

Smart & Healthy

WINTER 2013

YOUR HEALTH ■

YOUR LIFE ■

YOUR TIME ■

5 steps to managing your meds

- Staying fit and active is as easy as 1-2-3
- Can probiotics make you healthier? Get the skinny!

ASK THE DOCTOR:

Time to get a good night's rest. Here's how...

Furry Friends

make great companions!

No need to feel alone



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Banner Health Network

FINDING A & Smart Healthy BALANCE IN YOUR LIFE

Welcome to the second edition of *Smart & Healthy*, a healthy lifestyles magazine provided to you compliments of Banner Health Network. We hope you enjoyed the inaugural issue of this publication last fall and found its contents helpful in providing resources and ideas for managing your health.

You are receiving this magazine because your doctor participates with us in a



new concept in Medicare called the Pioneer Accountable Care Organization. This Accountable Care Organization (ACO) provides extra benefits to you – at no extra cost – through Banner Health Network. In this issue, you will learn more about how this benefit works through the story of a beneficiary with chronic health issues who was matched with a Banner Health nurse case manager that allowed him to access valuable health resources. His story demonstrates the power of being part of an ACO.

In addition, you will hear from several of our Banner Health Network physicians about health and wellness topics such as sleep apnea, ways to help stay healthy and happy, healthy cooking, the benefits of staying connected with others, and the importance of managing your medications. You will also be introduced to some helpful “apps” for managing your health and wellness, and you will find information about free lectures, screenings, events and healthy activities in your community.

We hope you find the content fun to read and relevant to your healthy lifestyle.

Yours in good health,

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

Tricia Nguyen, MD
Chief Medical Officer
Banner Health Network

EMILY PIRAINO



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Can we talk?

Banner Health Network ACO helps coordinate care and encourage specialists to communicate with each other when patients have complex medical issues

By Debra Gelbart

David Beck of Gilbert will tell you that the Banner Health Network Accountable Care Organization (ACO) has saved his life. Beck, 62, has multiple medical conditions, including diabetes, COPD and vascular dementia, caused by impaired blood flow in his brain. Before he was assigned to the Banner ACO as a Medicare patient — he has been disabled for more than three years — he tried to manage all of his medical appointments and his medications on his own.

It wasn't easy to juggle visits with his primary care physician, an endocrinologist, a pulmonologist, neurologist and a podiatrist. He's had difficulty controlling his blood sugar, even though he's committed to eating well. He knows he needs to exercise, but he gets too breathless trying to walk and couldn't figure out how to enroll in an aquatics class that is affordable or covered by Medicare. And, his doctors weren't communicating with each other well.

Banner Health Network ACO to the rescue

Enter Banner Health Network case manager Nicole Thompson, R.N., who began helping Beck in October. Part of the responsibility of the ACO is to help patients navigate the health care system, especially those with complex medical situations. Thompson met with Beck's primary care doctor, Donald Griner, D.O., to explain how she could help optimize Beck's care through coordination of everything related to his health and well-being. "I much appreciate the ACO's involvement in complex cases like (Beck's)," Dr. Griner says.

Thompson also visited with Beck at his home, arranged for him to attend diabetes education classes, enrolled him in aquatics physical therapy and provided him with a list of resources through which he can obtain less expensive medications, because all of his medicines together have become a financial concern for him.

A new model of coordination

This kind of support is the wave of the future. "In the past," says Tricia Nguyen, M.D., M.B.A., the chief medical officer for Banner Health

Network, "your doctor functioned more as 'the captain of the ship,' managing your health care almost single-handedly. Now, through Banner Health Network, your doctor will be more of a mentor and a coach, leading a team of professionals who will care for you even more efficiently."

"The ACO provides a bridge of support for Medicare members," Thompson says. "We also provide support for the primary care physicians by offering services that are challenging for the doctors' offices to provide, such as support and resources for patients and their families." She estimates that of 50,000 Banner Health Network ACO members, just under 1,700, including Beck, are considered medically high risk.

"Nicole is just an angel," Beck says of Thompson. "She's helping me keep track of my appointments and my prescriptions and she's making sure I'm getting exercise and education about my diabetes. I'm really grateful for the support."

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For more information about Banner Health Network and ACOs, visit bannerhealthnetwork.com.



EMILY PIRAINO

5 steps to managing your meds

Getting to know your pharmacist is key

By Gremlyn Bradley-Waddell

Not sure if your medications are compatible with another? Feeling overwhelmed by the number of prescriptions you're taking?

These are common concerns for folks on multiple medicines, but there are steps you can take to manage your meds more effectively. Butch David, R.Ph., System Director of Ambulatory Pharmacy Services for Banner Health, says it's important to find a pharmacy — and pharmacist — you trust. And the pharmacist should take the time to get to know you.



