

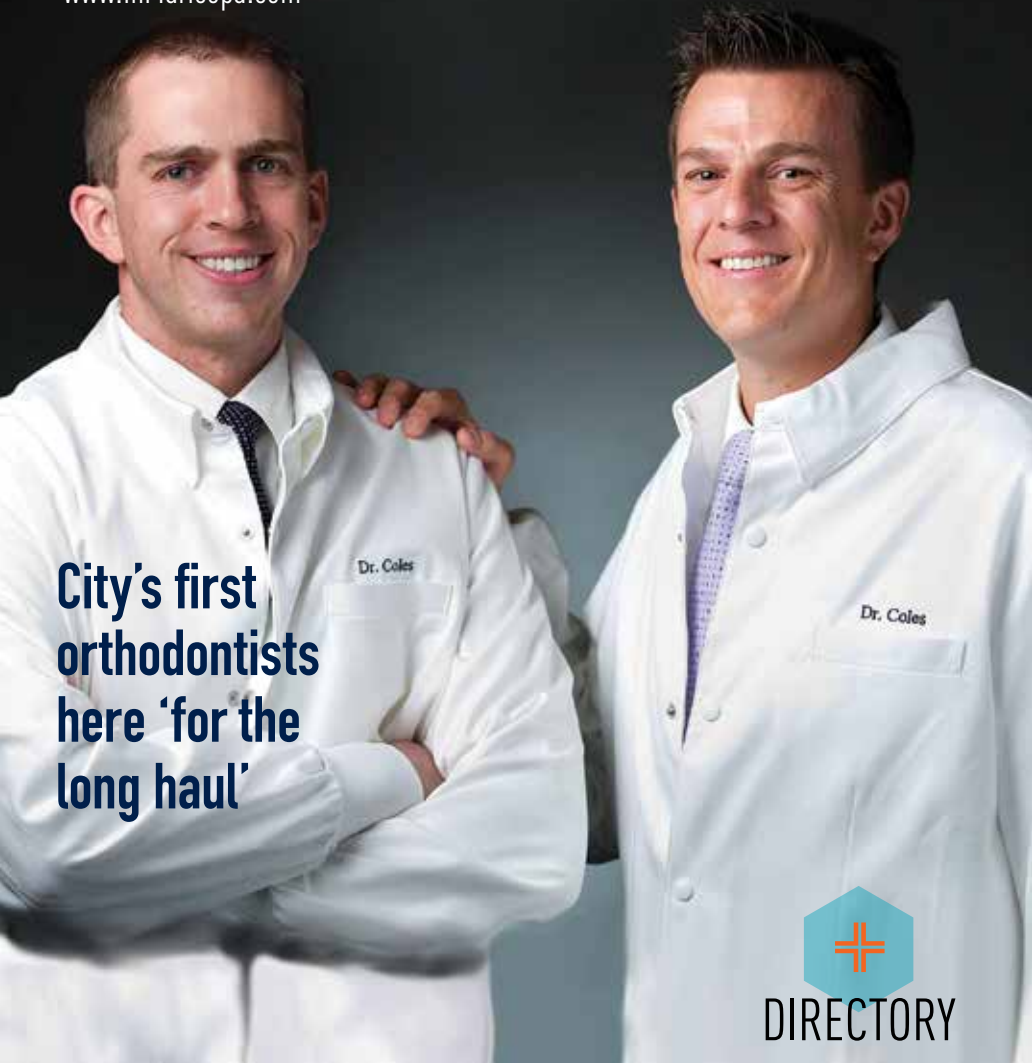
2017



Maricopa

HEALTH GUIDE

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orthodontists
here 'for the
long haul'**



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MARICOPA HEALTH BY THE NUMBERS

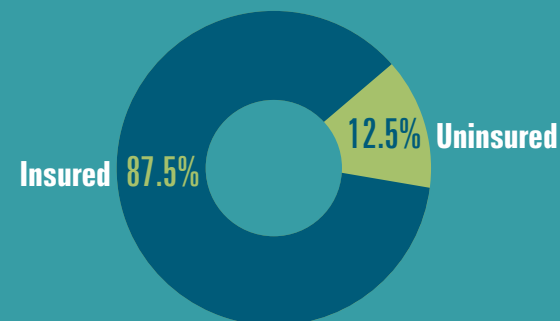
As Maricopa has grown, the city and developers have made a point of creating recreational space for residents to promote healthy lifestyles. Public and HOA-owned parks and pools, miles of sidewalks and bike lanes, competitive-sports areas and gyms are available, but good health decisions come down to the individual.

How are Maricopans doing with their health?

