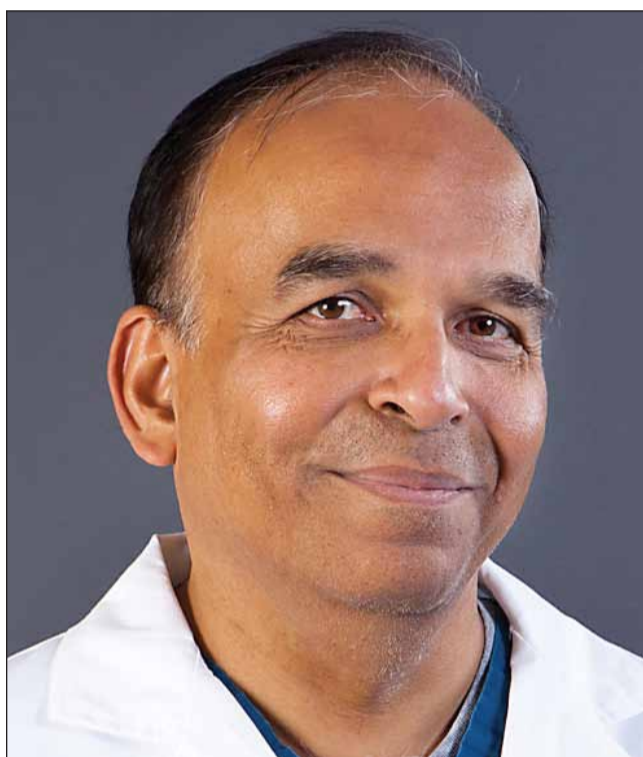


# HEALTH WELLNESS QUARTERLY

Spring 2017

Special Supplement to The Glendale Star and Peoria Times



Dr. Rajul Patel

## Peripheral Arterial Disease explained

*Dr. Rajul Patel, an independent interventional cardiologist on staff at Abrazo Arrowhead Campus in Glendale, explains what Peripheral Arterial Disease is and how to treat it.*

Peripheral Arterial Disease (PAD) is a common but under diagnosed condition where fatty material called plaque builds up on the inside wall of the arteries and causes blockages to the vessels that carry blood from the heart to the legs and feet.

The common risk factors for developing PAD are smoking, diabetes, age, high blood pressure, abnormal cholesterol levels and personal history of heart disease, heart attack or stroke.

Between 8 million to 12 million Americans have PAD, which also is called Peripheral Vascular Disease (PVD). Some of the most at risk people to develop the disease are adults age 65 and older. Another group likely to have PAD is a person over the age of 50 with diabetes. Approximately 85 percent of all

amputations occur in people over the age of 60.

The most common PAD symptoms include; Leg pain that occurs when walking or exercising and disappears when the person stops the activity, leg muscle fatigue, leg cramping, coldness in the lower legs and feet or numbness, foot or toe pain at rest that often disturbs sleep and wounds on the feet or toes that are slow to heal.

In severe cases, PAD lack of blood flow to the extremity can lead to ulcers or sores that don't heal and this is called Critical Limb Ischemia. If untreated, these non-healing wounds can lead to amputation.

People who should be screened for the disease include; everyone over the age of 65, if you have a history of heart disease, and people over the age of 50 who are smokers and or have diabetes.

MORE ABRAZO ON 2

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Abrazo Central Campus | Abrazo Maryvale Campus  
Abrazo Scottsdale Campus | Abrazo West Campus

# Type O LAFB Blood Donors are Special Heroes to Arizona Patients

The best way to ensure that Arizona patients always have an ample blood supply is to donate on a regular basis – at least three times per year. Every day, approximately 500 donors of all types are needed for Arizona patients, but Type O is always in greatest demand:

• **O-negative is the universal donor and usually the first blood type to develop shortages.** While only six percent of the population has O-negative, 12 to 14 percent of all transfusions require this rare blood type. O-negative is the only blood that can be substituted for all other types. In emergency situations when there is no time to determine a patient's blood type, doctors depend on O-negative blood to sustain life until the patient can be stabilized.

• **O-positive can be substituted for all other Rh-positive blood types,** making it an important transfusion option when shortages of other blood types arise. While about 37 percent of the population has O-positive blood, it can be received by 85% of patients.

Since it takes 24 to 36 hours to test and process donated blood before it can be released to a hospital – it truly is the blood on the shelves that saves lives.

United Blood Services is hosting blood drives at Luke Air Force Base for donors with base access during April, May and June. To make an appointment at an upcoming base drive, visit [www.BloodHero.com](http://www.BloodHero.com) (Sponsor Code: LAFB) or call 1-877-UBS-HERO (827-4376).



