

HEALTH WELLNESS QUARTERLY

Spring 2018

Special Supplement to The Glendale Star and Peoria Times

Fellowship Square Surprise: Independent Living At Its Best For Seniors

With locations in Mesa, Phoenix and Tucson, Fellowship Square is set to open its latest senior independent living community – Fellowship Square Surprise, at 16477 West Bell Road in June 2018.

The gated community will feature amenity-rich packages and spacious common areas among inviting grounds designed to help residents feel at home in a comfortable and lush environment that they can enjoy with family and friends. The breadth of services at Fellowship Square Surprise will encompass independent and assisted senior living, memory care and home health.

Apartment homes are named after cities in Arizona and will be fully equipped with washer and dryer, modern kitchen with stainless steel GE appliances, ample storage throughout, refined details designed to complement any décor, and quartz counter tops with upgraded cabinets in the kitchen and bathrooms.



Rent includes the SeniorFITness Program and fitness center access, bi-monthly housekeeping, maintenance services, utilities, cable TV, telephone and Wi-Fi, chaplain services and bible study, scheduled transportation, 25 meals per month, emergency call system, and planned social activities. Pets are welcome.

Fellowship Square's mission is at the heart of providing quality and responsive senior housing, hospitality and health care services driven by Chris-

tian love and concern. As the largest not-for-profit provider of senior housing in Arizona, Fellowship Square understands the importance of providing peace, purpose and a place to call home, all at a price that's within reach.

Like Christian Care's other communities, Fellowship Square Surprise is a not-for-profit retirement community. For more, visit www.FellowshipSquareSurprise.org or call (623) 900-1552.

Now Leasing! Prices Starting at \$2,695

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Opening June 2018!

Fellowship Square Surprise is located at:
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FELLOWSHIP SQUARE SURPRISE

With lush, resort style grounds, a full spectrum of amenities, activities and wellness programs, Fellowship Square Surprise offers everything you need to stay active and to live your retirement to the fullest.

To learn more:

Give us a call at 623-900-1552

Visit FellowshipSquareSurprise.org

Stop by our leasing office, located just south of Bell Road on Sarival - just look for the signs!

Arrowhead Valley warm and friendly

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Designed for comfort, the community will feature studios, to 3-bedroom apartments with a variety of floor plans. Each apartment will feature window coverings, climate-controlled thermostat, ceiling fans, and ample closet space. And, apartment kitchens will be fully equipped with a dishwasher, range, microwave, refrigerator and a garbage disposal, with washer/dryer hook-ups within the apartment.



Come join the fun at Arrowhead Valley Retirement Resort.

Arrowhead Valley's stunning main dining room will be the perfect setting to savor meals prepared fresh daily by the Executive Chef in the state-of-the-art commercial kitchen. The signature Free-

dom Dining program offers flexible dining hours throughout the day.

Residents will have access to on-site banking, salon, general store, and pharmacy serv-

es. Through 24/7 concierge services, resident needs will be met, even scheduled transportation on the community's shuttle.

Relax by a fireplace or a night of movies or live entertainment in the 150-seat theater. At Arrowhead Valley there will be no shortage of activities. The Lifestyle Director will schedule unique activities designed to meet resident's requests. Ultimately, companionship and interaction with others are powerful tools to enjoy retirement and with so many entertaining options and the caring community staff on hand, Arrowhead Valley will certainly bring residents together.

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HEALTH WELLNESS QUARTERLY

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**#WeToo
Should Report
Sexual Abuse**

**World Elder Abuse Awareness Day
– JUNE 15 –
602-264-HELP (4357)**

Act F.A.S.T. if You Suspect a Stroke

By Stephanie Teale-Sanchez, M.S., CCC-SLP

If you are with someone who displays these symptoms, think and act F.A.S.T.—he or she may be having a stroke.

F—Face: When smiling, does one side droop?

A—Arms: When raising both arms, do both arms go up or does one drift downward?

S—Speech: When talking, is speech slurred or are words jumbled?

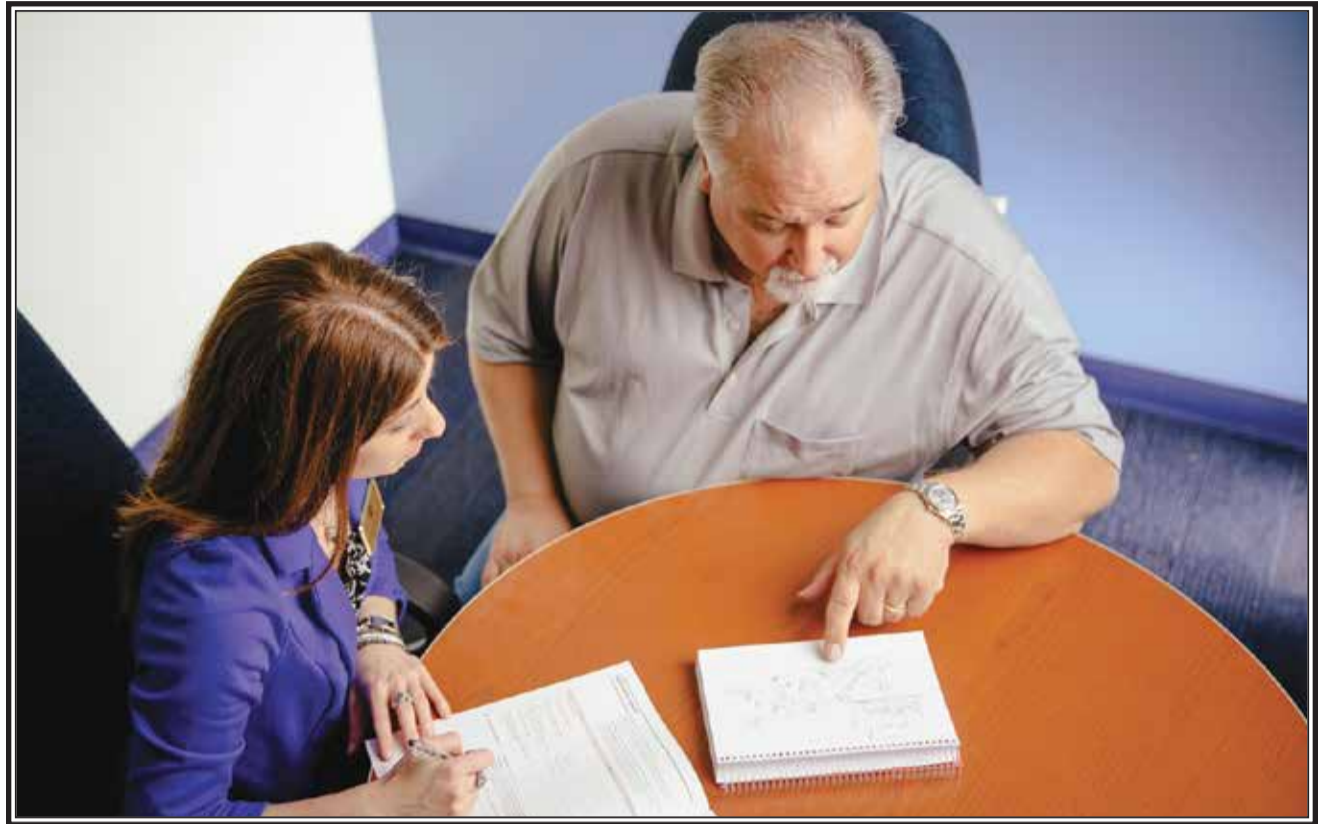
T—Time to call 911!

