

SPRING 2020

HealthSmarts

Be Well
Looking
out for
loneliness

**Sweet
Dreams**
Don't
overlook the
power of a
restful night
of sleep

Care Management

Services
offered through
Medicare
Shared Savings
Program
available at no
cost to you

 Banner Health Network

A Big Welcome!



It's 2020 and we want to welcome you to our first edition of *Health Smarts* in the new decade! If this is your first time receiving this publication, we hope you find this informative. If you are a regular reader, we

thank you for your support and we look forward to continuing to provide you with valuable medical information.

Health Smarts focuses on you and your overall health. You'll find information about living a healthier lifestyle and practical tips to manage the issues we may face as we age. When we talk about health, we also are talking about your mind. So, we include a crossword puzzle that is not only fun but can also keep your brain in tip-top shape!

This magazine is being provided to you free of charge because your doctor participates in the Medicare Shared Savings Program Accountable Care Organization through Banner Health Network. The Medicare Shared Savings Program requires no sign up and does not change your Medicare benefits. *Health Smarts* can keep you up to date on the latest health trends, health education, and helping to empower you when it comes to your own personal health care decisions.

In this edition:

- Learn about the Banner Health Care Management team including Jennifer and Katie, two care managers who share the advantages of engaging with the Care Management process. These two amazing health care professionals will help you understand how they've helped people like you make the most of

additional resources to improve their health.

- We'll offer tips to help you get a better night sleep, including an opportunity to learn how you can join a unique research study.

- We'll give you options of learning about the Mediterranean diet if you're trying to lose weight or maintain your current healthy weight. You can learn if it's right for you and can also try a delicious recipe based on the plan.

- Learn what all the buzz is about when it comes to podcasts, especially one hosted by Banner Health. *Bedside Stories* is Banner's podcast series that features some of the most captivating and compelling local stories from behind the scenes in health care.

- We've also added an insert of the 2020 Annual Care Checklist as an extra bonus. We hope you will take this information with you to your annual wellness visit with your doctor to start a conversation about your health, including any recommended screening tests or vaccinations.

Our goal is to help you achieve your best personal health, and we're honored to provide you with these valuable resources so you can make the best health care decisions. If you have questions about this program, please call us toll free at 888-747-7990.

To your health,

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

Ed Clarke, MD
Chief Medical Officer



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Don't overlook the power of a restful night of sleep

By Brian Sodoma

SWEET DREAMS

Feeling tired or have the feeling that you are lagging during the day? Do you find yourself fighting to stay awake during the afternoon or while you're driving? Unfortunately, a good night of sleep can go overlooked in the health conversation, even though it's essential to our well-being. If you're not sleeping well, seeing a sleep specialist and making some simple lifestyle changes could help

you feel better and avoid potential problems. Here's a look at what can happen to us when we lose sleep, along with a few tips for enjoying some much-needed shut-eye.

Why sleep is important

When we sleep, our brain isn't necessarily completely shutting down. It's filing away memories, re-energizing cells and clearing pathways for future learning and cataloging of experiences. Years of

insufficient sleep has a cumulative effect. After a long time, those cells aren't re-energizing, memories aren't retained properly and learning new things as we age can become difficult.

"We've found that after we treat people and they can get a good night of sleep, they tell us they feel so much better," said Carlos Alvarado-Valdes, MD, a pulmonologist at Banner's Sleep Medicine Clinic, in Sun City.



With inadequate sleep, feeling tired during the day is really the least of your worries, he said. Research has now linked insufficient sleep and sleep disorders to other health-related issues such as neuro-degenerative diseases like Parkinson's disease and dementia.

The National Sleep Foundation recently revised its daily sleep recommendations. For adults aged

SLEEP continued on page 6 >>

Are you an active sleeper? Read this!

Do you move around in bed and act out your dreams? Do you frequently wake yourself up yelling because of something that occurs in your dreams? For many, these are isolated incidents, but for those who act out dreams regularly, it could be a sign of REM (Rapid Eye Movement) Sleep Behavior Disorder (RBD), which has been linked to Parkinson's disease and dementia with Lewy bodies.

