

# HEALTH WELLNESS QUARTERLY

## Summer 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 opened its newest senior living community – Fellowship Square Surprise, at 16477 West Bell Road.

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 liv-

ing, 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 Christian 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](http://www.FellowshipSquareSurprise.org) or call (623) 900-1552.

# Now Leasing!

## Prices Starting at \$2,695

Monthly rental...no buy-in! One time community fee of \$1,350!

**Opening June 2018!**

Fellowship Square Surprise is located at:  
16477 W. Bell Road | East of Sam's Club



Independent Living at its best for seniors.



**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](http://FellowshipSquareSurprise.org)

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



#### Utilities Included

WiFi, cable TV and telephone are included, PLUS a full size washer and dryer in every unit!



#### Our Amenities

Putting Green, Pickle Ball Courts, Pool, Koi Pond, Woodworking Shop, and many others!



#### SeniorFITness Program

Our personal trainer will develop a fitness routine specifically for you... at no charge!



# 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



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](http://www.Palazzohc.com) or call 602-433-6300.

# Assisted Living Locators - Free Senior Referral Service

Assisted Living Locators provides a free senior referral service in Glendale, Peoria, Sun City and Surprise and throughout the entire east and west valley. Assisted Living Locators provides the full continuum of care offering assistance in locating quality assisted living options throughout the Valley based on the clients budget, preferred location and medical needs. The franchise is owned by Eldercare Advisor and Registered Nurse Lori Sears. Assisted Living Locators offers a no-cost service for seniors and their families pro-



Assisted Living Locators owner- Lori Sears, RN

viding advice on short- and long-term care options, including in-home care, independent living, assisted living, memory care, and independent retirement communities. It generates revenue from the fees per placement paid by the assisted living facilities. For more information about Assisted Living Locators, call Sears at 623-703-5326 Email at [LSears@assistedlivinglocators.com](mailto:LSears@assistedlivinglocators.com) or visit the website at [www.surprise.assistedlivinglocators.com](http://www.surprise.assistedlivinglocators.com). [www.glendale.assistedlivinglocators.com](http://www.glendale.assistedlivinglocators.com)



MorningStar of Glendale, opening late 2018

# Luxury Senior Living in the West Valley

At MorningStar, it's in the air, in the very chemistry of the place. You can feel it. You can see it with your own eyes: our team flat out loving our residents, loving them like they do their own moms and dads. Our Founder, Ken Jaeger, had specific designs on how to foster the ultimate environment for the well being of seniors. Out of these convictions, he established three precepts for MorningStar: Honor God. Value All Seniors. Invest Generously in his Team. Our signature mission art, The Tree of Life, celebrates the origins of our name and mission, and the inspiring fact that seniors give us our roots and our wings. We see our residents as heroes—men and women who have exacted out of life all its triumphs and trials, who in raw courage and tenacity have invested their days. Seniors are a testimony to the colossal events in history. They've witnessed world wars and the worldwide web—all in one glorious sweep. If anyone deserves honor and respect, it is our seniors. This is MorningStar's high and chosen calling. In 2015 we opened MorningStar at Arrowhead in North Glendale, offering assisted living and memory care to area families. This Fall we celebrate the grand opening of MorningStar Senior Living of Glendale, offering independent living in luxury casitas (with garages), as well as assisted living and memory care private suites. Tours happily given daily in both MorningStar communities. (In our South Glendale location, we'll host you in our Information Center, with models opening in July for an even closer look.) For more information please visit [MorningStarSeniorLiving.com](http://MorningStarSeniorLiving.com) or call: MorningStar at Arrowhead 623-321-5150 MorningStar of Glendale 623-500-4300

## Enhancing Life—Advancing Wellness®



Newly Renovated Apartments



Extensive Fitness Classes

### We Offer a Complete Continuum of Care:

- Independent Living
- Assisted Living
- Memory Care
- Skilled Nursing (HSAG Platinum Level)



Call today to schedule your tour and ask about our expanded fitness center.

602.433.6300

6250 N. 19th Avenue, Phoenix, AZ 85015  
[www.palazzohc.com](http://www.palazzohc.com)

# HEALTH WELLNESS QUARTERLY

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## L U X U R Y   S E N I O R   L I V I N G

What *Love*  
Looks Like



Skylar, Dining Room Server; Lila, Resident



UNDER  
our roof  
*Wisdom*  
LIVES



*"Seniors teach me patience, loyalty, and the importance of family. In befriending them, I learn something new every day."*

—Michele Ortiz, Executive Director

*"Seniors teach me resilience and wisdom. Their life stories are true treasures to me."*

—Karla Averill, Executive Director

### MorningStar at Arrowhead

**623.321.5150**

21432 N 75th Ave  
Glendale, AZ 85308

TOURS DAILY

### MorningStar of Glendale

**623.500.4300**

6735 W Golden Ln  
Peoria, AZ 85345

—Opening Late 2018—

MODELS OPEN



**MorningStar**  
SENIOR LIVING

MorningStarSeniorLiving.com



# Benevilla Family Caregiver Focus

In our circle of friends, we all know that lifelong couple that have had the perfect marriage for decades and have just received news that one spouse has been diagnosed with early stage dementia, Alzheimer’s or Parkinson’s. What if this was you? You have made a commitment to face together whatever life throws your way but are you prepared to be a full time caregiver? The best preparation is to start now in learning about the disease, what treatment options there are and what resources and support are available to you. Here’s a quick game plan to get you started:

- 1. First, research and learn about the disease. Make sure you and your spouse understand the challenges that will arise. Extensive educational materials are available on the internet. Contact national and local resources such as the National Institute of Health or the National Parkinson Foundation for information. Do not be afraid to ask for help.
- 2. Keep an open line of communication with your doctor. Talk to him about treatment options. Discuss with your spouse the pros and cons to each option.
- 3. Create a plan. Take into account not only financial

- management but also home safety, transportation, health-care options, estate planning and most importantly your emotional requirements as a caregiver.
- 4. Find and use local support and resources. Benevilla offers many different caregiver resources. Participate in one of the many free local caregiver support groups. The best way is to interact with others facing the same challenges you. Contact a Benevilla C.A.R.E.S. Resource Specialist to learn more about these groups as well as other programs including the Benevilla Life Enrichment Day Programs and Free Home Services such as grocery shopping, assisted transportation, friendly visitors and more. The Benevilla C.A.R.E.S. Department has many community partners and vetted resources that can be of benefit to you and your spouse.
  - 5. Take care of your own health as a caregiver. Most caregivers find themselves with so many responsibilities they tend to put their own health aside while caring for their loved one. The best thing you can do for the person you are caring for is stay physically and emotionally strong. Eat well and see your own doctor frequently. Seek out others that



Benevilla is here to help support family caregivers with their many programs and services, resources and education.

share your challenges and don’t be afraid to ask for help. Started by and for our community in 1981, Benevilla enriches lives of west valley residents by serving older adults, adults with disabilities, children and the families who care for them. For more information on services, volunteer opportunities, to schedule a tour or donate to Benevilla, call 623-584-4999 or visit [www.benevilla.org](http://www.benevilla.org).

