

HEALTH WELLNESS QUARTERLY

Winter 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 Spring 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.



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Visit www.FellowshipSquareSurprise.org

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Utilities Included

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



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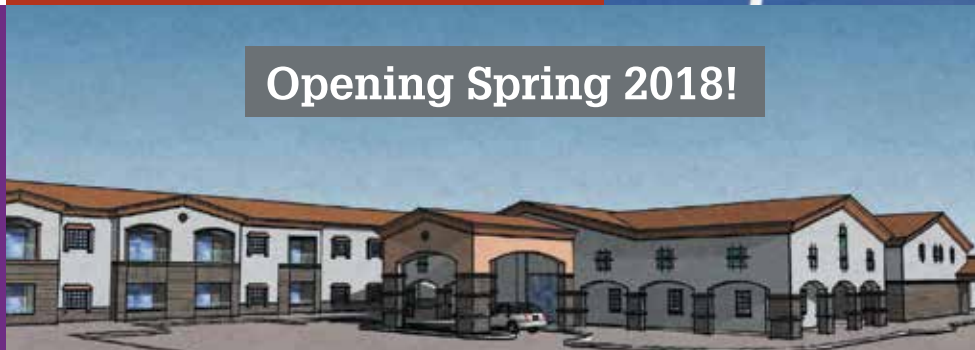


Our Amenities

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



Opening Spring 2018!



Fellowship Square Surprise is located at:
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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 (5-Star rated and 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



tion 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 or call 602-433-6300.



HeartSmart Program

HealthSouth Valley of the Sun Inpatient Cardiac Rehabilitation Program

When conditions like heart disease, stroke and surgery challenge the cardiac system, there's no substitution for having the best cardiac care available – and for good reason. The right inpatient cardiac rehab program can help a patient achieve recovery goals faster, which in turn provides a path for better health in the future.

HealthSouth Valley of the Sun Rehabilitation Hospital offers a unique HeartSmart Program strategically designed for cardiac patients. Specific treatment plans are individually developed to help patients reach maximum function with timely, productive results.

The HeartSmart Program focuses solely on rehabilitating cardiac patients. HeartSmart empowers patients with knowledge and offers latest acute cardiac rehabilitation treatments available. HealthSouth understands that no two people are the same, so it

tailors the program to each person's needs.

Patients who participate in the HeartSmart Program, benefit from HealthSouth's advanced cardiac life support certified nurses, cardiac physicians, continuous cardiac monitoring, state-of-the-art technologies, certified rehabilitation registered nurses and daily physician visits.

Heart Smart Program patients receive the extra support needed to move ahead in life, from learning how to safely get around at home again, to taking on a new exercise regime.

Specialized clinicians work with patients on program features such as cardiac education, daily exercise group, diet education, energy conservation, medication management, mobility safety and rehabilitation therapies. All of these interventions add up to better care for better outcomes.

Call 623 334-5361 for more information or to schedule a tour. Visit us at www.HealthSouthValleyofthe-Sun.com for program and location information.

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HEALTH WELLNESS QUARTERLY

A special supplement to:
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www.glendalestar.com and
Peoria Times website: www.peoriatimes.com

