

SUPPORT GROUPS

We welcome you to join us for support, tips and connection. All groups are currently offered online. Please contact baifcs@bannerhealth.com or (602) 839-6918 for Zoom link information.

Adult Child Support Group

Meets last Tuesday of each month from 5:15-6:45pm

Find and maintain hope as you support your parent living with dementia. Join us to share concerns, learn tips and coping strategies for successful caregiving.

Caregiver Connection Support Group

Meets first & third Tuesday of each month from 1:00-2:00pm

Find support & solutions in this group exclusively for care partners of persons with Alzheimer's disease/dementias.

Caregiver Corner Discussion Group

Meets first Wednesday of each month from 1:00-2:00pm

This conversation group for caregivers of persons with Alzheimer's disease/dementias offers supplementary materials to stimulate discussion to improve day to day caregiving skills.

Circle of Friends Caregiver Support Group

Meets third Thursday of each month from 12:30-2:00pm

Share, garner support and develop connections in this group for caregivers of persons with Alzheimer's disease/dementias.

Coffee Talk Support Group

Meets each Friday from 10:00-11:00am

People living with Parkinson's disease and their care partners are invited to join these regular support sessions.

Early-Stage Memory Loss & MCI Support Group

Meets fourth Friday of each month from 1:00-2:30pm

Learn to incorporate good self-care to live successfully with memory loss in this group for people living with early memory loss and their care partners.

Frontotemporal (FTD) Dementia Support Group

Meets second Tuesday of each month from 12:30-2:00pm

Join this support session if you are a caregiver for someone diagnosed with dementia involving the frontal lobe of the brain: Frontotemporal dementia, Primary progressive aphasia or strokes in the frontal lobe.

Lewy Body (LBD) Dementia Support Group

Meets first Friday of each month from 12:30-2:00pm

Care partners of people with Lewy body disease or Parkinson's disease with dementia are invited to attend this group for information and support.

Life Transitions Support Group

Meets second Friday of each month from 1:00-2:30pm

This group addresses the support needs for caregivers whose role has undergone a transition including when the person they care for moves into residential care or has passed away.

Men Who Care Support Group

Meets first Wednesday of each month from 7:30-9:30am

Join us in sharing educational and problem-focused solutions exclusively for men who are caregivers of someone with Alzheimer's disease/dementias.

Parkinson's Caregiver Support Group

Meets first & third Thursday of each month from 11:00am-12:00pm

Learn from one another in this group for care partners of persons with Parkinson's disease or a related movement disorder.

Family and Community Services

2021 Education, Support and Life Engagement Programs

These programs are made possible by the generous support of the Banner Alzheimer's Foundation



Our mission includes setting a new standard of care that provides help and hope for families living with memory and movement disorders. Our Family & Community Services team is committed to offering programs to help people, families and communities live well through disease progression.

Our locations:

Banner Alzheimer's Institute

- 901 E. Willetta St., Phoenix 85006
- Email: BAIFCS@BannerHealth.com
- Clinic 602.839.6900 Events 602.839.6850

Banner Alzheimer's Institute Tucson

- 2626 E. River Rd., Tucson 85718
- Email: BAITucson@BannerHealth.com
- Clinic 520.694.7021 Events 520.694.6889

Banner Sun Health Research Institute

- 10515 W. Santa Fe Dr., Sun City 85351
- Email: BannerResearch@BannerHealth.com
- Clinic 623.832.6530 Events 623.832.3248

For event information or to register for a program go to: www.BannerAlz.org/Calendar or call 602.230.2273 (CARE)



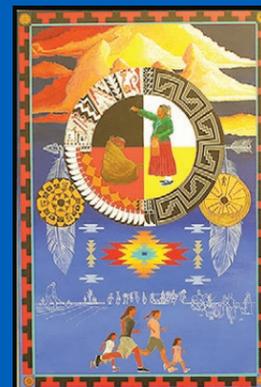
Dementia Friendly Arizona

Changing people's perceptions of dementia by transforming how we think, talk and act about the disease, Dementia

Friendly Arizona is leading the charge to create communities that are supportive of people living with dementia. Contact us to learn more about how your community can join Tempe, Surprise, Phoenix, Mesa, Scottsdale and Glendale in making Arizona dementia friendly! www.banneralz.org/dementiafriends

Native American Outreach Program

Launched in 2003, our Native American Outreach Program fosters awareness, care and scientific understanding of Alzheimer's/ dementia in tribal communities through education and outreach activities and prides itself in understanding and responding to needs within urban and rural lands. www.banneralz.org/nativeamerican



Speaker's Bureau

Want to learn about a particular topic? Whether it is a program on Alzheimer's disease, Parkinson's disease, clinical trials, prevention research or caregiver strategies and wellness? Request a speaker on our website at www.BannerAlz.org/SpeakersBureau.

Beacon Newsletter

Want news and information you can use? Our bi-monthly newsletter comes straight to your inbox filled with caregiving tips, the latest research and other relevant topics. Visit www.BannerAlz.org to sign up as well as to explore our calendar of events and recorded classes.

EVENTS & EDUCATION

Check out our Beacon newsletter or website for a current calendar of upcoming events and recorded classes
www.banneralz.org/calendar

Event Tracks:

 **All** Community-Wide  **Mild** Memory Loss  **Moderate** Memory Loss  **Advanced** Memory Loss  **Professional**  **Parkinsonian**

Activities: Filling the Day with Meaning and Purpose

From daily tasks to beloved hobbies, activities are an integral part of our lives. Learn how to adapt different types of activities as dementia progresses.  