## The Gravity of Hearing Loss

One of the greatest fears of aging is the fear of falling. As we age the results of a fall can cause injuries that are either life threatening or life altering and no one wants to deal with these consequences. Falls can occur for a number of reasons. Loss of hearing is one of them. Sometimes loss of hearing can be due to an infection or a build-up of ear wax. These are issues that can be taken care of easily. However, true hearing loss can increase your risk of falling and Impact your balance. Through

a hearing exam, an audiologist can know for sure if hearing loss is the cause of balance issues or if an infection or ear wax build up is to blame. Loss of hearing can also result in a lack of brain stimulation. There was a 25 year study out of Johns Hopkins University that shows there is a correlation between hearing loss and dementia. It’s not so much the loss of hearing noise that is harmful to your brain as much as it is the loss of distinguishing speech. Your brain

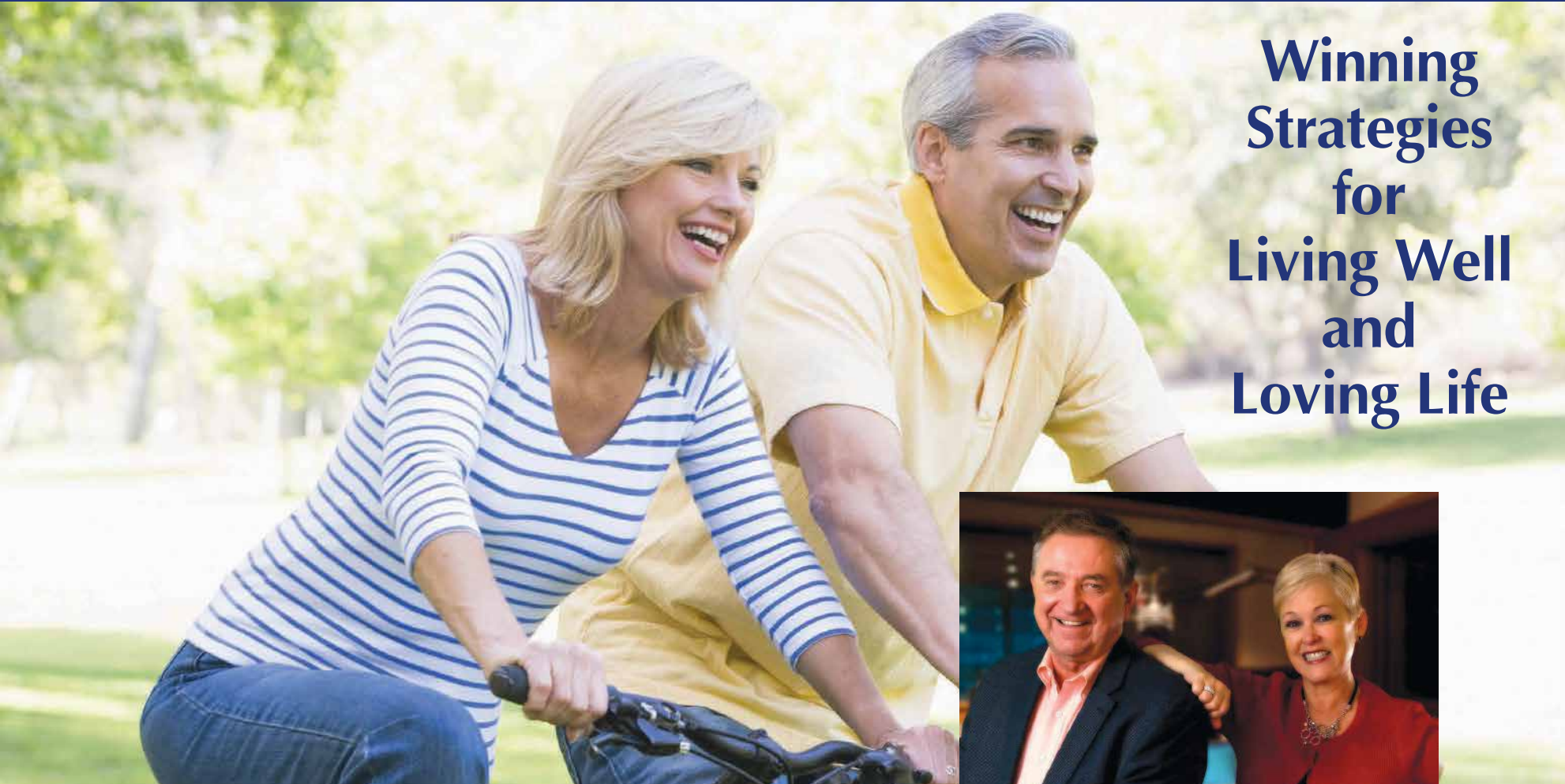
needs discernable language to keep your brain functioning. An annual hearing test starting at the age of 50 is recommended or before this age if you notice you don’t understand speech as well as you once did. There have been huge advances in hearing aid technology and it is important to become educated on your options and consult a professional before purchasing. For more information please contact Milissa Watkins at 623-847-3057



Milissa Watkins – Chief of Health Services Providence Place at Glencroft Senior Living



## “SUCCESSFUL AGING”



Winning Strategies for Living Well and Loving Life



John Wenzlau  
CEO  
Friendship Retirement Corp.

Millie Oakeson  
VP of Marketing  
Friendship Retirement Corp.

Hosts  
**John Wenzlau and Millie Oakeson**  
Listen LIVE Tuesdays at 11 am



Sponsored by: Friendship Retirement Corp.





## 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 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 [holidaytouch.com/why-move](http://holidaytouch.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](http://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**

## Serious Eye Problems Can Occur to Anyone at Any Time

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 the preservation and restoration of one of our greatest gifts, that of sight. Our focus is on the retina and macula (the back of the eye). When you have problems with these parts of your eye, your vision may be in jeopardy.

Our practice incorporates a team-based care approach allowing us to offer higher quality and efficiency. All physicians are board certified in ophthalmology and have completed formal subspecialty training in medical and surgical diseases of the retina, vitreous, and macula. We offer a compre-



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

hensive range of services from diabetic retinopathy to ocular tumors and genetic counseling. The doctors and staff take time to connect with each patient to better understand their unique needs. They listen to concerns, answer questions and educate patients. They believe in building relationships that help to provide the best overall experience possible. Through our state of the art technology, train-

ing, experience and ongoing clinical research, we will work with you to attain a positive outcome. Your care will be provided with the utmost courtesy, professionalism, comfort and respect for your time because, at ARC, the patient comes first. If you are having vision problems, don't wait until your eyesight is permanently damaged. Contact us today to schedule a retinal exam at 602-242-4928.

You deserve a

*helping hand*

You belong at Holiday.

Sometimes, it's nice to have assistance with day-to-day tasks. We like to make the hard stuff easy for you.