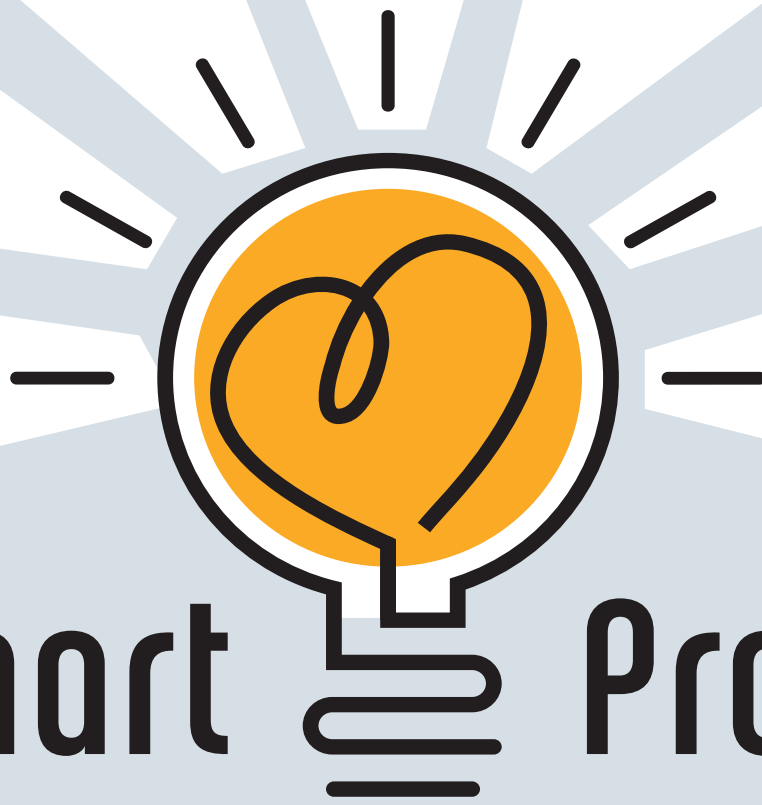
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HeartSmart Program

Cardiac Rehabilitation that Makes Sense: The HeartSmart Program at HealthSouth

HealthSouth Valley of the Sun Rehabilitation Hospital offers a unique HeartSmart Program strategically designed to help cardiac patients reach maximum function with timelier, more productive results. HealthSouth understands that no two people are the same, so programs are tailored to each person's needs, using the latest technologies and professional rehabilitation teams.

To learn more about the HeartSmart Program, call 623 334-5361 or visit healthsouthvalleyofthesun.com.

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Valley of the Sun Rehabilitation Hospital

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healthsouthvalleyofthesun.com

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.

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Our Peoria Clinic is at 14155 N 83rd Avenue, Suite 147. We are just north of Thunderbird on 83rd Avenue within the Stonegate Medical Plaza. If you turn east on Ludlow (next to Culvers) take the first entrance to the complex, the first left and look for our signs. We have parking spaces designated just for our clients!

For more information visit us at www.abchearingaids.com or call 623-565-9101 or 480-719-7720.



“When I was diagnosed with cancer my doctor referred me to Arizona Oncology. I’m convinced it was a life-saving decision.”
 – Michelle



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Arizona School of Dental Assisting

“Hi my name is Christina, I’m 36 years old with 3 children, 18,16,&13. I had no idea where my life was headed, until I stumbled across Arizona School of Dental Assisting (ASDA) I was so nervous in the beginning and all through school, I started workingthis career field has been the best experience I’ve ever had! I love it so much, I love working with the patients, it makes me happy to help others. My children are very happy to see me smiling, happy doing something I never imagined doing. Dreams do come true. Lisa and her Staff have been very uplifting and helpful. My experience has been amazing.

Christina Munoz
Arizona School of Dental Assisting, Student

“Thank you to all you guys for being the amazing people you are! The office I got hired at is 5 miles from my house and I had my first day today and I really like it!”

Bridget C.
Arizona School of Dental Assisting, Student

“I’m Vanessa and I’d highly recommend this lively 12 week course, to anyone who is interested in becoming a dental assistant. The classes last 3 short hours, for



Lisa Stevenson, President of Arizona School of Dental Assisting
“To succeed, you must first act.”

2 days a week! Before I found Arizona School of Dental Assisting, I looked into other dental assisting courses, and they were anywhere from 9 to 14 months and the prices were way too high. Brittany, and Whittney being the excellent teachers that they are, keep the classes simple, interesting, and enjoyable. My class began sometime in September of 2016, and before the end of the course (November 2016) I was hired at a wonderful office, off my externship. Being 3 months later, I am currently being cross trained as a general dental assistant, and as an orthodontic assistant. I couldn’t be happier

with the outcome! GO ASDA!”