"These are situations people may laugh about, but they don't know that this could be tied to serious medical conditions," said David Shprecher, DO, the director of Movement Disorders for the Banner Sun Health Research Institute. "Research has shown that the brain changes early on in people with RBD, but people compensate for a long time before they develop neuro-degenerative disease."

The Banner Sun Health Research Institute is now part of the North American Prodromal Synucleinopathy (NAPS) Consortium, a collection of sleep research

institutions around the country. With this involvement, Dr. Shprecher is enrolling patients in a registry of RBD patients. The ultimate goal is to develop clinical trials for preventive treatments that could halt the occurrence of neurological conditions in RBD patients.

A grant from the Arizona Alzheimer's Consortium helps to fund the testing for RBD. During the screening, participants undergo a sleep study where electrodes are connected to the arms, legs and chin. Specific muscles in these areas of the body during REM sleep should completely relax, or become atonic. These muscles in RBD patients do not relax.

If you feel you have RBD symptoms, it's important to see a sleep specialist familiar with the condition, Dr. Shprecher emphasized.

"The big takeaway here is that the acting out of your dreams is not a normal thing and it can be a sign of the early stages of a memory or movement disorder," he added. "And we hope to find therapies that can delay or prevent them from happening."

GET THE REST YOU NEED



To learn more about the registry or RBD, visit naps-rbd.org or contact Daneva MinerRose at 623-832-6500 or daneva.minerrose@bannerhealth.com

SLEEP continued from page 5 >>

26-64, seven to nine hours of sleep is recommended, and those 65 and older should sleep for seven to eight hours.

Common sleep disorders

Insomnia and sleep apnea are the two most common sleep disorders Dr. Alvarado-Valdes sees in his clinic. Many times, the medications associated with other health problems, such as diabetes, hypertension or cardiovascular disease, may contribute to a sleep disorder. So, if you're working with a sleep specialist, it's important to be honest about your health history and the medications you're taking, he noted.

With sleep apnea, a person experiences a variety of issues including interrupted breathing or gasping for air, or episodes where you stop breathing. These

symptoms can deprive the brain of oxygen and could kill brain cells, Dr. Alvarado-Valdes cautioned.

"People will have problems with memory, finding words, even experience changes in personality. It can look like dementia," he explained. "With treatment, you won't get those cells back, but we can at least stop the progression."

Insomnia is the number one sleep disorder Dr. Alvarado-Valdes encounters. He cautions patients to try lifestyle changes first before turning to prescriptions or over-the-counter medications for help.

"They help you fall asleep, but unfortunately they usually don't fix underlying problems."

Good sleep habits

Developing good sleep habits is Dr. Alvarado-Valdes' first line of attack for those with insomnia or other sleep issues. Here are a few insights

he commonly shares:

- **Avoid drinking alcohol before going to sleep:** Once the body metabolizes the alcohol, usually within four hours, people will wake up, disrupting a full night of sleep.
- **Set a sleep schedule:** A career helps us maintain a daily schedule, but retirees often break from sleeping a set number of hours and at certain times. They need to re-commit to going to bed and waking up at the same time every day.
- **Exercise:** Physical activity raises body temperature and when you cool down it makes it easier to sleep.
- **Control your weight:** Research has found that being overweight increases your risk of developing sleep apnea or insomnia.
- **Make your bedroom a sleep sanctuary:** Your bedroom should be exclusively reserved for sleep, Dr. Alvarado-Valdes emphasizes. Remove all technology from the space, like a computer or cell phone. If you like to read or watch TV, do it in another room. Avoid screen time right before bed time and avoid having pets sleep in your bed. Above all, make sure your room is cool and dark for sleep.
- **Overall:** Health experts often remind us to watch our weight, monitor our blood sugar and stay active to prevent sleep deprivation.

Follow these tips, and if you're concerned about your sleep health, contact a Banner sleep specialist. Assuring you get a restful night of sleep can be your prescription for enjoying a fun, active lifestyle!



Real Tales of the ER

By Elise Riley

Realizing there were fascinating, inspiring and interesting stories within its community, Banner Health has started its very own podcast series, *Bedside Stories*. Available anywhere podcasts are offered, the podcast is free to download through iTunes, Spotify, Anchor and other portals. *Bedside Stories* tells real-life, real-world stories of patients and their care teams at Banner Health.

