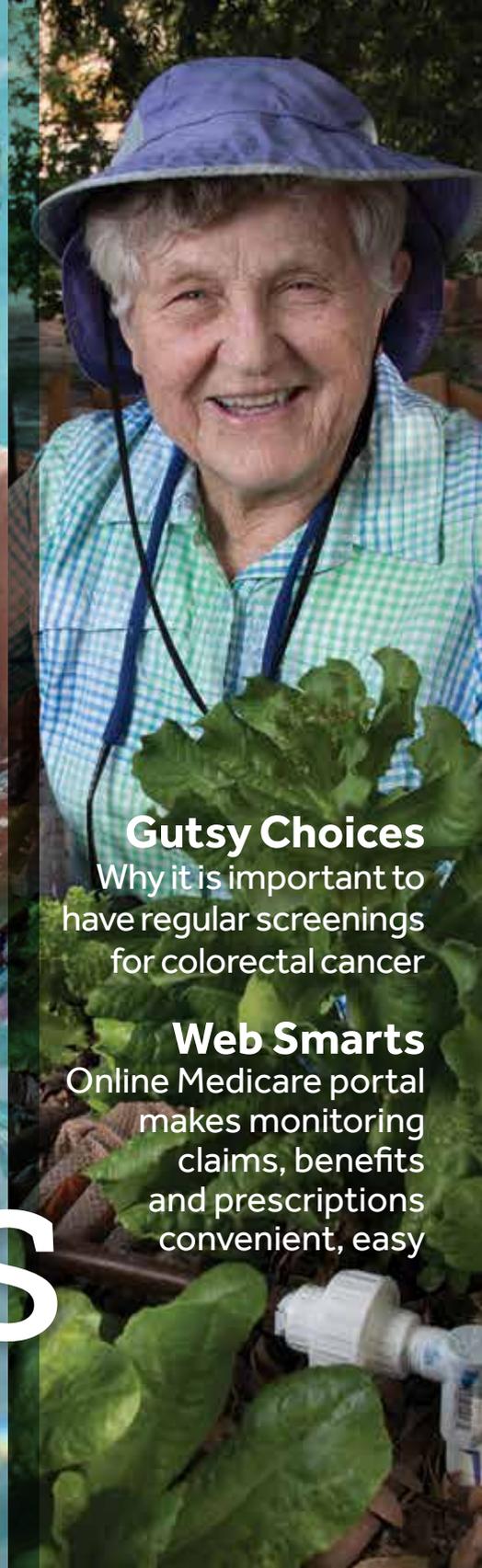


HealthSmarts



Super agers

Tips for happy,
healthy aging

Gutsy Choices

Why it is important to have regular screenings for colorectal cancer

Web Smarts

Online Medicare portal makes monitoring claims, benefits and prescriptions convenient, easy

In this issue



Welcome to the summer 2018 issue of *Health Smarts* magazine. Our goal is to help you achieve your best personal health. We're honored that we're able to provide these

resources so you and your health care provider can make the best health care decisions. In this edition:

- We have tips on healthy aging. We'll introduce you to some "super agers" who have great suggestions on what we can do to stay healthy and happy for a long time.
- Brain power is important, and you need to "feed" your mind with nutritious foods. We have a great recipe for you to try at home.
- Your brain isn't the only important thing in your head, so are your eyes. We'll explore the benefits of having an annual eye exam.
- Concerned you may be taking too many medications or mixing the wrong medications together? Find out how important it is to make an annual assessment of all your medications with your doctor or pharmacist.
- Besides eye exams, it's important to get a colorectal screening. We'll tell you what that entails and why getting one could save your life.
- Learn about the *MyMedicare.gov* web site and the benefits it offers.

We'll also discuss some additional resources that may be available to you through care management, and keep your mind sharp by having fun with our crossword puzzle!

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If you have questions about this program, please call us toll free at (855) 874-2400.

To your health,

A handwritten signature in black ink, appearing to read "Jeffrey Tolson". The signature is written in a cursive, flowing style.

Jeffrey Tolson, MD
Medical Director

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‘What advice would you give your patients to support healthy aging?’



