

SPRING 2017

# HealthSmarts

**What  
physicians  
wish you  
knew**  
Thoughts from  
our doctors

## The power of friendship

Sun City man proves friendships  
are good for your health

**Improving quality  
of health care**

ACO network provides  
circle of care

**The secret of  
youth within**

Strength training  
for seniors



Brought to you by

**Banner Health Network**

# Welcome to Banner Health Network and Health Smarts magazine!



This is our first issue and we hope you will find the information both enjoyable and personally valuable. This publication is all about you and helping you develop your own “Health Smarts.” You’ll find reliable information about health issues, steps to living a healthier lifestyle and practical tips to manage the issues we all face as we age. You’ll even find a crossword puzzle for fun and keeping your brain fit!

You are receiving this magazine because your physician is a member of Banner Health Network and is participating in a Medicare-sponsored and approved Accountable Care Organization. This special program is structured just like it sounds. We (your doctor and BHN) are holding ourselves accountable, first and foremost, for the quality of care that you will receive. We take this obligation seriously and we measure and grade our performance so that we can continuously improve. The Centers for Medicare and Medicaid Services, the government body that oversees Medicare and this Accountable Care Organization program, also tracks and grades our quality performance on your behalf. In fact, being selected as an Accountable Care Organization (after a rigorous application process) is an honor.

We believe strongly that by measuring our performance, we can improve the quality of care you receive and, at the same time, make it more convenient for you. How do we do this? We actually make a number of extra services available to you. You will get extra support from Banner

Health nurses and others from our medical team if you develop a serious new health condition, become chronically ill, are hospitalized for an extended period or just need extra help getting back on your feet. You will also receive this healthy lifestyles magazine three times per year and get health reminders to keep you on track with your medical care. We believe that the end result is better health for you with fewer health concerns and lower cost. That’s why it is called the Medicare Shared Savings Program. Quite simply, we are trying to make things better for everyone by making sure your care is well coordinated and that you get all the services you need when and where you need them.

The best news is that you don’t need to do anything. You don’t need to fill out any forms, there is no cost to you and your Medicare benefits are unchanged. Your physician’s membership in the program does not interfere with your ability to choose your providers or the care decisions that you and your physician will make together. We do all the work. So sit back, relax and enjoy the benefits of coordinated care and perhaps pick up a tip or two in *Health Smarts*.

We look forward to working with you and your doctor this year. It is a privilege to support you in achieving your best personal health. If you have questions about the Medicare Shared Savings Program, call us at 855-874-2400.

Wishing you a healthy year,



Lisa Stevens Anderson  
Chief Executive Officer,  
Banner Health Network



Robert Groves, MD  
Chief Medical Officer,  
Banner Health Network



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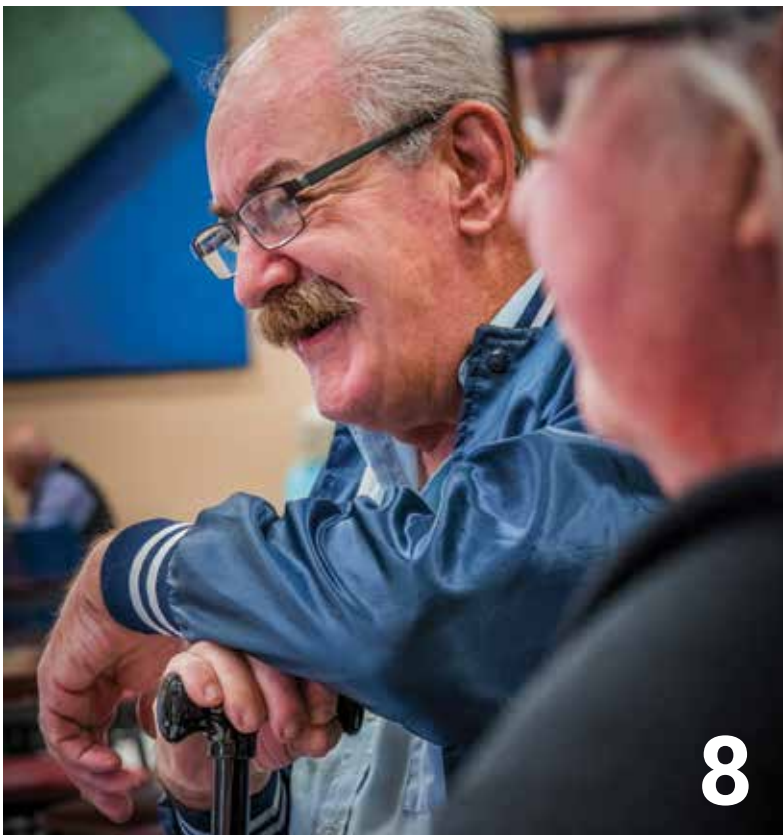
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800-MEDICARE (800-633-4227)  
[www.Medicare.gov](http://www.Medicare.gov)