A pharmacist can even advise you how to get assistance if you can't afford your prescription, perhaps by recommending a less expensive, but equally effective, medication to your physician.

1. Communicate. “You need to tell the pharmacist, ‘I’m going to rely on you when I have questions,’” David says, “and the pharmacist needs to be close enough to you to understand your health conditions. Communication with your pharmacist is the key to better long-term health.”

2. Find your favorite. David says it's best to use a single pharmacy. Pharmacies keep a list of your prescribed medications, and if you use more than one pharmacy, David says there's a chance some therapies might be duplicated or a drug interaction might be missed.

3. Follow instructions. Additionally, it's important to take all medications per the instructions on the label, and whenever there's a change in a therapy, have your pharmacist review all your treatments.



4. Find a ‘med minder’. As for daily medicine management, David says a so-called “med minder” is invaluable, especially if you have a complex dosing schedule. The pill organizers allow you to load a week's worth of medication into compartments labeled according to the day of the week as well as the time of day. Some pharmacies will even pre-load your medications into an organizer for you, he notes. For tech-savvy types, there are “med minder”-like apps, too.

5. Use proper storage. Finally, to ensure that medication remains effective, David says it should always be stored properly. That can be challenging for Valley patients who are frequently on the road. Luckily, there's an easy solution: Put your medication, along with some ice, in a small ice chest and pack it in your vehicle.

These steps can help ensure that you're managing your prescriptions safely and efficiently. You'll feel better for it!

Staying fit and active

Make it as easy as 1-2-3!

By Paula Hubbs Cohen



We asked a local expert, Dr. Ken Ota, of the Transitional Care Medicine Department at Banner Good Samaritan Medical Center, for some of his thoughts on how to make 2013 your healthiest year yet. Here's what he had to say:

Q: How can people make sure their health is a top priority?

A: Set easily achievable goals throughout the year and write them clearly on the calendar. This is a visual aid that helps keep you accountable to yourself.

Q: What are some simple changes someone can make to their diet that will give maximum health benefits?

A: Determine a healthy total calorie intake for your body using an online calculator or talking with a nutritionist. Eat smaller-portion meals throughout the day, for example, five to six meals per day with less total calories per meal, versus three meals per day with higher calories. It's also important to have a diet that includes more natural foods. Avoid foods that are processed, canned or boxed since many of these foods are high in sodium and saturated fat content.

“Regular exercise consists of aerobic exercise and resistance training. I typically recommend approximately 30 minutes of aerobic exercise four to seven times per week, depending on the patient and their fitness goals.”

— Dr. Ken Ota, Transitional Care Medicine, Banner Good Samaritan Medical Center

Q: What should someone do before starting an exercise program?

A: I always say “start low and go slow.” It's a good idea to see your physician to determine if you are fit for exercise.

Q: What kind of exercise is most important?

A: For general health, longevity and well-being, cardiovascular exercise is the most important. However, weight-bearing exercises, yoga, stretching and calisthenics all have health benefits.

Q: What are some quick and easy exercises that can be done at home?

A: Some really simple home-exercises include push-ups, jumping jacks, squats, lunges, torso twists,

jumping rope, jogging and swimming. In addition, light weights or resistance bands, medicine balls, treadmills, etc., can be purchased and used at home.

Q: What are some of the long-term benefits of regular exercise?

A: There are many benefits including increased cardiovascular conditioning, increased strength, better coordination and balance, better quality of sleep, improved blood pressure, stronger bones, better concentration and decreased risk of chronic pain, anxiety and/or depression.

3 Easy steps to healthy goal setting

1. Set reasonable goals for yourself, i.e., losing five pounds every three months.
2. Take pictures of yourself along the way to monitor your progress.
3. Finally, don't beat yourself up if you don't exactly meet your goals; as long as you're exercising regularly, you're still benefiting your health.

Resources

American Academy of Sports Medicine: acsm.org
Calorie Count: caloriecount.about.com
Fitness Zone: fitnesszone.com
Fit Watch: fitwatch.com

Healthy 'app'etites!

For health info on the go, check out these mobile apps

By Gremlyn Bradley-Waddell

When it comes to healthy living, we all could use a little help, right? Who can remember how many calories are in a Caesar salad or the best way to deal with a nicotine craving?

Thanks to today's apps, you can have that kind of information, and so much more, ready and waiting in your pocket, purse or gym bag. Although the number of apps is overwhelming, we've zeroed in on a few we think are pretty nifty and may just assist you in keeping fit, mentally and physically:

Mindful Eating (iPhone)

Improve your relationship with food. Based on the work of author and psychologist Susan Albers, Psy.D., this app lets you log your daily food intake and helps you identify and understand your eating habits.

