

April 2025 | Newsletter

Updates and Announcements

Hello everyone! It seems "winter" is over and we are approaching the hot weather! It is important to remember to be conscious of how much water you are intaking and applying sunscreen daily! Let's have a good April!

April Fools Jokes:

Why did the golfer bring two pairs of pants?

In case he got a hole-in-one.

Updates

Spring Art with Laurie

On Wednesday, April 16th from 3p-5p we are having an Easter Art Social. It will be a multi-medium art social so there will be options! 2:30p&3:30p classes will be **canceled** that day.

New Classes

- **Added Seated Yoga on Fridays at 12:30pm**
 - Due to high demand, we have added a new seated yoga class on Fridays at 12:30p starting 4/4/2025
- **New Advanced Fitness class on Wednesdays at 12:30p**
 - Due to low attendance, we have decided to change the 12:30p balance class to Advanced Fitness Class. This class will be treated like a Moves class, but lower impact for those who feel the Moves classes are beginning to be too strenuous. This will be **invite only**.
- **Golf Workshop class**
 - The Golf Workshop will be starting April 1st from 3:30p-4:30p. It is a 5-week long course with the 5th class (April 29th) taking place at Top Golf for those enrolled in the course. There are currently 2 spots available for the month of May, if you are interested, reach out to Christian (Christian.Estrada2@bannerhealth.com).

Coffee Talks

- **April 4th**— Support Group Check in
- **April 11th**— To be announced
- **April 18th**— Coffee Talk with Cassie
- **April 25th**— Member Spotlight with Barrett

We are still looking for member volunteers to present their stories, so if this interests you let a staff member know, and they will help guide you through it 😊

Birthdays

Ron D.- 4/1	*Kelli C.- 4/8	Pat M.- 4/20	*Annette- 4/28
Sheila F.- 4/4	*Cassie- 4/12	Tom L.- 4/22	
Don M.- 4/6	Don L.- 4/15	Rick S.- 4/25	

If you have questions call, 480-827-5800.

More information https://bannerhealth.com/locations/gilbrt/banner-neuro-wellness-gilbert?y_source=1_MTM0MDg2NjctNDgzLWxvY2F0aW9uLndiYnNpdGU%3D

Sun Safety Facts

[CDC](#)

Overview

Spending time outside is a great way to be physically active and reduce stress. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The [UV Index](#) forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

What You Need to Know about Sun Safety

Skin cancer is the most common cancer in the United States. Too much sun can cause skin cancer. [This video](#) explains how to protect your skin from the sun.

How to protect your skin from the sun

- **Shade:** You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.
- **Clothing:** When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.
- **Hat:** For the most protection, wear a hat that has a brim all the way around that shades your face, your ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.
If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.
- **Sunglasses:** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.
- **Sunscreen:** Put on broad spectrum [sunscreen](#) that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all



exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options.

Sunscreen is not recommended for babies who are 6 months old or younger. The [US Food and Drug Administration](#) recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

SPF. Sunscreens are assigned a sun protection factor (SPF), which is a number that rates how well they filter out UV rays. Higher numbers indicate more protection. You should use a broad-spectrum sunscreen with SPF of 15 or higher.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

Three Ways Getting Outside into Nature Helps Improve Your Health

[U.C. Davis](#)

Many of us are in front of a screen for much of our day — whether that be a computer, TV, or smartphone. As a result, we spend less time outside experiencing the natural world. Here are some reasons why we all can benefit from taking a nature break.

1. Nature can help us improve our thinking, reasoning, and other mental abilities

When we're in urban environments or the office all day, we can experience sensory overload, resulting in tension and mental fatigue. Studies have shown that our minds and bodies relax in a natural setting. This increases feelings of pleasure and can help us concentrate and focus more effectively, [according to studies in the National Library of Medicine](#).

Being outdoors can also have relaxing effects on our minds. Nature can provide a mental break by allowing us to temporarily escape the demands of everyday life. It can also [boost your creativity and problem-solving abilities](#).

For example, if you're having a mental block writing a paper or can't seem to solve a problem at work, step outside for a breath of fresh air. Take an easy walk around your neighborhood or office. You just might find the answers you were looking for.

2. Nature can improve physical wellness

Getting out into nature can lead us to want to walk, bike, hike, or kayak more often. People typically engage in regular physical activity when they're in nature. So, stepping outside can help you keep a healthy weight or even lose weight by increasing activity levels.

Studies also show that being in nature has a positive effect on our bodies by reducing [cortisol levels](#), muscle tension, and demands on our [cardiovascular systems](#) (lowers heart rate and [blood pressure](#)). Being out in nature often may lead to lower rates of [heart disease](#). The great outdoors can also help you increase your [vitamin D](#) level, which is important for your bones, blood cells, and immune system.

