

HealthSmarts

Get Moving

Safely exercising when dealing with discomfort

Be Well

Vaccinations provide an extra layer of security for seniors

Good Eats

Foods to lower body inflammation

SWINGING SUCCESS

Total shoulder replacement keeps Arizona retiree active

A Happy and Healthy Holidays to You & Your Loved Ones!

I want to welcome you to our Autumn edition of *Health Smarts*. Cooler weather often brings with it a return to outdoor activities, football games and everything pumpkin spice. For some enduring chronic and painful conditions, even the changing of seasons doesn't bring the joy it once did. In this issue, we'll explore treatment options for those with arthritis and offer tips to how diet and exercise can impact pain.

Highlights include:

- An avid golfer and tennis player who gave up his favorite sports when osteoarthritis made them difficult and painful. Larry's primary care doctor recommended he see a Sports Medicine specialist who had some options for him to consider on his path to wellness.
- Learning how a few exercises could keep you flexible, especially if your joints hurt.
- Finding out how some foods might reduce inflammation and help you feel better. You might be surprised that what you eat could cause inflammation to occur.
- Learning about the different Medicare benefits and options available such as opting for prescription coverage with a Part D plan.
- Our popular crossword puzzle. Engage your mind while enjoying a cup of green tea or your favorite beverage, to see how quickly you can complete it.



We're proud that we can offer this publication to our Medicare beneficiaries whose doctor participates in the Medicare Shared Savings Program Accountable Care Organization through Banner Health Network. The Medicare Shared

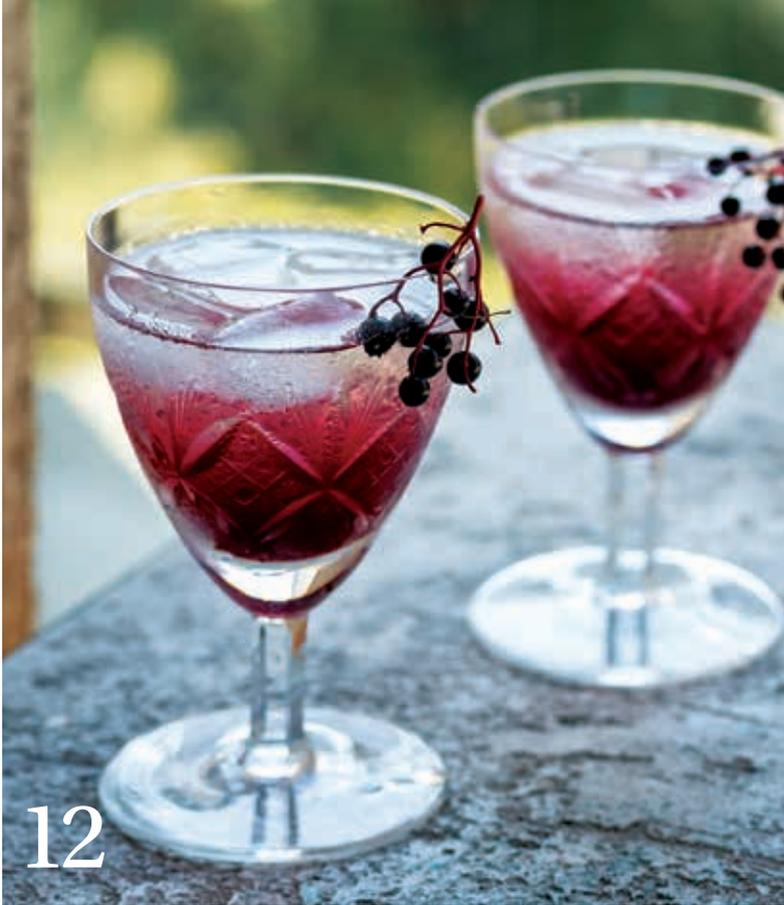
Savings Program does not require a sign up and does not change your Medicare benefits. This *Health Smarts* magazine is an added bonus, providing you with valuable information on the latest health care news, trends, and how to achieve your best personal health.

Of course, we are also here to provide you support so you can achieve your health goals! If you have any health-related questions, you have access to our 24-hour Banner Health Network Nurse On-Call service. Our nurses can answer questions about medications or make recommendations about where to get care. You can call us 602-747-7990 or toll free at 888-747-7990.