My advice for healthy aging is to remain as physically and mentally active as possible. Speak with your doctor about activity levels you can do safely. If you can exercise, make time several days a week. Maintain interpersonal connections with family and friends. Eat wholesome, unprocessed foods. Enjoy healthy living!

Alan Grossman, MD
Cardiovascular Associates
of Mesa (CVAM)



Don't let fear keep you from trying something new. Live YOUR life to the fullest!

Todd James, DO
Interventional Cardiology
Cardiac Solutions



I tell my patients they should invest in quality relationships with friends, family and their community. The best longevity studies to date show that the greatest predictors of aging well are having quality relationships, having meaningful work to do and remaining engaged in your community. These seem even more important than your cholesterol level!

John Kearney, MD
Non-Surgical, Rehabilitative and
Medical Sports Medicine, The Banner
CORE Center for Orthopedics



I always tell my patients the following: Don't be so hard on yourself. Ask for help when you need it ... we all need help no matter what age so don't let pride get in the way. Plan ahead for the what ifs as much as you can. Overall, a positive outlook and attitude will be a feather in your cap for healthy aging!

Sarah Payne, DO
Medical Director,
Banner Home Care and Hospice



The advice that I would give my patients regarding healthy aging would be try and keep an active lifestyle that involves regular physical exercise, focus on mental wellbeing by controlling daily stress in life, eat healthy foods that include fruits, vegetables, nuts and legumes. Finally try to get enough rest and adequate sleep at night. Try to remain actively involved with your health care decisions.

Sanjay Shankar, MD
Interventional Cardiology
Cardiac Solutions



The best lifestyle change for heart health is daily aerobic exercise—swimming, running, spinning, dancing, hiking, aerobic classes are examples. It naturally lowers blood pressure and cholesterol and reduces type 2 diabetes risk. Aerobic exercise burns calories to shed excess weight. Most important, it improves immune function to fight infections.

Suzanne A. Sorof, MD
Interventional Cardiologist
Cardiovascular Associates of Mesa (CVAM)



Sight saver

Diabetes diagnosis:
Eye exams can help
prevent vision loss

By Leigh Farr

Diabetic retinopathy is the leading cause of blindness in the United States. However, if caught early, it's treatable. Doctors recommend annual dilated eye exams for anyone who has been diagnosed with type 1 or type 2 diabetes. Since there are few symptoms in the early stages of the disease, it's important to see your eye doctor to rule out any problems when they are most treatable. According to the National Eye Institute, early detection can lower the risk of blindness by 95 percent.

"Oftentimes the signs and symptoms occur after the disease

has progressed to a fair stage so the vision is being impacted," said Pravin U. Dugel, MD, managing partner of Retinal Consultants of Arizona and physician executive director of the Phoenix Eye Institute. "We like to have a screening system where our patients are screened and identified way before it has an effect on their vision."

Diabetic eye disease can also include cataracts and glaucoma, conditions that are curable if caught early, but can lead to vision problems if left untreated.

Get screened

Over time, high blood sugar from diabetes can damage the blood vessels in the eye. In advanced disease, new abnormal blood vessels form on the light-sensitive retina, which lines the back of the eye,

causing scarring and vision loss.

"Once blood vessels are compromised they leak fluid and that causes swelling in the back of the eye," Dr. Dugel said. "We call that diabetic macular edema and that can gradually cause vision to be lost."

As the disease progresses, you may experience symptoms such as floating spots, blurred vision, impaired color vision, dark or empty areas in your vision or possibly vision loss.

If your eye doctor finds signs of diabetic neuropathy, you may be referred to a retina specialist for possible treatments including injections, laser treatments or surgery.

Early detection is key

"The idea is simply to get screened and to make sure to evaluate it very early," Dr. Dugel said. "Everything is preventable."

In addition to regular vision screenings, controlling diabetes by making healthy lifestyle choices and keeping your blood sugar in check can help prevent vision problems.

"There's very good evidence now that there's a direct correlation between general health—particularly control of blood sugar—and the complications of diabetes," Dr. Dugel said. "So the better you control the diabetes, the lower the chance you're going to have for all these other serious complications, including blindness."

GUTSY CHOICES

Why it is important to have regular screenings for colorectal cancer

By Debra Gelbart

Thanks to new technologies and procedures, getting screened for colorectal cancer (cancer of the colon and rectum) may not be as uncomfortable as you think. According to the Centers for Disease Control and Prevention, colorectal cancer is the second deadliest form of cancer behind lung cancer. The good news is that this cancer is also preventable and treatable if caught early.