Vanessa Rivas
Arizona School of Dental Assisting, Student

“I LOVED going to school here. I was able to get a job before I finished my schooling. I definitely recommend going here! Go ASDA!”

Jennifer Shindell
Arizona School of Dental Assisting, student

“Great School, Teachers and Leaders!”

Pam Haring
Arizona School of Dental Assisting, Student

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



Students performing CPR on a simulated cardiac arrest incident, Glendale Community College Emergency Technician Program

Glendale Community College Expanding Emergency Medical Technician Program in 2018

Thinking about a new career or a stepping stone in becoming a Firefighter or Paramedic? The Emergency Medical Technician program at Glendale Community College offers several day and evening options at our two campuses. This 16-week course provides the needed cognitive and psychomotor skills to perform critical thinking and emergency treatment at medical scenes through scenario based learning and training. You learn to assess and treat medical and trauma patients, manage emergency scenes using the National Incident Management Sys-

tem and receive national certificates from FEMA. EMT’s are first at the accident scene and are responsible for the initial assessment of a patient’s condition, treatment, and transport. The majority of EMTs work as firefighters, ambulance attendants, hospital technicians and urgent care technicians.

These first responders have to be prepared and GCC graduates have an impressive rate of passing and successfully obtaining the National Registry certification in their first attempt. GCC’s average for passing at the first attempt is 88% compared to the national average

of 72%. All graduates have three attempts to pass and GCC’s rate increased to 91% with three attempts, while the national average increased to 80%. The GCC first time pass rate has been a steady 83% over the past 10 years. “The increase is attributed to the realistic, hands-on training and providing experience with technology currently used in the field” says GCC EMT Program Director Rainier Perez.

For more information on the next class, EMT refresher or CPR course, visit www.gccaz.edu/emt or call 623.845.3161.



Arizona School of Dental Assisting

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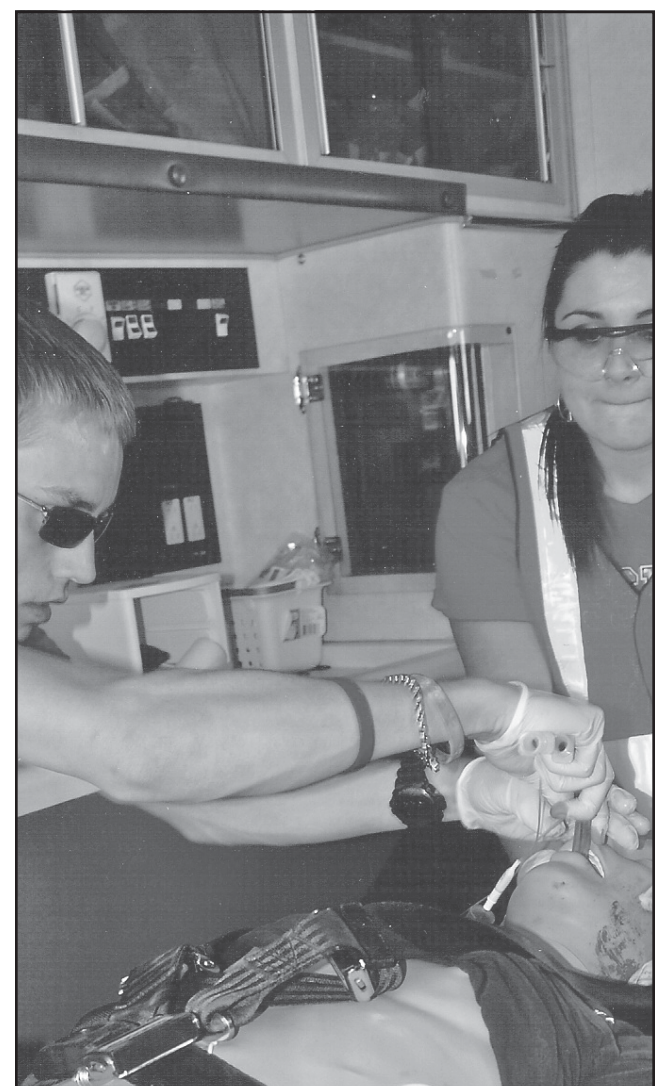
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FREE pair of Medical compression stockings with this ad upon completion of first vein Ablation

