

SUMMER 2024


HealthSmarts



Hello Tech!
Easy-to-use technology
is improving quality
of life for seniors

COMMUNITY TREASURE

Olive Branch Senior Center is 'win-win for all of us,'
says Director Jennifer Lawless

 Banner Health Network

Stay cool



We hope our informative stories in this second issue of Health Smarts for 2024 will inspire you to live a healthier lifestyle. Our magazine is produced as a part of your

traditional Medicare coverage because your doctor is a Banner Health Network provider.

Our articles in this latest edition focus on living your healthiest life with resources and tips. In our cover story, we'll show you our newly expanded Banner Olive Branch Senior Center in Sun City. Center Director Jennifer Lawless will fill you in on the services available there, including exercise classes, a computer lab and a food pantry. She'll also share why it is a great place to make friends and expand your computer skills.

One of the things that can happen as we age is tripping and falling. We've included information about how to strengthen our muscles to avoid this situation. If you are admitted to the hospital, our Navigation Center team coordinates and collaborates to make sure you have the support you need to make a full recovery and resolve any barriers to care.

Our world is expanding through technology and we'll share some tips for utilizing devices to take on some routine tasks for you, like medication reminders and more. We've all seen the TV ads about getting

a shingles vaccine. But is it a good option for you? We have the details to make the decision with your doctor.

Speaking of doctors, we'll also share some advice about when a specialist is needed or when your primary care doctor is the best advocate for you. A mental health expert weighs in to identify symptoms that may need treatment for depression and where you can find resources.

We'll share a delicious high-protein recipe to build muscle and of course our crossword puzzle is included to help keep your mind active and engaged.

Finally, if you aren't sure where to go when you have an injury or illness, our experts have provided some important guidelines to consider. You can always call our 24-hour Banner Nurse On Call hotline and our nurses can answer health-related questions or make recommendation about where to get care. You can call us at 602-747-7990 or toll-free at 888-747-7990.

To your health,



Ed Clarke, MD
VP & Chief Medical Officer
Banner Plans & Networks

COVER STORY



08 Community Treasure

West Valley residents enrich their lives with Olive Branch Senior Center experiences

04 Guided Referral

Your primary care physician's input is key when considering a specialist

05 Beyond the Blues

Recognize and treat clinical depression just like any other illness

06 Hi, Tech!

Technology can improve your daily life

11 Coordinating Care

A dedicated Banner Health department can help you get better, faster after a hospital stay

12 Muscle Matters

Unlocking the secrets to aging stronger

15 Preventing pain with the shingles vaccine

15 Health Smarts Crossword

16 Healthy Living Calendar



NEED TO CONTACT MEDICARE?
800-MEDICARE (800-633-4227)
www.medicare.gov



CREATED BY DESIGNIQ IN PARTNERSHIP WITH REPUBLIC MEDIA
A division of The Arizona Republic
200 E. Van Buren St., Phoenix AZ 85004

NOTICE OF NONDISCRIMINATION

Discrimination is Against the Law: Banner Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Banner Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Banner Health provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Editor: Jim Williams
Design: Kimmy Collister
Cover Photo: Rick D'Elia



Banner Health provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Banner staff.

If you believe that Banner Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the Banner Patient Relations Services Center Director, P.O. Box 16423, Mesa, AZ 85211-6423, or call 602-747-6880, fax 480-

If you no longer wish to receive this magazine: Please notify us at BHNMSupport@Bannerhealth.com. Be sure to include your full name, address, city and zip code as it appears on the mailing label of the publication.

684-6325 or email bannerhealthpatientrelations@bannerhealth.com. You can file a grievance in person, or by mail, fax, or email.

If you need help filing a grievance, the Banner Patient Relations Services Center Director is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, D.C. 20201 800-868-1019, 800-537-7697 (TDD). Complaint forms are available at hhs.gov/ocr/office/file.

Guided Referral

By Brian Sodoma

If you suffer from chronic conditions such as heart disease, diabetes, or respiratory concerns like chronic obstructive pulmonary disease (COPD), you may think a specialist is needed. That may be the case if symptoms worsen, but likely not if the condition is less severe.

Many patients are surprised to learn their primary care physician can often manage complicated health conditions without the need to call a specialist. Knowing this helps them receive timely care while keeping costs in check.