To your health,

A handwritten signature in black ink, appearing to read 'Ed Clarke'.

Ed Clarke, MD
Chief Medical Officer
Banner Health Network Insurance Division



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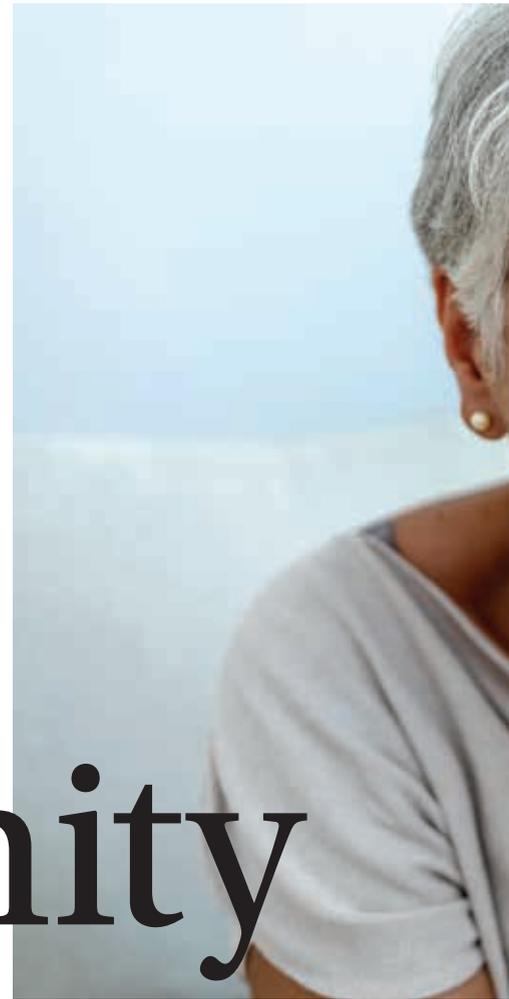
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Vaccinations provide an extra layer of security for seniors

Boost to Immunity



By Elise Riley

It's easy to think of vaccines being only for children or for diseases such as COVID or the flu. However, they have become an important part of preventing serious illness. For seniors, vaccines can prevent or significantly reduce serious disease or even prevent death.

With advancements in medicine there may be new protocols in place or even new vaccines that a person should receive. Roshni Kundranda, MD, recommends going over your vaccination history with your physician regularly, just as you would review medications and supplements.

"I make sure they're caught up and up to date with their immunizations, every chance I get," said Dr. Kundranda, an internal medicine physician with Banner Health who specializes in geriatric medicine.

She outlined five vaccines every senior should know about and discuss with their doctor.

Shingles

Anyone over age 50 should get the shingles vaccine, Dr. Kundranda said. The vaccine currently administered, Shingrix, replaces Zostavax.

"The important thing to remember is that if you've had

(Zostavax), it's recommended to get this new one, also, because it's more effective," she said.

The shingles vaccine is two doses, administered two to six months apart. It will protect you from the virus for life. People who've had shingles are eligible for the vaccine as well, so there's no reason to avoid it.

Flu

Dr. Kundranda strongly recommends that seniors get their annual flu shot which typically is available starting in October. The shot for seniors has a higher dose, offering more protection.

She advised that forecasting the



DON'T MISS YOUR SHOT



Please call your physician to schedule annual vaccines, or visit www.bannerhealth.com to find a provider.

four different products — Pevnar 13, Pevnar 15, Pevnar 20 and Pneumovax 23. Because vaccine recommendations for pneumonia recently changed, Dr. Kundranda suggested asking your doctor if you are up-to-date with your pneumonia vaccinations.

For someone over age 65 who's never had a pneumonia vaccine, the solution is clear: Get Pevnar 20. For those who have had the Pevnar 13 and Pneumovax 23, no further vaccination is necessary. If you have only received the Pevnar 13, get Pneumovax 23 a year after. If you have only received Pneumovax 23, get Pevnar 20 a year after.

flu season has been difficult lately because COVID has changed our behaviors — spending more time isolated, indoors and wearing masks when in public meant that the flu didn't have as much opportunity to spread. Even if the next flu season is mild, it's imperative to get the protection the flu shot provides.

