

WEDNESDAY, APRIL 22
4:00 - 6:00 PM

GARDEN RIDGE

18170 North 91st Avenue, Peoria, Arizona 85382

Join us as we celebrate the grand opening of our new Fitness Center!

Enjoy an energizing afternoon featuring:

- A ribbon cutting with the Peoria Chamber of Commerce
- Healthy snacks and refreshments
- Community tours
- Raffle prizes and giveaways

We're proud to offer Rock Steady Boxing, an affiliate program of Rock Steady Boxing Inc., exclusively for our residents/members living with Parkinson's. These non-contact, boxing-inspired workouts help participants build strength, improve balance, and enhance their overall quality of life.

Come see how we're building strength, confidence and community—one punch at a time.

For more information please call 623-974-5848.



RIDGES
AT PEORIA

Senior Living

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

18170 North 91st Avenue, Peoria, AZ 85382 | 623.974.5848 | ridgesatpeoria.org



MANAGED BY  The Goodman Group®



9th Annual

Bean Bag Day



Let's volunteer!

Saturday

April 25, 2026

8 - 11 a.m.

Freedom Traditional Academy

16066 N. Parkview Pl.



Come help bag bulk beans into individual packing for ease of distribution to those in need through the Valley View Food Bank, or help assemble feminine hygiene kits for women in need.

SHOW YOUR COMMUNITY PRIDE AND REGISTER TO SERVE WITH FRIENDS AND FAMILY!

Registration required!
surpriseaz.gov/DOSVolunteer



Presented by:



Contact | daisy.vargas@surpriseaz.gov | 623.222.1612

DISCOVER SUN HEALTH EXPO!

One Organization. Many Ways to Support Your Best Life.

Enjoy the Experience:



Teaching Kitchen



Delicious Complimentary Food Samples



Raffle Prizes



Line Dancing Class



The Thrive Zone

Featuring Life Enrichment, Fitness and Well-Being Tips and Activities

Discover the breadth of resources Sun Health offers to support health, independence, and peace of mind—many at no cost to you.

Meet the people behind the programs and explore options designed to help you live well today while planning confidently for tomorrow.



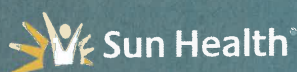
Thursday, April 30

9 a.m. – 1 p.m.

The Colonnade

19116 N. Colonnade Way, Surprise, AZ 85374

Open to the Public | Free to Attend | Free Parking



Email CJ.Schneider@SunHealth.org for more information.



Benevilla[®]



FREE EDUCATIONAL WORKSHOP

Stronger Together: Dementia Friends, Families & Brain Health

Dementia affects many individuals and families, yet it's often misunderstood. This informative workshop builds understanding, compassion, and practical skills to support people living with dementia and those who care for them. Participants will learn how small actions can make a meaningful difference while gaining tools and resources to foster more dementia-friendly communities.

This presentation will cover:

- What dementia is (and is not) and why understanding it matters for our communities
- Becoming a Dementia Friend: learning how small actions can make a big difference for people living with dementia and their care partners
- How dementia impacts individuals, families, and caregivers, including emotional, social, and practical challenges
- Brain health and dementia risk factors, along with evidence-based steps to support brain health at any age
- Practical strategies for caregiving, communication, and support across the dementia journey
- Local community resources and supports available for individuals living with dementia and their families
- Time for questions and discussion with presenters



Participants will leave with a better understanding of dementia, concrete ways to offer support, and Dementia Friends certification.



