

West Valley Memory Resources

October 2021

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

Date	Time	Class Topic	Registration
Thurs., Oct. 7	10-11:30 a.m.	Activities: Filling the Day with Meaning & Purpose	https://weblink.bannerhealth.com/weblink/classes/info/MIH0008L
Thurs., Oct. 7	1:30 - 2:30 p.m.	Dementia Friends Information Session	https://weblink.bannerhealth.com/weblink/classes/info/MIH00050
Mon., Oct. 11	9-10 a.m.	Dementia Friends Info Session	Visit SunHealthWellness.org/classes to register.
Tues., Oct. 12	2-3 p.m.	Parkinson's & Cannabis: Can It Help Some of the Symptoms?	Visit SunHealthWellness.org/classes to register.
Tues., Oct. 12	2-3 p.m.	Dementia Friends Information Session in Spanish	https://weblink.bannerhealth.com/weblink/classes/info/MIH000FY
Tues., Oct. 19	1-2:30 p.m.	Dementia Friends Champion Training	https://weblink.bannerhealth.com/weblink/classes/info/MIH0005R
Tues., Oct. 19	1:30-2:30 p.m.	Normal Aging vs. Dementia	Visit SunHealthWellness.org/classes to register.
Weds., Oct. 20	10-11 a.m.	Defining Dementia: Progression, Treatment & Strategies	https://weblink.bannerhealth.com/weblink/classes/info/MIH000AQ
Weds., Oct. 20	1:30-3 p.m.	Confident Caregivers Caring for Those with Dementia	Visit Benevilla.org/community-events or call (623) 584-4999
Thurs., Oct. 21	10-11:30 a.m.	Planning Ahead for Caregivers	https://weblink.bannerhealth.com/weblink/classes/info/KGH0037Y
Thurs., Oct. 28	9:30-11:30 a.m.	Isolation/Depression/Anxiety/Dementia/Hearing Loss & Is it Possible they are all related?	Visit SunHealthWellness.org/classes to register.
Thurs., Oct. 28	10-11 a.m.	Alzheimer's A.S.K: The Plan Behind the Care: Legal and Financial Preparedness & Dementia	https://weblink.bannerhealth.com/weblink/classes/info/MIH000FL

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 Support Groups

- **Dementia Caregiver Support Group**-Occurs every Wednesday from 3 to 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

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 Every First and Third Tuesday from 1 – 2 p.m.
- **COFFEE TALK (Caregivers and Persons with Parkinson's Disease)** - Meets Every Friday from 10 – 11 a.m. Please contact Tessa.Sweepe@bannerhealth.com or 623-832-8786 for registration.
- **PARKINSON'S CAREGIVER SUPPORT GROUP (Caregivers Only)** - Meets Every First and Third Thursday from 11 a.m. – 12 p.m.
- **Un Descansito Grupo de apoyo (A Little Respite)** - Meets every third Wednesday from 1:30-2:30 p.m. Please contact Esther Pineda at esther.pineda@bannerhealth.com or baifcs@bannerhealth.com

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.

- **MEN WHO CARE SUPPORT GROUP (Male Caregivers Only)** - Meets First Wednesday from 7:30 – 9:30 a.m.
- **LEWY BODY (LBD) SUPPORT GROUP (Caregivers Only)** - Meets First Friday from 12:30 – 2 p.m.
- **CIRCLE OF FRIENDS SUPPORT GROUP (Caregivers Only)** - Meets Third Thursday from 12:30 – 2 p.m.
- **FRONTOTEMPORAL (FTD) SUPPORT GROUP (Caregivers Only)** - Meets Second Tuesday from 12:30 – 2 p.m.
- **EARLY STAGE-MCI SUPPORT GROUP (Caregivers & Patients)** - Meets Fourth Friday from 1 – 2:30 p.m.
- **ADULT CHILD SUPPORT GROUP (Adult Children/Caregivers Only)** - Meets Last Tuesday from 5:15 - 6:45 p.m.
- **LIFE TRANSITIONS SUPPORT GROUP (Caregivers only, whose person has transitioned to residential care or has passed away)** Meets Second Friday from 1:00 – 2:30 p.m.

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.

- **Memory Care Caregivers (Caregivers who have a loved one with dementia) HYBRID MEETING-** Meets every Tuesday from 10 to 11:30 a.m. In-person meetings at Faith Presbyterian Church, 16000 N. Del Webb Blvd., Sun City, 85351. Call for Zoom details.
- **Royal Oaks General Caregivers** - Meets 2nd and 4th Wednesday of every month from 9:30 to 10:30 a.m. Royal Oaks Lifecare Community, 10015 W Royal Oak Rd., Sun City, 85351 in the Canyon Room of the Life Enrichment Center. Call for Zoom details.
- **Parkinson's (Caregivers and those with Parkinson's)-** Meets first and third Tuesday every month from 3 to 4:30 p.m. Call for Zoom details.
- **Ambiguous Loss/Grief (This group is 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.) HYBRID MEETING-** Meets every Wednesday of every month from 11:30 a.m. to 1 p.m. In-person meetings held at St. Clement of Rome Church, 15800 N. Del Webb, Sun City, 85351 and via Zoom. Call for Zoom details.
- **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 of every month from 3 to 4:30 p.m. In-person meetings at Lord of Life Lutheran Church, 13724 W Meeker Blvd., Sun City West, 85375. Call for Zoom details.
- **Adult Children Caregivers for Parents-**Meets every 2nd and 4th Tuesday of every month from 6 to 7 p.m. In-person meetings at Church @ Cactus (West Valley Life Enrichment Program), 8133 W. Cactus Rd., Peoria, 85381. Call for Zoom details.

City of Surprise Support Groups

- **Memory Café-Call in Sessions-**Meets second and fourth Tuesdays from 10 to 11:30 a.m. Call 623-832-6637 or email BannerResearch@bannerhealth.com to get the link and/or telephone number for the group.

Hospice of the Valley

- **Live Well with Dementia: Monday Mornings with Maribeth-**Meets every Monday starting at 10 a.m.
Zoom Link: <https://hov.zoom.us/j/97088368189> **Meeting ID:** 970 8836 8189 **Passcode:** 538891
- **Thursday and Saturday Mindfulness:** Meets Thursdays from noon to 12:30 p.m. and Saturdays from 9:30 to 10:30 a.m.
Zoom link: <https://hov.zoom.us/j/4869202119?pwd=eW5CUUFFS2hycU1PTVpRcjRlRnN3QT09> **Meeting ID:** 486 920 2119
Passcode: Sammy **Questions?** Contact Gill Hamilton at gghamilton@hov.org or (602) 748-3692
- **Online Support Group for Dementia Care Partners:** Meets every Wednesday from Noon to 1 p.m. **Zoom link:** <https://hov.zoom.us/j/95549983607?pwd=bnpuWWlsSSStlZFRVVoNnJ2azJNRDlMZZ09> **Meeting ID:** 955 4998 3607 **Password:** 562327