"It's formulated differently each year based on the prevalent strain," Dr. Kundranda said. "It reduces the likelihood of severe illness."

COVID

She asks all of her patients if they're up to date with their COVID boosters. No matter where you are in the vaccine journey — first dose,

second dose, Moderna, Pfizer — it's important to stay vigilant by getting vaccinated and boosted on schedule.

"A lot of people are asking me if they should be vaccinated now, or wait for the fall or another booster," Dr. Kundranda said. "And my answer is always to get it now. The activity of COVID is very high, still. The greatest benefit of the vaccine is to prevent severe illness."

Pneumonia

Navigating the world of pneumonia vaccines might feel confusing. Depending on your vaccination history, your conversation about the pneumonia vaccine could involve

Tetanus

Dr. Kundranda also wanted to highlight the tetanus vaccine. The booster should be administered every 10 years and should be routinely available at any pharmacy that does vaccinations.

Dr. Kundranda said she provides flu and pneumonia vaccinations in her office. But other vaccines — whether it's for COVID, shingles or other diseases — are generally administered at a pharmacy. In addition to thinking about these common vaccinations, seniors who are planning overseas travel should consult a travel health clinic to see if any region-specific vaccinations would be helpful.

Moving Beyond Pain

There are ways to safely exercise when you're dealing with discomfort or inflammation

By Debra Gelbart

Exercise may be something to avoid if you're experiencing pain or inflammation. Surprisingly, experts often recommend exercise as a remedy for pain.

"People experiencing chronic pain gradually become less able to complete activities they previously enjoyed," said Chris Okeke, exercise physiologist and fall risk coordinator for Banner Health Network.

They may also have difficulties completing activities of daily living, such as house and yardwork, he said. "Research has shown that exercise can be an effective way to reverse this downward cycle of deconditioning and worsening pain and help those with chronic pain engage more in activities they enjoy."

Exercise directly helps reduce pain, Okeke stressed. "Exercise

has many other benefits, including strengthening muscles, reducing stiffness, decreasing inflammation and increasing immune function," he said.

What type of pain does exercise help with?

Exercise helps with more than managing and relieving musculoskeletal pain and inflammation, Okeke said. It also promotes a pain relief effect in conditions such as myofascial pain (pressure on trigger points in your muscles) chronic fatigue syndrome and fibromyalgia (chronic widespread musculoskeletal pain that can occur alongside fatigue, sleep, memory and mood issues).

Which exercises are best?

Muscle and joint pain can be managed and relieved by several different types of exercise, Okeke said.



FOR MORE INFORMATION

Visit these trusted websites:

www.cdc.gov

www.arthritis.org

www.uspainfoundation.org

www.theacpa.org (American Chronic Pain Association)

■ **Stretching:** Stretching increases flexibility and helps loosen stiff muscles. Stretching can also help alleviate some of the muscle aches associated with chronic pain. When stretching the muscles, you should feel a comfortable "pull" and not pain or discomfort. It's important to hold the stretch for 20-30 seconds while remaining still and not "bounce" during the stretch.

■ **Aerobic exercise:** This includes walking, jogging, biking or participating in an aerobic exercise



class. These activities help improve heart and lung health. Aerobic exercise also helps with weight loss, which can reduce pressure on the joints and improve symptoms of chronic pain, Okeke said.

“Walking provides oxygen to your muscles, boosts energy and reduces stiffness and pain,” he added.

- **Yoga and tai chi:** These combine gentle postures, breathing and meditation that reduce the physical and psychological symptoms of chronic pain.

- **Resistance exercises:** These strengthen the muscles and can be helpful in managing certain kinds of chronic pain by building up the

muscles and “mitigating stress around the affected joints,” he said. Resistance can be achieved with dumbbells, exercise bands, resistance machines or your own body weight. Make sure you start with lighter resistance and gradually work your way up.

- **Water aerobics:** In warm water, 84-88 degrees, this relaxes the muscles and takes pressure off your joints. Water exercise is great for sufferers of arthritis and other joint ailments.

What exercises should be avoided?

Okeke said high-impact exercises such as running, jumping, step

aerobics or sports that require sudden starts and stops (basketball, for example) should be avoided when someone is dealing with chronic or acute pain or inflammation.

