

AUTUMN 2023

HealthSmarts

Focus on
mind and body
to stop smoking

LIVING LIFE WITH PURPOSE

Banner volunteers use positivity
to tackle COPD symptoms

 Banner Health Network

Welcome



"And all at once, summer collapsed into fall."

– Oscar Wilde

Welcome to the Autumn issue of Health Smarts magazine. This

publication is designed for Medicare beneficiaries like you as an added bonus, offering valuable information on the latest health care news and suggestions for healthy living.

Autumn is my favorite time of the year. You have the cooler weather, football and cherished holiday traditions, including the popular "pumpkin spice everything" trend. This season brings with it a renewed sense of hope with a new year ahead of us.

The change in the weather can also help us focus on some of the health issues that are prevalent this time of year. In this issue, you'll meet two inspiring people, Bernie and Em, who both deal with chronic obstructive pulmonary disease (COPD) but find time and energy to volunteer at Banner Baywood Medical Center.

We want to help you breathe easier. You'll find an article about the steps you can take to stop smoking for good, to improve your overall health. We've compiled some great tips on foods to help your lungs, ways to avoid tripping and falling (especially if you've had a knee or hip replacement) and the importance of taking your medications as prescribed. You'll also read about staying current with vaccines to avoid serious illness.

Did you know that your responses to surveys can impact the health care system so that improvements can be made? We have an article that explains how you can help make health care better for all of us.

In addition to these stories and others, you can keep your mind active by tackling our crossword puzzle and practice your culinary skills with a new recipe.

You are receiving this magazine because your doctor participates in the Medicare Shared Savings Program Accountable Care Organization through Banner Health Network. The Medicare Shared Savings program does not require a sign up and does not change your Medicare benefits.

For any health-related questions, you have access to our 24-hour Banner Health Nurse On Call service. Our nurses can answer questions about medications or make recommendations about where to get care. Just reach out to us at 602-747-7990 or 888-747-7990.

To your health,



Ed Clarke, MD
Chief Medical Officer
Banner Plans & Networks



COVER STORY

8 Living Life with Purpose
Banner volunteers use positivity to tackle COPD symptoms

4 Hot Topics
It's time to check your vaccination status

6 Survey Says
Questions (and answers) are key

7 Smart Savings
Daily Doses: Skipping doses of prescription medications can be a costly risk

11 Be Well
Preventing falls after knee or hip replacement surgery

12 Good Eats
Eat well, breathe well with a lung-healthy diet

14 Tobacco Cessation
Focus on mind and body to stop smoking

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 by emailing 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.



It's time to check your vaccination status

By Julie Maurer

Pumpkin spice and the autumn season are just a few things we can look forward to in the coming months. As the weather starts to cool down, the cold and flu season start to heat up. That's why it's a great time for everyone to consult with their physicians to ensure they are up to date on all their important vaccines.



“The flu shot is an annual shot because flu viruses are quick to mutate, leading to changes in their structure, and therefore it is important to specifically target the newly mutated viruses each year.”

— Gloria Lo, Pharmacy Resident

“There are many benefits to getting the flu shot annually,” said Gloria Lo, PharmD, an ambulatory care pharmacy resident at Banner Pharmacy Services. “Getting the flu shot will lower your risk of getting sick with the flu, and if someone does end up getting the flu, their symptoms are less severe.”

It also helps prevent the flu from developing into other complications such as pneumonia and sinus infections, she noted.

According to Lo, herd immunity is another key reason to receive the flu vaccine. “What this means is that we are helping protect high risk individuals--such as infants, older adults, individuals with certain chronic conditions--who are at greatest risk for contracting the flu because their immune system may not be fully developed or it may be weakened because of advanced age or illness.”

It’s important to get it every year since flu shot is not a “one and done” type of vaccine.

“The flu shot is an annual shot because flu viruses are quick to mutate, leading to changes in their structure, and therefore it is important to specifically target the newly mutated viruses each year,” Lo said.