3. Being outside can improve your mental health



Nature can help decrease your [anxiety](#) levels and can help lessen stress and feelings of anger. Exercise can also help this, but it's even better when you're outside.

Regular access to green spaces has been linked to lower risks of depression and improved concentration and attention. Being outside allows us to be social and come together with family, friends, or even people you don't know while on a hiking trail, for example.

Additionally, you may find that [you sleep better](#) when you are regularly outside. Daily exposure to natural light helps regulate sleep/wake cycles. By making sure that you get outside in sunlight every day, you can improve your ability to sleep at night.

Nature can also have benefits for children. [One study in Denmark](#) examined 900,000 residents born between 1985 and 2003. They found that children who lived in neighborhoods with more green space had a reduced risk of mental disorders later in life.

Other benefits to being in nature

There are some positive health impacts related to getting outdoors. You can learn more about these in the [research summary from the U.S. Department of Agriculture](#). They include the following:

- People who live near parks and green space have less mental distress, are more physically active, and have longer life spans.
- Exposure to nature may decrease death from chronic disease.
- When people exercise outdoors in nature, they do so for longer periods of time and at greater intensities.
- Positive health effects are enhanced when green space includes water.

Simple outdoor exercises if you're short on time

If you have a busy schedule and don't have much time to get outside, these may help you get a quick nature fix:

- 5 minutes: Stand outside with the sun on your face or take off your shoes to feel the grass in between your toes. If the weather isn't great, take a few minutes to gaze out a window at the scenery outside.
- 25 minutes: Go out for a stroll and take some deep breaths. You could even eat your lunch outside or take a phone call or meeting outdoors.

Other fun ideas to experience nature

- Plan a picnic with friends or family. Find a park or green space to enjoy a meal and maybe take a frisbee or soccer ball.
- Rent a kayak or canoe on a nearby waterway.
- Find a hiking trail you've never been to.
- Dust off your bicycle and go for an easy ride around the neighborhood.
- Take your dog for a walk to a nearby park — they'll enjoy it just as much as you will.
- Grab a book and find a shady tree to sit under.
- Plant a vegetable or flower garden in your yard or on your patio.
- Take up golfing with a friend or family member.
- Meet up with a neighbor or friend to walk daily or weekly.
 - Go bird watching at a nearby state park or wildlife habitat.



Discussing *The First Ladies* by Marie Benedict and Victoria Christopher Murray by Andrew St. Pierre and Gwynn White on Thursday April 17th at 1:30p

Synopsis

A novel about the extraordinary partnership between First Lady Eleanor Roosevelt and civil rights activist Mary McLeod Bethune—an unlikely friendship that changed the world, from the *New York Times* bestselling authors of the *Good Morning America* Book Club pick *The Personal Librarian*.

The daughter of formerly enslaved parents, Mary McLeod Bethune refuses to back down as white supremacists attempt to thwart her work. She marches on as an activist and an educator, and as her reputation grows she becomes a celebrity, revered by titans of business and recognized by U.S. Presidents. Eleanor Roosevelt herself is awestruck and eager to make her acquaintance. Initially drawn together because of their shared belief in women's rights and the power of education, Mary and Eleanor become fast friends confiding their secrets, hopes and dreams—and holding each other's hands through tragedy and triumph.

Starting *The Housemaid's Secret* (Sequel to *The Housemaid*) by Freida McFadden and Discussing on Thursday, May 15th at 1:30p

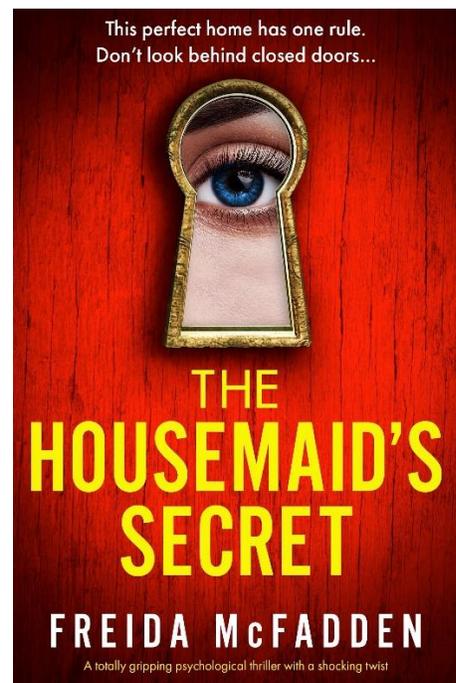
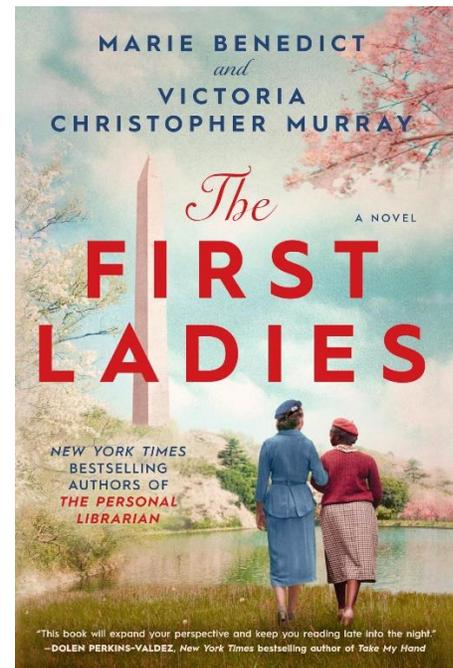
Synopsis