Patients considered to be at average risk for colorectal cancer should be screened starting at age 50. There are several types of screening tests a patient can choose from, but some doctors say that the most accurate and efficient screening method is a colonoscopy. Not only can a colonoscopy detect

evidence of cancer or pre-cancer, but it allows pre-cancerous polyps to be easily and painlessly removed during the procedure.

A colonoscopy “is regarded as the gold standard for screening for colorectal cancer,” said Dr. Andrew Weinberg, medical director for gastroenterological care at Banner MD Anderson Cancer Center in Gilbert, AZ.

What happens during colonoscopy

Patients who choose to be screened via colonoscopy are asked to prepare by avoiding all solid foods and consuming only clear liquids the day before. They will drink medicine that results in complete cleansing of the bowel. The next day, during the procedure—after anesthesia is administered to the patient—the



physician places a colonoscope (a flexible tube) into the rectum. A miniaturized video camera at the tip of the tube allows the doctor to view the entire inside of the colon. If present, polyps or other abnormal tissue can be removed during a colonoscopy. It is the only diagnostic procedure where cancer prevention measures can be taken as well.

If the patient has no personal or family history risk factors, and the colonoscopy shows no polyps or other abnormalities, the patient

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may not need another screening colonoscopy for 10 years. If an abnormality is found, your doctor will recommend more frequent screenings.

Because a colonoscopy may require biopsies, patients must stop taking certain medications in advance of the procedure, including blood thinners. If a patient has no risk factors for colon cancer and doesn't want to stop certain medication, another option for screening may be acceptable, Dr. Weinberg said. Other options also may be indicated for patients identified as high risk for colon cancer who don't want to undergo colonoscopy as frequently as screening may be needed.

Other options

Instead of a traditional colonoscopy, patients can opt for either: a) a flexible sigmoidoscopy; b) a barium enema; c) CT colonography, a stool test such as a FIT or Cologuard®.

A flexible sigmoidoscopy still requires preparation by the patient but there's no anesthesia, Dr. Weinberg explained. Similar in approach to a colonoscopy, "flex sig" examines the left side of the colon only, potentially missing an abnormality on the right side. A barium enema is less accurate but does cover the entire colon, he said. Either flex sig or a barium enema should be performed every five years if no abnormality is found, Dr.

Weinberg said.

Computed tomography (CT) colonography involves a scan of the colon. It's not invasive, but drawbacks include exposure to radiation and the need for a conventional colonoscopy if any abnormality is found. Preparation for this procedure is still required. Dr. Weinberg said very few of his patients choose the CT colonography option.

Detecting DNA markers

One option that appears to be increasing in popularity is a new type of stool test called Cologuard®. It detects DNA markers associated with cancer or colon polyps. The patient simply collects a fecal sample and sends it to the designated lab for evaluation. If no abnormalities are found, the patient needs to repeat this test every three years. Patients can stay on their blood thinners with Cologuard®, which could be safer for some patients, Dr. Weinberg said. An older stool test called fecal immunochemical test (FIT) isn't as sensitive and needs to be repeated every year for 10 years for the results to be deemed reliable, he said.

Whichever screening method you choose, the most important thing is to get screened, Dr. Weinberg advises. "Colon cancer is a largely preventable disease," he said. "With proper screening, colon cancer can be caught early and often successfully treated. We urge patients to get screened because this is a cancer you can easily do something about if diagnosed in its earlier stages."



SUPER AGERS

THE SECRET TO THEIR SUCCESS



TIPS FOR HAPPY, HEALTHY AGING

By Meghann Finn Sepulveda | Photos by Rick D'Elia

What's the secret to aging? Experts would argue the answer could be a combination of genetics, diet, physical activity and social support.

