

May 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., May 2	11 a.m. - Noon	Help at Home: Supporting the Person Living at Home (Virtual)	To register, visit: <a href="https://tinyurl.com/3zm7jbmd">tinyurl.com/3zm7jbmd</a>
Tues., May 7	10 - 11:30 a.m.	BSHRI Brain and Body Tour (In-person: BSHRI Sun City)	To register, visit: <a href="https://tinyurl.com/yj9dh98m">tinyurl.com/yj9dh98m</a>
Wed., May 8	11 a.m. - Noon	PDLER Program: Parkinson's Terminology (Virtual)	To register, visit: <a href="https://tinyurl.com/2ms7tmdj">tinyurl.com/2ms7tmdj</a>
Thurs., May 9	10:30 a.m. - Noon	Dementia Friends Champion Training (Virtual)	To register, visit: <a href="https://tinyurl.com/jvfyrweu">tinyurl.com/jvfyrweu</a>
Tues., May 14	2 - 3 p.m.	Cultivating Positivity in Caregiving (Virtual)	To register, visit: <a href="https://tinyurl.com/572nhwrp">tinyurl.com/572nhwrp</a>
Wed., May 15	9:30 - 10:30 a.m.	Improving Cognitive Functioning (In-person: Lord of Life Lutheran Church)	Visit <a href="https://SunHealthWellness.org/classes">SunHealthWellness.org/classes</a> or call (623) 471-9355 to register.
Tues., May 21	11 a.m. - Noon	Defining Dementia: Progression, Treatment & Strategies (Virtual)	To register, visit: <a href="https://tinyurl.com/ys63k8jx">tinyurl.com/ys63k8jx</a>
Wed., May 29	10 - 11 a.m.	Understanding Grief and Mourning with Hospice of the Valley (Virtual)	To register, visit: <a href="https://tinyurl.com/2bn88jsx">tinyurl.com/2bn88jsx</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)

- **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.
- **I'm A Caregiver...Now What? (Helping caregivers navigate the day-to-day issues caring for their loved one):** Meets 1st Tuesday each month from 10 - 11:30 a.m. at Lord of Life Church, 13724 W. Meeker Blvd., Sun City West, 85375.

## City of Surprise Support Groups

- **Memory Café:** Meets in-person 4th Tuesday from 9:30 - 11 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.