia nurtured. In addition to donating books and supplies, Julia inspired other residents to be creative there,” says Phyllis, who enjoys watercolor painting.

“She really brought out the artistic ability of so many people.”

According to Phyllis, Julia wasn’t just a gifted painter. She also had a knack for working with precious metals and polymer clay, and she taught other residents how to work with those mediums.

Several of Julia’s watercolor paintings are displayed in the studio, and a few La Loma residents own her artwork, which she often gave as gifts.

Local talents
The teachers for the fine arts classes are familiar faces on the La Loma campus. Marisa Richmond, art enrichment specialist, and a talented visual artist herself, is teaching two courses focusing on the works of 20th century artists Pablo Picasso and Georgia O’Keefe. In addition to learning about the artists’ lives, influences and styles, students are encouraged to create artworks modeled after these famous artists, regardless of their skill level.

“Creating art can be intimidating, but if you just do it the possibilities are endless,” says Marisa, who has a master’s in art therapy and has worked at La Loma for two years. “I want students to have fun with the process of making art, and not worry so much about the finished product.” She’s fond of saying, “there are no mistakes in art, just happy accidents.”

The classes will include a field trip to the Phoenix Art Museum. Marisa is scheduled to teach a woodblock printmaking class in the spring.

Phyllis Stacklie holds a painting done by Julia Sweeney
Future classes include working with clay and learning how to create altered books, a type of mixed-media artwork that changes a book into a work of art.

While visual art represents a vital part of the curriculum, music shares equal footing.

Board-certified music therapist Ione Murray, who plays French horn in two local symphonies, is teaching classes about world music using mostly percussion instruments.

“Music is my passion, and it’s also therapy for me, and I want to share it with others,” Ione says.

The classes explore the characteristics of Western and non-Western music and the purposes that music serves in each culture. Ione plans to take students to the Musical Instrument Museum in Phoenix.

Ione has taught guitar and songwriting classes to high school students in Poland, given French horn lessons and leads multiple hand bell choirs with residents at both the health and rehabilitation center and independent living. Future plans may include group guitar or ukulele classes.

Phyllis is confident that Julia would be thrilled.

“She knew that art and creativity were important for people of all ages. Julia asked me to do whatever I could to keep the art going here,” Phyllis says.

The Julia Sweeney College of Fine Arts is delivering on that wish.

For information about La Loma Village go to sunhealthseniorliving.org or call 623-537-7521

FREE COMMUNITY EVENT SEPTEMBER 9, 2017

SHRED-A-THON

Sun Health Senior Living and Grandview Terrace are teaming up with Arizona Attorney General Mark Brnovich’s office to provide shredding services to help you safely dispose of personal and confidential documents.

LOCATION:
Grandview Terrace
14515 W. Granite Valley Dr.
Sun City West, AZ

TIME:
9 to 10 am
Grandview Terrace residents
10 am to noon
Sun City West residents

Refreshments will be served. Maximum of two boxes please.

Born in 1931, Julia Sweeney was the eldest child of Wally and Edith Denny and granddaughter of Paul Litchfield. Paul was a Goodyear Tire and Rubber executive. He moved to the area in 1917 to oversee farming of cotton, used in Goodyear’s tire products. Litchfield Park is named after him.

In the 1920s, Paul and his wife Florence built a winter home, Rancho La Loma, on the hill that overlooks La Loma Village. Julia spent many spring breaks there, and she grew to love the Arizona desert. She earned a bachelor’s degree in occupational therapy and married Jim Sweeney. The couple raised three children in Middlebury, Connecticut. She returned to occupational therapy, working in children’s hospitals in Albuquerque, New Mexico. During this time, she earned a master’s in education.

Julia moved to Rancho La Loma in 2004 to care for her ailing father. She later became a resident at La Loma Village, where she lived until her death in 2011. A gallery in the Litchfield Park Historical Museum is named in her honor.
New wellness coordinator shares her expertise to support members

By Meghann Finn Sepulveda

Linda Esparza, RN, BSN, has been a community health nurse in the Northwest Valley, providing continuing care and education to patients in a variety of settings for more than 18 years. In her new role as the wellness coordinator for Sun Health at Home, she is thrilled to get acquainted with all the program’s members and looks forward to establishing long-term relationships.

A wealth of knowledge

Linda became a registered nurse in 1995, and recently received a bachelor’s degree in nursing from Grand Canyon University. She spent her early career years in community-based and home health nursing until she joined the Sun Health Care Transitions team in 2013.

“I cared for patients who were recently discharged home from the hospital,” Linda says.

“It was my job to help them have a successful recovery and avoid re-hospitalization.”

In her role, she visited patients’ homes, assessed their health needs, determined if other services were required and coordinated care.

“I provided education about medications, helped patients understand how to self-manage their health conditions, and connected patients with resources, such as meal delivery and transportation,” Linda explains. “I also followed-up with phone calls on a regular basis.”

A passion for helping others

Linda has always felt strongly that patients, especially older adults, should receive adequate support at home.

“The hospital and physician can only do so much,” she says. “I try to have a more long-term impact on the overall health of my patients.”
In her new role as wellness coordinator for Sun Health at Home, Linda is eager to be more involved in each member’s pursuit of healthy aging.