Don't Let a Scary-sounding Diagnosis Stop You

By Mark Kargela, D.P.T., PT, OCS, FAAOMPT

In physical therapy, we often see patients hesitate to engage in active movement programs due to fears of their diagnoses. A diagnosis of degenerative disc disease can strike fear in people and cause them to move more carefully, with significant added tension. Attempting to move with caution so as to protect the disc can even increase the pain by compressing pain-sensitive structures in the spine.

It is important to recognize that degenerative disc diagnoses are a normal part of aging, despite how scary they can sound. A study of 3,110 pain-free people showed that all age groups experience disc degeneration. Here are the percentages of study participants in each age group who had disc degeneration:

Age	% of participants with disc or joint degeneration
20s	37%
30s	52%
40s	68%
50s	80%
60s	88%
70s	93%
80s	96%

So in actuality, findings of disc degeneration on an MRI or x-ray are a normal part of aging, and not a reason to limit activities or cause fear of movement. In my opinion, calling degenerative disc conditions a “disease” is something like calling a receding hair line a “degenerative scalp disease.”

If you have general pain or even a scary diagnosis, a physical therapist can thoroughly examine you and help find ways to get you moving again, while addressing your unique concerns and movement goals. Together, through manual therapy and exercise interventions, you can develop an independent



Don't give up on movement and exercise; instead, see a physical therapist and get back to the activities that are important in your life.

program to help you move better and get back to the activities that are meaningful to you.

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.

Mark Kargela, D.P.T., PT, OCS, FAAOMPT, is a Clinical Assistant Professor for the Physical Ther-

apy Institute at the Midwestern University Multi-specialty Clinic in Glendale. The Physical Therapy Institute utilizes the latest technology and research to evaluate and treat a wide range of orthopedic and chronic pain conditions for both children and adults, at affordable prices. Midwestern University Physical Therapy Institute, 623-537-6000, www.mwuclinics.com/az/mc

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SUMMIT MEDICAL BRINGS FULL BODY SCANS TO ARIZONA

Summit Medical Weight Loss Clinics is proud to announce that they are now offering the NES Health Body Scan which provides a complete system to restores health and energy at its source. This scan analyzes and corrects the body's bio-field and information, which, after more than 30 years of scientific research, has been shown to be the master control system for the body's health and functioning, and can now approach health from the key perspective that energy and information control biology.

John F., suffered from insomnia, stated, "NES is very accurate, I could feel a shift immediately. I'm a lot happier and it's a lot more fun living my life this way."

Cutting-edge science has proven that there is a regulating field of energy and information that operates in the physical body at the subcellular level. At NES Health, they call this the Human Body-Field, discovering that

distortions and blockages in the Body-Field, which serves as a master control system for all physiological function, can lead to physical problems and deteriorating health.

A few of the benefits of NES are support in pain reduction, healing speed and regeneration of damaged tissue by stimulating stem cell production. Support of performance increase and recovery after injury or illness. Relief of soreness, stiffness, arthritic conditions, ligament, tendon, muscle or bone injury. Improvement of the circulation – not by increasing heart-beat or blood pressure – but by opening and dilating arteries and capillaries. This also reduces swelling. Enhancement of the synthesis of protein cells, allowing the body to take advantage of all protein available.

Ann L., suffered from high levels of stress, "I'm normally a highly strung person but NES Health helps me to get into balance a lot more quickly.



After the 30-second scan is completed, the practitioner and client go over body graphs of any located distortions in the body's information, as well as recommendations for therapy.

I'm not so stressed anymore. I feel comfortable now and I am a much calmer person than I used to be."