The above signs are classic symptoms of a stroke. If treated quickly, doctors may be able to administer a medication or perform a procedure to help reverse the effects of a stroke—so time is of the essence. Studies show that early intervention leads to better outcomes. Individuals who have diabetes, high blood pressure, obesity, or a family history of strokes have an increased risk of stroke.

If a stroke does occur, individuals may experience difficulty talking, walking, swallowing, and thinking, depending on the location and the severity of the stroke. If you or someone you love has had a stroke, aphasia may be present. Aphasia is a communication disorder that negatively impacts the understanding and use of language, and is not only limited to talking and listening, but also to reading and writing. Someone with aphasia has difficulty “finding words,” substitutes one word for another, or has difficulty following directions.

Here are some tips for communicating with someone who has aphasia:

1. Keep communication simple—try asking yes/no questions.
2. Give extra time to respond.
3. Allow any and all means of communication including gestures, writing, or drawing.



A speech-language pathologist can help with aphasia and other effects following a stroke, to help patients improve their quality of life. *Midwestern Speech – Language Institute.*

4. Seek advice from a speech-language pathologist. More information on stroke and aphasia is also available through the American Heart Association (heart.org) or the National Aphasia Association (aphasia.org).

The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, care, or treatment. Always consult a qualified healthcare provider with any questions regarding any possible medical condition.

Stephanie Teale-Sanchez, M.S., CCC-SLP, is a Clinical Assistant Professor for the Speech-Language Institute at the Midwestern University Multi-specialty Clinic in Glendale. The Speech-Language Institute utilizes the latest technology and research to evaluate and treat a wide range of speech, language, and swallowing disorders for both children and adults, at affordable prices. Midwestern University Speech-Language Institute | 623-537-6000 | www.mwuclinics.com/az/mc



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Five reasons to embrace senior living in 2018

Spending time with loved ones provides a newfound sense of clarity. While there are wonderful moments often adult children may notice some of the more troubling facts of life.

This can lead to the emotional process of considering senior living for a loved one. The more informed you and your loved one are, the more confident you will be throughout the journey.

Below are the five factors to consider for senior living.

1. Independence

Independent Living communities such as Holiday Retirement offer an all inclusive lifestyle where residents have the time to focus on the things they love.

2. Community living

While seniors can live autonomously in an independent senior living community, they're also surrounded by a community of team members and residents, providing the best of both worlds.

3. Improved quality of life

Living in a community environment provides security and safety for a senior's needs. Seniors can enjoy a spectrum of events and activities, including socializing and hobbies.

4. Affordability

When considering senior living affordability, don't forget these aging in place factors: property taxes, utilities, HOA costs and caregiving fees. Get the facts about the costs of retirement living at holiday-

touch.com/why-move.

5. Nutrition

Eating alone can impact a senior's nutritional health. Holiday Retirement communities prepare fresh, nutritional meals.

Whether you and your loved are currently discussing senior living options, or if you're being proactive for a conversation down the road, get more information by visiting holidaytouch.com. Holiday Retirement has stepped up to provide the most comforting transition possible by offering numerous amenities at their local properties including; **Vista del Rio, Vista de la Montana, Madison Meadows**

#We Too Should Report Abuse

By **Mary Lynn Kasunic**
Area Agency on Aging, Region One



Mary Lynn Kasunic
President & CEO
Area Agency on Aging
Region One

June 15th is World Elder Abuse Awareness Day. The Area Agency on Aging, in partnership with the Maricopa Elder Abuse Prevention Alliance promotes World Elder Abuse Awareness Day each year through a multi-media campaign in the community.

This year's campaign, #WeToo Should Report Sexual Abuse, recognizes that sexual abuse does not respect age. In the year of the #MeToo movement, it is important to know that older adults are also victims. "Approximately 1 in 6 women (16.9%) has experienced sexual violence other than rape by an intimate part-

ner in her lifetime; this includes sexual coercion (9.8%), unwanted sexual contact (6.4%) and non-contact unwanted sexual experiences (7.8%)" (National Intimate Partner and Sexual Violence Survey, 2010 Summary Report).

The older adult victim may have experienced the sexual abuse when they were younger or

possibly more recently. Regardless, it impacts their health, causes isolation and results in trauma, depression, and anxiety. The stigma associated with being a victim of sexual abuse makes it often go unreported and is exacerbated when the perpetrator is a family member or caregiver of the older adult. The Area Agency on Aging and Maricopa Elder Abuse Prevention Alliance encourage our community to learn more about World Elder Abuse Awareness Day (June 15th) and the #WeToo Should Report Sexual Abuse campaign. To request a presentation or for more information, please call the Agency's 24-hour Senior HELP LINE at 602-264-4357.

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Glendale, AZ | 623-322-6005

Health and Wellness Clubs Connect Students to the Future at Glendale Community College

Life is more than classrooms and textbooks for students studying for future careers in health and wellness at Glendale Community College. Students who are interested in health professions have found that clubs and student associations offer many opportunities to gain leadership skills, find support and social interactions with like-minded individuals, exposure to future careers, assistance with improving academic success and opportunities for volunteering and community service.

Nursing students can participate in the **Glendale Association of Student Nurses** which aids in the development of student nurses by fostering good citizenship, providing interaction between nursing students and professional nurses and building interest in community service. **The GCC**



Glendale Community College Student Nurses Volunteering at the Health and Wellness Fair 2018

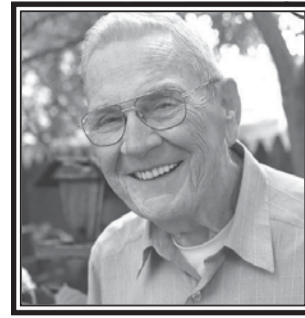
Exercise Science and Nutrition Club focuses on fitness, wellness and nutrition and provides club members with service opportunities to promote health on campus and in the community. Students interested in medicine and pharmacy studies can choose to connect with the **Pre-Med or Pre-Pharmacy Clubs**. These clubs expose students to the pharmacy and medical professions and also help students in preparing for future admission to pharmacy and medical school. **The Mental Health Club: Academ-**

ic Minds for Social Healing is dedicated to promoting understanding of behavioral health issues and encouraging the pursuit of advanced degrees in the profession of mental health. **The Biotechnology Club** provides activities for independent research, tours to Biotech facilities and hosts weekly seminars presented by industry professionals.

To learn more visit about clubs and organizations at GCC visit <http://www.gccaz.edu/clubs-organizations>

Quality Home Care Options, Inc.

We are a provider of home care services and dedicated to providing assistance to help maintain your independence. Our services are provided in the comfort of your own home so that you can remain there as long as possible. We offer companion visits and hourly care – 24 hours per day / 7 days per week in private homes, assisted living and hospital settings.



We care for you at home.

Some of the services we provide include: bath assist, dressing/grooming, medication set-up/reminders, laundry, light housekeeping, meal preparation, change linens, bed making, trash removal and transportation to appointments/errands.

Debbie Hamilton, President/Owner, started this locally owned company fifteen (15) years ago. My background is extensive in the medical field as well as daily living needs for Seniors. My goal has always been to make a difference in the lives of those we serve.

Our team of caregivers are experienced employees and they are covered by workman's compensation and liability insurance. All caregivers must pass a criminal background check, have current CPR, First-Aid, TB test, Fingerprinting and clean driving record. They have the professional knowledge and compassion to create a happy, healthy and safe environment while assuring you receive quality care.

The most valuable asset we have is our clients. All clients are given a personal assessment to determine home care needs. This helps you to remain in control of your life, choose your hours, choose your service preferences and always receive the service you deserve.

Call us at **623-322-9155**. We care for you at home and "There's no place like home".