“In this position, I have an opportunity to offer that personal touch to support each person and their goals,” she says.

**A steady resource**

All Sun Health at Home members are partnered with a highly knowledgeable and experienced wellness coordinator who becomes the point of contact for wellness, health and long-term care needs to help maintain independence in the home.

“Life comes unexpectedly,” Linda says. “This program allows people to plan ahead and be prepared, especially those who don’t have children nearby or simply want to avoid being a burden on family and friends.”

Sun Health at Home members also have access to Sun Health Center for Health & Wellbeing classes such as tai chi, nutrition, yoga, balance and strength training, brain fitness and more.

“We have these wonderful classes, as well as monthly activities, for our members,” Linda says. “It is an opportunity for them to get involved and remain active.”

As a wellness coordinator, Linda has access to a wide range of resources and can help members with navigating the health system as their health needs change. She can also help with coordinating medically necessary transportation, arranging caregiver or meal delivery services during a recovery period and connecting members to needed community resources.

She encourages members to be open, honest and share important health changes or events.

“We really want members to engage and feel comfortable with us,” Linda adds.

**A plan that provides peace of mind**

Aging in place is important to so many, especially those who are growing older. The Sun Health at Home program provides members with access to high-quality health and non-medical services with a lifetime guarantee of care, all while protecting hard-earned assets.

“The program allows members to be prepared at every stage of life,” Linda states.

As she settles into her new role, Linda looks forward to learning more about every member and attending more community events.

She’s also planning to be more proactive in maintaining the health of each member, such as providing education about ways to stay protected during flu season.

“I see this job as a magnified role of my previous position,” Linda says. “I just now have the opportunity to do even more over an extended amount of time.”

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**Want to learn more about Sun Health at Home?**

Join us for a no-obligation Discovery Seminar

Events are held at the Sun Health Center for Health & Wellbeing, 14719 W. Grand Ave., in Surprise, unless noted otherwise.

- **Tuesday, September 5** at 10 a.m.
- **Monday, September 11** at 3 p.m.
- **Wednesday, September 20** at 12 p.m.
  - Palmbrook Country Club
  - (9350 W Greenway Rd, Sun City, AZ 85351)
- **Thursday, September 28** at 1 p.m.

Visit sunhealthathome.org/seminar or call 623-227-HOME (4663) to RSVP
By Susie Steckner

When Lew Lancaster retired from a long career in the aerospace and banking industries, he took his expertise in finance to an entirely new role: Sun Health Foundation board member.

“I spent a large portion of my life working in business and industry and really didn’t have a lot of time to get actively involved in the community,” Lew says, “so this gave me a tremendous opportunity, helping the community and giving back.”

The role also gave him the chance to become involved in the world of health care, something that interested both Lew and his wife Cindy as they watched their three daughters go into the field.

“It was a great opportunity to learn more about health care and the future of health care,” he says.

Ten years later, Lew remains actively engaged on the board, currently serving as treasurer, with ongoing support from Cindy. In addition, the couple also has supported local community and nonprofit organizations.

“We’ve been very blessed, and I think it’s important to give back,” Cindy says.

Lew and Cindy met on a blind date as college students at the University of Florida. They pursued careers – he worked in finance and she worked in teaching – and began raising a family. Lew’s job with a Fortune 100 company brought him and the family to Arizona for several years, and ultimately, the couple decided to settle in the desert.

Married 43 years, the couple is active in the West Valley and stays busy with their grandchildren. Cindy, who has a background in special education, is still teaching elementary school children. After all her years in the classroom, she still loves watching the kids grow and change.

Lew’s decision to join the Sun Health Foundation board in 2007 was prompted by more than a desire to give back. Lew was driven by a personal reason. Alzheimer’s disease runs in both of their families, and they wanted to support the Banner Sun Health Research Institute. The institute is renowned for its research of diseases, such as Alzheimer’s and Parkinson’s, and benefits from Foundation funding.

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A Shared Mission
For Superior Health Care
Health care. It is the subject of great interest to us all, and it is the topic of conversation from our gathering places in Arizona and all across the country.

While the political debate is primarily about the high cost of care and how to have insurance for all, the reality is that health care is very personal and local. After all, the experts in the political arena provide no services. When any of us need help to maintain our health and wellness, we rely on our local physicians and health systems to look after us.

Sun Health Services and Banner Health are proud to be collaborators, providing you with the services, care and education that meets your personal health needs.

Our journey together began nearly a decade ago, with the understanding that together we could continually improve our acute care offerings and craft a new level of support through health and wellness services that assist all those who desire to take a more active role in caring for their health.

We have invested more than $250 million in the two local medical centers; a substantial amount of this investment has been the result of philanthropic support generated by the Sun Health Foundation. The great thing about donor contributions to the Foundation is that all of the dollars raised stay right here in the local community. Your support helps develop new and improved services that might otherwise not be available locally.

This is a first-time report on the impact of the benefits derived from the Banner Health and Sun Health collaboration. They are significant and should be celebrated. In the next few pages, you will read about some of the more recent investments that are a direct service to you, your neighbors and friends.

