

Join us at the Banner Olive Branch Senior Center for the *Doing Grief* Community Healing Project



Shea and Andrew Darian are founders of “Doing Grief,” an Arizona nonprofit based in Sun City that provides programs and services for those experiencing any loss that causes grief—death, broken relationships, trauma, illness, disability, social or political brokenness, aging and more.

“When most people think about the term ‘grief,’ they think about the difficult and painful period following the death of a loved one,” said Jerimya Fox, a licensed professional counselor and a Doctor of Behavioral Health with Banner Health. “But grief can occur in many different aspects of life. You might grieve the loss of a pet, a relationship or even a close friendship.”

Banner Olive Branch Senior Center hosts Doing Grief programs for those in the Northwest Valley where Andrew Darian, Waldorf school educator and board president for Doing Grief and Shea Darian, author of “Doing Grief in Real Life: A Soulful Guide to Navigate Loss, Death & Change” and creator of the theoretical “Model of Adaptive Grieving Dynamics,” offer an ongoing grief education program.

In March 2023, the Darrians started Doing Grief Community Healing Project in Sun City to help address local mental health support needs among the elder population due to the impact of the Covid-19 pandemic. Incidences of grief, loneliness, hopelessness and isolation spiked significantly during and after the pandemic.

“Sometimes it isn’t easy to acknowledge your grief or seek out help when you’re grieving, especially when your grief comes from unexpected places in your life,” stated Andrew Darian. “The healing project gives people a way to connect with others and not feel so alone.”

The Community Healing Project is part of a Phoenix metro-wide effort to provide healing arts, grief education, small group grief support and spiritual enrichment programs to griever, caregivers and care providers who work with griever. Additional onsite locations include Desert Palm United Church of Christ in Tempe and First Church—UCC in central Phoenix. Those of all faiths and philosophies, or none are welcome.

“Arizona is listed at the bottom of the heap in the state ratings for access to mental health care,” Shea Darian explained. “So, when we started the healing project, we started close to home at onsite locations where people can gather in person, build meaningful relationships and an ongoing sense of community.”

(cont. on next page)

Business hours for March & April

Monday	6:00 am – 3:00 pm
Tuesday	6:00 am – 3:00 pm
Wednesday	6:00 am – 3:00 pm
Thursday	6:00 am – 3:00 pm
Friday	6:00 am – 3:00 pm

Holiday Closure:
Friday, July 4th- Independence Day

(cont. from cover)

The bottom line

"Talking about your grief is a good way to process through your grief. Seeking support from family members, friends and support groups can help you understand that you are not the only person who has had to deal with the grieving process," Dr. Fox said. "Others can also help identify healthy coping skills to support you through your loss. Grief is difficult for everyone. It is important to recognize when grief becomes more complicated and to seek help to deal with those emotions and to learn healthy coping skills to support you through the grieving process,"

Email Connect@DoingGrief.org or call Banner Olive Branch Senior Center at 623.465.6000 for more details and to register.

Spend An Afternoon with Dan Reed & Friends

NEW



We are excited to invite local musical legend, Dan Reed to the Banner Olive Branch. After spending 18 years as the musical director on the REAL Love Boat, Dan now shares his love of music with Arizona residents. Dan's music is exciting and uplifting and you are guaranteed a great time when he is playing!

Free to attend, light refreshments will be served.

Friday, July 11th from 1:30-2:30 and Friday, August 8th from 1:30-2:30pm.

Friends of Banner Olive Branch Partners

The Friends of Olive Branch are a group of well vetted and trusted local organizations that we partner with to provide our members with valuable, local resources.

If you are interested in learning more about this program or these partners, please reach out to Julie Ash at Julie.Ash@bannerhealth.com or call 623.465.6004.

Members include:

All Ways Caring Home Care | [Home Health Care Services - All Ways Caring HomeCare](#)

Banner Medicare | [Banner Medicare](#)

Elite Senior Services | [Arizona Elite Senior Services Assisted Living - Elite Senior Services](#)

Home Instead Senior Care | [In Home Senior Care | Home Instead | Sun City, AZ](#)

Oak Street Health | [Primary Care & Family Doctors Near Me Accepting Medicare | Oak Street Health | Oak Street Health](#)

Quail Run Behavioral Health | [Quail Run Behavioral Health | Phoenix, AZ | QuailRunBehavioral.com](#)



 Banner Medicare Advantage.



