

# West Valley Memory Resources

February 2022

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

Date	Time	Class Topic	Registration
Thurs., Feb. 3	8:30 a.m. - Noon	Understanding Dementia, A Challenging Journey	RSVP by calling (602) 636-5396 or email <a href="mailto:events2@hov.org">events2@hov.org</a>
Tues., Feb. 8	9:30 - 11:30 a.m.	Memory Café	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> to register.
Wed., Feb. 9	4 - 5 p.m.	Communication & Behavior: The Language of Dementia	Registration required, call 602-230- CARE or online <a href="https://weblink.bannerhealth.com/weblink/classes/info/MIH000P6">https://weblink.bannerhealth.com/weblink/classes/info/MIH000P6</a>
Wed., Feb. 16	9:30 - 10:30 a.m.	Alcohol and the Aging Brain	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> to register.
Wed., Feb. 16	2:30 - 3:30 p.m.	Planning Ahead: Medical, Legal & Financial Decisions	Registration required, call 602-230- CARE or online <a href="https://weblink.bannerhealth.com/weblink/classes/info/MIH000P5">https://weblink.bannerhealth.com/weblink/classes/info/MIH000P5</a>
Thurs., Feb 17	10:30 - 11:30 a.m.	Dementia Friends Information Session	Registration is required, call (602) 230-CARE
Tues., Feb. 22	9:30 - 11:30 a.m.	Memory Café	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> to register.
Wed., Feb. 23	1:30 - 3 p.m.	You're Not Alone: Creating a Plan for the Future	Registration required, call (623) 584-4999 or online <a href="https://www.benevilla.org/community-events/">https://www.benevilla.org/community-events/</a>
Thurs., Feb. 24	12:30 - 1:30 p.m.	As Dementia Progresses: Moderate to Advanced Stage	Registration required, call 602-230- CARE or online <a href="https://weblink.bannerhealth.com/weblink/classes/info/MIH000MR">https://weblink.bannerhealth.com/weblink/classes/info/MIH000MR</a>

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 Support Groups

- **Dementia Caregiver Support Group:** Occurs every Wednesday from 3 – 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 Institute 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. Email [BannerResearch@BannerHealth.com](mailto:BannerResearch@BannerHealth.com) for connection information.**

- **CAREGIVER CONNECTION SUPPORT GROUP (Caregivers Only):** Meets Every First 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](mailto:Tessa.Sweepe@BannerHealth.com) or (623) 832-8786 for registration.
- **PARKINSON'S CAREGIVER SUPPORT GROUP (Caregivers Only):** Meets Every First 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. Email [BannerResearch@BannerHealth.com](mailto:BannerResearch@BannerHealth.com) for connection 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 First Friday 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.
- **LIVING WITH CHANGE 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.

## City of Surprise Support Groups

- **Memory Café-Call in Sessions:** Meets second and fourth Tuesdays from 10 – 11:30 a.m. Call (623) 832-6637 or email [BannerResearch@BannerHealth.com](mailto:BannerResearch@BannerHealth.com) to get the link and/or telephone number for the group.

## Benevilla Support Groups

**For more information on the support groups call the Benevilla Support Group Facilitator, Stephanie Lamb, at (928) 613-2223 or the main office at (623) 584-4999, or visit <https://benevilla.org/caregiver-support-groups>**

- **Memory Care Caregivers (Caregivers who have a loved one with various stages of cognitive impairment):** Meets every Tuesday from 10 – 11:30 a.m. In-person meetings at Faith Presbyterian Church, 16000 N. Del Webb Blvd., Sun City, 85351 and via Zoom: <https://us06web.zoom.us/j/98322191127>
- **General Caregivers (Caregivers of loved ones with various diagnoses who want to connect with other caregivers for support):** Meets 2nd and 4th Wednesday each month from 9:30 – 10:30 a.m. In-person meetings held at Royal Oaks Lifecare Community (Chapel), 10015 W Royal Oak Rd., Sun City, 85351 in the Chapel and via Zoom: <https://us06web.zoom.us/j/82233273385>
- **Parkinson's Caregivers (Caregivers who want to connect with other caregivers for support):** Meets 1st Tuesday every month from 3 – 4:30 p.m. at Bellevue Heights Church (Franklin Hall), 9440 W. Hutton Dr., Sun City, 85351 and via Zoom: <https://us06web.zoom.us/j/94740705681>
- **Ambiguous Loss/Grief (Intended for those who are experiencing grief due to the expected loss a loved one and/or have placed a loved one in a group home or facility setting and want to connect with others for support):** Meets every Wednesday each month from 11:30 a.m. – 1 p.m. In-person meetings held at St. Clement of Rome Church (Bingo Hall), 15800 N. Del Webb, Sun City, 85351 and via Zoom: <https://us06web.zoom.us/j/98883088456>
- **Bereavement (This group is for those who are experiencing grief due to the death a loved one and want to connect with others for support):** Meets the 2nd and 4th Thursday each month from 3 – 4:30 p.m. In-person meetings at Lord of Life Lutheran Church (Room 1), 13724 W Meeker Blvd., Sun City West, 85375 and via Zoom: <https://us06web.zoom.us/j/97997313071>
- **Adult Children Caregivers (Adult caregivers for close relatives who want to connect with other caregivers):** Meets every 2nd and 4th Tuesday each month from 6 – 7 p.m. In-person meetings at Church @ Cactus, 8133 W. Cactus Rd., Peoria, 85381 and via Zoom: <https://us06web.zoom.us/j/94364269884>
- **General Caregivers (Caregivers of loved ones with various diagnoses who want to connect with other caregivers for support):** Meets 1st and 3rd Thursday each month from 9:30 – 10:30 a.m. In-person meetings at Willowbrook United Methodist Church, 19390 N 99th Ave., Sun City, 85373 and via Zoom: <https://us06web.zoom.us/j/92387935498>

## Hospice of the Valley

**Call (602) 636-6363 or visit [hov.org](http://hov.org) for connection information and Zoom link.**

- **Thursday and Saturday Mindfulness:** Meets Thursdays from Noon – 12:30 p.m. and Saturdays from 9:30 – 10:30 a.m. via Zoom.
- **Mindful Connections for Dementia Caregivers:** Meets every Tuesday at 10 a.m. via Zoom.
- **Support Group for Dementia Care Partners:** Meets every Wednesday from Noon – 1 p.m. via Zoom.
- **Supportive Care for Dementia:** In-home visits from a dementia educator. Caregivers learn behavior management strategies for Alzheimer's disease and other dementias, and get help with medications, placement options and living wills. This service is offered at no charge. Call (602) 636-6363 to schedule a visit.