

# HEALTH WELLNESS QUARTERLY

## Fall 2017

Special Supplement to The Glendale Star and Peoria Times

### Rehabilitation And Recovery Begins At The Neck and Back Clinics-Peoria

A new chiropractic clinic pledges enhanced holistic and therapeutic pain management—the alternative way—along with an array of health and wellness options for improved rehabilitation and recovery—as it marks 20 years in business with the opening of its first Arizona clinic, in Peoria.

The Neck and Back Clinics opened in 1997 to treat patients with conditions ranging from headaches, neck pain, upper and lower

back pain and leg pain to evaluating injuries caused as a result of a motor vehicle collision or slip and fall. Led by Dr. Benjamin S. Lurie, chiropractic physician and CEO, and Dr. Matthew Olmstead, the clinic is well regarded for offering a patient-centered, friendly approach to chiropractic care. Today, the clinics offer a full range of chiropractic services, as well as massage therapy and physical medicine modalities and

therapeutic procedures (PMMTP).

“We lead more sedentary lifestyles than we use to,” Dr. Lurie said. “Subsequently, we are seeing patients from infants to the elderly. Age is no longer a factor when it comes to the need for pain relief and chiropractic care. Today, chiropractic care is often a preventative measure, rather than a cure.”

Over the last two decades, the company has expanded –

opening eight locations throughout Las Vegas, Nevada – to its Peoria, Arizona, location scheduled for its official opening in late October. The Thunderbird Commons clinic will employ around five staff and two chiropractic physicians and looks forward to the welcoming new patients through its doors.

For more information visit, [theneckandbackclinics.com](http://theneckandbackclinics.com) or call 602.368.1333.



(LtoR), The Neck and Back Clinics, CFO, Julie Kestner, Dr. Matt Olmstead and Dr. Ben Lurie.

THE  
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CLINICS

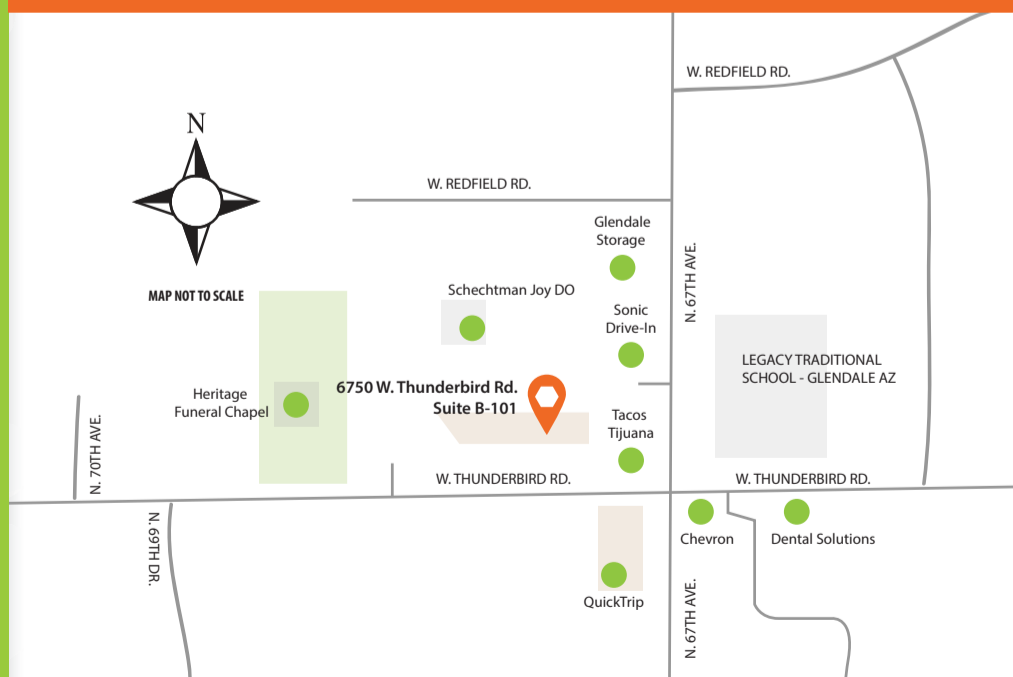
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### Rehabilitation and Recovery Starts Here<sup>SM</sup>

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Chiropractic Physicians

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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).