Stress Check (iPhone)

Think you're stressed? Find out with Stress Check, which uses the iPhone's light and camera options to assess

heart rate and estimate stress levels — the physiological kind, that is, not the “emotional” type.

Memory Trainer Pro

(iPad and iPhone)

Love brain teasers and puzzles? This app's games challenge the ol' right hemisphere and help improve memorization skills.

MyQuit Coach

(iPad, iPhone and iPod touch)

Whether going cold turkey or easing away slowly, MyQuit Coach aims help smokers who

are ready to kick the habit. Progress charts, tips and a support network make the going a bit easier.

The lowdown on great downloads

Now is the perfect time to start a fitness regimen, and Banner Health's online health calculators can help you reach your goals. Just go to bannerhealth.com, click on the Health Info tab and then select “Health Calculators” under the Health Tools heading. You'll find calculators to:



- 1** determine your body fat, or body mass index (BMI)
- 2** find your target heart rate
- 3** calculate how many calories you're burning during a specific activity

And if quitting alcohol or tobacco is your plan, there are also calculators that can help figure out how much money you'll save each year by not drinking or smoking.

Check your heart's age by taking a Heart Age test at bannerhealth.com/heart.





Now is a great time to
make a positive change
by reaching out and
getting active

Get connected

*Don't let the winter
blues get you down*

Here are three great examples of getting connected!

GOT THE WINTER BLUES? THIS TIME OF YEAR CAN BE LONELY FOR EMPTY-NESTERS AND SENIORS, MANIFESTING ITSELF IN PHYSICAL HEALTH ISSUES AS WELL AS MENTAL ONES.

So, why not resolve to get more involved in your community — and help your loved ones do the same?

“People isolate for two reasons,” says Jan Dougherty, director of Family and Community Services at Banner Alzheimer’s Institute. “The first is a decline in physical health, meaning they can’t get out and don’t ask for help. The other is mental health — depression sets in and they don’t have the energy to overcome it. Living in a retirement community, always hearing about everyone’s problems, compounds the issue.”

When detecting signs of social or emotional isolation, physicians take steps to help patients reconnect. “I recently had a patient who began crying when I asked her about how she was going to spend the holidays,” says Sara Kabsoun, M.D., a Banner Health geriatrician. “She’s been isolated since losing her husband, and while her kids are involved with her care, they weren’t able to come in for the holidays. I learned she was ordering food into her room at the assisted living community, because she didn’t feel like she knew anyone. So we talked about how she could start by just sitting and listening, and after the first few times, she’d start to feel more involved.”

Volunteering is a tried-and-true way of re-engaging. But another option coming into its own for older adults, even those with physical limitations, is social media. “There’s enormous comfort in old friendships and connections,” Dr. Kabsoun says. “Children can help parents get on Skype or start a Facebook page.”

1 These sneakers were made for (more than) walking

When **Mary Wright** retired in Phoenix in 2004, she took a week to simply sit around. “I thought to myself, ‘I’m entitled to this,’” she says. “Then, not much later, my second thought was, ‘This is not a good thing.’”

That’s when Wright struck up a conversation with an upstairs neighbor who was going to the SilverSneakers Fitness Program at nearby Glendale Community College. She signed up shortly thereafter — and has been going five days a week ever since.

In general, Wright participates in chair yoga on Mondays and Wednesdays and line dancing on Tuesdays, Thursdays and Fridays. She’ll also mix it up on the stepper and machines, as well as take the

occasional aerobics class.

Wright is no stranger to vigorous activity. Prior to retirement, she worked in a shipping department, doing lots of lifting, walking and even working a forklift.

.....



Mary Wright

“I really enjoy the program not just for the exercise, but because I’ve made friends with a lot of nice people,” she says. “We encourage each other at the center, help each other with rides to doctor’s appointments and things like that. And we also have different get-togethers, like parties and picnics.”

In addition to the free fitness membership offered in partnership with select Medicare health plans, SilverSneakers also offers a variety of other wellness elements. “One of the classes Mary attends is called Positive Thoughts, which includes discussion groups focused on socialization,” says Susie Kimball, SilverSneakers advisor for the college. Aside from the regular fitness center, the school also operates an adapted fitness center for people with disabilities.

...continued from previous page

2 Gone to the dogs

"I retired early, and was looking for something to do," says **Ron T. Lonie**, a longtime volunteer with and current president of Pets on Wheels of Scottsdale. "I heard about dog therapy programs and I thought my golden retriever, Murphy, would be terrific for that type of work."

