

March 2023

West Valley Memory Resources

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



Date	Time	Class Topic	Registration
Wed., Mar. 8	11 a.m. - Noon	Parkinson's Disease Learning and Education - Parkinson's Open Session (Virtual)	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/MIH001RB
Wed., Mar. 8	11 a.m. - 12:30 p.m.	Back to Baseball (Virtual)	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/MIH001R2
Tues., Mar. 14	10 - 11:30 a.m.	Memory Café (Virtual)	Visit SunHealthWellness.org/classes or call (623) 207-1703 to register.
Wed., Mar. 15	11:15 a.m. - 12:15 p.m.	Deep Brain Stimulation Education and Resource Class (Virtual)	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/MIH0028F
Wed., Mar. 15	11:30 a.m. - 12:30 p.m.	Ambiguous Loss for Alzheimer's: Living with Uncertainty (In-person: Banner Alzheimer's Institute, Tucson)	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/MIH0028P
Thurs., Mar. 16	10 - 11 a.m.	Residential Care: When Moving Becomes the Best Option (Virtual)	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/MIH002RM
Tues., Mar. 21	1 - 2 p.m.	Defining Dementia: Progression, Treatment and Strategies (Virtual)	Call to Register (602) 230-CARE or online https://weblink.bannerhealth.com/weblink/classes/info/MIH002XH
Tues., Mar. 21	1:30 - 2:30 a.m.	Normal Aging vs Dementia (In-person: Grace Bible Church)	Visit SunHealthWellness.org/classes or call (623) 207-1703 to register.
Tues., Mar. 28	10 - 11:30 a.m.	Memory Café (In-person: Salvation Army)	Visit SunHealthWellness.org/classes or call (623) 207-1703 to register.
Fri., Mar. 31	1 - 3 p.m.	Matter of Balance (8 Weeks, In-person: Sun Health Center for Health and Wellbeing)	Visit SunHealthWellness.org/classes or call (623) 207-1703 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 free consultation.



Sun Health Support Groups

- **Dementia Caregiver Support Group:** In-person every 1st and 3rd Wednesday from 3 – 4 p.m. at Grandview Terrace Health & Rehabilitation Center's Community Education Room, 14505 W. Granite Valley Drive, Sun City West, 85375. Phone Call every 2nd and 4th 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

For more information, call (602) 839-6918 or 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.
- **COFFEE TALK (Caregivers and Persons with Parkinson's Disease):** Virtually 1st and 3rd Friday from 10 – 11 a.m. 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, 10515 W Santa Fe Drive, Sun City, 85351.

Banner Alzheimer's Support Groups

For more information, call (602) 839-6918 or 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.
- **MEN WHO CARE (Male Caregivers Only):** 1st Wednesday from 7:30 – 9:30 a.m.
- **LEWY BODY (LBD) (Caregivers Only):** 1st Friday from 12:30 – 2 p.m.
- **CIRCLE OF FRIENDS CAREGIVERS (Caregivers Only):** 3rd Thursday from 12:30 – 2 p.m.
- **FRONTOTEMPORAL (FTD) (Caregivers Only):** 2nd Tuesday from 12:30 – 2 p.m.
- **EARLY STAGE MEMORY LOSS AND MCI (Caregivers & Patients):** 4th Friday from 1 – 2:30 p.m.
- **ADULT CHILD (Adult Children/Caregivers Only):** Meets Last Tuesday from 5:15 – 6:45 p.m.
- **JUST ME: EARLY STAGE & MCI (Patients Only):** Meets 2nd Friday from 1 – 2:30 p.m.

Benevilla Support Groups

For more information, contact Sherry Griffin at (623) 584-4999, email SupportGroups@benevilla.org, 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. Meetings are held at Faith Presbyterian Church, 16000 N. Del Webb Blvd., Sun City, 85351.
- **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. Meetings are held at St. Clement of Rome Church (Angel Room in the Bingo Hall), 15800 N. Del Webb, Sun City, 85351.
- **Men's Caregiver Support Group (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 Wednesday each month from 8:30 – 9:30 a.m. Meetings are held at Royal Oaks Lifecare Community Chapel, 10015 W. Royal Oak Rd., Sun City, 85351.
- **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. Meetings are held at Lord of Life Lutheran Church (Room 1), 13724 W Meeker Blvd., Sun City West, 85375.
- **Adult Children Caregivers (Adult caregivers for close relatives who want to connect with other caregivers):** 2nd and 4th Tuesday each month from 6 – 7 p.m. Zoom: <https://us06web.zoom.us/j/86564189969>
- **General Caregivers Support (Caregivers of loved ones with various diagnoses who want to connect with other caregivers for support):** Every Thursday from 9:30 – 10:30 a.m. Meetings held at Willowbrook United Methodist Church, 19390 N 99th Ave., Sun City, 85373.

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.

Save the Date!

- **The Art of Resiliency:** Wednesday, May 3, 2023
Check in at 8:15 a.m. at Grandview Terrace (Ballroom) 14515 W. Granite Valley Dr., Sun City West, AZ 85375.
RSVP by calling (623) 257-6351 or visit SunHealthWellness.org/resiliency