You rely on Banner and Sun Health to “be there when you need us.” We want you to know that we view this responsibility as community stewardship, and we will continue to rise above the political discussion and focus on your needs.

Enjoy this report, and we look forward to your feedback.
Partnering to Improve Health and Wellness

Clinical excellence isn’t a matter of happenstance. Rather, it is the result of a commitment to ongoing investment and innovation focused on helping individuals improve their health and quality of life. With funding from Sun Health, Banner Health and generous community support, our organizations together continue to introduce and implement cutting-edge health care technologies, programs and services.

**Progressive Care Unit**
*Specialized care and round-the-clock patient monitoring*

When a higher level of care is needed, Banner Del E. Webb Medical Center has clinical expertise and state-of-the-art technology. In 2017, the hospital increased its suite of specialized services by opening an additional Progressive Care Unit. This $10.9 million, 28-bed unit features private patient rooms, robust round-the-clock cardiac monitoring to serve the entire hospital, and a higher-than-average staff-to-patient ratio to care for those with conditions such as:

- Chronic obstructive pulmonary disease
- Congestive heart failure
- Diabetes complications
- Renal disease

It also is a stepping-stone for patients well enough to leave the intensive care unit, but who still require a higher level of monitoring and support.

Jerry Solomon, immediate past chairman of the Sun Health Foundation Board of Trustees, knows firsthand how vital it is to have such a resource. After years spent advocating for community support to fund superior health care in the West Valley, Jerry found himself in need of the level of care and close monitoring now available in the new Progressive Care Unit.

“In 2016, I was admitted to Banner Del E. Webb for complications during an outpatient procedure. Early on, my nurses noticed some problems with my lab results. They notified doctors who realized I was having heart problems. Three days later, I had a significant heart attack and wound up in emergency surgery to have stents placed. It was a frightening experience, but thanks to the doctors, nurses and others who cared for me, I’m still here. This experience reaffirmed my commitment to seeing the Progressive Care Unit become a reality.”

“Experiencing life from a hospital bed gave me a newfound appreciation for the gift that is Banner Del E. Webb Medical Center.”

~ Jerry Solomon, immediate past chairman of the Sun Health Foundation Board of Trustees

"Progressive Care Unit"
Complex cardiovascular care requires the latest medical technologies and specialized clinical space in which to deliver such care. With a nearly $12 million philanthropic investment from Sun Health Foundation, Banner Boswell Medical Center opened the Northwest Valley’s first hybrid operating suite, (commonly known as a hybrid OR) in 2014.

This single operating room combines the latest surgical, cardiac catheterization and 3-D medical imaging technology to provide real-time patient monitoring while enabling physicians to perform some of the most complicated vascular, cardiovascular and valve procedures. The introduction of the hybrid OR elevated heart care at Banner Boswell and ushered in one of the newest and most specialized heart procedures to date – the transcatheter aortic valve replacement, or TAVR.

A minimally invasive surgical procedure, TAVR replaces an aortic heart valve that no longer adequately pumps oxygen-rich blood to the body because of severe aortic stenosis. Characterized by narrowing of the major heart valve through which blood is pumped, aortic stenosis is a degenerative disease resulting in chest tightness, shortness of breath and even fainting. The Society of Thoracic Surgeons estimates that 200,000 people develop aortic stenosis each year.
How TAVR changed one patient’s life

Diagnosed with a heart murmur in her childhood, Barbara Nolop spent years battling shortness of breath but she refused to let it rule her life. She raised three sons, worked as a librarian and traveled widely with her husband. At age 90, she suffered a mini-stroke, which wreaked havoc on her heart and overall health.

At her age, invasive heart surgery carried many risks. But her doctor suggested she might be a candidate for a revolutionary heart valve treatment called transcatheter aortic valve replacement, or TAVR.

“Barbara was going downhill rapidly,” recalled Rajeev Kathuria, MD, a cardiothoracic surgeon at Banner Boswell. “She had what we call a porcelain aorta. It was so heavily calcified that we wouldn’t have been able to cut into it for traditional valve replacement.”

In March 2015, Dr. Kathuria performed a TAVR on Barbara in the hybrid OR at Banner Boswell. Today, the free-spirited 93-year-old is able to visit with friends, go to the theater or play bridge, without worrying so much about her health.

“It feels like a miracle!” she said. “It’s like I’m another person entirely. I can sit through a show without getting tired or short of breath. I just feel great!”

DEALT A GREAT HAND - Thanks to Sun Health Foundation donors, surgeons can work "miracles" in the hybrid OR at Banner Boswell. Barbara Nolop is one of those miracles.
Brain and Body Donation Program

How donations advance medical research

For more than a quarter-century, Banner Sun Health Research Institute has served as an internationally recognized hub of research, distinguished for its world-renowned Brain and Body Donation Program. Annually, Sun Health Foundation provides nearly $1.5 million in funding so that this program and other clinical research can continue to stand as a pillar of excellence in science and medical research.

Through the generosity of those who choose to donate their bodies to science, Banner Sun Health Research Institute is one of the world’s largest and most respected tissue banks. Here, researchers work to better understand brain and body function in normal aging as well as the impact of age-related diseases.