“The shoulder joint is the most freely moveable joint in the body, and therefore one of the most often injured, second to the knee,” Okeke said. “Someone suffering from chronic or acute shoulder pain should avoid lifting heavy or moderate weight above their head. Shoulder pain can be best remedied with range-of-motion exercises without any weight or resistance.”

Since most body movements are initiated in the core and lower back, Okeke explained, “someone suffering from chronic or acute back pain should avoid any exercise or activity that puts strain on the back.”

Exercise should be avoided if you experience sharp, stabbing or constant pain. Avoid exercise that causes limping afterward. Pain that lasts more than two hours after physical activity or gets worse at night should be brought to your doctor’s attention.

Why exercise is so important

Studies have also shown that exercise not only reduces pain perception but has effects on mood elevation and reduction of stress and depression — often associated with chronic pain conditions, Okeke said.

Exercise proponents, Okeke added, “often joke that exercise is ‘the miracle cure we’ve all been waiting for.’”



Swinging Success



Shoulder replacement keeps Arizona retiree active

By Brian Sodoma | Photos by Rick D'Elia

Larry Lang has always been physically active. He played competitive basketball in college and enjoyed the sport well into his 40s. With age, and after a total knee replacement, tennis and golf became his primary physical outlets. In the past five years, however, playing those sports started to become a challenge.

"I pretty much stopped playing golf altogether. Hitting a backhand and a serve in tennis became increasingly difficult and painful. If this continued to progress, I knew I would only have more difficulties," Lang said.

The 73-year-old grandfather of six and retired entrepreneur, began to feel pain in his right shoulder after golf outings and during tennis matches. Last November, Lang felt it was finally time to get his shoulder checked out after trying to treat his pain with little to no progress.

His primary care physician referred him to the Banner - University Orthopedic and Sports Medicine Clinic. There, Anup Shah, MD, examined him and took x-rays, which revealed shoulder osteoarthritis as the cause of his

symptoms.

"When I saw Larry, he stated his shoulder was functioning at 50% of what he perceived as a normal shoulder," Dr. Shah noted. "His x-ray findings showed classic signs of shoulder osteoarthritis and since his symptoms persisted after medication and activity modification, I recommended a shoulder replacement."

Tackling osteoarthritis

According to the Centers for Disease Control and Prevention (CDC), about one in four U.S. adults has some form of osteoarthritis. It's the result of what Dr. Shah describes as "natural wear and tear of the mechanical properties in joints over the course of a person's life." Over time, if pain and/or swelling become severe and mobility decreases, a joint replacement may be required.

While knee and hip replacements are more common, a growing number of active adults like Lang also find pain relief with shoulder replacement procedures. Despite a previous shoulder surgery, Dr. Shah recommended Lang undergo a total shoulder replacement.

Lang's procedure would require

PLAY ON



To learn more about Banner's Sports Medicine Clinic, please call 602-521-3250 or visit www.bannerhealth.com/locations/phoenix/banner-university-orthopedic-and-sports-medicine-institute-mcdowell

replacing the shoulder's ball (the top of the humerus, or upper arm) and socket (a part of the scapula). A new metal ball would rub against an implanted plastic socket in the scapula, allowing a smooth joint movement. Bone spurs were also removed to further decrease arthritis-related pain. Physical therapy after surgery would help Lang regain full range of motion and increase strength. His surgery was a success and Lang was pleasantly surprised by how little pain he felt afterwards.

"I had rotator cuff surgery in the late 80s and it was very painful, so I was preparing for something like that," he recalled. "But this was a totally different experience. Obviously, there was some pain the day of (surgery) ... but after that I took a couple Tylenols for a day or two and that was it. I was very surprised the pain was so minimal."

The road to recovery

Lang started physical therapy a few weeks after surgery. The goal was to regain 90% of his range of motion within three months, then resume normal activity at four to six months post-surgery.

"He is doing very well and

making progress with regards to motion. He has had little to no pain and is able to perform his activities of daily living," Dr. Shah explained. "Larry is diligent with his physical therapy and following post-operative instructions, both of which are important for a good outcome."

As a result of his surgery, Lang did reach 90% range of motion well before the three-month mark.

Today, he is easing back into tennis and golf.