Pets on Wheels focuses on bringing visiting therapy dogs, owned and accompanied by volunteers, to nursing homes in Scottsdale. It's primarily geared toward people who have trouble getting out and about, and therefore are truly lonely for companionship.

"That's what pulled me into the program — these people simply love to see the dogs," says Lonie. "You hear a lot about what animal contact does for humans, as far as lowering blood pressure and helping with depression. And then you get out there and see folks reacting with pure happiness. It makes you feel great."

The visits frequently lead people to reminisce about dogs they owned. "One lady in her 90s was telling me about dogs she had in her 20s," Lonie recalls. "Even for people with short-term memory loss, therapy dogs help them reach back in an amazing way."

The program has 125 volunteers and 135 dogs, ranging from 6-pound Yorkies to a 150-pound Irish Wolfhound who's literally a huge celebrity everywhere he



Ron T. Lonie
and Murphy
with a patient

goes. After orientation and certification, volunteers go on at least three one-hour visits per month, though many do much more.

"When I walk into a room and people are yelling, 'Murphy! Murphy!,' it makes you realize, it's not about us," Lonie says. "It's about the dog on the other end of the leash."

In existence since 1990, Banner Health's Pet Therapy program is the longest-running hospital-based pet therapy program in Arizona.

For more details about the program, contact Volunteer Services at your nearest Banner Medical Center.

3 Lending your expertise

Diane Piehl has volunteered for Banner Alzheimer's Institute (BAI) for the past four years, but the connection that led her there goes back more than a decade. "My mother had Alzheimer's and my dad had Parkinson's," she says. "As a result of that family disposition, I've been in a research program for Alzheimer's for the past 16 years. At one of the recognition luncheons, I mentioned to one of the doctors that I'd participate if they ever started a volunteer program. One day, I got the call, and I've been here ever since."

A retired executive assistant for a large organization, Piehl was a

natural fit for helping on the administrative end for the Institute's Family and Community Services department, which runs research and outreach programs in addition to a clinic.

"It's easy to get isolated in an adult community and never leave the gates," Piehl says. "It's much better to have the mindset of, I'm not going to be lonely, I'm going to find something to do and a way to give back. I'm happier to drive downtown once a week and get engaged in the diverse activity BAI offers."

Although Piehl is currently volunteering in her area of expertise, she made a point to get out of her comfort zone when she first left the working world. "I'm a big believer in always learning new things," she says. "When I first came to Arizona in 1995, I didn't want to be a secretary of a group — I knew how to do that. I wanted to see if I could do something else. It gave me confidence to use my skills in other ways."



Diane Piehl

ARE YOU AT RISK FOR SOCIAL ISOLATION?



Physicians often use the Lubben Social Network Scale - 6 (LSNS-6)

as a self-reported scale to assess social isolation in older adults (aged 65 years old and above) by measuring perceived social support received by family and friends. Respondents with a score of less than 12 are considered "at risk for social isolation."

FAMILY

Considering the people to whom you are related by birth, marriage, adoption, etc.:

1. How many relatives do you see or hear from at least once a month?

- 0 = none
- 1 = one
- 2 = two
- 3 = three or four
- 4 = five to eight
- 5 = nine or more

2. How many relatives do you feel at ease with that you can talk about private matters?

- 0 = none
- 1 = one
- 2 = two
- 3 = three or four
- 4 = five to eight
- 5 = nine or more

3. How many relatives do you feel close to such that you could call on them for help?

- 0 = none
- 1 = one
- 2 = two
- 3 = three or four
- 4 = five to eight
- 5 = nine or more

FRIENDSHIPS

Considering all of your friends, including those who live in your neighborhood:

4. How many of your friends do you see or hear from at least once a month?

- 0 = none
- 1 = one
- 2 = two
- 3 = three or four
- 4 = five to eight

5. How many friends do you feel at ease with that you can talk about private matters?

- 0 = none
- 1 = one
- 2 = two
- 3 = three or four
- 4 = five to eight
- 5 = nine or more

6. How many friends do you feel close to such that you could call on them for help?

- 0 = none
- 1 = one
- 2 = two
- 3 = three or four
- 4 = five to eight
- 5 = nine or more

To find out more about volunteering at Banner Alzheimer's Institute, visit banneralz.org.

Insights on Probiotics

Q: HOW EFFECTIVE ARE PROBIOTICS FOR YOUR OVERALL HEALTH?

By Sukdeep Padda, M.D.



Probiotics are live or dormant bacteria present in certain foods and available in supplemental form, which support and enhance the existing bacteria in the gastrointestinal system and help to maintain its functions.

