

Smart & Healthy

SPRING/SUMMER 2014

YOUR HEALTH ■

YOUR LIFE ■

YOUR TIME ■

What is an ACO?

Learn more about
the benefits to you

Super foods to the rescue

Choosing powerful nutrition

Romance at any age

Healthy relationships
make for a healthy life

A sincere apology



In a recent issue of this magazine, Banner Health Network inadvertently included Medicare numbers on the mailing address portion of magazines. This occurred as a result of human error, and did not involve criminal activity or ill intent of any kind.

We take full responsibility for this error. Protecting your privacy is of utmost importance to us at Banner Health Network. Our organization prides itself on putting patients and members first, and we have taken this situation very seriously to ensure an event like this will not be repeated.

In the last few months we talked to concerned beneficiaries — and we heard you. Some did ask to be removed from our mailing distribution, but even more expressed appreciation for the magazine's healthy lifestyle content. Others had questions about how they became involved in the Medicare Pioneer Accountable Care Organization (see page 4 for more information).

Three times a year Smart & Healthy will deliver important information you need for improving your personal health, accessing the medical knowledge you need, and learning about the benefits of being included in an accountable care organization. We will tell you about local health events, support groups, screenings and more.

It is our privilege to support your goals for personal health in any way that we can. We value your feedback. Please don't hesitate to contact us if you have any questions.

Reach our team Monday through Friday, from 7 a.m. to 6 p.m.:
Banner Health Network Service Center in Mesa, Arizona, 855-874-2400.

Sincerely,

Chuck Lehn
Chief Executive Officer
Banner Health Network

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What is an ACO?

Learn more about Banner Health Network and accountable care organizations

If you are receiving this magazine, you have been included because your provider is participating in an innovative program that was designed to maintain your health. The program is called the Medicare Pioneer Accountable Care Organization (ACO). This program was launched by the Centers for Medicare and Medicaid Services in 2012 as part of the Affordable Care Act. Each year Medicare beneficiaries in Maricopa County are assigned to our ACO if their primary physician participates with Banner Health Network.

Only 32 organizations across the country were selected in a competitive process to participate in a demonstration of how physicians, hospitals and the whole medical team can assist Medicare in providing a better, more efficient health care experience for their beneficiaries. It could well be the beginning of a new national model for care.

Three important things to know about this ACO program: you did not have to sign up, it will cost you nothing, and it will not change your existing Medicare benefits in any way. Instead your provider's participation allows you to access many new resources.

If you are hospitalized or develop a complex medical condition a Banner Health Network nurse case manager can work with you to access the care you need, talk to you about your plan of care, find support services in the community to help



you, and generally be your health care advocate answering any questions you have.

If you have multiple physicians providing care to you, this program assists them in communicating with each other through electronic tools. These tools can also warn them if there are gaps in your care, or if you have been prescribed conflicting drugs by multiple providers.

Participating physicians are rewarded for providing high quality, efficient care, with a good patient experience. They also receive communication and ongoing training on the most recent advances in medical research and practice.

You have access to Banner Health Network lectures and screenings, you will receive this magazine three times per year, and you can sign up for free health education classes that interest you (see the back of this magazine for more information).

Preventing unnecessary hospital visits through an improved system of coordinated care where all doctors and other health care professionals who treat you are connected, collaborate and communicate with each



other is a foundation of accountable care organizations, according to Dr. Shaun Anand, Medical Director for Banner Health Network. “The primary goals of these organizations include improving the health of all ACO beneficiaries, delivering a better care experience and making health care more affordable for everyone.”

Banner Health Network’s physicians, case managers and the entire clinical team are seeking solutions that can help beneficiaries avoid things like repetitive testing and hospital readmissions. The intention is to prevent illness, injury and unnecessary hospitalizations when it is possible by addressing health care needs before they reach a point of crisis.

In this model, it is vital that you visit with your primary care physician at least once per year, even if you feel well, to get a check-up. Annual well-visits are covered by Medicare, and are at no cost to you. “You would never expect your car to run without oil changes and preventative maintenance,” says Dr. Anand. “Take the same precautions for yourself. Make it a priority to get a personal tune up every year.”

Q: What is a Pioneer Accountable Care Organization?