83% Nonsmokers	9% Nondrinkers
74% Live Active Lifestyle	28.6 Average Body Mass Index
35% Overweight	47% Healthy Diet
82% Good Hearing	48% Healthy Teeth/Gums
6.8 Average Hours of Sleep	10.2% Disabled, Under Age 65

Estimates by City-Data.com/U.S. Census

Maricopans under age 65 with health insurance



INSIDE THIS ISSUE

4	BrainHearing
6	Premier Orthodontics
8	Hospital Plans
10	Foot & Ankle
11	Flossing
12	Balance
13	Accident Injuries
14	Wellness Plans
14	Affordable Care Act
15	Eye Care
18	Provider Directory
21	Provider Map
22	Legal Advice
24	Pain Management
25	Pet Health
26	Caregiver Health
28	Fitness Tips
29	GTK Matthew Reiter
30	Opioid Help

Published by InMaricopa
44400 W. Honeycutt Road, Suite 101
Maricopa, AZ 85138
(520) 568-0040
Info@InMaricopa.com
InMaricopa.com/Advertising

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BRAINHEARING A NEW APPROACH IN HEARING AIDS

Ric Felder of The Hearing Centers of Arizona explains the latest technology in hearing aids.

Q Technology has been advancing rapidly in the last decade. What is the latest breakthrough in hearing technology?

I would definitely say the development of BRAINHEARING technology by Oticon. BRAINHEARING takes a completely different approach to hearing healthcare, and it has made a huge difference in the lives of our patients.

Q How is BRAINHEARING different; aren't hearing aids just fancy amplifiers?

Absolutely not. Today's devices consist of very fast, miniature computer processors. In fact, an advanced hearing device today has more processing power than the average laptop computer! What makes BRAINHEARING technology different is the direction they have aimed the technology.

Q What does BRAINHEARING do different?

The standard approach falls short as we do not hear with our ears. The ears are only responsible for gathering sound information and delivering it to the brain and that is where hearing actually happens, in the brain. It is not



enough to just pick up sounds; complete hearing is the action of identifying, separating, organizing and focusing on a particular sound or voice in a crowd. BRAINHEARING technology gets completely away from the task of trying to overmanage sound within the device and instead focuses on supplying the brain all the information it needs from the listener's environment so the brain can do the job it was designed to do. The processor inside the device is so fast it can scan the listener's environment 100 times per second!

Q Are they more expensive than standard technology?

BRAINHEARING technology is available at the same price points as standard technology, so you do not have to pay more to take advantage of this superior approach to hearing healthcare.

Q Why do your customers buy from you?

Personalized service and options combined with the absolute best price points, value at all technology levels and a 3-6 week rehabilitative process. You will not get that at your big box store or off the internet. Also, our price points on technology levels are very comparable to the big box and chain stores as we are part of the American Hearing Aid Associates buying group and partnered with William Demant corporation.

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Your ears and brain work together as a system. Your brain performs 4 key tasks when you listen...

Orient

The brain constantly uses both ears to orient itself and know what's happening in the environment.

Recognize

The brain depends on its ability to recognize a sound in order to make sense of it.

Focus

The brain uses both ears to focus on what's important, especially in noisy sound environments.

Separate

The brain separates relevant sounds from competing noise.



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Give Your Brain Exactly What it Needs to Hear...

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oticon PEOPLE FIRST



MARICOPA'S FIRST ORTHODONTISTS IN 'FOR THE LONG HAUL'



MASON CALLEJAS

Orthodontist Tyler Coles with Maricopa office staff (from left) Rosette Pitts, lead orthodontic technician; Dawn Thomas, treatment coordinator; Alexia Robles, patient concierge; and Charlotte Barajas, office manager.

Maricopa orthodontists Tyler and Dustin Coles rooted their business in the community when the city was in the midst of historical growth.

"During the housing boom of the mid 2000s, we noticed that there was no orthodontist in Maricopa," Tyler Coles said. "We decided that it would be a great place to start a practice that could grow with the town."

For the past 12 years, the Coles have treated over 10,000 patients in Maricopa and their four other locations.

The family's local office is unique, with cool, slushy drinks and warm, baked cookies ready for patients while they wait.

"We like to think of ourselves as the one orange in the sea of apples," said Dustin Coles.

Dustin said the recognition they have received for their intricate work is as individualized as the clients they treat.

Premier Orthodontics offers traditional, metal braces, clear aligners, as well as oral surgery and other teeth-straightening options.

"Our practice has won an award from Invisalign for treating the hardest case in the country," Dustin said.

In addition to its day-to-day operations, Dustin and Tyler said they like to give back to their community through charity work.