How do probiotics work in the body?

Healthy people normally have a lot of bacteria living in the small bowel and colon and these bacteria serve to promote overall health and well-being. Under normal conditions, these bacteria maintain a good balance in the body to enhance the digestive process and help support the immune system. When the body experiences certain diseases, and/or dietary and/or environmental changes, this healthy bacterial balance may get disturbed. In such cases, the balance of bacteria may be restored through probiotic supplementation.

What are the healthy benefits of probiotics?

Although probiotic supplementation is a popular trend and many companies market probiotics,

Natural sources of probiotics

Probiotics, the good bacteria that help our digestive system and overall well-being, are naturally present in many foods that can easily be added to a daily diet. One caution is to remember that all foods contain calories, and increasing your daily intake of probiotic foods will mean you need to eat less of other foods to prevent weight gain.

Foods containing naturally present probiotics include yogurt and kefir (a yogurt drink) along with many fermented foods such as sauerkraut and kimchi (made from cabbage), miso (made from rice, soy beans, rye or barley) and tempeh (made from soy beans).

Many companies are now adding probiotics to yogurt and certain cheeses and feature that information on the label. Probiotics are even being added to certain brands of dark chocolate, so you can satisfy your sweet tooth with a little less guilt and feel better about indulging in dessert.

For more information on nutrition, visit bannerhealth.com/nutrition.

people in good, normal health will not gain additional health benefits from probiotic supplementation. Healthy individuals already have a good balance of bacteria in their bodies. People in good health are better served by maintaining a daily intake of 20-25 grams of soluble fiber. As this fiber is metabolized, it provides nutrition to the bacteria naturally present in the gastrointestinal tract, which serves to sustain a good balance of bacteria for optimal digestive health.

Probiotics may be beneficial in the treatment of certain diseases, such as Ulcerative colitis, pouchitis, Irritable bowel syndrome and *Clostridium difficile* infection or with concurrent antibiotic use. In such conditions probiotics should be taken under medical supervision.

Proponents of probiotics and

product marketing strategies claim that factors such as stress, changes in diet, lack of sleep, and travel may alter the bacterial balance and that taking probiotics restores this balance.

When necessary, are probiotics best taken as supplements or eaten in foods?

When indicated, people can benefit from both supplementation and eating probiotics found in foods. However, treating disease with food-based probiotics alone is an imprecise approach. Consult a doctor who may recommend specific products for certain conditions. Probiotics should be taken with meals, as the food will help protect these live bacteria from the acid in the stomach and help to restore a balance of healthy bacteria in the gastrointestinal tract.



Sleep apnea

By Beth Lipham

The National Heart Lung and Blood Institute describes sleep apnea as a common disorder marked by one or more pauses in breathing or shallow breaths during sleep. Breathing pauses can last from a few seconds to minutes and they may occur several times an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound. Sleep apnea usually is a chronic condition. When breathing pauses or becomes shallow, a move out of deep sleep and into light sleep often results. As a result, the quality of sleep is poor. Sleep apnea is a leading cause of excessive daytime sleepiness, a key symptom of the condition. Other symptoms include snoring and non-refreshing sleep.

A sleep expert like Harmeet Gill, M.D., who is board-certified in both pulmonary medicine and sleep medicine, is best qualified to diagnose and treat sleep apnea. Dr. Gill is the medical director for the Banner Baywood Sleep Disorders Program in Mesa.

“Untreated sleep apnea can increase the risk of high blood pressure, heart attack, heart failure, stroke and diabetes.”

Got symptoms?

- excessive daytime sleepiness
- snoring
- holding breath while sleeping
- non-refreshing sleep

Q: HOW IS SLEEP APNEA DIAGNOSED AND TREATED?

A: Sleep apnea is typically diagnosed through an overnight sleep study in a sleep center accredited by the American Academy of Sleep Medicine. Electrodes are placed on the patient's scalp to record brain waves, a sensor is placed near the nose and mouth to detect air flow, a pulse oximeter is placed on the index finger to measure oxygen levels, and belts are placed on the belly and chest to determine respiratory effort. The patient's eye movements and cardiac rhythm are monitored. The patient's sleep is monitored and recorded by a technologist in a nearby room.

A diagnosis of mild sleep apnea

can be treated through simple interventions such as weight loss, no sleeping on the back and avoiding alcohol and sedatives. The first-choice therapy for moderate to severe sleep apnea is a CPAP (Continuous Positive Airway Pressure) mask worn over the nose and mouth to prevent breathing interruptions. If a patient cannot tolerate a CPAP mask, an oral (dental) appliance custom-made by a dentist trained in sleep therapy can be considered. The appliance pushes the lower jaw forward to create a larger air passage.