Learn Why - 866.912.6818  [YouBelongAtHoliday.com](http://YouBelongAtHoliday.com)



**Vista Del Rio**  
13619 N 94TH DRIVE, PEORIA, AZ 85381


**Vista De La Montana**  
18510 N PARKVIEW PLACE, SURPRISE, AZ 85374

**Madison Meadows**  
7211 N 7TH STREET, PHOENIX, AZ 85020

**Westgate Village**  
8847 W GLENDALE AVE, GLENDALE, AZ 85305

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United Blood Services

Be a

MAX

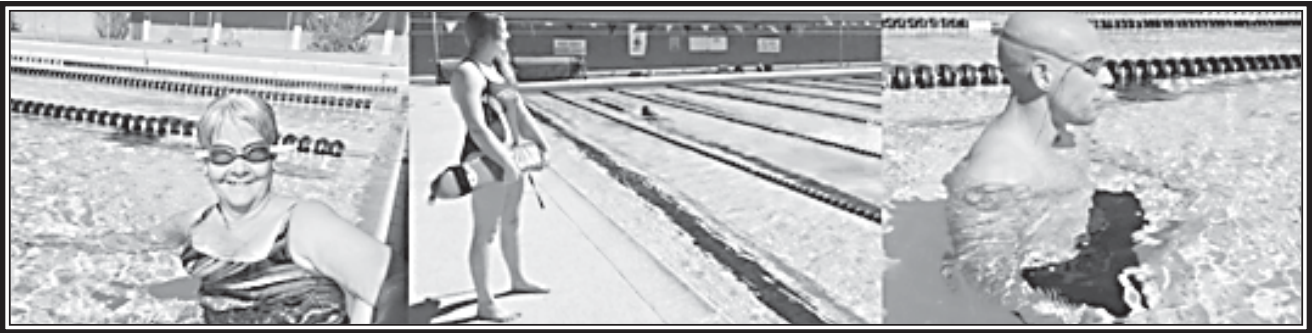
DONOR

MAXIMIZE YOUR IMPACT!

Schedule an appointment to donate blood and find out more at one of our two convenient West Valley donor centers:

1-877-UBS-HERO (827-4376)

www.UnitedBloodServicesAZ.org



Swim your way to health at Glendale Community College

## Reasons to Get Back in the Water at Glendale Community College

The benefits of swimming are an excellent way to work your

entire body and cardiovascular system. Swimming improves your mental and physical health without the high impact on your body. It can help improve your sleep, manage stress, boost your mood and work your entire body from head to toe. There are health benefits for all; including those with arthritis, MS, cardiovascular, pulmonary, diabetes and cancer.... its Exercise is Medicine in the water.

### Glendale Community College

- Located on the main campus at 6000 W. Olive Avenue
- New pool deck project completed
- Pool is heated to 80-84 degrees year round.
- Life Guard on duty during classes and lap swim
- It is one of only two Olympic-sized

pools (50 meters) in the West Valley and the only MCCCCD campus with a swimming pool.

- Swim classes, lap swim, SCUBA and future aquatics classes
- Summer 2018 Lap Swim Schedule

### Lap Swimming

All GCC Fitness Center members can attend Open Lap Swim. Not a GCC Fitness member? Please enroll in any Fitness Center section to be eligible for Lap Swim. If special permission is required for the section number you are choosing, please email [margo.bates@gccaz.edu](mailto:margo.bates@gccaz.edu) or call 602-845-3341 for more information.

**Want to try out the fitness center and the pool for FREE?**  
Download our FREE Guest Pass or stop by to fill one out.



Make fitness happen at Glendale



GLENDAL  
COMMUNITY COLLEGE  
A MARICOPA COMMUNITY COLLEGE

Register for fall

GCCAZ.edu or 623.845.3333

The Maricopa County Community College District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. For Title IX/504 concerns, call the following number to reach the appointed coordinator: (480) 731-8499. For additional information, as well as a listing of all coordinators within the Maricopa College system, visit <http://www.maricopa.edu/non-discrimination>.

Get a move on  
with a scooter  
or power chair



3 wheeled  
or 4 wheeled



Home Again  
MEDICAL

Visit our  
Showroom  
Rentals & Sales

ENHANCING YOUR COMFORT  
AND INDEPENDENCE

Providing State of the Art Home  
Medical Equipment and Supplies

5016 W Cactus Rd. #3 • Glendale, AZ 85304  
602-272-0707 • Hours: M-F 8:30 - 5:30 Sat 9:00 - 1:00

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](http://www.homeagain-medical.com)

## Airman and Family Readiness Center – never the wrong place to go.

Bundles for Babies / Kids Ride Safe; 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 / Kids Ride Safe" class. It is an opportunity to receive a free car seat and learn about the proper installation in your vehicle and also 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.

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

MORE AIRMAN & FAMILY READINESS ON 15





# WELL. WELL. WELL.

“It takes a long time to become young.” —Pablo Picasso

INSPIRA ARROWHEAD IS AN INSPIRED NEW LIFESTYLE COMMUNITY FOR THE LIVELY 62+ CROWD. OPENING 2019.

Imagine waking up every day inspired to do what you love. At Inspira, you'll discover renewed energy to explore your creativity within a lovely (and lively) community of kindred spirits. Write that novel, pick up painting, travel and connect with friends old and new—all while improving your health and sense of well-being. Wellness is woven into every aspect of the Inspira lifestyle, from healthy menu options to engaging fitness classes and inviting walking paths. Inspira offers studio, one-bedroom and two-bedroom apartment homes, as well as a full spectrum of health services should you ever need them.

Find out more at [InspiraArrowhead.com](http://InspiraArrowhead.com) or by calling (623) 455-6960!

COMMUNITY AMENITIES

- Heated swimming pool
- Green thumb raised gardens
- Fitness studio
- Pet-friendly with dog park
- Salon with on-site massage
- So much more!

THE INSPIRA CLUB

Want to be among the first to choose a prime floor plan, best views and optimal location? Join the club—the Inspira Club. Besides getting on the top of our move-in list, you'll receive invitations to posh VIP events, valuable gift certificates and early move-in incentives.

YOU'RE INVITED: COMPLIMENTARY SUMMER EVENTS!



PREVIEW PARTY

Tuesday, July 24

Arrowhead Country Club

19888 N 73rd Ave, Glendale, AZ 85308

Meet our developers and management team while enjoying refreshments, door prizes and a brief welcome presentation. Valet parking provided.



THIRSTY THURSDAYS INFO SESSIONS

July 26, August 2, 9, 16, 23

Inspira Leasing Office

Join us for a glass of wine or a playful "poptail," the latest mixology recipe that combines prosecco and popsicles to create a variety of refreshingly chilled libations—and a perfect opportunity to get to know Inspira.



DOWNSIZING SEMINARS

CALL FOR DETAILS!

Inspira Leasing Office

Are you 62+ and considering a downsize? Come learn the secrets of downsizing from industry expert Bridges Connor. Refreshments will be served!

RSVP and discover more upcoming events at [InspiraArrowhead.com](http://InspiraArrowhead.com) or call (623) 455-6960.