"We also have pledged to treat 100 kids a year pro bono, through the Smiles Change Lives foundation," Dustin said. "It's our way of saying 'thanks' and helping those in need."

Premier operates out of Chandler/Gilbert, Casa Grande, North Phoenix/Scottsdale and Central Phoenix. Coles said Maricopa customers can visit any Premier office if they need to be seen while visiting the Valley.

"We love what we do, and that we are here to serve the people of Maricopa for the long haul," Dustin Coles said.

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Authoritative information for parents of children, pre-teens and teens is available, free, and at no obligation, including downloadable free reports, online video, and more.

In this era of social media, social media shaming and bullying, and hyper-emphasis on personal appearance, crooked and mis-placed teeth and a smile he or she is embarrassed about and humiliated by can be a serious issue. Further, there are lifelong health ramifications of neglected or postponed, necessary teeth straightening. This is much more than just 'cosmetics'. But how can you feel confident about the decisions you make, for your daughter or son? Please let us provide the information that directly and clearly answers your questions.

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PLANS FOR MARICOPA HOSPITAL ON ICE

By Michelle Chance

It has been five years since plans of a hospital coming to Maricopa were announced.

In 2012, Dignity Health purchased nearly 19 acres on the northeast corner of John Wayne Parkway and Smith-Enke Road with the intention of building a 34,800-square-foot emergency facility and hospital by 2016.

The provider opened an urgent care facility in the Maricopa Fiesta shopping center the following year, but movement up the road on a new facility has not materialized.

It's a service missing in the community, a fact Economic Development Director Denyse Airheart recognizes.

"People want to be able to be born in Maricopa and they want to be able to die in Maricopa, and I feel like it's a huge element that does not exist in the city today," Airheart said.

Since buying the property for more than \$2 million five years ago, Dignity Health experienced an "evolution in healthcare," Airheart said, including the hiring of a new CEO and the adoption of a new business model which likely slowed development of a facility in the city.

"There was discussion about Maricopa being the next location for a micro E.R. a few years ago. However, we did not meet the 25-mile radius requirement," Airheart said.

Aiheart explained that state regulation mandates stand-alone emergency rooms be located 25 miles away from the provider's main hospital. Chandler Regional Medical Center is 22 miles from Maricopa.

However, just because an emergency room



The empty lot at the northeast corner of State Route 347 and Smith-Enke Road was once intended for a small hospital by Dignity Health.

has not been built, it does not mean one won't be built.

"I think that our market will be one of the first ones the new CEO visits to assess what it is we need and how we fit into their future needs," Airheart said.

The same year Dignity Health purchased land, Banner Health Center opened on Porter Road. The building sits on 20 acres owned by the provider and is the first of three phases of the clinic. The plan include construction of a second floor.

"[Banner has] been growing aggressively throughout the entire state, so I think that they're perfectly poised for expansion in the southern portion of Maricopa," Airheart said.

Even without a hospital, healthcare options in Maricopa have grown dramatically since before the days of incorporation in 2003.

Longtime resident Becky Bandin moved to the

town in 1959 as a teenager. When someone was ill back then, they commuted to doctors' offices and hospitals in the Valley and Casa Grande, Bandin explained.

Eventually, physicians came to Maricopa, and residents also used the urgent care facility, but Bandin said it is still not enough for the community's needs.

"We need a hospital," Bandin said. "The urgent care isn't fully equipped and they still send us to Chandler and Phoenix."

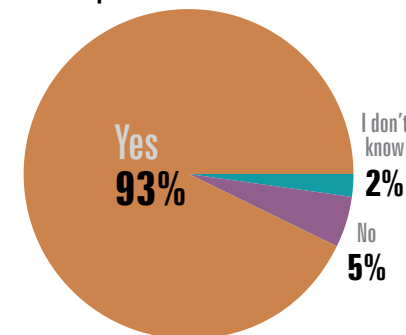
The possibility of a Maricopa hospital is something Airheart said could be a reality in a few years.

"If we see something happen in the next two to three years, I think it's perfect timing for (Dignity Health) and (Banner)," Airheart said.

Neither Dignity Health nor Banner responded to requests for an interview.

POLL

Currently being served by medical centers in Chandler and Casa Grande, do you think Maricopa needs a hospital?



Total votes: 992

Source: InMaricopa.com poll Aug. 21-Sept. 12



Q&A

Dr. C. Jon Beecroft

MARICOPA FOOT AND ANKLE

Q Why does my heel hurt first thing in the morning?

You probably have plantar fasciitis, which can happen by running without support or going to the amusement park in flip-flops. Once the fascia tears a little, and you rest your feet, the fascia tries to heal. However, it cannot heal overnight, so when you step down the next morning, ouch. You tore it again. Then you rest it, and heal it again and then step down again and once again tear it. It's a vicious cycle.