The Brain and Body Donation Program is credited with many of today’s breakthroughs in Alzheimer’s and Parkinson’s disease research. Donations from those who enroll in the program and those who support it monetarily ensure continued breakthroughs.

“"The Brain and Body Donation Program enables us to study organs and tissues after death. We share banked tissue, biomaterials and biospecimens with qualified researchers worldwide.”"

~Eric Reiman, MD, executive director of Banner Alzheimer’s Institute and CEO of Banner Research

More than

3,745

individuals are enrolled in the Brain and Body Donation Program

More than

1,700

research-related autopsies have been performed since the program’s inception in 1986

Sun Health Memory Care Navigator program established

Hybrid Operating Suite opens at Banner Boswell

Banner Del E. Webb begins using MAKOplasty robot for orthopedic surgery

Banner MD Anderson opens radiation oncology center on Banner Boswell campus

Sun Health introduces LiveWell magazine

Banner MD Anderson Cancer Center

*Elevating cancer care in the Northwest Valley*

Following the 2011 opening of the Banner MD Anderson Cancer Center in Gilbert, people from the region began flocking to the center to access its advanced services. Northwest Valley residents were among those traveling long distances for treatment.

Responding to the need for local services, Banner MD Anderson built a free-standing radiation oncology center on the campus of Banner Boswell Medical Center in 2015. Treatment encompasses MD Anderson’s world-renowned cancer care protocols and access to subspecialty experts in Gilbert and Houston, MD Anderson’s home.

Foundation donors have long supported cancer care in the Northwest Valley. In the year ahead, philanthropic funds will pave the way for the introduction of Banner MD Anderson care and services at Banner Del E. Webb Medical Center in Sun City West.

“I have never been around such wonderful people. It’s such a great thing that Banner MD Anderson is now here in Sun City.”

~Don Leyshon, Sun Health Foundation donor, who received radiation treatment through Banner MD Anderson

“I’m most proud of this community for making cancer care a funding priority. We look forward to supporting Banner MD Anderson as it expands in the Northwest Valley.”

~Ron Guziak, Sun Health president and CEO

In 2015, Banner Boswell Medical Center became the third Banner Health facility to provide radiation treatment on its campus under the umbrella of Banner MD Anderson Cancer Center.
Sun Health Foundation: Hospital investments that improve outcomes
Other hospital program expansions and additions made possible by Sun Health Foundation donors include:

$3.25 million
to expand and upgrade Banner Del E. Webb’s inpatient pharmacy to better serve patients.

Funding
to enhance medical imaging capabilities at the Louisa Kellam Center for Women’s Health at Banner Del E. Webb. These improvements helped the hospital earn a "Breast Imaging Center of Excellence" designation.

$1.1 million
to purchase a MAKOplasty robotic arm-assisted navigation system used for partial knee and total hip replacement surgeries. The technology improves precision, preserves healthy bone and reduces patient-recovery time.

Funding
to support education for current and aspiring nurses at Banner Boswell and Banner Del E. Webb. Foundation donors have funded nursing scholarships since 1980.

Empowering people to care for their health
Managing one’s health can be easier said than done. Oftentimes, it’s a complicated job that leaves many people feeling lost and confused. Sun Health has emerged as a valuable partner, filling voids in today’s complex health care arena by giving patients and residents in the Northwest Valley access to community-based wellness programs, services and resources to better manage their health and wellbeing.
Hospital readmission – readmission to an acute care hospital within 30 days of discharge – has for years been labeled an epidemic by health agencies, organizations and news outlets such as the National Institutes of Health, Modern Healthcare and the Washington Times. To help combat the issue, Sun Health in 2011 launched its award-winning Sun Health Care Transitions program. It specifically focuses on helping Medicare beneficiaries admitted to Banner Boswell and Del E. Webb medical centers, the most susceptible patient population, avoid readmission and recover successfully. Since the program’s inception, readmission rates of enrolled patients have dropped to 7.56 percent – a rate 57 percent lower than the national average of 17.8 percent.

Readmissions often can be traced to factors ranging from confusion over medications to difficulty understanding and following discharge instructions to a lack of timely follow-up care with physicians.

The 30-day Care Transitions program teaches high-risk patients to self-manage their conditions via a team of expertly trained nurses and care managers. These trusted health professionals identify possible barriers to maintaining one’s health, assist patients in making appropriate lifestyle changes, and connect them to community health and social resources.
Surprise resident Don Grover underwent open-heart surgery at Banner Boswell Medical Center in January 2017. The surgery went well and Don’s recovery was going smoothly, so he was discharged after a weeklong stay in the hospital. A nurse gave discharge instructions to Don and his wife Joyce before they headed home.

It wasn’t until they got there that they wished they had asked more questions. The couple, married 53 years, felt anxious and unsure about what to do, or not to do to help Don heal. That’s when registered nurse Krysta Roseberry and the team from Sun Health Care Transitions stepped in to support the Grovers.

“When Krysta visited, our anxiety dropped about 3,000 percent,” Don said. “She answered all of our questions, was very caring and spent more time with us than I know she had. That was appreciated.”