A: An accountable care organization, part of the Affordable Care Act, is a recognized legal entity made up of providers of health care services who work together to coordinate care for Medicare beneficiaries. These organizations enter into an agreement with the federal Centers for Medicare & Medicaid Services (CMS) to be accountable for the quality, cost and overall care of traditional fee-for-service Medicare beneficiaries.

Q: How will care change for beneficiaries in the Pioneer model?

A: Access to their doctors will not change at all. Pioneer organizations are designed to provide Medicare beneficiaries with higher-quality, more seamless health care at no additional cost. Through this program they can access additional support including health education, nurse case management and help in identifying appropriate social services in the local community.

Q: Can my friends and family “sign-up” for this program?

A: At this time, only those who are assigned by Medicare because their physician participates with Banner Healthy Network can participate. In the future this may become possible.

Q: What if I don’t want to participate in this program any longer?

A: If at any time you do not want to participate in the Medicare Pioneer ACO, you can decline to share your personal health information by contacting Medicare at 1-800 MEDICARE (800-633-4227).



Life in balance

Removing hazards, preventing accidental falls

By Kristine Burnett

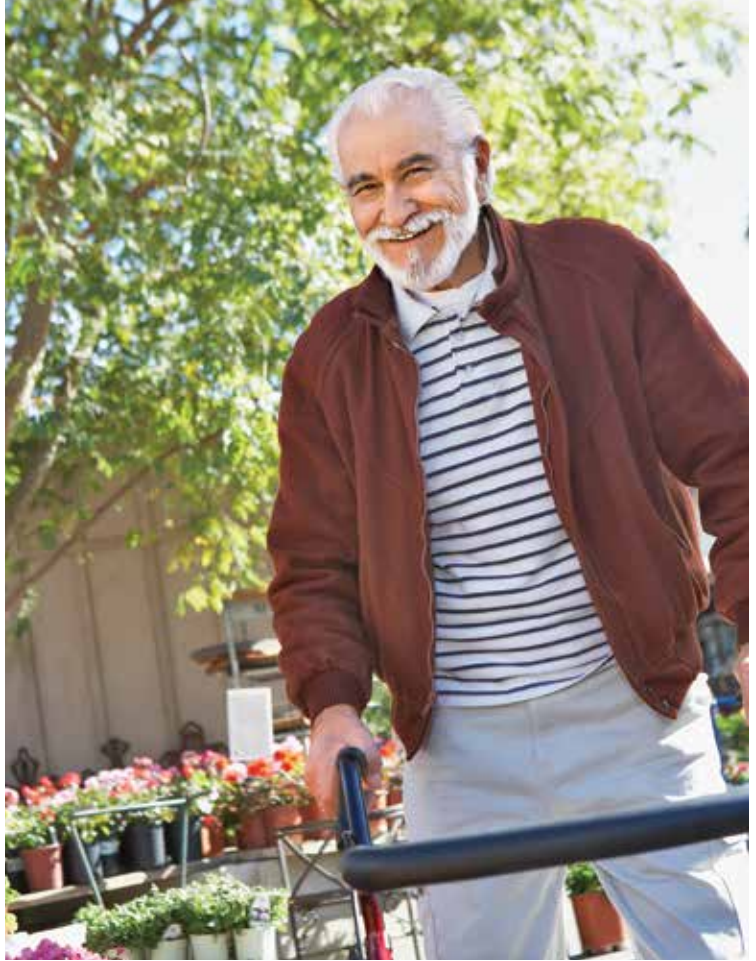
The older we get, the more likely we are to fall victim to, well, falling.

According to the Centers for Disease Control and Prevention, one in three adults age 65 and older falls each year. Nearly one quarter of those falls result in moderate to severe injuries that directly impacts a person's ability to get around and live independently. Sarah Payne, DO, a geriatrician with Banner Medical Clinic in Peoria and faculty member of the Banner Good Samaritan Family Medicine Geriatric Fellowship Program, says it's not just coincidence that older adults sustain the majority of the nation's fall-related injuries.

"Older adults face a number of health conditions that impair vision, hearing, movement and muscle control, many of which they may manage with prescription medications," she says. "Couple that with the fact that older adults taking five or more medications daily have the highest risk of falling, and you've got a recipe for injury."

'Risky' conditions

Age-related conditions like glaucoma, cataracts and macular degeneration can make it difficult to see potential obstacles. Hearing loss can affect balance. Neurological conditions like Parkinson's disease can impair muscle control and movement. Arthritis can change the way we walk. Individually, each of these conditions increases the risk of falling. Since older adults often must contend with many of these issues simultaneously, it is no wonder fall prevention is a key focus among geriatric physicians.