Q How should I cut my nails so I don't get an ingrown toenail?

Don't dig down in the corners. Straight across works fine, but let's be honest, it can look funny. So, a small curve to the nail can be more cosmetically appealing. However, once you dig down in the corners, it is very easy to get an ingrown nail.

Q How do I get rid of fungus in my toenails?

It's not easy. Most topical antifungals don't work too well. There are lots of home remedies, such as apple vinegar soaking daily. This works for very mild cases of fungus, but one must be diligent for about a year. In my practice, we usually have to put people on an oral medication for 90 days.

Q I sprained my ankle. Can I just walk it off?

I suppose you can. You can also walk off a broken ankle, it will just hurt and take forever to heal. Generally, if you only have a sprained ankle, that indicates you either tore or ruptured a small ligament. Ligaments hold bones together. If you walk off a sprained ankle, the ligament can weaken or get scar tissue.

Q My heels are dry and cracked. What can I do?

Lotion, lotion, lotion and keep them hydrated. If that fails, there may be more problems with your feet than just dry skin. Fungus in the skin can look like dry feet but is actually a severe case of athlete's foot. It may be more serious like psoriasis, which creates plaque-like lesions and mimic dry skin.



3 REASONS TO FLOSS

Flossing is vital to your overall oral health. Here are three reasons why:

1 KILL BACTERIA

Your mouth is filled with bacteria, which produce acid. This acid can break down your tooth enamel and eventually

cause cavities. The bacteria and their byproducts can also cause sulfur compounds in your mouth, which are common causes of bad breath. It is impossible to fully clean your mouth with just a toothbrush; you need to floss, too.

2 PREVENT TARTAR

If food, plaque and bacteria stay in your mouth long enough, they will harden. This is called tartar, and your dentist is the

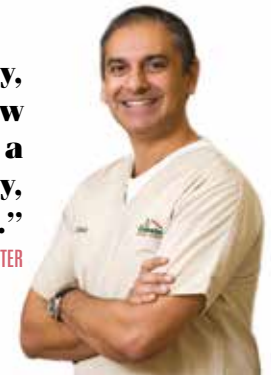
only one who can remove tartar because it is stuck to your teeth.

3 KEEP YOUR TEETH

Eventually, bacteria in the plaque and tartar produce enough waste that they harm the gums, causing gingivitis. If your gingivitis is not treated, you will end up with periodontal disease and the gums and bones that support the teeth will be damaged, which can lead to a loss of teeth.

“If you haven't been flossing daily, don't be discouraged. Start a new streak today! Just a couple minutes a day flossing will save you time, money, pain and maybe even your teeth.”

— DR. EHFAD SHAH, COBBLESTONE DENTAL CENTER



Dr. C. Jon Beecroft



Dr. Kelvin Crezee



Dr. Alex Stewart

- Ingrown Toenails
- Sprains & Fractures
- Athletic Injuries
- Warts

- Plantar Fasciitis
- Varicose Veins Treatment
- Ankle & Foot Surgery
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IMPROVE YOUR BALANCE TO IMPROVE YOUR QUALITY OF LIFE

By Jeffrey Petersen, PT, MOMT

The No. 1 cause of injuries in seniors is related to falls. Every year, millions of older adults experience a ground-level fall. Falling can cause moderate to severe injuries, such as fractures and head traumas. Injuries sustained in a fall can increase the risk of early death. Fortunately, the problems caused by falling are largely preventable.

Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, which leads to reduced mobility and loss of physical fitness and, in turn, increases their actual risk of falling.

How can you improve balance?

Older adults can stay independent and reduce their chances of falling by:

- Exercising regularly. It is important exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Talk to your physical therapist to get specific recommendations.
- Asking your doctor or pharmacist to review your medicines — both prescription and over-the-

counter — to identify medicines that may cause side-effects or interactions such as dizziness or drowsiness.

- Having your eyes checked by an eye doctor at least once a year and update your eyeglasses to maximize your vision. Consider getting a pair with single vision distance lenses for some activities such as walking outside.
- Making your homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways, and improving the lighting in your home.
- Getting checked by your doctor or physical therapist if you experience persistent dizziness or “vertigo.”

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HOW TO CARE FOR INJURIES IN AUTO ACCIDENTS

By John Donohue, DC



I have treated thousands of automobile accident patients over 25 years in practice.

There are accidents on every road, but State Route 347 is close to home and gets a lot of attention for collisions and near misses. Watch your speed, use your signals, double check your mirrors and blind spots and look out for motorcycles and semi-trucks on every road.