Joyce felt similarly. “Krysta and the other care transitions nurses were a saving grace.”
$17.3 MILLION

in avoided Medicare costs due to decreased readmissions

▼ Care Transitions nurse Nanci Stansfeld consults with Jerry Solomon about recovering from his hospital stay
The Sun Health Center for Health & Wellbeing, opened in 2014, provides personalized physical and emotional support to approximately 10,000 seniors each year. From health education and fitness classes, to support groups, nutrition counseling and more, the center’s health and wellness services are varied and far reaching. One program that is proving particularly beneficial is the center’s weight management program.

In May 2015, Sharon Brubaker tipped the scale at 330 pounds; she needed a cane to walk and couldn’t stand for more than five minutes. Not willing to undergo weight loss surgery as recommended by her doctor, she turned to the registered dietitian nutritionist at the Sun Health Center for Health & Wellbeing for help. Receiving one-on-one counseling, practical tips and ongoing support, Sharon was able to reshape her outlook on food, her approach to eating and her life plan for managing her weight.

Sharon went from regularly eating fast food – sometimes two fast food meals at a time – to preparing meals at home using whole foods, fruits and vegetables. At the suggestion of her nutritionist, she documented her food intake in a journal as a way of increasing her motivation and holding herself accountable. Sharon also worked to ditch the cane. She began physical therapy before eventually hiring a personal trainer at a local gym. Today, Sharon works out five days a week along with regular walking and bicycle riding.
Sharon’s weight loss success can be attributed to a comprehensive program that looked beyond just food and exercise to address external factors such as sleep habits, stress management, behavior modification and the body’s essential use of food for fuel. In less than two years, Sharon lost 130 pounds and came to the realization that, with the right guidance and support, she can achieve her goals – weight loss and more.

“I learned that it’s beneficial for my body to eat protein within 30 minutes of completing a workout.”
~Sharon Brubaker, Sun Health Center for Health & Wellbeing medical nutrition therapy client

The Center for Health & Wellbeing provides personalized physical and emotional support to approximately 10,000 seniors each year.
Sun Health debuted its Memory Care Navigator program in 2013, a service funded entirely by Sun Health Foundation donors. The growing program helps patients, family members and caregivers navigate the emotional, psychological and physical effects of Alzheimer’s disease and other dementias.

The program, which began with just one memory care navigator, recently added another staff member to meet the growing needs of those in the West Valley. Together, these memory care experts are giving individuals, such as Shirley Frizell, care and guidance in navigating a loved one’s memory loss journey.

When Shirley’s husband, Bill, began showing signs of memory loss, her first instinct was to reach out to the Memory Care Navigator program for support. Following their first meeting, Shirley knew what steps she needed to take to protect Bill and herself in a variety of legal, health and practical matters.

At the navigator’s recommendation, Shirley obtained a medical alert safe-alert bracelet for Bill in case he should ever wander off and not remember how to return home. She also attended a class on self-care skills for caregivers. Furthermore, Shirley knew who to call when she had questions about Bill’s condition or what she could do to give him additional support.

“Consultations typically include me sitting with the family in their home, listening and asking questions to help in developing a personalized action plan. I have the privilege of helping people and becoming someone they know they can count on.”

~Marty Finley, M.Ed., Memory Care Navigator
The Alzheimer’s Association estimates that more than **5.5 million** Americans are living with dementia; that number is expected to reach **8.5 million** by 2030.

"Bill was able to get the help he needed thanks to Sun Health.”

~Shirley Frizell, Sun City resident whose husband Bill had Alzheimer’s disease

277 clients were served by the Memory Care Navigator program in the fiscal year 2016.
One way you can benefit your loved ones and Sun Health is to create a charitable remainder trust. This beneficial method of giving can provide income to loved ones for the rest of their lives or a term of years. After that, the remainder will go to Sun Health.

How It Works

1. You decide which assets to donate. Popular options include cash, stock or real estate.
2. You choose who you would like to benefit from the trust.
3. Those beneficiaries receive income for the rest of their lives or a specified number of years. You could also receive the payments and invest the after-tax amount in a child’s name or allow the funds to grow until your loved one needs them, such as for college.
4. After their lifetimes or a term of years, the remaining assets are given to Sun Health to support our mission.

How You Benefit

- A potential income-tax charitable deduction for a portion of the full fair market value (not the cost basis) of the assets placed in the trust, when you itemize.
- Elimination of any up-front capital gains tax when you fund the trust with long-term appreciated property.
- Fulfillment in knowing you made a big difference to those we serve.

To learn more about a charitable remainder trust and the benefits you could receive, please call me directly at 623-832-5582 or email me at sharon.thornton@sunhealth.org to discuss details.
Since the day it first launched, the Sun Health Memory Care Navigator program has helped provide personal and professional guidance for patients with dementia, as well as their loved ones and caregivers.

As part of the program, a Memory Care Navigator will carefully assess the needs of the patient and family through a confidential consultation, and then prepare a personalized plan of care that is tailored to the patient’s health needs. In addition, the Navigator will also be an ongoing resource for the families and caregivers.

For Dr. Maninder Kahlon, a neurologist in Sun City, the Memory Care Navigator program has helped him provide even better care to his patients. “The information that I receive from the Memory Care Navigator’s plan of care is always so solid and good, and it helps me learn so many things about my patient that I want to know,” Dr. Kahlon says.