Child and Aide practicing memory skills.

## Developmental Disabilities Specialist Certificate at Glendale Community College

Are you interested in working with children or adults with developmental disabilities? GCC offers a Developmental Disabilities Specialist Certificate of Completion (CCL). Earn this certificate as you are starting your studies in psychology, education, social work, early childhood education or behavioral health sciences or add to your professional development in your current employment. Some parents choose to take courses and gain knowledge to support their children. The program is financial aid eligible. Courses are offered at GCC or on-line. Students will complete an internship to gain valuable experience.

There is a continued demand locally and nationally for trained direct care workers in schools and non-profit agencies. Developmental disabilities specialists support children, adolescents and adults in residential, employment and educational environments. Specialists help develop skills in communication, socialization, employment and other life skills that will foster independence. There is a great demand to support families who have children with developmental disabilities. Specialists can also work in early intervention, group homes, supported employment organizations and as case management aides. Developmental disabilities specialists are often key members in individualized planning teams, which provides an opportunity to connect to other professionals (psychologists, social workers, and teachers) in this field.

There is also a demand for in-home habilitation specialists to work with children and adults who have autism and the program has an optional course to prepare for the Registered Behavior Technician certification through the Behavior Analyst Certification Board.

For more information contact: [Susan.Karpinski@gccaz.edu](mailto:Susan.Karpinski@gccaz.edu) or 623-845-3945  
<http://www.gccaz.edu/academics/degrees-certificates/developmental-disabilities-specialist-ccl>



## 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.

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# HEALTH WELLNESS QUARTERLY

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**C.E.Williams**  
**623-847-4601**  
[sales@star-times.com](mailto:sales@star-times.com)

**Barbara Duran**  
**623-847-4608**  
[bduran@star-times.com](mailto:bduran@star-times.com)

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# Successful Aging

When you hear “Successful Aging,” what comes to mind? Do you immediately think, “What kind of financial security is enough to retire”? Or wonder, “How will I age well if I already hurt every time I move”? Or is it simply, “I’ll think about that when I’m older”? These questions along with many more are the reason the “Successful Aging” weekly radio program on KFNX 1100 AM was launched.

The live show is hosted by John Wenzlau CEO and Millie Oakeson V.P. of Marketing at Glencroft Senior Living. Each week they delve into different aspects of winning strategies for living well and loving life by hosting experts in their fields and discussing together “Successful Aging”. Both John and Millie bring to the show, years of expertise in the aging community in the Valley and a combined passion for aging well.

Quite honestly “Successful Aging” was a pretty easy concept to launch. As they began to ask around they kept coming up with the same question, “How do I live long and age well?” Their first show featured Willy D. Loon, former co-host of the Tim and Willy show that aired for years on both KNIX and KMLE. Willy shared his tips for loving life after retirement (and he retired young). Also on the show was Steve Heller, Director of Fitness at the Westin Kierland Resort and Spa. Steve shared his positive results on aging well by focusing on three functions – core training, balance and flexibility. He takes a group of 5 or 6 people ranging in age and ability from a 9 year old little league player, an Arizona Cardinals wide receiver and a 91 year old golfer and trains them all the same. He emphasizes that age has no bearing and it’s never too late to begin.

In keeping with the idea of all aspects of “Successful Aging” the following week they



John Wenzlau and Millie Oakeson

talked with two guests on entirely different topics. The first guest was Sandy Rupp from AARP discussing their innovative and highly successful, Life Reimagined Checkups. These “Checkups” are a way for people from different backgrounds and life experiences to come together and recharge their mind, body and spirit by looking at what opportunities lie ahead and how to live life on their own terms. Tyler White, of Jackson/White Law Firm then discussed Life Care Planning and Advanced Directives and what a valuable gift it is to our loved ones to plan ahead.

The saying, “The third time’s a charm” was really true for their third show. This engaging conversation involved Dr. Theresa Ramsey from the Center for Natural Healing and she talked in-depth about Bio-identical Hormone Replacement. She opened up a great line of conversation that involved the benefits for both men and women to keep their bodies functioning well throughout a life time and the true benefits for aging well.