For those who might think the flu shot causes them to get sick, that is not the case, according to Lo. It is more likely the patient became ill before the vaccine or during the two-week period it takes for it to take effect. Other respiratory illnesses and variants of the flu virus not covered by the vaccine, could be the reason for any similar symptoms.

“The benefit of getting the flu shot is that even if this were to happen, the vaccine helps reduce the severity of illness,” Lo said.

The most common side effects of the flu vaccine are tenderness and/or soreness at the injection site, or low-grade fever which may last up to two days.

Children, older adults who are at least 65 years of age including adults of all ages with certain health conditions, should get the pneumonia vaccine because their

immune system is weakened.

The pneumonia vaccine is not an annual vaccine but is given in a series.

“This is to help with long-lasting immunity through the production of memory cells that are specific to the disease-causing organism,” Lo said.

Adults who are older than 50 years are also recommended to receive the shingles vaccine. It is a two-dose vaccine taken 2-6 months apart and does not need to be done annually.

“It helps protect against the long lasting pain that is a complication of shingles,” Lo said. Those over 50 years of age are especially at risk for this type of complication.

She added that the current vaccine of choice for shingles is Shingrix, and those who have previously received the Zostavax or varicella vaccine could still benefit from this latest form of protection.

Lo said it is important for older adults to stay up to date on all their vaccinations. “As we age, our immune system weakens, making us more susceptible to various kinds of illnesses and their complications. Vaccines help our bodies be prepared for foreign organisms that make its way into our system, and they also help to keep commensal organisms from becoming an issue.”

KNOWLEDGE IS POWER



For the latest in vaccine recommendations, visit: [cdc.gov/vaccines/adults/rec-vac/index.html](https://www.cdc.gov/vaccines/adults/rec-vac/index.html).

Medicare member surveys can improve health care

By Debra Gelbart

Your voice can make a difference. When you fill out what's known as a Consumer Assessment of Healthcare Providers and Systems survey, or CAHPS survey, you're helping your doctor, their care team and Banner Health so they can do a better job of providing care.

A survey may arrive in your mailbox anytime between November and December of this year or you may receive a phone call to complete the survey between December 2023 and February 2024.

The survey consists of approximately 60 questions that relate broadly to these topics:

- a) How often was it easy to get an appointment when needed with either a primary care provider or a specialist?
- b) How well did the provider communicate/interact with you?
- c) How would you rate the courtesy and helpfulness of the office staff?
- d) How well does the office staff help to coordinate care, including communicating information about test results and discussing the prescription medications you're taking?

The federal Center for Medicare & Medicaid Innovation (CMMI) randomly selects fee-for-service Medicare beneficiaries (those who have signed up for Part B Medicare) located within the Banner Health Medicare Shared Savings Program (MSSP) to receive the survey. If you have received this edition of Health Smarts in the mail, you're an MSSP member.

Feedback is vital

"This survey gives Medicare beneficiaries the opportunity to give feedback to their health care providers," said Mary Wicker, senior director of customer experience for the Plans & Networks Division of Banner Health. "A good relationship with your provider and their care team is important, and makes it more likely you'll properly manage any chronic conditions and take your prescription medications as directed."

The results of each annual survey take time to tabulate. The most recent results available are from surveys returned in 2022 and show that providers in Banner Health Network got high marks for what's called shared decision-making. Survey respondents were asked if they believe they reached a decision together with their provider. In particular, providers ranked highly regarding starting or stopping a prescription (and for initiating a conversation about sharing personal health information with their loved ones. "In fact," Wicker pointed out, "providers in our network scored three points higher than the national average on shared decision-making, and our 2022 results were better than they were in 2021 and 2019."

Where the 2022 surveys showed an opportunity for improvement were in the areas of appointment availability and helping Medicare beneficiaries coordinate their care. To address this, Banner Health "focused efforts on expanding appointment availability, including offering more than one platform for a visit, such as telehealth, and adding the ability to schedule appointments online," Wicker said.