The Memory Care Navigators can help both patients and caregivers with a number of issues, he says. “The No. 1 struggle that family members have is determining when it is time to start looking at placement for their loved one, as well as related legal and financial issues,” Dr. Kahlon says. “The program truly is one-stop shopping for memory care.”

The Memory Care Navigator program is not a covered benefit under Medicare and most insurance plans, Dr. Kahlon notes. Instead, it is funded entirely through the philanthropic support of donors to Sun Health Foundation. “The Sun Health Memory Care Navigator program is a wonderful gift to the community,” Dr. Kahlon says.

Dr. Kahlon and his staff are grateful for the support and information that the Memory Care Navigators provide. “The ability of Marty Finley and Jane Harrison to support families, answer questions and connect them to needed resources is phenomenal,” he says. “I couldn’t employ enough people to do what they do.”
Nutrition

Selected by Registered Dietitian Nutritionist Tracy Garrett from the Sun Health Center for Health & Wellbeing for its nutritional content

Black Bean & Salmon Tostadas

Ingredients

- 8 6-inch corn tortillas
- Canola oil cooking spray
- 1 6- to 7-ounce can boneless, skinless wild Alaskan salmon, drained
- 1 avocado, diced
- 2 tablespoons minced pickled jalapeños, plus 2 tablespoons pickling juice from the jar, divided
- 2 cups coleslaw mix (in produce section) or shredded cabbage
- 2 tablespoons chopped cilantro
- 1 15-ounce can black beans, rinsed
- 3 tablespoons reduced-fat sour cream (Healthy Tip: Swap out for nonfat plain Greek yogurt)
- 2 tablespoons prepared salsa
- 2 scallions, chopped
- Lime wedges (optional)

Directions

1. Position racks in upper and lower thirds of the oven; preheat to 375°F.
2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.
3. Combine salmon, avocado and jalapeños in a bowl. Combine cabbage, cilantro and the pickling juice in another bowl.
4. Process black beans, sour cream, salsa and scallions in a food processor until smooth. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.
5. To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.

Nutritional Information:

Per serving: 406 calories; 19 g fat (3 g sat); 12 g fiber; 45 g carbohydrates; 17 g protein; 107 mcg folate; 16 mg cholesterol; 6 g sugars; 0 g added sugars; 622 IU vitamin A; 35 mg vitamin C; 116 mg calcium; 3 mg iron; 392 mg sodium; 679 mg potassium. Makes: 4 servings. Serving Size: 2 tostadas

For more healthy recipes, visit SunHealthLiveWell.org

Recipe originally appeared in EatingWell Magazine January/February 2010

SunHealthLiveWell.org

Memory Care Navigator

Sun Health

Can the Memory Care Navigator help me or someone I love?

You can depend on the Sun Health Memory Care Navigator to share knowledge about dementia and available community resources when you or a loved one experience memory lapses, behavioral changes and the inevitable functional decline brought on by dementia.

The Navigator helps minimize the stress of supporting a loved one with this chronic disease. The program, offered at no charge thanks to the generous funding of Sun Health Foundation, provides personal and professional guidance for clients, family members and caregivers coping with the emotional, psychological and physical effects of dementia.

The Memory Care Navigator can assist by:

- Assessing the needs of a client and family and providing a confidential consultation.
- Developing a personalized plan of care with the client and family that addresses and supports the client’s health and health-related needs.
- Linking clients and family members to education, support groups and assistive services in the West Valley.
- Acting as an ongoing resource for families and caregivers as new challenges arise through different stages of dementia.
- Educating clients and families about available local clinical trials they may discuss with their physicians.
- Collaborating with and communicating recommendations to each client’s physician.

To learn more, contact the Sun Health Memory Care Navigator program at 623-832-9300.

SunHealthLiveWell.org

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SunHealthLiveWell.org
**BRAIN HEALTH**

**Seven Ways to Improve Your Memory**

*Friday, Sept. 15; 11 a.m. to noon*

Join Anthony Stannard, DPT, to learn seven techniques to help support your brain health and cognitive functioning.

*Location: La Loma Village H&R*

**CANCER CARE**

**Healthy Meal Prep for Cancer**

*Fridays, Sept. 1 & 15; 10 to 11 a.m.*

Open to cancer survivors, family and friends, join Chef Debra to create easy and affordable dishes packed with antioxidants and flavor. Topics will be Fall Vegetables (9/1) and Using Healthy Oils (9/15). In partnership with Cancer Support Community of Arizona.

*Location: Center for Health & Wellbeing*

**DIABETES CARE**

**Diabetes Self-Management Education**

This accredited five-week course provides the guidance needed to help prevent or delay diabetic complications and improve overall health. This series is taught by Center for Health & Wellbeing certified diabetes educators. Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.

*Starts Tuesday, Sept. 12:*

9:30 to 11:30 a.m.; Banner Boswell/Chapman Conf. Room
1:30 to 3:30 p.m.; Center for Health & Wellbeing

*Starts Wednesday, Sept. 13:*

2 to 4 p.m.; Banner Estrella/Conf. Room #3

**Diabetes Connection Support Group**

*Monday, Sept. 18; 3 to 4 p.m.*

This monthly group is for individuals who have diabetes or prediabetes to gather together to share and learn in the pursuit of healthy living. Our topic will be diabetes and dietary supplements. Registration is not required.