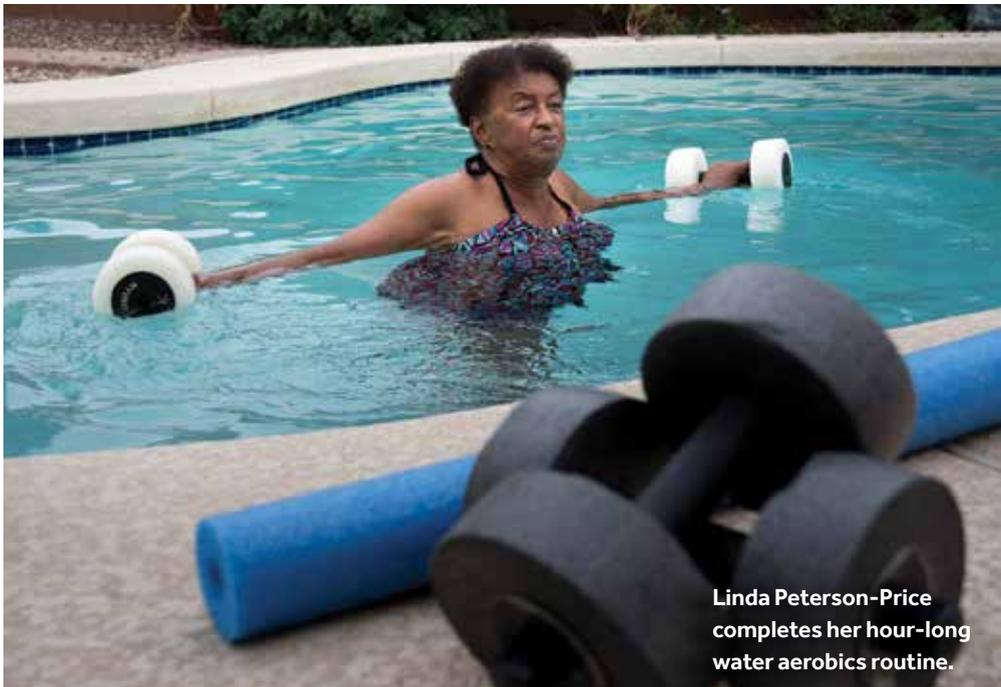
To gain a greater understanding of the health status and functional abilities of adults age 50 years and above, the Banner Sun Health Research Institute Center for Healthy Aging is conducting a longevity study to explore the multiple factors that contribute to healthy aging in an effort to enhance the quality of life for older adults.

Exercise regularly

There are a number of health benefits associated with physical activity, including the ability to manage chronic diseases, improve balance and strength and reduce pain.

"Older adults should aim for at least 30 minutes a day of moderate exercise," said Edward Zamrini, MD, a specialist in cognitive and geriatric neurology and the medical director of the Banner Health Cleo Roberts Memory Center. "It's important to recognize limitations and find a suitable exercise program to meet individual needs."

Linda Peterson-Price has been active all of her life. The 76-year-old Chandler resident says water



Linda Peterson-Price completes her hour-long water aerobics routine.

aerobics keeps her healthy and helps reduce joint pain.

"I do one hour of water aerobics five days a week in an indoor pool at my local gym," she said. "If I don't move, I don't feel well and my arthritis gets worse."

In addition to water aerobics, Linda stays busy during the day running errands or meeting up with friends.

"I try to accomplish something every day," she said. "I rarely sit on the couch and watch television."

Eat healthy

Choosing healthy foods is a good idea at any age. Eating right helps prevent, delay and manage heart

disease, type 2 diabetes and other chronic diseases, according to the Centers for Disease Control and Prevention (CDC).

"Opt for a diet rich in whole grains, fruits, vegetables and healthy fats such as nuts, and reduce consumption of saturated fats and fried foods," Dr. Zamrini said.

When Jitu Patel's wife was diagnosed with breast cancer in

Do you have a story to share about something you read in this magazine? Let us know! Call (602) 747-7990 or (888) 747-7990 or email HealthSmarts@BannerHealth.com



2003, the 76-year-old Glendale resident and retired scientist shifted his focus to mentor others globally about health and safety.

Jitu, who practices yoga every morning, has been a vegetarian his entire life. He stresses the importance of maintaining a healthy diet, consisting of whole foods and natural ingredients. He incorporates traditional Indian spices such as turmeric powder and crushed fenugreek seeds into his diet for antioxidant benefits and other healing properties.

"Breakfast is oatmeal with almonds, apricots and dates," he said. "We eat salad and drink fresh juice for lunch and have spiced vegetables, lentil or bean soup, rice and whole wheat bread for dinner."