The goal is to get your body's energy flow back to operating with maximum efficiency. Because the body can easily get trained into "patterns" where the energy becomes sluggish or stuck, rejuvenating the body's energy flow is critical – as it releases stuck patterns which clear the

way for the body's own healing system to take over.

"Within two weeks I wasn't tired all the time and I keep on seeing improvements every time I see my practitioner." Stated Katie S, suffered from Chronic Fatigue Syndrome

If you are ready to start feeling better, now is the time to get scanned. CALL NOW 480-306-4410

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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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Lori Sears, RN
Senior Advisor, Owner
Assisted Living Locators-Covering the West Valley
Glendale, Peoria, Sun City, and Surprise

Assisted Living Locators opens office in West Valley

Assisted Living Locators West Valley provides free senior referral service in Glendale, Peoria, Sun City and Surprise. Assisted Living Locators provides the full continuum of care offering assistance in locating quality assisted living options throughout the Northwest Valley.

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 providing advice on short- and long-term care options, including in-home care, independent living, assisted living, memory care, and retirement apartments. 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, or visit the website at www.surprise.assistedlivinglocators.com.

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Diagnosing and Treating Amblyopia (“Lazy Eye”)

By Caitlin Miller, O.D., FAAO

Parents often ask about “lazy eye”—what it is, and how it is diagnosed and treated in children. Amblyopia is the official diagnosis and is often referred to as “lazy eye.” It is a condition in which one or both of the eyes are not correctable to 20/20 vision with glasses.

Amblyopia is the most common cause of visual impairment in children, usually developing before age six. Amblyopia can be caused by an eye turn, a high prescription in one or both eyes, or by another condition such as a cataract.

Symptoms of amblyopia include an aversion to having an eye covered or bumping into objects on one side. More often, there are no noticeable symptoms, and amblyopia remains undetected until a child’s first comprehensive eye exam.

It is important to detect and treat amblyopia and other conditions early, and the American Optometric Association (AOA) recommends that a child’s first comprehensive eye examination be done at six months of age. Simple vision screenings may not detect the condition. If amblyopia remains undetected until the teenage years or adulthood, treatment often takes longer and can be less effective.

A child diagnosed with amblyopia will need to wear prescription glasses. Wearing glasses full time may resolve amblyopia, but frequently additional treatment is needed. This may include patching an eye, using an atropine eye drop, or conducting vision therapy. Be sure to schedule regular exam appointments as recommended by your optometrist.

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 ques-



If you are concerned that your child may have amblyopia or any other vision problem, schedule a comprehensive eye exam with an optometrist.

tions regarding any possible medical condition.

Caitlin Miller, O.D., FAAO, is an Assistant Professor for the Arizona College of Optometry and practices in pediatrics and vision therapy at the Midwestern University Eye Institute in Glendale, Ari-

zona. The Eye Institute utilizes the latest technology to provide high-quality care for the public at affordable prices. Visit www.mwuclinics.com/az/ei for more information, or call 623-537-6000 to schedule an appointment.

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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 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. 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**



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What is dysarthria?

By Teresa Brobeck, Ph.D., CCC-SLP

Most of us take for granted that we can speak our thoughts clearly. We give little attention to the coordination of our breathing, voice, lips, teeth, tongue, and palate. We also rarely have to closely monitor our rate of speech or the patterns of our pitch or loudness changes when we talk.

Dysarthria is a condition resulting from the speech muscles becoming weak or uncoordinated, often caused by damage in the brain or to the nerves that control muscles for speech. Illnesses such as stroke, cerebral palsy, and brain injury as well as neurological diseases such as Parkinson disease, Amyotrophic Lateral Sclerosis, Multiple Sclerosis, Huntington disease, and Muscular Dystrophy often cause dysarthria.

When people experience dysarthria, they often find they speak too quickly or too slowly, have slurred speech, speak too softly or too loudly, and have difficulty speaking clearly in noisy situations. They may also find that listeners misperceive their emotions.