Podcasts are quickly becoming a great source of entertainment and education for many people who may listen to them while they're working out at the gym, while they're driving in the car or as a bedtime story. Some podcasts are news based, like talk radio, and others are purely for entertainment, much like the radio broadcasts of the 1930s. Podcasts offer listeners a choice of content to download on their cell phone or tablet, often at no cost.

The *Bedside Stories* series is created and managed by Corey Schubert, public relations senior specialist for Banner Health.

"I couldn't find any other podcasts like this, from a health care organization designed for an everyday person," Schubert said. "I wanted to do something that was storytelling-focused. We encounter

'Bedside Stories' offers real-world stories from the world of Banner Health



a lot of these amazing stories routinely."

Podcasts are seemingly everywhere. According to the Pew Research Center, more than 32% of Americans over age 12 have

listened to podcasts in the past month. And Pew's reporting shows that one-quarter of people say they've listened to a podcast in the past week.

Bedside Stories offers listeners entertainment

and education, all in an easy-to-absorb package. The first season includes nine episodes, all averaging about 15 minutes apiece. You can hear the real-life story of a woman who had a heart attack while giving birth and was revived. Both she and her baby survived the ordeal. There's also a nail-biting tale about a man

who was trapped 100 feet deep in a mine surrounded by rattlesnakes.

"When you're able to hear these people's stories and how they've overcome that situation with the help of doctors and nurses, it's really powerful," Schubert said. "It doesn't get more heavy than a woman having a heart attack while giving birth, or a guy trapped in a mine without any food or prospect of being saved. But they're here to tell their stories. It's inspiring."

Schubert and his team are working on season 2 of *Bedside Stories*, which will include more real-life inspiring stories. Season 2 is set to launch in early March 2020.



To learn more about *Bedside Stories* and Banner Health's other programs, visit bannerhealth.com.



Care Management

Services offered through Medicare Shared Savings Program available at no cost to you

By [Debra Gelbart](#) | Photos by [Rick D'Elia](#)

If you've ever imagined having a real-life health coaching team, you are in luck! Through its participation in the Medicare Shared Savings Program (MSSP), Banner Health Network can connect you to professional guides who can answer questions, give advice, nudge you like a family member, problem-solve and help improve your health — all at no cost to you.

"Anyone whose primary care doctor is part of our network is potentially eligible for Care Management services. Many are traditional Medicare beneficiaries who are aligned to Banner Health Network," said Katie Madison, RN, a case manager with Banner Health Network. A nurse case manager and a social worker comprise the primary part of the care management team, Madison explained, but depending on the needs of a MSSP beneficiary, the team may include a registered dietitian, a pharmacist and other professionals.

