

September 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., Sept. 6	11 a.m. - Noon	As Dementia Progresses: Advanced to Moderate Stage (Virtual)	Call to Register (602) 230-CARE or online: <a href="http://weblink.bannerhealth.com/weblink/#!/classes/info/MIH003LD">weblink.bannerhealth.com/weblink/#!/classes/info/MIH003LD</a>
Thurs., Sept. 7	10:30 - 11:30 a.m.	Planning Ahead: Medical, Legal, Financial Decisions (Virtual)	Visit <a href="http://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 207-1703 to register.
Wed., Sept. 13	11 a.m. - Noon	PDLER - Exercise & Safety (Virtual)	Call to Register (602) 230-CARE or online: <a href="http://weblink.bannerhealth.com/weblink/#!/classes/info/MIH001RH">weblink.bannerhealth.com/weblink/#!/classes/info/MIH001RH</a>
Wed., Sept. 13	11 a.m. - 12:30 p.m.	Back to Baseball (Virtual)	Call to Register (602) 230-CARE or online: <a href="http://weblink.bannerhealth.com/weblink/#!/classes/info/MIH00350">weblink.bannerhealth.com/weblink/#!/classes/info/MIH00350</a>
Thurs., Sept. 14	10 - 11 a.m.	Ambiguous Loss & Dementia: Living with Uncertainty (Virtual)	Visit <a href="http://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 207-1703 to register.
Tues., Sept. 19	10 - 11 a.m.	Donuts with Debbie: Top 10 Resources Every Caregiver Needs to Know (In-person: Benevilla C.A.R.E.S. Conference Room)	RSVP by emailing <a href="mailto:SupportGroups@Benevilla.org">SupportGroups@Benevilla.org</a> or call (623) 526-4404
Tues., Sept. 19	1:30 - 2:30 p.m.	Driving and Dementia (Hybrid: Grace Bible Church)	Visit <a href="http://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 207-1703 to register.
Wed., Sept. 20	11:15 a.m. - 12:15 p.m.	DBS Education and Resource Class (Virtual)	Call to Register (602) 230-CARE or online: <a href="http://weblink.bannerhealth.com/weblink/#!/classes/info/MIH0028L">weblink.bannerhealth.com/weblink/#!/classes/info/MIH0028L</a>
Thurs., Sept. 21	10 - 11 a.m.	Help at Home: Support for the Person Living at Home (Virtual)	Call to Register (602) 230-CARE or online: <a href="http://weblink.bannerhealth.com/weblink/#!/classes/info/MIH003A8">weblink.bannerhealth.com/weblink/#!/classes/info/MIH003A8</a>
Thurs., Sept. 21	10:30 - 11:30 a.m.	Dementia Friends Info Session (Virtual)	Visit <a href="http://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 207-1703 to register.
Wed., Sept. 27	9:30 - 10:30 a.m.	Caregiver Education Series: Making the Move to Senior Living (In-person: Benevilla C.A.R.E.S. Conference Room)	RSVP by emailing <a href="mailto:SupportGroups@Benevilla.org">SupportGroups@Benevilla.org</a> or call (623) 526-4404

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 – Sun City West:** 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. Registration not required.
- **Dementia Caregiver Support Group – Sun City:** Every 2nd and 4th Thursday from 10 – 11 a.m. at Faith Presbyterian Church, 16000 N. Del Webb Blvd., Sun City, 85351. Registration not required.

## Benevilla Support Groups

For more information, contact Benevilla at (623) 526-4404, email [SupportGroups@Benevilla.org](mailto:SupportGroups@Benevilla.org), or visit [benevilla.org/caregiver-support-groups](http://benevilla.org/caregiver-support-groups)

- **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.
- **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.
- **Caregiver Wellbeing (Caregivers who are seeking to rejuvenate their wellbeing):** 1st Wednesday each month from 2 – 3 p.m. Meetings held at BeneFitness at Benevilla, 16752 N. Greasewood St, Surprise, 85378.
- **Staying Strong (Helping caregivers with their physical wellbeing to help care for loved ones):** Meets virtually 3rd Wednesday each month from 2 – 3 p.m. Contact [SupportGroups@Benevilla.org](mailto:SupportGroups@Benevilla.org) to register. Meets in-person 2nd Tuesday each month from 2 – 3 p.m. at the BeneFitness Gym, 16752 N. Greasewood Street, Surprise, 85378. RSVP required, contact [SupportGroups@Benevilla.org](mailto:SupportGroups@Benevilla.org) or call (623) 526-4404.
- **Adult Children Who Are Caring for a Parent (For adult children who provide care for their parent):** Meets on the 20th at 9 – 10 a.m. both virtually via Zoom and in-person at West Valley Life Enrichment Program, 8133 W. Cactus Rd., Peoria, AZ 85381, and virtually via Zoom from 5 – 6 p.m. To register, contact [SupportGroups@Benevilla.org](mailto:SupportGroups@Benevilla.org).

## Banner Sun Health Research Institute Support Groups

For more information, call (602) 839-6850 or email [BannerResearch@BannerHealth.com](mailto: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):** Meets 1st Tuesday from 1 – 2 p.m.
- **COFFEE TALK (Caregivers and Persons with Parkinson's Disease):** Meets virtually 1st and 3rd Friday from 10 – 11 a.m. Contact [Tessa.Sweepe@BannerHealth.com](mailto:Tessa.Sweepe@BannerHealth.com) or call (623) 832-8767 to register. Meets 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) 839-6850 or email [BannerResearch@BannerHealth.com](mailto: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):** Meets 1st Wednesday from 1 – 2 p.m.
- **MEN WHO CARE (Male Caregivers Only):** Meets 1st Wednesday from 7:30 – 9:30 a.m.
- **LEWY BODY (LBD) (Caregivers Only):** Meets 1st Friday from 12:30 – 2 p.m.
- **CIRCLE OF FRIENDS CAREGIVERS (Caregivers Only):** Meets 3rd Thursday from 12:30 – 2 p.m.
- **FRONTOTEMPORAL (FTD) (Caregivers Only):** Meets 2nd Tuesday from 12:30 – 2 p.m.
- **EARLY STAGE MEMORY LOSS AND MCI (Caregivers & Patients):** Meets 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.

## 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](mailto:BannerResearch@BannerHealth.com) to register.