

# SUPPORT GROUPS

Support groups offer the opportunity to connect with others in similar circumstances. Guided by dementia experts, our groups often have a specific focus or circumstance to ensure you find a group that best meets your needs. Join the discussion to seek or share advice or strategies, learn, connect or just listen. All groups are currently offered online via Zoom. **Please contact [baifcs@bannerhealth.com](mailto:baifcs@bannerhealth.com) or 602.839.6918 for Zoom link information.**

## Adult Child Support Group

**Last Tuesday, 5:15-6:45pm**

**Who:** Adult children caring for parents

**Guide:** Barbara Klausner, LCSW

## Caregiver Connection Support Group

**1st Tuesday, 1-2 pm**

**Who:** Care Partners

**Guide:** Esther Pineda, LCSW, PhD

## Caregiver Corner Discussion Group

**1st Wednesday, 1-2pm**

**Who:** Care Partners

**Guide:** Michelle Faddoul, LCSW

## Circle of Friends Caregiver Support Group

**3rd Thursday, 12:30-2pm**

**Who:** Care Partners

**Guide:** Mary Lou Hernandez, LCSW

## Coffee Talk Support Group

**Each Friday, 10-11am**

**Who:** Persons living with Parkinson's and their care partners

**Guide:** Tessa Sweepe, LCSW

## Early-Stage Memory Loss & MCI Support Group

**4th Friday, 1-2:30pm**

**Who:** Persons with Memory Loss and their care partners

**Guide:** Susy Favaro, LCSW

## Frontotemporal (FTD) Dementia Support Group

**2nd Tuesday, 12:30-2pm**

**Who:** Care partners of persons with FTD, Primary

Progressive Aphasia or strokes in the frontal lobe

**Guides:** Mary Lou Hernandez, LCSW, Michele Grigaitis-

Reyes, DNP & Maribeth Gallagher, DNP, FAAN

*"The best piece of advice I can give a caregiver is to join a support group. The beauty is that we're all traveling down a similar road with our loved ones, and we start out not knowing what to do, what to think, or how to handle the challenges we meet multiple times daily. There are newcomers desperate for help, others who are learning and adjusting, and knowing where to get help, and then the old timers. They share how they have learned to handle situations common to many, and how they've learned the importance of taking care of themselves through Day Clubs, or getting in-home care, so they can have some time for themselves during the week. My support groups have helped me stay sane—even see the humor in some of this craziness."*

- Family Caregiver

## Lewy Body (LBD) Dementia Support Group

**1st Friday, 12:30-2pm**

**Who:** Care partners of those with LBD or Parkinson's dementia

**Guides:** Susy Favaro, LCSW & Michele Grigaitis-Reyes, DNP

## Men Who Care Support Group

**1st Wednesday, 7:30-9:30am**

**Who:** Male care partners

**Guide:** Josh Paone

## Native American Circle Group

**2nd Thursday, 10-10:30am**

**Who:** Indigenous Care Partners

**Guides:** Nicole Lomay, BIS & Heather Mulder, BS

## Parkinson's Caregiver Support Group

**1st Thursday, 11am-12N**

**Who:** Care partners of those with Parkinson's disease

**Guide:** Tessa Sweepe, LCSW

## Un Descansito Grupo de Apoyo

**3rd Wednesday, 1:30-2:30pm**

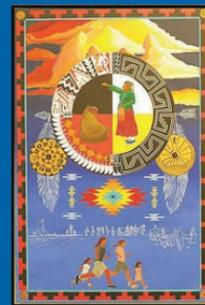
**Who:** Spanish speaking care partners

**Guide:** Esther Pineda, LCSW, PhD

## 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](http://www.banneralz.org/nativeamerican)



## 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 Glendale, Tempe, Surprise, Phoenix, Mesa, Scottsdale, and Tucson in making Arizona dementia friendly! [www.banneralz.org/dementiafriends](http://www.banneralz.org/dementiafriends)

# Family and Community Services

## 2022 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 Institutes

##### Stead Family Memory Center

- 901 E. Willetta St., Phoenix 85006
- Email: [BAIFCS@BannerHealth.com](mailto:BAIFCS@BannerHealth.com)
- Clinic 602.839.6900 Events 602.839.6850

##### Toole Family Memory Center & J. Orin Edson Family

##### Lewy Body Dementia Center

- 2626 E. River Rd., Tucson 85718
- Email: [BAITucson@BannerHealth.com](mailto: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](mailto: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](http://www.BannerAlz.org/Calendar) or call 602.230.2273 (CARE)

## 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](http://www.BannerAlz.org) to sign up as well as to explore our calendar of events and recorded classes.

## 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](http://www.BannerAlz.org/SpeakersBureau).

## Support Line

We now offer a Support Line for current patients and families to call when looking for information, advice, and support. This allows you to speak with a team member ready to answer your questions, provide valuable resources or simply listen. Please contact the clinic where you receive care to learn more.

Interested in sharing your caregiver journey and want to be featured in the Caregiver Corner (a section of the Beacon) please email [BannerResearch@bannerhealth.com](mailto:BannerResearch@bannerhealth.com).

# EVENTS & EDUCATION

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

[www.banneralz.org/calendar](http://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. ■ ■

### 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. ■ ■

See also: [Communication & Behavior: The Language of Parkinson's disease](#).

### 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? This course trains you to facilitate sessions in your networks for the broader community. ■ ■

### 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. ■ ■ ■

Also available: [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. ■ ■ ■

### 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. ■ ■

### Science of Preventing Alzheimer's disease

Can scientists find a way to stop Alzheimer's disease before it ever affects your memory and thinking? Research efforts to prevent the disease are now focused on individuals who may be at risk for Alzheimer's but do not show any symptoms. This fascinating presentation will provide an overview of how Alzheimer's disease is defined before symptoms appear and how it is being used to develop preventative therapies. ■

## 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](mailto: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

This storytelling program offers individuals with mild memory loss an opportunity to share their unique experiences in a small group. Stories are compiled by us, and shared by participants in a medium decided on by the group.

### Under the Dementia Umbrella: The Clinical and Lived Experience

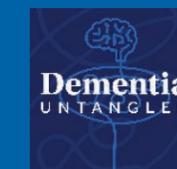
Learn about the non-Alzheimer's types of dementia in this series targeting the medical, non-medical and lived experience of Early Onset dementia, Parkinson's dementia, Lewy Body dementia, and Frontotemporal dementia from the viewpoint of a medical provider, clinical social worker and person living with dementia. ■ ■

### Understanding Dementia

Understanding dementia helps answer important questions about how Alzheimer's disease differs from dementia, as well as outlines the early signs of memory loss. In addition, topics will include what people can do to support someone with memory loss and how you can get involved in your own community to raise awareness and reduce stigma of Alzheimer's disease and other dementias. ■

## Caregiver 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](http://www.BannerAlz.org/DementiaUntangled)



*"When I first brought my Mom home to live with me a year ago, I was totally unprepared and totally uneducated on how to deal with her dementia. Because of your support through Memory Café, through the classes presented by Banner Alzheimer's Institute and now through the advice presented on Dementia Untangled, I am so much more informed and can now understand and more positively deal with her disease."*

- Family Caregiver