

Maricopa HEALTH GUIDE

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According to the Drug Enforcement Administration, fentanyl is a synthetic opioid **50-100 times stronger than morphine.**



The family of Tyler Champagne, a man who died of a fentanyl overdose, from left: Kayla Ragan, Lisa Tyler, Willie Tyler Jr., and Trysten Tyler.

Fentanyl overdoses wreak havoc on Maricopa families

By Lee Shappell

THE DAY MARICOPA RESIDENT LISA TYLER FOUND HER SON UNRESPONSIVE IN his bed was a devastating heartache she wishes on no one. “This is my son,” Tyler said, holding an urn. “His name is Tyler (Champagne); he was 27 years old.”

Lisa Tyler was at an August City Council for the proclamation of Aug. 21 as National Fentanyl Prevention and Awareness Day in Maricopa. She wanted to help create awareness “because I don’t want anybody to have the pain that I go through.”

“I found my son on May 10 at 3 p.m. in his bed,” Tyler said. “If you guys don’t educate yourselves and your family, you’ll either be at a cemetery or you’ll be holding an urn at the funeral.”

Tyler’s son died of a fentanyl overdose, an all-too-common occurrence in Pinal County, Sheriff Mark Lamb explained at the same event.

“My heart goes out to the Tylers for the loss of their son Tyler Champagne,” Lamb said. “This is happening way too often. What do I say as a sheriff when I show up at their house, or what does the (Maricopa police) chief say when he shows up at their house?”

Lamb said Pinal County typically has about 750 overdoses a year and the number is growing. He refers to those incidents as “poisonings.” Lamb said in Arizona, 33 children have died of fentanyl this year, seven of them under the age of 1.

Tyler spoke of the destructive nature of her son’s death.

“I was the first one to hold him, and I was the last one,” she said. “He’ll never get a chance to marry, have children, finish school. His life was ended that quick, and in the meantime, it destroyed my whole family. My kids will never have the parents back that they had, my husband will never have his wife back. So just please, please, please, pay attention. These social media (sites), they literally deliver it right to their door, and they use emojis on Snapchat.”

Identifying qualities

According to the Drug Enforcement Administration, fentanyl is a synthetic opioid that is 50-100 times stronger than morphine.



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The drug was originally developed by pharmaceutical companies for pain medication in cancer patients. It was mainly applied with the use of a patch on the skin.

Due to its powerful effects, it's often added to heroin and other drugs to increase potency.

In many cases, overdose deaths occur when users believe they are purchasing heroin and have no idea it's fentanyl.

Lucinda Boyd, co-founder of local nonprofit The Streets Don't Love You Back, said use of the drug is reaching epidemic proportions.

"Fentanyl is the single deadliest drug threat our nation has ever encountered," she said. "Fentanyl is everywhere. From large metropolitan areas to rural America, no community is safe from this poison. We must take every opportunity to spread the word to prevent fentanyl-related poisoning and overdose deaths from claiming scores of American lives every day. We must stop the stigma, the stereotype, the drug user assumptions and



Pinal County Sheriff Mark Lamb shares a moment with the family of Tyler Champagne, who fatally overdosed on fentanyl.

misconceptions that fentanyl poisonings occur only with addicted users. Anyone can die; most are not drug addicts.

"Fentanyl poisoning is real, and our children are dying."

Spreading awareness

Lamb explained the problem needs attention and should be at the front of everyone's mind.

"When this becomes the leading cause of death in America, with over 100,000 lives lost in a year, it should be on the front page of every newspaper, on every news station and every politician's mouth, but unfortunately, it's not. It's going unspoken of, and it's left for us to clean up the mess."

Enough to Kill

Fentanyl is a powerful synthetic opioid drug that can kill an adult with a dose as small as 2 milligrams.

Just how big is that you might ask? The following weigh 2 milligrams:

- Small feather
- Small mosquito
- Lead tip of a pencil



Fentanyl Facts

107,375
U.S. deaths of drug overdose and drug poisoning in 12-month period ending in January 2022

67
Percentage of deaths involving synthetic opioids like fentanyl

50
Times stronger illicit fentanyl is than heroin.

21
Fentanyl poisonings' rank in death for U.S. adults ages 18-45, surpassing suicide, gun violence and car accidents

9
Minutes between fentanyl-related deaths

94
Percent teen-deaths have increased in one year

6.9 million
People who could have died from fentanyl seized in the U.S. in one year

Source: Centers for Disease Control and Prevention

Tracking Fentanyl

Most fentanyl is produced in China. While a portion of it is smuggled directly from China to the United States, most of the fentanyl that makes its way onto the streets in the United States is sent to Mexico and smuggled over the border. While it's been known to have come in from Canada, that method is less likely than the Mexico route.



Source: Drug Enforcement Administration



Sun Life Health

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Lotus Evolutions — A Desert Spa Oasis in Maricopa

By Keri Berardinelli

WELCOME TO LOTUS EVOLUTIONS, A WELLNESS SPA CONCEPT

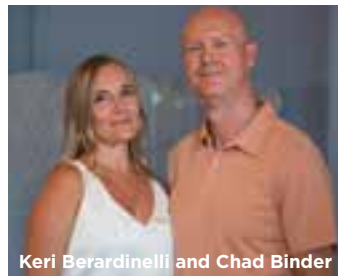
founded by Keri Berardinelli and Chad Binder. Their business centers on holistic skin care, stress reduction and personalized nutrition for gut and skin health.

Keri has been in the aesthetic and wellness fields for nearly 20 years. She is a licensed aesthetician and CLT, and a nutritional wellness coach with an emphasis in alternative culinary applications. She has numerous certifications in colon hydrotherapy, digestive health and detoxification, aromatherapy and elemental reflexology.

Chad has worked in public affairs and, since meeting Keri in 2020, has embraced a passion for nutrition and wellness. He has experienced firsthand how empowering it is to have control over your health through diet alone, as he lost 25 pounds and gained a new sense of vitality.