But Payne says falling doesn't have to be a foregone conclusion. Being aware of your physical limitations and trading pride for prudence can keep you upright, healthy and independent.

"As we age, it becomes increasingly difficult to bounce back from our injuries," Payne says. "A single hip fracture can put a person on a dangerous downward spiral. There is a high mortality rate for older adults within a year of fracturing a hip, so preventing falls is critical."

So how can you lower your risk of falling?

"First and foremost, take care of yourself and treat any health issues that could lead to falling," Payne explains. "Review your medication regimen with a physician or clinical pharmacist to understand the side effects and how the medications you take may impact your risk of falling."

Maintaining a safe home

Payne stresses the importance of creating a safe home environment.

"A home safety evaluation by an occupational or physical therapist to help identify potential hazards is a worthwhile investment," Payne says.

Poison, bites, stings: Get answers fast!

Poison and Drug Information Center a valuable free resource

By Brian Sodoma

They are questions that surface for us all at one time or another. Did I remember to take that second dose of medicine? Is it safe to take this medication with that over-the-counter drug? Or, even worse, I've taken too much of this drug. Now what?

Sharyn Welch, director of Banner Good Samaritan's Poison and Drug Information Center, says it's important for the community to know she and her team have free and fast answers for all of these questions, and plenty more.

"We find a lot of people think poison control is just for when kids get into household chemicals. But it's not," Welch says.

One of 55 certified national poison centers, the Poison and Drug Information Center at Banner Good Samaritan fielded 77,000 incoming calls in 2013. From medication mishaps to spider bites to household chemical irritations, Welch highlights some of the common reasons adults use the hotline, too.

Med mix-ups: We are busier and more active than ever. So it's not uncommon for hectic schedules, vacations and other situations to lead to problems. That's



usually the time we hear about someone accidentally taking a spouse's medication, or taking the wrong medicine or incorrect dose of a prescription, Welch said. Good news: the hotline can help.

Drops, ointments: Eye drops and eardrop bottles can look the same. So can toothpaste tubes and first aid ointment. Like the medication mix-ups, swallowing the wrong paste, or using the wrong drop can cause discomfort, and Banner's Poison and Drug Information Center has handled thousands of these calls through the years.

Home hazards: Mixing certain household cleaners creates noxious fumes that can leave a person feeling light-headed or weak. Some adults get sick after not completely rinsing a bleach solution when cleaning a coffee pitcher, said Welch. The Poison

and Drug Information Center is a go-to number for these situations.

Gardens, bugs: Sometimes the hobbies we love have prickly consequences. Those who enjoy gardening, for example, may spend a day near desert plants and critters that could cause a skin rash or lead to an insect bite. In 2013, the center handled 10,000 scorpion sting calls, and 94 percent were managed safely at home, Welch says.

The Poison and Drug Information Center is staffed with nurses and poison information providers, all with a critical care background and access to a medical toxicologist.

The Poison and Drug Information Center's 24-hour, toll-free nationwide hotline is 800-222-1222.

The local number is: 602-253-3334.

There is never a charge to use this service.

Healthy personal
relationships make
for a healthy life

By Elise Riley | Photos by Emily Pirano



***Romance**
at any age*

It's a traditional story. Boy meets girl. Boy gets girl. Both live happily ever after. It worked for Bill and Marti Armstrong — just a few years later than most of those stories typically go.

When Bill and Marti met, they had already experienced marriage, children and even the death of a spouse. Yet they still yearned to have companionship in their lives. Six months after they met in 2012, they were married at the Banner Olive Branch Senior Center in Sun City. He was 84 and she was 73.

"I truly think this is one of the best things I've ever done," Marti said. "He's such a good person."

Healthy living

Companionship and friendship are among the most important aspects of health. The World Health Organization defines the word "health" as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Friendship, social interaction and, yes, love are central parts to living a healthy and fulfilled life.

Having healthy interpersonal relationships affects more than psychological health. It also helps fight heart disease, diabetes, obesity and even insomnia.

"Human beings are social creatures," says Daniel M. Pacheco, MD, Chief Medical Officer at Banner Behavioral Health Hospital. "One of our basic needs is having human relationships. Individuals who are in a loving, caring relationship tend to do better physically, mentally and emotionally."