For more information, visit bannerhealth.com/sleep.



Answer provided by
Dr. Harmeet Gill

Eating healthy doesn't have to be hard!

Even if eating “right” hasn’t always been high on your to-do list, there’s no better time than now to make this healthy resolution. After all, it’s one of the best things you can do for yourself!

By Gremlyn-Bradley-Waddell

“I’ve been in practice 22 years, and I can say that the people who are enjoying their 50s, 60s and 70s are those who stay active and eat right,” says James F. Ganem, M.D., a cardiologist and medical director of the Cardiac Cath Lab at Banner Desert Medical Center in Mesa.

One of his top tips is to not add salt to food. Since there’s already plenty of salt in most foods and hypertension is prevalent among seniors, he says extra sodium only leads to bigger health problems. As for that zesty flavor, it might be missed at first, but be patient.

“Give it a few weeks, and your taste buds will get used to it,” Ganem says.

Another of his strategies to encourage patients to eat more healthfully is to have them think about their typical dozen or so “go-to” meals and then swap two or three of the least nutritious ones for more wholesome options. For example, if the Friday night staple is a fast-food burger, exchange it for a salad. And, yes, it *is* wise to avoid rice, bread and sweets.

“As we get older, we tend not to process carbohydrates as well, and this is why we usually gain weight once we reach 40,” Ganem says. “Those starches don’t turn off the hunger receptors so you don’t feel satiated.”

The best choice — as he and many doctors have stated for years — is a high-protein, moderate-fat and low-carb diet, along the lines of the South Beach or Mediterranean-style diet.

A lean piece of beef, chicken or fish paired with a vegetable such as broccoli or cauliflower (just not carrots, he adds, because those have a high glycemic, or sugar, index) is ideal.

“And don’t eat on the run,” Ganem adds. “Always sit down to eat.”



Apple Salad

- 3 cups apples diced
- ½ cup low-fat mayonnaise
- ½ cup raisins
- ¼ cup pecans coarsely chopped
- 1 tbsp. lemon juice
- Toss diced apples in lemon juice.



Combine remaining ingredients and chill for two hours before serving. Garnish with greens.

Makes 4 servings.
Serving size: ¾ cup

Nutritional analysis per serving:

Calories 160, Calories from Fat 45, Saturated Fat 0g, Total Fat 5g, Cholesterol 0mg, Sodium 130mg, Total Carbohydrate 27g, Dietary Fiber 3g, Protein 1g

Exchanges: 2 fruit, 1 fat

Quick & Easy Chicken Chili

- 10 oz boneless skinless chicken breasts cut in bite-size pieces
- 1 tbsp. each, chili powder and cumin
- 28 oz can crushed tomatoes
- 15 oz can kidney beans, undrained
- 4.5 oz can minced green chilies (mild)
- 1 cup frozen yellow corn kernels

Open all cans. Heat a medium saucepan over medium-high heat and spray with cooking spray. Sauté chicken pieces for 3 minutes or until white. Stir in chili powder and cumin to coat chicken. Sauté for 3-4 minutes. Add the rest of the ingredients and heat thoroughly. This chili is delicious with a green salad and your favorite steamed veggies.

Makes 6 servings.
Serving size: 1¼ cups.

Nutritional analysis per serving:

Calories 180, Calories from Fat 10, Saturated Fat 0g, Total Fat 1g, Cholesterol 25mg, Sodium 360mg, Total Carbohydrate 26g, Dietary Fiber 6g, Protein 18g