As Dementia Progresses: Moderate to Advanced Stage

The moderate through advanced stages of dementia bring their own unique concerns. Learn more about expected changes due to disease progression, useful treatments and strategies to help manage daily life.  

Alzheimer's A.S.K.: Answers, Strategies, Knowledge

Do you have questions about dementia that have been left unanswered? This open Q&A session offers you an opportunity to connect with dementia experts with varied specialties. Come with your general questions or watch for each session's unique theme.    

Ambiguous Loss & Dementia: Living with Uncertainty

Caregiver stress and burden may sometimes be misunderstood, with the real culprit being ambiguous loss - when the person is physically present but psychologically different from who they once were. Learn definitions and concrete strategies to infuse hope, meaning and promote self-care.  

See also: **Ambiguous Loss & Parkinson's Disease** 

Brain Health Series

Aging causes changes in all parts of the body, including the brain. Research indicates there are actions you can take as you age to keep your brain as healthy as possible. Learn more about the pillars of brain health and how, when used in combination, they may reduce your risk of cognitive decline as you age.  

Communication & Behavior: The Language of Dementia

The communication changes that accompany dementia can present a host of challenges. As verbal language fades, nonverbal and behavior becomes a method to express thoughts, wants and needs. Review common changes that occur and learn strategies to reduce challenges.  

Cultivating Positivity in Caregiving

Research reveals that happiness not only lifts spirits, but it can also improve overall quality of life and well-being. Learn evidence-based tips to improve coping skills and emotional well-being throughout the journey.     

Defining Dementia: Progression, Treatment & Strategies

Review the basics of dementia from the various types to progression and treatments available. Most importantly, learn essential strategies to avoid many of the unwanted behaviors that arise due to the demands of the illness.   

Dementia Friends:

Information Sessions

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. Learn the critical aspects to better understand dementia, how it affects people and how we each can make a difference in the lives of families. Attendees become Dementia Friends and are asked to turn their understanding of dementia into action, helping transform our communities.  

Champions Training

Does the Dementia Friends philosophy speak to you? Are you interested in being trained to facilitate sessions in your networks or the broader community? Join us for Dementia Friends Champions Training.  

Beyond Memory Changes: The Emotional Impact of Alzheimer's Disease

While changes in memory are a prominent feature in the progression of Alzheimer's disease, there are common emotional changes that may occur as well. Learning to better understand emotional changes can help you to increase your level of empathy and reduce caregiver frustration.   

See also: **Beyond Movement Changes: The Emotional Impact of Parkinson's Disease**  

Diversity Series

Alzheimer's disease does not discriminate. It affects every race, religion, education level, gender and income bracket. This series is designed to improve awareness and offer critical tools to serve unique and diverse communities to better meet community needs.    

Fact or Fiction: The Truth About Alzheimer's Disease

When it comes to Alzheimer's disease, we are constantly bombarded with ads touting the latest, greatest prevention strategy. This interactive session helps sort through the noise and reveals the truth about where we are and where we're headed. You'll leave with easy steps you can take to join us in our fight to end Alzheimer's disease.  

Help at Home: Support for the Person Living at Home

Caring for a person living with dementia requires support, but it can be difficult to know where to begin. Review possible options for care when considering bringing help into the home, how to make an informed decision and ensure success.   

Medications for Dementia: What are They & What can I Expect?

While there are only a few medications approved for the treatment of dementias, other medications may be used to help manage symptoms. Join this class for a review of medications, set reasonable expectations for use, potential side effects and tips for common issues.   

ENGAGEMENT PROGRAMS

Looking for activities that ignite creativity, connection and expression? Try one of our engagement programs designed for people living with memory loss. For information on any of our engagement programs, email: baifcs@bannerhealth.com.

Shine Your Light

This weekly event is a virtual musical experience for people living with memory loss and their care partners. Join Music Therapist, Sun Joo Lee for a musical experience to light up your day.  

Passport to Music

Travel the world through music from the comfort of your living room! For individuals with mild to moderate memory loss and their care partners, each of the 6 weekly sessions focus on goals including socialization, verbal expression, singing, physical movement and reminiscence. Book your ticket today!  

To Whom I May Concern

Your story, your way. From noticing the initial symptoms, to getting a diagnosis, to experiences of stigma —people with dementia have powerful stories to share. This storytelling program offers individuals with mild memory loss an opportunity to share their unique experiences in a small group. Stories are compiled and shared in a medium decided on by the group. 

Planning Ahead: Medical, Legal and Financial Decisions

A diagnosis of Alzheimer's disease and related dementias leave important decisions that need to be considered. Caregivers will learn about what decisions are necessary along with how to find help and pay for care in the home, community and residential settings.  

Residential Care: When Moving Becomes the Best Option

Moving to a residential community is a multi-faceted decision. Learn the importance of planning and considerations when making the transition from one level of care to another.  

NEW IN 2021!

Dementia Untangled Podcast

Explore unique topics in dementia through conversations with physicians, experts and community leaders—focusing on innovative ideas, practical strategies and proven methods to create a supportive path for caregivers. Listen and subscribe wherever you get your podcasts, or learn more at www.BannerAlz.org/DementiaUntangled

"This class has literally been a lifeline in our lives. These sessions have become a tool for staying connected and having the human interaction that we all need while maintaining our social distancing lives. We share so much more than music and memories...we are sharing this human experience."

- Shine Your Light Participant