If you have concerns that you are having trouble speaking, it is best to see your doctor right away to find out the cause. A speech-language pathologist (SLP) can evaluate your speech and help determine if you have dysarthria or another type of communication problem. In addition, an SLP can provide you with treatment to help you train your muscles to improve your speech and also help determine if you may need to use other strategies to supplement your speech, such as gestures, writing, or using computerized speech devices.

The information contained in this article is not intended to be a substitute for professional medical



If you have concerns about your own or a loved one's speech, language, or communication skills, a speech-language pathologist can provide specific therapies to improve communication.

advice, diagnosis, care, or treatment. Always consult a qualified healthcare provider with any questions regarding any possible medical condition.

Teresa Brobeck, Ph.D., CCC-SLP is a Clinical Associate Professor for the Speech-Language Pathology Program at the Midwestern University College of Health Sciences. The Speech-Lan-

guage 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 <https://www.mwuclinics.com/arizona/services/multispecialty>



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La Siena Helps Families Tackle Complex Topics

The question of future care and assistance can be a daunting topic to address. Senior living experts at La Siena encourage adult children to have an honest, open discussion with the seniors in their lives about their well-being and future care needs by communicating about their retirement living choices.

Planning and knowledge of available resources can help the whole family find a peace of mind.

The subject may not be an easy one to broach, but senior living resources can help families tackle this complex subject allowing them to make better-informed decisions. Touring a senior living community can also provide family members with tremendous insight to their loved one's preferences, as well as educate the entire family as to what housing and care options are available.

La Siena's independent and assisted living deliver exceptional service with a person-centered approach. The community's licensed assisted living program offers three delicious, chef-prepared meals daily, weekly personal laundry service, assistance with bathing, dressing, grooming, medication management, a 24-hour emergency call system and more. When needs change and grow, residents enjoy the assurance of quality care and services which can easily be increased or dialed down to offer support specially tailored to one's needs.

When entrusting care of your loved ones, these key factors matter. We invite you to explore La Siena and see for yourself. To learn more and schedule a private tour, please call 602.635.6968 or visit LaSienaSeniorLiving.com.



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For more information please visit us online at www.varicose-veintherapy.com or call 602-547-6685.



Lin Sue Cooney

Best of both worlds: curative treatment and hospice care

By Lin Sue Cooney

What if you could have both curative care and hospice care at the same time? Imagine having a team of compassionate caregivers supporting you and your family physically, emotionally and spiritually — while you are going through the rigors of aggressive cancer treatment.

It’s not a hypothetical anymore — it’s reality.

Hospice of the Valley is the only hospice in Arizona to be chosen to take part in a new project called the Medicare Care Choices Model. It allows people who are seriously ill and still undergoing curative treatments to have a hospice team care for them at the same time. Currently Medicare will cover only one or the other.

“We are excited to participate in this national model that we believe will show the advantages of supporting patients who are eligible for hospice and are still seeking curative treatments,” said Debbie Shumway, executive director, Hospice of the Valley. “This is what patients and families want.”

Hospice of the Valley began accepting patients Jan. 1 for hospice care who are also continuing with chemotherapy or radiation, dialysis or rehabilitation.

We call our program MediCaring. Patients have to meet a few criteria, such as: live in a traditional home setting (not a group home or care facility); have Medicare as their primary coverage; and have had at least one hospital or emergency room visit in the past year.

If eligible, these MediCaring patients will demonstrate the benefits of receiving both curative and comfort care simultaneously. We will learn if it enhances quality of care, lengthens patients’ lives and reduces expense by eliminating costly emergency room visits and hospital stays.

The best part of all: This program is 100 percent covered by Medicare with no out-of-pocket expense for the patient.

Patients interested in MediCaring may call Hospice of the Valley for more information at (602) 530-6900.

Lin Sue Cooney is director of community engagement for Hospice of the Valley.



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Airman & Family Readiness
Bundles for Babies Program

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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.