Janet Crowl, OT/L ATP

Home Again Medical can help with swollen feet

Are your feet tired or swollen at the end of the day? Do you have spider veins or varicose veins? Has your physician recommended compression stockings to be worn during the day? Do you know how compression stockings work? Let's see if I can help you understand why they work.

Your blood vessels carry blood through your body. The arteries go from the heart to the very small capillaries. At the capillary level the Oxygen and nutrients are exchanged within the tissue (good in and bad out). The return of the blood is achieved through the venous system. The arterial system is dependent on the heart to provide enough pressure to get it to the tips of your toes and fingers. The venous system uses "pressure" valves to move the blood back to the heart. As our body changes throughout our lives the valves in our legs do not close as efficiently as when we were young. The inability to close efficiently leads to swelling.

Compression stockings provide pressure to the leg to prevent the swelling. Compression stockings generally are done in light, medium or moderate, and heavy compression levels. Your physician will either tell you the amount of compression or give you a prescription for the amount of compression that you need. The compression is tightest at the ankle to assist the venous system to return the fluid toward the abdomen to allow the fluid to recirculate.

For more information call 602-272-0707 or visit us at www.homeagain-medical.com

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- Toileting / Incontinence Care
- Light Housekeeping
- Medication Management
- Medication Reminders / Set-up
- Companionship / Hourly Care



For questions or to schedule a personal visit:

623-322-9155



The Heritage Tradition is a retirement community set within the master-planned neighborhood of Sun City West. Offering both Independent and Assisted Living lifestyles, The Heritage features a variety of studio, one- and two-bedroom residences.

Experience Life Well Lived at The Heritage Tradition

Experience a life well lived at The Heritage Tradition, a retirement community set within the master-planned neighborhood of Sun City West. Located just northwest of Phoenix, The Heritage combines Sun City West's unique lifestyle with all the luxuries and attributes of community living. Here residents enjoy a maintenance-free retirement lifestyle that provides the freedom to pursue life's passions, a full calendar of interesting programs and amenities, and close proximity to a variety of fine dining, entertainment and recreation.

Designed from the ground-up to harmonize with the needs, tastes and lifestyle preferences of its residents, The Heritage offers the perfect blend of elegance and comfort. Boasting resort-style amenities, the community features restaurant-style dining, a media/TV room, fitness center, swimming pool and spa, putting greens and walking paths, as well as a robust menu of social, cultural, educational and recreational programs.

Offering both Independent and

Assisted Living lifestyles, The Heritage features a variety of studio, one- and two-bedroom residences. The community's stylish interiors and inviting living spaces create luxurious yet comfortable living.

"There is so much to experience in and around The Heritage", said Sandra Dangelo, executive director of The Heritage Tradition. "From our extraordinary resort-style surroundings to the incredible amenities, programs and events on campus, to exciting day trips, tours and outings around town – our residents are never at a loss for things to do."

"The Heritage Tradition offers residents the ideal environment to live their retirement years to the fullest," added Dangelo. "And when needs change and grow, The Heritage is here to support residents' individual needs with genuine, quality care and compassion."

For more information or to schedule a personal tour, call The Heritage Tradition at 623.505.6405 or visit TheHeritageTradition.com.



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friendly service, but also take time to get to know you. We are the ONLY pharmacy in the area that provide FREE Prescription Delivery (10 miles), we offer Free 50+ Vitamin program, Immunizations, Medication compliance packing, Diabetes Care and many more. We accept most insurances and some with \$0 copay. We can take care of your all prescription and pharmacy service needs. We are located at 10503 W Thunderbird Blvd 101B, Sun City, AZ 85351. Phone # 623 266 0021.

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Tips for Keeping Children's Teeth Healthy

By Michael Johns, D.D.S.

Dental cavities are the number one chronic disease in children. When it comes to children's dental care, here are some alarming statistics that may surprise many parents:

- Children between the ages of 5 and 17 are five times more likely to have tooth decay than asthma, hay fever, or chronic bronchitis.
- Almost 50% of children experience tooth decay by age four.
- Almost two-thirds of Arizona's third-grade children (64%) have a history of tooth decay, compared to the national average of 52%.

(Statistics excerpted from Arizona Department of Health Services, Bureau of Oral Health Publications.)

Unfortunately, the bacteria that cause cavities never take a break. They sit, waiting ever so patiently for your child to go to sleep without



In addition to preventive care and regular dental cleanings and exams, children should have an initial orthodontic screening by age 7. Some children can benefit from early orthodontic intervention before all their adult teeth are in.

brushing. Then, while your child sleeps, the cavity germs begin their "midnight buffet," feasting on all the leftovers that sit on your child's teeth. Milk, candy, carrot sticks—cavity germs love all of that food left on and around teeth, and once "full," they dispense an acid that eats away the teeth. If decay is left untreated, there are limited options by the time the cavities cause pain.

Here are some simple tips for busy families to help

maintain healthy teeth:

- Wipe your baby's mouth after feeding if still nursing or bottle feeding.
- Once teeth start coming in, brush before bedtime every night with an American Dental Association (ADA)-approved toothpaste.
- Help children brush until around age 6 or 7, to help reach all the way to the back of the mouth.
- Make brushing fun by singing songs or listening

to music.

- Make sure your child only drinks water during the night.
- Schedule regular dental check-ups to assess your child's oral health and development.

If your child has any tooth pain or suspected dental problems, call your dentist and schedule an appointment.

The information contained in this article is provided for informational purposes only and is not for use in diagnosing any condition. The information is not intended to be a substitute for professional medical advice, diagnosis, care, or treatment. Always consult a qualified health care provider with any questions regarding any possible medical condition.

Michael Johns, D.D.S., is a Clinical Assistant Professor and pediatric dentist at the Midwestern University Dental Institute. The Dental Institute utilizes the latest technology to provide high-quality care for your entire family, at affordable prices.

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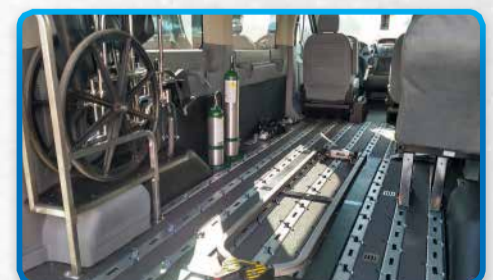
second-row seat to stay in place for even more added convenience. The Transit Connect can also be up-fitted with our newest product, Abilitrax. Abilitrax is a common platform that integrates quick disconnect seating with several different wheelchair tie-down options, lifts, grab handles, stretcher mounts and several other accessories using a floor grid system. This platform allows users to change the configuration of a vehicle in seconds.

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For more information, contact Mobility Specialist Robert Sisk in the Sanderson Mobility department at 623.842.8623 and start your road to independence today at Sanderson Ford.

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Pre-Conception List Gives Mom and Baby a Head Start

If you're planning a pregnancy in the coming months, you've probably wondered how to best prepare yourself. Desert West Obstetrics & Gynecology physicians have summarized best practices to help nature along.

The odds for a woman to successfully conceive are 15% to 25% in any given month, decreasing after age 30 and dropping sharply in your 40s. These numbers are impacted by several other factors including regularity of your menstrual cycle, frequency of attempts, illnesses and medications taken. Desert West doctors are here to help!

You may not be pregnant yet, but there's plenty you can do now to make yourself as healthy as possible for a growing baby. Consider this your preconception to-do list:

1. Make an appointment with an obstetrician to review any health issues and put you on the right track.
2. Lose extra weight to minimize your chances for gestational diabetes and high blood pressure
3. Watch what you eat and drink. Start cutting out empty calories, including alcohol, and limit caffeine.
4. If you smoke, stop.
5. Visit your dentist. Not so fun fact: Gum disease is linked to early birth and low birth weight.
6. Make sure you're up-to-date on vaccines.
7. Make a list of all prescription and over-the-counter medications you take including supplements.