Yoga and Mindfulness with Seniors

Heike Newman, a Senior Practice Administrator at Banner Boswell Medical Center, volunteers her yoga expertise at the Banner Olive Branch Senior Center. Twice a month, Heike brings together twenty senior citizens to practice yoga and dance, promoting both their emotional and physical well-being.

"Volunteering as a yoga teacher at a senior center is a beautiful way to cultivate authentic relationships with empathy, honesty, and integrity. It helps seniors connect, preventing isolation and loneliness, while promoting the health benefits and joy of movement and mindfulness. Sharing your passion creates a community filled with love and support. Every class brings me immense gratitude and joy. Knowing that I am making a positive difference in their lives. I am deeply grateful for the opportunity to share these moments with them, and I do it all with love."

– Heike S. Newman, Vitan



Yoga attendees at the Banner Olive Branch Chair Yoga class with Oma

Sun Health Education Series

Stroke: Recovery, Care and Prevention
Thursday, July 17 | 10:00-11:00am



Stroke is a leading cause of disability and affects the mental, emotional, and physical health of a survivor's life. Tara Lakes, OTR/L, from Banner Rehabilitation Hospital will discuss how occupational therapy helps stroke survivors to regain independence with their daily activities by setting meaningful goals. **Call 623.471.9355 to register today.**

Nutrition & Heart Health: 2-part series
Thursday, Aug. 21 & Aug. 28 | 10-11am

Why is nutrition important to heart health? Sun Health Registered Dietitian, Julia Deen, invites you this 2-class series to discover ways that foods can promote heart healthy living. Topics include dietary patterns that can help with blood pressure control, suggestions for reducing added sugars, and overall healthy eating. Sessions will include short cooking videos and introduction to the DASH (Dietary Approach to Stop Hypertension) diet.

Space is limited- sign up today! Call 623.471.9355 to register.

Benevilla Education Programs at Olive Branch



Join Local Experts BENEVILLA for their new education program at the Olive Branch. These education sessions will be held on the 2nd Wednesday of each month.

In July we proudly welcome, Barbara-Ann Heerkens from Pam Health who will be discussing, **The Impact of Nutrition on Aging from 12:00-1:00pm on July 9th.**



Benevilla

Barbara is a knowledgeable dietician from PAM Health who will present an informative workshop on the essential role nutrition plays in the aging process. Learn how proper diet and nutrition can enhance energy levels, support cognitive function, and improve overall well-being as we age. This session will provide valuable insights into maintaining a balanced diet, preventing nutrient deficiencies, and making healthier food choices to promote longevity and vitality. Whether you're a caregiver, a senior, or simply interested in aging well, this workshop will offer practical tips to support a healthier future.

In August join us for, **Dementia Behavior Triggers & How to Respond from 12:00-1:00pm on August 13th.** This program will explore the stages of dementia and can help families navigate the challenges of caregiving with confidence. Join experts from Hospice of the Valley to learn about the signs, symptoms, and progression of dementia, as well as what to expect at each stage. Gain valuable insights on how to provide the best support for your loved one while also taking care of yourself. This informative session will help you recognize key changes and plan for the future with greater peace of mind.

Benevilla offers a variety of programs and services designed to enhance the well-being and quality of life for older adults and their families, including **Life Enrichment Programs** that provide engaging activities to promote physical, emotional, and cognitive health, and **Intergenerational Programming** that connects seniors with children which fosters meaningful relationships that enrich both generations. As well as other programs like:

- Free home services
- Benefitness Adaptive Gym
- Creative Aging

These services are all provided with a commitment to building a supportive and caring community. Please visit Benevilla.org for more details.

