

November 2023

# West Valley Memory Resources

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



Date	Time	Class Topic	Registration
Thurs., Nov. 2	11 a.m. - Noon	Activities: Filling the Day with Meaning & Purpose (Virtual)	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH003MX">weblink.bannerhealth.com/weblink/#!/classes/info/MIH003MX</a>
Tues., Nov. 7	10 - 11 a.m.	Beyond Memory Changes: The Emotional Impact of AD (In-person: Banner Alzheimer's Institute)	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH003S7">weblink.bannerhealth.com/weblink/#!/classes/info/MIH003S7</a>
Tues., Nov. 7	10 - 11:30 a.m.	Daily Personal Care Tips and Resources for Dementia Caregivers (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
Wed., Nov. 8	11 a.m. - Noon	PDLER - Resources Available - Where to Look for Information (Virtual)	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH001RJ">weblink.bannerhealth.com/weblink/#!/classes/info/MIH001RJ</a>
Thurs., Nov. 9	10 - 11 a.m.	Medications: What are they & What can I expect? (Virtual)	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH003NY">weblink.bannerhealth.com/weblink/#!/classes/info/MIH003NY</a>
Tues., Nov. 14	10 - 11:30 a.m.	Memory Café (Virtual)	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 207-1703 to register.
Wed., Nov. 15	1 - 2 p.m.	HOV Coping with Grief during the Holidays (In-person: Banner Sun Health Research Institute)	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH003MO">weblink.bannerhealth.com/weblink/#!/classes/info/MIH003MO</a>
Thurs., Nov. 16	10 - 11:30 a.m.	Dementia Friends Champion Training (Virtual)	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH001TT">weblink.bannerhealth.com/weblink/#!/classes/info/MIH001TT</a>
Sat., Nov. 18	3:30 - 6 p.m.	Shine a Light on All Dementias (In-person: Arizona State Capitol Front Lawn)	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH003G9">weblink.bannerhealth.com/weblink/#!/classes/info/MIH003G9</a>
Tues., Nov. 21	1:30 - 2:30 p.m.	Tips for Navigating a Dementia Diagnosis for the Holiday Season (Hybrid: Grace Bible Church)	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 207-1703 to register.
Tues., Nov. 28	10 - 11:30 a.m.	Memory Café (In-person: Salvation Army)	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> 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 – 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 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)

- **Rebuilding Live After Loss (For those whose caregiver journey has ended and they are looking for support as they start to build the next phase of their life):** 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.
- **Staying Strong (Helping caregivers with their physical wellbeing to help care for loved ones):** 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.
- **Life During Loss (Helping caregivers navigate the grieving process due to a recent or expected loss of a loved one):** Meets in-person every Wednesday each month from 10 – 11:15 a.m. at St. Clement of Rome Church, 15800 N. Del Webb, Sun City, 85351.
- **Adult Children Caregiver (Helping adult children caregivers who are caring for their aging parents):** Meets virtually via Zoom every 2nd Wednesday from 10:30 – 11:30 a.m., and again at 5:30 – 6:30 p.m.

## 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.