Dean has Diamond Blackfan Anemia, so his body cannot produce his own red blood cells. He also has type O-negative blood and has waited several hours to get a transfusion that is a match for him.

**BLOOD IS UNIVERSAL  
IT CAN BE TRANSFUSED  
TO PATIENTS OF ALL BLOOD TYPES.**

**ABRAZO FROM 1**

Screening for PAD may be as simple as an ABI (Ankle Brachial Index), Duplex Ultrasound, CT Angiogram and Peripheral Angiogram. A free PAD risk assessment is available at [AbrazoHealth.com/PADRisk](http://AbrazoHealth.com/PADRisk).

Your treatment for PAD may consist of lifestyle modification, diet, exercise and medication to reduce blood pressure, cholesterol and blood sugar levels. A person may also need to have a minimally invasive procedure which can be angioplasty, atherectomy, and/or a stent. If the disease has progressed it may be necessary to have a bypass to restore the blood flow to the legs and feet.

For more information, go to [AbrazoHealth.com](http://AbrazoHealth.com).

*Disclaimer: Dr. Rajul Patel is an independent physician and is not an employee, agent or representative of Abrazo Community Health Network's Abrazo Arrowhead Campus. He is solely responsible for the provision of his medical services to patients.*

**Find the hero in you.** **United Blood Services**

**If you could save a life by giving just one hour, why wouldn't you?**

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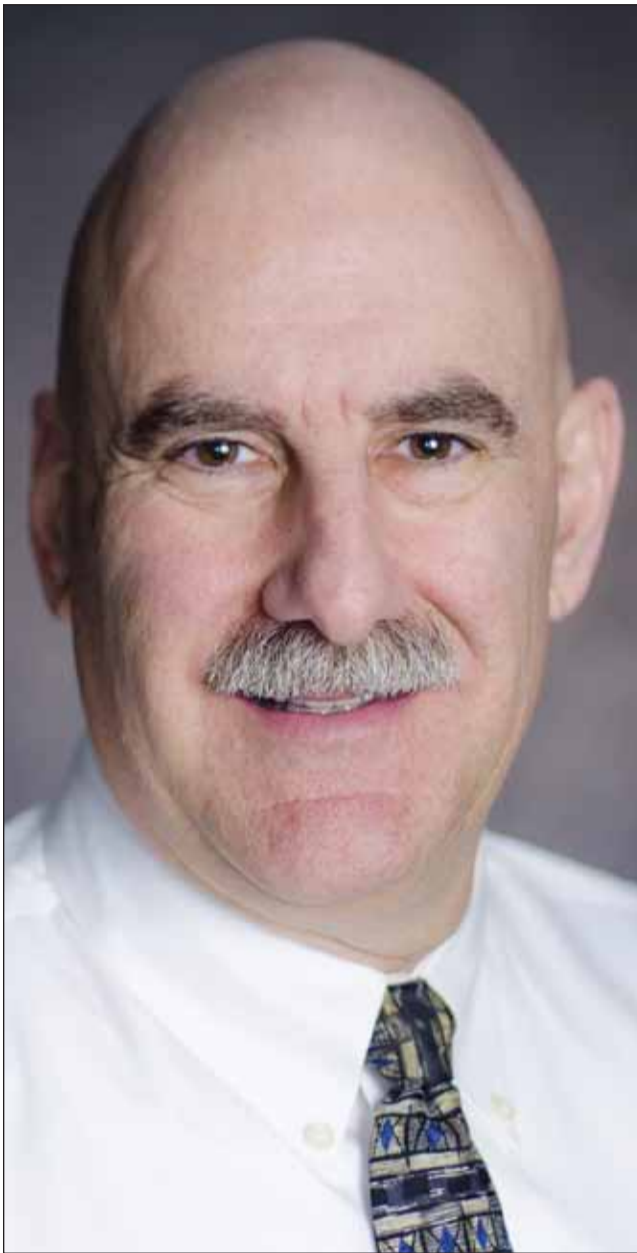
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# Regain Strength, Confidence and Independence with Acute Rehabilitation

Are you or a loved one age 65 or older at home recovering from an illness, injury or surgery? Often, this population can become sedentary during the recovery period resulting in a weakening of their overall body strength. This physical weakness can lead to a functional decline in their ability to walk or manage self-care activities independently and may lead to an increased risk of falling, causing further injury. Entering into an acute rehabilitation program can help regain strength, confidence and independence.