Lotus Evolutions takes the approach that inner wellness is at the heart of beauty, healthy skin and supportive aging. The skin is a reflection of health and in particular gut health. In the science community it is referred to as the “gut/skin axis.” These two organs have critical roles in immune and neuro-endocrine regulation and are intimately related in purpose and function.

In fact, there are more similarities between the skin and the gut than not, and numerous studies have linked gut health with skin homeostasis (balance). Diet, nutritional status, stress and exposure to toxins all greatly



Keri Berardinelli and Chad Binder

affect the health and balance of the gut, which ultimately affects the health and balance of the skin.

Skin is often overlooked as a vital functioning organ. Many people are overexposed to chemicals found in most beauty and hygiene products. These chemicals find their way into our bodies, adding to the toxic burden we already bear. Over time, this contributes to poor skin, gut and brain health and can disrupt metabolic and hormonal functions. In truth, what we put into our body affects our skin and what we apply topically to our skin affects our body.



Lotus Evolutions has designed offerings that combine clean and organic topical treatments with inner-body care. Keri educates and coaches her clients on how to support gut and skin health through diet and lifestyle. She says this is the missing link in achieving optimal results following facials, peels and other skin resurfacing treatments, emphasizing results don’t happen overnight and consistency is key.

Keri and Chad also create and produce organic, cold-pressed juices and customized juice-cleansing programs to provide clients with extra nutritional and cleansing support following scheduled skin and wellness services. Much of the produce comes from Arizona farms.

Considering that chronic stress is a major contributor to poor gut and skin health, Lotus Evolutions places importance and focus on the ambiance and comfort of their clients. Aromatherapy, meditation music, lighting and decor are harmoniously integrated to achieve inner balance and rejuvenation.

Keri and Chad view their “360-degree approach” as being at the forefront of skin and wellness care. They plan to expand their concept into

Maricopa’s premier destination for nutrition, inner rejuvenation and holistic wellness.

Currently, Lotus Evolutions offers:

Skin care

- Facials
- Gua Sha sculpting massage
- Light-depth skin peels
- Derma plane
- Micro needling
- Our locally crafted Desert Love facial products

Personalized nutrition

- Body typing
- Enzyme nutrition
- Cold-pressed juices
- Juice cleansing programs

Wellness support

- Full-spectrum infrared sauna
- **Supports** - detoxification, heart health, muscle recovery, pain relief, skin health, weight-loss and over-all relaxation of the body and mind.
- Lotus Evolutions anticipates adding additional products and services in the upcoming months. This includes massage therapy and expanding their Desert Love line of desert-optimized skin care products.

If you’re ready to look and feel amazing, give us a call!

Maricopa’s Only Hospital & 24/7 ER



Exceptional Community Hospital in Maricopa Accepts All Government And Private Insurance Plans

Exceptional community hospital — Maricopa honors all in-network benefits for emergency services provided to our patients.

We bill in-network copayments, deductibles, and coinsurance. We do not balance bill patients for any amounts in excess of in-network benefit patient costs, thus network status with Health Plans should not hinder access to emergency care for any insured community member.

OUR SERVICES

No matter your injury or ailment, Exceptional Community Hospital in Maricopa is ready and equipped to quickly treat you and your loved ones with our “Concierge Care” service standard.

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*At Exceptional Community Hospital (ECH-M), we accept ALL Commercial Insurance Plans and any Medicare, Medicaid (AHCCCS), TRICARE plans and IHS/Tribal and VA plans.



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Community leaders gathered at Exceptional Community Hospital over the summer to celebrate the opening of the hospital's Fast Track ER.

The doctor will see you now

Exceptional Community Hospital opens Fast Track ER

By Justin Griffin

IF YOU ARE HEADED TO THE EMERGENCY ROOM, chances are, you need attention in a hurry. Well, at Exceptional Community Hospital, that won't be a problem as the facility opened its Fast Track emergency room over the summer.

The project itself was on a fast track and was completed less than eight months after the hospital's opening in December of 2021.

The new emergency room is designed to reduce wait times and will be available Monday through Friday, 10 a.m. to 8 p.m.

Exceptional Community Hospital, 19060 N. John Wayne Pkwy., is committed to concierge care, which includes minimal to no wait times for patients.

The new emergency room was another step for Maricopa's first hospital.

At the end of 2021, ECH-Maricopa's 20,000-square-foot Phase 1 debuted with a state-of-the-art facility that includes a specialty internal-medicine hospital; digital imaging suite, including CT Scan, X-Ray, mobile MRI and ultrasound; in-house laboratory as well as outpatient and inpatient hospital beds for acute admissions and overnight observation of patients.

Additionally, in partnership with higher-level hospitals in the Phoenix area, Exceptional

Community Hospital features a landing area for air ambulances to ensure the fastest transfer of patients needing a higher level of care.

The ceremonial ribbon-cutting at Exceptional Community Hospital-Maricopa earlier this year ushered in more than a new era for the city with its first hospital. It provided a glimpse into the future growth of that hospital.

More to come

According to Saeed Mahboubi, CEO of Exceptional Health Care, even with those capabilities, the



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Exceptional Community Hospital opened its Fast Track emergency department during the summer.

community is ready for more services, and Exceptional is preparing to provide them.

“Phase 2 will be just north of the existing building and will include additional rooms attached to the hospital — mostly in-patient rooms and emergency department,” Mahboubi said. “That’s where we’re lacking space. So, we’ll have more rooms, and Phase 2 also will include an OB/GYN department. Then Phase 3 will be surgery and medical office space.”

The Phase 2 and 3 expansion is on top of an already-announced expansion of services within the existing hospital walls.

Exceptional began its initial expansion just weeks after opening its doors. That expansion, into a space left vacant by design so the hospital could react to the specific needs of the community, will help the hospital implement its “Fast Track” care option that will help the ED reduce wait times and lighten the patient load in the triage area.