“Successful Aging” will explore aging well weekly, Tuesday at 11:00 a.m. – KFNX 1100 AM and stay updated on [www.successfulaging.info](http://www.successfulaging.info). For more information call 623-847-3047.



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# Common Childhood Foot Issues

By Janna Kroleski, D.P.M.

Parents often report that they are unsure what issues to look for with their children’s feet. Here are answers to some of their most common questions.

*Q. My child walks on his tip-toes. Is this a problem?*

A. Toddlers are often “toe-walkers,” which is completely normal. Consult a podiatrist if the toe-walking continues past age four. Physical therapy and inserts can often help; more severe cases may require surgery.

*Q. When should I worry about flat feet?*

A. Until the age of two or three, children have a fat pad in the place where their arch will develop. Flat feet are not a problem unless accompanied by pain, but certain congenital foot problems do require treatment. Your podiatrist can determine if orthotics, or arch supports, can help.

*Q. What can I do to help treat my child’s heel pain?*

A. Children between ages seven and 13 often develop Sever’s apophysitis—an inflammation of the growth plate in the heel bone—and may complain of heel pain with activities like running or soccer. Home remedies include rest, ice, different types of shoes, and cushioning inserts. Consult a podiatrist if the pain persists or if there is redness, swelling, or bruising around the heel.

*Q. What can I do at home to prevent or help ingrown toenails?*

A. Ingrown toenails are very common in children. Your child may complain of redness, swelling, and pain next to the toenail, indicating an infection. The ingrown portion of the nail can be removed at your podiatrist’s office to resolve the infection. Soaking with warm water and Epsom salts may reduce pain and swelling until



The podiatry team at the Midwestern University Multispecialty Clinic provides state-of-the-art foot, ankle, and leg care for issues such as foot problems in children, gait abnormalities, heel pain, injuries, reconstructive surgery, sports medicine, wound care, complications from diabetes, skin and nail disorders, and much more. Our physicians are teaching faculty of the Arizona School of Podiatric Medicine and are also engaged in cutting-edge research to advance the care of lower extremity conditions.

you see the doctor. To prevent ingrown nails, cut straight across and round the corner edges with a nail file. Never allow children to cut or tear their toenails.

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.

*Janna Kroleski, D.P.M., Assistant Professor for the Arizona College of Podiatric Medicine, specializes in podiatry at the Midwestern University Multispecialty Clinic in Glendale, Arizona. The Multispecialty Clinic utilizes the latest technology to provide high-quality care for the public at affordable prices. For more information, call 623-537-6000 or visit [www.mwuclinics.com/az/ms](http://www.mwuclinics.com/az/ms).*



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\*Dobson | DaVanzo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009

Characteristic	Rehabilitation Hospital	Nursing Home
Frequent visits by an attending physician*	Required	Not required
Multidisciplinary team approach	Required	Not required
RN oversight and availability	24 hours/day	At least 8 consecutive hours/day
Nursing hours per patient per day	Between 5 and 7.5 hours	Between 2.5 and 4 hours
Specialty nursing training, rehabilitation expertise	Yes	Not required
Physical, occupational and/or speech therapy level of service	3 hours/day, 5 days/week (minimum)	No minimum

\*The hospital provides access to independent physicians.

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## Urinary Issues Can Signal Prostate Enlargement

While women in their 50's often struggle with symptoms of menopause, during this same decade of life, half of all men will face Benign Prostatic Hyperplasia (BPH). Frequent trips to the bathroom and disrupted sleep are often the first signs with symptoms including a sensation of incomplete emptying, difficulty starting urination, weak or slow urinary stream, complete inability to urinate or leakage.

As men age, the prostate typically grows larger, putting pressure on the urethra, the tube through which urine passes. While unrelated to prostate cancer, if BPH persists long enough it can lead to kidney failure, bladder injury or urinary tract infections. BPH is so common that it's one of the leading reasons for visiting a urologist. The reality is that nearly every

male will develop this condition if he lives long enough.

After taking a complete medical history and physical exam, the urologist often orders tests to check for infection, flow studies and a screening test for prostate cancer. Treatment is based on the severity of symptoms and the presence of other medical conditions. When warranted, treatment options most often include medication or minimally invasive therapy.