Desert West obstetricians have delivered thousands of adorable and healthy babies. We have four convenient west and north valley locations including Glendale, Arrowhead, Estrella and Anthem and we accept most health plans. You can schedule by calling 602-978-1500 or learn more at www.desertwestobgyn.com.

Insist on the Best for Stroke Recovery

Following a stroke, a patient's greatest gains are usually made in the first 30 days. Studies indicate that 60 percent of stroke survivors can benefit from aggressive rehabilitation intervention. Eighty percent of those treated with aggressive rehabilitation are able to return to their homes, work, schools or active retirement.

Rehabilitation for Stroke

Stroke rehabilitation programs, like that of HealthSouth Valley of the Sun Rehabilitation Hospital, help patients adjust to the emotional and physical changes following stroke. With the goal of returning patients to independent living, specialized therapy teams work to retrain the ability to perform daily tasks and move safely at home and in the community.

Stroke rehabilitation at HealthSouth Valley of the Sun includes patient and family education,



support groups, neuropsychology and a team of skilled therapists who use technology like the AutoAmbulator[®], a robotic treadmill device that assists in replicating normal walking patterns; and VitalStim[®], which electrically stimulates swallow function.

Know the Signs of Stroke

During Stroke Awareness Month in May, learn the warning signs of stroke and why it's important to take immediate action should one occur. You can also follow preventative measures to help ensure a

stroke won't happen to you. For more information or to schedule a stroke-risk assessment, call HealthSouth Valley of the Sun Rehabilitation Hospital at 623-878-8800 or visit the Web at healthsouthvalleyofthesun.com.

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Phoenix, Arizona 85037



"This is my third baby and my third time at this office...I love it!"

Special Offer!

Obstetrics patients new to Desert West...Mention this ad by May 30th and receive a complimentary Gender Reveal Package. You'll receive two black and white photos in a keepsake folder. Regularly priced at \$50, this package is ideal for those entering their 14th through 16th week of pregnancy.

(Note: this non-diagnostic ultrasound is an optional service and does not replace any element of your prenatal care)

The Palazzo caters to your care needs

The Palazzo is a full Continuing Care Community offering Independent Living, Assisted Living, Skilled Nursing and Memory Care. At The Palazzo, we are able to cater to your needs whether you are looking for independence in an environment with social activities, wonderful meals, housekeeping and care as needed; Assisted Living for those requiring 24/7 care and a personalized care plan; Skilled Nursing (HSAG Platinum Level) for those being discharged from a hospital stay and still in need of rehab or more long term care; Memory Care for your loved ones who will thrive more in an environment specializing in care and activities for those with Alzheimer's/Dementia. We offer top customer service and premium care which may be catered to each resident's individual needs. We are currently undergoing a major renovation which



Brand new fitness center opened in March 2018.

includes adding many new amenities for our active adult residents. Come by The Palazzo to see our beautifully renovated apartments, Café, extensive activities programs designed with today's seniors in mind and don't miss out on Main Street which offers a fun and convenient place for residents to meet for cards, bridge, socializing and more. We also have a swimming pool as a place to relax or partake in water aerobics. Our

licensed Assisted Living and Skilled Nursing offer residents the continuum of care requested by so many.

The Palazzo is a community unto itself. We strive to offer all of the freedom and independence you wish while assuring that you receive all of the attention and peace of mind you desire.

For more information please visit us at www.PalazzoHC.com or call 602-433-6300.

Know your family history

Benefits of Cancer Genetic Testing.

By Mike Janicek, MD, Arizona Oncology Gynecologic Oncologist, Director of Cancer Genetic Risk Assessment



Dr. Mike Janicek, MD, Arizona Oncology

Genetic testing is a wonderful tool for physicians and patients. 5-10%, and in some cases up to 25% of certain cancers are due to an inherited genetic cause, or mutation, which is identifiable with genetic testing. Not only can this provide information that could impact treatment decisions if a person has cancer, but it allows physicians to screen appropriately for any other cancers a patient may be at increased risk for. It is also useful for relatives who can then be tested for the familial mutation. Genetic testing provides the ability to not just help one person, but all of their blood relatives across the whole family tree.

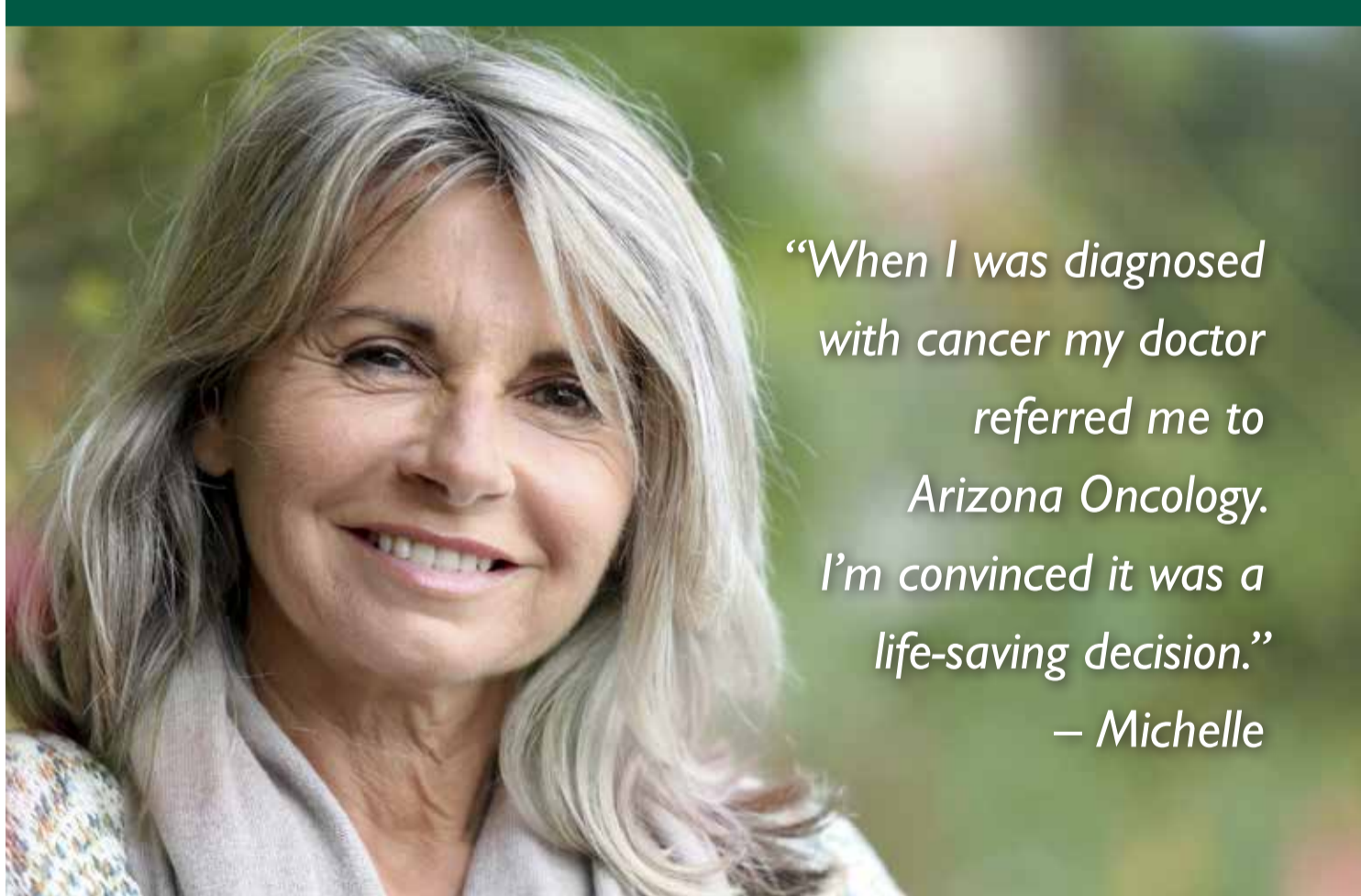
Genetic testing also

has some practical value for treating, not just preventing, cancers. First, patients who have a BRCA1/2 mutation actually have a relatively better chance of survival for breast and ovarian cancer. Second, new drugs like PARP inhibitors specifically target the BRCA1/2 mutation to exploit a weakness in the cancer. One of them has recently been FDA-approved in the treatment of ovarian cancer.