The primary care physician's role

A good relationship with your primary care physician is the foundation for your overall well-being, said David Hume, DO, Banner Plans & Networks medical director. If you're considering a specialist, a primary care consultation can help you make an informed decision.

"Seeing a primary care physician is step number one," Dr. Hume explained. "The reason I say that is they know everything about you. They can guide you to a specialist if you really need one, but that's not often the case."

Dr. Hume gives a few examples of tests and exams he performs that patients often assume they need a specialist for including EKGs

Your primary care physician's input is key when considering a specialist



for heart patients, skin biopsies for suspicious skin lesions and numerous baseline lung and respiratory tests. His team also assesses musculoskeletal issues, diabetes control and can order all your prescriptions.

"With a well-trained primary care physician who can handle lots of complex medical problems, you get really good outcomes, with fewer complications, which is basically what we call value-based care. It's good for the patient, the physician, and it lowers costs," Dr. Hume notes.

When a specialist may be necessary

Even with a great primary care physician, there are some situations where specialists should intervene. For example, patients with severe COPD may need pulmonary rehabilitation, a service most primary care doctors don't offer. Patients with severe (class 4) congestive heart failure, may

require an echocardiogram from a cardiologist. If test results are concerning, specialists can also expedite medications quicker than a primary care physician in those situations, Dr. Hume said.

A major health event such a heart attack, for example, will require an emergency visit. When released, you will follow up with a cardiologist. Once the condition is under control, future monitoring can be done by your primary care physician, Dr. Hume added.

"I always say the specialist needs to do something special," he said. "A cardiologist may insert a stent. After that, you should follow up with them, but the primary care physician can handle much of the disease process and the preventive medicine afterward. After a major health event, we're the ones guiding patients to lose weight, stop smoking, keep diabetes under control, and make sure cholesterol medications are being taken. That's not typically the specialist's role."

Beyond the blues

By Elise Riley

Recognize and treat clinical depression just like any other illness

We've all had times of extreme sadness. However, when that sadness lingers for weeks, with no sign of getting better and begins to impact parts of your life, it might be clinical depression. At this point, it's probably time to talk to a doctor.

"More often than not we're able to rebound from feelings of being depressed," said Vicki Knight, MD, a psychiatrist and senior medical director for Banner Complete Care. "With clinical depression, that sadness persists. It can be associated with feelings of hopelessness, feelings that this isn't going to get better, feelings of helplessness. It also can be accompanied by a loss of interest in things. We just don't enjoy things anymore, we don't socialize with our friends, we begin to isolate."

"Commonly, these feelings stem from an event – the loss of a spouse or a beloved pet, even a change in career or another sudden change in life," Dr. Knight said. Depression can impact eating and sleeping patterns and in older adults, can cause changes in concentration and memory.

"If their job performance is suffering, if relationships start to change or deteriorate, when people perceive the changes in someone or they start backing away from people who they've really



been close to, those things certainly signal that perhaps someone needs to seek out some help or treatment," Dr. Knight said.

Treatment for depression becomes medically necessary because depression has such an enormous impact on every aspect of life – physical, emotional, social. When those feelings of sadness don't simply lift away, help is necessary. Usually, Knight said, that help comes in a combination of both therapy and medication.

"Medication is not necessarily always the answer," Dr. Knight said. "A lot of people would benefit from a combination of medication and some type of therapy. The medication oftentimes takes the edge off those symptoms so you can engage in therapy in a beneficial way. It's usually a combination of the two that works best. That doesn't mean doing one or the other exclusively doesn't benefit people."

After deciding to get help, the

myriad of resources available for mental health could feel like an entirely new world to navigate. But, Dr. Knight advised, this is an area where a conversation with a primary care physician can have tremendous benefit.

"Primary doctors can refer an individual to a behavioral health prescriber or specialist," Knight said. "A primary care physician is the better route because the chances of being seen sooner are much better. Certainly, there are a lot of different avenues for seeking help. There are different types of therapists out there and different training."

Dr. Knight said that when reviewing which behavioral health providers your insurance covers, it's wise to also think about whether subspecialties could be helpful, such as therapists who focus on substance abuse or eating disorders. Separately, if that route isn't what's most comfortable, local churches sometimes have counseling services while local organizations could offer group sessions or hotlines to offer the opportunity to talk and connect.