Olive Branch Special Events | All special events are open to the public

Call Banner Olive Branch Senior Center at 623.465.6000 to register for most events today. Visit the Olive Branch Website for more details. www.bannerhealth.com/OliveBranch

July

DOING GRIEF

(See article for all *Doing Grief* program details)

Doing Grief | Grief Support

Tuesday, July 1st | from 11:00am-3:00pm.

Reservations required.

BENEVILLA EDUCATION SERIES

The Impact of Nutrition on Aging

Wednesday, July 9th | 12:00-1:00pm

EVENTS & ENTERTAINMENT

An Afternoon with Dan Reed and Friends

Friday, July 11th | 1:30-2:30pm

SUN HEALTH EDUCATION SERIES

Stroke: Recovery, Care and Prevention

Thursday, July 17 | 10:00-11:00am

VOLUNTEERS

Banner Olive Branch Senior Center is on the lookout for Volunteers! Perks include a FREE lunch on the days you volunteer! Call the Volunteer Department at 623.465.6009 for all the details and consider joining this dynamic team today!

Olive Branch Special Events | All special events are open to the public

Call Banner Olive Branch Senior Center at 623.465.6000 to register for most events today. Visit the Olive Branch Website for more details. www.bannerhealth.com/OliveBranch

August

DOING GRIEF

(See article for all *Doing Grief* program details)

Doing Grief | Grief Support

Tuesday, August 5th | 11:00-3:00pm

Reservations required.

Doing Grief | Grief Support

Tuesday, August 12th | 11:00-3:00pm

Reservations required.

Doing Grief | Grief Support

Tuesday, August 19th | 11:00-3:00pm

Reservations required.

Doing Grief | Grief Support

Thursday, August 26th | 11:00-3:00pm

Reservations required.

Virtual Travel Club will be cancelled for the months of July and August and will resume in September.

Thank you for your understanding.

BENEVILLA EDUCATION SERIES

Dementia Behavior Triggers & How to Respond

Wednesday, August 13th | 12:00-1:00pm

SUN HEALTH EDUCATION SERIES

Nutrition & Heart Health: 2-part series

Thursday, Aug. 21 & Aug. 28 | 10:00-11:00am

EVENTS & ENTERTAINMENT

An Afternoon with Dan Reed and Friends

Friday, July 11th | 1:30-2:30pm

VISIT THE BANNER OLIVE BRANCH WEBSITE

Looking for the latest Banner Olive Branch Senior Center information including events, class updates and more?

Visit the new Olive Branch website today!

www.bannerhealth.com/OliveBranch

SENIOR ADVOCATES AT OLIVE BRANCH

Did you know we have a growing Senior Advocacy Program at the Banner Olive Branch Senior Center? This program is expanding with the addition of a new staff member and a team of specially trained volunteers. Olive Branch will utilize industry-tested models and guidelines to support disadvantaged seniors in accessing vital resources that assist in covering or lowering the cost of their monthly expenses. Benefits enrollment has been a pivotal resource for seniors and Olive Branch supports seniors in the benefits enrollment process, eliminating the lengthy travel and wait times often associated with seniors making trip to the Arizona of Economic Security or other community offices. Currently, we support members by providing the following services and benefits:

- Supplemental Nutrition Assistance Program (SNAP)
- Enrolling in Arizona Health Care Cost Containment System (AHCCS)
- Low Income Home Energy Assistance Program
- Utility Discounts
- Tax Support
- Medicare Enrollment Support and Savings Program
- Area Agency on Aging referrals

The Olive Branch currently serves approximately 1,700 seniors a year through this program, saving each an average of \$2,000 each year. With the growing senior community and increased services demand, Olive Branch is growing our Senior Advocate Program to create a stable and well-equipped department that the senior community can rely on.

Do you want more information? You can call the Senior Advocacy Hotline number at 623.465.6012 today to schedule an appointment.

If you'd like to opt out from receiving future newsletters, please [click here](#).

Olive Branch Classes | See calendar insert for all details

MEMBER CLASSES ARE OPEN TO ALL AND REOCCUR ON A REGULAR BASIS.