The genetic testing is complex, as there are

now dozens of other genes that can be tested, beyond the BRCA1/2 genes. It is not just a simple matter of positive or negative results. There may be unusual "variants of uncertain clinical significance" that require the expertise of a genetic counselor to decipher.

Genetic testing should be considered when there is a strong family history of cancer or with rare cancers such as ovarian cancer or male breast cancer. There are many facets to a genetic risk assessment that are useful to the physician, the patient fighting cancer, and family members who might potentially benefit from this life-saving information. To learn more about the benefits of genetic testing for cancer prevention and determining treatment options, visit ArizonaOncology.com or call our Cancer Genetic Risk Assessment team at 480.223.9828.



"When I was diagnosed with cancer my doctor referred me to Arizona Oncology. I'm convinced it was a life-saving decision."
— Michelle



Mazen Khattab, MD



Henry Lee, MD



Govardhanan Nagaiah, MD, MS



Chenthilmurugan Rathnasabapathy, MD

TOGETHER: A BETTER WAY TO FIGHT CANCER.

Together with The US Oncology Network, we bring the expertise of nearly 1,000 physicians nationwide to the delivery of our patients' care. As the largest group of medical professionals in Arizona dedicated exclusively to cancer, Arizona Oncology touches the lives of more cancer patients than any other provider in the state. We believe together is a better way to fight.

Visit ArizonaOncology.com or call 888-972-CURE for more information.



Cleaning Your Home's Ventilation and Air Duct System:

Give your family a safer, cleaner, healthier and more efficient home environment!

Mold, mildew, dust, bacteria, animal dander and other harmful contaminants build up on your duct work month after month, year after year. These particles are circulated throughout your home every time your heating and cooling system kicks on. Even new homes can have construction dust, drywall, insulation and other debris in the duct work. This isn't just a nuisance, it's unhealthy!

Simply consider that 50% of all illnesses are either caused or aggravated by polluted indoor air, and you can understand why the Environmental Protection Agency views indoor air pollution as America's No. 1 environmental health problem.

Health ailments such as allergies, asthma, headaches, nasal congestion, sinus problems and fatigue may come about as a result of poor indoor air quality.

Your air ducts are the respiratory system of your home. When they become dirty or congested, they should be cleaned so that they can breath normally and efficiently. In fact, most indoor air quality specialists recommend a professional cleaning every two to three years.

Industry experts also agree that removal of contaminants from your duct system is best accomplished by companies

that utilize "push and pull" procedures. In this method, each register or vent is first sealed off, and then trained technicians connect a large diameter hose from a commercial vacuum to your main trunk line, which creates a sealed vacuum. Then, using a variety of special tools, dust, mold and caked on dirt is loosened and pushed down the main trunk line and out to the vacuum unit. Once completed, the registers, heat exchanger, fan blower and furnace compartments are also cleaned. As a final step, an antimicrobial that retards the growth of mold, mildew, fungi, algae and other disease-causing spores is misted into the duct system from each vent, if indicated.

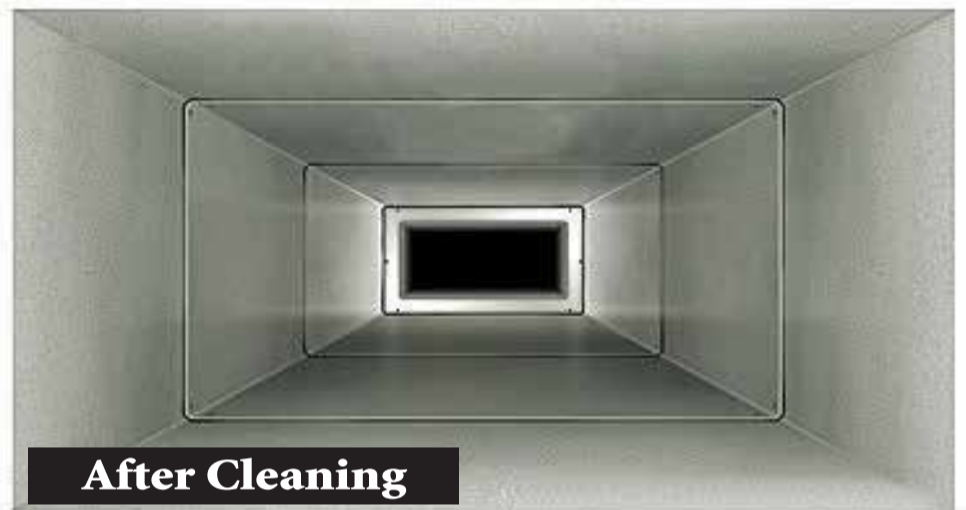
One of the most effective systems in this "push and pull" category is a multi-stage HEPA (High Efficiency Particulate Air) vacuum system. Developed due to the need for a filter that would safely remove radioactive contaminants, a HEPA filter is so efficient that it removes 99.97% of particulates as small as 0.3 micron in size (smaller than the human eye can see). The other benefit is that this system is completely self-contained and vacuum sealed. Instead of running long hoses through your house from a truck and losing

a lot of vacuum power, this system is connected within 5-10 feet of the trunk line.

Give your family the gift of clean air by having your furnace and air duct system professionally cleaned. You'll notice a tremendous difference in the air quality and the absence of hacking, sneezing and labored breathing. It will also restore your system's efficiency and lower your utility bills.

While you're at it, it is also important to have your dryer vent cleaned. Not only does lint buildup in the dryer vent result in increased energy consumption, dryer damage and the inconvenience of longer drying time, it can also lead to a worst case scenario of excessive heat buildup and fires. In fact, clogged dryer vents are one of the leading causes of residential fires in the U.S., accounting for 15,000 residential fires in 1990 alone. By having your dryer vents cleaned once a year, you will be protecting the important investment in your life, making your home safer for your family.

For more information and a free estimate, you may contact Air Quality Specialists, Inc. at 623-930-9391.



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- Replace registers
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OR

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- Check System for Leaks, Dry & Seal
- Check & Acid Wash A/C coils & clean heater.

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OR

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Got Mold?
Ask about our indoor air quality testing & video inspection system.



La Siena: An Engaging Retirement Lifestyle with a Wealth of Services

Those seeking a vibrant retirement lifestyle with personalized supportive care services if the need arises will find it all at La Siena Retirement Community. Located in northern Phoenix, the community's convenient location allows residents easy access to a myriad of shopping, dining and entertainment opportunities—all just minutes away.

La Siena's resort-style atmosphere complemented with exceptional service, outstanding amenities and engaging programs, offers both Independent and Assisted Living lifestyles. Here, residents have access to a variety of amenities and services including 12-hour restaurant-style dining in the Grand Canal Restaurant, Bud's Pub and Bistro for casual bites and social hour, an Internet Café, a fully equipped fitness center, heated swimming pool and spa, Venetian Movie Theater, Billiards, Library, beauty and barber Salon, putting green and so much more.