After an automobile accident, many people do not experience immediate injury symptoms. It can take hours, days, weeks or even months to produce symptoms. There are approximately 50 symptoms of whiplash.

If you experience pain and swelling, apply ice immediately. In the neck and mid back — 20 minutes, low back — 30 minutes. After the

initial application, neck and mid back — 10 to 15 minutes and the low back 15 to 20 minutes. These should be done every 2 hours while awake if possible, but at least 3-4 times a day.

Take a couple of days to rest and limit movement if you can.

I cannot comment on medication, but there are alternative, all-natural pain relievers, anti-inflammatories and muscle relaxers that are very effective and will not alter your state of mind and body chemistry.

Drink plenty of water and eat a healthy non-acidic diet; it will speed your recovery.

Seek chiropractic and medical care if your symptoms persist.



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John A. Donohue

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WELLNESS PLANS: TRUTH OR HYPERBOLE?



By **Bill Weaver**,
Focus Benefits

Wellness plans have become all the rage with employer-based health insurance. What exactly is a wellness plan, how do they work and what should you expect from it?

Wellness refers to your physical and emotional health and overall wellbeing. So that might mean a “wellness plan” is a program you can participate in that will help you improve and maintain your good health. Well, generally speaking, that is true, but it doesn’t work without your participation.

Wellness is dictated by your lifestyle. If you smoke, drink heavily, are overweight and don’t exercise, over the years the accumulated effect of that lifestyle will cause you to incur heavy medical bills.

Good wellness plans provide you with advice, a way to check your health status and monitor your progress. They show you the way to good health and give guidance on making lifestyle changes to help you. In addition, many of them provide incentives to keep you involved.

In the end your lifestyle choices and personal responsibility will make the difference between a healthy life or one of sickness and distress. A good wellness plan can provide guidance and reinforcement to help you make the right choices.

AFFORDABLE CARE ACT IS STILL IN EFFECT

By **Bill Weaver**, **Focus Benefits**

I’m confused — do we have ObamaCare or not now?

ObamaCare is actually called the Affordable Care Act, or ACA, and the simple answer is yes, the ACA is still in effect — and very little has changed recently. You need to view this in two different formats — personal insurance and employer-provided group insurance.

Personal insurance is what you hear the most about, as insurance companies leaving ACA limits options for coverage. Arizona has two options, the marketplace (Exchange), AHCCCS (Medicaid) and AMBetter (Healthnet). This is complicated by a

lack of independent insurance agents representing these products.

Employer-provided group insurance are plans made available to employees of Arizona employers. This market is still vital and has a substantial number of providers for employers to go to. There are also a very large number of independent insurance agents still working in this market to assist you and your employers with obtaining coverage.

In 2018, I think you can anticipate some actual changes to the legislation and how it is implemented. Suffice to say, the most important thing is to get good advice and plan well ahead for any changes you anticipate.

Bill Weaver is owner of Focus Benefits Group, LLC.

602-381-9900
FocusBenefits.com

3 SURPRISING EXAM FINDINGS IN PEOPLE WITH ‘NORMAL’ VISION



Maricopa Eye Care’s **Dr. Roger Vesper** explains why it’s a good idea to get regular eye exams, even if you can see just fine.

1 Unexpectedly poor vision

It’s not uncommon for people who believe their vision is fine to learn they are actually seeing more poorly than they think. Changes in vision generally

occur very slowly — so slowly it’s hard for many people to detect they are even happening. The fact is, often you don’t know how poor your vision is until you’re shown how great it could be.

2 Ocular hypertension

Mild to moderate ocular hypertension (elevated pressure inside the eye) does not have any symptoms, such as pain or abnormal vision, in its early stages. As a result, a diagnosis of ocular hypertension or its related disease, glaucoma, comes as a complete surprise for most people. Although potentially blinding if left untreated, the good news is these conditions are very easily managed for most people if detected early.

3 Undiagnosed systemic health problems

Diseases like diabetes and hypertension can leave tell-tale signs in the retina. In patients who aren’t getting regular physical checkups, a comprehensive eye exam can uncover undiagnosed problems and provide primary care physicians and specialists with valuable data in diagnosing and managing these conditions.

