June 2022

West Valley Memory Resources

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

Date	Time	Class Topic	Registration
Wed., June 1	10 - 11 a.m.	Activities: Filling the Day with Meaning & Purpose	Call to Register (602)230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H0008N
Thurs., June 2	10 - 11 a.m.	Planning Ahead: Medical, Legal & Financial Decisions	Call to Register (602)230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H0008O
Wed., June 8	Noon - 1 p.m.	Ambiguous Loss: Living with Uncertainty (AD)	Call to Register (602)230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H0008P
Tues., June 14	10 - 11:30 a.m.	Memory Café	Visit SunHealthWellness.org/classes to register.
Wed., June 15	9:30 - 11 a.m.	Dementia Friends Champion Training	Call to Register (602)230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H0008L
Thurs., June 16	10 - 11 a.m.	Help at Home: Supporting the Person Living at Home	Call to Register (602)230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H0008Q
Tues., June 21	2 - 3 p.m.	Dementia Caregivers: Tips & Resources	Visit SunHealthWellness.org/classes to register.
Wed., June 22	10 - 11:30 a.m.	UNDER THE UMBRELLA: Lewy Body Dementia	Call to Register (602)230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/L0H00006
Thurs., June 23	11 a.m. - Noon	Communication & Behavior: The Language of Parkinson's disease	Call to Register (602)230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H0008R
Tues., June 28	10 - 11:30 a.m.	Memory Café	Visit SunHealthWellness.org/classes to register.

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®

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 First Tuesday from 1 – 2 p.m. Call (669) 900-9128, Meeting ID: 965 1429 5755, Passcode: 986891
- **COFFEE TALK (Caregivers and Persons with Parkinson's Disease):** Meets Virtually First and Third Friday from 10 - 11 a.m. Call (669) 900-9128, Meeting ID: 919 7633 9867, Passcode: 124391. Contact Tessa.Sweepe@BannerHealth.com or call (623) 832-8767 to register. Meets In-person Every Second and Fourth Friday from 10 – 11 a.m. at the Sun Health Research Institute's Morin Auditorium, 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. Call (669) 900-9128, Meeting ID: 985 8154 6908, Passcode: 449184

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.

- **CAREGIVER CORNER CONNECTION SUPPORT GROUP (Topic-Driven Discussion):** Meets First Wednesday from 1 – 2 p.m. Call (669) 900-9128, Meeting ID: 936 2407 5690, Passcode: 672464
- **MEN WHO CARE SUPPORT GROUP (Male Caregivers Only):** Meets First Wednesday from 7:30 – 9:30 a.m. Call (669) 900-9128, Meeting ID: 995 0113 3402, Passcode: 476252
- **LEWY BODY (LBD) SUPPORT GROUP (Caregivers Only):** Meets First Friday from 12:30 – 2 p.m. Call (669) 900-9128, Meeting ID: 922 1568 5675, Passcode: 440552
- **CIRCLE OF FRIENDS SUPPORT GROUP (Caregivers Only):** Meets Third Thursday from 12:30 – 2 p.m. Call (669) 900-9128, Meeting ID: 996 9538 7700, Passcode: 026851
- **FRONTOTEMPORAL (FTD) SUPPORT GROUP (Caregivers Only):** Meets Second Tuesday from 12:30 – 2 p.m. Call (669) 900-9128, Meeting ID: 929 5954 0200, Passcode: 310844
- **EARLY STAGE MEMORY LOSS AND MCI SUPPORT GROUP (Caregivers & Patients):** Meets Fourth Friday from 1 – 2:30 p.m. Call (669) 900-9128, Meeting ID: 951 2249 8754, Passcode: 726202
- **ADULT CHILD SUPPORT GROUP (Adult Children/Caregivers Only):** Meets Last Tuesday from 5:15 - 6:45 p.m. Call (669) 900-9128, Meeing ID:923 1504 1001, Passcode: 921360

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. s/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

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.

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.