Other conditions that can lead to functional decline are neurological disorders, such as Parkinson's disease, cerebral palsy or multiple sclerosis. Through an intense and comprehensive acute rehabilitation hospital program, patients receive three hours of physical, occupational and/or speech therapies per day. They are seen daily



Michael Kravetz, M.D.  
Medical Director at HealthSouth Valley of the Sun

by a board certified Physical Rehabilitation doctor with 24/7 rehabilitative nursing care. The intensity of the therapy results in better outcomes during a relatively short length of stay, generally a week or two.

Unlike skilled nursing facilities, rehabilitation hospitals do not require a 3-day acute hospital stay prior to admission. For people living at home and experiencing a functional decline, a home admission program, like the one offered at HealthSouth Valley of the Sun, is a great option.

## How Do I Qualify for Acute Rehabilitation

Inpatient acute rehabilitation may be the appropriate level of care if any of the following conditions are identified.

- General weakness with the presence of limited mobility and/or deficits in the areas of self-care activities (bathing, dressing, feeding)
- Parkinson's disease and multiple sclerosis exacerbations resulting in functional decline.
- History of stroke with increased weakness and/or weakness on one side of the body due to recent illness or injury.
- Back, pelvis or lower extremity fractures not requiring surgery with subsequent loss of independent function.

A potential patient must also have a

medical condition that requires medical monitoring. Some examples of medical conditions might be ongoing infection, dialysis, congestive heart failure, COPD, coronary artery disease or diabetes.

If you feel you might qualify for acute rehabilitation, HealthSouth's home evaluation program provides a no-cost, in-home consultation by an experienced rehabilitation liaison. A rehab liaison can help individuals determine whether they would qualify for rehabilitation therapy. If appropriate, the liaison will also work with insurance companies and physicians on their behalf.

**Call 623 334-5361 for more information or to schedule a home visit by a qualified rehabilitation liaison to see if you or a loved one qualifies for acute rehabilitation. Visit us at [www.HealthSouthValleyoftheSun.com](http://www.HealthSouthValleyoftheSun.com) for program and location information.**

## About HealthSouth Valley of the Sun Rehabilitation Hospital

HealthSouth Valley of the Sun Rehabilitation Hospital is a 75-bed inpatient rehabilitation hospital that offers comprehensive inpatient and outpatient rehabilitation and home health services. Serving patients throughout metropolitan Phoenix, the hospital is located at 13460 N. 67th Avenue in Glendale and on the Web at [www.HealthSouthValleyOfTheSun.com](http://www.HealthSouthValleyOfTheSun.com).



## With so many things to do, we suggest getting an early start on your want-to-do list.

There's a lot to do at La Siena Senior Living Community — clubs, events, socializing, and more. So, go ahead and make your want-to-do list. But please don't include a bunch of chores. We'll take care of most of those for you.

We invite you to see all that La Siena has to offer (including assisted living services if needed) at a complimentary lunch and tour. Please call now to schedule.

### Experience the Kentucky Derby at La Siena Saturday, May 6th • 3:00pm

Join us for a special Kentucky Derby party as we watch the race and enjoy traditional appetizers. Please call 602.635.6968 to RSVP.

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## La Siena Offers a Vibrant Retirement Lifestyle

La Siena, a luxury senior living community set in North Central Phoenix, features plenty of opportunities for cultural and intellectual enrichment. Through exceptionally crafted programming, residents have the ability to pursue their interests in different arts, subjects and cultures.

Art is brought to La Siena through the community's monthly Art All Around Us event series in partnership with the Phoenix Art Museum. Occurring the third Thursday of each month, the community features an interactive art history lecture or an in-depth chat with

a local artist. March's Art All Around Us event featured David Hockney, founder of the Los Angeles Museum of Contemporary Art, who spoke about his process and vision. April's featured programming, residents have the ability to pursue their interests in different arts, subjects and cultures. Art is brought to La Siena through the community's monthly Art All Around Us event series in partnership with the Phoenix Art Museum. Occurring the third Thursday of each month, the community features an interactive art history lecture or an in-depth chat with

very own artistic mas-

terpieces. Complementing the La Siena's innovative programming are its exceptional amenities and services. Residents enjoy a blend of comfort, fine dining, endless social opportunities and a refreshing array of wellness and recreational choices. Offering one- and two-bedroom residences in Independent Living and Assisted Living, La Siena also features a movie theater, salon, putting green, fitness center and a heated outdoor pool and spa.

To learn more about La Siena and to take a tour, call 602-635-6968 or visit [www.LaSienaSeniorLiving.com](http://www.LaSienaSeniorLiving.com).



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## 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.



Janet Crowl, OT/L ATP

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.home-again-medical.com](http://www.home-again-medical.com).

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# DO YOU KNOW...

the effects of UNTREATED hearing loss?