For residents seeking supportive care services, La Siena's licensed assisted living program offers residents a balance of

continued independence and the reassurance of personalized care services tailored to their individual needs. The community's comprehensive menu of licensed care services include: 24-hour staffing, basic assistance with all Activities of Daily Living (ADL's), medication management and counseling, emergency response system, scheduled transportation and more. Services can be reduced or increased over time allowing residents the flexibility and option of occasional or full-time assistance.

Backing La Siena's impressive range of programs and services is the community's 3-year accreditation from The Commission on Accreditation of Rehabilitation Facilities (CARF) - an international, nonprofit organization that accredits health and human services providers.

For more information and to take a personal tour of La Siena, a Senior Resource Group retirement community, please visit LaSienaSeniorLiving.com or call 602.635.6968.



From Left to Right:

Associated Retina Consultants Team: Jaime R. Gaitan, MD, Benjamin Bakall, MD, PhD, Henry M. Kwong Jr, MD, Matthew Welch, MD., Alan J. Gordon, MD, J. Sheppard Bryan, MD, Kendra A. Klein, MD, Rahul K. Reddy, MD, MHS, Stephen A.M. De Souza, MD, FRCSC

Associated Retina Consultants Receives "Top Doc" Recognition

Associated Retina Consultants (ARC) is pleased to announce that another member of their team has been recognized as a "Top Doc". Over the years, the stellar team of physicians has received numerous recognitions for their expertise and dedication to saving eyesight.

Dr. Rahul Reddy, retinal specialist and vitreoretinal surgeon at ARC, was selected as a 2018 Phoenix Magazine Top Doctor through a peer nomination process, with over 5,000 physicians selecting whom among their colleagues they believe to be the best within their specialties.

Reddy, who currently serves as the director of clinical trials at Associated Retina Consultants, utilizes his research background in ocular disease to help his patients retain optimal eye health. He is passionate about education and lectures throughout the United States. He is author of many peer reviewed journal articles and an assis-

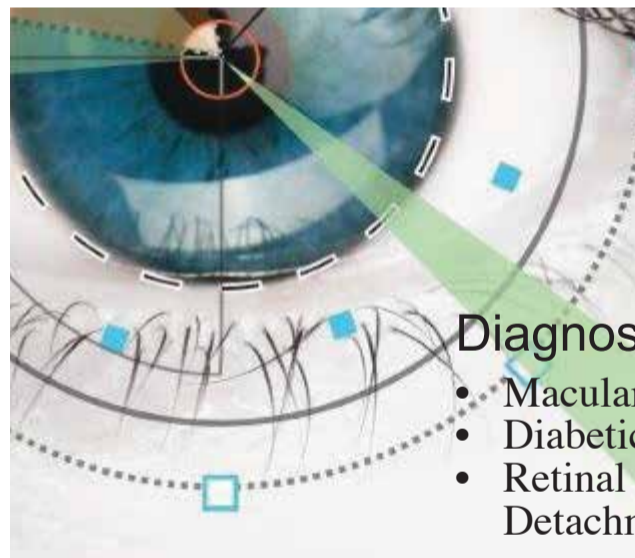
tant clinical professor at the U of A Medical School.

Reddy received his doctorate in medicine from the Medical College of Ohio and completed his ophthalmology residency at Case Western Reserve University Hospitals in Cleveland, Ohio. He refined his training with multiple fellowships, including his vitreoretinal training at Vanderbilt Eye Institute.

About Associated Retina Consultants

Associated Retina Consultants, established in 1974, serves the community in over 13 locations throughout the state. The team of nine, highly skilled retina physicians are dedicated to helping patient's lead higher quality lives through protecting and saving vision.

If you are having vision problems, contact us to schedule a retinal exam at 602.242.4928



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The First Patients

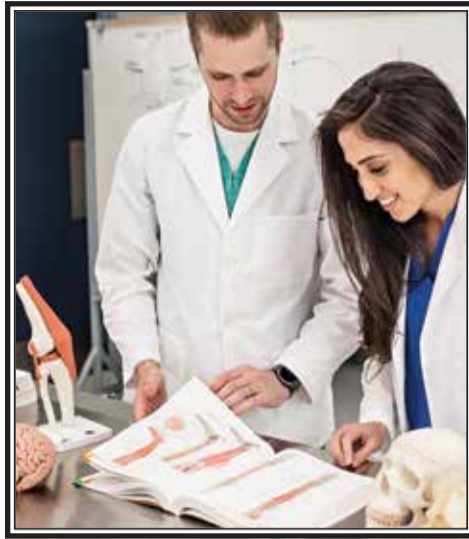
By Tony Johns and
Heather F. Smith, Ph.D.

It is often difficult to engage people outside of healthcare about the importance of gross anatomy and dissection to medical students. Outside of quipping off-handedly, “I am going to donate my body to science,” few people realize what whole body donation is and what it means.

“Effectively, the cadaver is your first patient,” explains Marcus Dee, a second-year AZCOM student. “As doctors, we will be working on real people. The human body has hundreds of structures. Books, models, and other resources are good complementary tools, but they focus on classical anatomy. When you work on a real body, you see departures from classical anatomy that are different from what you are expecting. Being able to interact with the body allows you to adapt to that, which is important down the line when you work with real patients.”

Over the weeks of study and dissection in Anatomy class, the medical students exist in a perpetual state of fascination over the complexity and intricacies of the human body. The overarching sentiment, however, is one of deep respect and seriousness, both for the magnitude of their task and for the immense gift given to them by the donors.

When medical students enter the



Midwestern University medical students studying anatomy, which forms the foundation for their medical education. The opportunity to study anatomy from a body donor provides medical and healthcare students with an invaluable association with human anatomy that no simulation or reproduction can offer.

healthcare field, it should be a matter of great comfort for their patients to realize that, thanks to the immeasurable generosity of body donors and their families, they have been prepared to care for them as unique human beings. “It is far and away the most significant gift we receive throughout our education,” says Student Doctor Dee.

Heather Smith, Ph.D. is the Director of the Midwestern University Body Donation Program. For more information, please call 623-806-7990 or visit www.midwestern.edu/bodydonation.

Coping with Caregiver Stress

Almost 43.5 million caregivers have provided unpaid care to an adult or child in the last year.* Within that group, 90% are providing care for an aging relative. This number is growing quickly and it is expected that almost 1 in 3 adults in the United States will provide care to other adults as informal caregivers by 2020.

A caregiver is anyone providing non-medical help to another person in need. This can include an ill spouse, partner, friend or neighbor, an intellectually challenged or disabled child, or in most cases, an aging relative. Unfortunately, family members who are actively caring for an older adult often don't consider themselves as a “caregiver.” They are just performing a family role they believe they are expected to do. Recognizing this role and the stress that comes with it can help caregivers receive the support they need.

A caregiver helps their person with many tasks. This may include shopping, preparing and eating food, cleaning, taking medicine, bathing, and dressing. Caregivers almost always are expected to provide companionship and emotional support. Caregiving can be rewarding. For most caregivers, the ability to be there when a loved one needs support is a core value and something many want to provide.

But most times the role of caregiving is very stressful. **Why is caregiving so hard?** Caregivers are often “on call” almost all the time. It becomes increasingly difficult to juggle the different parts of your life including work, family responsibilities, housework, social life, raising children as well as caring for the person who is sick. You may feel like you don't have any free time. Many times, you may feel there is no support and you are doing the role alone.

Caregiving is also stressful because you



Benevilla member enjoying socialization and meaningful activities at the West Valley Life Enrichment Program in Peoria, Arizona.

may see many changes in your loved one. The person you're caring for may have dementia and not know you anymore. They may be too ill to talk or perform simple tasks. Common family roles often change. He or she may have behavior problems like repeating themselves, hitting, or wandering away from home. You may have a hard time thinking of the person in the same way that you did before they became ill.