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200 E. Van Buren St., Phoenix AZ 85004

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- Information written in other languages

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# The secret of youth within

## Can strength training turn back the clock?

by Pat Whitney

Ponce de Leon, searching the New World for ways to reverse aging, discovered the Fountain of Youth five centuries ago.

Those magical waters were a myth. But the real secret to slamming the brakes on aging lies in our lifestyle choices. It can be as basic as developing healthier habits.

Routine movement and resistance exercises slow bone and muscle loss, and maintain strength and flexibility.

Strength training actually builds bone density in the hip and spine, according to Tufts University studies. It also:

- Increases muscle mass and metabolism
- Reduces the risk of arthritis, diabetes, heart disease and Alzheimer's
- Profoundly impacts mental and emotional health when combined with aerobic exercise

### Building a stronger you

The good news is that it's never too late. Banner Health's Health and Wellness Coordinator Christopher Kowalski designs and modifies workout programs, especially for individuals



with heart disease and diabetes.

Kowalski recently met with a 72-year-old man who was "just getting started."

"He had lofty goals," Kowalski says. "Beginners should first see their physician, then ease into exercises tailored to any limitations to avoid injury. Strength training can be done at home, using a sturdy chair, light weights and resistance bands.

"Start with one-pound weights (or a can of soup) for 15-20 minutes, two or three days per week. Use slow and controlled movements — three to four seconds — hold for one second. Add weight and duration as strength increases. The goal is 10-15 repetitions and three to five days of moderate exercise.

"The same exercises apply to intermediate and advanced levels. Only the amount of weight, repetitions or frequency change."

Kowalski adds: "Strength training helps maintain our quality of life, making possible everyday activities like lifting grandchildren, carrying groceries, climbing stairs and doing basic cleaning."

## HOW TO BEGIN

### UPPER BODY

- **Bicep curls and tricep extensions:** Begin with the arm straight and curl the weight toward shoulder.
- **Chair dips:** Use arms to push up out of chair from a seated position.
- **Arm lifts:** Stand using two-pound weights. Form letter "T" with arms. Hold. Repeat.
- **Wrist curls:** Sit with arms close in, palm up, pulling weight toward shoulder.

### LOWER BODY

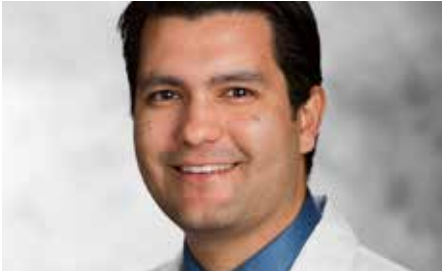
- **Knee/leg extensions:** With or without weights. While seated, with foot straight in front, raise leg. Repeat.
- **Modified squats and lunges:** Use stability ball to assist with squats or place hand on wall for lunges.
- **Hamstring curl:** Stand holding onto chair. Bend leg back toward buttocks.
- **Calf raises:** Holding onto chair, stand on toes. Relax. Repeat.

### CORE STRENGTHENING

- **Side stretch:** Stand, lean to one side while sliding hand down leg, then the other direction. Use free weights or wrist weights.
- **Core tighten:** Lie on floor on your back, raise head, arms outstretched. Hold. Relax. Repeat.

For more detailed instructions: see "You Tube: Maximum Fitness/Senior Strength Training-Livonia TV."