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709

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Million Charity Care



5,299

Patients Admitted



43,133

Emergency Visits



22,505

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578

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165,848

Service Area Population

Source: 2016 Annual Report

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7 Copper Sky Recreation Complex

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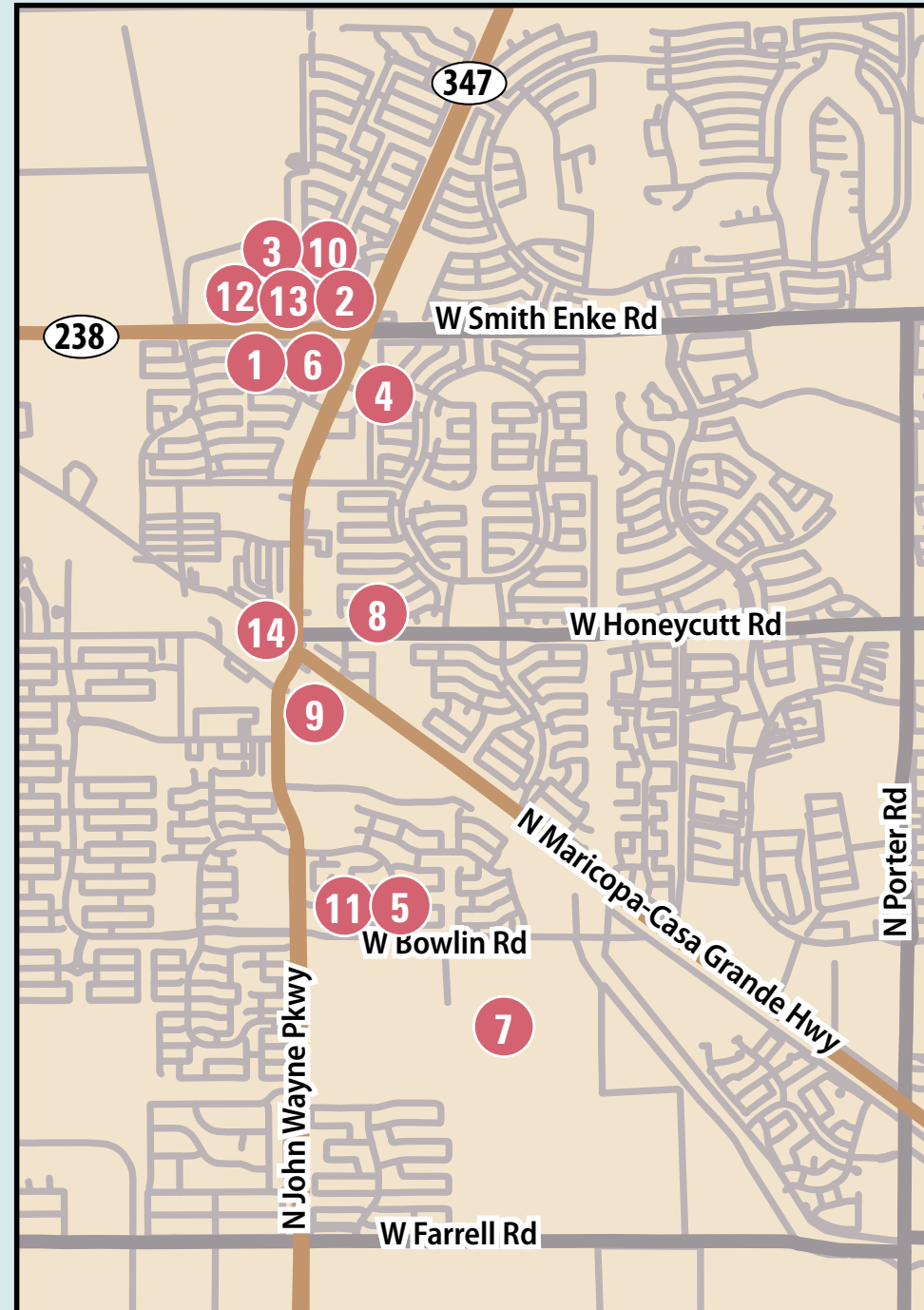
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S. Christopher Copple, Esq.
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Q I was hurt in a car accident last year but didn't do anything about it. Is it too late?

It depends. In most cases in Arizona involving personal injury, you have two years from the date of the accident within which to file a lawsuit. This deadline is known as the "Statute of Limitations." However, if the other driver was a public employee/employer, the deadline is shortened to one year, and you also must have served a "Notice of Claim" upon that public employee/employer within 180 days of the accident.

Q How do I know if I'm the victim of wrongdoing?

If you or a loved one have been injured as a result of someone else's actions, consulting an attorney who specializes in that field will provide expertise in evaluating your case. Examples range from the obvious truck and car crashes to more complex situations such as medical errors resulting in injuries or death, or your insurance company not paying for damage to

your home as required under your homeowner's insurance policy. Even if you're not sure, calling an attorney can at least provide you with peace of mind.

Q What should I be looking for when hiring a lawyer?

