

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 to best meet your needs. Join the discussion to seek or share advice or strategies, learn, connect or just listen. For convenience, many groups are currently offered online via Zoom.

Please contact BAIFCS@BannerHealth.com or 602-839-6918 for Zoom link or location information.

Adult Child Support Group Last Tuesday, 5:15-6:45pm

Who: Adult children caring for parents with dementia
Guide: Gerrie Jakobs, LCSW

Tuesday Caregiver Support Group Third Tuesday, 1-2pm

Who: Care partners of persons with dementia
Guide: Carrie Langford, LCSW

Wednesday Caregiver Support Group First Wednesday, 1-2pm

Who: Care partners of persons with dementia
Guide: Michelle Faddoul, LCSW

Conexiones Familiares Second Monday, 5-6pm

Who: Spanish-speaking caregivers of persons with dementia
Guide: Stephanie Brown, LMSW

Coffee Talk for People with Parkinson's and Care Partners Support Group Second and Fourth Friday, 10-11am

Second Friday in person at Unitarian Universalist Social Hall in Surprise and Fourth Friday virtual.
Who: Persons living with Parkinson's and their care partners
Guide: Stephanie Brown, LMSW

Early-Stage Memory Loss & MCI Support Group Fourth Friday, 1-2:30pm

Who: Persons living with memory loss and their care partners
Guide: Barbara Johnson, LCSW

Just Me Early Stage Support Group Second Friday, 1-2:30pm

Who: Persons living with MCI or early stage memory loss
Guide: Barbara Johnson, LCSW

Frontotemporal (FTD) Dementia Support Group Second Tuesday, 12-1pm

Who: Care partners of persons with FTD, Primary Progressive Aphasia or strokes in the frontal lobe
Guide: Lori Nisson, LCSW

Lewy Body (LBD) Dementia Support Group First Friday, 12:30-2pm

Who: Care partners of persons with LBD or Parkinson's dementia
Guides: Megan Cox, LMSW & Melissa Cardenas, FNP-C

Men Who Care Support Group First Wednesday, 7:30-9am

Who: Male care partners of persons with dementia
Guide: Chase Wernecke, BS

Native American Circle Group Second Thursday, 10-10:30am

Who: Indigenous care partners of persons with dementia
Guides: Nicole Lomay, BIS & Heather Mulder, BS

"Just because dementia comes into your life, does not mean joy has to go out. Caregivers should do things that give them a break from that role on a small scale daily or weekly, and monthly do something bigger. You are allowed to take off your hero cape."

- Dementia Untangled Listener, Episode 11



Dementia Friendly Arizona

Changing people's perceptions of dementia by transforming how we think, talk and act about dementia, Dementia Friendly Arizona is leading

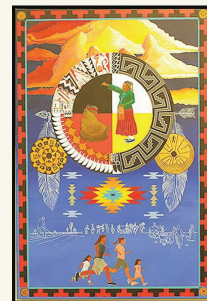
the charge to create communities that are supportive of people living with dementia. Contact us to learn more about how your community can join many others in making Arizona dementia friendly!

BannerHealth.com/DementiaFriends

Native American Outreach Program

This program fosters awareness, care, and scientific understanding of Alzheimer's/dementia-related diseases in tribal communities through education, support, and outreach activities. The program partners with Arizona tribal and urban Indian communities, as well as Native American health organizations.

BannerHealth.com/AlzNativeAmerican



Family and Community Services 2026 Education, Support and Life Engagement Programs

These programs are made possible by the generous support of the Banner Alzheimer's Foundation at BannerHealthFoundation.org



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

Beacon Newsletter

Want news and information you can use? Our monthly newsletter comes straight to your inbox filled with caregiving tips, the latest research and other relevant topics. Visit BannerHealth.com/AlzBeacon to sign up. If you are interested in sharing your caregiver journey and want to be featured in the Caregiver Corner column, please email BannerResearch@BannerHealth.com

Speaker's Bureau

Want to learn about a particular topic? We have programs on Alzheimer's disease, Parkinson's disease, clinical trials, prevention research, caregiver strategies and wellness. Request a speaker on our website at BannerHealth.com/ResearchSpeakersBureau

Support Line

We offer a Support Line for current patients and families to call for more 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.