Helping to enhance customer service

To help with coordination of patient care, a dedicated Customer Experience Team from Banner Health visits independent primary care practices within BHN. "We help each office staff improve their processes to result in a better experience of care and care coordination," Wicker explained. "We encourage them to offer patients educational resources about their medical conditions, with tips for managing those conditions. We also help office staff members communicate realistic expectations related to timelines for referrals to specialists."

The bottom line for you, as a Medicare beneficiary - if you receive a survey, whether it's an after-doctor's visit questionnaire or a CAHPS survey, it's extremely helpful to your providers for you to complete it. "We do use that information to improve your experience of care," Wicker said. "If we don't know what's going on, we don't know where we can improve. Surveys are a critical piece for us to improve patients' experience of care."

By Elise Riley

When approaching our monthly budgets, it's perfectly reasonable for anyone to try to find ways to cut costs. Shaving a few dollars here and there can add up to real savings over months and years, particularly for people who are on a fixed income.

While it might be smart to think of ways to save on fuel costs – taking fewer trips, choosing destinations closer to home, filling up with fuel credits – that same thinking could potentially be risky when applied to one's health care needs. Skipping doses, or stretching a prescription past its intended lifespan, can be a gamble that could become deadly.

"Medications should be taken regularly to make sure there is an effective amount of drug in your body at all times," said Gloria Lo, PharmD, an ambulatory care pharmacy resident with Banner Pharmacy Services. "When medications are not taken regularly, it can lead to the level of medication dropping where it can become ineffective."

When a doctor writes a prescription for a maintenance medication for high blood pressure or diabetes, for example, it's written specifically for that patient – the specifics of their symptoms, their age, weight, sensitivities to other medications and a variety of other factors. That dosage is intended to treat and manage a particular condition. When doses are skipped or altered, the patient may not receive the full effect or benefit

Daily Doses

Skipping doses of prescription medications can be a costly risk



of the prescribed treatment. At follow-up visits, lab results may be interpreted as though medication is not effective for the patient, which can trigger a domino effect of increased dose, addition of a new prescription and extra cost.

"(If doses are skipped,) a provider may evaluate the patient at their next follow-up without assessing if patient is following the plan and may think the current regimen is inefficient, so they will add another," Lo said. "This can lead to more pills that patient has to take, increased cost for them and possible drug interactions."

When starting a new prescription, Lo recommends reviewing the dosing schedule with a doctor or pharmacist, including finding out whether a medication must be taken before, with or after a meal. When medication schedules become complicated or don't easily

align with typical meal schedules, she recommends setting alarm-reminders or getting pill organizers to stay on schedule.

"Forgetting to take medication every now and then is not as harmful as frequently missing several days or weeks," Lo said.

If you accidentally miss a dose, Lo cautioned, never double-dose to catch up on your medication. That could be dangerous.

"Double dosing on a high blood pressure medication can decrease one's blood pressure drastically, leading them to experience dizziness that can ultimately lead to a fall," she said.

If costs are a concern, Vi Pham, PharmD, Population Health Clinical Pharmacist with Banner Health, suggested talking to a doctor or pharmacist about dispensing 100-day supplies of prescriptions, which some MA plans offer for the same co-pay price as 90-day fills.



Living Life with Purpose

Banner volunteers use sound management strategies and a healthy mindset to tackle COPD symptoms

By Brian Sodoma

Bernie Miller doesn't live life with the vigor he used to, but as a 93-year-old with Chronic Obstructive Pulmonary Disease (COPD), he still has a refreshing no-quit attitude.

Miller's positive outlook and sound COPD management strategies allow him to live a joy-filled life with purpose.

In this story, Miller and another Banner volunteer, Emiley "Em" Keck, 86, share how they manage their COPD symptoms so that they, not their disease, can call the shots in their lives.