Here's what they do

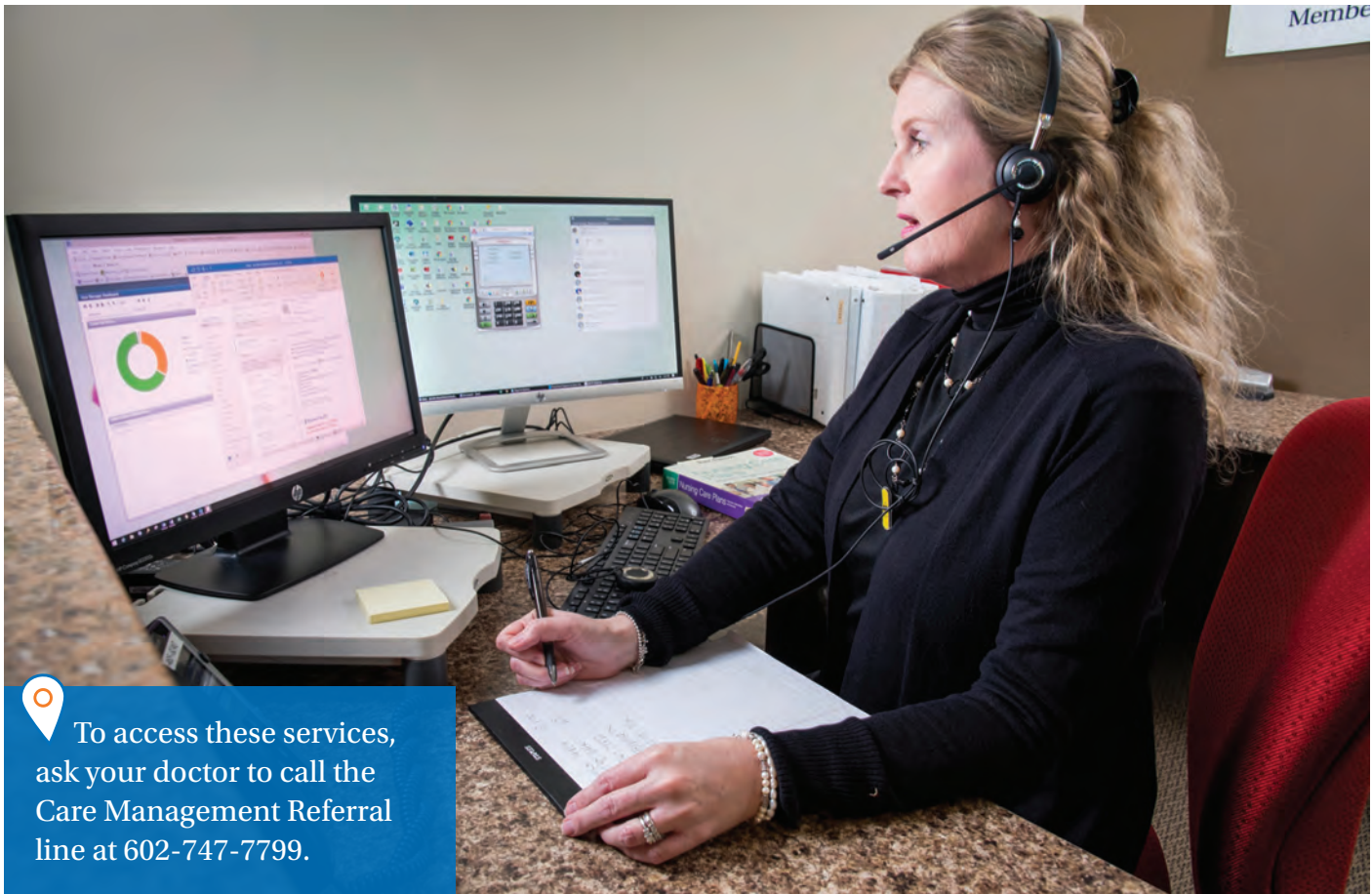
The Care Management team will review your prescription and over-the-counter medications with you to make sure you understand what each is for and the correct doses you should be taking each day.

Team members may remind you of follow-up medical appointments and suggest preventive screenings that you may be due for, such as a mammogram or colonoscopy. If appropriate, team members can connect you with community resources — such as transportation to medical appointments and personal care assistance — to help you recover faster from an illness or injury.

"We work with patients and their families, typically after a hospital discharge, before or after surgery, in the midst of an illness or following an injury," Madison said. "Our goal is to identify issues that may prevent them from improving their health and find solutions to help them achieve their health-related goals."

"The Care Management team helps support the patient and their family to understand their injury or illness and ensures they have the tools and the community resources needed to follow the treatment plan prescribed by their doctor — all to help them





To access these services, ask your doctor to call the Care Management Referral line at 602-747-7799.

achieve their best health," said social worker Jennifer Keiser, MSW.

How to reach them

The key to accessing these services at no cost to you is your doctor. All you typically have to do is ask your doctor to refer you to Care Management through the Banner Health Network MSSP. Simply ask your doctor to call the referral line at 602-747-7799.

One patient is particularly grateful for the Care Management services she received after her hip replacement surgery. She wasn't having any complications, but her doctor referred her to Care Management and one day she received a phone call from Madison and Keiser.

"In phone calls a couple of times a week, they answered all my questions and gave me helpful information about my expected recovery," the patient said. "Sometimes, after talking to them, I would sit in the kitchen and cry that I was so lucky to have those two ladies on my team."

"We might get referrals from doctors, hospital staff or the staff from a skilled nursing facility," Keiser said. "Or, maybe someone who has received our services in

the past and now they need our help again — maybe because they've fallen or developed an illness. They remember that we helped them before, so they ask their doctor to refer them again." Keiser also emphasized that if a patient knows their doctor is part of Banner Health Network, the patient can self-refer.