*Location: Center for Health & Wellbeing*
HEALTH & WELLBEING

Aging Mastery Program®

Tuesdays – Sept. 5, 12, 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7; 9 to 10:30 a.m.

Sun Health has partnered with the Area Agency on Aging and the National Council on Aging to offer the Aging Mastery Program®, a 10-week course to inform and support older adults and boomers in the pursuit of healthy aging by focusing on key aspects of health, finance, relationships, personal growth, and community involvement. Please call 602-264-4357 or go online to aaaphx.org to register. Note: This is a 10 class series with a $75 fee payable to Area Agency on Aging.

Location: The Colonnade

Take a Tour of the Sun Health Center for Health & Wellbeing

Tuesday, Sept. 5; 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

Go4Life®

Thursdays; Sept. 7 & 14; 1:30 to 3 p.m.

The Go4Life® campaign was developed to motivate older adults to become physically active for the first time, return to exercise after a break in their routine, or build more exercise and physical activity into their day. Join Exercise Physiologist Rhonda Zonoozi to learn the important benefits of exercise, recommended exercises, and how to stay safe while doing physical activity. Go4Life® materials will be provided. Go4Life® is a registered trademark of the U.S. Department of Health & Human Services. Participation by Sun Health does not imply endorsement by HHS/NIH/NIA.

Note: This is a two-class series with a $20 fee.

Location: Center for Health & Wellbeing

The Brain & Body Donation Program at Banner Sun Health Research Institute

Thursday, Sept. 21; 9:30 to 11 a.m.

Considering participating? Thomas Beach, MD, PhD, director of the Brain and Body Donation Program at Banner Sun Health Research Institute, will review the history of this program, its accomplishments and outline how you can participate in this world-renowned program.

Location: PORA

My Aching Back & Managing the Pain

Thursday, Sept. 28; 2 to 3 p.m.

In this presentation, Sheba J. Shah, MD, presents common reasons for low back pain, the medical conditions that can cause it and the treatments that are currently available.

Location: Banner Boswell/Chapman Conf. Room

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Sept. 6 & 20; 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

Is It Time for Change?

Wednesday, Sept. 13; 9:30 to 10:30 a.m.

Sun Health Memory Care Navigator Jane Harrison will explore signs and signals that indicate a change in your home situation is ahead. If we anticipate change, we can be better prepared! A self-assessment/inventory will be included.

Location: Grandview Terrace H&R

Introduction to Meditation for Stressed Caregivers

Monday, Sept. 25; 1 to 2 p.m.

Join Marty Finley, MEd, to learn how to manage stress and focus your thinking using easy to follow meditation methods designed for the caregiver in the household.

Location: Faith Presbyterian Church

SunHealthLiveWell.org
Partners in Care: Communication Strategies across the Continuum  
**Wednesday, Sept. 27; 1:30 to 2:30 p.m.**  
David Coon, PhD, associate dean for the ASU College of Nursing and Health Innovation, discusses how effective communication between care partners is affected by progressive memory loss. Learn better ways to communicate with your partner that will help family, friends, and professionals in the future.  
*Location: The Colonnade*

**Nutrition**

**“Weigh” to Go! - An Introduction to Weight Loss**  
**Friday, Sept. 8; 1:30 to 2:30 p.m.**  
Join Sun Health’s Registered Dietician Tracy Garrett and Exercise Physiologist Rhonda Zonoozi to learn the benefits and strategies of successful weight loss. Attendees will also learn about Sun Health’s upcoming “Weigh” to Go! 12-week weight loss program.  
*Location: Center for Health & Wellbeing*

**“Weigh” to Go! Weight Loss Series**  
**Starts Friday, Sept. 22; 1:30 to 3 p.m.**  
This 12-week interactive series is designed to help you safely lose and maintain weight with healthy eating, increased activity and behavior modification. The series is taught by Tracy Garrett, registered dietitian/nutritionist, and Rhonda Zonoozi, exercise physiologist and certified health coach. Call 623-832-WELL (9355) to register for this series and inquire about cost.  
*Location: Center for Health & Wellbeing*

**Safet**

**Stand Up to Falling Down**  
**Friday, Sept. 22; 8:30 a.m. to 12:30 p.m.**  
In recognition of National Falls Prevention Awareness Day, Sun Health is hosting a Fall Prevention Screening and Awareness Event that will feature educational presentations from health professionals and complimentary individual fall risk screenings. Appointments are required for fall risk screenings. Call 623-832-WELL (9355) to reserve your screening appointment.  
*Location: The Colonnade*

**Physical Fitness**

All classes held at Center for Health & Wellbeing  
*Note: Physical fitness classes are offered in an eight-class series for $40.*

**Chair Yoga**  
**Mondays – 8 to 9 a.m.; Series CY9:**  
**Sept. 11, 18, 25; Oct. 2, 9, 16, 23 & 30**  
Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

**Yoga for Optimal Health**  
**Mondays – 9:30 to 10:30 a.m.; Series YO5:**  
**Sept. 11, 18, 25; Oct. 2, 9, 16, 23 & 30**  
Yoga helps you move easier, improve flexibility, build strength and reduce stress. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

**Tai Chi**  
**Mondays – 11 a.m. to noon; Series TC9:**  
**Sept. 11, 18, 25; Oct. 2, 9, 16, 23 & 30**  
Tai Chi is a traditional Chinese martial art shown to improve strength and balance, and help with stress reduction and relaxation.