As he continues showing me their incredible penthouse apartment, I have a terrible feeling about the woman behind closed doors. But I can't risk losing this job – not if I want to keep my darkest secret safe . . .

It's hard to find an employer who doesn't ask too many questions about my past. So I thank my lucky stars that the Garricks miraculously give me a job, cleaning their stunning penthouse with views across the city and preparing fancy meals in their shiny kitchen. I can work here for a while, stay quiet until I get what I want. It's almost perfect. But I still haven't met Mrs. Garrick or seen inside the guest bedroom. I'm sure I hear her crying. I notice spots of blood around the neck of her white nightgowns when I'm doing laundry. And one day I can't help but knock on the door. When it gently swings open, what I see inside changes everything...

That's when I make a promise. After all, I've done this before. I can protect Mrs. Garrick while keeping my own secrets locked up safe. Douglas Garrick has done wrong. He is going to pay. It's simply a question of how far I'm willing to go...

Book Club



Support Groups

As we know, isolation is detrimental to a human's emotional health and well-being. We have various resources here at BNW that can fit everyone's needs and interests. Having a community around you is beneficial in navigating this marathon called Parkinson's disease. If you are looking for support and comprehension in your journey, try one of the links below!

Care Partners support group— Mondays at 10am

- <https://us06web.zoom.us/j/98783463027?pwd=UFJEUTU0MFk4Mlo1aVpQ2ZqUIE0dz09>
- Meeting ID: 987 8346 3027
- Passcode: CareP

Grief Support Group—Tuesday, April 1st 1:00p

- <https://bannerhealth.zoom.us/j/95625400296>

Women's group—Monday at 12:30pm

- <https://zoom.us/j/91519308340?pwd=VXh3YkxTUUnFFWnVxcU5jOXRrSmRNdz09>
- Meeting ID: 915-1930-8340
- Password: BNWwomen

Men's group—Tuesdays at 3:30 pm

- <https://zoom.us/j/93417635850?pwd=Y1ZlcmV2Z0MGRodjZ0cW5vYUq0QT09>
- Meeting ID: 934-1763-5850
- Password: BNWmen

Book Club—Thursday, May 15th

- <https://zoom.us/j/93907185327?pwd=b0NZQXRGRnhIWnRKZjNzRHNdGZzQT09>
- Meeting ID: 939 0718 5327
- Passcode: BNWbook

Music Therapy—Mondays at 3:30pm

- <https://zoom.us/j/93979633223?pwd=QUhCL21JU1lGRzdVWxuODIRU2JuQT09>
- Meeting ID: 939 7963 3223
- Password: BNW

Speaking Group—Wednesdays at 1:00pm

- <https://zoom.us/j/94403796007?pwd=VjVxOGh6bVZRcXpUcDdrUi8rY1E3Zz09>
- Meeting ID: 944 0379 6007
- Password: BNWspeech

Dance—Wednesdays at 9am

- <https://zoom.us/j/94495633104?pwd=bVl4R3pIMGY3amFsZm9JSIJ3ZTFHZZ09>
- Meeting ID: 944 9563 3104
- Passcode: BNWdance

West Coffee Talk—Friday April 24th

- <https://zoom.us/j/91976339867?pwd=bGpxSkxqNVh3dWpmR0RRRHhFK1h5QT09>
- Meeting ID: 919 7633 9867
- Password: Bu2HqZ

Workout Links

- Standing workout— <https://youtu.be/5Qu2G5WGuko>
- Standing workout with Weights- <https://youtu.be/677hxtWi7p8>
- Seated yoga-- <https://www.youtube.com/watch?v=z7P7vKvqC1g>
- Seated workout-- <https://youtu.be/xqA7JJxNBC8>