Studies show that married men live four years longer than unmarried men, Pacheco said. Research also indicates that individuals who are in relationships are likely to successfully fight disease.

Courtship

All those statistics might not have been at the front of Bill and Marti's minds when they met in 2012. But

each was looking for something to help enrich their life.

Bill was a recent widower after 59 years of marriage. Marti, who was divorced, spent the majority of her time at the senior center because she didn't want to be alone at home. On Bill's first day at the center, he spotted Marti instantly.

"Like the Bible says, it's difficult for a man to be alone," he says.

"I had never been to the center, and I got in there and saw all these women. I met Marti right away and I thought, 'I've just got to figure out how to go about it.'"

Bill went the traditional route, eventually getting the courage to ask Marti to dinner. She accepted and he impressed her by going to a very special restaurant. Both admit



Contact with others matters. Ask your doctor these three questions.

- ✓ How do relationships impact my physical health?
- ✓ In what ways can my family and friends best support my health goals?
- ✓ I'm feeling isolated by a health condition (hearing loss, depression, loss of mobility, chronic illness). Can you help?



today that it was a good move. And it worked.

“When we were pulling into the driveway, I thought, ‘He’s smarter than I think,’” Marti said, laughing. “I was 73 and that’s not real young. But I never expected to be married again. It didn’t take long for us to decide that’s what we wanted to do.”

Celebration

Indeed, six months after their first meeting, Bill and Marti were married at the senior center. The minister was a 98-year-old friend from the center, and Bill’s best friend, also from the center, was his best man. They held the June 10, 2012 wedding on a Sunday afternoon, so all their friends from the center could attend after their various morning church services.

It was a celebration for the entire center. More than 125 people attended the nuptials.

Find a *connection* or get help

Want to find a local senior center or know someone who needs assistance?

Contact the Area Agency on Aging by visiting aaaphx.org or call the Agency’s 24-hour Senior HELP LINE at 602-264-HELP (4357).

The toll-free number is 888-783-7500. For the hearing-impaired, call 602-241-6110 TTY/TDD.

“Everything we do lends itself to building healthy interpersonal relationships,” says Ivy Glinski, director of the Olive Branch Senior Center. “We’ve found that a lot of people want to meet new friends when they first come to

the center. It indicates there might be something lacking in their interpersonal relationships, and something they can get here at the center. Even romance, apparently!”

Today, Bill and Marti live in Marti’s house. Both are healthy. Together, they have 11 children, all of whom are elated that their parent found love again.

“Now I have somebody to come home to, and I don’t need to spend all of my time at the senior center,” Marti said. “Before, I was going there five days a week because I didn’t have anything else other than the house and the yard work. Now, I come home and Bill is here and we’ll go have lunch, dinner, go to a casino. It’s just different. A good different.”

Bill and Marti will celebrate their second anniversary this June. They plan to take a trip to Laughlin, Nev. to celebrate.

Testing preparation

Getting the best results from a lab visit

By Kerry Hamilton

Getting ready for a school exam may be a distant memory, but good test results still rely on appropriate preparation. With more than 70 percent of all health care decisions directly influenced by laboratory tests, you play an important role in making sure those findings are accurate. Following the guidance of your health care provider — just like listening to your teacher — promises to yield the best possible outcome.

“It is important to understand that lab results may reflect the condition of the sample received, not necessarily the condition of the patient,” says Joyce Santis, chief operating officer of Sonora Quest Laboratories, the only laboratory to win the Arizona Governor’s Award for Quality. “If a patient does not prepare properly by following the physician’s or lab’s instructions, the test result may not ‘match’ the patient’s true health status.”

Santis advises patients to talk openly with health care providers about any suggested testing. Understanding why a test is being ordered encourages you to ask



Verify with your doctor what food and drink you can have before a test.

additional questions and get the test done in a timely manner, and may even help avoid duplicate testing if you’re seeing several providers. You’ll learn what steps may be necessary prior to the test, such as avoiding food and drink at least eight hours prior to the test (known as fasting), scheduling the test during a certain time of day, and determining if current medications need to be adjusted.

