Support Groups
These groups provide a supportive and safe environment where you can openly share your concerns and questions. Learn more effective strategies to better manage day to day while discovering valuable connections and community resources. No registration required.

Adult Child Support Group
Meets Last Tues. of each month
5:15 to 6:45 PM
BAI, First Floor Education Room
Circle of Friends East Valley
Dementia Caregiver Support Group
Meets 3rd Thursday of each month
12:30 – 2:00 PM
Mesa Red Mountain Library
635 N. Power Rd., Mesa
Roadrunner Room

Dementia Caregiver Support Group
Meets First Wednesday of each month
1:30 – 3:00PM
HACKYATLEThe river, Tucson
The Stable Room

Early Memory Loss & Care Partner Group
Meets 1st & 3rd Tues. of each month
12:00 – 1:00 PM
BAI, Bldg. A&C, Conference Rooms

Frontotemporal (FTD) Caregiver Support Group
Meets 2nd Tues. of each month
12:30 – 2:00 PM
BAI, First Floor Education Room

Life Transitions Caregiver Group
Meets 2nd Friday of each month
1:00 – 2:30 PM
BAI, First Floor Education Room

Parkinson’s Caregiver Support Group
1st & 3rd Thursday of each month
11:00 AM to Noon
BAI, Bldg A

Coffee Talk for People with Parkinson’s & Care Partners
Meets every Friday of the month
10:00 – 11:00 AM
BSHRI, Bldg. 8, Moran Auditorium

Lewy Body (LBD) Caregiver Support Group
Meets 1st Fri. of each month
12:30 – 2:00 PM
BAI, First Floor Education Room

Lewy Body (LBD) West Valley Caregiver Support Group
Meets 4th Tues. of each month
10:30 AM – Noon
BSHRI, Bldg. C, Conference Room

Life Enrichment Programs
We are proud of our community collaborations that enable people and caregivers living with dementia to experience fun, creativity and socialization with our exemplary local partners.

Arts Engagement Program at Phoenix Art Museum
This innovative, six-part program actively engages adults with mild to moderate dementia and their care partners with the visual arts. The program blends facilitated conversations around artworks in the collection that aid in triggering memories and strengthening observational skills and focus. For more information or to register for the upcoming session, call 602.307.2032.

Arts in Mind at Mesa Arts Center
This program is designed for individuals with mild to moderate dementia and their care partners in order to foster dignity and sense of self, while building connection and friendship with others through use of the arts. For more information or registration, email engagement@mesaartscenter.com or call 480.644.6540.

BAI Passport to Music
BAI Passport to Music at the MMH program is designed for persons with mild to moderate memory loss and their care partners, participants will experience a region of the world through their music. Using facilitated dialogue around a regions music and instruments, participants will be encouraged to explore memories, and share observations in this unique environment. Series occur quarterly, for registration or more information, contact BAIFCS@BannerHealth.com or call 602.839.6850.

Memory Café
These programs offer socialization and support for people living with memory loss and their care partners. People join for coffee and friendship, then caregivers participate in an educational support session while persons with early to moderate dementia actively participate in a life engagement program. These programs are free of charge and no reservations are required.

Tempe: Mondays from 9:30am to 11:30am, participants meet at the Salvation Army at Avenue of the Arts & Bell Road. Find more information at www.supportseaz.gov/dementia/thandy or by calling 623.632.6637.

Memory Lounge
Memory Lounge is designed to be an enjoyable, social outing that fosters living in the moment while engaging in the arts, featuring artist-led workshops and museum tours, and light appetizers. Each workshop will focus on a specific arts discipline, including visual arts, music, dance, poetry, drama and more. For more information or to purchase tickets, contact Scottsdale Center for Performing Arts Box Office at 480.488.7777.

Giving Voice
Singing has been shown to transport persons with early to moderate dementia to new heights while fostering joy and purpose while offering caregivers the opportunity to connect and create new memories. Join one of the three choirs forming throughout Arizona! There are no auditions and no musical training is necessary. Meet one of the choirs forming throughout Arizona! No auditions and no musical training is necessary.

Shine Your Light!
Mesa Fridays from 10a-Noon at Mesa Arts Center for more information or to register, contact banneralz@banneralz.org or call 602.839.6918.

Singing for Life Choir: Scottsdale
Mondays from 10a-Noon at Pinnacle Presbyterian Church, call 480.853.9484 for more information.

With Art in Mind
This program seeks to engage people living with dementia through weekly studio art classes at Phoenix Center for the Arts. Open to anyone living within the early to moderate stages of dementia. Each week will feature a new studio art class program taught by a professional teaching artist. For more information and class schedule, contact the Outreach Department at 602.254.3100 x 307.

Compass: After the Dementia Diagnosis
This class reviews the basics of dementia from the various types to progression and treatments available. Most importantly, caregivers will learn essential strategies to avoid many of the unwanted behaviors that arise due to the demands of the illness.

Planning Ahead: Medical, Legal & Financial decisions
Alzheimer’s disease/related dementias can last for many years and will require additional help and care as the condition progresses. Caregivers will learn about medical, legal, and financial decisions that are needed along with how to find help and pay for care in the home, community and residential settings.

As Dementia Progresses: Moderate to Advanced Stage
This class outlines the moderate to advanced stages of Alzheimer’s disease/related dementias. Caregivers will learn about the impact of dementia on memory, thinking, mood, behavior and function. Practical strategies are provided to assist caregivers to find success in their efforts.