Millions affected

Each year, COPD takes the life of more than 3 million people; it's the third leading cause of death worldwide. Some of the causes include:

- Exposure to cigarette smoke
- Genetics
- Asthma

■ Occupational exposures

The disease makes it difficult for air to move in and out of the lungs. With COPD, you may feel out of breath, fatigued or even experience coughing or wheezing with day-to-day tasks. It's not curable, but Miller and Keck demonstrate that it is controllable.

Finding the will to overcome COPD

Miller has battled the condition for 30 years. The former art teacher was diagnosed in the 1990s before retiring to Arizona from the Midwest. He works with his pulmonologist to manage his symptoms. Miller regularly uses a nebulizer mist, keeps inhalers close for emergencies, and turns to a small, portable Inogen oxygen machine when he goes grocery shopping or on longer excursions.

Volunteering is a key motivator



“It’s really important for people in their senior years to be in an atmosphere where people appreciate us for what we do. You need something to look forward to each day, and this keeps us from feeling older.”

**— Banner Health volunteer
Bernie Miller**

that keeps Miller managing the disease. He has been volunteering at Banner Baywood Medical Center since 1998 with his wife Rosalie, whom he met there in 2000.

“I think we get more out of volunteering than the people we serve. ... It’s something special for us,” he said. “It’s really important for people in their senior years to be in an atmosphere where people appreciate us for what we do. You need something to look forward to each day, and this keeps us from feeling older.”

A healthy stubbornness

Keck has been volunteering at Banner Baywood Medical Center for the past few years. Her three favorite days of the week, she says, are her two volunteer days at Banner and the day she volunteers at church. These experiences motivate her to stay on top of her COPD symptoms.

For Keck, COPD surfaced somewhat surprisingly. She contracted bronchial asthma in 2000 after a severe case of the flu. The asthma was dormant until she was diagnosed with COVID-19. After an 11-day hospital stay, she needed

almost two years to fully recover. She required an Inogen oxygen machine 24-7, at first, but slowly weened herself off of it.

“I’m pretty much free of the oxygen except when it comes to anything stressful. I lose my breath, even making a bed can make me really tired. When I finish that, sometimes I need a little oxygen,” she explained.

Like Miller, she has two inhalers for emergencies, and she also monitors her oxygen levels.

“If I do something strenuous, I check my oxygen immediately,”

she added. “I sit down, take a deep breath and relax and get the level back up.”

She also attributes her success with managing COPD to “sheer orneriness.” She navigated a busy marriage for more than 60 years, along with the ups and downs of family life and cared for her husband in his final years of Alzheimer’s – excellent preparation for life with COPD, Keck asserts.

“I refuse to be pigeon-holed. I will not live in solitude or be stagnant. I have to be doing something all the time,” she said. “I’ve always been that way. I always say that you can be knocked down a few times, but you have to get back up.”



Preventing falls after knee or hip replacement surgery



By Brian Sodoma

Every year, thousands of adults opt for a hip or knee replacement. These procedures enjoy a long history of success. With a new hip or knee, you can enjoy activities that probably have been difficult to perform in the past.

On the other hand, fall risks may still exist after surgery.

Drs. Alison Suraci and Andrew Adamczyk, two Banner joint surgeons, share some simple tips to help you avoid falls after a knee or hip replacement, and to keep you on the path to improved mobility.

Address all the causes of your immobility

Your hip or knee may hurt before replacement, but there are

often multiple factors contributing to your immobility, Adamczyk explains. These seemingly unrelated conditions contribute to potential falls, and should be addressed before surgery and monitored while you rehabilitate.

"Many of the reasons for your instability may have nothing to do with osteoarthritis," Adamczyk said. "We want to make sure we assess your situation completely, before the surgery, and make sure you are properly educated."