"The most important consideration is for someone to get help," Dr. Knight said. "Whatever circumstance they feel comfortable in – the most important thing is taking that step and seeking help for management of that depression."

Hi, tech!

By Debra Gelbart



Technology can improve your daily life

Technology can be scary for some, especially if you have never really been comfortable relying on it for daily life. However, experts say smartphone apps and technology such as Amazon Echo really can simplify a range of tasks and make life far less frustrating.

“Older adults are successfully using mainstream technology to enhance safety, improve independence and manage health conditions,” said Christopher Daly, an occupational therapist with Banner Health Home Care.

“The two most important

steps to maintaining well-being for seniors are eliminating falls and ensuring quality of life so they can participate in activities that are meaningful to them,” said Clayton Guffey, director of the Arizona Technology Access Program (AzTAP). AzTAP is a federally funded program and has been part of Northern Arizona University since 1994. However, the program is based in Phoenix, and provides assistive technology services to Arizona residents with disabilities and their rehabilitation providers.

“Because nothing can affect your independence more quickly than a fall, it’s vital to have on hand (and use) things like a walker, grab bars and a wheelchair if necessary to

help you maintain your balance and prevent injury,” Guffey said.

More advanced solutions

Assistive technology encompasses a broad range of low- to high-tech devices that when used together can help ensure quality of life, Guffey said.

An Amazon Echo Hub or Apple HomePod, for example, can help you control multiple functions in your home with the touch of a button or the sound of your voice. It includes lighting, security cameras, video doorbells, the interior temperature of the house, window shades and major appliances, Daly pointed out. He added that locks, keyless entry and emergency

detection devices can also be monitored and controlled.

A central hub can be “an essential foundational component for successful independent use of smart home technology devices, applications and personal wearable devices, such as a smart watch,” Daly said. “There are limitless ways to help set up smart home technology devices for seniors so they’re able to use (digital assistant) Alexa for various commands to set alarms, calendar and time of day alerts, call people, play shows and music and allow family members to ‘drop in’ virtually and say hello.”

A newer device that can provide companionship, entertainment and words of encouragement is ElliQ, an artificial intelligence-assisted tool that sits on top of a table or counter.

To see how assistive technology can enhance your independence while using these devices in your home, you can contact AzTAP, either by email at askaztap@nau.edu or by phone at 1-800-477-9921 to schedule a consultation appointment.

Or, Daly said, you may be able to arrange to take a class at a local library or senior center.

Other helpers

If you’re not yet ready for a central hub, Daly said other devices and applications can help you:

■ **Portable magnifiers.** High-tech wearables such as eyeglasses with an AI (Artificial Intelligence) assistant can vocalize visual information. This technology can be instrumental in improving the quality of life and level of independence for those

living with visual impairments.

■ **Smart memory pill boxes/health-related apps.** Health related apps provide lots of information to individuals, especially when combined with a wearable device, Daly said. “Smart pill boxes can make all the difference in an individual’s ability to manage medications independently, even if they need to be initially set up by a loved one.”

■ **Grocery and restaurant delivery apps.** “In addition to medication delivery services, these allow an individual to maintain full independence in the home when driving and shopping aren’t possible,” Daly said.

■ **Video doorbell and door-monitoring apps.** Daly notes that video doorbells offer an added layer of security and added convenience for individuals with mobility impairments, allowing them to see who’s at the door and being able to communicate with them from a safe area in the home. “It can be used in combination with a smart lock to allow visitors entry into the home, especially important for someone who has difficulty walking.”

■ **Fitness apps.** “These are great

for active older adults who enjoy fitness classes from the comfort of their own homes, Daly said.

■ **Telemedicine apps.** “These are essential components of at-home care for individuals having difficulty with mobility and transportation to medical appointments,” Daly said.

■ **Alarms and altering devices for individuals with hearing impairments.** These provide visual and tactile cues for alarms, phone ringing and safety detection devices, Daly said.

■ **Alexa Emergency Assist.** This is an inexpensive emergency help system that works with your voice-controlled smart speaker—much less expensive than other subscription medical alert systems, Daly said.