Courtney Allen
*Vice President of
Program Operations
at Benevilla*



Michelle Bradley
*Memory Care
Navigator at Sun
Health*



Wednesday, May 6



10:00 AM



**Grand Community
Baptist Church**

18350 Goldwater Ridge
Dr. Surprise, AZ 85374



**Reservations Required to Ensure
Space is Available.**

Please register at
www.sunhealthwellness.org/classes
Or call 623.471.9355



LIFE CARE PLANNING CONCERNS ASSESSMENT

Do You Have These Concerns?	Yes/No
Avoiding probate (keeping the court out of my estate).	
Having the court make decisions about my life/estate.	
Protecting my child's inheritance in the event they get a divorce.	
Taking care of my pets if I am unable to.	
Leaving an inheritance to a non-family member.	
Nominating a legal guardian to care for my minor children if I/we are unable to.	
Protecting a loved one's inheritance from creditors.	
Reducing the risk of conflict among family members.	
Treating children/loved ones equally or pursuant to my wishes.	
Making sure my wishes about care and finances are carried out.	
Providing charitable gifts in my estate plan.	
Improving the ease and speed of transfer of assets to my beneficiaries.	
My children/loved one's misuse of property I leave them.	
Protecting a loved one's inheritance in the event the loved one files bankruptcy.	
Having no control of who provides care for me if I need it.	
Having no control over who makes my financial or medical decisions if I am unable.	
Choosing the type of care I want and where I want to receive it.	
Designing my final arrangements (funeral and cremation/burial).	
Providing support to a loved one with a disability during my lifetime and/or after death.	
Promoting my own or my loved one's independence and dignity in the least restrictive environment.	
Ensuring my loved one's safety.	

Increasing my loved one's quality of life.	
Coping with changes in abilities and related frustration, depression, and grief.	
Ensuring access to expertise in healthcare advocacy and aging related issues. This includes access to quality resources aimed to improve outcomes.	
Finding quality care.	
Paying for quality care (identifying and assisting with eligibility and application for government benefits).	
Daily routine is becoming more challenging and I need to find solutions to meet my new needs.	
Ensuring I have the proper legal authority to make necessary financial and health care related decisions for my family.	
Avoiding guardianship and conservatorship.	
Issues with independently completing multiple activities of daily living. (i.e. bathing, dressing, toileting, eating, mobility, transfers, etc.)	

Total Yesses _____

- 1-9 Yes concerns = Low-Moderate Protection Needs
- 10-19 Yes concerns = Moderate-High Protection Needs
- 20-30 Yes concerns = Severe Protection Needs



When a Loved One Passes - A Checklist of Initial Key Tasks

When a loved one passes, it is an emotional time, and it is easy to feel overwhelmed. We're providing the following checklist as a general overview of initial tasks during the first few days and weeks ahead. Please let us know if you'd like to schedule a time to discuss your loved one's estate and how to best manage their affairs.

First Few Days

- Notify family, friends, medical care providers, clergy, employer, and business partners.
- Contact the funeral home to make arrangements for the funeral and burial or cremation according to your loved one's last wishes provided in a will, health care directive, or funeral and burial prearrangements.
 - *Helpful information may be found at www.funerals.org.*
 - *If your loved one was a veteran, contact U.S. Department of Veterans Affairs Regional Office (800) 827-1000 to check eligibility for burial and funeral benefits.*
- Make temporary arrangements for your loved ones' dependents, including minor children, pets, and older parents.
- Make temporary arrangements for your loved one's active business.
- Prepare an obituary and send it to relevant websites and/or publications.

After the First Days

Important Items to Gather

- Estate planning documents
- Certified copies of death certificates from the funeral home (12 copies are common)
- Safe deposit boxes and associated keys
- Secure jewelry, art, cash, and other valuable personal property
- Receipts for all expenses and/or bills paid after death
- Records of Assets *including bank account statements, investment account statements, savings bonds, stock certificates, retirement plan statements, deeds, lease, loan notes, vehicle titles, and business ownership agreements*
- Records of Liabilities *including mortgage statements, credit card statements, and other loan statements*

- Personal Documents *including birth certificate, marriage certificates, divorce decrees, military discharge documents, Social Security records, and tax returns*
- Insurance Documents *including individual life insurance policies, employer-based life insurance policies, mortgage insurance policies, and travel insurance policies*

People or Agencies to Contact

- **Estate Attorney:** Contact Lihn Law Group for guidance on settling the estate or trust and immediate assistance regarding additional concerns.
- **Accountant:** Obtain any immediate instructions and set an appointment to file final income taxes and any required estate tax returns.
- **Social Security Administration:** Report your loved one's death, stop benefits, request death benefits, and check eligibility for survivor's benefits.
Phone Number: (800) 772-1213.
- **U.S. Office of Personnel Management:** If your loved one received federal employee benefits, report your loved one's death, stop benefits, and check eligibility for survivor's benefits. Phone Number: (888) 767-6738.
- **U.S. Department of Veterans Affairs:** If your loved one was a veteran, check survivor benefits eligibility. Phone Number: (800) 827-1000.
- **State Pension Plan:** If your loved one received state employee benefits, report death, and check survivor benefit eligibility.
- **Pension Administrators:** If your loved one received a pension, report death, and check survivor benefit eligibility.
- **Employer:** Report your loved one's death, verify benefits, and determine dependent eligibility for continuing benefits including health insurance, and any potential survivor benefits.
- **Financial Institutions:** Contact banks, investment firms, and any other financial institutions to report your loved one's death and request date-of-death balance statements.
- **Life Insurance Carriers:** Report your loved one's death, request information regarding beneficiaries, and obtain claim forms for estate attorney.
- **IRA/401K or Other Retirement Plans:**
 - *Financial Institutions managing the retirement account with calculate any required withdrawals.*
 - *Surviving spouse determines the proper way to receive inherited retirement funds.*
 - *Consider holding inherited IRAs until survivor is over the age of 59 ½.*