"The pain is gone and I think this is going to help me a lot with both sports; it really was a very positive experience, I'm certainly glad I went through it," Lang added. "Dr. Shah was terrific, too. He's very informative and personable. I'd certainly recommend him to anyone who has a shoulder concern."



Big Mood

Don't let chronic pain control your mental wellbeing **By Brian Sodoma**

Aches and pains come with age and managing them may be the key to enjoying life to its fullest for many of us. Some also battle chronic pain, which can continue for months, even years, and involve many types of ailments. One in five adults experience chronic pain, according to the Centers for Disease Control and Prevention (CDC); it is frequently caused by inflammation or dysfunctional nerves in an area of the body that send pain signals to the brain.

Chronic pain can strongly influence mental well-being and has even been linked to depression, explains Dhwani Kothari, PhD, a psychologist at the Banner – University Medicine Behavioral Health Clinic in Phoenix. She offers ways to watch out for the chronic pain-depression connection, and how to find hope if it has a hold on you.

Pinpointing the chronic pain-depression link

For aging populations, chronic pain and its effects on mood can be difficult to diagnose because there may be other medical or mental health concerns involved Dr. Kothari noted. Chronic pain may be that nagging backache, pain from a previous injury or something



else. Psychologically, it may impact recreational activities, daily sleep patterns and personal relationships. Emotional changes may come on slowly, but just like the pain, negative feelings may persist.

A physician or mental health expert can uncover if chronic pain is severely impacting your mental health. If pain extends to a lack of desire to do things that once brought you joy, that's where concerns may arise, Dr. Kothari emphasized. Add in changed sleeping patterns, social isolation, feeling helpless, and you could be battling depression.

"That helplessness is something we watch for," Dr. Kothari added, "and that feeling that there's nothing you can do to manage your pain, the pain is taking over your life, and that loss of desire to do things you enjoyed just won't go away."

Managing pain and emotions

Together, pain management and

Cognitive Behavioral Therapy (CBT), often used for treating depression, can help both conditions. CBT teaches skills to manage negative thoughts, emotions and behaviors in order to help you make positive choices when pain flairs up.

In her practice, Dr. Kothari uses a specific CBT program that has served Veterans with chronic pain. She collects information about how the pain specifically impacts a patient's life, then creates an individualized plan for managing thoughts and emotions while also increasing physical and other enjoyable activities in the patient's life.

"The key is to find ways to meaningfully engage in life. We're also learning that one way to manage both chronic pain and depression is to increase physical activity safely, with the consent of a medical provider," she added. "It can be exercise or walking with friends, even just doing things around the house, it all helps."

Food Fight!

An anti-inflammatory diet could lower body inflammation

By Michelle Jacoby

While inflammation may sound concerning, it can actually be beneficial. At its core, inflammation is the process in which your body's white blood cells protect you from infection from such things as bacteria, viruses and injury.

However, in some medical conditions (like arthritis or lupus, for example), your body's immune system triggers inflammation when there are no "invaders" to fight off. In autoimmune diseases, the immune system acts as if regular tissues are infected, thereby causing damage.

There are two types of inflammation - acute and chronic. Acute inflammation is the body's response to an injury, such as cutting your finger. To heal the cut, your body sends inflammatory cells to the injury to start the healing process. Chronic inflammation occurs in such conditions as rheumatoid arthritis. Cells attack joint tissues leading to inflammation that can cause pain and damage to the affected joints.

There are a number of ways to treat chronic inflammation, such as taking supplements, nonsteroidal anti-inflammatory drugs (ibuprofen, aspirin, or naproxen) and steroid injections. But for overall health and wellness, research has shown that adopting an anti-inflammatory diet can lower levels of



inflammation in the body.

"Food components and ingredients can either increase or decrease inflammation by their effect on blood sugar levels, antioxidant levels, and the bacteria that lives in our gut (our microbiome)," said Anastacia Celaya, a registered dietician with Banner Health. "What if we could eat in a way that supports and improves our body's antioxidant defense system, thereby decreasing oxidative stress and inflammation?"

According to Celaya, there is no "one size fits all" approach to adopting an anti-inflammatory diet. That's because foods that decrease inflammation can vary from person to person, depending on food sensitivities or allergies. However, anti-inflammatory diets, such as the Mediterranean diet, are versatile and packed with a variety of foods that are known to decrease inflammation.