“Smart home technology and personal technology devices and applications are constantly changing, being updated and evolving for greater capabilities and user experience,” Daly said. “A basic understanding of these systems will go a long way toward adapting to and utilizing technology to meet your individual needs.”





Community treasure





West Valley residents enrich their lives with Olive Branch Senior Center experiences



By Brian Sodoma

Kathleen O'Hare, 71, likes to stay busy in her retirement years and volunteering is one way she loves to fill her calendar. One of her favorite experiences is helping to run the market-style food pantry twice a week at the Banner Olive Branch Senior Center in Sun City.

A line starts forming an hour before the pantry's 7 a.m. opening and O'Hare helps about 350 people safely make their way. Of course, head counts and keeping things organized are only a small part of these mornings. She loves her daily interactions with guests and the volunteer experience has nurtured many lasting relationships. O'Hare will also often socialize over a hot breakfast before her shift starts and even on days off, she likes to stop by the Olive Branch Center to meet friends for lunch.

"It is a lot of fun around here. We do have a lot of laughs. The staff and everyone else are so cheerful," she said. "What Banner has done with the building is just beautiful. There are activities, a library, a nice dining room. Our seniors love our food, and the kitchen staff is wonderful and makes everything from scratch."

A \$5 million investment pays off

The Olive Branch Senior Center opened in 1988 and for many years operated out of a nearby church. In April 2023, the program moved to a modern 25,000-square-foot building in Sun City. A \$5 million investment completely renovated the former Banner Health shipping and

receiving center, which, in addition to its dining hall and food pantry, has a computer lab and gathering spaces for free social and educational programming.

"The dream was always to increase the size and reach of our services," explained Olive Branch Director Jennifer Lawless. "The versatility of the space allows us to support our community with free haircuts, exercise classes and other activities to help combat social isolation. It's truly a win-win for all of us."

The new site has 17 staff members, 100 volunteers and operates from 6 a.m. to 3 p.m., Monday through Friday. It's a great spot for a nutritious hot meal and a popular hang-out for seniors looking to expand social circles and combat isolation.

The new building has made a significant impact on food security as well. Today, the food pantry sees 350 people daily; about 200 meals are delivered to homebound residents and 100 guests come for breakfast and lunch each day. In addition, about 30 to 50 lunches are made for the nearby City of Surprise and El Mirage senior centers.

The food is great, but there's so much more

In addition to hot meals and the market-style pantry experience, the Olive Branch Senior Center provides many more resources to area seniors, Lawless emphasized. Experts who specialize in legal, insurance, banking and health care donate their time to meet with guests and provide consultation on topics like taxes, legal documents,



Medicare benefits review, and programs that assist with rent or utilities.

The new computer lab has been one of the busiest locations in the facility. With free internet access, guests can check emails, scroll through social media sites or

research their favorite topic online. Classes are also a focus, with fraud prevention, online dating and other technology-related topics covered so far.

Operated by local high school and ROTC students, “Cell Phone 101” is by far one of the most popular classes.

“These students sit down and explain things to our seniors,” Lawless added. “It’s so heartwarming and then you see these relationships form, too. This is an amazing partnership with our local schools.”

While O’Hare doesn’t attend technology classes, friendships are

what have kept her coming back since 2021.

“For years, my husband and I would drive by and wonder ‘What do they do in there?’ O’Hare recalled. “I’m so glad I chose to stop in. I knew right away I wanted to be a part of it. I was filling out my volunteer paperwork the first day.”

KNOWLEDGE IS POWER

To learn more about the Banner Olive Branch Senior Center, visit BannerHealth.com/olivebranch or call 623-465-6000.

Coordinating care

By Debra Gelbart

A dedicated Banner Health department can help you get better, faster after a hospital stay

When the time comes for you to leave the hospital you may receive a call from the Banner Health Navigation Center. They provide a service called care coordination.

This service involves sharing information among all the participants concerned with a patient's medical treatment to achieve safer and more effective care.

"What our team is trying to accomplish with care coordination is to provide our patients with the resources they need to keep them at home to heal," explained Jennifer Robinson, director of Health Management Services for Banner Plans & Networks.

"Hospitals aren't the best places to heal and we know that," she said. "The best place to heal is in the comfort of your own home, but this can only happen if we set the patient up to do just that. If we can assist them by making those connections and ensuring that the resources are in place for them, the patient can then begin to rest and get well."