This checklist is intended for general informational purposes only and does not constitute legal, financial, or tax advice. This checklist is not intended to substitute for consultation and advice with qualified professionals, who can provide specific advice detailed to your situation.



- *Surviving children may work with an estate attorney and CPA to make elections on how to receive funds from retirement plans before September 30th in the year following the date of death.*
- **State Medicaid:** If your loved one received benefits from a state Medicaid office, report their death and stop benefits.
- **Credit Agencies:** Contact all three credit reporting agencies and report your loved one's death and send a certified copy of the death certificate to each agency for their records. The credit reporting agencies will mark the file "deceased" to help prevent fraud and identity theft.
 - Equifax: (800) 685-1111
 - Experian: (888) 397-3742
 - TransUnion: (800) 888-4213

During the Following Months

- **Settling the Estate or Trust:** Over the next few months the individual(s) designated in your loved one's estate plan, perhaps you, to handle the estate or trust administration should contact Lihn Law Group (or other estate attorney) and an accountant to administer the estate or trust. Administration of the estate can be a complex endeavor that may include the following:
 - Valuing assets;
 - Making certain tax elections;
 - Filing claims for benefits;
 - Filing state and federal estate tax returns;
 - Paying taxes, typically nine months after death;
 - Communicating with beneficiaries;
 - Distributing estate assets to beneficiaries according to trust or a court-supervised probate process;
 - Transferring title to assets to beneficiaries; and/or
 - Other important filings particularly relating to real estate property tax issues.
- **Reviewing Survivor's Estate Plan:** Survivors should meet with Lihn Law Group (or other estate attorney) to update their estate plan if your loved one was a beneficiary or appointed as agent, trustee, guardian, or a designated beneficiary of retirement plans, such as IRAs and 401Ks, life insurance policies, bank accounts, etc.
- **Reviewing Survivor's Financial Situation:** Survivors should meet with their financial advisors to review their financial situation including income, expenses, assets, liabilities, insurance coverage and re-evaluate their investment options.

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Tips to Avoid Being Victimized

- Be wary of individuals you do not know reaching out to you unsolicited.
- Be cautious when individuals want to move conversations to encrypted applications.
- Do not provide computer access, personal, financial information through an unverified phone call or email.
- Do not respond to unsolicited messages that prompt you act with urgency.
- Never send money to people you do not know or just met online.
- Insist on learning full names, addresses, contact info, get information in writing.
- Law Enforcement will not ask you for money over the phone.

..... If it sounds too good to be true,
..... it likely is – Trust your
..... instincts.

Let's Talk

We need your help to identify, investigate, and prosecute these crimes. If you suspect fraud, report it to the FBI at:

FBI Phoenix Field Office
(623) 466-1999

Contact us

- ☎ (800) CALL-FBI
- 🌐 www.ic3.gov
- 🌐 www.tips.fbi.gov



Financial Fraud



How Does it All Start?

Spoofing

- When a scammer disguises an email address, sender name, phone number, or website URL – often just by changing one letter, symbol, or number – to convince you that you are interacting with a trusted source.

Phishing

- Schemes often use this techniques to lure you in and get you to take the bait. These scams are designed to trick you into giving information to criminals that they shouldn't have access to.

Smishing

- Scammer contacts victim through SMS (text) messages.

Vishing

- Scammer contacts victim over the phone, voice email, or VoIP (voice over Internet Protocol) calls.

Confidence Fraud / Romance Scams

Contact

- Scammer creates an identity on social media, dating site, networking site, etc. and reaches out to victim.

Relationship

- Scammer builds a relationship with victim – days, weeks, or months, but never meets in person.

Pitch

- Scammer talks about an investment opportunity, directs victim to a website or application. Scammer encourages victim to send money to website or bank account to invest.