"We empower others to help themselves," Keiser said. "And our program lets members interact with experts rather than just browsing a handbook, and that can lead to better health outcomes. Instead of reading a recipe book, for example, they can take a cooking class that teaches them about healthy meal preparation."

"And a nurse can show them how to do simple tasks at home, such as testing their own blood," Madison said. "Diabetic educators, for another example, can give people the tools to delay or prevent complications from their diabetes."

"The beneficiary feels so much better after receiving the helpful guidance from a Care Management professional," Madison said. "It's not uncommon for us to hear, 'I didn't even know about you and your services.' They often feel like a weight's been lifted off their shoulders to know we're there to help them."

Pitfalls of Polypharmacy

Are your medications causing more harm than good?

By **Elise Riley**

Medicine cabinets can become our bathroom's junk drawer. Over-the-counter medications share space with prescription drugs and beauty products. The bottles and blister packs can become so overwhelming that one may forget why they're taking the medication in the first place.

Unfortunately, that can be a recipe for danger.

Polypharmacy, the term used to describe people who routinely use five or more drugs, is a common problem in medicine cabinets across America. That's why, in addition to talking about your blood pressure and weight, you should always do a medication review with your doctor.

"People wonder why they're more tired, or why they're more jittery," said Betty Louton, Pharm.D, FAzPA, a clinical pharmacist with Banner Health. "Whatever feels strange in their body, they wonder what's causing it. The reason is often an interaction between medications."

The older we get, the more medications we tend to take because of varying health issues. Things like statins, proton pump inhibitors, antibiotics, sleep aids, antihistamines, and even opioids are just some of the combination of drugs that may be inside one's medicine cabinet.

"Your primary care physician might not know what a specialist has prescribed," Louton said. "Over-the-counter drugs are equal culprits."

For your safety, make a list of all the prescription and over-the-counter medications you have in your medicine cabinet. Include those that are part of your daily routine, as well as the ones that you use sparingly. In your list, include the name of the drug, how often you take it, and why you're taking it — and if you don't remember, write that down, too.

Bring the list with you when you visit your doctor



— it's always wise to make sure your primary-care physician knows what you've been taking — and also make sure it's available in case of a hospital visit. That's the kind of information your spouse or children might not know.

The list also helps, Louton said, when making a routine visit to the pharmacy. A high cost prescription might have a lower cost alternative — just make sure the pharmacist reviews your medication list and checks for possible adverse drug interactions.

In addition to being experts on prescription medications, pharmacists also are highly trained in evaluating over-the-counter drugs. They can make recommendations, talk to you about dosing and interactions, and help you select the safest and wisest medication. No matter the prescription or condition, Louton said, it's important to understand the reason for taking any medication.

"It's as simple as knowing why," Louton said. "It's important that every person is aware of what they're taking, why they're taking it and how often they should really take it."



LOOKING OUT FOR Loneliness

By Julie Maurer

Everybody enjoys a little bit of alone time, but too much of it can be hazardous to your health.

According to the National Institutes of Health, loneliness in seniors can contribute to cognitive decline and other health issues including high blood pressure, heart disease, obesity, a weakened immune system, anxiety and depression.

Navaid Khan, MD, a geriatric psychiatry specialist with Banner Health notes that a large reason for loneliness in seniors is because many live alone. According to a 2017 profile on older Americans by the U.S. Department of Health and Human Services, 28% of those over age 65 lived alone, with that trend growing to 45% over the age of 75.

Dr. Kahn notes that living alone can lead to social isolation, loneliness and depression, which in

turn can lead to behaviors that will also increase loneliness. These behaviors include: not participating in activities that were previously enjoyed, avoiding spending time with friends and not talking to loved ones.

"And then it starts to be a danger to their health," Dr. Khan said. "And it can even lead to death."

Friends can be crucial in spotting loneliness in others, especially if there is a marked change in their behavior.

"If you are seeing someone not functioning the same way as last year, make sure you inquire about it, or get a family member involved," Dr. Kahn said.

And there are ways to approach the conversation so it's not as awkward and uncomfortable.

"You can ask them if they feel left out sometimes. Or you can invite them to something and suggest

that you need help with an event," Dr. Kahn said. "If you ask them about loneliness and depression, they are not going to answer. They don't want to talk about it."