Jitu, who also founded the Indian Seniors Association of Arizona, creates and organizes informative, educational and entertaining presentations and spends every Tuesday



(top) Nancy Buell spends time tending the Easter Egg Swiss Chard at the Escalante Community Garden in Tempe.

Jitu (green shirt) and Panna Patel rely on a menu that includes Indian spices, vegetables, and beans, in helping them to maintain good health while they age.

gathering with members to promote good health and happiness.

"We get together to learn about various topics important to seniors, express our shared interests and socialize," he said.

Get involved

Interacting with others can also positively add to the quality of life for many older adults.

"These individuals tend to do better than those who are isolated," Dr. Zamrini explained. "There are plenty of clubs and volunteer opportunities for seniors which helps them find purpose and stay mentally active."

Giving back has always been a passion for Nancy Buell. In 2011, the 80-year-old became involved with a nearby community garden to educate people about the importance of growing healthy food. Twice a month, Nancy works in the community garden, harvesting vegetables for a local food bank and giving tours to children and adults.

"I like to think I'm contributing to society," Nancy explained. "That's hard to do if you're not active and healthy."

Nancy also spends one day a week volunteering with the Girl Scouts Council, an organization near to her heart, archiving historical documents.

"You have one life to live," she said. "Make the most out of every minute."

To enroll in the Banner Sun Health Research Institute Center for Healthy Aging longevity study, visit banner-health.com/research/locations/sun-health-institute/programs/healthy-aging or call 623-832-7662.

Taking control of your health

Care management comforts, educates and supports those living with chronic conditions

By Brian Sodoma

At 91 years old, Virginia Newburn stays mobile, which includes driving a car. While she's active and in relatively good physical health for her age, the spry nonagenarian has learned to live with congestive heart failure and relies on numerous medications as part of her daily regimen. One of the keys to maintaining her health has been the steady presence of Banner Health Network's Care Management team.

"They helped me a lot when I was going through a difficult time," Newburn said. "Anytime I had a problem, they would listen, and I really appreciated them."

How Care Management helps

Banner Health Network's Care Management team has more than 50 highly skilled, well-trained professionals who educate patients and handle logistics involved with their care. They offer support to those like Newburn who are managing chronic conditions such as diabetes, coronary artery disease and others. Care managers also help with transitions from a hospital stay back home or to other levels of care



or services.

Following several hospital stays in 2016, the care management team was able to help Newburn. A social worker talked to her weekly to check in on her health status, and a care manager helped coordinate communication between her and her doctor and pharmacist when it came time to change a prescription. A dietitian was also available to help her with her diet.

"A lot of what we do is coordinate transitions from all levels of care," explained Chris Molloy, co-director of Population Health and Care Management for Banner Health Network.

The program is available to Medicare beneficiaries and other patients. It encourages independence by educating them about available community resources. For example, a diabetic may need access to low-cost supplies, support classes and even transportation to and from appointments. A care management profes-

sional can help find these resources based on a patient's health care needs.

"We want to help patients really understand their health-related issues so they can better manage [it]," added Carla Messing, also co-director for Population Health and Care Management. "We'll often proactively reach out to members who have been identified as high risk to help them care for themselves."

Finding those who need help

To better serve the entire community, Banner Health Network's Care Management professionals are assigned to specific geographic regions throughout the Phoenix area. Helping hundreds of patients monthly, care managers find patients through hospital, physician and outside referrals; however, patients do not need a doctor referral to use the service. The team also uses a predictive modeling technology tool that analyzes medical claims to identify at-risk members.

"Once they discover the services we provide, they're pretty impressed and very satisfied," Molloy added.



For more information about Banner's Care Management program, call 602-747-7977.

Info at **your** fingertips



Online Medicare portal makes monitoring claims, benefits and prescriptions convenient, easy

By Julie Maurer

Medicare has launched a patient-focused website, MyMedicare.gov, which allows beneficiaries to log medications and doctor's visits, track their claims and access educational information about their health care.

Barbara Holt, a member of the Banner Health Network Board of Directors and a Medicare beneficiary, found that accessing her claims online was easy.