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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Janet Crowl, OT/L ATP

Home Again Medical can help with swollen feet

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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.

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The Importance of Body Donation in Medical Education

By Heather F. Smith, Ph.D.

Q: *Why is body donation so important to medical education?*

A: “Cure sometimes. Treat often. Comfort always.” That was the mantra of Hippocrates, the father of modern medicine, the man who authored the Hippocratic oath. In other words, doctors may not always be able to cure their patients’ ailments, but they should always strive to be compassionate. Body donation is a key factor in cultivating and inspiring this all-important compassion in medical and other healthcare students. In Anatomy class, the body donor becomes the students’ first patient and most important teacher. In addition to teaching them about the anatomy of the human body, the donor also offers them an intimate connection with human anatomy that no reproduction or simulation can offer.

Q: *What can students learn from body donors that they cannot learn any other way?*

A: Body donation is essential to the Anatomy class that forms the foundation for medical education. From the donor, students learn the complex 3D anatomy of the human body. Cadavers are the only way for students to appreciate anatomical variation, which prepares them to treat their future patients as unique individuals. Students work together completing complex tasks as a group, while learning effective communication and problem-solving skills. Ultimately, from body donors, medical and



Midwestern University students studying anatomy, a subject which forms a foundation for their medical education. The opportunity to study anatomy from a body donor provides medical and healthcare students with an invaluable three-dimensional understanding of the human body and personal connection to anatomy.

healthcare students learn about the complexities of the human body and its variability, teamwork, communication, and perhaps most importantly, compassion.

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.



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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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Benevilla Mary's Place Life Enrichment Program member enjoying restorative therapy with a Benevilla Life Enrichment specialist.

The Impact of an Ambassador, Benevilla Life Enrichment Day Programs

Written by Kresta Horn, Benevilla Director of Life Enrichment, Mary's Place

Not long ago, I visited my local doctor's office for an appointment. With my head down, in my right ear, I heard "What do you do at Benevilla?" It was then I realized I had my name tag still on and I engaged. As I told her what I did I proceeded to ask her how she knew of Benevilla. With a breath and a quiet choked utterance she said "My husband attended for 8 years." It didn't take much for me to realize that the thought of her husband brought a flood of emotions and it was with caution I proceeded to ask what her husband's name

was.

When she told me, the tears came more freely and she told me he had passed away 5 months ago. She went on to tell me that Benevilla meant so much to him. Every day he woke up and looked forward to attending Mary's Place, a Benevilla Life Enrichment Day Program, to be with his friends. She told me that the staff even gave him the title of Ambassador. This title he wore proudly on his nametag every day. She started to smile and kept on with her stories of how he rode the bus to welcome new members, helped with interviews, and always looked forward to Monday at the end of the

day on Fridays.

Every day Benevilla gives caregivers a day to know they can take a breath and take care of themselves because their loved one is not just being cared for but is being provided a day that is enriching and meaningful...and fun! Benevilla provides a variety of programs to support caregivers including 5 Life Enrichment Day Programs, free caregiver support groups, resources and education, home delivered meals and home services such as grocery shopping, assisted transportation, friendly visitors and more. For more information, please call 623-584-4999 or visit www.Benevilla.org.

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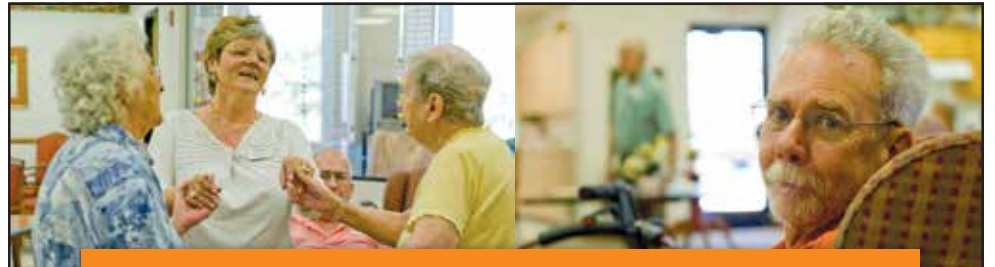
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Veteran Resources – How to Connect