And friends are not the only ones who can target loneliness before it starts, as a little self-care can go a long way when it comes to prevention.

To help ward off loneliness, Dr. Kahn recommends seniors:

- Communicate with your friends and family regularly
- Talk to someone daily
- Join a social group, book club, or take part in an activity around you
- If you are not functioning socially the way you did a year ago, talk to your doctor
- Join a grief support group if you have lost a loved one
- Find a volunteer program, such as at an animal rescue center or at a hospital

"At Banner Health, we have so many senior volunteers who are greeters at our front doors. They help people, and get helped themselves," Dr. Kahn said.

He added that checking out the local senior center can be helpful.

"It's not a weakness to seek out ways to be social. And by joining sewing circles, computer classes, book clubs and more you are helping others be social, too. It's a strength," Dr. Kahn said.



Eat the Mediterranean Way

You don't need to travel to get culinary benefits of this heritage diet **By Michelle Jacoby**

Remember the Grapefruit diet? How about the Cabbage Soup diet? You might have heard of the Beverly Hills diet. These so-called "fad" diets have come and gone. While they may have worked for some people, they unfortunately did not work for everyone.

Now the Mediterranean diet has been around since Eisenhower was president. Unlike the others just mentioned, this diet has stood the test of time and continues to be a preferred — and healthy — option for people looking to revamp the way they eat.

The Mediterranean diet can be traced back to the 1950s, when several international groups initiated a study to examine the link between heart and vascular disease and lifestyle. The study found that people who lived in the

Mediterranean region had longer life spans, lower rates of chronic disease, and healthier blood pressure and cholesterol levels.

"The phrase 'Mediterranean diet' was coined around 1980 to describe these traditional eating practices," says Tracy Garrett, registered dietitian and certified diabetes educator with Banner Health Population Health Management. "Since then, the Mediterranean style of eating has been touted by the American Heart Association and named as a top nutrition plan by *U.S. News and World Report* based on the health benefits and ease of adopting. In 2015, it was added to the U.S. Dietary Guidelines as one of the three recommended patterns of eating to promote health in our country."