While some tests must be performed earlier in the day, such as those requiring fasting, laboratory service providers like Sonora Quest Laboratories (SQL) offer numerous

conveniences to meet your needs. For example, SQL has more than 70 Patient Service Centers throughout Arizona, including many sites in Maricopa and Pinal counties. In addition to labs located in virtually every Valley neighborhood, SQL also offers online scheduling at sonoraquest.com and a mobile application to access results.

“Our Patient Service Centers are busiest in the early morning hours, and we tend to see a spike in visits during lunch and at the end of the day,” explains Santis. “We always encourage patients to use our online scheduling tool, but for those with flexible schedules and no testing restrictions, it’s best to arrive after 10 a.m. to avoid the rush.”

Treat your upcoming lab test just like the math exam you took in high school. With adequate preparation, you’ll be giving your medical team the best chance to ensure your care makes the grade.

“If a patient does not prepare properly by following the physician’s or lab’s instructions, the test result may not ‘match’ the patient’s true health status.” — Joyce Santis, COO, Sonora Quest Laboratories

Discover a new way to move

Age is but a state of mind — how to get and stay fit and active at any age

By Paula Hubbs Cohen

Lois “Max” Maxwell practices what she preaches — and at a fit and healthy age 87, her philosophy is obviously working.

With a 35-year background in teaching exercise and activity classes, Maxwell has worked at Banner Health for the past decade as an activity specialist, a job that keeps her busy scheduling programs and teaching a variety of classes, including one called ‘Movin’ and Groovin’. “I invented this class, which includes some yoga movements as warm-up. I also teach Tai Chi, dance and other classes,” she says, adding that yoga, Tai Chi — and in fact, all exercise — helps people feel good, stay healthy and remain active as long as possible.

Maxwell says that there are a variety of non-traditional types of exercise that are good for the senior population, including dance, yoga, Tai Chi and even country line dancing. “Yoga is great for stretching, flexibility and relaxation, Tai Chi is very good for balance and footwork, and dancing includes most all of the benefits,” she says. “Plus, it’s always good to be with other people to laugh and make friends.” She says that for those with limited mobility, some good exercises include working with bands and weights, moving their arms to music, and water aerobics and/or swimming if possible.

During her lifetime, Maxwell says she’s watched how the elderly have been treated and cared for. “Things have changed for the over-60 group for the better,” she says. “Some people who are in the younger group are becoming more receptive to older people — they will be older themselves one day.”



YOGA TO TRY

Balance poses

Benefits: Stimulates brain-physical connections, focus and poise; develops steadiness and confidence.

Examples: Tree; Eagle; Lateral-inclined plane; Crane; Boat



Breathwork (Pranayama)

Benefits: Increases lung capacity, connects intention and attitude with action.

Examples: Natural breath; Alternate-nostril breath (Nadi Shodhana); Triumphantly uprising breath (Ujayi)

Forward bends and hip-openers

Benefits: Stretches hamstrings, buttock muscles and lower back; tones internal organs.

Examples: Staff pose; Head-to-knee; Side open-angle; Seated forward-fold; Pigeon

Twisting poses

Benefits: Stimulates internal organs, glands and circulatory system; benefits musculature, fascia and connective tissue; tones spinal muscles.

Examples: Gentle seated twist; Reclining spinal twist; Seated spinal twists; Revolved standing poses

Standing poses

Benefits: Increased strength and stability in the legs, hips and back.

Examples: Mountain (Tadasana); Warrior I, II and III; Extended side-angle; Triangle (Trikonasana)



Backbends

Benefits: Counteracts the natural tendency with age to fold forward and inward. Creates flexibility and elasticity while strengthening back muscles and opening the chest.

Examples: Cobra; Bridge; Camel; Bow; Cat-cow



Source: Deborah Payne, Anusara® Certified Teacher, RYT-500. Payne teaches at Bodhi Coyote Yoga in Cave Creek.

your NUTRITION

Super foods to the rescue

Everyday foods that fight cancer and pack a nutritional punch

By Gremlyn Bradley-Waddell

Want that dinner salad to help fight off cancer or that mid-day snack to battle bad cholesterol?

Then be sure to include “super foods” in your diet, says Natalie Verderame, a dietitian with Banner Health.

“When we talk about ‘super foods,’ we’re talking about everyday foods that contain extraordinary nutrition,” she said. “These foods pack an extra punch with extra vitamins and minerals, and they should be included in a balanced diet every day, or every other day, along with exercise and stress management.”