INSPIRA ARROWHEAD  
20240 N. 78th Avenue, Glendale, AZ 85308



INSPIRA LEASING OFFICE  
Glendale Northwest  
18185 N. 83rd Avenue, Suite 202, Glendale, AZ 85308





# Is My Child Stuttering?

**By Jennifer Buckler  
M.S., CCC-SLP  
Clinical Assistant  
Professor  
Midwestern  
University Speech-  
Language Institute**

As children develop language skills between two and five years of age, they may experience periods of normal disfluency while speaking, such as repeating whole words or syllables (“Can...can...can I go?”) or inserting fillers (“um”). Disfluencies can fluctuate as children learn new ways of using language, and will typically resolve naturally as children increase their language skills.

Here are some things you can do to help a child who is experiencing disfluencies:

- Use a slow and relaxed speaking rate when talking to your child.
- Give your child time to speak and offer your undivided attention.
- Reassure your child



If you have any concerns about your child's language development, a speech-language pathologist can assess your child's abilities and determine whether treatment is indicated.

that you are listening by showing acceptance with your body posture and facial expressions.

- Ask fewer questions and place less demand on your child for speaking performance.
- Focus on giving your child time to talk without interrupting.
- Tell your child that it's okay to have trouble talking sometimes.
- Focus on all the wonderful things your child does that are

unrelated to speaking.

Consult a professional if you have questions or if it seems like your child is avoiding talking, struggling to speak, or making sounds that are blocked or prolonged (“ssssssssorry”). A speech-language pathologist can assess whether your child is experiencing typical disfluencies or true stuttering and determine whether treatment is indicated.

Additional resources for children, teens, educators, and parents

are available from The Stuttering Foundation (<http://www.stuttering-help.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.*

Jennifer Buckler M.S., CCC-SLP, is a Clinical Assistant Professor for the Speech-Language Pathology Program at the Midwestern University College of Health Sciences. The Speech-Language Institute at the Midwestern University Multispecialty Clinic in Glendale utilizes the latest technology to evaluate and treat a wide range of speech, language, and swallowing disorders for both children and adults, at affordable prices. Call 623-537-6000 or visit [www.mwuclinics.com/az/mc](http://www.mwuclinics.com/az/mc).



## LIVE THE INSPIRED LIFE AT INSPIRA

Did you wake up tired—or inspired—today? Imagine a community that puts inspiration at the center of your life, a place where people regularly wake up inspired to exercise, learn, create and pursue the things they love.

Coming in early 2019 to the Arrowhead neighborhood in Glendale, this 62+ community under development by Cadence Living and P.B. Bell is currently accepting reservations. Make an apartment deposit now to receive special perks as a member of the Inspira Club.

### Wellness goes hand-in-hand with inspiration.

The creative minds behind Inspira believe that wellness shouldn't be separated from the rest of life, but naturally integrated into the community. It's easy to stick to wellness goals with healthy menu options—including local, organic foods when available. Moreover, the community itself is made for walking with more than 11-acres of paths that meander throughout beautiful, fragrant landscaping.

If walking isn't for you, Inspira's fitness center hosts several classes each day designed for every level of fitness. For the mind, Inspira offers art and music classes, mindfulness training, and cultural programming along with a craft room for your inspiration to take place.

### Inspired amenities and services.

Amenities and activities bloom throughout Inspira's 11-acre campus, including an onsite restaurant, a bistro, cocktail bar, dog park, fire pit and swimming pool. Designed for independent living, Inspira also offers assisted living and memory support services if residents ever need it. **For more information, visit [InspiraArrowhead.com](http://InspiraArrowhead.com) or call (623) 455-6960.**



## YOU WANT TO [COMMUNICATE MORE EFFECTIVELY.]

## EXCEPTIONAL CARE FOR CHILDREN AND ADULTS

The Midwestern University Speech-Language Institute is your source for comprehensive services for speech, language, and swallowing disorders, at affordable prices.

Call **623-537-6000** to make your appointment.



**MIDWESTERN UNIVERSITY**  
**MULTISPECIALTY CLINIC**  
*Your Family's Home for Healthcare*

19389 North 59th Avenue  
Glendale, Arizona 85308  
[www.mwuclinics.com](http://www.mwuclinics.com)



# SANDERSON FORD TAKES MOBILITY SERIOUS

Sanderson Ford realizes one of our greatest freedoms, is the freedom to go wherever, whenever we want. Our enhanced mobility department has been committed to helping everyone with the freedom of travel since 2010. Gone are the days of going to several places to get a vehicle outfitted with equipment and paying huge mark-ups. Sanderson Ford is the only Ford dealer that performs Mobility and Commercial up-fits on site. We stock several different ready-to-go packages, saving you valuable time and expense. The All-New Ford Transit Connect Wheelchair Accessible Mobility Van starts at just under \$40,000 and includes an 800-lb capacity FlexFlat ramp that folds flat when not in use creating a usable deck for luggage, cargo and more. It holds six passengers including a wheelchair. This newly designed ramp allows for the three-passenger,



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.

Sanderson Ford also offers multiple financing options. Through a strong partnership with Ford Credit, we can offer one low monthly payment on the vehicle, conversion, lifts, hand controls or anything else needed. We can do it all at Sanderson Ford and provide you with world-class service. Sanderson Ford is America's most awarded dealership for customer service and we will go further to earn your business.

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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La Siena Offers Comfort Coupled with Exceptional Service

A vibrant retirement community located in North Central Phoenix, La Siena offers comfort coupled with exceptional service.

Residents enjoy a maintenance-free lifestyle that includes weekly housekeeping, laundry service, scheduled transportation and a wealth of onsite amenities. Residents looking to enjoy a leisurely afternoon can catch a matinee at the onsite movie theatre or catch up on their favorite book at the library. For those looking to stay active there are plenty of options with a heated swimming pool, putting green, dance studio and fitness center. Gourmands need not look further for a delicious dining experience – daily, fresh specials and an evolving menu are features of the community’s Grand Canal Restaurant.

Augmenting this is a full calendar of social, cultural, education and physical opportunities. Yoga, daily workout classes, and art history lectures in partnership with the Phoenix Art Museum are just some of the many daily offerings at La Siena. These are complimented by the community’s onsite, personalized care services. Should the need for additional assistance arise, La Siena’s assisted living allows residents to live vibrant, engaged lifestyles while being fully supported. Friendly, dedicated and professional staff is available to help with daily activities and managing medications through personal and supportive care, which can be increased or decreased based on individual needs.

All of these create the vibrant, service-enriched lifestyle at La Siena. To learn more and take a tour, please call 602-635-6968 or visit [LaSienaSeniorLiving.com](http://LaSienaSeniorLiving.com).