Experience. Knowledge. Trust. Empathy. Perhaps most importantly, go with your gut. You need to be comfortable with your lawyer just as he or she needs to be comfortable with you. This is a relationship and an important one. A lawsuit typically lasts two years or longer. During this time, the lawyer you choose is handling any number of cases, but this is your only case and you want someone who will give it and you the attention required to provide you with the best possible outcome.



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PROLOTHERAPY NATURAL ALTERNATIVE FOR PAIN RELIEF, HEALING

By Dr. Philip Wazny

Knee, shoulder, elbow and back pain are the top reasons I see patients in my medical practice. Unfortunately, most patients are underwhelmed by their typical treatment options: physical therapy (which certainly has its place), pain medications (which very RARELY has its place) and, of course, surgery. An impressive alternative, which has been used since the 1950s, is a natural, non-surgical treatment called prolotherapy.

Prolotherapy is an injection, but unlike conventional steroid injections like cortisone (which carries multiple risks), it is a non-pharmaceutical solution containing dextrose (sugar), lidocaine and



vitamin B12.



Patients find it highly effective because it is designed to specifically address the source of their pain and triggers the body's innate healing mechanisms to strengthen damaged joints due to trauma or arthritis.

In other words, whenever there is an injury to any connective tissue (ligaments, muscles, tendons, bones), the body's natural response is to create a productive inflammatory process that gets the healing processes started by removing damaged tissues and starting to generate new ones. Prolotherapy amplifies this natural reaction to speed healing and also strengthen weakened or damaged tissues.

Multiple studies have shown when this solution is precisely injected into a problem area, productive tissue growth, which promotes true healing and ultimately relieves pain, occurs after 1-3 treatments. Typically, the only side effect is minor local soreness from the injection that lasts no more than a few hours. For those patients with pain issues who have been told surgery is their only option, prolotherapy is a viable alternative that should be investigated.

Phil Wazny, NMD is trained in the disciplines of Complementary and Alternative Medicine — acupuncture, homeopathy, botanical medicine, nutrition, environmental medicine, detoxification and mind-body medicine.

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5 HEALTHY HABITS FOR PETS AND THEIR OWNERS

Pets are the lights of their owners' lives. Keeping pets healthy is key to extending the warmth and love for years.

Dr. Ernie Ward, nationally renowned veterinarian, pet author and founder of the Association for Pet Obesity Prevention, offers his 'Top 5 Healthy Habits' for pet owners to help ensure pets stay happy and healthy throughout the year:

1 Healthy Eats and Treats

The most important decision you make each day regarding your pet's health is what you feed it. When choosing pet food, look for meat as one of the first few ingredients and avoid by-products, artificial flavors, colors and preservatives whenever possible. When it comes to treats, look for low-cal options that confer some health benefit. Treats that help maintain healthy joints, clean teeth or ensure pills are taken are recommended.

2 Brain Boosters

Most people love puzzles — and so does your pet. One of the best ways to feed and treat pets is with a food puzzle. These clever devices hide your pet's food or treats until they unlock the secret and get their goodies.

3 Power Play

Walking your dog and playing with your cat each day keeps them trim, healthy and mentally alert. Pets that don't receive enough physical activity ("lap potatoes") have the highest rates of weight-related diseases such as arthritis and diabetes and suffer from behavioral problems. For dogs, 20 to 30 minutes of brisk walking each day benefits both ends of the leash. For cats, two or three 5-minute play periods are plenty.

4 Paws Together

It's more fun to play with other dogs. Socialized dogs are simply better-behaved and




more fun. Visit a dog park, enroll in training classes or become active in serving your community. There are endless ways to get you and your dog to interact with other pet lovers. Share the fun and join a new pack!

5 Pets and Vets


A pet owner's primary goal should be to prevent disease, not only treat it. Changes in diet or lifestyle, giving nutritional supplements and exercising more are straight-forward solutions. Sometimes you just need a prod; other times a push. Your veterinarian is your pet's voice; let them speak for your pet by

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BRAKE BEFORE YOU BREAK

By Sherielyn Curry, MDiv., CSA

As a former family caregiver for my mother, I remember the joys and the pains of having this role for 10 years. Now, as a home care agency owner, I take special care to look for ways to support family caregivers.

A family caregiver is defined as a family member caring for a loved one in an unpaid capacity. They may live in your home, in their own home or in some other kind of living facility, but you are the primary caregiver. Often times you are juggling your life demands, as well as their life demands. And, the demands can become overwhelming. But, you continue to care, you continue to serve, you continue ...

This article is to encourage you to stop and take care of yourself as well. In other words, "Brake before you break!"

Caring for an aging loved one is a labor of love. As your elder needs more of your time and energy, you may find yourself giving up outside activities, saying no to friends, feeling distracted at work



and getting stressed at home. You run the risk of neglecting yourself.