Some conditions that contribute to immobility include:

- Uncontrolled diabetes
- Neuropathy (lack of feeling in your feet)
- Blood pressure changes
- Vestibular (inner ear) issues
- Parkinson's disease
- Orthostatic hypotension

(feeling dizzy when you stand up)

- Sciatica symptoms

Prepare your home and mindset before surgery

Dr. Suraci suggests you scan your home for direct fall hazards and environmental issues that may contribute to a potential fall. She advises you to:

Make sure rooms and spaces are well-lit

- Minimize clutter
- Assure area rugs are secure
- Walk with greater awareness as your body adjusts to the new joint

Leading up to the procedure, you can also start a pre-operative exercise schedule. Adamczyk says mild exercise before surgery stimulate muscles around the joint, which helps with recovery.

Adhere to your physical therapy schedule

After surgery, physical therapy is key to successful healing and avoiding falls, both surgeons emphasize. If you are in a wheelchair or a walker, don't transition away from it too soon. Let your physical therapist help you make that decision. Immediately following surgery, pain control and staying in motion will be top priorities, so it's important to overcome the desire to quit, and talk to your surgeon if your pain feels like it can't be controlled.

"Physical therapy will keep your muscles around the joint strong, you don't want to fall into sedentary habits. Keep in mind, the exercises are what will give you the confidence to navigate environments without falling," Dr. Suraci adds.



Eat well, breathe well with a lung-healthy diet

By Michelle Jacoby

When it comes to eating nutritious foods for good health, we immediately think of diets aimed at preventing such conditions as cancer, heart disease, high blood pressure, diabetes and inflammation, to name a few. Good nutrition also plays a significant role in maintaining the health and condition of other vital organs, including the lungs.

Every day we're subject to breathing in air that could contain potentially harmful germs and pollutants, which can affect the lungs' ability to do their job, no matter where you live and work.

"The lungs are responsible for

exchanging the air we breathe to oxygenate our bodies," said Stephanie Olson, a registered dietitian and certified diabetes care and education specialist at Banner Health. "The oxygen is transported through the body to be used by our organs and tissues. Once we use the oxygen, it's turned into the waste product carbon dioxide, which we release when we exhale."

According to Olson, in order for that air exchange to take place, the muscles we use to breathe should be strong and healthy. This requires adequate nutrition from a healthy and balanced diet made up of carbohydrates, protein, fat,

vitamins and minerals.

"A lung-healthy diet consists of a balance of protein for muscle health, carbohydrates for cell energy, fiber for gut and immune health, and healthy fats for heart and immune health," she explained. In addition, the American Thoracic Society did a review of data from the National Health and Nutrition Examination Survey (2009-2010) that found a positive relationship between dietary fiber intake and lung function.

"The findings suggest a high fiber diet may lower the risk for lung disease by improving the gut microbiome, which then reduces

the inflammatory processes that contribute to lung disease," Olson says.

With this in mind, Olson suggests the following foods for improved lung health:

■ **High-fiber foods** – Dark leafy greens, whole grains, colorful fruits and berries, beans, peas, lentils, nuts and seeds

■ **Anti-inflammatory foods** – Olive oil, avocados, ginger, turmeric, 70% or higher cacao dark chocolate, and fatty fish high in omega-3s like salmon, mackerel, halibut and black cod

■ **Whole foods** – Fruits, vegetables, lean meat, chicken, turkey, lean pork, eggs, cheese and plant-based oils

It's also important to limit highly processed foods that cause inflammation, such as chips, crackers, cookies, candy, white bread, pastries, fried foods, red meat, processed meats, margarine, shortening, lard and sugary beverages.

For people with existing lung conditions or disease, like chronic obstructive pulmonary disease (COPD), the focus would be on getting enough protein and important

nutrients, while limiting processed foods with low nutritional value and empty calories, Olson said.

"There is mixed evidence for COPD on how much fat or carbohydrates one should be eating because carbohydrates produce more carbon dioxide while fat produces less," she explained. "In general, the balance and quality of carbohydrates and fat, limiting simple sugar foods, and limiting pro-inflammatory processed foods is important."