## PROLONGED HEARING LOSS MAY LEAD TO AUDITORY DEPRIVATION, COGNITIVE DECLINE, ALZHEIMER'S, AND DEMENTIA

- When we lose our ability to hear, the ear stops sending needed information to the brain, affecting the ability to understand what is being said.
- Hearing loss causes a breakdown in communication in the brain.
- Auditory deprivation can impair the way the brain processes sound.
- Hearing aids stimulate the brain, while transmitting the correct information, protecting it from atrophy.

# COGNITIVE DECLINE

Several studies point to a **SIGNIFICANT CORRELATION** between hearing loss and loss of cognitive functions.

Adults with <b>MILD LOSS</b>	=	<b>2X MORE LIKELY TO DEVELOP DEMENTIA</b>
Adults with <b>MODERATE LOSS</b>	=	<b>3X MORE LIKELY TO DEVELOP DEMENTIA</b>
Adults with <b>SEVERE LOSS</b>	=	<b>4X MORE LIKELY TO DEVELOP DEMENTIA</b>

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# Hearing Loss: Is it Affecting Your Quality of Life?

Hearing loss is now associated with many physical conditions, and in the last few years, it has been proven that hearing loss is connected with cognitive decline, Alzheimer's disease and dementia.

Researchers from Johns Hopkins University and the National Institute on Aging found that while the brain shrinks with age, this change is hastened in older adults with hearing loss.

The findings of this



Dawn M. Sanchez, BC-HIS, ABC Hearing Aids & Services

research indicate that hearing loss and Alzheimer's disease are correlated, but what it also shows is that there is urgency to treating hearing loss early.

Getting your hear-

ing checked and treated early could mean better long-term brain performance, a lesser chance of Alzheimer's disease and dementia, and overall, better long-term health and wellness. A recent study has even shown getting your hearing checked early can help prevent cognitive decline.

At ABC Hearing Center, we want to make sure you are hearing life to its fullest and we want to increase your quality of life overall. Getting your hearing checked is the first step and it may help you tremendously.

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Jill Lopez, co-owner and manager of four Massage Envy clinics located in the West Valley. Jill is also the Board Chair for Arthritis Foundation

## Tips for Stress Awareness Month

April is Stress Awareness Month. Everyone experiences stress from time to time and it can come from work, family, relationships and many other sources. If stress isn't handled correctly, it can be a real burden on everyday life. If not careful, stress can build up to the point of causing fatigue, insomnia and even illness. The key in handling stress is being able to recognize when it is creeping up, and implement methods to relieve that stress or harness it to your advantage. Try these practices for dealing with stress and begin to create your own system for stress management.

**Write It Down.** Stress has the ability to keep the mind racing and preoccupied, even to the point where it is difficult to fall asleep. Without time for the body and mind to rest and rejuvenate, it will become increasingly difficult to manage stress. A tried and true method to combat this feeling is to simply write it down. Something as simple as keeping a journal for thoughts and concerns can work wonders against stress. Writing it down can essentially clear the mind and even help to organize and prioritize thoughts. This method can aid in harnessing stress and using that energy to conquer the tasks at hand.

Everyone has their personal best. Taking care of your body helps keep you there. You've got to make it a regular thing. We call that practice total body care. It's what Massage Envy therapists and estheticians do for you every day at any of our four West Valley locations. Visit our website [MassageEnvy.com](http://MassageEnvy.com) for more information.