Fraud

- Victim's "investment" does well – high returns shown on the site. Victim tries to withdraw money from their account and can not. Victim needs to pay a tax or fee to get money. Victim will not get money back.

Cryptocurrency

- Once limited to hackers, ransomware groups, and other aspects of the "dark web," cryptocurrency is becoming the preferred payment method for all types of scams.
- The use of cryptocurrency is extremely pervasive in investment scams.

Elder Fraud

- As a response to the increasing prevalence of fraud against the elderly, the Department of Justice (DOJ) and the FBI partnered to create the Elder Justice Initiative. Elder Fraud is defined as a financial fraud scheme which targets or disproportionately affects people over the age of 60.

National Elder Fraud Hotline

(833) FRAUD-11

(833) 372-8311

Fraud is not a victimless crime, report it!



www.ic3.gov

www.tips.fbi.gov

(800) CALL-FBI

(623) 466-1999

The Arizona Long-Term Care Ombudsman Program is a *free and confidential* service. Contact your Area Agency on Aging for assistance.

Area Agency on Aging, Region One, Inc.
(602) 264-2255
Serving: Maricopa County

Pima Council on Aging
(520) 790-7262
Serving: Pima County

Northern Arizona Council of Governments
(877) 521-3500
Serving: Apache, Coconino, Navajo & Yavapai Counties

Western Arizona Council of Governments
(928) 217-7114
Serving: Yuma, La Paz, & Mohave Counties

Central Arizona Aging
(520) 836-2758 or (800) 293-9393
Serving: Gila & Pinal Counties

SouthEastern Arizona Governments Organization
(520) 432-2528 ext. 206
Serving: Santa Cruz, Cochise, Graham, & Greenlee Counties

Navajo Nation-Division of Aging and Long-Term Care Support
(602) 542-6454
Serving: Navajo Nation

Inter Tribal Council of Arizona, Inc.
1 (800) 591-9370
Serving: 21 Tribal Nations

Office of the State Long-Term Care Ombudsman

1717 W. Jefferson St., Mail Drop 1181
Phoenix, AZ 85007
(602) 542-6454
ltcop@azdes.gov

Other Helpful Resources

Adult Protective Services

To report abuse, neglect, and/or exploitation
(877) 767-2385 | azdes.gov

Arizona Department of Health Services
To report concerns about care and violations of federal and state licensing requirements
(602) 542-1025 | azdhs.gov

- **Assisted Living Facilities and Adult Foster Care Homes**
(602) 364-2639
- **Skilled Nursing Facilities**
(602) 364-2690



Equal Opportunity Employer / Program •
Auxiliary aids and services are available upon request to individuals with disabilities •
TTY/TDD Services 7-1-1 • Disponible en español en línea o en la oficina local

OBM-1000A PAMENG (10/25)



ARIZONA LONG-TERM CARE
OMBUDSMAN
Advocating for Your Rights

Arizona Long-Term Care Ombudsman Program



Providing free and confidential services to residents of long-term care facilities to enhance their quality of life.

What is a Long-Term Care Ombudsman?

A Long-Term Care Ombudsman is a specially trained advocate for residents of long-term care facilities, which include nursing homes, assisted living facilities, and adult foster care homes. They seek to improve the quality of life, care, and environment for long-term care residents and work to resolve problems individual residents face.

An Ombudsman handles a variety of complaints and is given the authority to receive, investigate, and assist in resolving complaints through federal and state law. They visit long-term care facilities routinely to talk with residents and to monitor the conditions in the facilities.

Who does the Long-Term Care Ombudsman represent?

First and foremost, the Ombudsman's responsibility is to represent the resident and assist at his or her direction. The Ombudsman must have resident consent:

- Prior to investigating a complaint
- When referring a complaint to another agency
- When sharing resident/complaint information with anyone

How can an Ombudsman help?