Our locations:

Banner Alzheimer's Institutes (BAI) Stead Family Memory Center

- 901 E. Willetta St., Phoenix 85006
- Email: 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
 - Clinic: 520-694-7021

Banner Sun Health Research Institute (BSHRI) Cleo Roberts Center

- 10515 W. Santa Fe Dr., Sun City 85351
- Email: BannerResearch@BannerHealth.com
- Clinic: 623-832-6530
- Events: 623-832-3248

For event information or registration:

BannerHealth.com/Calendar
keyword search: **BannerAlz** or call
602-230-2273 (CARE)

Find a program to best meet your needs.

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

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 to 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. ■ ■ ■

Behaviors & Communication: 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: **Behaviors & Communication: The Language of Parkinson's.**

Brain Health

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 steps you can take to reduce your risk of cognitive decline as you age. ■ ■ ■

Coping with Emotions in Dementia

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: **Coping with Emotions in 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 wellness 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. ■ ■ ■ ■ ■ ■ ■ ■ ■

Looking for quick tips, you can use?

Check out our **Memory & Movement Care TIPS**, many also available in Spanish. BannerHealth.com/MemoryCareTIPS

Dementia Friends programs:

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. Also available in Spanish. ■ ■ ■ ■ ■

Champions Training

Does the Dementia Friends philosophy speak to you? This course trains you to facilitate sessions in your network to expand community reach. ■ ■ ■ ■ ■

Ambiguous Loss & Caregiving: 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.** ■ ■ ■ ■ ■

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. ■ ■ ■ ■ ■ ■ ■ ■ ■

Home Safety: Using Curiosity & Strategies for Comfort & Success

Providing an environment that is comfortable, comforting, and safe is an essential part of consistency and living well with dementia. Learn how dementia-related changes affect the environment and strategies for creating a safe and dementia-friendly home. ■ ■ ■ ■ ■ ■ ■ ■ ■

Inclusive Programs for Diverse Audiences

Alzheimer's disease does not discriminate, but is viewed differently by different groups of people. Contact our Speaker's Bureau at BannerHealth.com/ResearchSpeakersBureau to schedule a customized education program for your group. From brain health to improving awareness to support strategies and clinical trials, our team will work with you to best meet your community's unique needs. Also available in Spanish. ■ ■ ■ ■ ■ ■ ■ ■ ■

Planning Ahead: Medical, Legal and Financial Decisions

A diagnosis of Alzheimer's disease and related dementias leaves 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 may 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. ■ ■ ■ ■ ■ ■ ■ ■ ■

Understanding Dementia

Understanding dementia helps answer important questions about how Alzheimer's disease differs from dementia and 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. ■ ■ ■ ■ ■ ■ ■ ■ ■

Dementia Care Partners

DCP offers specially trained English and Spanish-speaking health coaches that offer education, support, skill building and resources to support families living with dementia. DCP partners with primary care providers to offer comprehensive care across Arizona. The program may be available to you at no cost in Maricopa or Pima county if you have original Medicare under the CMS GUIDE program. Respite care is an important aspect of caregiver wellness that also may be available, if you qualify.

To learn more visit:
BannerHealth.com/DementiaCarePartners

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

Talkin' Baseball

Virtual: Chat about your favorite players, memorable games and the latest happenings in baseball. This four-part online program offers 90 minutes of fun, conversation and community - perfect for reminiscing and enjoying the beloved game.

Memory Café

In Person: Has proved to offer a safe place where persons with memory loss and their care partners can gather, feel welcomed and engaged, find friendships, support and practical community help. Check out one of the more than forty cafés across our state.

Shine Your Light

Virtual: Led by a neurologic music therapist, this weekly virtual music program invites participants to sing, share and connect around the joy of music. **In Person:** Share your love of singing with the community! Weekly rehearsals at our Phoenix campus help participants find confidence, meaning and purpose in a supportive environment while preparing for public performances.



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 BannerHealth.com/DementiaUntangled