"The Mediterranean diet is anti-inflammatory because of its focus on whole foods and omega-3 fatty acids, as well as the elimination of processed oils (such

as cottonseed and soybean oil) found in processed foods," she said. "It has an emphasis on fruits and vegetables, whole grains, lean sources of protein, herbs and spices, and sources of healthy fat from foods such as chia seeds, walnuts, avocado and olive oil."

Since research has shown that chronic inflammation triggers disease processes and underlies many conditions associated with chronic pain, following a way of eating that decreases inflammation can help alleviate that pain, said Celaya, noting two studies that have confirmed this. In a 12-week study, participants who followed a Mediterranean-style of eating had significant improvement in rheumatoid arthritis disease activity (decreased joint inflammation). And in a six-week study, participants who followed a Mediterranean-style of eating had decreased pain and stiffness six months later, indicating long-term effects.

While it may seem overwhelming to overhaul your entire diet or style of living, Celaya recommends taking it one small step at a time.

"Small changes such as scaling back on processed foods or eliminating sugary beverages can make a huge difference," she said. "Try swapping out potato chips for a piece of fruit for a snack. Or instead of a classic BLT sandwich with bacon, try a veggie sandwich with avocado, lettuce, tomato and grilled zucchini slices."

Other suggestions include having oatmeal with chia seeds, berries, shredded coconut and cinnamon, instead of grabbing a processed baked pastry for breakfast. A good way to pack anti-inflammatory foods into an easy breakfast is with a smoothie. One of Celaya's favorites is a cherry-spinach smoothie made with non-dairy, plant-based milk, frozen cherries, spinach leaves, mashed avocado, a small piece of peeled ginger, a dash of chia seeds, and some almond butter.

"You'll know it's working if you start to feel better with signs of clearer skin, decreased muscle or joint pain, fewer headaches, improved sleep and energy levels, and less anxiety, stress and brain fog," Celaya said. "In addition, the habit of mindfulness—in both eating and meditation—is shown to help reduce stress and alleviate pain."



MAKE THIS RECIPE?

Send us a photo! Send it to BHNMSupport@bannerhealth.com along with your name and email address.

Elderberry Elixir Mocktail

2 ounces freshly squeezed orange juice
1 ounce elderberry syrup (see Tip)
1/2 ounce freshly squeezed lemon juice
1/4 teaspoon ground turmeric, or more to taste
Ice
Sparkling water
Orange slice for garnish

and strain into a glass filled with crushed ice. Drizzle the elderberry syrup over the ice.)

Step 2

Top with sparkling water and garnish with an orange slice, if desired.

Tip: You can buy elderberry syrup in grocery stores and online. One brand, Sambucol, is widely available in supermarket supplement sections. You can also make homemade elderberry syrup.

DIRECTIONS

Step 1

Combine orange juice, elderberry syrup, lemon juice and turmeric in a cocktail shaker. Add ice to make the shaker 3/4 full. Cover and shake until chilled, then strain into a rocks glass filled with ice. (Alternatively, for a layered look, shake the citrus juices and turmeric

Nutrition Facts

1 mocktail
124 calories; sodium 1mg; carbohydrates 29g; protein 1g; sugars 24g

Source: [eatingwell.com/recipe/7883572/elderberry-elixir-mocktail/](https://www.eatingwell.com/recipe/7883572/elderberry-elixir-mocktail/)



The ABCs (& Ds) of Medicare

By Debra Gelbart

If you're on Medicare, you already know there are separate parts to this federal health insurance program for people 65 and over.

- **Part A** - Covers hospitalization (and for most people, the monthly premium for this part is paid by the government).
- **Part B** - Also known as Original Medicare, includes an income-based monthly premium and covers doctors' visits, mental health services, ambulance services and durable medical equipment.
- **Part C** - Also known as Medicare Advantage, is essentially an HMO or PPO plan that includes most medical services (including Parts A and B) under one umbrella.
- **Part D** - One of the newer Medicare plans enacted in 2006, this is the prescription drug benefit that has a separate monthly premium from Part B, but in many Part C plans, it's an included benefit.