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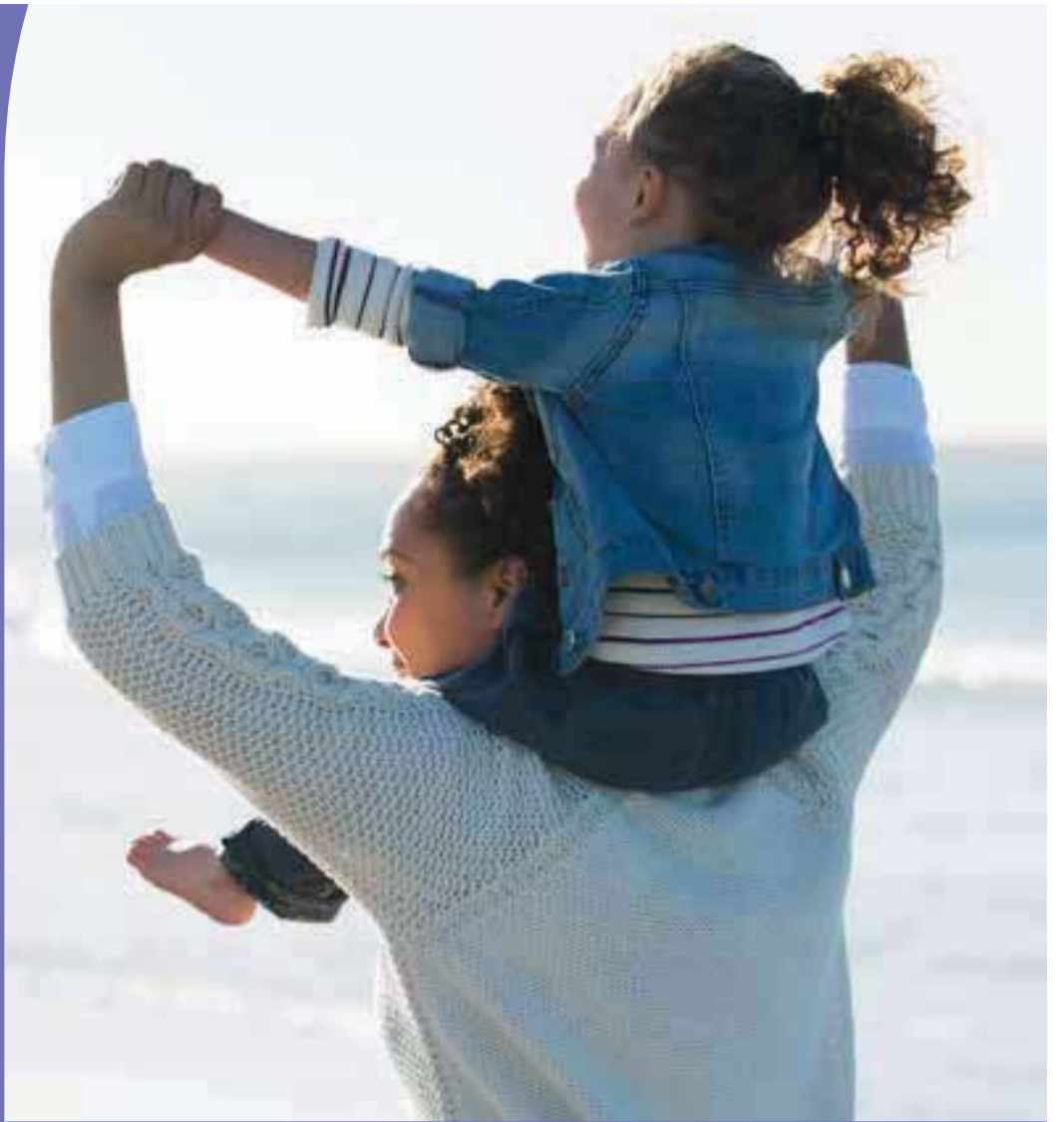
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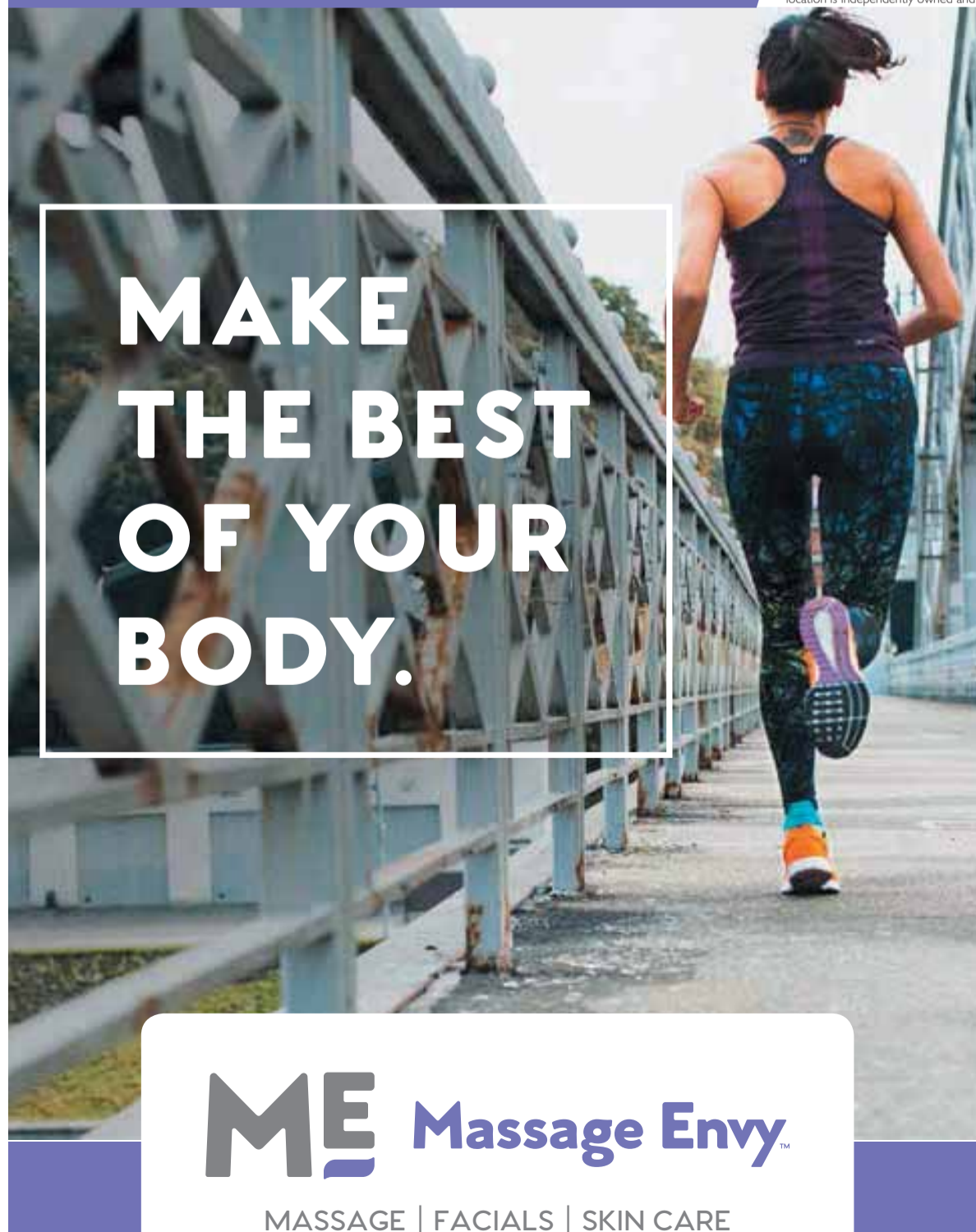
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APR. 24 – MAY 14