Stem Cell Therapy is revolutionizing the healthcare industry

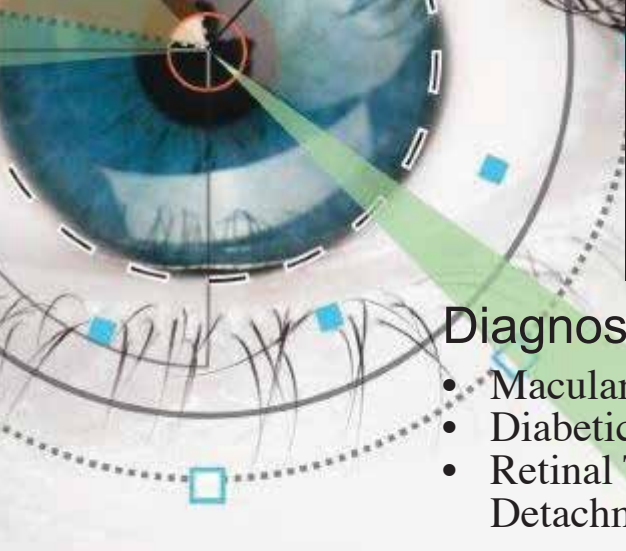
At Revive, our goal is to deliver the highest quality stem cell therapeutics and we strive to achieve optimal efficacy! At our Glendale location, our providers utilize a stem cell derived amniotic product, as well as a patient’s own stem cells to help treat many conditions, diseases, and injuries!

Without stem cells, humans would only survive for about one hour. Stem cells are the key to our regenerative and “natural” healing powers. Autologous stem cell therapy can address many medical problems organically, at the cellular level. Clinical treatments are focused on the root cause, not just symptoms. The main function of stem cells is to maintain and repair tissue. Stem cell therapy enhances this natural function by isolating a large number of highly active stem cells which are directed to an area of need within the body. Our patients are finding real, long-term relief from stem cell therapy. You can use the power of regenerative medicine to heal your body and return to the life and activities YOU love.

Below are the conditions we commonly treat with stem cell therapy!

ALS	Degenerative Disk Disease	Multiple Sclerosis
Autoimmune diseases	Diabetes Type 1 & 2	Osteoarthritis
Avascular Necrosis	Fibromyalgia	Parkinson’s
Carpal Tunnel	Erectile Dysfunction	Neuropathy
Cartilage Damage	IBS	Rheumatoid Arthritis
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Colitis	Ligament and Tendon Injuries	Spinal Cord Injury
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# MEN, has Cialis® or Viagra® LET YOU DOWN?

**We Can Help with Our All Natural “P-Performance Shot”!**



**MEN, LETS FACE IT, ERECTILE DYSFUNCTION IS A TOUCHY SUBJECT.**

We’d rather not talk about it, however, the National Institute of Health estimates that over 30 million American men currently suffer from the inability to perform and while it is more common with age, it does affect younger men too.

While sexual dysfunction is common, it is not normal. Previously, it was widely assumed the E.D. was an inevitable consequence of aging. We now know that this is simply not true. And as we learn more about this condition, more treatment options become available.

**Common Causes of E.D.**

- Diabetes
- Hypertension
- Atherosclerosis
- Hormone Imbalances
- Neurological Disorders
- Drug Side Effects
- Obesity

Traditionally, E.D. was treated with surgery, devices, medications and possibly hormone replacement therapy. All of which may work for a time but carry with them potential damaging side effects or inconveniences, however, there are alternatives.

The physicians at Revive Wellness in Glendale, AZ have another option for men seeking lasting improvements in sexual performance. It’s safe, natural and designed to use only your body’s own healing powers to enhance and rejuvenate male sexual performance. It’s called the.....

**“P-Performace-Shot”.**

The “P-Performace-Shot” is a male regenerative procedure designed to use your own platelets and plasma, other-wise known as PRP which are extracted from your own blood. It is carefully introduced into certain areas, which cause natural healing and tissue growth.



**What are the benefits of the Shot?**

- Enhanced blood flow
- Natural enlargement
- Natural growth factors enhance vascularity and promote healthier fuller blood flow
- No foreign materials, drugs or chemicals
- Virtually painless
- No down time
- No allergic reactions

Potentiates the effect of other E.D. medications like Viagra, Cialis, especially in cases where effects of these medications are dwindling.

**Is the “P-Performace-Shot” a New Procedure?**

This shot is a fairly new procedure, but the PRP technique has been around for decades and has been used in countless other medical applications. The PRP-PRFM (platelet rich fibrin matrix) techniques are commonly used to enhance, heal and rejuvenate

tissues by promoting neovascularazation (Formation of new blood vessels and increasing blood supply). The Hot-Shot is a proprietary combination of stem cells and PRP.

**Who Can Benefit from the Shot?**

Anyone who wants to enhance length, girth and function, along with anyone looking for enhanced sexual stimulation.

**How Long is the Procedure and is there any Down Time?**

The procedure will take 20 minutes or less and there is no down time after the treatment. You can return to normal activity immediately and it is encouraged.

Don’t be discouraged any longer. A safe, natural alternative exists. Don’t go another day without the enjoyment of *one of life’s greatest pleasures!*



**Schedule Your FREE Consultation**  
**602-595-7836**

WELLNESS &  
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**www.reviveaz.com**

MON-WED & THUR 9AM – 1PM/2PM – 6PM ▪ TUE & FRI 9AM – 1PM



# 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 infor 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.

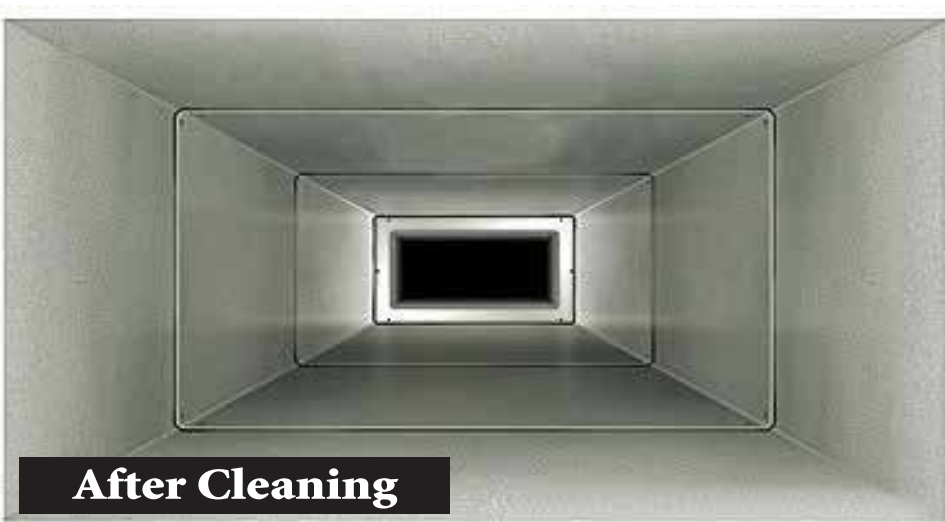
One of the most effective systems in this “push and pull” category is a multi-stage HEPA (High Efficiency Particulate Air) vacuum system. Developed due to the need for a filter that would safely remove radioactive contaminants, a HEPA filter is so efficient that it removes 99.97% of particulates as small 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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**Sure as can be, that place is La Siena Senior Living Community.** It’s where you’ll find all levels of Assisted Living services, a caring staff, and great neighbors all rolled into one. Which is why some folks call the comfort here “amazing.”

Why not come see if you share that same feeling at a complimentary lunch and tour? Please call 602.635.6968 now to schedule.