DIET continued on page 14 >>

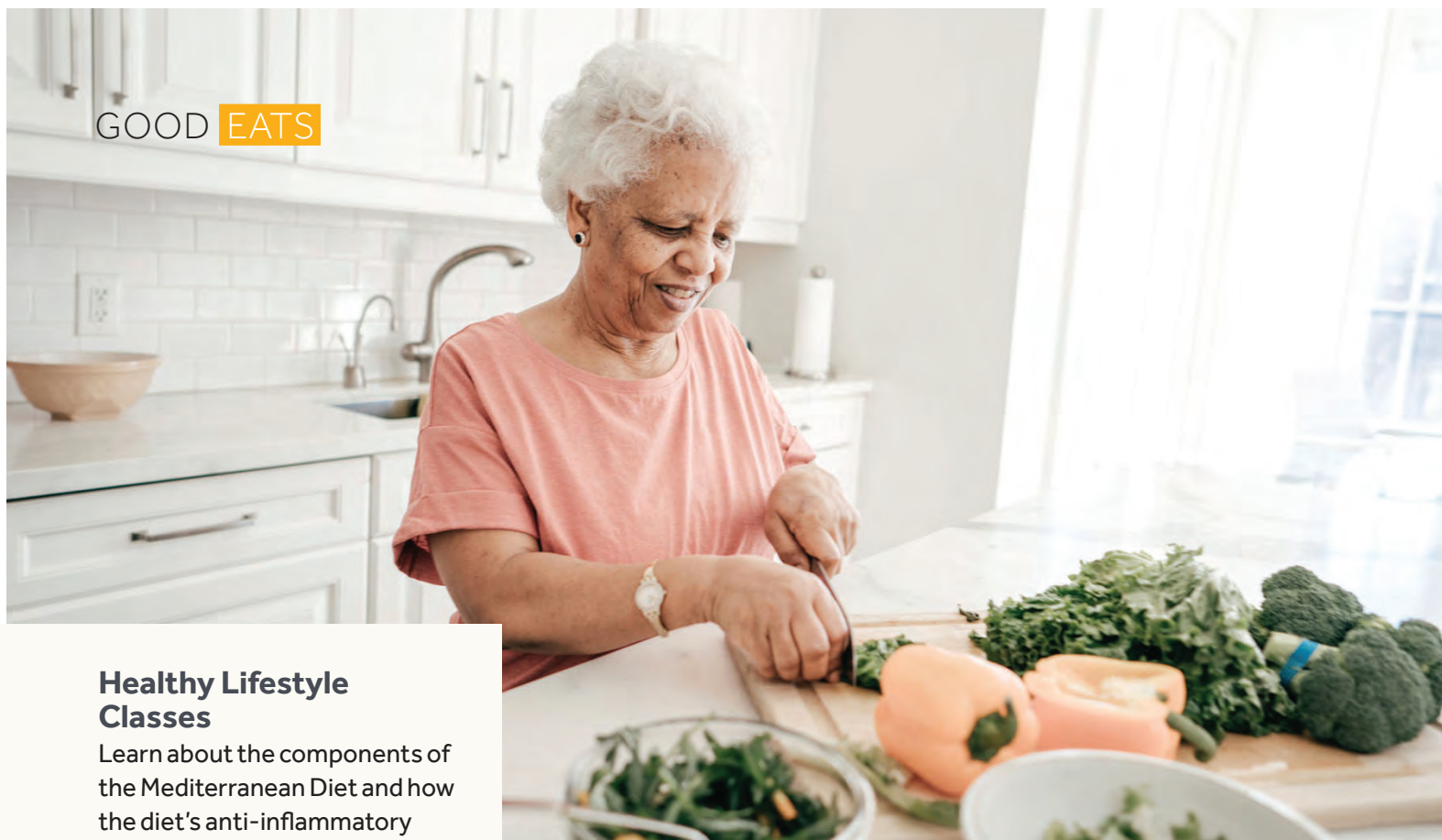
Simple Steamed Salmon and Corn

4 (6 oz.) skin-on salmon fillets (such as wild Alaskan)
1 tsp. kosher salt, divided
3/4 tsp. black pepper, divided
8 oz. haricots verts (French green beans), trimmed
2 ears fresh corn, shucked and halved crosswise
1/2 cup plain 2% reduced-fat Greek yogurt
1-1/2 tbsp. fresh dill, chopped
1 tsp. lemon zest plus 1 tbsp. fresh lemon juice
1 tbsp. water

Prepare a steamer with two stackable bamboo baskets in a large Dutch oven. Line baskets with parchment paper. Add water to Dutch oven to a depth of 1 inch, bring to a boil over high. Sprinkle salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper. Place in one bamboo basket. Place haricots verts and corn in second bamboo basket, and stack on salmon basket. Cover and cook until fish flakes with a fork, 8 to 10 minutes.

Stir together yogurt, dill, lemon zest and juice, 1 tablespoon water, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper. Drizzle sauce over salmon, corn and beans.

Source: cookinglight.com/recipes/simple-steamed-salmon-and-corn-with-dill-yogurt



Healthy Lifestyle Classes

Learn about the components of the Mediterranean Diet and how the diet's anti-inflammatory properties can help prevent and manage chronic disease.

Classes are free, but pre-registration is required. Call (602) 230-CARE (2273) to reserve.

2-3:30 p.m., Thursday, Apr. 16

Banner Corporate Center
Mesa, Conference Room 1614
525 W. Brown Rd., Mesa

10-11 a.m., Tuesday, Apr. 21

Banner Estrella Medical Center,
Conference Center Room 3
9201 W. Thomas Rd., Phoenix

*10:30-11:30 a.m.,
Wednesday, May 20*

Banner Del E. Webb Medical
Center, Papago A
14502 W. Meeker Blvd.,
Sun City West

10-11:30 a.m., Thursday, June 4

Banner Gateway Medical
Center, Grand Canyon Room 1
1900 N. Higley Rd., Gilbert

DIET continued from page 13 >>

The health benefits from this diet are significant, says Garrett. "Research points to this style of eating as a method to decrease inflammation and blood pressure, as well as improve cholesterol levels and promote brain health and decrease cancer and diabetes risk."

At its core, says Garrett, the diet emphasizes eating a variety of brightly colored natural foods, which provide essential vitamins, minerals and fiber. It also focuses on healthy fats from plant sources, such as nuts and avocados, with the primary source of fat being olive oil.