As an advocate, the Ombudsman can:

- Provide information and consultation about:
 - Resident rights
 - Provider and service options
 - Public benefit programs
 - Regulations that apply to long-term care facilities
- Investigate and work to resolve individual complaints relating to:
 - Quality of care or services
 - Quality of life
 - Rights violations
 - Access to services
 - Service termination
 - Discharge or eviction
 - Public benefit programs
- Work with service providers to promote a culture of resident-directed living
- Identify systemic issues and advocate for change



Residents have the same rights as people who don't live in long-term care facilities. This includes the:

- ✓ Right to self-determination
- ✓ Right to be treated with dignity, respect, and consideration
- ✓ Right to be free from the use of chemical and physical restraints
- ✓ Right to be free from abuse, neglect, and exploitation
- ✓ Right to participate in planning for care and treatment
- ✓ Right to participate in social and community activities at the facility and in the community
- ✓ Right to know about services and financial charges
- ✓ Right to express grievances without fear of retaliation
- ✓ Right to privacy in:
 - Written and telephone communications
 - Visits
 - Financial and personal affairs
 - Medical care

A photograph of a torn piece of white paper with the text "WE ARE HERE FOR YOU" printed on it. The paper is set against a solid orange background. The text "WE ARE HERE" is in black, and "FOR YOU" is in red. The paper has a jagged, torn edge on the left side.

**WE ARE
HERE
FOR YOU**



DEMENTIA QUESTIONS: ASK THE EXPERTS

APRIL 27, 2026 | 4:00 p.m. – 5:30 p.m. MT

Please join us for a live, online event where you can connect with professional experts who can answer your questions on:

- Disease Information
- Diagnoses
- Difficult Behavior
- Caregiving Stress/Mental Health
- Hallucinations/Delusions/Paranoia.



Julia Lesselyong, PsyD
Community Educator



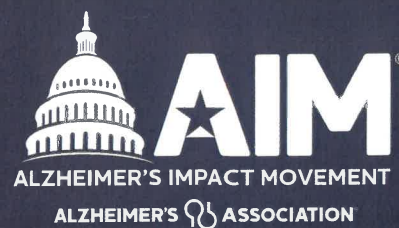
Gary Martin, PhD
Community Educator

SCAN QR CODE



ACT NOW: SUPPORT THE ASAP ACT

CONGRESS CAN PASS THIS ESSENTIAL
BILL — BUT ONLY WITH YOUR VOICE



Simple **blood tests can detect Alzheimer's** before symptoms appear – but a legal barrier prevents Medicare from covering them.



This is our “mammogram moment.” Just as a routine screening transformed breast cancer outcomes, the bipartisan ASAP Act will make early detection the standard for Alzheimer's.



Your story can move Congress. Contact your members and share why early detection matters.

TAKE ACTION!



alzimpact.org/ASAP_Act

ALZHEIMER'S ASSOCIATION®

ARIZONA CHAPTER

Our vision is a world without Alzheimer's and all other dementia®

OUR PROGRAMS AND SERVICES

24/7 HELPLINE

Free and confidential, the 24/7 Helpline is available anytime to receive reliable information, advice, and support in 200 languages.

BY PHONE: 800.272.3900 | ONLINE: ALZ.ORG

EDUCATION

Available online or in-person, our education programs feature information on topics including the signs of Alzheimer's disease, diagnoses, communication, living with Alzheimer's caregiving techniques. Programs are available in English and Spanish.

EARLY-STAGE PROGRAMS

Early-stage social engagement and support group programs offer a comfortable way to get out, get active and get connected to others who are living in the beginning stage of Alzheimer's or other dementia.

ONLINE TOOLS

Surround yourself with online support. The Alzheimer's Association has several free, online tools to help.

- > ALZConnected®
- > Alzheimer's Navigator®
- > Community Resource Finder
- > Live Well Online Resources

SAFETY

In the early stage of the disease, you can still lead an independent life. However, there are some preparations you should make to help you remain independent as long as possible and ensure your safety as the disease progresses. There are many potential safety issues to consider, such as driving, making your home safe, taking medications safely and wandering.

SUPPORT GROUPS

Whenever facing difficult times, having a good support network you can turn to for advice and encouragement may help you feel socially connected and give you a sense of belonging and purpose.



JOIN THE FIGHT!

- Volunteer for the Alzheimer's Association. Visit alz.org/volunteer to find an opportunity.
- Advocate for those affected by Alzheimer's and urge legislators to make this disease a national priority. Visit alz.org/advocacy.
- Participate in or volunteer for our signature fundraising events to raise awareness and funds for Alzheimer's disease care, support and research: Walk to End Alzheimer's® (alz.org/walk) and Do What You Love to End ALZ® (alz.org/dowhatyoulove).
- My ALZ Journey App is designed to assist individuals in the early stages of Alzheimer's and their family members.
- Register for Alzheimer's Association TrialMatch® (alz.org/TrialMatch), a free, easy-to-use clinical studies matching service for individuals living with Alzheimer's, caregivers, and healthy volunteers that generates customized lists of studies.
- Become a sponsor for one of our events to show your support for the cause. Find a sponsorship opportunity that's right for you by emailing mestebens@alz.org.