“Although we have been open only a few weeks, we saw an opportunity to improve efficiency and care inside the Emergency Department,” Mahboubi said when the initial expansion was announced. “This will not only speed up the time it takes for patients to be treated, but also improve care times for our more critical patients.”

The hospital already is proving to be a huge benefit to all parts of the community. Robert Miguel, Chairman of the Ak-Chin Community, said a hospital was long overdue.

“Finally,” Miguel said. “I mean, really, finally. I was born and raised here before we had anything up and to finally have a facility to care for not only Maricopa but also Ak-Chin has been much needed for a long time, so this is definitely a dream come true for the citizens of Maricopa and the members of Ak-Chin.”

All plans are welcome

Mahboubi said Exceptional Community Hospital-Maricopa, accepts all insurance plans.

“Exceptional Community Hospital—Maricopa honors all in-network benefits for emergency services provided to our patients,” he said. “We bill in-network copayments, deductibles and coinsurance. We accept all commercial insurance plans and any Medicare, Medicaid (ACCCHS), TriCare plans and HIS/Tribal and VA plans. Exceptional Community Hospital-Maricopa is state licensed but is pending Medicare certification. Once Medicare is certified we will bill for services after the Medicare participation date. Medicare, Medicaid and TriCare services will not be billed to insurance or the patient prior to Medicare certification.”

The new hospital is situated in the heart of Maricopa on State Route 347 at the south end of the overpass. The 20,000-square-foot, state-of-the-art facility includes nine in-patient rooms and eight emergency room treatment rooms allowing those sick or injured in town to receive emergency treatment without a half hour hospital ride to Chandler or Casa Grande.

Mahboubi said insurance network status should not affect the hospital’s ability to provide care to anyone who needs it.

“We do not balance bill patients for any amounts in excess of in-network benefit patient costs, thus network status with health plans should not hinder access to emergency care for any insured community member,” he said. “We appreciate people choosing Exceptional Community Hospital in Maricopa, and we are dedicated to providing expert medical care for the entire community and all those patients in need.”



Award-winning care

This year, Exceptional Community Hospital earned The Joint Commission’s Gold Seal of Approval® for Hospital Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal is a symbol of quality that reflects a health care organization’s commitment to providing safe and quality patient care.

Exceptional Community Hospital underwent a rigorous, unannounced, onsite review June 1-2. During the visit, a team of Joint Commission reviewers evaluated compliance with hospital standards spanning several areas including emergency management, environment of care, infection prevention and control, leadership, medication management, and rights and responsibilities of the individual.

The Joint Commission’s standards are developed in consultation with health care experts and providers, measurement experts and patients. They are informed by scientific literature and expert consensus to help health care organizations measure, assess and improve performance. The surveyors also conducted onsite observations and interviews.

“As a private accreditor, The Joint Commission surveys health care organizations to protect the public by identifying deficiencies in care and working with those organizations to correct them as quickly and sustainably as possible,” said Mark Pelletier, RN, MS, chief operating officer, Accreditation and Certification Operations, and chief nursing executive, The Joint Commission. “We commend Exceptional Community Hospital for its continuous quality improvement efforts in patient safety and quality of care.”



JOANN VITIELLO, FNP-C

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Caring for the whole patient

With an integrative approach, Sun Life offers world-class care convenience and a personal touch.

By Justin Griffin



WHEN CHOOSING A DOCTOR, IT'S IMPORTANT TO FIND A physician who focuses on you and your mental, emotional and physical needs.

And in Maricopa, there's no better place to find that health care provider than Sun Life Health.

At Sun Life, the focus is on the whole patient and making sure the treatment programs developed for each patient have the best chance for success. They do this by involving the patient in their care and going the extra step.

According to Samantha Reinhard, Sun Life's director of community outreach, it starts by including things in an office visit for which Sun Life may not be able to bill your insurance, such as a visit with a clinical pharmacist about medication management.

"We have programs that insurance doesn't always consider as billable, but we feel like they are valuable to patients for their care," Reinhard said. "Those items are included as patient perks."

Part of the patient-first mentality at Sun Life includes a focus on convenience.

Take for example a patient who has just been diagnosed with diabetes. That person

might be reluctant to change the behaviors that affect their condition, like their diet, exercise habits or glucose monitoring.

Instead of requiring the patient to visit multiple offices and storefronts to get started on a path to wellness, Sun Life offers the ability to address all those needs in its Maricopa location.

The lab work can be done on site, and the prescriptions filled at the pharmacy just down the hall.

Diabetes counselors work with patients to help determine effective treatments, and in-office, integrated, behavioral health professionals help develop strategies for making the lifestyle changes needed to achieve the patient's health goals.

As part of its unique approach, Sun Life also teaches patients about nutrition, exercise and medication management to give patients an understanding of how each aspect of care works, how they interact and what their benefits are. The staff also talks with patients about their habits and listens for red flags that could impede the patient's ability to manage their condition.

It goes beyond Diabetes management.

From infants to seniors, Sun Life offers a full continuum of care, often referred to as integrated care as opposed to the traditional models of healthcare silos.

Reinhard said that is Sun Life's biggest advantage over other healthcare providers.

"We don't work in silos," she said. "The care team can look at a chart from each service line. If one of the doctors wants to know what our OB team did, they can just look at the chart instead of relying on the patient to remember what happened at their OB appointment, or the

OB's office sending the records. We don't have to spend time going through siloed systems or dealing with a medical office phone system, so our patients get whole care, not siloed care."

That approach has garnered Sun Life attention nationally.

The group recently earned national acclaim for its maternity care, when Banner Casa Grande Medical Center was recognized as one of the nation's premier maternity hospitals by Newsweek Magazine. The center is staffed with providers from Sun Life.

At Sun Life, the goal is to make the whole patient better, not just one aspect.