# What do you **wish** your patients knew?



It is important to schedule an annual preventive check-up with your physician. This visit allows your doctor to evaluate your health for screenings for cancer, diabetes and heart disease. Your provider can also make recommendations for needed vaccinations and order routine imaging studies that may be overlooked during a problem-focused exam. People who do not have a dedicated preventive exam may miss out on the easiest way to prevent disease.

Jesse Bracamonte, DO  
Divisional Medical Director, Arizona West  
Banner Medical Group



I wish my patients knew that the following habits would improve their health:

- Wear sunscreen and protective clothes.
- Check your body for moles.
- Get any mole that is new or changing checked early by a health professional.
- If something on your skin is new, growing, changing or bleeding, please see your physician.

Betty A. Hinderks Davis, MD  
Dermatology  
Banner Medical Group



Patients calling to see a provider at the CORE Institute are generally scheduled based on their specific injury. This is sometimes misconstrued by patients as a delay. For example, we want to see a simple ankle fracture that has been splinted about a week after an ER visit to allow the swelling to subside and make it possible for us to determine the appropriate care. This timing could save the patient an extra visit and splint change.

David Jacofsky, MD  
Orthopedics Chairman & CEO  
The CORE Institute®



I wish my patients knew that a great number of chronic diseases can be prevented (or controlled with less medication) by making healthy lifestyle choices, such as physical activity and a healthy diet. Stretching, walking and yoga are examples of ways people can stay active at any age.

Natalya Faynboym, MD, CPE, FAAPMR  
Physical Medicine & Rehabilitation  
Senior Medical Director,  
Banner Health Network



I wish my patients knew to be their own best advocate to improve their health. Rather than a health care provider telling them what to do, they should partner with their health care provider to figure out what is right for them.

Sarah Payne, MD  
Internal Medicine/Geriatrics  
Banner Medical Group



Tips I wish my patients knew about eating well: Eat breakfast – It really is the most important meal of the day. Eating breakfast fuels the brain and the body to help avoid that mid-morning slump when the temptation to grab empty calories may occur.

Mary Ellen Dirlam, MD, PhD, FACP, CPE  
Internal Medicine  
Medical Director, Banner Medical Group



# IMPROVING QUALITY OF care

## Banner Health Network ACO can help patients in several ways

*By Debra Gelbart*

**Y**ou may not realize it, but your physician is participating in a new approach to the delivery of health care by being a member of the Banner Health Network Accountable Care Organization (ACO). An ACO is a group of doctors and other health care providers who agree to work together with Medicare to give you the best possible care.

Helping you stay healthy or manage a chronic illness is a top priority for the primary care providers who are part of Banner Health Network's ACO. The ACO's status has shifted slightly from what it was when first established five years ago as a Pioneer ACO, but you as a consumer won't notice any difference in the way your preventive and medical care is delivered. Banner Health Network has transitioned from participating in one of the first ACOs in the nation — called the Pioneer ACO — to a similar

program called the Medicare Shared Savings Program.

The Medicare Shared Savings Program facilitates coordination and cooperation among providers to improve the quality of care for beneficiaries with traditional Medicare and reduce unnecessary costs, according to the Centers for Medicare and Medicaid Services. Eligible doctors and hospitals may choose to participate in the Shared Savings Program when they're part of an Accountable Care Organization.



### **Additional services can help**

By being part of the ACO, your primary care physician has access to all of Banner Health Network's additional services for patients. This includes care coordination, which helps your doctor oversee the care you may need, especially after surgery, such as physical therapy, skilled nursing, home health or management of your medications, explained Kathleen Harris, senior director of government operations for Banner Health Network.



#### COORDINATED CARE



By being part of the ACO, your primary care physician has access to all of Banner Health Network's additional services for patients, which helps your doctor coordinate care you may need such as skilled nursing, home health or management of your medications.

Other services your doctor can take advantage of by being part of the ACO include giving you access to a 24/7 nurse triage line for advice after business hours and a three-day waiver for Medicare-supported skilled nursing care, so you aren't required to stay in a hospital for three days prior to admission to a skilled nursing facility.

And now, when a provider contracts with the ACO, his or her entire medical practice automatically becomes part of the organization as well. So if your doctor is away from

the office, his or her physician partners can help you with any Banner Health Network services you may need.