Since diet is only one part of the equation, Olson says there are other things you can do to strengthen and maintain your lung health.

"It's important to have good sleep habits since poor sleep can increase inflammation. Exercise and staying active improves muscle health and strengthens those muscles responsible for breathing, and deep breathing exercises targets the lungs and muscles that help you breathe," she said. "Quitting smoking and vaping is essential to improving air quality at home or enclosed spaces.. Lastly, limit time outside during times when the air quality is poor."



MAKE THIS RECIPE?

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



Walnut-Rosemary Crusted Salmon

INGREDIENTS

2 tsp. Dijon mustard
1 clove garlic, minced
1/4 tsp. lemon zest
1 tsp. lemon juice
1 tsp. chopped fresh rosemary
1/2 tsp. honey
1/2 tsp. kosher salt
1/4 tsp. crushed red pepper
3 tbsp. panko breadcrumbs
3 tbsp. finely chopped walnuts
1 tsp. extra-virgin olive oil
1 (1 lb.) skinless salmon fillet, fresh or frozen
Olive oil cooking spray
Chopped fresh parsley and lemon wedges for garnish

rimmed baking sheet with parchment paper. Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt and crushed red pepper in a small bowl. Combine panko, walnuts and oil in another small bowl.

Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray.

Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness. Sprinkle with parsley and serve with lemon wedges, if desired.

DIRECTIONS

Preheat oven to 425 degrees. Line a large-

Source: <https://www.eatingwell.com/recipe/267223/walnut-rosemary-crust-salmon/>

Focus on mind and body to stop smoking

By Julie Maurer

According to the CDC, tobacco use kills about one million Americans a year. While many users try to go cold turkey to step away from the cigarettes, that may not be the best option for long-term smoking cessation.

Rena Szabo, PsyD, CAADC, TTS, IOS, MA, Med, LP, director of the psycho oncology section of Banner MD Anderson Cancer Center, suggests an approach that targets both the mind and body to create lasting results.

"They need to view that journey as a recovery process that is multi-faceted," she said.

Szabo recommends a combination of three things for the best results:

- Nicotine replacement
- Pharmacological support from a physician
- Psychological behavior support

"If you don't address the behavioral habits, you will stop smoking and then just start again at a later date," Szabo said. "Urges will pass, the urge to smoke only lasts three minutes, and they become less frequent over time. They need to find a way to cope with the cravings."

She teaches her patients to escape from, cope with, and avoid triggers that might instigate cravings for tobacco.



This can include:

- Staying away from places where people smoke
- Learning to cope with cravings through self-talk and distraction
- Removing yourself from a situation when you see it coming
- Understanding the neurological and behavioral parts of dependence

"Every smoker spends their day in withdrawal in between cigarettes. A recovery program is just lengthening those withdrawals," Szabo said. "The paradigm is that you don't quit their abuse, you learn to become a non-nicotine and tobacco user."

She noted that people often quit because something made them afraid, but without the psychological piece they will often regress.

"Oftentimes people will quit because it's a very scary time. They come in through the lung

screening process, or are a new mom," Szabo said. "And then all of a sudden something happens in life and then three years later they pick it up again. There are stages of change."

Through her program and others, each person's care is individualized. As is the time it will take for lasting results in becoming abstinent from tobacco use. It could take weeks, months, or years, depending on the individual. The key is that the behavioral health component through therapy or support groups continues well after the cigarettes (or other tobacco products) have been set aside.

Just knowing you are not alone may help when difficult situations arise and can prevent the return to tobacco use.

"It's about partnership, we're going to partner together," Szabo said. "It's guerrilla warfare against nicotine. Cigarettes lie to you."