"We are affecting the whole patient, the whole you," Reinhard said. "We look for things you might not be looking for. If we're talking about nutrition, we don't just talk about eating better, we make sure you have access to good food. We want to treat people the way we would expect someone to treat our mom or grandma; we take that level of care."



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Best of Pinal County 2 years running

By Dr. Kristina Donnay
DNP, FNP-C

IF YOU ARE LOOKING FOR NONSURGICAL TREATMENTS TO

rejuvenate your skin and body, you're not the only one. Countless Americans are, too, and with the increasing demand for less-invasive cosmetic options the past 20 years, there has been an increase in the number of med spas.

A med spa is a combination of an aesthetic medical center and a day spa that provides nonsurgical aesthetic medical services under the supervision of a licensed medical provider known as a medical director. Who you trust with your face and body are important.

Top med spas have experienced aesthetic professionals who work closely with the supervising medical director to develop the treatment menu, oversee operations and even consult directly on certain cases. There are good reasons why states require the involvement of a medical director in a med spa's operations.

With more and more med spas opening as less-invasive procedures are gaining popularity, how do you know which one is best for your skin and beauty needs?

Searching for a top-quality med spa doesn't have to be luck of the

draw. Taking the time to do your research up front will save you money, avoid hassle and help you find the right provider.

Maricopa Wellness Center is a licensed medical facility specializing as a full-service med spa utilizing cutting-edge technology for comfort and offering patients the latest treatment options for their bodies and skin.

Maricopa Wellness Center was also the first Head to Toe Body Contouring by InMode facility in Arizona.

Maricopa Wellness Center opened in April of 2019 and has won numerous awards, among them Maricopa Small Business of the year 2019 and Best New Med Spa in the West (national) of 2019. Kristina was voted Local Businessperson of the Year 2020-2021.

Maricopa Wellness Center has been voted Best Med Spa in Pinal County for 2021 and 2022. Dr. Kristina Donnay DNP, FNP-C, has been voted Best Medical Provider in Pinal County for the second year in a row. The staff at Maricopa Wellness Center is honored to be recognized.

Maricopa Wellness Center is a family run team and strives to provide top quality care. Dr. Donnay DNP, FNP-C is a family nurse practitioner who is board-certified in aesthetics, board-certified in anti-aging and a Certified Master Injector. Kristina is the onsite medical director, and her father, Bill Day, and husband, Chris Donnay, are the operations managers. Their focus is helping people look and feel better in their own bodies, combining medical-grade services in a relaxing spa-like setting.

Maricopa Wellness Center's treatment menu includes bio-identical hormone replacement, laser services, laser hair removal, skin tightening, body contouring, acne treatments, Morpheus 8, micro-needling, Botox, fillers, IPL, dermaplaning, Oxygeneo facials, customizable facials, rejuvenation services, medical weight loss, IV therapy, Lipo MIC B-12 shots and more.

Come visit Pinal County's Best Med Spa and see for yourself why it has won so many awards in such a short time.

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Just south of Chandler Blvd.



Quest to look best, feel best drives Maricopa Wellness' dynamic owner

By Lee Shappell

SHE'S A MOM TO TWO YOUNG CHILDREN, A WIFE, a business owner, a national trainer for a medical device — which requires frequent travel — and as of August a holder of a doctorate degree obtained in 13 months in a program that typically requires 18 to 24 months.

She's been wired for success since she was a little girl, growing up in a home with a pair of entrepreneurial parents who've owned several businesses. It's no surprise, then, that Kristina Donnay is a high achiever.

Donnay founded Maricopa Wellness Center in 2019 after obtaining an associate degree in nursing from Central Arizona College, then bachelor's and master's degrees from Arizona State University and Grand Canyon University, respectively. She capped it in August with her doctorate as a family nurse practitioner from Chatham University in Pittsburgh.

"She just doesn't sit still," said Debi Sovis, Donnay's friend, client and hairdresser. "She's incapable of relaxing."

Bill Day, who, with his wife Levina, is approaching two decades as a Maricopa resident, recalls the day in 2018 their daughter approached them about going into business together.

"And I'm literally, 'No — but tell me more,'" Day recalled.

Donnay then laid out her plans for what would become Maricopa Wellness that Donnay and her husband Chris and her parents now own at 41600 W. Smith Enke Road, Building 14, Suite 3.

But there is no question the dynamo behind it all is Donnay.

"I saw that Maricopa didn't have a facility like this," she said. "It can be so beneficial, but because it is a cash-based business, we've seen in Chandler and Phoenix too many practices like this opening with maybe not the best values and I didn't want it to get a bad name. So, I wanted to open one here first before anybody else to prevent the city from seeing these services in a negative light."

As a cash business, Maricopa Wellness cannot accept insurance, according to Donnay, although patients can submit to their insurance on their own for possible reimbursement. The center is not a primary-care provider but a med spa, a hybrid of an aesthetic medical center and day spa that provides nonsurgical aesthetic medical services — Botox injections, chemical peels and hormone injections and other treatments — under the supervision of a

licensed medical practitioner.

"We started April of 2019, and we did not have our first client," Day said. "We literally went into this with just our positive attitude. The last time one of our email campaigns went out, I believe we had about 1,200 active clients."

By the end of its first year, the high-tech facility offering cutting-edge treatments with state-of-the-art, FDA-approved equipment, was named the Maricopa Chamber of Commerce Small Business of the Year and Best New Med Spa in the Southwest, and on its way to great things.

And then came the COVID-19 pandemic.

"You know, that wasn't in our business plan," Donnay, 39, said with a laugh. "My dad and I put together different business plans: If this happens, if a recession happens, how are we going to deviate, grow and change? A pandemic was not part of that planning."

And the pandemic wasn't particularly small-business friendly.

Donnay, the medical director, and Day, the office manager, were forced to shut down, but they made the decision to continue paying their employees.

