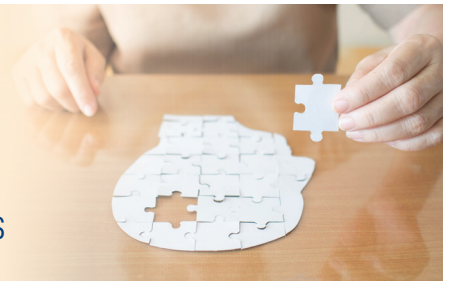


May 2022

West Valley Memory Resources

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



Date	Time	Class Topic	Registration
Tues., May 3	11 a.m. - Noon	Defining Dementia: Progression, Treatment & Strategies	Registration is required, call (602) 230-CARE https://weblink.bannerhealth.com/weblink/classes/info/M3H0006Z
Tues., May 3	1:30 - 2:30 p.m.	Driving and Dementia	Visit SunHealthWellness.org/classes to register.
Wed., May 4	3 - 4 p.m.	Dementia Caregiver Support Group	Call (623) 471-9571 and enter PIN number 9571 during the scheduled time.
Tues., May 10	10 - 11:30 a.m.	Memory Café	Visit SunHealthWellness.org/classes to register.
Wed., May 11	3 - 4 p.m.	Dementia Caregiver Support Group	Call (623) 471-9571 and enter PIN number 9571 during the scheduled time.
Tues., May 17	1 - 2 p.m.	Dementia Friends Information Session	Registration is required, call (602) 230-CARE https://weblink.bannerhealth.com/weblink/classes/info/M3H0006U
Wed., May 18	1:30 - 3 p.m.	Maintaining Dignity and Memory Care	Call (623) 584-4999 or visit Benevilla.org/event-registration to register.
Wed., May 18	3 - 4 p.m.	Dementia Caregiver Support Group	Call (623) 471-9571 and enter PIN number 9571 during the scheduled time.
Thurs., May 19	10 - 11 a.m.	Communication & Behavior: The Language of Dementia	Registration is required, call (602) 230-CARE https://weblink.bannerhealth.com/weblink/classes/info/M3H0006Y
Tues., May 24	Noon - 1 p.m.	Medications: What are they and What can I expect?	Registration is required, call (602) 230-CARE https://weblink.bannerhealth.com/weblink/classes/info/MIH000RG
Wed., May 25	3 - 4 p.m.	Dementia Caregiver Support Group	Call (623) 471-9571 and enter PIN number 9571 during the scheduled time.

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 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 Virtually Every First, Third, and Fifth Friday from 10 – 11 a.m. Call (699) 900-9867, Meeting ID: 919 7633 9867 with Passcode: 124391.
Meets In-person Every Second and Fourth Friday from 10 – 11 a.m. at the Sun Health Research Institute, 10505 W Santa Fe Drive, Sun City, 85351.
- **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 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.

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>
- **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>

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 to get the link and/or telephone number for the group.