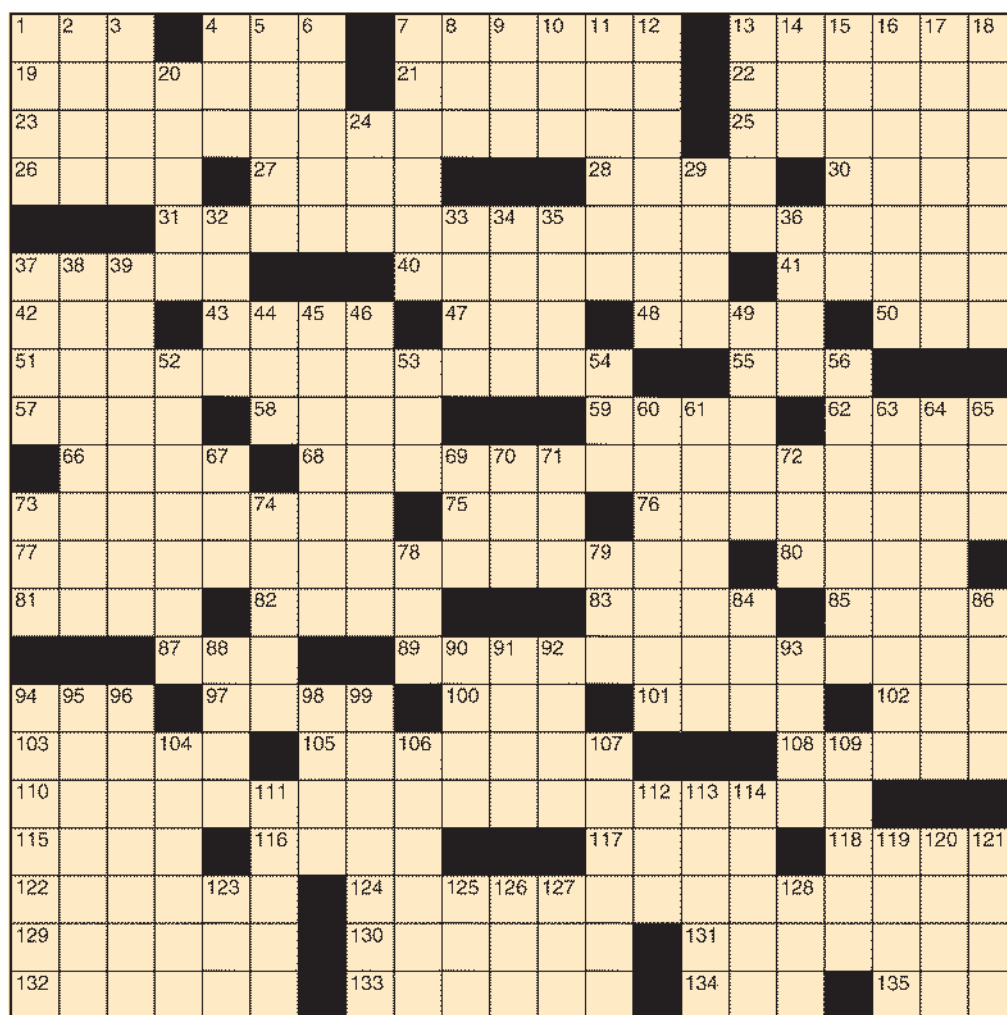
Exchanges: 1 bread, 1 meat, 2 vegetables

Source: Food for Health Newsletter February
For more healthy recipes, visit bannerhealth.com/recipes.

MOVING AROUND THE BOARD

ACROSS

- 1 Uprsur
4 Cry of insight
7 Raise a design on
13 Relies on
19 Pita sandwich with
mashed chickpeas
21 Farce
22 Flirt with a bit
23 Comic strip in which
Popeye first appeared
25 On key
26 Gin flavored
27 Creme-filled cookie
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visitors"
105 Nest egg user, often
108 Speaker of Romney
110 Train driver
115 Helper of Frankenstein



- 116 Pre-1991 superpower
117 Harde
118 Besides that
122 Covert
124 Theme of this puzzle
129 Recital finale
130 Certain 12-step group
131 Sierra — (California range)
132 Charred the outside of
133 Most current
134 Co. leader
135 Of old

DOWN

- 1 Early P.M. periods
2 Author Raald
3 Medley
4 Mil. jets' site
5 Bygone serf
6 Early warning
7 Initiates
8 Pal of Curly
9 TV's Arthur
10 Dinner crumb
11 Shreds
12 Bean holder
13 Corkscrew
14 TV's — Tim Tim
15 Like wild animals
16 Crept around
17 Mark on a bikini wearer
18 Gloria of feminism
20 Single-celled creature
24 — Aviv-Jalla
29 "Explorer" girl
32 Aleutian island
33 Facial spots
34 Kachina doll carver
35 Really liking
36 — out (used frugally)
37 Erté's style
38 Nonpros
39 Bacos' kin
44 Sugar ending
45 Like some high hairdos
46 Mold anew
49 — sunshine (hot beam)
52 Kia model since 2002
53 Barn, to Luc
54 Three R's gp.
56 It doesn't require a piercing
60 U.K. novels, poems, etc.
61 Mure chichi
63 Gloria Estefan's music
64 Ones jeering
65 Above, to a hand
67 Sue Grafton's "— far
Evidence"
69 Lens locale
70 Fast escape
71 "Adios!"
72 WWII female enlistee
73 U.S. spy gp.
74 Sprinkles, as with powder