"And this was before any of the COVID-relief programs, PPP and those things," Day said.

Consequently, Maricopa Wellness re-emerged with

essentially its entire crew intact, "but, looking back, we probably came closer than we would have liked" to not making it through, according to Donnay.

During the time it was precluded from rendering its usual services, the center was the first in Maricopa to offer COVID-19 testing and among the first to offer the Johnson & Johnson vaccine until it could reopen for aesthetic treatments.

"Honestly, it's been difficult. We saw a lot of clients suddenly move, and not just move into Chandler or Tempe but move out of state without warning," Donnay said. "The pandemic definitely threw a wrench into it."

Prior to COVID, a box of gloves cost Donnay \$5. After COVID, the price jumped to \$25-\$30. Paper sheets to cover beds that had cost 2 cents before COVID, skyrocketed to 50 cents each.

"So, finding supplies — alcohol, wipes, disinfectant, gloves, masks, you name it, the list goes on and on — it's still a struggle," she said. "During this whole process, I've really tried to not raise my prices. We've taken a huge hit on those profit margins, mainly because, in my head, I keep thinking, 'Well, it's got to get better.'"

The clients are coming back, and Sovis said Donnay's approach is among the reasons.

"First, her knowledge base is off the chart," Sovis said.

Kristina Donnay is a mom, wife and owner of Maricopa Wellness. In August, she added a doctorate to her resume. Here's a look at both of her worlds through the magic of photographer/visual illustrator Victor Moreno.



Victor Moreno



“She’s way too smart for her own self. She has such a great way of explaining things that you completely understand it. She doesn’t give you false expectations, either.”

Day recalls a story illustrating his daughter’s determination. She was turning 16.

“We bought her a car, a little VW Cabriolet, and it was so funny because Kristina didn’t know we had bought it, and we parked it in the driveway,” Day said. “I had the keys, and we gave her a book, ‘How to Win Friends and Influence People.’ I told her she had to read that book before she was going to get the keys. You should have seen the look on her face. And I told her not only do you have to read it, because I’ve read it multiple times, but I’m going to ask you questions to make sure you’ve actually read the book.”

“She did it. I think she really learned and has taken that through. My wife and I owned a dog-grooming and pet store in the ’70s, owned five bridal shops, I owned a trash-hauling company in Phoenix. Kristina’s always seen my wife and I, our drive, so she’s been around it all of her life.”

Building a reputation

There are no secrets about the mission of Maricopa Wellness: Donnay wants clients to look good and feel good.

Men and women are treated. The profile of an average client is age 35 through 55, working-class adults with children and family, wanting to live their healthiest life, Donnay said.

Bio-identical hormones — or hormone replacement — is the most popular service.

“By the time somebody comes to see me, they’ve spent a lot of money, probably, seeing other



Kristina Donnay is shown with her father, Bill Day, who is a partner in the practice.

people, buying stuff over-the-counter that just did not work,” Donnay said. “Sometimes we just need that win, that thing that’s going to actually work, that you feel you’ve actually invested appropriately for. Once that happens, it changes our perspective of what we can accomplish overall, how great we can feel, how good we can look.”

“I want to provide people with that win. I want to provide people with the safe, effective treatment that makes a positive difference in their lives.”

Maricopa Wellness owns four state-of-the-art, InMode

Some of our machines are the first aesthetic lasers to have artificial intelligence and so it’s regulating the temperature at 1,000 times a second, making it extremely safe. These aren’t the old lasers that caused a lot of down time and difficulty recovering and look scary. These aren’t that.”

Day said his daughter’s status as a national trainer for InMode is a great benefit for Maricopa Wellness by her knowing and implementing the latest procedures and how to get the best results.

“That’s really put us on the map nationally,” Day said. “We have people that come from California, Utah, and the farthest we’ve ever had was someone from New York to have procedures done here at the spa.”

“We’ve had many people come into our facility tell us, ‘This is so nice, you could be in Scottsdale.’ That’s what we want to promote. Kristina and I both feel Maricopa people deserve just as good, if not better, service than they get in Scottsdale. We want to provide the quality services for people so they don’t have to fight the (State Route) 347 traffic to go into town for procedures.”

The Days as well as Sovis and her husband Richard, a cardiac nurse with Banner Health, all are on hormone-replacement therapy at Maricopa Wellness.

“When I first started coming in, I was just looking for amazing facials,” Sovis said. “Then I did hormone replacement. My husband and I both do that. It’s life-changing.”

Day, 64, echoed Sovis’ assessment.

“My wife and I have been on it three years now,” he said. “It’s turned the clock back 25

aesthetic lasers, on which Donnay not only is highly trained but flies around the country training others on their use.

“Education and training help me provide the best services safely and effectively,” she said. “We’re top of the line, cutting edge. We’re using the newest technology. I have invested in science behind everything. I am extremely diligent. Any treatment we offer, any product we offer, has to have significant research and science behind what I’m recommending.”

“I hope I’m good at explaining why it’s really safe.

“The funny one was me going through a change of life when I was doing her hair and she just looked at me and said, ‘Oh, honey, **you don’t have to suffer any longer.** Please let me help you.’ - DEBI SOVIS

years for me. I have the kind of energy I had when I was 40.

“People get great results. Kristina really does her due diligence and research into these devices and what we’re doing here. We’ve always tried to do things where people are getting results. When they get results, they look good and they feel better.”

Sovis, 53, was among Donnay’s first clients.

“First thing, her staff’s amazing,” Sovis said. “She’s had basically the same staff since she opened, which says a lot about her: She doesn’t go through employees. I just like the relaxed atmosphere and they’re so professional, with a little sense of humor thrown in on the side.

“I am also her hairdresser. I just kept looking at her hair and going, ‘Girl, I can help you.’ She’s so beautiful. She wants everyone to be the best they can possibly be and that’s what I love about her.”

But, Sovis added, Donnay never stops working.