**Strength Training for Health**  
**Mondays – 1 to 2 p.m.; Series ST9:**  
**Sept. 11, 18, 25; Oct. 2, 9, 16, 23 & 30**  
This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

**Trauma/Injury Prevention Event**  
**Saturday, Sept. 30; 10:30 a.m. to 1:30 p.m.**  
Bring the whole family to this community event featuring the Banner Traveling Safety Town. Staff and city personnel will offer safety and injury prevention education and demos related to car seats, falls, poison, ATV, accidents and much more! Call 602-230-CARE (2273) to register.  
*Location: Banner Del E. Webb Medical Center Auditorium*
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td><strong>Aging Mastery Program®</strong>; 9 to 10:30 a.m. (1 of 10)</td>
<td><strong>Go4Life®</strong>; 1:30 to 3 p.m. (1 of 2)</td>
<td><strong>Dementia Support Group</strong>; 3 to 4 p.m.</td>
<td><strong>Healthy Meal Prep for Cancer</strong>; 10 to 11 a.m.</td>
<td><strong>Weigh” to Go! Introduction</strong>; 1:30 to 2:30 p.m.</td>
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<td><em>except where noted</em></td>
<td><strong>Go4Life®</strong>; 1:30 to 3 p.m. (2 of 2)</td>
<td><strong>Is It Time for Change?</strong>; 9:30 to 10:30 a.m.</td>
<td><strong>Stand Up to Falling Down</strong>; 8:30 a.m. to 12:30 p.m.</td>
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<td><strong>&quot;Weigh” to Go!</strong>; 1:30 to 2:30 p.m. (2 of 12)</td>
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<td><strong>Yoga for Optimal (YO5); 9:30 to 10:30 a.m.</strong></td>
<td><strong>Diabetes Self-Management; 9:30 to 11:30 a.m. (1 of 5)</strong></td>
<td><strong>The Brain &amp; Body Donation Program</strong>; 9:30 to 11 a.m.</td>
<td><strong>&quot;Weigh” to Go!</strong>; 1:30 to 2:30 p.m. (2 of 12)</td>
<td><strong>Sat - 30</strong></td>
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<tr>
<td><strong>Tai Chi (TC9); 11 a.m. to noon</strong></td>
<td><strong>Stay Young, Live Longer; 9:30 to 10:30 a.m.</strong></td>
<td><strong>Diabetes Self-Management; 2 to 4 p.m. (1 of 5)</strong></td>
<td><strong>&quot;Weigh” to Go!</strong>; 1:30 to 2:30 p.m. (2 of 12)</td>
<td><strong>SunHealthLiveWell.org</strong></td>
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<td><strong>Strength Training (ST9); 1 to 2 p.m.</strong></td>
<td><strong>Diabetes Self-Management; 1:30 to 3:30 p.m. (1 of 5)</strong></td>
<td><strong>Diabetes Self-Management; 2 to 4 p.m. (2 of 5)</strong></td>
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<td><strong>September 2017 • sunhealth.org 31</strong></td>
</tr>
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<td><strong>Diabetes Support Group</strong>; 3 to 4 p.m.</td>
<td><strong>Diabetes Self-Management; 9:30 to 11:30 a.m. (3 of 5)</strong></td>
<td><strong>Partners in Care: Communication Strategies; 1:30 to 2:30 p.m.</strong></td>
<td><strong>&quot;Weigh” to Go!</strong>; 1:30 to 2:30 p.m. (2 of 12)</td>
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3rd Annual
Stand Up To Falling Down
A fall prevention screening and awareness event

Date: Friday, September 22, 2017
Time: 8:30 a.m. to 12:30 p.m.
Location: The Colonnade
19116 Colonnade Way
Surprise, AZ 85374

Agenda:
9:15 a.m. KEYNOTE ADDRESS:
Taking Responsibility for Your Bone Health: Preventions of Falls and Fractures
Kelly Krohn, MD, The Core Institute

10:00 a.m. DEMONSTRATION:
How to Properly Use Assistive Devices
Banner Del E. Webb Physical Therapy Department

10:15 a.m. PRESENTATION:
Home Safety and Fall Prevention
Andrew Strmic, OTA

11:00 a.m. DEMONSTRATION:
Lift Assist: What to Expect When You Call 911
North County Fire & Medical District

11:15 a.m. PRESENTATION:
Vestibular System and Balance
Celeste Delap, PT, DPT, LSVT

12:00 p.m. DEMONSTRATION:
Exercises to Promote Better Balance
Rhonda Zonoozi, BS, CHWC, EP-C

Individual Fall Risk Assessments
Available by appointment only from 8:30 a.m. to noon.
Registration is REQUIRED for fall risk assessments only, as space is limited. Call 623-832-9355 to register.