But, if you don't take care of yourself, how can you care for someone else?

Finding that balance can be a challenge. Here are five tips to aid you in caring for yourself and preventing burnout:

- Ask for help. Determine services available in your area and create a resource network.
- Make healing habits of prayer, Bible and inspirational reading, music and fellowship, or whatever your faith tradition allows.
- Give yourself permission to take time off.
- Don't major in the minors with other family members. Remember you will always have bigger fish to fry!
- Don't entertain "what-ifs" or "if-onlys." If you are doing your best, know your best is the best you can do.

I honor you and thank you for the caring service you provide. You are in my thoughts and prayers.

Sherielyn Curry owns and operates Comfort Keepers, serving Maricopa and surrounding areas for over 10 years, offering a variety of services to give comfort and peace of mind.

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5 TIPS FOR REACHING PEAK HEALTH

By **Matthew Reiter**, Copper Sky Multigenerational Complex's fitness coordinator

1 Dig deep and find the fire and passion within! Find a reason that will spark the fire within your belly and won't let you ever quit. Hold on to this and use it.

2 Get educated and do tons of research. I read 3-5 books a month and go to tons of fitness seminars. I don't expect anyone else to be OCD about fitness knowledge, but ask questions and find answers that are scientifically evidence-based.



3 Find a fitness mentor or coach. I learned from some really outstanding people in the fitness industry on how to believe in yourself and lead with your heart and not your brain. If you have to, find a personal trainer or life coach.

4 Find a training partner. Yes, this is huge! I have been working out with Mayor Christian Price now for three years straight, 4-5 days a week at 5/6 a.m. at Copper Sky. I owe a lot of my conditioning to knowing that I can't miss a workout because we hold each other accountable.

5 Make it happen and kick maximum butt! Too many people overthink it and find excuses. It is when you put your head phones in, block out the world and drop the hammer that it all comes together in the gym. Fewer selfies and more exercise.

Getting to Know MATTHEW REITER

Matthew Reiter is the fitness coordinator the City of Maricopa's Copper Sky Multigenerational Complex. He shares his background and his passion for health and wellness.

Hometown: Saigon, Vietnam (adopted by an amazing family at age 1 during Vietnam War)
Residence: Senita
Maricopan since: 2014
Pets: Dogs Bella, Max and Roxy

FAVORITES ...

Movie: The Scent of a Woman. I love this film, and it reminds me when I was in the Army.
Musician: Jay Z. Yes, I love rap!



Learn more about Matthew and what inspires him at InMaricopa.com/Getting-To-Know.

Athlete: David Goggins, an ultra-athlete and ex-Navy Seal
Food: I am plant-based now so quinoa, but before this I loved

bacon! I still do actually, but I can't eat it.

Exercise: Bench press and running are tied for me. I still brag that I bench 300 at age 43 and at any time I can run a half marathon with no training.

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GETTING HELP FOR ADDICTIONS TO OPIOIDS, PAINKILLERS

By Mason Callejas

As much of the United States has faced a staggering number of opioid-related deaths in recent years, Arizona has begun to confront the harsh reality of

what Gov. Doug Ducey declared to be a “statewide emergency.”

Opioid addicts seeking rehabilitation have numerous options for treatment.

The support network Advocates for Opioid Recovery strongly suggests medical detoxification, which uses a combination of “behavioral interventions and medications” to treat opioid abuse. The organization claims 66 percent of addicts who use medication detoxification reach sobriety after six months, versus only 31 percent who use no medication.

Once detoxed, medications like short-term Subutex

(buprenorphine) and long-term Vivitrol (naltrexone) are often effective treatments for opioid cessation. These drugs work by binding to the same neurological receptors as opioids negating the desire to use. A drug known as Suboxone is a combination of buprenorphine and naloxone and is often used with addicts going through immediate detox.

Methadone can also help with the detoxification process. However, in recent years, many authorities including the Center for Disease Control and Prevention have urged against its prolonged use as it has been reported users have developed dependencies on the drug.

Cognitive therapy is also used to treat addiction of all types, focusing on addressing the underlying causes of substance abuse through counseling, group therapy and other cognitive exercises.

Twelve-step programs are the largest common denominator of long-term recovery programs. When used in conjunction with Medication Assisted Treatment (MAT) and counseling, 12-step programs have proven to be quite successful.

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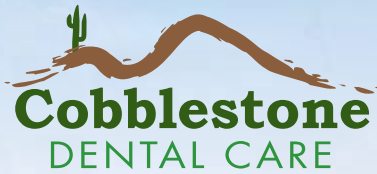
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