West Valley Memory Resources

A QUICK REFERENCE GUIDE TO ONLINE AND CALL-IN CLASSES, SUPPORT GROUPS AND RESOURCES:

Date	Time	Class Topic	Registration
Mon., Jan. 11	9:30-10:30 a.m.	Home Safety for Alzheimer's	Visit SunHealthWellness.org/classes to register.
Tues., Jan. 12	10-11 a.m.	Dementia Friends Info Session	Visit SunHealthWellness.org/classes to register.
Weds., Jan 13	1:30-3 p.m.	Care for the Caregiver	Visit benevilla.org/community-events/ to register online or call 623-584-4999.
Fri., Jan. 15	1-2:30 p.m.	Science of Preventing Alzheimer's disease	Registration is required, call (602) 230-CARE or online at www.banneralz.org/calendar
Tues., Jan. 19	10-11 a.m.	Ambiguous Loss	Visit SunHealthWellness.org/classes to register.
Weds. Jan. 27	1-2:30 p.m.	Activities: Keeping the person with Dementia engaged	Registration is required, call (602) 230-CARE or online at www.banneralz.org/calendar

Sun Health Memory Care Navigator provides personal and professional guidance for those living with memory loss, family members and caregivers coping with the emotional, psychological and physical effects of dementia. The program is offered at no charge thanks to the generous funding of Sun Health Foundation.

Call (623) 471-9300 to schedule a telephone consultation.

Sun Health™ WELLNESS

Banner® Sun Health Research Institute

Benevilla® Cultivating Caring Communities

Sun Health Support Groups

- **Dementia Caregiver Support Group**-Occurs every Wednesday from 3 to 4 p.m. Call (623) 471-9571. Then once prompted enter PIN number 9571. Please note: the line will not be active before or after the scheduled time. Registration not required.

Banner Sun Health Research Support Groups

Due to COVID 19, we have paused our in-person support groups to keep you safe. We have set up each monthly support group virtually and with a call-in number, so that you can join at the regularly scheduled date and time. To join, email baifcs@bannerhealth.com.

- **CAREGIVER SUPPORT GROUP (Caregivers Only) -** Meets Every First and Third Tuesday from 1 – 2 p.m.
- **COFFEE TALK (Caregivers and Persons with Parkinson's Disease) -** Meets Every Friday from 10 – 11 a.m. Please contact Tessa.Sweepe@bannerhealth.com or 623-832-8786 for registration.
- **PARKINSON'S CAREGIVER SUPPORT GROUP (Caregivers Only) -** Meets Every First and Third Thursday from 11 a.m. – 12 p.m.

Banner Alzheimer's Support Groups

Due to COVID 19, we have paused our in-person support groups to keep you safe. We have set up each monthly support group virtually and with a call-in number, so that you can join at the regularly scheduled date and time. To join, email baifcs@bannerhealth.com for log on information.

- **MEN WHO CARE SUPPORT GROUP (Male Caregivers Only) -** Meets First Wednesday from 7:30 – 9:30 a.m.
- **LEWY BODY (LBD) SUPPORT GROUP (Caregivers Only) -** Meets on January 8, 2021 from 12:30 – 2 p.m.
- **CIRCLE OF FRIENDS SUPPORT GROUP (Caregivers Only) -** Meets Third Thursday from 12:30 – 2 p.m.
- **FRONTOTEMPORAL (FTD) SUPPORT GROUP (Caregivers Only) -** Meets Second Tuesday from 12:30 – 2 p.m.
- **EARLY STAGE-MCI SUPPORT GROUP (Caregivers & Patients) -** Meets Fourth Friday from 1 – 2:30 p.m.
- **ADULT CHILD SUPPORT GROUP (Adult Children/Caregivers Only) -** Meets Last Tuesday from 5:15 - 6:45 p.m.
- **LIFE TRANSITIONS SUPPORT GROUP (Caregivers only, whose person has transitioned to residential care or has passed away)** Meets Second Friday from 1:00 – 2:30 p.m.

Benevilla Support Groups

While in-person meetings are on hiatus during the COVID-19 pandemic, Benevilla is offering all our current Caregiver Support Groups as live, online meetings. Please visit https://benevilla.org/caregiver-support-groups/ to join via the Zoom Online Meeting Website. The Support Group schedule will follow the current schedule below:

- **Alzheimer's and Memory (Caregivers who have a loved one with dementia/Alzheimer's)-** Meets every Tuesday from 10 to 11:30 a.m. and second and fourth Tuesday of each month will be held from 2 to 3:30 p.m.
- **General Caregiving (Caregivers who have a loved one with various diagnoses)-** Meets every Thursday of every month from 9:30 to 10:30 a.m.
- **Parkinson's (Caregivers and those with Parkinson's)-** Meets first and third Tuesday every month from 3 to 4 p.m.
- **Grief Before Loss (For those who have placed a loved one in a Life Enrichment Day Program, a group home or community**
- **setting and for those who have lost a loved one)-** Meets every Wednesday of every month from 2:30 to 3:30 p.m.
- **Grief and Bereavement (For those who have placed a loved one in a Life Enrichment Day Program, a group home or community setting and for those who have lost a loved one)-** Meets the second and fourth Thursday of every month from 3 to 4:30 p.m.
- **Adult Children Caregivers for Parents-**Meets every second and fourth Thursday of every month from 6:30 to 7:30 p.m.

City of Surprise Support Groups

- **Memory Café-Call in Sessions**-Meets second and fourth Tuesdays from 10 to 11:30 a.m. To join, call (480) 378-7231, wait for the prompt, then enter the Conference Call ID number: 9848087.

Hospice of the Valley

- **Live Well with Dementia: Monday Mornings with Maribeth**-Meets every Monday from 10 to 10:30 a.m. **Zoom Link:** https://hov.zoom.us/j/97088368189 **Meeting ID:** 970 8836 8189 **Passcode:** 538891
- **Dementia Care Partner Online Support Group**-Meets every Wednesday from 12 to 1 p.m. **Zoom link:** https://hov.zoom.us/j/95549983607?pwd=bnpuWWlsSStlZFVoNnJ2azJNRDlmZz09 **Meeting ID:** 955 4998 3607 **Password:** 562327. For more information, call (602) 636-6363 or email DementiaCare@hov.org.
- **Thursday Mindfulness:** Meets every Thursday from noon to 12:30 p.m. Join Zoom Meeting: https://hov.zoom.us/j/705719545 Meeting ID: 705 719 545 Password: Sammy. To join by phone: +1-669-900-6833, then enter meeting ID 705 719 545#
- **Saturday Mindfulness:** Meets every Saturday from 9:30 to 10:30 a.m. Join Zoom Meeting: https://hov.zoom.us/j/713094121 Meeting ID: 713 094 121 Password: Sammy. To join by phone: +1-669-900-6833, then enter meeting ID 713094121 #