"A traditional Mediterranean meal," Garrett explains, "would include an abundance of vegetables at every or most meals. Fruits are consumed whole (not juiced) two to three times per day, and high fat meats and dairy are minimized."

In addition, protein comes in the form of unsalted nuts, legumes

(dried beans, peas, lentils) and fatty fish (salmon, tuna, sardines, herring). Eggs and poultry are eaten frequently (daily or weekly) and red meat is rarely consumed.

"In general, no food is 100% off limits," Garrett says. "But some foods should be consumed less frequently and in smaller portions than others." Examples include animal products high in saturated fats or processed (ribs, bacon), and products made from whole milk (sour cream, ice cream). Highly processed grains (white bread, sweetened cereals, pretzels), and fatty and sugary items (cookies, pastries, soda) are traditionally limited or avoided.

"Another important factor is that foods in this plan are readily available and easy to cook," Garrett said. "Since you can purchase them at the grocery store, it makes it easier for people to stick to the plan for the long term."

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- 3 Viewing concern
- 4 Possesses
- 5 Radials, e.g.

- 6 Makes amends
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- 18 Different
- 19 Ted Koppel's show
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- 22 Make finer
- 23 Buffalo's lake
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- 29 Greet the general
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- 33 Joins together
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- 36 Formerly
- 37 Abacus part
- 38 Butter serving
- 39 Eggs, to Caesar
- 40 Umbrella part
- 41 Take the trophy

PUZZLE ANSWERS ONLINE BannerHealthNetwork.com/members/healthsmarts

Healthy Living **CALENDAR**

Classes are free, but pre-registration is required. Call 602-230-CARE (2273) to reserve your seat

Living Well with Diabetes

A class focusing on blood sugar management to optimize health and vitality.

Wednesday, April 8, 1-3 p.m.
Banner Ironwood Medical Center
Conference Room A
37000 N. Gantzel Rd., Queen Creek

Wednesday, April 8, 1:30-3:30 p.m.
Banner Del E. Webb Medical Center
Papago A
14502 W. Meeker Blvd., Sun City West

Thursday, April 9, 10 a.m.-Noon
Banner Corporate Center Mesa
Conference Room 1614
525 W. Brown Rd., Mesa

Wednesday, April 29, 1:30-3:30 p.m.

Banner Boswell Medical Center
Juniper Room
10401 W Thunderbird Blvd, Sun City

Monday, May 11, 1:30-3:30 p.m.
Banner Estrella Medical Center
Conference Center Room 2
9201 W. Thomas Rd., Phoenix

Monday, May 18, 1:30-3:30 p.m.
Banner University Medical Center
Phoenix
Sandstone Conference Room South
1111 E. McDowell Rd., Phoenix

Wednesday, May 20, 10 a.m.-Noon
Banner Goldfield Medical Center
Large Conference Room
2050 W. Southern Ave.,
Apache Junction

Thursday, May 21, 2-4 p.m.
Banner Gateway Medical Center
Grand Canyon Room 1
1900 N. Higley Rd., Gilbert

Tuesday, June 16, 10 a.m.-Noon
Banner Peoria Corporate Office
Boardroom
16155 N. 83rd Ave., Suite 201,
Peoria

Banner Brain Health Program (BBHP)

Your brain is so much more than memory! In this program, learn about the different domains of your brain, such as cognition, language, attention, visuospatial, executive function, and, of course, memory.



By starting with a discussion of the difference between normal aging and something more serious, and a self-assessment, the Brain Health Program can act as your personal trainer by teaching you activities to aid in strengthening domains that you want to improve. Also reviewed are lifestyle factors related to brain health.

Free but registration is required and limited to 25 participants.

Thursday, May 28, 9:30 a.m.-Noon
Cahill Senior Center
715 W. 5th St., Tempe

 **Banner Nurse Now.**
Hotline

For life's potential emergencies

Banner Nurse Now (formerly Banner Health Nurse On-Call) has a team of experienced nursing staff available to help with your immediate health care questions 24 hours a day, seven days a week.

**Call us when you are sick, injured
or need care advice — we want to help.**

602-747-7990 or 888-747-7990