The Navigation Center teams consist of primary care physicians (PCPs), care managers, pharmacists and registered dietitians (RDs), "all with the common goal of making health care easier so life can be better for our patients," Robinson emphasized. "We work closely and collaboratively together to meet the patient where they're at and help them navigate through their health care challenges and resolutions."

How care coordination works

When you're discharged home, you'll receive a phone call to ensure you have all the resources you need to rest, recover and heal, Robinson said. "Our team of experienced health service assistants will place a call to the patient within 48 hours to check on them, to see how they're feeling now that they're home." Some of the things the health service assistant will ask are:

1. How are you feeling since being discharged? (same/better/worse)



2. Do you have discharge instructions and do you understand them?

3. Do you have a doctor's appointment scheduled? "If not, we will try and assist with making the appointment," Robinson said.

4. Were there any new medications prescribed and do you have any medication questions?

5. Has any home health equipment been ordered and if so, has the equipment been delivered or has the home health department contacted you to arrange delivery?

6. Are there any barriers to your healing, such as issues with transportation, food, medication or safety concerns?

7. Do you have help at home while you're healing?

Case Management may be contacted

"When needs are identified from our discharge calls, our staff member will send a referral to our case management team that can continue to work alongside the patient to help them resolve any barriers to care," Robinson said. "We have a collaboration of multiple teams coupled with the primary care provider and a specialist, if needed, to help ensure the patient has what they need and that they understand the plan of care moving forward."

The Navigation Center can help patients "by coordinating and connecting them to the services they need," Robinson said. "Our members don't need to try and navigate the system alone; our teams are here to help you. We're only a call away." To contact the Navigation Center, call 602-747-7799.

Muscle matters

Unlocking the secrets to aging stronger

By Michelle Jacoby



As we age, our bodies undergo a subtle transformation marked by the passage of time. In this gentle rhythm of life, we face a silent adversary: age-related muscle loss. Essentially, it's like our bodies are slowly hitting the mute button on our muscles.

Fortunately, we're not just passive observers in this process—there are options, strategies, and science to help keep our muscles firing on all cylinders. But first, it's important to know the progression of muscle loss as we age.

"From age 30 to 35, women begin to lose muscle mass and bone mass. Men start from around age 35 to 40," said Chris Okeke, exercise physiologist and wellness

coordinator at Banner Health. "Decreased bone mass increases the likelihood of suffering a fracture after a fall, which can be a devastating injury for seniors, as many of them never fully recover."

Okeke says one of the best lines of defense in preventing age-related muscle loss is exercise, particularly resistance exercises. "Resistance exercises for the lower extremities such as squats and hip abductions help strengthen the stabilizer muscles, as well as the quadricep muscles, which are important for functional activities such as standing up from a chair and going up and down steps and/or stairs," he said.

Touting the long-term benefits of regular exercise, which primarily

include increasing and maintaining muscle mass and strength, Okeke says it not only helps decrease the risk of falls and serious injury, it also increases independence, mobility and agility, self-esteem and mood.

Another effective line of defense is nutrition. "To preserve muscle mass, not only is exercise and resistance training vital, but also consuming enough protein-rich foods regularly throughout the day," said Susan Welter, registered dietitian nutritionist at Banner Health.

Since protein provides the amino acids needed for bone, teeth, muscle and skin, "not eating enough protein limits your body's ability to build and repair

muscle,” explained Welter. She said adding animal, soy and plants provide good sources of protein. “Several studies have shown that animal-based proteins—such as lean meat, poultry, eggs, dairy and fish—are more effective due to having muscle-building amino acids such as leucine,”

Other important nutrients include vitamin D and calcium, as well as omega-3 fatty acids, which have a positive effect when it comes to gaining or maintaining muscle mass for people who have age-related loss of muscle mass and strength,” she continued, adding that proper hydration is also vital.

“Dehydration can cause fatigue leading to poor exercise performance,” Welter said. “It also effects blood pressure, causing headaches, confusion and dizziness, which increases risk for falls.”

Okeke and Welter both agree that the health care community is imperative in supporting seniors to maintain optimal physical health and nutrition to prevent age-related muscle loss and falls.