Benevilla has been helping family caregivers since 1981 when they started their very first crisis counseling service. The Benevilla founders were aware that family caregivers were bearing a heavy burden caring for their loved ones while trying to keep themselves healthy. Getting family caregivers support and information is crucial for our aging communities and their families. From the Life Enrichment Day Programs, Free Home Services and Benevilla C.A.R.E.S. Resource team, Benevilla is here to help. For more information on all Benevilla programs and services, please call 623-584-4999 or visit www.Benevilla.org.

*National Alliance for Caregiving and AARP 2015



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We provide affordable documents, you do not have to spend a fortune to protect you and your family. **Trust packages are \$495 and Will packages are \$295.** Both packages include Living Wills, Financial, Medical and Mental Health Powers of Attorney, and ALL other documents specific to your estate, including Warranty Deeds, Beneficiary Deeds.



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Airman and Family Readiness - never the wrong place to go...

Bundles for Babies; If you are an active duty member or spouse of an active duty member who is expecting a baby or is a new mother assigned to an Air Force installation, you are encouraged to contact the Airman & Family Readiness Center to sign up for a "Bundles for Babies" class. It is an opportunity to learn about parenting skills, finances, meet other expectant parents, and receive a bundle including Large canvas tote bag w/AFAS logo, Thermal receiving blanket, Hooded Towel and washcloth, White knit crib sheet, Printed knit crib sheet, 3 pack sleep-n-play, 5 pack onesies, 2 pair booties, 2 bibs, and 3 burp cloths. Classes are open to all ranks and are not limited to a first pregnancy.



Airman & Family Readiness Bundles for Babies Program

Heart Link; The transition from singlehood to married life can be a difficult process and marrying an military member can pose its own unique challenges. Heart Link is a program designed to familiarize civilian spouses with the military and alleviate some of these issues.

From military protocol to traditions and lingo, Heart Link teaches civilian spouses what their military counterparts deal with on a daily basis. Spouses are introduced to the military community. They have an important role to play, which is keeping up the home front while their spouses are deployed and being a source of support for the Airmen.

Heart Link, which is geared toward newlyweds, is designed to help connect military members with their spouses. By integrating spouses into the military it helps to enhance mission readiness. Participants learn about military protocol and military and Air Force traditions including the role of coining and the Air Force song. Learning these things helps them understand military culture.

Military Family Life Consultants (MFLC) provides short-term, non-medical counseling to Service Members and their families. MFLCs augment existing military support programs worldwide. Through the MFLC Program, licensed clinical providers assist Service Members and their families with issues they may face through the cycle of deployment - from leaving their loved ones and possibly living and working in harm's way to reintegrating with their community and family. The MFLC program provides

support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues. Psycho-educational presentations on reunion/reintegration, stress/coping, grief/loss and deployment are provided to commands, Family Readiness Groups, Soldier Readiness Processing and other requested locations. MFLC support is also provided to the Child and Youth Program and specifically for the summer DoDEA/CYP summer enrichment program. Support for these issues empowers individuals during the problem-solving process, increases individual and family competency and confidence in handling the stressors of military life and ensures that issues do not impair operational readiness.

Exceptional Family Member Program (EFMP); is designed to provide support to military family members with special needs. EFMP Services include a variety of personnel, medical, and family support functions.

The Exceptional Family Member Program- Family Support (EFMP-FS) is community support function provided by the Airman and Family Readiness Centers (A&FRC) that includes, but not limited to, on- and of-base information and referral, parent training, support group, relocation assistance, financial management, and school information.

Contact us for more information: 623-856-6550 or e-mail us at 56fss.fsfr@luke.af.mil.

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LOCAL BUSINESS OPENS NEW SENIOR CARE OFFICE

Home Instead Senior Care expands to serve growing needs of Sun City area families

Home Instead Senior Care®, a leading in-home care provider in Arizona, has opened another facility in Maricopa County, to better serve Sun City and the surrounding communities. The new facility and ownership will allow the organization to continue helping seniors remain independent and in their homes for as long as possible.

With over 18 years of experience in the medical, health and wellness industry and a passion for senior care, new owner Kara Jensen, saw this opportunity as way to show her support for the local aging community by offering assistance and services for seniors who wish to age at home. “As we see the growing demand in care among seniors in our area, I want to make sure our clients continue to receive the award-winning, high quality of care that they have come to expect from Home Instead,” said Jensen.

The new office, located at 21448 N 75th Ave Suite #1 in Glendale, includes a training facility for CAREGivers to practice basic caregiving skills – such as personal care and mobility assistance – as well as, ongoing education on Alzheimer’s and dementia care, diabetes, senior nutrition and fitness and more.

“We are focused on providing the best possible care for seniors in their homes,” said Jensen. “From our Alzheimer’s Family Caregiver Workshops to new training tools and technologies for our professional CAREGivers, we look forward to doing just that for many more years to come.”

The Sun City Home Instead Senior Care office is part of the world’s largest non-medical in-home care and companionship service for seniors. Services can be arranged for a few hours a week and up to 24 hours a day. For more information call (623) 499-3290 or visit the company’s website at <https://www.HomeInstead.com/817>.



Kara Jensen, Owner

Home Instead Senior Care
21448 N 75th Ave Suite #1
Glendale, AZ 85308
P. 623.499.3290
F. 602.314.4188
Homeinstead.com/817

ABOUT HOME INSTEAD SENIOR CARE

Founded in 1994 in Omaha, Nebraska, by Lori and Paul Hogan, the Home Instead Senior Care network provides personalized care, support and education to help enhance the lives of aging adults and their families. Today this network is the world’s leading provider of in-home care services for seniors, with more than 1,000 independently owned and operated franchises that are estimated

to annually provide more than 50 million hours of care throughout the United States and 12 other countries. Local Home Instead Senior Care offices employ approximately 65,000 CAREGiversSM worldwide who provide basic support services that enable seniors to live safely and comfortably in their own homes for as long as possible. The Home Instead Senior Care network strives to partner with each client and his or her family members to help meet that individual’s needs. Services span the care continuum from providing companionship and personal care to specialized Alzheimer’s care and hospice support. Also available are family caregiver education and support resources. At Home Instead Senior Care, it’s relationship before task, while striving to provide superior quality service.



Phoenix Police Officer Rob Sitek was shot in the line of duty and survived thanks to 93 red blood cell, 43 plasma and 12 platelet blood donors.

Blood Donors Save Heroes Like Phoenix Police Officer Rob Sitek

People’s lives can change in a split second, and those who work in public safety professions face that reality every day. Blood donors are heroes to people like Phoenix Police Officer Rob Sitek, who required 148 lifesaving blood transfusions when he was shot in the line of duty and lost the equivalent of all the blood in his body five times. Officer Sitek is thankful for the talented surgeons and blood donors who saved his life. “I applaud people who give blood regularly,” he said, “because their donations were available to my doctors when I was severely injured and needed it most.”

United Blood Services is Arizona’s largest non-profit community blood provider, serving more than 60 hospitals across the state. More than 500 blood donors are needed every day to meet the transfusion needs of patients in those hospitals. In Arizona, United Blood Services has also been established as one of the approximately half-dozen national hubs to supplement military blood supplies in the event of an emergency.

To locate and make an appointment at any United Blood Services blood drive or donor center, simply visit www.BloodHero.com or call 1-877-UBS-HERO (827-4376). For donors with base access, search Sponsor Code **LAFB** to make an appointment at an upcoming Luke Air Force Base blood drive. United Blood Services also operates the Goodyear Donor Center, which is located at 14270 W. Indian School Rd., just west of Litchfield Rd.