- 78 45s' cousins
79 Seine, e.g.
84 GI address
86 Hanging — a thread
88 Tree on Maui
90 Sony — (line of PDAs)
91 Grimm beast
92 Preadult
93 Playwright William
94 Small suitcases
95 Finny Crea
96 Old Chrysler chief Lee
98 Old PC screens
99 Football's — Trophy
104 Film genre
106 Part on a sitcom, say
107 Beethoven's
"— Overture"
109 Seat of Siskiyou County,
California
111 Made known
112 Suffix with president
113 '90s-'00s boy band
114 Ms. Lauder
119 — dog's life (tailed away)
120 Hosiery flaw
121 Onetime Texaco rival
123 Before
125 Rural refusal
126 See 82-Across
127 Opp. of neg.
128 Egg: Prefix

**PUZZLE
ANSWERS
ONLINE AT:**
[BannerHealth
Network.com/
SmartandHealthy
Crossword](http://BannerHealthNetwork.com/SmartandHealthyCrossword)

yourLIFE / Healthy Living Events

LIVING WITH DIABETES

A series of four classes, offered at various times and dates at Banner Baywood, Banner Desert, Banner Heart Hospital, Banner Gateway, Banner Del Webb, and Boswell Medical Centers. Call 602-230-CARE (2273) for more information and to register for this free course.

BANNER DEL E. WEBB MEDICAL CENTER 25TH ANNIVERSARY CELEBRATION

March 2, 10 a.m.-2 p.m.

Register for free.

Banner Del E. Webb Medical Center,
14502 W. Meeker Blvd.,
Sun City West, 85375
602-230-CARE (2273)

GPS LECTURE: STAYING AFLOAT WITH THE CHANGING ROLES AND RELATIONSHIPS IN DEMENTIA

March 8, 10:30 a.m.-noon

Banner Gateway Medical Center

1900 N. Higley Road, Gilbert

602-230-CARE (2273)

Registration required. Free.

PARKINSON'S DISEASE GOOD START LECTURE

March 8, April 12, May 10, 2-3:30 p.m.
Register for free.

Banner Sun Health Research Institute
10515 W. Santa Fe Drive, Sun City
623-832-6587

MEMORY SCREENING EVENT

March 15, 9 a.m.-1 p.m.

at Pecos Community Center

March 20-21, May 29-30, 9 a.m.-4 p.m.

at Banner Sun Health Research Institute

602-230-CARE (2273).

Registration required. Free.

GPS LECTURE: WHEN WILL WE FIND EFFECTIVE TREATMENT FOR ALZHEIMER'S DISEASE

April 12, 10:30 a.m.-noon

Registration required. Free.

Ahwatukee Recreation Center

5001 E. Cheyenne Drive, Phoenix

602-230-CARE (2273)

PLANNING AHEAD CLASS FOR CAREGIVERS

April 18, 10 a.m.-noon

Banner Sun Health Research Institute

10515 W. Santa Fe Drive, Sun City

602-230-CARE (2273).

Registration required. Free.

A HEALTHY HEART

April 25, May 2, 9, 11 a.m.-12:30 p.m.

at Banner Del Webb Medical Center

May 14, 21, 28, 1:30-3 p.m.

at Banner Heart Hospital

Attend the three-part series and

call 602-230-CARE (2273)

for more information and to register
for this free course.

LIVING WITH COPD

May 16 and 23, 10-11:30 a.m.

at Banner Heart Hospital

May 23 and 30, 1:30-3 p.m.

at Banner Boswell Medical Center

Attend the two-part series and

call 602-230-CARE (2273) for more

information and to register for this
free course.

Fitness and hikes

Bird Hikes

March 9, 8 a.m.

Join folks from the Sonoran Audubon Society for an easy hike along the Gila River discovering the bird life of Estrella Park. Bring binoculars. Estrella Mountain Regional Park
14805 W. Vineyard Ave., Goodyear

3-Dog Nights Hike

March 15, 5-7p.m.

You and your friendly dog(s) are invited to join Ranger Mark and his dogs on a 3.5-mile hike. Bring sturdy shoes, flashlights, leashes, water for you and your pets. Be prepared to clean up after your pet.

Cave Creek Regional Park

37900 N. Cave Creek Pkwy.,

Cave Creek

Entry fee for Maricopa County

Parks: \$6/vehicle

Info: maricopa.gov/parks

Hiking and outdoor fun resources

Arizona Game and Fish Department

azgfd.gov/h_f/urban_fishing.shtml

623-236-7263

Canyon Lake

[fs.usda.gov/recarea/tonto/
recreation/wateractivities/
recarea?recid=35545&actid=78](http://fs.usda.gov/recarea/tonto/recreation/wateractivities/recarea?recid=35545&actid=78)
480-610-3300

Lake Pleasant Regional Park

maricopa.gov/parks/lake_pleasant/
928-501-1710