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# Midwestern University Dental Institute: Affordable Comprehensive Dental Care

Midwestern University's Dental Institute is a state-of-the-art facility offering compassionate, comprehensive, and affordable dental care for patients of all ages, in one location. Our goal is to provide the highest quality dental care while training the next generation of dental healthcare providers. All care is provided under the supervision and direction of licensed dental faculty.

Working as a team, Midwestern faculty dentists and students utilize the latest technology to provide a wide range of services and treatments. In addition to comprehensive dental exams and cleanings, the Dental Institute offers a full range of primary and specialty services, including imaging, fillings, crowns, bridges, extractions, dental implants, oral surgery, orthodontics, and pediatric care.

Our pediatrics suite is designed to help your children feel comfortable while visiting the dentist. Our faculty and students provide compassionate care to each patient and parent during each visit, whether it be for an exam, cleaning, filling, or



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The Midwestern University

Dental Institute is located at 19369 North 59th Avenue in Glendale, just south of the Loop 101. For more infor-

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- 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 a provider for the Arizona Long Term Care System (ALTCS) and can provide in-home care and supports for Bridgeway Health Solutions, Mercy Care Plan LTC and United Healthcare Community Plan members.
- Family with Family Program:** If your loved-one qualifies for services through the Arizona Long-Term Care System (ALTCS), did you know you might be eligible to be their paid Caregiver? We employ family Caregivers through this program and provide free training and a variety of benefits.

**Call us today to learn more about our services. Please let us know you heard about us in the Health and Wellness publication!**

**602-362-4676**

**[www.ResCareHomeCare.com](http://www.ResCareHomeCare.com)**





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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 prod-

uct, 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.



### 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](http://www.arizonacoalition.org) with links to Navigation Guides and Military/Veteran Resource Network Partner Organizations. This article will focus on several key resources for aging veterans.

The [www.arizonacoalition.org](http://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 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.

For more information contact ResCare HomeCare – 602-362-4676.

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Rev. Cheryl Paulovich, Chaplain

## Dementia and Spirituality: Love Never Ends

Rev. Cheryl Paulovich, Chaplain  
April 11, 2017

On Sunday afternoons I greet residents arriving for our Vesper's worship service. This week, like most every other week when I see Melody and her daughter, I smile and say, "Good afternoon, Melody". She looks at me with that puzzled look in her eye and asks, "Who are you? What am I doing? Where am I going?" Melody's rapid descent into Alzheimer's disease is troubling to both she and her daughter and that's evident by their furrowed brows. I simply say, "I'm Chaplain Cheryl and you're here with your daughter for our worship service." She responds with the usual, "I am?"