Any male who is approaching or past age 50 who has yet to see a urologist should make an appointment to take charge of their prostate, urinary and sexual health. Arizona Urology Specialists Glendale is located at 5750 W. Thunderbird Road #B-200. To schedule, call 602-375-1700.

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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!

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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).



Janet Crowl, OT/L ATP

## ARE YOU APPROACHING OR PAST AGE 50 AND YET TO SEE A UROLOGIST?

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From left to right:

Philip Koi, MD, FACS, J. Mikel Hubanks, MD, FACS, Paul Block, MD, FACS, Christopher Stewart, MD, FACS, Ken-ryu Han, MD, FACS



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Learning communication skills can be fun and will improve behavior. A speech-language pathologist (SLP) can help improve communication skills, and a board certified behavior analyst (BCBA) can offer solutions for more severe behavioral issues.

## Building Communication Skills for Children with ASD

By George Wolford, M.S., CCC-SLP

Children with autism spectrum disorder (ASD) often display behaviors that are tough to manage and may stem from difficulty with effective communication. Communication training and environmental support can help change the unwanted behaviors into appropriate communication.

**Change the environment.** Day-to-day sights, smells, sounds, or movements can be overwhelming for children with ASD, and they will often seek out or avoid sensory input. Look for clues that trigger the unwanted behavior—perhaps your child reacts negatively to the sound of the beeping microwave, vacuum cleaner, or toilet flushing. Providing headphones or background music to cover the unwanted noise may calm your child and help him or her navigate the environment.

**Make a schedule.** People with ASD like to see, know, and stick to a plan. Create a visual daily schedule using pictures and written lists to create predictability.

**Practice and demonstrate communication skills.** Build skills slowly before a new experience to help set

expectations. Before taking your child out to eat, show him or her how to act through a picture story or video of people in a restaurant—sitting, waiting, ordering, waiting, and then eating. Next, go out for ice cream to teach the skill of ordering food and waiting for it to arrive. After that, try a fast-food restaurant before a dine-in experience.

Teaching communication and showing the plan through pictures and schedules will help your child know what to do and how to interact.

*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 health-care provider with any questions regarding any possible medical condition.*

*George Wolford, M.S., CCC-SLP, is a licensed, certified speech-language pathologist and Clinical Instructor at the Speech-Language Institute at the Midwestern University Multispecialty Clinic. The Multispecialty Clinic utilizes the latest technology to provide high-quality care for the public at affordable prices. For more information, call 623-537-6000 or visit [www.mwuclinics.com/az/ms](http://www.mwuclinics.com/az/ms).*



### 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 (VCP). 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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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 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.



United Blood Services blood recipient, Mia McPoland.

## Valley Blood Donors Save Mia Every Month

When donors give blood at Luke Air Force Base, they help people like Mia, a Valley 15-year-old who depends upon blood donors to provide lifesaving transfusions every month at Cardon Children's Medical Center in Mesa – a need that is expected to continue the rest of her life. She was born with Diamond Blackfan Anemia, a rare disorder that prevents her body from producing red blood cells. "Mia is alive today because of people who donate blood," said her mom, Kristi. "Our family is beyond thankful to everyone who takes the time out of their busy day to simply donate blood." In September, Mia received her 160th blood transfusion.

Arizona's youngest patients at Valley children's hospitals require an average of 1,100 lifesaving blood transfusions every month. United Blood Services is Arizona's largest non-profit community blood provider that serves 100 percent of the blood needs for hospitals in 11 of 15 Arizona counties, including Maricopa. To make an appointment to donate at any United Blood Services donor center or blood drive, call 1-877-UBS-HERO (827-4376) or visit [www.BloodHero.com](http://www.BloodHero.com) (enter city or zip code).

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For blood drives on Base, go to **[www.ArizonaHero.org/LAFB](http://www.ArizonaHero.org/LAFB)** (Use sponsor code: LAFB)

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

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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.



Opening Spring 2018

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 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.

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

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

**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



Airman & Family Readiness, Bundles for Babies Program

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](mailto:56fss.fsfr@luke.af.mil).

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- 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
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Dr. Heather F. Smith (Director, MWU Body Donation Program) with anatomy teaching assistants in the gross anatomy laboratory. In addition to taking an advanced anatomy class themselves, these second year medical students also help teach anatomy to their junior peers. The opportunity to study anatomy from a human cadaver provides medical students with an invaluable three-dimensional understanding of the human body and personal connection to anatomy.