Health care providers can encourage seniors to include protein at each meal and get an adequate amount of vitamin D and calcium through food or supplements, said Welter. When it comes to exercise, Okeke adds that providers can recommend an exercise program and other physical activities, especially with a group of friends and family.

“Exercising with a similarly situated group helps hold everyone accountable to each other and increases positive outcomes for all involved,” he said.



MAKE THIS RECIPE?

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



Lemon Chicken Orzo Soup with Kale

2 tbsp. extra-virgin olive oil, divided
 1 lb. boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
 1 tsp. dried oregano, divided
 1-1/4 tsp. salt, divided
 3/4 tsp. ground pepper, divided
 2 cups chopped onions
 1 cup chopped carrots
 1 cup chopped celery
 2 cloves garlic, minced
 1 bay leaf
 4 cups unsalted chicken broth
 2/3 cup orzo pasta, preferably whole-wheat
 4 cups chopped kale
 1 lemon, zested and juiced

Heat 1 tablespoon oil in a large pot over medium-high heat. Add chicken and sprinkle with 1/2 teaspoon each oregano, salt and pepper. Cook, stirring occasionally, until lightly browned, 3 to 5

minutes. Using a slotted spoon, transfer the chicken to a plate.

Add the remaining 1 tablespoon oil, onions, carrots and celery to the pan. Cook, scraping up any browned bits, until the vegetables are soft and lightly browned, 3 to 5 minutes. Add garlic, bay leaf and the remaining 1/2 teaspoon oregano. Cook, stirring, until fragrant, 30 to 60 seconds.

Add broth and bring to a boil over high heat. Add orzo. Reduce heat to maintain a simmer, cover and cook for 5 minutes. Add kale and the chicken, along with any accumulated juices. Continue cooking until the orzo is tender and the chicken is cooked through, 5 to 8 minutes more.

Remove from heat. Discard bay leaf. Stir in lemon zest, lemon juice and the remaining 3/4 teaspoon salt and 1/4 teaspoon pepper.

Source: <https://www.eatingwell.com/recipe/276346/lemon-chicken-orzo-soup-with-kale/>



Preventing pain with the shingles vaccine

By Julie Maurer

While parents often think their kids are in the clear once they've had chickenpox, the virus can resurface again years later as a much more painful condition which is known as shingles.

"Shingles is caused by the same virus that causes chickenpox. After a person recovers from the chickenpox, the virus can remain inactive in the body and can then reactivate itself years later, causing shingles. It appears as a painful, usually itchy, rash on one side of the face or body," said Banner Health PGY2 Ambulatory Pharmacy Resident, Caophi Nguyen, PharmD.

That rash can blister with symptoms lasting two to four weeks. Fortunately, there is a vaccine that helps prevent shingles and lessens its severity. Nguyen recommends it

for those who are 50 years and older.

"It is also recommended in individuals who are 19 years or older with weakened immune systems as they have a higher risk of getting shingles and related complications," Nguyen said.

One possible complication from shingles is long-term nerve pain, he noted. Also, just because someone has had shingles before, it does not mean it will stay away.

"Even if the person has had shingles, they should still receive the vaccination because people can develop the rash more than once. The vaccine is more than 90 percent effective at preventing shingles," Nguyen said.

The vaccine has similar side effects to others, such as muscle aches, pain and swelling at the injection site.

"The best way to reduce these effects is to frequently move the

arm where the injection was given. You may also experience stomach upset, headache, shivering, fever and fatigue," Nguyen said.

The shingles vaccine is a one-time, two dose series with the second dose taken between two and six months after the first one.

"If the second dose is delayed or interrupted, the series does not need to be restarted. Patients can receive the vaccine at a doctor's office or local pharmacy," Nguyen said.

He recommends those who have had shingles or chickenpox in the past should still get the vaccine. Those who were vaccinated prior to November 2020 should check the brand they received as it may no longer be the most effective brand.

If you have questions about whether or not the shingles vaccine is right for you, please consult with your doctor or pharmacist.