Although Melody's memory is fading she sings along on each stanza of the old, familiar hymns. Praying, "Our Father, who art in heaven..." her tense body relaxes into the safe space of God's love she has known so well. I see the far away distant sparkle that used to beam as I say, "I'm glad you've come today. God loves you so much!"

A person with advancing dementia deserves holistic, person-centered care to nurture body, mind and spirit. Research shows that spirituality provides meaning and enhances a person's quality of life, enabling a more peaceful death when that time comes. Appropriate interventions require understanding of individual religious and cultural preferences.

Spiritual well-being for those with dementia is nurtured through relationship with the environment, other people and God. We mediate God's love as we learn to know each person's life story and what brings them consolation and a sense of connectedness. When we provide familiar rituals, symbols, scriptures, prayers, and music that are deeply ingrained in the spiritual psyche there is a peace when all else is forgotten. Communicating verbally and non-verbally with empathic, compassionate presence and validation in a gentle voice and soft touch gives the person suffering with dementia a sense of belonging.

We are created in God's image of love. Even in the depths of dementia love is embedded in our cellular memory – and love never ends.

For more information please contact Glencroft Senior Living at 623-847-3100 or visit [www.glencroft.com](http://www.glencroft.com).

## Arizona School of Dental Assisting

"The teachers who care make great students. It was all you Lisa! Thank you so much, what you taught me is priceless."

Jarrett Ray

Arizona School of Dental Assisting, Student

"I will receive a raise after 3 months from my start date and every year after my start date so I have that to look forward to. :) Whitney's ortho class really does get you ready for the field!"

I attribute all of my success to the knowledge I gained at this wonderful school! Because the classes are kept small, there is more one on one learning and never a chance for anyone to slip through the cracks! Plus the teachers are wonderful and truly want you to be successful.

I will never regret my decision to join this program!"

Kailah Volk

Arizona School of Dental Assisting, Student

"While doing my internship, I was paired with another intern from one of the "other schools" that had a nine month program. Initially, I was a little intimidated thinking she may know a significant amount more than I. However, when it came to practicing in the actual dental office I found that our knowledge was equal. We were both learning the same things and I did not feel like she had any actual advantage over my schooling."

AJ Dillard

Arizona School of Dental Assisting, Student

MORE AZ DENTAL ON 15

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# Know your family history Benefits of Cancer Genetic Testing

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

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



Dr. Mike Janicek, MD, Arizona Oncology

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](http://ArizonaOncology.com) or call our Cancer Genetic Risk Assessment team at 480.223.9828.

# BENEVILLA PROVIDES RELIEF AND RESPITE FOR CAREGIVERS

If you, or a neighbor, are caring for a loved one at home (24/7) Benevilla can help you. Caregivers need a break from the stress, strain and fatigue of taking care of a loved one full time. You can bring your loved one to our **“Restorative Life Enrichment”** Program (Adult Day Center) during the day and have time off for yourself...**YOU DESERVE IT!** You will have peace of mind that your loved one is being cared for by Benevilla’s professional, compassionate and loving staff, and your loved one will benefit from the social and active environment.

Once enrolled, Benevilla members may participate in a variety of life enriching activities; group fitness classes, brain games, creative arts, social activities, lunch and snacks, restorative therapy (optional) and more! Our facility is located at St. Clement of Rome Catholic Church, 15800 N. Del Webb Blvd, Sun City, AZ, 85351. Half day and full day rates are available (Monday-Friday).

### How the Restorative Therapy Program Works

Individuals enroll in the Life Enrichment Program in order to become a member and participate in restorative therapy. Their doctor will sign off on the member’s ability to receive restorative therapy at the Life Enrichment Program. A Licensed Physical



Benevilla “Restorative Life Enrichment” program member

Therapist comes to the program and meets with the member, their caregiver, and a Restorative Enrichment Partner to establish the member’s needs and goals. Sessions may be up to 45 minutes and may be split up throughout the day.

Some of our unique wellness options include: Power Walking, Spinning Club, Fit & Flexible, Better Balance Club, Dimensional Dancing, Cardio Drumming, Power Walking, Chair Yoga, Theraband Class, Chair Chi and Free Weights Fitness. Veteran’s Administration contracts may cover Restorative Therapy.

Located in Sun City, the Benevilla “Restorative Life Enrichment” Program is open Monday through Friday. Please call 623-584-4999 to set up a tour or for more information.



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



Mazen Khattab, MD



Henry Lee, MD



Govardhanan Nagaiah, MD, MS



Chenthilmurugan Rathnasabapathy, MD

## TOGETHER: A BETTER WAY TO FIGHT CANCER.

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

Visit [ArizonaOncology.com](http://ArizonaOncology.com) or call 888-972-CURE for more information.