Check your shopping list

Super foods are nutritionally beneficial for all ages and are found in most grocery stores. They include:

- Broccoli
- Watermelon
- Leafy, dark greens such as spinach and kale
- Blueberries
- Cranberries
- Cherries
- Quinoa
- Salmon
- Black or green tea
- Almonds and walnuts
- Eggs
- Flax seeds



RECIPE

Crispy Kale “Chips”

1 head kale, washed and thoroughly dried
2 tablespoons olive oil
Sea salt, for sprinkling

Preheat the oven to 275 degrees F. Remove the ribs from the kale and cut into 1 ½ inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food. Makes 4 servings.
Source: Melissa d'Arabian

Verderame notes the rich, dark colors of some super foods, like cherries and kale, are a tip-off to their antioxidant — or anti-inflammatory — qualities. Kale, in fact, is packed with Vitamin K, which prevents blood clots and is good for bones, as well as Vitamin C. And quinoa, a grain that’s a great source of protein and heart healthy fat, contains no gluten.

Protection plus

While each super food is appropriate for most anyone, she says some offer better protection against the No. 1 and No. 2 killers of both men and women: heart disease and cancer, including prostate cancer for men and breast cancer for women. Taking that into consideration, men might want to bump up their consumption of broccoli and red or orange vegetables, like sweet potatoes and red bell peppers.

“Broccoli is an excellent source of Vitamin C and Vitamin A, and it’s also a good source of fiber, folate, calcium, iron and potassium, all great nutrients,” she says. “Fiber helps fight heart disease, and there’s a certain antioxidant phytochemical in broccoli called sulforaphane that has anti-cancer properties. As for the red and orange vegetables, they’re a fantastic source of Vitamin C, potassium and beta-carotene.”

Don’t be lax with flax

Women should consider upping their intake of flax seeds and blueberries. Verderame says flax seeds are high in fiber and contain an estrogen-like compound called lignans, a possible tool to protect against breast cancer. They are also a good source of omega-3.

Moving is soothing

Daily activities can improve energy levels, reduce pain for arthritis sufferers

By Dolores Tropiano

It's easy for arthritis sufferers to become sedentary. Stiff joints, pain and fatigue can make many movements difficult and daunting. But those are the exact symptoms that will subside with some form of motion.

Doctors say action and activity are key to keeping the pain of arthritis at bay with the added benefit of improving energy levels and contributing to weight loss.

"Studies have shown that movement and exercise in people with arthritis actually decreases the amount of pain that a person feels," says Jason Tani, general orthopedic physician with Banner Medical Group. "You would think that not moving and sitting around would make arthritis feel better, but the opposite is true."

Simple but appropriate activity, done daily, is like lubricants to keep joints limber.

"The single most important thing a person with arthritis should do is exercise," Tani says. "People will feel less pain by exercising and also lose weight which will reduce the pressure on their joints and decrease pain."

Here are a few suggestions:

KEEP MOVING: Don't stay put for too long. Whether it is sitting in front of the television or reclined in a reading chair — set a timer, get up and move around every 15 minutes.



INCREASE RANGE OF MOTION: Improve flexibility by gently moving joints as far as they can go and then trying to push them a little further. Roll your shoulders forward and back and raise your arms over your head daily.

WALK: A daily walk will ease arthritis pain. Doctors recommend approximately 20 minutes a day.

EXERCISE: Low-impact aerobic exercises such as biking or swimming are healthy. Tani said jogging is OK but avoid running on concrete or sidewalks and stick to school tracks, canals and dirt. Set your goal at 20 to 30 minutes three times a week.

Find a form of exercise that is fun. For Bernice "Bunny" Rabinowitz of Peoria, it is dancing.

Rabinowitz, 83, started getting arthritis in her knees when she was in her 50s. But she and her significant other started dancing four to five times a week, and she hasn't missed a beat since.