"It shows your six most recent claims, what Medicare was charged and what they paid. You can click on the claim number and get additional information," Holt said. "It takes a while, sometimes months, for the paper claims to come in the mail,

but with the site, you can do it right away."

Information when you need it

Another benefit of the MyMedicare.gov website is it provides a place to store prescription information, so patients can access it when they need it.

"You know that every doctor and specialist you see asks you what medications you are taking. On this site put your prescriptions in and keep it up to date," Holt said. "It is so convenient. You can go to the blue button at the top right of the site and download your data into a printable form. You can also print a list of your prescriptions and other information, so you have it to just hand to your doctor."



Beneficiaries can also enter in their advance directives, or their wishes for their medical care, file appeals or file fraud claims on the site, as well as appoint an "authorized representative" to do so on their behalf.

In the educational section of MyMedicare.gov, patients can find a glossary of medical terms to better understand conversations with their physician.

A checklist for your doctor

"There is a checklist that includes a list of questions to ask your doctor – a lot of times when people go to their doctor they don't know what to ask," Holt said. "There is also checklist to make sure you are up to date on your preventative services."

The educational piece includes several publications about health information, which are also available to download on eReaders for those who are visually impaired.

Beneficiaries can set their primary physician on the website, who can help them manage their health and make decisions. Search for your physician on the site, and there will be an option to "add as your primary physician" under their name.

Overall, Holt said the site had a lot of useful information and services.

"You have to dedicate some time with it, but it's worth it," Holt said.

And if patients have difficulty navigating it, there is a live chat with a Medicare representative available on the site to help online or with other issues with your plan.

A dose of summer travel



Medication review is a powerful patient communication tool

By Joan Westlake

Before you embark on summer adventures, be certain to pack an updated list of your medications, otherwise known as medication reconciliation. Banner Health clinical pharmacist Candyce Collins said this would be a great time to compile that list and then review it with a pharmacist or your physician for potential omissions, duplications, dosing adjustments or drug interactions.

"Any time you are in transition or have had a visit to a doctor or health care facility, it is important to update your medication list," Collins said. "Especially if you are traveling and may need to make an unexpected doctor's visit. This is a powerful communication tool to show exactly what you are taking."

Collins added that the medication list should include prescribed medications as well as over-the-counter

drugs and any vitamins or supplements. Even if you no longer use a prescribed medication, don't remove it from the list, simply indicate when you stopped. Details your list should include are:

- Name of the medication, vitamin or supplement
- Dosage/strength
- Frequency—regularly or as needed
- How it is taken such as pill, liquid, patch, etc.
- Symptoms or illness for which the medication being taken
- Physician who prescribed it
- Dates of any immunizations
- Allergies

Your medication list may be part of your electronic health record (EHR), which is accessible through your doctor's patient portal. If your doctor practices at a Banner Health Center, you can access your information through the MyBanner Portal (www.BannerHealth.com). You can also find a medication list

that you can print and complete at BannerHealthNetwork.com/members/preventionwellness. Whether you keep the list on paper, on your computer or both, you should have a printed copy with you in case of emergency.

Medication reconciliation is vital if you have prescriptions from more than one doctor, Collins explained. Some things a pharmacist will look for are potential interactions, gaps in treatment or medications with similar effects. For example, a patient might be prescribed something for pain while already on anxiety medication. Added together, the medications could cause drowsiness or dizziness, increasing the chance of a fall. A physician follow-up is the next step if a potential issue is detected.

People who have Medicare Part D coverage may qualify for a medication therapy management (MTM) review from their program provider. All Medicare patients are entitled to an annual wellness visit, which should include medication reconciliation.



Food for thought

Does what you eat affect your brain health?

By Michelle Jacoby

In today's health-conscious world, there seems to be a diet for everything including weight loss, heart health and diabetes management. You name it, there's a diet for it. And while you may think health-related diets are meant only for the body, think again.

Nutrition vs. brain health

Recent studies show a direct connection between nutrition and brain health. "Researchers have been studying dietary patterns to better understand the link between diet and conditions like dementia, Alzheimer's disease and cognitive decline," said Margaret O'Brien, registered dietitian and certified diabetes educator with Banner Health Network.

"It has to do with reducing oxidative stress, inflammation and free radicals, which accumulate and damage the cells. Brain cells are especially vulnerable."

