

September 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., Sept. 7	10 - 11 a.m.	Dementia Friends Champion Training	Visit SunHealthWellness.org/classes to register.
Wed., Sept. 7	11 a.m. - 12:30 p.m.	Back to Baseball Summer Series	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H000E3
Thurs., Sept. 8	10 - 11 a.m.	Defining Dementia: Progression, Treatment & Strategies (In-person, Tucson Location)	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H000GM
Tues., Sept. 13	10 - 11 a.m.	Memory Café	Visit SunHealthWellness.org/classes to register.
Wed., Sept. 14	10 - 11:30 a.m.	UNDER THE UMBRELLA: The Medical and Clinical Experience on Frontotemporal Disease	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/LOH00007
Wed., Sept. 14	11 a.m. - Noon	PDLER Exercise and Safety	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H00090
Thurs., Sept. 15	10 - 11 a.m.	Help at Home: Support for the Person Living at Home	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H000E1
Tues., Sept. 20	10 - 11 a.m.	Fact or Fiction: The Truth about Alzheimer's Disease	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/MIH000P3
Wed., Sept. 21	10:30 - 11:30 a.m.	Dementia Friends Information Session	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M3H0006W
Thurs., Sept. 22	1 - 2 p.m.	Medications: What are They and What Can I Expect?	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/MIH000MU
Mon., Sept. 26	1:30 - 2:30 p.m.	How to Evaluate When Visiting an Elder	Visit SunHealthWellness.org/classes to register.
Tues., Sept. 27	10 - 11 a.m.	Memory Café	Visit SunHealthWellness.org/classes to register.
Wed., Sept. 28	3 - 4 p.m.	Ambiguous Loss for Alzheimer's Disease: Living with Uncertainty	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/M9H000E2

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 free consultation.



Banner Sun Health Research Institute Support Groups

For more information, email BannerResearch@BannerHealth.com. 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.

- **CAREGIVER CONNECTION (Caregivers Only):** 1st 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):** Virtually 1st and 3rd 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. In-person Every 2nd and 4th Friday from 10 – 11 a.m. at the Sun Health Research Institute's Morin Auditorium, 10505 W Santa Fe Drive, Sun City, 85351.
- **Un Descansito (A Little Respite):** Virtually 3rd Wednesday from 1:30 – 2:30 p.m. Call (669) 900-9128, Meeting ID: 979 9034 3679, Passcode: 548460

Banner Alzheimer's Support Groups

For more information, email BannerResearch@BannerHealth.com. 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.

- **CAREGIVER CORNER (Topic-Driven Discussion):** 1st Wednesday from 1 – 2 p.m. Call (669) 900-9128, Meeting ID: 936 2407 5690, Passcode: 672464
- **MEN WHO CARE (Male Caregivers Only):** 1st Wednesday from 7:30 – 9:30 a.m. Call (669) 900-9128, Meeting ID: 995 0113 3402, Passcode: 476252
- **LEWY BODY (LBD) (Caregivers Only):** 1st Friday from 12:30 – 2 p.m. Call (669) 900-9128, Meeting ID: 922 1568 5675, Passcode: 440552
- **CIRCLE OF FRIENDS (Caregivers Only):** 3rd Thursday from 12:30 – 2 p.m. Call (669) 900-9128, Meeting ID: 996 9538 7700, Passcode: 026851
- **FRONTOTEMPORAL (FTD) (Caregivers Only):** 2nd Tuesday from 12:30 – 2 p.m. Call (669) 900-9128, Meeting ID: 929 5954 0200, Passcode: 310844
- **EARLY STAGE MEMORY LOSS AND MCI (Caregivers & Patients):** 4th Friday from 1 – 2:30 p.m. Call (669) 900-9128, Meeting ID: 951 2249 8754, Passcode: 726202
- **ADULT CHILD (Adult Children/Caregivers Only):** Meets Last Tuesday from 5:15 – 6:45 p.m. Call (669) 900-9128, Meeting ID: 923 1504 1001, Passcode: 921360

City of Surprise Support Groups

- **Memory Café:** Virtually 2nd Tuesday from 10 – 11:30 a.m. In-person 4th Tuesday from 10 - 11:30 at the Salvation Army, 17420 N. Avenue of the Arts, Surprise, 85378. Contact (623) 832-6637 or BannerResearch@BannerHealth.com to register.

Great news!

Beginning November 2022, Sun Health will be reinstating our In-Person Dementia Caregiver support group. Our current Wednesday phone support group will continue to remain available.

Benevilla Support Groups

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

- **Memory Care Caregivers (Caregivers who have a loved one with various stages of cognitive impairment):** 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>
- **Ambiguous Loss/Grief (For those 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):** 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>
- **Male Caregivers Ambiguous Grief (For men who are experiencing grief due to the expected loss a spouse or significant other and/or have placed a loved one in a group home or facility setting and want to connect with other men in similar situations for support):** Every 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 and via Zoom: <https://us06web.zoom.us/j/82233273385>
- **Bereavement (For those experiencing grief due to the death a loved one and want to connect with others for support):** 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):** 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 Support (Caregivers of loved ones with various diagnoses who want to connect with other caregivers for support):** 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>
- **Parkinson's Support (Caregivers of loved ones with a Parkinson's diagnosis who want to connect with other caregivers for support):** Every 1st Tuesday each month from 3 – 4 p.m. In-person meetings at BeneFitness at Benevilla, 16752 N. Greasewood St, Surprise, 85378 and via Zoom: <https://us06web.zoom.us/j/94740705681> RSVP required, contact (928) 613-2223.

Sun Health Support Groups

- **Dementia Caregiver Support Group:** 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.