

August 2024

# West Valley Memory Resources

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



Date	Time	Class Topic	Registration
Thurs., Aug. 1	1 - 2 p.m.	Residential Care: When Moving Becomes the Best Option	Call to Register (602) 230-CARE or online: <a href="https://BannerHealth.com/AlzResidentialCare">BannerHealth.com/AlzResidentialCare</a>
Mon., Aug. 5 & Mon., Aug. 19	9:30 - 10:30 a.m.	Benevilla Caregiver Boot Camp Series (In-person: Peoria Community Center)	To register and for more information, contact (623) 526-4404 or <a href="mailto:SupportGroups@Benevilla.org">SupportGroups@Benevilla.org</a>
Tues., Aug. 6 & Tues., Aug. 20	10 - 11 a.m.	Benevilla Caregiver Boot Camp Series (In-person: Home Instead Surprise)	To register and for more information, contact (623) 526-4404 or <a href="mailto:SupportGroups@Benevilla.org">SupportGroups@Benevilla.org</a>
Tues., Aug. 6	3 - 4 p.m.	Depression, Anxiety & Apathy in Parkinson's Disease	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH00508">weblink.bannerhealth.com/weblink/#!/classes/info/MIH00508</a>
Wed., Aug. 7	10:30 - 11:30 a.m.	Hearing Loss & Brain Health (In-person: Surprise Senior Center)	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 471-9355 to register.
Wed., Aug. 7	12:30 - 2:30 p.m.	Shine Your Light - Rehearsal	Call to Register (602) 230-CARE or online: <a href="https://bannerhealth.com/calendar/event-detail?id=MIH005GM&amp;sessionId=MIH005GP">bannerhealth.com/calendar/event-detail?id=MIH005GM&amp;sessionId=MIH005GP</a>
Wed., Aug. 7 & Wed., Aug. 21	3 - 4 p.m.	Dementia Caregiver Support Group (In-person: Grandview Terrace Health & Rehabilitation Center)	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 471-9355 to register.
Thurs., Aug. 8	11 a.m. - Noon	PDLER Program: Ambiguous Loss & Parkinson's Disease	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH0050V">weblink.bannerhealth.com/weblink/#!/classes/info/MIH0050V</a>
Tues., Aug. 20	11 a.m. - Noon	As Dementia Progresses: Moderate to Advanced Stages	Call to Register (602) 230-CARE or online: <a href="https://tinyurl.com/bdf46xzc">tinyurl.com/bdf46xzc</a>
Tues., Aug. 20	1:30 - 2:30 p.m.	Memory Support - "When is it Time?" (In-person: Grace Bible Church)	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 471-9355 to register.
Thurs., Aug. 22	10 - 11 a.m.	Dementia Friends Information Session	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH0040J">weblink.bannerhealth.com/weblink/#!/classes/info/MIH0040J</a>
Tues., Aug. 27	10 - 11:30 a.m.	Memory Cafe, with "Back to Baseball" (In-person: Salvation Army)	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 471-9355 to register.
Thurs., Aug. 29	10:30 - 11:30 a.m.	Defining Dementia: Progression, Treatment & Strategies	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/MIH005N7">weblink.bannerhealth.com/weblink/#!/classes/info/MIH005N7</a>

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) 471-9355 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.

## 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)

- **General Caregivers Support (Caregivers of loved ones with various diagnoses who want to connect with other caregivers for support):** Meets in-person 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.
- **Caregiver Boot Camp Series: Managing Cognitive and Behavioral Challenges:** Meets in-person: August 5th at Peoria Community Center, 8335 W. Jefferson St., Peoria, 85345; August 6th at Home Instead, 15003 W. Bell Rd., Suite 150, Surprise, 87374.
- **Caregiver Boot Camp Series: Home Safety and Assistive Devices:** Meets in-person: August 19th at Peoria Community Center, 8335 W. Jefferson St., Peoria, 85345; August 20th at Home Instead, 15003 W. Bell Rd., Suite 150, Surprise, 87374.

## City of Surprise Support Groups

- **Memory Café:** Meets in-person 4th Tuesday from 10 - 11:30 a.m. 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.

## 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.

- **FIRST TUESDAY CAREGIVER SUPPORT (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.

- **FIRST WEDNESDAY CAREGIVER SUPPORT (Topic-Driven Discussion):** Meets 1st Wednesday from 1 – 2 p.m.
- **MEN WHO CARE (Male Caregivers Only):** Meets 1st Wednesday from 7:30 – 9:00 a.m.
- **LEWY BODY (LBD) (Caregivers Only):** Meets 1st Friday 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.
- **CAREGIVERS OF MEMORY AND MOVEMENT DISORDERS (Caregivers Only) (In-person at BAI Tucson):** Meets 3rd Thursday from 10:45 - 11:30 a.m.