# Changes in Communication

Alzheimer's disease and other forms of dementia gradually diminishes a person's ability to communicate.

Communication with a person with Alzheimer's requires patience, understanding and good listening skills.

Changes in the ability to communicate are unique to each person with Alzheimer's; a caregiver may recognize other changes such as:

- Using familiar words repeatedly.
- Inventing new words to describe familiar objects.
- Easily losing their train of thought.
- Reverting back to a native language.
- Having difficulty organizing words logically.
- Speaking less often.

Here are some ways to help the person with Alzheimer's communicate:

**Be patient and supportive.**

Show the person that you care about what he or she is saying and be careful not to interrupt.

**• Offer comfort and reassurance.**

Encourage the person to continue to explain his or her thoughts.

**• Avoid criticizing or correcting.**

Listen and try to find the meaning in what is being said. Repeat what was said if it helps to clarify the thought.

**• Avoid arguing.**

If the person says something you don't agree with, let it be.

**• Offer a guess.**

If the person uses the wrong word or cannot find a word, try guessing the right one. Be careful not to cause unnecessary frus-

tration.

**• Encourage unspoken communication.**

If you don't understand what is being said, ask the person to point or gesture.

**• Limit distractions.**

The surroundings should support the person's ability to focus on his or her thoughts.

**• Focus on feelings, not facts.**

Sometimes the emotions being expressed are more important than what is being said.

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Our community creates a customized service and assistance plan for each resident with a variety of therapies and life enrichment activities. We welcome you to contact our Pacifica Senior Living community in Peoria, AZ to learn how you can experience the best in memory care. [www.PacificaPeoria.com](http://www.PacificaPeoria.com) (623) 432-9000.



AZ DENTAL FROM 13



Lisa Stevenson, President of Arizona School of Dental Assisting

"I have now been attending for five weeks and I just love everything about this school. Its hands on and the instructors are great!!! I really am in disbelief at how much I have learned in such a short amount of time. Lisa and Brittney are great, not only are they awesome women but they are such good teachers."

*Katrina S.*

*Student ASDA*

"My name is Amy and I attended Arizona School of Dental Assisting a few years ago. I remember meeting with Lisa before I enrolled. As we talked I told her that I was interested in being in office management not in actual dental assisting. We agreed that it would be a great benefit to learn all about dental in order to be a successful Dental Office Manager. Most dental assisting school programs were 9-12 months. Since I was a working mom the 2 day a week schedule worked perfect for me. I was fortunate to be in a class that was taught by Lisa. Not only did I learn a lot from her, she made it fun. It was great for me to learn all the back office procedures and it helped me gain the knowledge needed to manage a team of experienced professionals.

Not long after I graduated I found a job as a dental manager. I since left there and am at another company where I do all the hiring for dental assistants and well as dentists, and I am the billing and claims manager. I absolutely love my job and I know that I would not be where I am without the education that I received at ASDA.

I would highly recommend this school to anyone who is interested in dental assisting, front office or office management!"

*Amy S.*

*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](http://www.azdentalassistants.com).

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As one of the Midwestern University Clinics, we are committed to providing patients with the best medical care. Our physicians and healthcare providers are constantly learning and keeping pace with new research, new treatment, and new technology. At the same time, they reflect the compassionate bedside manner that also makes them great teachers.

The Midwestern University Multispecialty Clinic is located at 19389 North 59th Avenue in Glendale, just south of the Loop 101 freeway. For more information, visit [www.mwuclinics.com/az/ms](http://www.mwuclinics.com/az/ms) or call 623.537.6000.



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For more information please visit MorningStarSeniorLiving.com or call 623-321-5150.



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## Airman and Family Readiness - always the right place to go...

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

**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.



Airman & Family Readiness • Bundles for Babies Program

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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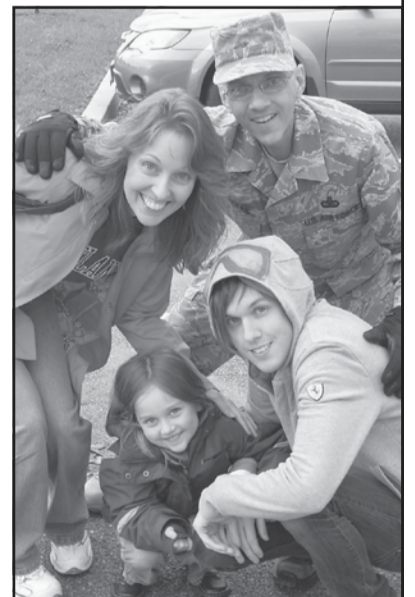
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