Did you know Arizona is home to more than **625,000** service members, veterans & their families? More than likely it's a challenge for them to find the right resources. To help provide a solution to this challenge the Arizona Coalition for Military Families has designed their website www.arizonacoalition.org with links to Navigation Guides and Mili-



ResCare – Helping People Live Their Best Life

tary/Veteran Resource Network Partner Organizations. This article will focus on several key resources for aging vet-

erans.

The www.arizonacoalition.org Navigation Guide for Aging Veterans provides links to



topics specifically for veterans, their family members or persons who are helping them. The guide helps connect

them to information on health care, support services and benefits. One will find healthy aging articles, information about volunteering and can view on the Make the Connection page stories of other veterans.

An additional resource is the Veterans Choice Program. This program provides eligible veterans the option to receive non-VA health care from approved providers in their communities. ResCare HomeCare – 602-362-4676

are is an approved VCP provider for in-home care and support services.

Another valuable resource is the VA Aid and Attendance Program. Wartime veterans and their surviving spouses, 65 years and older, may be entitled to a tax-free benefit provided by the Department of Veteran Affairs which is designed to provide financial aid to help offset the cost of long-term care. ResCare HomeCare can help connect you with a VA Aid and Attendance expert who can assist with the application process while we coordinate your in-home care plan.

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- ❑ **Veterans Choice Program (VCP):** We are an approved VCP provider for Homemaker / Home Health Aide and Respite services. If you have authorization for these services from your VA Health Care Provider we would be honored to be your in-home care agency of choice. If you would like our assistance with connecting with your VA Health Care System to check if you might be eligible for these types of services, please give us a call.
- ❑ **VA Aid and Attendance:** Wartime Veterans and their surviving spouses, 65 years and older, may be entitled to a tax-free benefit called Aid and Attendance provided by the Department of Veteran Affairs. The Benefit provides financial aid to help offset the cost of long-term care. We work hand-in-hand with VA Aid and Attendance experts who can assist with the application process while we coordinate your in-home care plan.
- ❑ **Additional Ways to Fund Your In-Home Care Services:** We offer customized Private Pay services to meet your in-home care needs and work with Private Long-Term Care Insurance. We are also a provider for the Arizona Long Term Care System (ALTCS).
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When Tragedy Strikes, it is the Blood Already on the Shelves that Saves Lives

Tragedy can and did strike without a moment's notice last Oct. 1, and the Las Vegas shooting proved that it is the blood already on the shelves that saves lives. Donors came out in large numbers following the tragedy, but blood has a shelf life of just 42 days. It is important to remember that more than 500 blood donors are needed every day in Arizona.

Blood donors help people like Branden, who thanks to 72 blood donors, won his battle against cancer twice. When Branden injured his knee during high school hockey practice several years ago, his orthopedic surgeon thought he had torn a ligament. But an MRI showed a "hot spot" and additional tests revealed cancer. After three months of chemotherapy and more than 30 blood transfusions, Branden graduated on-time, but within a few months the cancer spread to his lungs. It took five surgeries to remove more than 50 nodules, which was followed by a stem cell transplant and dai-



Branden with his daughter Sophie. Branden won his battle against cancer thanks to 72 blood donors.

ly blood transfusions for a month. Thanks to blood donors, today Branden is cancer-free and his greatest love is being a father.

Blood needs escalate following the holiday season with the increase in hospital surgery schedules and the arrival of winter visitors. "Your single donation can save several lives because blood can be separated into components," said Sid Lewis, Senior Donor Recruitment Director for United Blood Services Southwest Division. "In just one hour, you could be a hero for an accident victim, a person undergoing surgery and a child receiving treatment for cancer."

To make an appointment to give blood, visit www.BloodHero.com or call 1-877-UBS-HERO (827-4376).

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