ACROSS

- 1. Information
- 5. Seaport (abbr.)
- 8. Agricultural disease (abbr.)
- 11. Riding horses
- 13. Boxing's GOAT
- 14. Hurt or discomfort
- 15. A small sharp knife to trim vegetables
- 16. A beaver builds one
- 17. Horizontal passage into a mine
- 18. Self-immolation by fire rituals
- 20. Chain bar with lots of games (abbr.)
- 21. Goo Goo Dolls' hit
- 22. Agreeable
- 25. In an early way
- 30. In a way, struck
- 31. It's there in the morning
- 32. County in the S. Pacific
- 33. Central Florida city
- 38. Numbers cruncher
- 41. Mexican beers
- 43. Lawyers say you can indict one
- 45. Capital of South Australia
- 47. Wings
- 49. Drug used to treat HIV/AIDS
- 50. Fencing sword
- 55. Capital of Qatar
- 56. Portable bed
- 57. Afflicted
- 59. Lying down
- 60. Midway between northeast and east
- 61. Spiritual leader of a Jewish congregation
- 62. Inflamed
- 63. Soviet Socialist Republic
- 64. Impudence

DOWN

- 1. A way to fish
- 2. Greek mythological figure

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							
47	48							49					50	51	52	53	54
55								56					57				58
59								60					61				
62								63						64			

- 3. Scarlett's home
- 4. Assist
- 5. More doleful
- 6. Premeditated
- 7. Dish featuring minced food
- 8. San Diego ballplayer
- 9. Eight
- 10. Unwelcome picnic guests
- 12. Human gene
- 14. Bucket
- 19. Make full
- 23. Dirt
- 24. Person cited as ideal example
- 25. A part of (abbr.)
- 26. The 17th letter of the Greek alphabet
- 27. Very long period of time
- 28. Gas usage measurement
- 29. North American native people
- 34. It says "moo"
- 35. Folk singer Di Franco
- 36. Resinlike substance of certain insects
- 37. Residue
- 39. Grand homes
- 40. Popinjays
- 41. Man who behaves dishonorably
- 42. Figures
- 44. One who watches over children
- 45. Expressed pleasure
- 46. No longer living
- 47. Hebrew calendar month
- 48. Part of the ear
- 51. Swiss river
- 52. Prejudice
- 53. Italian Island
- 54. Resist authority (slang)
- 58. Criticize

HEALTHY LIVING **CALENDAR**

Banner Alzheimer's Institute Classes

Shine a Light on All Dementias

Join us this November in recognition of National Alzheimer's Awareness month with our annual Shine a Light on All Dementias event. The event will culminate in lighting the capitol purple, the color designated to honor the



financial decisions that are needed along with how to find help and pay for care in the home, community and residential settings. Registration is FREE but required to obtain the ZOOM login information and phone number, which will be sent to registrants prior to the event.

Shine a Light on All Dementias Event

Saturday, Nov. 18
3:30 – 6 p.m.
Arizona State Capitol –
House of Representatives
Lawn
1700 W. Washington
Phoenix, AZ
Registration is FREE but
required: <https://tinyurl.com/yc7fwtmh>

nearly 6 million Americans living with Alzheimer's disease

Planning Ahead for Legal, Medical and Financial Decisions

Alzheimer's disease or a related dementia is a condition that can last 8 to 10 years and will require additional help and care as the disease progresses. Caregivers will learn about medical, legal and

Planning Ahead for Legal, Medical & Financial Decisions

Tuesday, Dec. 12
11 a.m. – Noon
This is an online class – you must have an internet connection, a computer and/or a phone.
Registration: <https://tinyurl.com/24wu69ch>

Care and coverage. Together.



Supporting your health includes much more than just doctor visits. We want to help you feel your best so you can enjoy life.

Learn more about our Medicare Advantage plans. Call (844) 514-0670, TTY 711, 8 a.m. to 8 p.m., Monday through Friday, to speak with one of our licensed agents who can answer any questions you may have and even help you enroll. Or visit us at [www. BannerHealth.com/MA](http://www.BannerHealth.com/MA).

There are other providers available in our network
Y0152_PHpd20223_C