Ambiguous Loss: Living with Uncertainty
Caring for someone with dementia creates ongoing awareness of loss as the person with dementia is physically present but psychologically different from who they once were. This can be confusing and overwhelming for family members. This class provides strategies to infuse hope and meaning into one’s life while providing care.

Family and Community Services
2020 Education and Support Program Catalog
These programs are made possible by the generous support of the Banner Alzheimer’s Foundation

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10:30 AM – Noon
BSHRI, Bldg. C, Conference Room

Life Transitions Caregiver Group
Meets 2nd Friday of each month
1:00 – 2:30 PM
BAI, First Floor Education Room

Men Who Care Support Group
Meets 1st Wed. of each month
7:30 – 9:30 AM
BAI, First Floor Education Room

Parkinson’s Caregiver Support Group
1st & 3rd Thursday of each month
11:00 AM to Noon
BAI, Bldg A

Coffee Talk for People with Parkinson’s & Care Partners
Meets every Friday of the month
10:00 – 11:00 AM
BSHRI, Bldg. 8, Moran Auditorium

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1:30 – 3:00PM
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The Stable Room

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BAI, Bldg. A&C, Conference Rooms

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DIVERSITY AND DEMENTIA:
Featuring Special Programs designed to improve awareness and offer critical tools to serve unique and diverse communities better meeting community needs.

Alzheimer’s does not discriminate. It affects every race, religion, education level, gender and income bracket. Did you know many diverse populations are equally if not more vulnerable to developing dementia? We recognize and want to highlight and support these deserving populations in our community to level the playing field.

Alzheimer’s disease and the LGBTQ Community
The number of aging adults who identify as LGBTQ is predicted to double by 2050. Experts recognize several health disparities in this population and the social isolation or stigmatization they face as they age which can impact how AD/IR symptoms manifest.

Learn more: May in Central Phoenix

Alzheimer’s disease and African Americans

The Centers for Disease Control and Prevention reports African Americans have the highest prevalence of Alzheimer’s disease and related dementias for those 65 and older.

Learn more: June in the West Valley

Alzheimer’s disease and Native Americans
The incidence of Alzheimer’s disease and related dementias in Native Americans is largely unknown and many tribes lack vocabulary to describe dementia.

16th Annual Conference in October in Southwest Phoenix

COMMUNITY CAPACITY:
With Arizona having the largest number of people, families and communities living with dementia, our innovative topics will equip you stay on top of the challenges the disease may bring while equipping you with knowledge about ground-breaking research to advance the playing field.

Taboo Topics in dementia:
Let’s Talk About it!

Alzheimer’s disease and related dementias can bring about changes that while common, can be difficult to talk about. However, no problem has been solved by ignoring it! Join us as we invite experts to help us examine these taboo topics to offer understanding and insight.

Let’s talk about: Sex & Intimacy
Michelle Grigalits-Reyes, FNP, Banner Alzheimer’s Institute
Banner Sun Health Research Institute, Sun City
March 18, 10:00-11:30am

Banner Alzheimer’s Institute, Phoenix
September 16, 10:00-11:30am

Let’s talk about: CBD & Medical Marijuana
Elena Burns, MND, Southwest Medical Marijuana Evaluation Center
Banner Sun Health Research Institute, Sun City
April 15, 10:00-11:30am

Banner Alzheimer’s Institute, Phoenix
October 21, 10:00-11:30am

Let’s talk about: Weapons & Safety
Tracey Wilkinson, Scottsdale Police Department
Banner Sun Health Research Institute, Sun City
May 20, 10:00-11:30am

Banner Alzheimer’s Institute, Phoenix
November 18, 10:00-11:30am

Let’s talk about: Depression & Suicide
Sarah Payne, DO, Banner Hospice
Banner Sun Health Research Institute, Sun City
June 17, 10:00-11:30am

Banner Alzheimer’s Institute, Phoenix
December 16, 10:00-11:30am

Heavy Hitters: Bringing Expert and Cutting Edge Information to You Research Showcase
Are you interested in learning about progress in neuroscientific research? These programs are designed to bring experts to the forefront to increase your knowledge about the cutting edge innovation happening in Alzheimer’s research and brain health across our communities.

February 12: Dr. Geidy Serrano and Dr. Jessica Powell, Hardwired: Revealing the cognitive differences between the genders
March 3: Dr. David Weidman takes on the Central Valley, Heavy Hitters of Alzheimer’s Research
March 12: Dr. Alireza Atri takes on the West Valley, Heavy Hitters of Alzheimer’s Research
March 19: Dr. Pierre N. Tariot takes on the Northeast Valley, Heavy Hitters of Alzheimer’s Research
June 3: Dr. Allan Anderson takes on Tucson, Take Good Care of your Brain

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. Boasting an annual conference that reaches 200+ community members and professionals, the Native American Outreach Program prides itself in understanding and responding to needs within urban and rural lands. The innovative Native American Toolkit arms professionals with easy to understand information and strategies in a variety of mediums. www.banneraz.org/nativeamerican.

Speakers 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; the Speaker’s Bureau has experts to share these topics and many others.

Our team of speakers offer presentations to community groups and organizations throughout the Valley. Visit BannerAz.org/SpeakersBureau to request a speaker or contact Bannerresearch@bannerhealth.com to get involved as a volunteer.

Shine A Light on All Dementias
In November, in honor of National Alzheimer’s Awareness Month, Shine A Light is a family-friendly awareness event bringing together partners and community members to celebrate turning the Arizona State Capitol Dome purple - the color designated to honor the 5+ million Americans living with Alzheimer’s disease.