Visit alz.org/CRF to explore education programs and services in your area.

JOIN US!

EDUCATION CLASSES

For families, community members, and people facing dementia

The Alzheimer's Association's® education provides essential disease information, resources, practical tips for caregivers, and strategies for brain health, all enriched with inspiring stories of encouragement and support.

IMPACT OF ALZHEIMER'S AND DEMENTIA IN OUR COMMUNITY

This engaging 30-minute presentation offers a concise overview of Alzheimer's disease and dementia, highlighting the latest treatment advances, practical brain health tips, and ways to get involved in the fight against the disease. This presentation has tailored material for specific audiences: corporate, business, and provider; public service (first responders); faith-based; and the general public.

SUPPORTING BRAIN HEALTH IN OUR COMMUNITY

Everyone deserves a life with the healthiest brain possible, and we can all take action to protect our brain health. This 30-minute presentation shares important information about brain-healthy actions we should all build into our routines to benefit our brains.

BUILDING BRAIN-HEALTHY HABITS

Join us for an in depth presentation to learn about research-backed guidance on brain health and the importance of taking action to protect your brain at every age. This session helps you to build a personalized action plan for brain-healthy habits.

10 WARNING SIGNS OF ALZHEIMER'S

This education program will help you recognize common signs of the disease, hear from people who have the disease, and find out how to recognize the signs in yourself and others.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's is not a normal part of aging. Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning.

NEW ADVANCEMENTS IN ALZHEIMER'S TREATMENTS

Join us to learn more about how the new Alzheimer's treatments were designed to work, who may be a candidate for treatment, potential benefits and side effects, and availability and pathways for access.

DEMENTIA AND THE WORKPLACE

Nearly 16 million Americans provide unpaid care for people with Alzheimer's and related dementias, and 6 in 10 of these caregivers were employed in the past year. Gain strategies to support employees who are juggling work and personal responsibilities that can enhance productivity, reduce absenteeism, and aid in recruitment and retention.

The Empowered Caregiver classes teach caregivers how to navigate the responsibilities of caring for someone living with dementia.

BUILDING FOUNDATIONS OF CAREGIVING

Explores the role of caregiver and changes they may experience, building a support team, and managing caregiver stress.

SUPPORTING INDEPENDENCE

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support, and balancing safety and independence while managing expectations.

COMMUNICATING EFFECTIVELY

Teaches how dementia affects communication, including tips for communicating well with family, friends, and health care professionals.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors, and recognizing when additional help is needed.

EXPLORING CARE AND SUPPORT SERVICES

Examines how best to prepare for future care decisions and changes, including respite care, residential care, and end-of life care.

To register, please call 800.272.3900 or visit us online at [alz.org/crf](https://www.alz.org/crf)

For on-demand recorded classes, visit [alz.org/education](https://www.alz.org/education)

10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. **Start now!**



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



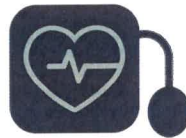
Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



Manage diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.

Learn more at [alz.org/healthyhabits](https://www.alz.org/healthyhabits).

ASU students support families caring for a person with dementia *at home or in a facility*

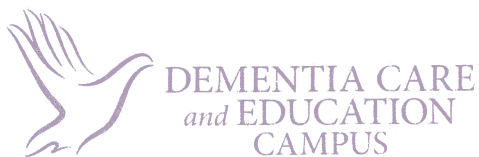


RISE — Respite In Student Engagement is a unique partnership between Arizona State University and Hospice of the Valley's Supportive Care for Dementia program. RISE connects students with families to provide affordable respite for caregivers and meaningful engagement for the person living with dementia in their home or in a facility.

Program details:

- RISE students are not employees or contractors for ASU or Hospice of the Valley.
- Rate is \$20 per hour and families pay the student directly.
- ASU students who join RISE receive evidence-based dementia training from the Dementia Care and Education Campus in Phoenix, one of the premier dementia education facilities in the country.
- A RISE Coordinator will introduce students to a family for an initial phone interview. Visits are scheduled by mutual agreement between student and family to best accommodate schedules.
- Students provide companionship and emotional support. The program does not include personal hygiene or giving medications.

