



YumaSun

March/April 2014

Health Connections

Your Health & Wellness Guide for the Yuma Area

mainfeature

10 minutes with...

Robert and Melissa Dunn, owners of SYNERGY HomeCare

Mediterranean Miracle

A diet that seems too good to be true

Knee and joint health

Tips that can help you keep moving

Can't make it on your own?

5 tips to help ease the transition to assisted living

Makeup the difference

A change in cosmetics is vital to looking as young as you feel

Staying young

6 habits to avoid that cause premature aging

Celebrity Health

"Taxi" star and "Celebrity Apprentice" champion
Marilu Henner

Yuma Valley

FAMILY MEDICINE CENTER P.C.

"Caring for every patient one family at a time"



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Mon-Thurs
7am-6pm

WWW.YUMAVALLEYFMC.COM

10 minutes with...

Robert and Melissa Dunn, owners of SYNERGY HomeCare

By John Vaughn

Photos by Randy Hoefft



Rob and Melissa Dunn don't just provide care to clients. They provide CARE.

CARE is an acronym that, when spelled out, sums up the Yuma couple's philosophy about helping seniors to continue leading happy lives in their own homes. After

having worked in diverse careers, the Duns have owned and operated the SYNERGY HomeCare franchise in Yuma for the past year.

Learn more about them and their philosophy about elder care in this edition of 10 Minutes With.

How long have you been practicing health care in Yuma, and did you practice anywhere before Yuma?

We have been practicing in Yuma since April 2013 and were not previously in this industry. Rob has a background in retail automotive management and Melissa has a background in real estate before making the transition to SYNERGY HomeCare.

What is the philosophy that guides you in serving patients or clients?

"How would we want our own family members treated?" The thing that separates SYNERGY HomeCare from other agencies is our CARE philosophy. At SYNERGY, care stands for Coordinated And Responsive Engagement. We don't just help our clients, we strive to become a resource that helps with anything and everything that could potentially come up within our own family system.

What is something that everyone can do on their own to improve or ensure their health?

The obvious answer is to eat well and exercise, but staying mentally stimulated is something that is incredibly important in fending off Alzheimer's and/or dementia and other age-related issues that we all fear. Exercise and feed your body right, but do the same for your brain!

What is your favorite place to be?

We're homebodies so we love to be home, but we enjoy time with our loved ones, so wherever the people we love are at, that's where we want to be.

Tell readers something about yourself no one would have guessed.

Melissa used to be shy and introverted and Rob is a published author (under a pseudonym).

What is your passion or are your passions?

Because we don't have children of our own, we have a passion to create a family of senior clients and caregivers that look out for one another and ensure the safety and security of one another. Helping

seniors and animals are a genuine passion of ours.

What are your hobbies?

It's hard to have time for hobbies when you're carving out a senior care business from scratch, but Rob enjoys computer programming and reading while Melissa loves to shop and visit with our clients on a personal level whenever she has free time.

What are your favorite foods?

Melissa loves Chinese food while Rob is an old school steak and potatoes kind of guy. ▲



RIGHT: Synergy HomeCare staff members (from left) Carmen Solano, community liaison, Rob Dunn, owner, Melissa Dunn, owner, and Diane Hillegass, office manager.



LEFT: Synergy HomeCare owners Melissa and Rob Dunn pose with their company vehicles outside their business office.