Chair Yoga with Oma

Work with local yoga instructor Heike "Oma" Newman. Heike, a certified 200-hour Yoga teacher shares that the inspiration for "Yoga with Oma" came from her grandchildren. This chair yoga class is appropriate for all levels of fitness.

Held twice monthly on the 1st and 3rd Thursday from 10:00-11:00am 7/3 and 7/17, 8/7 and 8/21

Monday Menders

Have you ever visited the Monday Menders? Now upstairs in their new location, the Sew n Sew club offers their services every Monday for light sewing work. Drop off your items for hemming, buttons, etc. and pick them up the same day! Enjoy some coffee and a nice visit while you wait. Donations accepted.

Every Monday from 10:00-11:30am

Line Dance Club

Work with local dancers to learn the latest line dances. Exercise at your level and make new friends! Sign up now- this class is lots of fun!! All levels of experience welcome.

Class held every Monday and Wednesday from 12:30-2:00pm

Exercise

This exercise group is friendly and open to people of any ability level. Get healthy and make new friends! Sign up now- this class is lots of fun and very popular.

Class held every Tuesday and Friday from 10:00-10:45am

Bingo

Our local Bingo group is ALWAYS having a good time. Join them for fun games, plenty of laughs and Bingo PRIZES! All levels welcome. Supplies are provided.

Every Wednesday from 10:00-10:45am

Virtual Travel Club

Join our Virtual Travelers as they visit the most interesting sites in the world. This group meets monthly to learn about unique destinations large and small. You will enjoy specially selected videos and even stamp your Olive Branch passport! All are welcome.

Thursday, July 10th and Thursday, August 14th at 10:00am

Movies

Enjoy our **MONDAY MOVIES** every month in our state-of-the-art Movie Theatre. Not only are the chairs very comfortable but we always provide free bottled water and freshly popped popcorn! Come relax and enjoy a treat at the Olive Branch Friday Movies!

SPECIAL MOVIE DAYS

Monday, July 21st at 12:00pm *Ghost*

Monday, August 18th at 12:00pm *Dirty Dancing*

Low Vision Social Group

This fun group meets to connect socially, share ideas, and discuss ways to navigate the world when your vision begins to change. All are welcome. Lots of tools are shared and lots of resources provided.

Monday, July 28th and Monday, August 25th from 12:00 – 1:30pm

Computer Lab

Banner Olive Branch Senior Center has a state-of-the-art Computer Lab - open daily from 9:00am-2:00pm if a class is not in session. No reservation required. Use at your own pace.

Low Vision Social Group

This fun group meets to connect socially, share ideas, and discuss ways to navigate the world when your vision begins to change. All are welcome. Lots of tools are shared and lots of resources provided.

Monday 3/24 and 4/21 from 12:00 – 1:30pm

LARGE PRINT BOOK DONATIONS

The Banner Olive Branch Senior Center is looking for Large Print Book Donations for our lending library.

We are proud to have the Low Vision Social Club meet at our location every month. Having access to more large print books will help support those struggling with vision changes.

Thank you.























*Fruit & milk provided with all meals.