"It feels good when I am dancing," Rabinowitz says. "It eases the pain in my joints."

by Frank A. Longo

FROM END TO BEGINNING

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- 24 Blood type, informally
- 30 Polish labor leader Lech

- 33 Major city of Norway
- 34 Shirley's sitcom friend
- 36 Toil away
- 37 "To — a Mockingbird"
- 38 Motorola cellphone
- 39 Inking
- 40 Imagine
- 42 Meadowland
- 46 String after D
- 47 Maestro Solti
- 50 With 31-Across, hubby's assent
- 52 Verge
- 53 Red braking signals
- 54 Many a navel
- 55 Stunned with a gun
- 57 Olive loved by Popeye
- 58 Lustful look
- 59 Storied masked swordsman
- 60 Jai —
- 63 Formal fiats
- 66 Suffix with final or moral
- 68 Romney's 2012 rival
- 70 "— Kapital"
- 71 Actress Gaynor
- 72 Kitchen bulb
- 74 Mil. truant
- 75 Vigilant
- 76 Hail — (cry "Taxi!")
- 77 Slightly warm
- 80 "Dies —" (hymn)
- 83 "Norma —"

- 86 Wolf down
- 87 Grenade filler
- 88 "Open up!" follower
- 90 Propyl ender
- 92 Redding of song
- 93 Like slightly spoiled meat
- 95 Ensnare
- 96 Closing letter
- 97 Little plateau
- 100 Talk like Porky Pig
- 104 Railroad switches
- 106 In the house
- 107 Before long
- 109 Related compound
- 110 Bicolor beast
- 111 Flynn of film
- 112 Family group
- 113 Daisy cousin
- 114 Clowns
- 116 Enthusiasm
- 117 Minerals in thin layers
- 121 Aged, once
- 124 Descartes of philosophy
- 125 Culturally pretentious
- 126 Maiden
- 128 Meal scrap
- 130 Ottawa loc.
- 131 That, to Juan
- 132 High, snow-capped peak

PUZZLE ANSWERS ONLINE AT:
BannerHealthNetwork.com/SmartandHealthyCrossword



LIFESTYLE MANAGEMENT PROGRAMS

Banner Health Network offers a variety of lifestyle management programs to provide participants skills and education to manage common chronic health conditions. The following classes are offered at Banner facilities Valley-wide. All classes are free; dates and times vary by location. Registration required; call 602-230-CARE (2273) or 480-684-5090 for more information or to register.

LIVING WELL WITH DIABETES

Four-part series. Learn self-management skills including monitoring, medications, nutrition/meal planning, exercise and preventing complications.

LIVING WELL WITH HEART DISEASE

Three-part series. Learn heart-healthy tips, how to manage risk factors, how to identify warning signs of heart disease or stroke and what to do in an emergency.

LIVING WELL WITH COPD

Two-part series. Learn about lung disease, better breathing skills, symptom management and preventing complications.

EAT HEALTHY, BE ACTIVE

Series of six interactive workshops. Learn to attain and maintain a healthy weight, reduce risk of chronic disease and live a healthy, active lifestyle.

DIABETES SUPPORT GROUPS

Free; no registration required.
All groups meet from 10 to 11 a.m.

SUN CITY WEST

Second Thursday of every month
Banner Del E. Webb Medical Center
14502 W. Meeker Blvd.

MESA

Third Thursday of every month
Red Mountain Active Adult Center,
7550 East Adobe

SUN CITY

Third Thursday of every month
Banner Boswell Medical Center
10401 W. Thunderbird Blvd.

TEMPE

Fourth Thursday of every month
Friendship Village,
2645 E. Southern Ave.

ADDITIONAL CLASSES & GROUPS

ALZHEIMER'S LECTURE SERIES

Sponsored by Banner Alzheimer's Institute.
Free; registration required.
Call 602-230-CARE (2273) to register.
All lectures are from 10:30 a.m. to noon.

SITUATIONS OUT OF CONTROL:

Strategies for You and Your Person
Learn how to deal with challenging behavioral, social, family and self-care issues.

June 13: Banner Sun Health Research Institute, 10515 W. Santa Fe Drive, Sun City

July 11: Banner Gateway Medical Center, 1900 N. Higley Road, Gilbert

Aug. 8: Ed Robson Branch Library, 9330 E. Riggs Road, Sun Lakes

ALZHEIMER'S PREVENTION RESEARCH:

What You Need to Know
Learn about new clinical trials aimed at preventing Alzheimer's disease.

Sept. 12: Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix

Oct. 10: Banner Sun Health Research Institute, 10515 W. Santa Fe Drive, Sun City

Nov. 14: Banner Gateway Medical Center, 1900 N. Higley Road, Gilbert

Dec. 12: Ed Robson Branch Library, 9330 E. Riggs Road, Sun Lakes