“She’ll be getting her hair done and hear somebody talking about a hot flash or a facial and she’s like, ‘I can fix that, I can help that,’” Sovis said.

“The funny one was me going through a change of life when I was doing her hair and she just looked at me and said, ‘Oh, honey, you don’t have to suffer any longer. Please let me help you.’ Even when she’s getting her hair done, she’s talking to

my other clients about what they can do. I try to get her to just relax while I do her hair but that’s a very foreign thing to her. I wish I could say something bad about her, but I cannot. She’s just a good human.”

Donnay says she counts herself fortunate to be in Maricopa and thriving.

“Over the years, I’ve been able to see other female business owners be successful and growing in Maricopa,” she said. “Myself, my husband and my dad continually see the ones that continue to grow and the ones that don’t make it. It’s how well you can adapt and change. As our city grows, people’s needs change. So, we don’t have this rigid plan of X, Y, Z. It has to be flexible.”

After a long week recently, which included a trip to San Diego to give a training session, Donnay said she attempted to unwind and spend a few extra days on the coast with Chris, their 4-year-old son and 7-year-old daughter.

“We’re finally taking vacation time together,” Donnay said. “It’s been really difficult managing being a mom, being a wife, being a business owner, provider, national trainer and getting a doctorate. It’s been quite a year.”

“I’m excited to take a couple of days of quality time with my family.”

That brought a chuckle to Sovis.

“I’ll believe that when I see it,” she said.

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Bldg 14, Suite 3
520-464-6193
MaricopaWellnessCenter.com
See ad on page HG3, HG14, HG16