ACROSS

- 1. Geological time
- 4. Ooze
- 9. A set of eight
- 14. Obstruction
- 15. Swiss mathematician
- 16. Philosophy
- 17. The night before
- 18. A timid person
- 20. Unifies
- 22. Gangs
- 23. Alternative name
- 24. Acumen
- 28. Cathode-ray tube
- 29. Tantalum
- 30. Soluble ribonucleic acid
- 31. Humiliate
- 33. Earthy pigment
- 37. Air Force
- 38. Adult males
- 39. Stiff untanned leather
- 41. Before
- 42. Atomic #18
- 43. Beer mug
- 44. Nostrils
- 46. Type of chef
- 49. Midway between north and east
- 50. They ___
- 51. Splits
- 55. Walk in a timid manner
- 58. Preserved animal skin with hair
- 59. Popular donut shop item
- 60. You smear it on bagels
- 64. Don't know when yet
- 65. Equal to 10 amperes
- 66. Synthetic acrylic fiber
- 67. One point south of due east
- 68. Of mixed ancestry
- 69. Home of the Pyramids
- 70. A way to change color

DOWN

- 1. Excessive fluid accumulation in tissues
- 2. Untangle
- 3. One from the U.S.

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18					19					
20			21					22						
23						24	25						26	27
		28				29				30				
31	32					33		34	35	36			37	
38				39	40								41	
42				43						44	45			
46		47	48				49			50				
51				52	53	54				55			56	57
		58							59					
60	61							62	63				64	
65							66						67	
68							69						70	

- 4. Academic terms
- 5. San ___ Obispo, in California
- 6. Not healthy
- 7. Self-assessment questionnaire (abbr.)
- 8. Arugula genus
- 9. VIII
- 10. Makes a monarch
- 11. Tormentor
- 12. Commercials
- 13. Sprinkle
- 19. Make a mistake
- 21. Freshwater fishes
- 24. Vermont town
- 25. Man-made device
- 26. Entrap
- 27. Places to store important things
- 31. Accumulate
- 32. Greek mythological nymph
- 34. Gregory ___, American dancer
- 35. Denotes past
- 36. Becoming popular again
- 40. Indicates position
- 41. Came before
- 45. An extra seed-covering
- 47. Cheerful
- 48. Deli sandwich staple
- 52. Skateboarders love them
- 53. Mandela's party
- 54. Sierra lake
- 56. Nickname for Elizabeth
- 57. Remove from record
- 59. Employee stock ownership plan
- 60. Former NFLer Newton
- 61. Relative biological effectiveness (abbr.)
- 62. Work unit
- 63. Town in Cambridgeshire

HEALTHY LIVING CALENDAR

Banner Sun Health Research Institute Brain & Body Tour - In Person Event

Join us for the Banner Sun Health Research Institute (BSHRI) Brain & Body Tour. You are invited to learn more about exciting progress in Alzheimer's and Parkinson's disease research during a guided tour of the world-renowned Banner Sun Health Research Institute.

This 90-minute walking tour is free and does not require registration. We can only accommodate a group of up to 15 people. Everyone who attends must register,

call 602-230-CARE or BannerHealth.com/BSHRIBrainandBodyTour.

Date & time:
Tuesday, July 16
10 - 11:30 a.m.

Location:
Banner Sun Health
Research Institute
10515 W. Santa Fe
Drive
Sun City, AZ
85351

You are also required to wear closed-toe shoes the day of the event for safety purposes.

Planning Ahead for Legal, Medical and Financial Decisions - Virtual Event

Alzheimer's disease or a related dementia is a condition that can last for 8 to 10 years and will require additional help and care as the disease progresses. Caregivers will learn about medical, legal and financial decisions that are needed along with how to find help and pay for care in the home, community and residential settings.

In order to participate in this event, you must have an internet connection, a computer and/or a phone.

Registration is FREE but required to obtain the ZOOM connection information and phone number.

Date & time:
Tuesday, July 30
11 a.m. - Noon
(MST) on Zoom

Call 602-230-CARE or BannerHealth.com/AlzPlanningAhead.

ZOOM information will be sent when you register.

Residential Care: When Moving Becomes the Best Option - Virtual Event

Moving to a residential community is a multi-faceted decision.

Learn the importance of planning and considerations when making the transition from one level of care to another.

Registration is FREE but required to obtain the ZOOM connection information and phone number.

Registration is required, call 602-230-CARE or BannerHealth.com/AlzResidentialCare.

ZOOM information will be sent when you register.

Date & time:
Thursday, Aug. 1
3 - 4 p.m.
(MST) on Zoom

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

 **Banner Health Network**