'Mindful' of what you eat

One particular diet that has been found to have a significant impact on brain function is the MIND diet. Combining aspects of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, MIND aims to reduce dementia and the decline

in brain health that often occurs as people age.

"MIND, which stands for Mediterranean-DASH Intervention for Neurodegenerative Delay, takes components of both diets that are beneficial for the brain," O'Brien explained. "And the program is so easy. There are basically 10 healthy food groups and five unhealthy food groups, so you know exactly what to eat."

Brain food

The 10 foods to eat on the MIND diet can include: green leafy vegetables, as well as other vegetables, berries, nuts, olive oil, whole grains, fish, beans, poultry and wine. "Experts say you can drink about one 5-ounce glass of wine every day. Red or white is fine, but red is preferred," said O'Brien. "If you're not a wine drinker, dark grape juice is a good substitute."

In turn, the five foods to avoid on the MIND diet are: butter and margarine, cheese, red meat, fried food, pastries and sweets.

"It's not that we're saying never, because that's not manageable," O'Brien said. "If you do have these foods, limit them to once or twice every couple of weeks. It's all about moderation."

As for the effectiveness, one study showed people who stayed on the diet rigorously were able to lower the risk of Alzheimer's by almost 53 percent. Those who followed the diet moder-

Chicken Basil Frittata

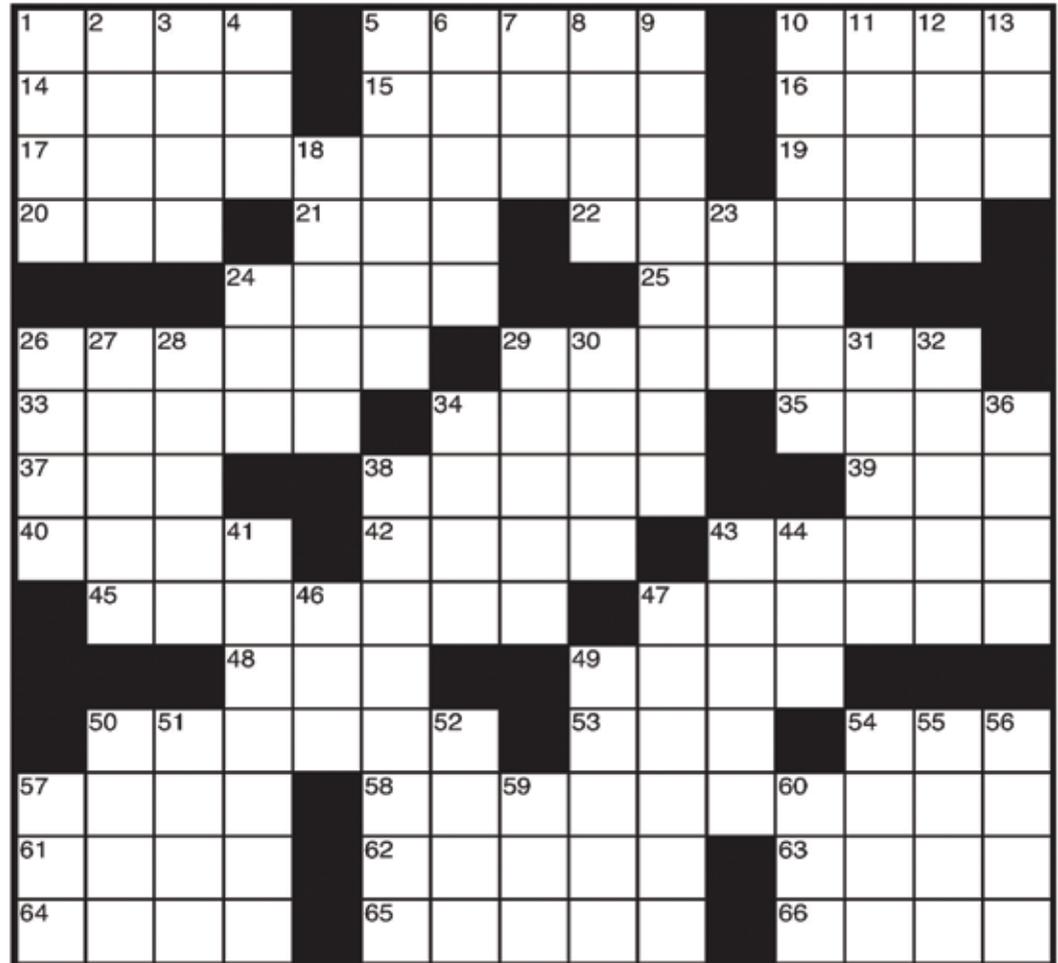
6 eggs
2 tsp. olive oil
1/2 small onion, thinly sliced
1/2 cup zucchini, shredded
1/2 cup sweet corn; fresh, frozen or canned
1 medium red bell pepper; diced
2 tsp. olive oil
1 cup cooked chicken breast, shredded
2 tbsp. fresh basil, chopped
Salt and pepper
6 small basil leaves (optional, for garnish)