Mi Cara Bella, LLC

520-840-1027
MiCaraBellaSpa.com

2 Ritual Wellness MediSpa

21300 N. John Wayne Parkway
Suite 108
520-568-5943
RitualWellnessMediSpa.com
See ad on page HG11

3 Lotus Evolutions

41640 W. Smith Enke Road
Suite 109
480-779-8413
LotusEvolutions.com
See ad on page HG6

CARDIOLOGY

East Valley Cardiology

20924 N. John Wayne Parkway
Suite D4
480-899-9430

Premier Cardiovascular Center

21300 N. John Wayne Parkway
Bldg 7, Suite 116
520-836-6682

CHIROPRACTIC

4 A-1 Health & Wellness

21300 N. John Wayne Parkway
Suite 109
520-494-7788
MaricopaChiropractor.com
See ad on page HG25

Happy Clam Chiropractic

44574 Copper Trail
520-350-1337

Harshe Chiropractic

20800 N. John Wayne Parkway
Suite 116
520-350-0074

The Joint Chiropractic

20350 N. John Wayne Parkway
520-727-5447

Sonora Spine Care

44870 W. Hathaway Ave.
Suite 5
520-428-4772

DENTISTRY/ORTHODONTISTRY

Arizona Associates in Dentistry

21300 N. John Wayne Parkway
Suite 128
520-568-5959

Cobblestone Dental

44600 W. Smith-Enke Road
Suite 103
520-494-7333

Dentistry at Maricopa

20046 N. John Wayne Parkway
Suite 105
520-413-5637

East West Dental

21300 N. John Wayne Parkway
Suite 104
520-868-6998

Edison Family Dental Care

44555 W. Edison Road
Suite A
520-463-4067

Family Dentistry of Maricopa

44870 W. Hathaway
520-568-7004

Maricopa Family Dentistry & Orthodontics

44480 W. Honeycutt Road
Suite 110
520-568-9100

Maricopa Kids' Dentist & Orthodontics

41940 W. Maricopa-Casa Grande Hwy.
Suite 120
520-589-2919

Maricopa Smiles Dentistry and Orthodontics

41620 W. Maricopa-Casa Grande Hwy.
Suite 110
520-568-2800

Oasis Oral & Facial Surgery

21300 N. John Wayne Parkway
Suite 114
520-231-6700

PM Dental

20800 N. John Wayne Parkway
Suite 105
520-568-7880

Premier Orthodontics

21083 N. John Wayne Parkway
Suite C105
480-361-4600

Smiley Dental

20917 N. John Wayne Parkway
Suite A-105
833-793-7773

Super Smiles 4 Kids

21116 N. John Wayne Parkway
Suite B-7
520-568-3828

5 Treasured Smiles Children's Dentistry

21300 N. John Wayne Parkway
Unit 117
520-316-6111
TreasuredSmilesChildrensDentistry.com
See ad on page HG19

DIAGNOSTIC IMAGING

Arizona Diagnostic Radiology

21300 N. John Wayne Parkway
Suite 113
520-568-6411

SimonMed Imaging

44555 W. Edison Road
520-666-7960

EMERGENCY SERVICES

Maricopa Fire Department

911 or 520-568-3333

Maricopa Police Department

911 or 520-316-6800

Poison Control

800-222-1222

FAMILY MEDICINE

4C Maricopa

21300 N. John Wayne Parkway
Suite 123
520-494-7778

Ak-Chin Health Clinic

48203 W. Farrell Road
520-568-3881

6 American Medical Associates

20928 N. John Wayne Parkway
Suite C3
480-306-5151
AmericanMedicalAssociatesAZ.com
See ad on page HG9

Banner Health Center

17900 N. Porter Road
520-233-2500

Dignity Health Medical Group

21300 N. John Wayne Parkway
Suite 115
520-426-3424

Health Matters

480-933-3331
HealthMattersAZ.com

Pinal County Public Health Clinic

41600 W. Smith-Enke Road
Suite 15
866-960-0633

7 Sun Life Health

44572 W. Bowlin Road
520-568-2245
SunLifeHealth.org
See ad on page HG5, HG12

8 Vitiello Primary Care

21300 N. John Wayne Parkway
Suite 108
520-568-5943
VitielloPrimaryCare.com
See ad on page HG11

Zuwa Family Care PLLC

20046 N. John Wayne Parkway
Suite 102
520-497-4575
ZuwaFamilyCare.com

FITNESS

Anytime Fitness

21116 N. John Wayne Parkway
Suite B3
520-568-5226

Copper Sky Recreation Complex

44345 W. Martin Luther King Jr. Blvd.
520-316-4600
PlayMaricopa.com

Longevity Athletics

20924 N. John Wayne Parkway
Suite D2-A
520-261-4661

Pacana Park

19000 N. Porter Road

Planet Fitness

20595 N. John Wayne Parkway
Suite 400
520-666-2300

FUNERALS

9 J. Warren Funeral Services

44400 W. Honeycutt Road
Suite 102-G
520-836-8041
JWarrenFuneral.com
See ad on page HG13

HEARING AIDS

HearingLife

21300 N. John Wayne Parkway
Suite 116
866-872-6311

Priority Hearing and Tinnitus

41664 W. Smith Enke Road, Suite 110
480-331-6521

HOSPITALS

Banner Casa Grande Medical Center

1800 E. Florence Blvd.
Casa Grande
520-381-6300

10 Exceptional Community Hospital

19060 N. John Wayne Parkway
520-534-0700
ECHMaricopa.com
See ad on page HG7

INSURANCE

Allstate - Mauser Agency

14620 W. Maricopa-Casa Grande Hwy.
Suite 105
520-568-2270

American Family Insurance

Chris Cahall — Agent
19756 N. Maricopa Road
Suite 112
520-350-2500

11 Clients Choice Insurance Services

Toni Chavez
Local Maricopa Independent Agent
520-553-5052
ClientChoice4ins.com
See ad on page HG13

Famers Insurance

Kimberly Renhard — Agent
19756 N. Maricopa Road
Suite 106
520-526-0396
Agents.Farmers.com/az/maricopa.
kimberly-renhard

Gebhardt Insurance Group

44400 W. Honeycutt Road
Suite 102
520-836-3244
GebhardtInsuranceGroup.com

Health Markets

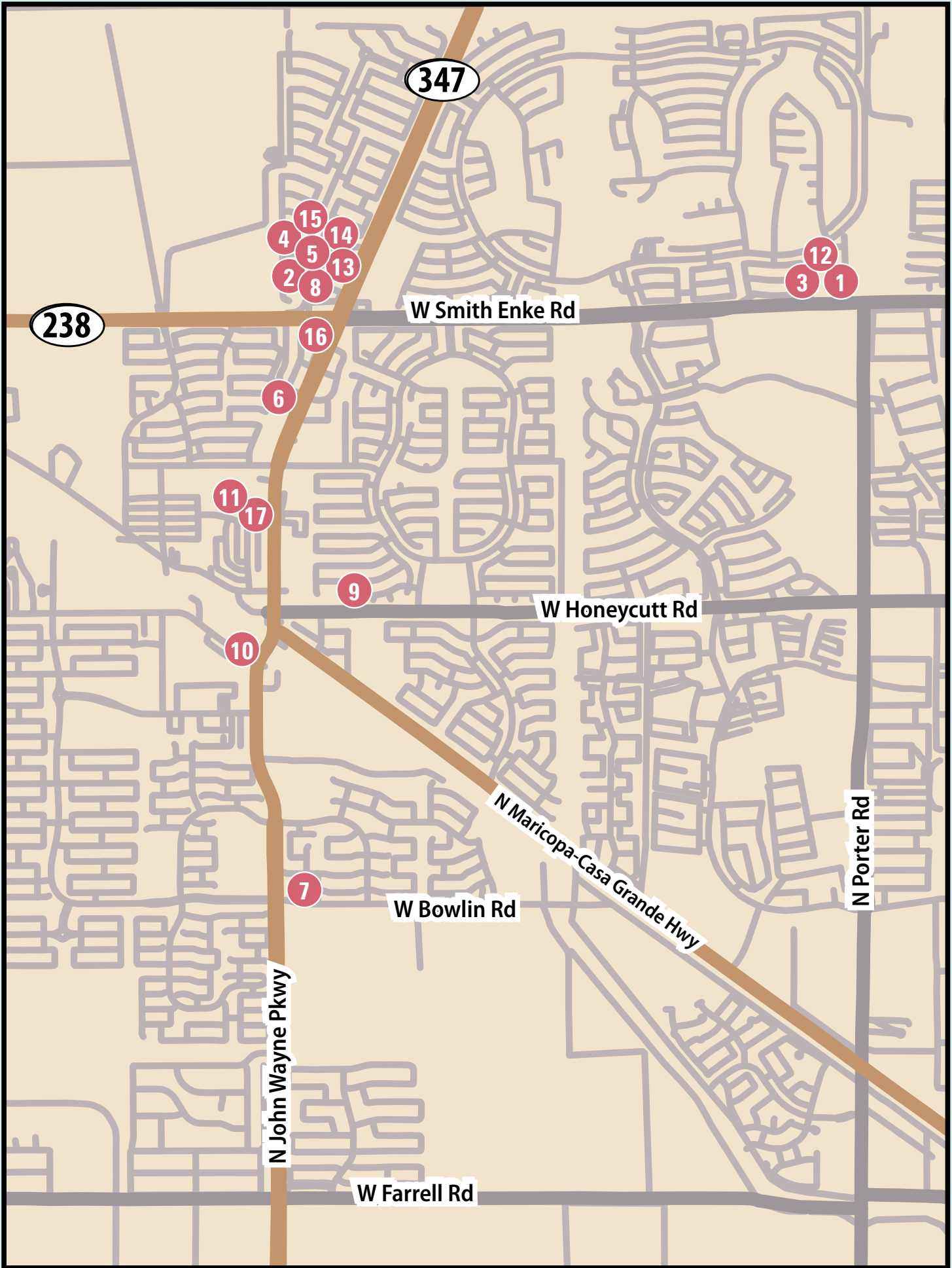
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HealthMarkets.com/BBurks