#### Specialists can coordinate your care

When you need a referral to a specialist, your primary care doctor can provide you with the names of physician specialists who can work with your primary care provider to coordinate your care, ensuring that you receive appropriate services for your needs that aren't duplicated, such as lab

work and diagnostic imaging. But just like before, you have the freedom to visit any specialist you want, whether or not your primary care doctor has a relationship with that specialist.

"Yet if there is coordination of care between doctors, the patient is likely to benefit and probably will feel more like they're getting precisely the care they need," Harris said.

"More efficient care also may mean a patient spends less on medical care than they might otherwise need to."





Sun City man  
proves that  
friendships  
are good for  
your health

*By Elise Riley*

# THE POWER OF FRIENDSHIP





**L**unches with laughter. Holiday celebrations. Picking up the phone, and knowing there's someone to talk to. All of these life elements have one thing in common: human connections.

While the bustle of holidays, birthdays or anniversaries can offer an infusion of emotion and love, human companionship is something everyone needs, every day. According to a Harvard University article, the lack of strong social relationships could increase the chance of premature death by 50 percent.

It turns out, having a best friend is important for your health.

### **Find your circle**

Walter Setzke quickly discovered the power of friendship. A retiree from General Motors living in Sun City, Walter, 65, lived alone and had

no family members. Then, he had a heart attack and a stroke.

"I was homebound, with no one to talk to, no one to help me," Walter says. "And then, people from the senior center came to visit me. They brought me meals, they were doing things for me that relatives would."

Gradually, Walter's health improved. He began engaging strangers, who became friends. When he was able, he started visiting the Banner Olive Branch Senior Center in Sun City, and developed a circle of friends in no time.

"I'm here five days a week," Walter says. "They can't get rid of me. This is the center of my universe. I was all alone in a house, and now I'm here, socializing."

Now, Walter is on the Center's leadership council and manages an annual fundraising auction. And his health is significantly improved.

### **Out and about**

"I'm here five days a week. They can't get rid of me. This is the center of my universe. I was all alone in a house, and now I'm here, socializing."

— Walter Setzke





## BUILDING NEW FRIENDSHIPS

### Support system

Social relationships offer intangible benefits for your health. Having a friend can help reduce stress, and routine social gatherings also help keep people active.

"Generally speaking, a support system is a very good thing and is needed for social engagement and involvement," said Dr. Sarah Payne, a geriatrician and hospice/palliative care physician. "Even if your support system is small, it's still a good thing."

Dr. Payne says that while it's easy to find reasons to socialize during the holiday season, it's important to stay engaged those other 11 months of the year, too.

"Life does indeed get quite busy and hectic at certain times throughout the year. It's like you are on a roller coaster and then all of a sudden the ride is over, the thrill is gone," she says. "Staying engaged and active requires thought and planning. Make

a plan, write it down, grab a buddy and hold yourself accountable. Look to starting new things — a new career, volunteering, learning a new skill."

### Building your circle

And that's where places like the Banner Olive Senior Center can become so helpful. Ivy Glinski is the director of the center, and helps seniors like Walter find enjoyment in everyday interaction.

"It's a support system," Ivy says. "Here, everyone's family. They're not going anywhere. You're socializing, you're gearing up for the next event. There's always something that people can look forward to. When people have established relationships, there is always someone to talk to. Someone who knows their story."

For Walter, it started small with

### Want to find a new social circle or build new relationships? Try these tips:

- Visit your local senior center
- Find others who share your hobbies
- Volunteer
- Invite a neighbor for lunch or dinner
- Join a book club
- Take a class to learn a new hobby or skill

meals. Then he started visiting more frequently, and soon found groups who shared his interests. Now, he wants other seniors to know they can build new relationships, too.

"Be open — be loving. Care about people," Walter says. "You've got to be open to people and be kind and then, things start happening. Your friends will be true friends. There are people out here who are starving for friendship and togetherness."