If you want to enroll in a Medicare Advantage plan that includes prescription drug coverage, you must enroll during the Open Enrollment Period, Oct. 15 -Dec. 7. For more information about

Banner Health Medicare Advantage options, call 833-516-1007 (TTY 711) or visit bannerhealth.com/medicare.

More about Part D

Here is what you need to know about purchasing standalone Part D coverage if you are planning to be a Part B enrollee.

"An individual enrolled in Part B should highly consider Part D so they have coverage now or in the future for their prescription drugs," explained Melanie Fox, chief sales officer for Banner Health. If you don't enroll in Part D when you sign up for Part B, you'll have to pay the full retail cost of prescriptions and potentially a late enrollment penalty for Part D unless you have coverage under a qualified prescription drug plan, she said.

Keep in mind you're not able to enroll anytime you want into a Part D plan, Fox emphasized.

Your Initial Enrollment Period (IEP) for Parts B and D begins three months before you turn 65 and ends three months after you turn 65.

If you're not continuously covered by other qualifying health insurance during that period

and you enroll after 65 and three months, your monthly premium will include a penalty fee. You'll pay an extra 1 percent for each month (12 percent each year) you could have signed up for Part D, but didn't.

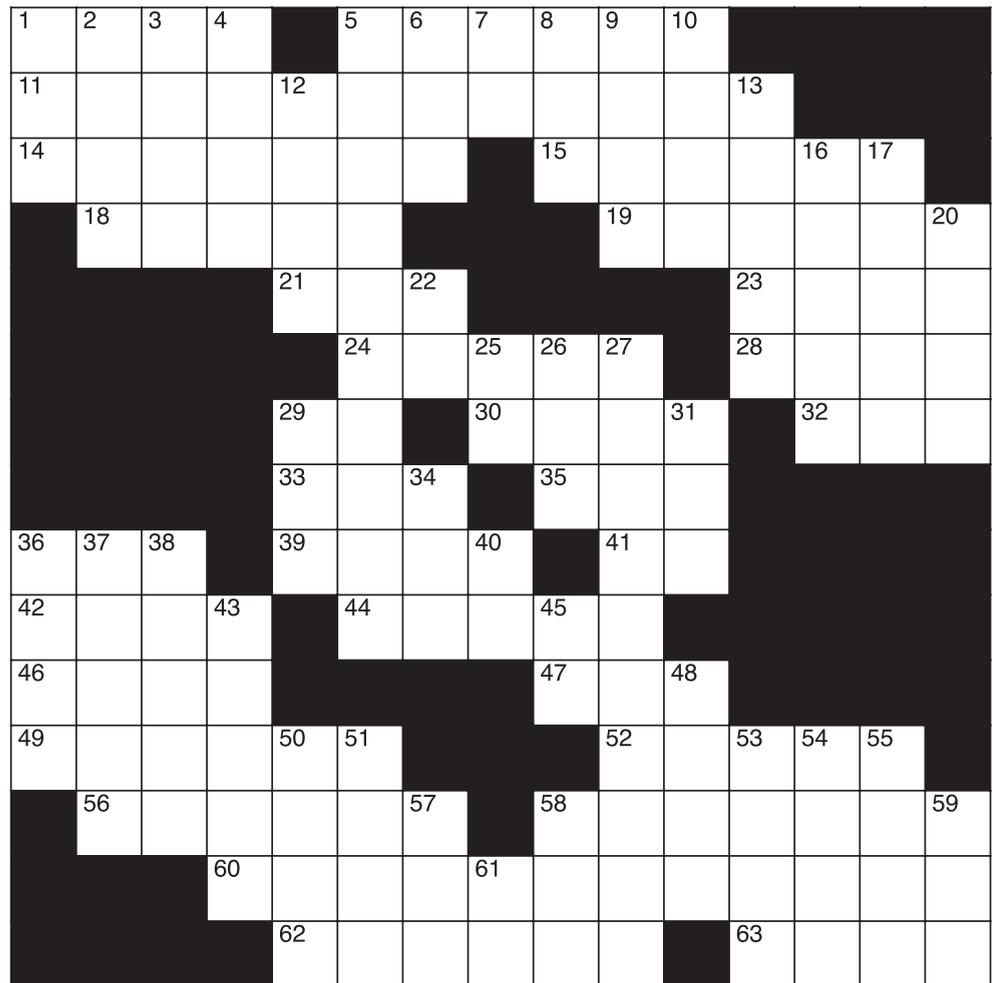
If your income is above a certain limit, you'll pay an income-related monthly adjustment amount in addition to your plan premium.