## Arbor Vitae

In Latin, “Arbor vitae” translates to “the tree of life,” which represents the interconnectedness among all living beings. In anatomy, the inner part of the cerebellum of the brain shares the same name. Its intricate fern-like divisions resemble a beautiful branching tree, and it performs essential life-sustaining functions. I remember with exquisite detail the first time I observed the arbor vitae, and how it changed the course of my life.

My first and most influential anatomy teacher was a body donor at the medical school where I received my graduate education. Sixteen years later, I can still recall the details not only of his face with its gentle smile, but the compelling beauty of his anatomy, the intricacy of his abdominal arteries, the perfect geometric shape of his rhomboids, and the insidious tumorous cancer to which he ultimately succumbed. I remember the first time I held his heart in my hands. Most vivid-

ly, I remember the first time I marveled at the arbor vitae in his brain, the intricate branching that holds the key to life.

This man’s generous donation changed the course of my life and my classmates. I know my medical student classmates at the time now practice medicine more effectively, compassionately, and holistically because of their experience, while I was inspired into a career studying and teaching human anatomy. The opportunity to study a human cadaver is invaluable to medical students, and provides them an intimate association with human anatomy that no simulation or reproduction can offer.

You can find out more about Midwestern’s Body Donation Program at [www.midwestern.edu/bodydonation](http://www.midwestern.edu/bodydonation) or by calling 623/806-7990

By Heather F. Smith, Ph.D.  
Director of Anatomical Laboratories  
Body Donation Program

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*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 interest-



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

ed in becoming a dental assistant. The classes last 3 short hours, for 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 Whitney 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](http://www.azdentalassistants.com).



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## Five reasons to embrace senior living in 2017

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](http://holidaytouch.com/why-move).

**5. Nutrition**  
Eating alone can impact a senior’s nutritional health. Holiday Retirement communities prepare fresh, nutritional meals.



tional 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). In Arizona Holiday Retirement has stepped up to provide the most comforting transition possible by offering numerous amenities at their local properties including: Vista del Rio (Peoria), Madison Meadows (Phoenix), Westgate Village (Glendale – Opening Soon), The Madison (Sun City West), and Vista de la Montana (Surprise)



Benevilla Home Delivered Meals volunteers packing the days freshly prepared meals to deliver to clients.

## Benevilla: Heart and Home Delivered Meals

When a time of hope was lost, and nothing seemed to be going right, Nora Fitzpatrick found joy in volunteering at Benevilla. Benevilla provides thousands of volunteer opportunities each year. Nora, a Benevilla Home Delivered Meals volunteer, is one of those volunteers with a special story to share. When Nora first came to Benevilla she had lost all hope. A few years earlier, Nora had lost most of her family and was left alone. She then began to attend grief counseling groups held at Benevilla. During her sessions, she reflected on the fact that she was still here for a reason and that she needed to make a change.

Nora noticed a Benevilla advertisement seeking volunteers, in her local paper one day and decided this was just the change she needed. Nora began to volunteer for the Home Delivered Meals program and began connecting and engaging with those she served, something she hadn’t been able to do in a very long time. “I would like to sit here and tell you that I volunteer because it makes a better community and that’s all true but I do it because it makes me feel good,” says Nora.

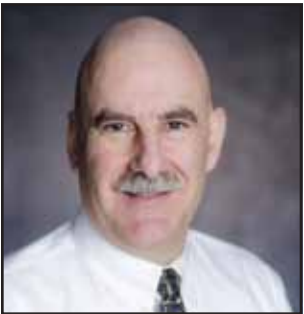
**“I get so much out of it in just the few hours that I give each week.”**  
After almost three years as a Benevilla volunteer, Nora now delivers to anywhere between six and eleven people on her routes and how she has been able to build lasting relationships with each client. “Becoming a Benevilla volunteer, not only changes other people in the community’s lives,” says Nora, “But I can honestly say, it has greatly changed mine.”  
For more information on receiving fresh, nutritious meals from the Benevilla Home Delivered Meals program or for volunteer opportunities, please call 623-584-4999 or visit [www.Benevilla.org](http://www.Benevilla.org).

# 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 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



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

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).



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