Looking for more great resources, contact the Area Agency on Aging: Visit [aaaphx.org](http://aaaphx.org) or call 602-264-2255; 888-783-7500



BANNER HEALTH  
NETWORK MEMBER  
ENGAGEMENT CENTER:

## We're here to help

**Highly trained nurses  
can answer questions,  
provide resources and  
offer health advice**

*By Meghann Finn Sepulveda*

Injuries and illnesses can happen at any time, even when your doctor's office is closed. But how do you know if a symptom is something serious or nothing to worry about?

Because your physician is affiliated with Banner Health Network, you have complimentary access to the Banner Health Network Member Engagement Center, featuring the 24/7 Nurse Triage Line. The Nurse Triage Line is staffed by experienced Banner Health nurses all day, every day.



These nurses can quickly respond to your questions about symptoms, care needed and more.

"I was really glad to have the option to talk directly with a nurse," said Todd Ruble, who called the Nurse Triage Line when he experienced an unexpected symptom following an outpatient procedure. "I wasn't sure what was going on. The nurse was able to look up my hospital discharge instructions and she reassured me

that what I was experiencing wasn't out of the ordinary. She even gave recommendations on how I could feel better at home. Since I was visiting family out-of-state, it definitely saved me a trip to the emergency room."

"Questions posed to our nurses run the gamut," said Kristine Salmon, director of the MEC. "We are available to respond with health advice, a referral for care or additional resource, not to mention peace of mind. Patients should be more aware of this important medical resource and keep the number handy."

"It's reassuring to know that if I have questions about my health, a nurse is available to me," Ruble said. "If I need to, I will call again."

### AT YOUR SERVICE



- Banner Health Network Member Engagement Center
- Available 24 hours a day, seven days a week
- Calls are answered by Banner nurses
- No cost to Medicare beneficiaries when your doctor is affiliated with Banner Health Network
- Ask questions about medications you are taking  
(602) 747-7990 (Metro Phoenix) or (888)-747-7990 (Everywhere else)





# An easier pill to swallow

## Manage your medical expenses with wise prescription spending

By Joan Westlake

Getting the most from your prescription dollar can net significant savings. Nearly 10 percent of the nation's \$3 trillion health care expenditures go to prescription drugs, according to the Centers for Disease Control and Prevention.

"I was a retail pharmacist for nine years and the cost of medications is always a concern for customers," said Betty Louton, now a Clinical Pharmacist in Population Health Management at Banner Health.

### Potential pitfalls

Louton is now on a team of Banner Health Clinical Pharmacists that helps members achieve prescription cost savings and find the best plans. She warns about potential pitfalls such as pill cutting. Louton says don't assume you can buy the more potent pill and cut it in half, ask your doctor first.

The pharmacist also says to be wary of the "RX Relief cards" or

"Save 75 percent on prescription" coupons or the co-pay assistance cards that come in the mail and are online. Use of these is prohibited by Medicare, Medicaid or Veterans Administration programs. She adds that usually people find that their drug plan's co-pay is lower than what they pay using a coupon.

### Partner with a doctor

Louton points out that your physician is a key partner in controlling medication costs. If you are given free samples to start, discuss future costs and alternatives with the doctor right then and there.

"People take the prescription for the free-sample drug and go to the pharmacy and find out it will cost \$400 because it is not covered by their plan, or their co-pay is \$200," Louton said. "It is expensive because it is a brand new drug. Ask if the medication has a generic equivalent. Generics are heavily regulated by the FDA to ensure they

have the same active ingredient, strength, dosage form and are absorbed the same way as the brand name product."

"People sometimes are hesitant to question prescriptions but doctors are usually very willing to work with patients to ensure that medications are actually taken as prescribed," said Louton.

### Partner with a pharmacist

"Know your pharmacist," advised Louton. When you pick up your prescription, the pharmacist will go over details about the drug as well as answer your questions including how the drug might react with others you are taking. Louton urges people not to forgo medications because of cost.

"The Banner Specialty Pharmacy has a team of technicians who are very skilled in locating grants and other funding for the very high dollar, specialty medications," said Louton.

# Sugars are **not** **so** sweet

**Learn to read the labels  
to find hidden sugars**

By Kristine Burnett

Despite its sweet façade, sugar can wreak havoc on our bodies. Consuming too much sugar may negatively affect metabolism and possibly contribute to a wide range of health conditions, including chronic inflammation, heart disease, diabetes, obesity, and even cancer. Unfortunately, reducing sugar in one's diet is easier said than done.