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Are you interested in hosting a blood drive?  
Call us at 480-675-5631.





3 year old Nathan getting a blood transfusion

## Blood Donors Save Toddlers like Nathan

Every month, it takes about 1,250 blood donors to save the lives of kids in the Valley’s two largest children’s hospitals. Blood donors save kids like 3-year-old Nathan who received his 56th blood transfusion on July 2 at Phoenix Children’s Hospital. The Casa Grande toddler was born with Gardos Channel Mutation, a rare disorder that causes his red blood cells to rapidly break apart. Every month, he relies on the generosity of strangers to donate lifesaving blood – a need that will most likely continue the rest of his life. “To all the donors out there, I would like to say that you have gone

above and beyond to save my son’s life and the lives of others,” expressed his mother April. “Without blood transfusions, I would have lost my little boy!” United Blood Services is Arizona’s largest non-profit community blood provider, serving more than 60 hospitals across the state. To make a donation appointment at United Blood Services’ blood drive or donor center, simply visit [www.BloodHero.com](http://www.BloodHero.com) or call 1-877-UBS-HERO (827-4376). Donors with base access are encouraged to donate at an upcoming Luke Air Force Base blood drive – simply list Sponsor Code **LAFB** when signing up.

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☐ Remove all registers and clean

☐ HEPAVAC

☐ Scrub with rotary brushes, compress air or manual scrubbing as indicated

☐ Apply anti-microbial

☐ Check for visible duct leakage/seal leaks

☐ Replace registers

☐ Clean A/C coils and heater

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- Fog with antimicrobial
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Ask about our indoor air quality testing & video inspection system.



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## ~ AIR DUCT CLEANING

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# Arrowhead Valley warm and friendly

Imagine coming home to a warm, friendly community that's luxurious, safe and comfortable. Maintenance and housekeeping included, and every meal of the day is expertly prepared and pleasing to the palette. With all the work done, you have time for family, friends and the important things in life. That can be your life at Arrowhead Valley Retirement Community.

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.

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 Freedom

Dining program offers flexible dining hours throughout the day.

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

Call today to learn more about our limited time Charter Resident Program: 480-407-6212.



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With over 25 years of Eldercare experience, our nationwide company provides seniors and their families with expert advice on long-term and senior housing



# Why Assisted Living Locators?

Assisted Living Locators is a FREE referral service. Our professional Eldercare Advisors provide personal assistance in locating the right options for your elderly loved one. An Eldercare Advisor can reduce your stress by providing a free consultation and help you find the right Home Care, Alzheimer's/Dementia Care, Assisted Living, Nursing Homes and Retirement Communities.

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## Midwestern University's Body Donation Program plays an important role in medical education

**Q: How will my donation to Midwestern University's Body Donation Program make a difference?**

A: At Midwestern University, most donations are used within healthcare curricula for anatomical study. Some are also used for workshops to advance medical knowledge and surgical procedures. Excellent healthcare demands intellectual creativity, nourished by a hands-on respect for the whole body, mind, and soul. We established the Body Donation Program because we consider the detailed study of human structure (anatomy) to be foundational for the education of healthcare professionals. This integral knowledge can best be learned and appreciated through the study of the whole human body.

**Q: How can body donation factor into my estate planning and living will?**

A: Through MWU's Body Donation Program, you can preregister at any time to donate your body to medical education. You will receive a complete packet of information that you can share with your family, and a donor ID card with our contact information and instructions to carry in your wallet. Providing detailed information to your family in advance can help them plan and give them the peace of mind that comes with knowing your wishes.

**Q: Is there a cost to donate my body to medical education at Midwestern University?**

A: If the death occurs within Maricopa County, there is no cost to the donor, family, or estate to donate to Midwestern University's Body Donation Program. The program will assume all costs, including transportation, cremation, and the mailing of remains within the United States (if so requested).

Dr. Smith  
Body Donation Program, Midwestern University  
623-806-7990



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.



TRUST or WILL? Protect your Family and Get Peace of Mind

Not everyone needs a trust but everyone needs a plan. Our main goal is to make sure everything goes smoothly upon your death and ensure you are protected if you become incapacitated. Whether your estate is small or considerable, we help you design a complete, EASY TO UNDERSTAND, estate plan for your unique situation. Your estate plan does not need to be complicated but rather straight forward and easy to execute when the time comes.

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



TRUST or WILL? Protect your Family and Get Peace of Mind. Andrick & Associates 602-943-8482.

Health Powers of Attorney, and ALL other documents specific to your estate, including Warranty Deeds, Beneficiary Deeds.

The difference between us other estate planning companies is our vast experience and track record helping Arizona residents for the past 25 years. Customer service never ends and questions are welcomed. We want everyone to be

informed, understand and feel comfortable about their decisions.

We address all concerns you may have including second marriages, blended children, nursing home protection, minor guardianship, “special needs or disability” trusts, controlled distribution to heirs, burial or cremation wishes, life insurance, IRA’s, estate taxes and MORE!



Airman & Family Readiness, Bundles for Babies Program

AIRMAN & FAMILY READINESS FROM 6

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 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 (AF&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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- Heart Link (New Spouse Orientation)
- Employment Assistance
- Transition Services (Active Duty to Civilian)
- Hearts Apart Support Activities
- Relocation & Sponsorship Services
- Financial Counseling/Education
- New or Expectant Mothers Class
- Emergency Financial Assistance
- Family Strengthening Programs & Resources
- Personal Development Information & Resources
- Exceptional Family Member Program - Provides support to Military family members with special needs
  - Information and Referral Services
- Discovery Center - Resources for relocations, transition, employment, housing, schools, and more!
- AMVETS - Provides medical records screening and assistance with VA disability claims
- School Liaison Officer - Addresses educational issues involving military children and youth in the local school community

**Monthly Dept. of Labor TAP Employment Workshop**

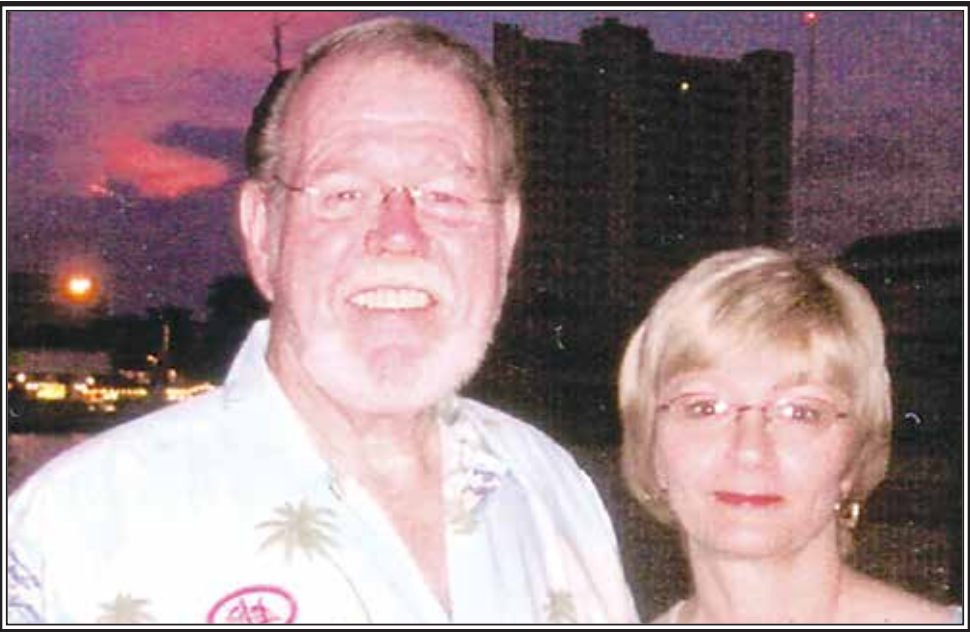
**Annual Career Fair Oct. 11, 2018 10:00am – 2:00pm**