Preheat oven to 350 degrees. In a medium bowl, lightly whisk eggs until uniform, then add pepper and salt. Set aside. Heat 2 tsp. olive oil in a 12-inch oven-safe skillet over medium heat, then sauté onion, zucchini, sweet corn and bell pepper until fragrant and wilted, 3 to 5 minutes. Remove from heat and transfer to a colander to drain; gently press on vegetables with a wooden spoon to assist draining. Meanwhile, bring the skillet back to the stove, and heat 2 tsp. of olive oil over medium heat. Add the chicken and half the chopped basil and sauté until just combined, 1 to 2 minutes. Add the drained vegetables back into the pan and stir to combine for another minute. Pour egg mixture and remaining chopped basil into pan and stir gently. Cook for 4 to 5 minutes to allow egg to start setting; edges will start to pull away from the pan. Place pan into oven and bake for 15 minutes or until set. Let rest 2 minutes before serving. If desired, garnish with basil leaves.

Source: minddietmeals.com

ately reduced their risk by 35 percent.

"This is a very easy and doable diet," O'Brien said. "You don't have to go to a specialty supermarket to get the ingredients. The foods are day-to-day, run-of-the-mill things most people eat regularly and can easily get at their local grocery store. That's what makes the MIND diet so great—using things you already have to improve your overall brain health. It's a win-win."



ACROSS

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- 59 Barge pusher
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PUZZLE ANSWERS ONLINE

At BannerHealthNetwork.com/members/healthsmarts

Healthy Living **CALENDAR** *To find more classes near you, visit BannerHealth.com/calendar.*



Cancer Survivorship – Lunch & Learn

Friday, June 8; Noon – 1 p.m.
Banner – University Medical Center
Sandstone Conference Room
1111 E. McDowell Rd.; Phoenix

Each month Cancer Support Community Arizona and Banner – University Medical Center Phoenix partner to provide a different topic related to cancer care and survivorship. This month, Kris Cooper, PhD, Psychologist with Banner – University Medical Center Phoenix, will discuss the meaning of survivorship, the long-term components and consequences of cancer care and how to manage the variety of side effects from treatment. She will share tools for coping long-term as a survivor with a focus on how mindfulness practices can help. Lunch is provided, advanced registration is preferred. Parking validated.

To register or for more information, please call Cancer Support Community Arizona at (602) 712-1006 or email RSVP@cscaz.org. For full listing of all cancer support programs, please visit www.cscaz.org.

As Dementia Progresses: Next Steps for Caregivers

Thursday, July 12; 9:30 – 11 a.m.

Banner Alzheimer's Institute, 901 E. Willetta St.; Phoenix

This class helps caregivers to understand the moderate to advanced stages of Alzheimer's disease/related dementia. Caregivers will learn about expected changes in memory, thinking, mood, behavior and function. Practical strategies are provided to assist caregivers to find success in their efforts.

Free, but registration is required. To register, call (602) 839-6850.

Filling the Day with Meaning & Purpose

Monday, July 16; 9:30 – 11 a.m.

Banner Alzheimer's Institute, 901 E. Willetta St.; Phoenix

Keeping people with dementia engaged and mentally stimulated is a common concern for caregivers. This class will discuss how to adapt activities as the disease progresses and how to find a variety of stimulating and engaging activities that work in order for the person to have fun and find success.

Free, but registration is required. To register, call (602) 839-6850.

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