According to Margaret O'Brien, a registered dietitian and certified diabetes educator at Banner Health Network, sugar is found in almost every food and beverage we consume. If it's not naturally occurring, sugar gets added during processing, masquerading as "natural" sweeteners. However, there's nothing natural or healthy about fruit juice concentrate, evaporated cane juice, dehydrated cane juice, brown rice syrup, high fructose corn syrup, dextrose, sorbitol, aspartame, saccharin and sucralose — common terms for manufactured sweeteners and sugar substitutes.

"Current food labeling guidelines don't require manufacturers to distinguish between natural and added sugars," said O'Brien. "Beginning in 2018, nutrition labels will break down sugar totals and clearly identify added sugars in packaged foods."

Until then, O'Brien says it's up to consumers to be mindful of what type and how much sugar they're getting. This can be difficult since hidden sugars are found in almost



everything. Salad dressings, condiments, and grains such as breads and cereals can be unsuspecting sources of added sugar.

So, how can you cut your sugar intake and eat your cake, too? O'Brien suggests reducing the frequency and quantity of carbohydrates and other foods that contain sugar, eating them in moderation.

"Try to instead choose foods sweetened with honey, molasses or maple syrup, but remember that you still need to watch how much you consume," she said.

Even better, O'Brien recommends fruit as a replacement for treats and other sugary foods. In addition to its sweet taste, fruit is packed with vitamins, minerals and fiber.

"All carbohydrates, including natural sugars, get converted to glucose in the body, so moderation is key when it comes to watching your sugar intake," O'Brien added.

## **So how much sugar is too much?**

Guidelines from the American Heart Association suggest consuming no more than 24 grams or six teaspoons of sugar a day for women and 36 grams or nine teaspoons a day for men. Sugar recommendations for children and adolescents vary by age group, ranging from 16 grams (four

teaspoons) for preschoolers, to upwards of 32 grams (5 - 8 teaspoons) for teens each day.

"These recommendations are incredibly difficult to achieve, so I encourage people to look at food labels and choose options that have less sugars and carbohydrates," O'Brien said. "If you're looking at grams and teaspoons, remember four grams of sugar equals a teaspoon."



## **HEALTHY START Apple Cinnamon Overnight Oats**

A heart healthy diet should include whole grains, fresh fruits and vegetables, low fat dairy, lean

protein and legumes, and should limit fat, saturated fat and cholesterol and sodium.

- 1/2 cup rolled oats
- 1/2 cup nonfat milk
- 1/4 cup plain, nonfat yogurt
- 1/2 cup apple, chopped
- 1/8 teaspoon ground cinnamon
- 1 teaspoon honey
- 1 teaspoon chia seeds

Cooking instructions:

Add rolled oats to your container of choice and pour in milk and low-fat yogurt. Add in a layer of chopped apples, and top off with cinnamon, drizzle of honey, and chia seeds. Place in fridge and enjoy in the morning or a few hours later! Makes 1 serving.

Source: Quaker® Oats



**ACROSS**

- 1) \_\_\_\_ salad
- 5) Maddux who won four consecutive Cy Young Awards
- 9) Prominent feature of toonoom's Droopy Dog
- 14) Efficient
- 15) Dunkirk dream
- 16) 2003 LPGA Rookie of the Year
- 17) Sight
- 20) Cuttlefish pigment
- 21) "Homeland" org.
- 22) Wyo. neighbor
- 23) Hearing
- 28) Acting sister of Lynn
- 31) Big biceps, at the gym
- 32) Form 1040 calc.
- 33) Like law school trials
- 36) Befuddled
- 39) Smell
- 43) Burns art?
- 44) Omission in logic
- 45) Ur. holder
- 46) Macy's department
- 48) Sierra \_\_\_\_
- 51) Touch
- 55) Led
- 56) \_\_ Park Lincoln of "Knots Landing"
- 57) Playgroup demand
- 61) Taste
- 66) Reno- \_ Intl. Airport
- 67) Magnate
- 68) Goddess of discord
- 69) Cape Ann's county
- 70) Bottom lines
- 71) Energetic

**DOWN**

- 1) Crosswords are often solved in them
- 2) Black wind
- 3) Observation in a tower
- 4) Playgroup warning
- 5) Garden product word
- 6) Call the game
- 7) Throw out
- 8) Powerful lamp contents
- 9) Average beverage?