12 Insurance and Consulting Services

41704 W. Smith Enke
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520-568-6750
GloriaDSmith.com
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State Farm Insurance

Courtney Tyler — Agent
41600 W. Smith Enke Road
Bldg. 14 Suite 1
520-568-5588





HEALTH GUIDE

State Farm Insurance

Jamie Brisbin CPCU – Agent
21300 N. John Wayne Parkway
Suite 103
520-568-0100
SFMaricopa.com

State Farm Insurance

Vanessa McDill — Agent
20350 N. John Wayne Parkway
Suite 140
520-568-8400

INTERNAL MEDICINE

Banner Health Center
17900 N. Porter Road
520-233-2500

Vidal Medical Office

21300 N. John Wayne Parkway
Suite 116
520-423-9699

LABORATORY

Sonora Quest Laboratories
21300 N. John Wayne Parkway
Bldg. 3, Suite 106
520-568-0627

LICENSED MASSAGE THERAPY

Back and Bodyworks LLC

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43576 W. Caven Drive
480-522-6505

Healing Hands of Massage by Maria

44400 W. Honeycutt Road
Suite 111
520-705-9523

Heavenly Hands of Maricopa

39910 W. Curtis Way
520-233-0351

Maricopa City Mobile Massage LLC

602-832-2339

Massage Life

44145 W. Knauss Drive
480-205-0907

Massage Maricopa

19194 N. Meghan Drive
602-327-9939

Sarah McDonald, LMT

45764 W. Windmill Drive
480-235-9222 Call/Text

MEDICAL SPA

1 Maricopa Wellness Center

41600 W. Smith-Enke Road
Bldg 14, Suite 3
520-464-6193
MaricopaWellnessCenter.com
See ad on page HG3, HG14, HG16

2 Ritual Wellness MediSpa

21300 N. John Wayne Parkway
Suite 108
520-568-5943
RitualWellnessMediSpa.com
See ad on page HG11

Sonoran Wellness Med Spa

21300 N. John Wayne Parkway
Suite 112
520-840-8533

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MENTAL HEALTH RESIDENTIAL

Joint Healing Operations

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480-933-9305

Sananga Care Homes

41996 W. Quinto Drive
520-510-5057

NUTRITION

Copa Craze

20928 N. John Wayne Parkway
Suite C3
520-316-6153

ONCOLOGY

Cancer & Blood Specialists of Arizona

1876 E. Sabin Drive
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Casa Grande
520-836-9800
CancerBloodSpecialistsAZ.com

Skin and Cancer Institute

Maricopa Dermatology & Skin Cancer
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Bldg. 8 Unit 120
888-933-3761

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Desert Eye Care

21300 N. John Wayne Parkway
Suite 105
520-201-3937

Maricopa Eye Care

21300 N. John Wayne Parkway
Suite 119
520-568-7538

Nationwide Vision

20928 N. John Wayne Parkway
Suite C-6
520-316-4388

Walmart Vision & Glasses

41650 W. Maricopa-Casa Grande Hwy
520-568-0419

PEDIATRICS

Banner Health Center

17900 N. Porter Road
520-350-7646
SunLifeHealth.org/pharmacy
See ad on page HG5, HG12

Southwestern Pediatrics

21300 N. John Wayne Parkway
Suite 112
520-568-9500

7 Sun Life Health

44572 W. Bowlin Road
520-568-2245
SunLifeHealth.org
See ad on page HG5, HG12

8 Vitiello Primary Care

21300 N. John Wayne Parkway
Suite 108
520-568-5943
VitielloPrimaryCare.com
See ad on page HG11

Zuwa Family Care PLLC

20046 N. John Wayne Parkway
Suite 102
520-497-4575
ZuwaFamilyCare.com

PHARMACY

Bashas'

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520-836-4401

CVS

44274 W. Smith Enke Road
520-568-8290

Fry's Marketplace

20797 N. John Wayne Parkway
520-568-6200

7

Sun Life Health – Pharmacy

Open to the public
44572 W. Bowlin Road
520-350-7646
SunLifeHealth.org/pharmacy
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Walgreens

21274 N. John Wayne Parkway
520-568-0672

Walgreens

41840 W. Maricopa-Casa Grande Hwy.
520-635-2334

Walmart

41650 W. Maricopa-Casa Grande Hwy.
520-568-3302

PHYSICAL THERAPY

360 Physical Therapy & Aquatic

21083 N. John Wayne Parkway
Suite C104
520-436-8975

ATI Physical Therapy

20320 N. John Wayne Parkway
Suite 120
520-900-6134

Empower Physical Therapy

21300 N. John Wayne Parkway
Suite 107
520-868-6100

Petersen Physical Therapy

21300 N. John Wayne Parkway
Suite 125
520-568-2723

PODIATRY

Foot & Ankle Clinics of Arizona

21300 N. John Wayne Parkway
Suite 116
480-917-2300

15 Maricopa Foot & Ankle Center

21300 N. John Wayne Parkway
Suite 126
520-494-1090
MFAAC.com
See ad on page HG15

RESTAURANTS

16 Native Grill & Wings

21164 N. John Wayne Parkway
520-568-6077
NativeGrillAndWings.com
See ad on page HG24

URGENT CARE

Dignity Health Urgent Care

20750 N. John Wayne Parkway
520-233-2468

WOMEN'S HEALTH

Banner Health Center

17900 N. Porter Road
520-233-2500

MomDoc

21300 N. John Wayne Parkway
Suite 121
480-821-3600

17

Sun Life Health OB/GYN

44765 W. Hathaway Ave.
520-788-6100
SunLifeHealth.org
See ad on page HG5, HG12

8

Vitiello Primary Care

21300 N. John Wayne Parkway
Suite 108
520-568-5943
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MaricopaAnimalHospital.com

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