**Contact us for further information: (623) 856-6550**  
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Ed and Ray Routh



Harold and Glennis Delano

# Patients praise new Medicare program

It's no secret that people fighting a serious chronic illness are often right on the edge of hospitalization. One fever or one late night fall results in a call to 911. That often leads to an ER visit, a stay in the hospital, and a rehab stint that can last weeks. Then the cycle starts all over again.

That's exactly what Harold Delano was experiencing. It was exhausting, expensive and frustrating. His wife Glennis believed they could prevent these trips to the hospital if someone was checking in on Harold and heading off trouble. She knew there had to be a better way.

Well, now there is. Since January, Medicare has been allowing some patients to continue treatments like dialysis, radiation, chemo, immunotherapy, etc.—and at the same time, have a hospice team come to their home to provide medical, emotion-

al, social and spiritual support. Up until now, Medicare required patients to forego such treatments in order to elect hospice care. Hospice of the Valley is the only agency in Arizona chosen to participate in the program—and so far, patients are singing its praises.

The hospice team not only keeps close watch over the patient, it provides support to the caregiver who is often overwhelmed and lonely.

"She cares about how I'm doing," Glennis said. "I don't get a lot of sleep and sometimes it feels like a losing battle, but I want to keep him at home. We've been married 62 years and we're not about to be separated."

The Rouths have also had a positive experience with MediCaring®. Kay claims that 2 weeks after they signed up, the program prevented a trip to the

hospital. Her husband Ed had a fever that was rapidly getting worse. Within 2 hours, their hospice nurse contacted his doctor for an antibiotic and by morning, he was much better. Prior to MediCaring®, Ed had been in and out of the ER non-stop.

"I can't even begin to describe the peace of mind this program brings," said Kay. "Having a nurse I can call at 2 in the morning takes a lot of the worry and responsibility off me."

Medicare hopes to determine if this new model of care increases quality, lowers cost and decreases hospital stays. But Kay doesn't have to wait for the study to conclude in 2020 -- she's already convinced it's a good idea. "They should have done this a long time ago and saved taxpayers a lot of money."

To find out more about MediCaring®, contact Hospice of the Valley at (602) 530-6900.



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BODY DONATION PROGRAM  
*Tomorrow's Healthcare Team*

2019S North 57th Avenue | Glendale, Arizona 85308  
[azbodydonation@midwestern.edu](mailto:azbodydonation@midwestern.edu)  
[www.midwestern.edu/bodydonation](http://www.midwestern.edu/bodydonation)





# A legacy of *caring*

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Arizona School of Dental Assisting

This school is AMAZING! They have the best instructors that put their ALL into teaching you everything you need to start your career. Brittany was my instructor and I couldn't say thank you enough to her for everything she has done for me. Bianca is the front office coordinator and just the sweetest woman you will ever meet. She helped me land my job along with Brittany, those two are wonderful at what they do! They gave me the resources to find a job and I landed one immediately! The president of the school Lisa is a person I don't have enough space to type about, she made my whole schooling easy, she did things for me that no other school would do! I can't thank everyone there enough! They made my dreams come true! I LOVE ASDA!!!! Tomi E.

For more information, call the Arizona School of Dental Assisting at 602-678-7061, or visit our website, [www.azdentalassistants.com](http://www.azdentalassistants.com).



"To succeed, you must first act." Congratulations to Katia, graduate at Arizona School of Dental Assisting for successfully completing the program.

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.



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](http://Homeinstead.com/817)

"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

MORE HOME INSTEAD ON 19



### Arizona School of Dental Assisting

ASDA Maintains high standards and enforces strict requirements while avoiding all those extra fluff classes you do not need with our hands on training that can lead you to immediate employment. Visit our website [www.azdentalassistants.com](http://www.azdentalassistants.com)

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**YOUR FUTURE LIFE NOW!**  
12 Week Program

**Classes:**

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- 2 days OR 2 nights per week
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- Financial & Payments plans, as low as \$50 per month
- Government Grants and Military Funding Accepted
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- Dentrix training
- Orthodontics training

**Classes Starting Monthly**

Visit our **NEW WESTSIDE LOCATION**  
4915 W. Bell Rd. Ste. #F200, Glendale, AZ 85308  
For more information call  
**602.678.7061** or visit [azdentalassistants.com](http://azdentalassistants.com)





*To us, it's personal.*

### Enhancing the Lives of Aging Adults and Their Families

- Companionship
- Personal Care
- Transitional Care
- Medication Reminders
- Meal Preparation
- Light Housekeeping
- Respite Care
- Escort to Shopping and Errands

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### The Newest Luxury Resort Lifestyle

If you want stress-free/maintenance-free retirement living, our apartments provide the features you desire. Designed exclusively for adults 55 and over, we offer the comforts and conveniences of modern living without the hassle of upkeep.

Call today to learn more about our limited-time Charter Resident Program:  
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20025 N. 81st Ave. ♦ Peoria, AZ 85382 ♦ [ArrowheadValleyRetirement.com](http://ArrowheadValleyRetirement.com)





A Vibrant Retirement Lifestyle with Tailored Services

Those seeking a vibrant retirement lifestyle with tailored services need look no further than The Heritage Tradition, a Senior Resource Group community in the gated 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 setting with the comfort of knowing that supportive services are available if the need arises.

The Heritage’s



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.

licensed assisted living program provides a comprehensive menu of specialized care services that can be reduced or increased over time. Residents enjoy the flexibility and option of occasional or full-time assistance and have a peace of mind knowing that should their needs change; a caring and professional staff will be there to meet those needs, now and in the future.

Augmenting these offerings are the community’s resort-style amenities and an onsite

restaurant featuring evolving menus and daily fresh specials available 12 hours a day. The community’s independent and assisted living features spacious studios and stylishly appointed one- and two-bedroom residences that include weekly housekeeping and flat linen laundry service.

We invite you to experience The Heritage Tradition by taking a personal tour. To RSVP, please call 623.505.6405 or visit TheHeritageSeniorLiving.com.

HOME INSTEAD FROM 18

company’s website at <https://www.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.

Healthy Living – Better Health Better You

The key to healthy living is living in healthy ways. The path to that goal begins when you take control.

Medical and aging experts agree that staying positive, physical and social activity, a well-balanced diet and knowing where to go for support and resources are essential elements in creating and maintaining a healthy lifestyle.