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Arizona School of Dental Assisting

Julie Brick

This amazing school literally changed my life. From the instructors to the president, to the outlook coordinator, they all help you and are there for you throughout this process. Whatever you need, even if it is extra help with a particular study matter, they are there for you. They also assist with job placement. If it wasn't for this school, I wouldn't have the opportunity that I have now. Do not hesitate when looking for a dental program; the school of Arizona Dental Assisting is the only place to be.

Brittney Carrillo

I really want to express my experience about when I attended Arizona School of Dental Assisting. It was life-changing for me. Years ago, I was in a place in my life that I knew was not the ideal way for how I wanted to spend the rest of my life. So, I made the decision to attend this school. Lisa, the president of the school, was my biggest support system, motivating me to believe in myself. The class was small and I felt I had more of a one-on-one experience with the instructor. Anytime I felt the need to talk to Lisa, she was there for me. I now have so many opportunities that have opened up for me because I made the best decision for me and my family. I have to thank Lisa and Arizona School of Dental Assisting for helping me succeed and believing in me. I recommend anybody who wants a career in the dental field to definitely follow your dream and choose Arizona School of Dental Assisting.

Joel Pena

Six months ago

ASDA gives you a great opportunity to learn. The instructors are always willing to help you out, and as long as you complete class assignments, homework and exams are a piece of cake. I wish I could continue a whole journey of learning with them because they are honestly the best teachers you could ask

for. Thank you.

Whittney Greenleaf

I just wanted to say this school is amazing. Not only do they teach what you need to know about dental assisting, but they help find the dentistry field that is best for you. The class size is small, which is so perfect, you get that one-on-one attention with the instructor. You actually build a great professional relationship with them and a great bond with your classmates.

This was the best decision I ever made. The results I got from this school were just great. I worked in the orthodontic field for about six years, but I never pursued an education in the field. All the experience I had wasn't paying off because I didn't have the school certificate. To my surprise, after attending this school, I learned a lot. I knew the basics, and they gave more knowledge about the field that I love.

The school's curriculum consisted of half hands-on and half textbook. They also gave me the chance to request more time on the side to help me better understand what they were teaching.

Thanks go to my instructor, Brittany, for all the help she gave me. I got an amazing location to do my internship in the field of orthodontics. I'm glad I made the choice to come here. Time went by too quickly, but I know I received all the right material to help me with my career. I will never forget the experience I had at Arizona School of Dental Assisting. Thank you so much. I highly recommend this school to anyone interested in the growing field of dentistry.

Jofni M.

Arizona School of Dental Assisting is a great opportunity to get involved in the dental field. The teachers and staff are friendly and very supportive toward your education, and make sure you are secured with a position as a dental assistant. I highly recommend anybody to attend this school. The classes are

small, but that's the best part of it, the one-on-one attention.

Felicia C.

I graduated from the Arizona School of Dental Assisting in 2008. It was one of the best decisions I ever made. The teachers were amazing and helped me so much. I would recommend this school to anyone. The atmosphere is great and I cannot say enough good things about this school.

For more information, call the Arizona School of Dental Assisting at 602-678-7061, or visit our website, www.azdentalassistants.com.



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PEMF Therapy Can Fix Your Pain

These days, there's a lot of talk about mitochondria, the battery packs of your cells. How many mitochondria you have and how strong they are affect everything you do — from performing better to living longer. There are ways to boost your mitochondria through diet and lifestyle. But what if you could charge up your mitochondria directly — in a sense, plug them in?

Pulsed Electromagnetic Field (PEMF) therapy comes close. All by transferring energy, PEMF has been used to improve functions like:

- Rate of injury healing • Immune function • Sleep • Depression • Physical energy • Bone healing and density • Circulation

What is PEMF therapy?

PEMF therapy uses bursts of low-level electromagnetic radiation to heal damaged tissues and bone, to relieve injury-related pain, and even to stimulate organs.

The idea is that pulses at low frequencies will pass through the skin and penetrate deep into muscle, bones, tendons, and even organs to activate the cell's energy and encourage its natural repair mechanisms.

PEMF is catching on as a non-invasive way to approach injuries, chronic pain, and even chronic conditions like depression and diabetes.

You may have heard that electromagnetic fields (EMFs) that come from things like wireless routers, microwaves, and airplanes disrupt your biology. EMFs can alter your DNA and reconfigure your genes, which can leave your cells not really knowing what to do. That can result in a lot of havoc, ranging from being tired all the time or ending up with DNA damage and even cancer.

PEMF therapy isn't the same thing. Frequency and duration make all the difference.

EMFs fall on a wide spectrum — everything from x-rays and satellites to your wireless headphones emit EMFs at different frequencies. High-frequency EMFs, like X-rays that register frequencies in the hundred quintillion Hz range (yes, that's a number and it's big) are the most disruptive to your body. That's because they



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are ionizing — which means they have enough energy to break electrons off of atoms, which charges them. This changes the way your cells work.

Even non-ionizing EMFs in the middle frequency (example: microwaves register around ten billion Hz) range can cause changes in your DNA and disrupt your circadian rhythm.

The therapeutic frequency of PEMFs look a lot like the frequencies you encounter in nature, so your body knows how to deal with it. Most PEMF treatments and maintenance will fall in the 5-30 Hz range, which is less than you get from a thunderstorm.

What's more is that, PEMF treatment is pulsed and brief, so you don't have extended exposure like you would sitting under a cell phone tower all day. Most PEMF treatments last 10-20 minutes and deliver short bursts the whole time, instead of constant exposure. So, you can get all the benefits of PEMF without the negative effects that come with man-made EMF sources like electronics.

The idea behind it is that the energy pulses penetrate and stimulate cells at the injury site, and everywhere around it.

PEMF expert Dr. Gary Ryan, known as "The Energy Doctor," explains, "Based on a lot of research that was done at Yale, it is apparent that just about any patholo-

gy in the body is preceded by a drop in cell charge. Now we have technology that will reach down to the level of a cell that has lost charge and, due to the high intensity of the pulse, bring that pulse back to normal or a more normal situation, which allows it to replicate and produce a more normal cell."

So, introducing a low-level electromagnetic field into the body can bring those charges back up and restore healthy electrochemical exchanges.

PEMFs stimulate every level of the body. Relaxing on a PEMF mat allows the electromagnetic pulses of energy penetrate the body at the cellular level. Your body then uses that energy to heal itself through its natural healing mechanisms. Depending on the extent of the issue, PEMFs can address a slight imbalance quickly, like a pulled muscle, or it can work to bring about a more substantial change over time, like restoring a sluggish organ system.

Here's what scientists were able to demonstrate about PEMF therapy so far:

- PEMF measurably reduced pain and swelling following plastic surgery.
- A sizeable body of research shows that PEMF helps slow-healing tibial fractures fuse.
- A small study demonstrated that PEMF therapy reduces pain from chronic pain conditions and fibromyalgia.
- Animal studies show the potential of PEMF therapy in regenerating nerve fibers in the spinal cord and peripheral nerves, which is promising for the future of regenerative medicine.
- In cell cultures, PEMF treatment seemed to activate lysozyme, which is a major step in the bone regeneration process.
- Treatment with PEMF improved osteoarthritis by keeping cartilage from breaking down.
- PEMF impacted the growth of bone cells in cell cultures, which formed bone tissue in lab tests.
- In a small study, people with rotator cuff injuries went through PEMF therapy, and all participants had either reduced or *eliminated symptoms*.
- Just one month of PEMF treatment improved pain and functional performance in arthritis patients.
- PEMF therapy helped regenerate the liver faster in rats who had part of the liver removed.

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