MON	TUE	WED	THU	FRI
Banner Olive Branch Senior Center 13049 N 103rd Ave. Sun City, AZ 85351 623-465-6000	1 Southwest Pulled Pork, Zucchini & Tomatoes, Spanish Brown Rice 	2 Pasta with Beef Meat Sauce, Cauliflower, Malibu Mixed Vegetables 	3 Salmon Mixed Green Salad with Spinach and Arugula, Feta, Red Onion, Asparagus, Roll 	4  Closed
7 Braised BBQ Pork Ribs, Garden Blend Vegetables, Sweet Potato, Roll 	8 Chicken Salad Sandwich, Tomato and Cucumber, Coleslaw 	9 Burnt Ends, 5-Way Vegetable Blend, German Potato Salad, Roll 	10 Baked Cod, Capri Vegetable Blend, Steamed Potatoes, Roll 	11 Cold Steak Salad with Romaine & Spinach, Feta, Corn, Red Onion, Tomato, Rice and Quinoa 
14 Mahi Mahi with Coconut Sauce, Mandarin Stir Fry Vegetables, Brown Rice 	15 Sloppy Joe, Peas & Carrots, Potato Wedges 	16 Asian Chicken Green Salad with Kale, Brussel Sprouts and Napa Cabbage, Shredded Carrots, Edamame, Chinese Noodles, Fig Bar 	17 Pork Stroganoff with Butter Noodles, 5-Way Vegetable Blend, Chef's Choice Vegetable 	18 Chicken in Gravy, Zucchini, Normandy Blend Vegetables, Brown Rice 
21 Vegetable Lasagna, California Blend Vegetables, Zucchini 	22 Hawaiian Chicken with Pineapple, Asian Blend Vegetables, Fried Brown Rice with Carrots, Peas and Edamame 	23 Pork Marsala with Pasta, Scandinavian Blend Vegetables, Broccoli 	24 Meatloaf, Green Beans, Scalloped Potatoes, Roll 	25 Crab Chopped Salad with Corn, Red Onion, Tomato and Asparagus, Roll, Fig Bar 
28 Grilled Chicken & Spinach Pasta in Tomato Cream Sauce, Zucchini, Malibu Blend Vegetables 	29 Carolina Style Pulled Pork Sandwich, Baked Beans, Sweet Potato Fries 	30 Cubed Steak, Broccoli, Wedge Potatoes, Roll, Fig Bar 	31 Stir Fry Pork with Peppers, Snow Peas and Brown Rice 	BREAKFAST - \$5 6:30 - 8:30am TO-GO MEAL - \$5 11am - 12pm BROWN BAG LUNCH - \$5 (Sandwich, Chips, Fruit)



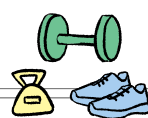





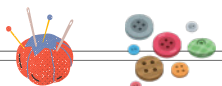













*The photos on our menu represent the food served and may not match the meal exactly.

MON	TUE	WED	THU	FRI
ACTIVITIES WITH A BLACK ASTERISK * REQUIRE SIGN-UP IN-PERSON OR BY CALLING 623-465-6000	1 10-11 Exercise 11-3 Doing Grief* Grief support 1-2 Olive Branch Tour*	2 10-10:45 BINGO 12:30-2 Line Dance 	3 10-11 Chair Yoga* 	4  Closed
7 9:30-12:30 ClipDarts Haircuts* 10-11:30 Monday Menders 12:30-2 Line Dance 	8 10-11 Exercise 1-2 Olive Branch Tour* 	9 10-10:45 BINGO 12-1 Benevilla* Impact of Nutrition on Aging 12:30-2 Line Dance 	10 10-11 Virtual Travel - Napa Valley* 	11 10-11 Exercise 1:30-2:30 An Afternoon with Dan Reed & Friends Trumpet Extraordinaire 
14 10-11:30 Monday Menders 12:30-2 Line Dance 	15 10-11 Exercise 1-2 Olive Branch Tour* 	16 10-10:45 BINGO 12:30-2 Line Dance 	17 10-11 Chair Yoga* 10-11 Sun Health* Stroke Recovery and Prevention 	18 10-11 Exercise 1-2 Diabetes Prevention (Core Group) Sign-up Closed 
21 10-11:30 Monday Menders 12-2 Movie-Ghost* FREE POPCORN! 12:30-2 Line Dance 	22 10-11 Exercise 1-2 Olive Branch Tour* 	23 10-10:45 BINGO 12:30-2 Line Dance 	24 USA 	25 10-11 Exercise 
28 10-11:30 Monday Menders 12-1:30 Low Vision Social Group 12:30-2 Line Dance www.bannerhealth.com/olivebranch	29 10-11 Exercise 1-2 Olive Branch Tour* 	30 10-10:45 BINGO 12:30-2 Line Dance 	31 	ROOM KEY GREEN MOVIE ROOM 2ND FLR BLUE EXERCISE ROOM 2ND FLR GREY COMPUTER LAB 2ND FLR PURPLE CONFERENCE RM 2ND FLR PINK WELLNESS ROOM 1ST FLR ORANGE DINING ROOM 1ST FLR

*Fruit & milk provided with all meals.