To that end, the Area Agency on Aging has developed a wide range of classes offered throughout the Valley, designed to help you live and be your best.

The four pillars of **Healthy Living Better Health, Better You** - *Healthy Mind, Get Up & Go, Take Control and Live Well* – provide useful, easy-to-follow and important guidelines and suggestions to live a healthier life.

*Healthy Mind* classes help you create happiness and well-being as well as to identify risk factors and warning signs that may affect your mental health. The *Get Up & Go* component focuses on strength training and balance to prevent falls and increase activity lev-

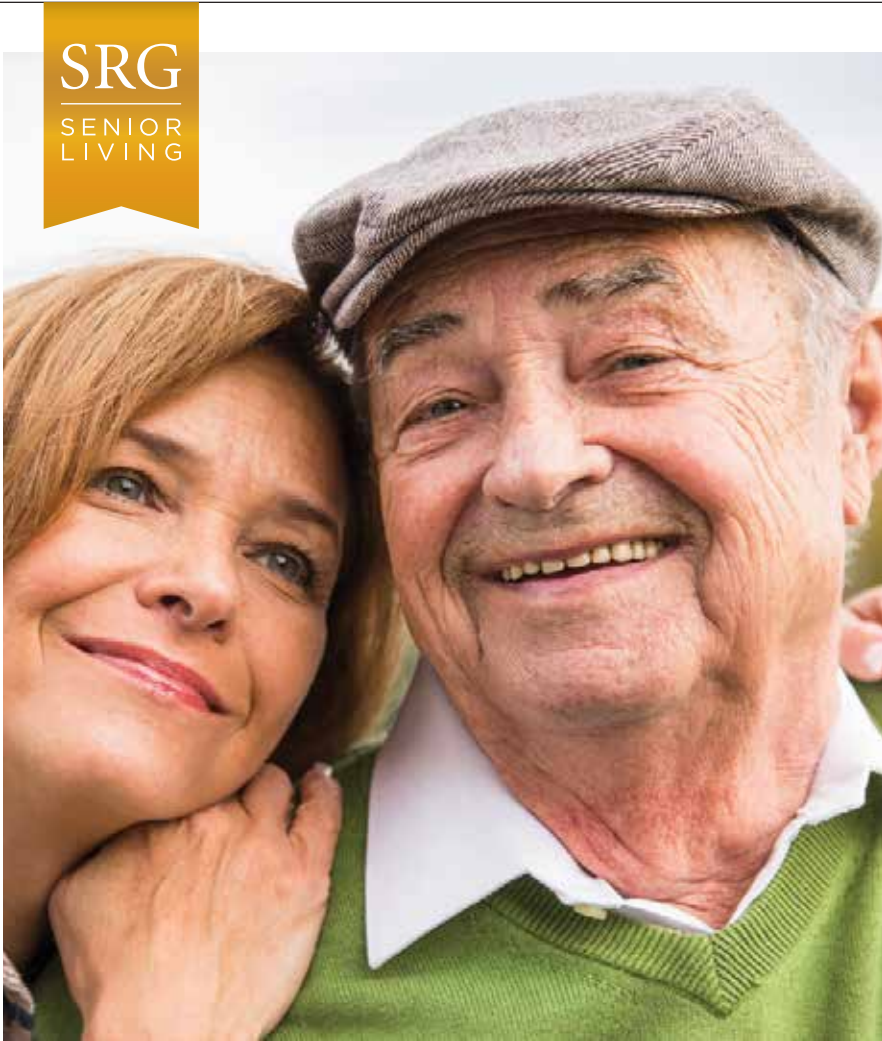


Melissa Elliott  
Vice President  
of Programs and Services  
Area Agency on Aging

els. Through Take Control, you’ll learn to correctly use medications and self-manage chronic health conditions, pain and your type 2 diabetes. Live Well addresses wellness through healthy living choices and aging mastery classes.

“The variety of healthy living classes the Agency offers are of great value to any older adult who wants to engage in the community,” said Area Agency on Aging Vice President of Programs and Services, Melissa Elliott. “The focus of the classes is particularly timely in addressing the issues faced by older adults who want to be on a path to healthy aging.”

For more information or to register, call (602) 264-HELP (4357) or visit [www.aaaphx.org](http://www.aaaphx.org).



A little help.  
A big difference.

The assisted living services at The Heritage Tradition Senior Living Community are about the whole family and the whole YOU.

But the best part? No matter if you need a little help or a lot, the difference you’ll feel will be amazing. Please call The Heritage Tradition to schedule your complimentary lunch and tour.

Finding the Right Retirement Lifestyle  
Thursday, August 2<sup>nd</sup> & August 9<sup>th</sup>  
10:00am

Join us for an informative discussion on finding the right retirement lifestyle. We’ll talk about the differences between independent living, assisted living, memory care and skilled nursing and how these options may be the right fit for you or a loved one. Refreshments will be served. To RSVP please call 623.552.7858.

The Heritage  
TRADITION

INDEPENDENT & ASSISTED LIVING RESIDENCES

19303 N. New Tradition Road • Sun City West  
[TheHeritageTradition.com](http://TheHeritageTradition.com) • 623.552.7858







# HEALTHY LIVING

## Better Health, Better You

### HEALTHY MIND

**Mental Health First Aid**

– 8 hour class

Ask the right questions, identify the risk factors and warning signs, and understand how to de-escalate a crisis situation.

**Singing in the Rain – Transitional Workshop**

– 8 week class

Create happiness and well-being in the midst of all that life demands and its inevitable surprises.

**safeTalk: Suicide Alertness For Everyone** – 4 hour class

Know what to do if someone is suicidal. Follow the TALK steps – Tell, Ask, Listen, Keep-safe. Offer immediate help to someone having thoughts of suicide.

**A Matter of Life – Suicide Prevention**

–1 hour presentation

Recognize the signs and symptoms of depression, anxiety, and substance abuse.

### GET UP & GO

**Geri-Fit®** – 8 week class

Prevent falls and improve balance through strength training.

**Matter of Balance** – 8 week class

Reduce falls and increase activity levels.

### TAKE CONTROL

**Rx Matters** – 1 hour presentation

Learn the correct use of opioids and medications with presentations to homebound seniors and their caregivers.

**Chronic Disease**

**Self-Management** – 6 week class

Understand how to self-manage chronic health conditions.

**Chronic Pain**

**Self-Management** – 6 week class

Know the tips, techniques, and tools to manage pain.

**Diabetes Self-Management**

– 6 week class

Manage your type 2 diabetes.

### LIVE WELL

**WISE – Wellness Initiative for Senior Education**

– 6 week class

Explore healthy living choices in a complete wellness program.

**Aging Mastery Classes**

– 10 week class

Develop behaviors for improved health, stronger economic security, greater well-being, and increased social participation.



Area Agency on Aging promotes healthy living with classes to help you live and be your best. Classes include workbook and Elder Resource Guide.

All classes are ongoing and Valley wide. For more information or to register, call or log on

**602-264-HELP (4357)**  
**aaaphx.org**