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
17				18					19						
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55					56					57			58	59	60
61			62	63				64	65						
66						67					68				
69						70					71				

- 10) Text-scanning technology, briefly
- 11) Like some conditionally ordered stock
- 12) Mr. Wrong?
- 13) Didn't act
- 18) \_ Ski Valley, site of Kachina Peak
- 19) Sharpness
- 24) Camp Pendleton letters
- 25) "The Phantom of the Opera" role
- 26) Esse \_ videri: North Carolina motto
- 27) Biblical preposition
- 28) Siren
- 29) Currency exchange fee
- 30) Three quarters
- 34) A.L. Central team
- 35) He played Kevin in "The Devil's Advocate"
- 37) Lombardy Castle city
- 38) Off-rd. rides
- 40) Discounted, perhaps
- 41) Four-fifths of a pop band?
- 42) Adopt-\_.com: humane online gp.
- 47) Songs for singles
- 49) Chevy named for a star
- 50) Pops up
- 51) Steamed
- 52) Law office workers
- 53) Contest
- 54) Contest lure
- 58) Car sticker letters
- 59) Prime minister before Rabin
- 60) "Whoever you are, find whatever you're into" website
- 62) Iowa campus
- 63) T.\_
- 64) Pie taker
- 65) Jun. gown wearers

*By Joseph Groat/Edited by Rich Norris*

**PUZZLE ANSWERS ONLINE** At [BannerHealthNetwork.com/members/healthsmarts](http://BannerHealthNetwork.com/members/healthsmarts)

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## Healthy Living **CALENDAR**



### CLASSES AND SUPPORT GROUPS SEMINARS, SCREENINGS AND CLASSES

No cost to attend, but registration is recommended.

Register by calling (602) 230-CARE (2273). To find more classes near you visit [www.BannerHealth.com/classes](http://www.BannerHealth.com/classes)

#### **COPD Survival Skills Class**

This class is designed to help you learn about lung disease, better breathing techniques, symptom management and the development of an Action Plan.

April 12, 10 a.m. – Noon

Banner Del E. Webb Medical Center

14502 W. Meeker Blvd., Sun City West

#### **Learning to Provide Hands on Care: A skills lab for family caregivers**

This skills lab will allow caregivers to learn how to provide personal care (grooming, oral care, bathing, dressing), manage incontinence, adapt to changes in eating, move the person in/out of a chair and bed, and identify medical equipment for home use.

April 21; 10:00 a.m. – 12:30 p.m.

Foundation for Senior Living Caregiver House

1201 N. Thomas Road, Phoenix

**Registration is required, please call this registration line: (602) 839-6850**

#### **Heart Healthy Eating**

Learn tips to make heart-healthy eating part of wholesome lifestyle.

April 18, 11 a.m. – Noon

Banner Heart Hospital

6750 E. Baywood Ave., Mesa

#### **Banner Brain Health Program**

Experts from Banner Alzheimer's Institute will present information about the different domains of your brain, including cognition, attention and memory. At the end of the Brain Health Program, you will create an individualized action plan toward improved brain health. *You will also receive a Brain Health Program Self-Evaluation form to complete and bring to class.*

March 29, 1 p.m. – 3:30 p.m.

Banner Alzheimer's Institute

901 E. Willetta St., Phoenix

#### **Hypertension & The DASH Diet**

This 90-minute class is designed to help you understand high blood pressure and its risk factors, lifestyle changes to help lower blood pressure and The DASH Eating Plan.

April 19, 10 a.m. – 11:30 a.m.

Banner Del E. Webb Medical Center

14502 W. Meeker Blvd., Sun City West

#### **Fall Prevention Awareness Class**

You'll learn 5 different easy-to-do exercises to improve your body's balance and receive hand-outs that include a home safety checklist.

April 27, 1:30 - 3:30 p.m.

Banner Boswell Medical Center

10401 W. Thunderbird Blvd., Glendale