MON	TUE	WED	THU	FRI
Banner Olive Branch Senior Center 13049 N 103rd Ave. Sun City, AZ 85351 623-465-6000	LUNCH - \$5 (Suggested donation for age 60 & older) 11am - 12pm GUEST LUNCH - \$5 (Under age 60)	BREAKFAST - \$5 6:30 - 8:30am TO-GO MEAL - \$5 11am - 12pm BROWN BAG LUNCH - \$5 (Sandwich, Chips, Fruit)		1 Chicken Pesto Pasta Salad with Spinach, Arugula and Tomato 
4 Cheese Enchilada, Normandy Blend Vegetables, Pinto Beans with Peppers 	5 BBQ Chicken Breast, Snap Peas, Corn Bread 	6 Herb Pork Loin, Brussel Sprouts, Roasted Sweet Potatoes, Roll 	7 Beefy Mac & Cheese, Peas & Carrots, Broccoli 	8 Shrimp & Artichoke Green Salad with Tomatoes and Spinach, Fig Bar 
11 Sweet & Sour Chicken with Peppers and Onions, Oriental Blend Vegetables, Brown Rice 	12 Southwest Pulled Pork, Zucchini & Tomatoes, Spanish Brown Rice 	13 Pasta with Beef Meat Sauce, Cauliflower, Malibu Mixed Vegetables 	14 Salmon Mixed Green Salad with Spinach and Arugula, Feta, Red Onion, Asparagus, Roll 	15 Chicken Flatbread Taco, Fiesta Corn, Chef's Choice Vegetable, Cilantro Rice 
18 Braised BBQ Pork Ribs, Garden Blend Vegetables, Sweet Potato, Roll 	19 Chicken Salad Sandwich, Tomato and Cucumber, Coleslaw 	20 Burnt Ends, 5-Way Vegetable Blend, German Potato Salad, Roll 	21 Baked Cod, Capri Vegetable Blend, Steamed Potatoes, Roll 	22 Cold Steak Salad with Romaine & Spinach, Feta, Corn, Red Onion, Tomato, Rice and Quinoa 
25 Mahi Mahi with Coconut Sauce, Mandarin Stir Fry Vegetables, Brown Rice 	26 Sloppy Joe, Peas & Carrots, Potato Wedges 	27 Asian Chicken Green Salad with Kale, Brussel Sprouts and Napa Cabbage, Shredded Carrots, Edamame, Chinese Noodles, Fig Bar 	28 Pork Stroganoff with Butter Noodles, 5-Way Vegetable Blend, Chef's Choice Vegetable 	29 Chicken in Gravy, Zucchini, Normandy Blend Vegetables, Brown Rice 

*The photos on our menu represent the food served and may not match the meal exactly.

MON	TUE	WED	THU	FRI
 Banner Olive Branch Senior Center 13049 N 103rd Ave Sun City, AZ 85351 623-465-6000	ROOM KEY GREEN MOVIE ROOM 2ND FLR BLUE EXERCISE ROOM 2ND FLR GREY COMPUTER LAB 2ND FLR PURPLE CONFERENCE RM 2ND FLR PINK WELLNESS ROOM 1ST FLR ORANGE DINING ROOM 1ST FLR	ACTIVITIES WITH A BLACK ASTERISK * REQUIRE SIGN-UP IN-PERSON OR BY CALLING 623-465-6000		1 10-11 Exercise 
4 9:30-12:30 ClipDarts Haircuts* 10-11:30 Monday Menders 12:30-2 Line Dance  	5 10-11 Exercise 11-3 Doing Grief* Grief Support 1-2 Olive Branch Tour*	6 10-10:45 BINGO 12:30-2 Line Dance 	7 10-11 Chair Yoga* 	8 10-11 Exercise 1:30-2:30 An Afternoon with Dan Reed & Friends Trumpet Extraordinaire 
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www.bannerhealth.com/olivebranch	www.facebook.com/OliveBranchSeniorCenter			