Banner Health offers three different plan options for your Part D benefits, Fox said.

The three things to consider when selecting a Part D plan are premiums (based on the drug plan you choose), medication costs and pharmacy networks, Fox said.

By visiting BannerHealth.com/MedicareRx, you can compare plan premiums and see how much your medications would cost within a specific plan option. You can call for assistance at 844-556-7685 (TTY 711). To sign up for a Part D plan directly through Medicare, visit medicare.gov/plan-compare.

If you want to know more about the coverage and costs of Original Medicare, look in your current *Medicare & You* handbook. View it online at medicare.gov, or get a copy by calling 800-633-4227.



ACROSS

- 1. Absence of difficulty
- 5. Preserve a dead body
- 11. Gratitude
- 14. The act of coming together again
- 15. More cushy
- 18. Visionaries
- 19. Large, fish-eating bird
- 21. Indicates near
- 23. NY Mets legend Tommie
- 24. Icelandic books
- 28. Pop
- 29. Hammer is one
- 30. Sense of self-importance
- 32. Thyrotrophic hormone
- 33. Can't be found
- 35. Electronic data processing
- 36. Passports and licenses are two
- 39. Snake-like fishes
- 41. Air Force
- 42. Popular computers
- 44. Intermediate ecological stage
- 46. Wings
- 47. Used in combination
- 49. Laid back
- 52. Jewelled headdress
- 56. Slow
- 58. Famous Falls
- 60. Reassertions
- 62. Periods of time
- 63. Hyphen

DOWN

- 1. Body part
- 2. Mimics
- 3. Expel large quantities
- 4. Sea eagle
- 5. Genetically distinct varieties

- 6. Dialect of Chinese
- 7. Famous Mr. __T character
- 8. Consumed
- 9. Chinese dynasty
- 10. Menace to yards
- 12. Ireland
- 13. Palm trees
- 16. Fungal disease
- 17. Willis and Robert are two
- 20. Affirmative! (slang)
- 22. It shows who you are
- 25. The First State (abbr.)
- 26. Get older
- 27. Associations
- 29. Woman (French)
- 31. Sunscreen rating
- 34. Brew

- 36. Leader
- 37. Plants in the legume family
- 38. Burn with a hot liquid
- 40. Junior's father
- 43. Scads
- 45. Morning
- 48. Length of a line (abbr.)
- 50. Double curve
- 51. Small, thin person
- 53. Worn by exposure to the weather
- 54. Mars crater
- 55. Humanities
- 57. Word element meaning ear
- 58. To the __ degree
- 59. Residue of something burned
- 61. It cools your home

Healthy Living **CALENDAR**

Health and Aging Expo

9 a.m. - 1 p.m. Wednesday, Nov. 9
Banner Sun Health
Research Institute
10515 W. Santa Fe Drive
Sun City, AZ.

Join us in a new event bringing together experts from a variety of wellness areas to support our communities with strategies to stay sharp as you age. Free to attend, the expo will provide opportunities to connect with various organizations offering education and information, brain health evaluations and more all in a single location. Limited Brain Health Check-In

appointments available. Register now to secure your free evaluation at www.BannerHealth.com or call 602-230-2273.

4th Annual Shine a Light on All Dementias

4 - 6 p.m. Saturday, Nov. 19
Arizona State Capitol Front Lawn



1700 W. Washington Avenue
Phoenix, AZ.

Join us this November in recognition of National Alzheimer's Awareness Month with our 4th Annual Shine a Light on All Dementias Event. We are excited to return in person for 2022 at the Arizona State Capitol for an evening of activities, food and recognition.

Please note seating is not available, you're encouraged to bring a blanket or chairs as you enjoy the evening. Register now at www.BannerHealth.com or call 602-230-2273.

For life's potential emergencies

Have you ever wondered, is this an emergency? If you aren't sure, or you need a nurse's advice about where to get care, call us. We are here to help. **24 hours a day.**

Banner Health Nurse On-Call: 602-747-7990 or 888-747-7990

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