For questions, email risespите@hov.org | To apply, visit risespите.org



3811 N. 44th St. Phoenix, AZ 85018 dementiacampus.org

.An innovation of Hospice of the Valley

I WANT TO VOLUNTEER AND MAKE A DIFFERENCE

What role is right for me at the Desert Southwest Chapter?

Advocacy



"I feel comfortable talking to elected officials about topics that are important to me."



"I love writing and sharing my thoughts about issues that are important to me."

"I believe change comes from the policy level."

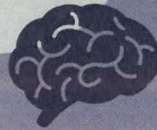
Scan the QR code to sign up!



Questions? Contact Tory Roberg troberg@alz.org

Care & Support

"Talking to people about their health is fun!"



"I want to provide direct support and resources to people living with Alzheimer's and their caregivers."



"I know communities that need information about Alzheimer's and dementia."

Scan the QR code to sign up!



Questions? Contact Martha Burrue 602-528-0545 x9476

Development



"I am a great event planner!"

"Fundraising for an important cause is fun!"



"I have limited time to volunteer but I still want to be involved."

Scan the QR code to sign up!



Questions?
Contact Pam Eisenberg at peisenberg@alz.org

The GUIDE Program: No-Cost Dementia Care



**Includes 72 Annual Hours of Home Care
for Qualifying Families!**

You're never alone—our expert Registered Nurses are here to support you virtually as your trusted partner in care.

Eligibility:

- Has dementia** (we can help you obtain a diagnosis if appropriate)
- Is enrolled in Traditional Medicare Parts A & B** (No Medicare Advantage Plans)
- Is NOT currently on hospice or a skilled nursing care resident** (short term stays are OK)

Note: VA Patients, Dually Eligible Medicaid Patients, Memory Care & Palliative Care Patients can be eligible!

Who qualifies for the home care (respite) benefit?

To qualify for the annual 72 hours of no-cost home care, individuals must have moderate to severe dementia, as well as a family or unpaid caregiver (does not need to live with individual with dementia). Annual hours may vary slightly each year per Medicare.

How do I connect with a nurse?

Simply join scheduled meetings through a Zoom link. You can also instantly video-chat with a nurse using a smartphone, tablet, or computer at pocketrn.com, or connect via phone call by contacting your care team at (872) 233-4490.

No Cost to You, No Copays—Ever.

The GUIDE Program is fully covered by Medicare.

Call 872-233-4490 to get started!



Personalized Dementia Care

PocketRN supports families navigating the many challenges of dementia care. Our program focuses on the well-being and safety of your loved ones, while also supporting family and caregivers. At the core, our dementia-trained nurses are here to support you on your care journey.

GUIDE care through PocketRN includes:

- Your own dementia-trained nurse who reaches out for phone/video check-ins to monitor health
- 24/7 access to your care team
- Care coordination with existing doctors, specialists, medical equipment suppliers, etc.
- Medication review
- Family support, education, & 1:1 coaching
- Management of other chronic conditions (diabetes, cancer, heart disease, etc.)
- Referrals to community resources
- And more!

A Nurse
In Your Pocket



Screening tool: Assessing Appropriateness for Memory Care

The following criteria can help to determine whether someone with dementia or cognitive impairment may benefit from transitioning to a memory care setting.

1. Are they safe when living alone or being left alone?

- A** No identified safety risks; judgment and functional mobility remain intact.
- B** Safety concerns exist; impaired judgment or physical limitations create a risk.
- C** Significant safety risks; unable to recognize danger, call for help or may wander.

2. What is their current level of social interaction?

- A** Maintains baseline social engagement with family and peers, similar to before diagnosis.
- B** The person's dementia constrains social interaction, which is limited to visiting family/caregivers.
- C** Severely restricted social interaction; limited to people inside the home.

3. To what extent can they manage their own activities of daily living (ADLs)?

- A** They need minimal care, can prepare healthy meals and handle activities of daily living independently.
- B** Requires intermittent assistance with or reminders for ADLs to maintain a quality life.
- C** May need full-time assistance with medications, eating, grooming and toileting.

4. What is the impact of caregiving on the primary support system?

- A** They require minimal care; caregiver has the time they need for personal/family/work obligations.
- B** Increasing care needs and caregiver burden; care demands are impacting other responsibilities.
- C** Caregiver strain is significant; risk of burnout or inability to safely continue care.

Early Consideration & Options

They may still function safely with support; however, early education and planning for memory care is recommended as these diseases are progressive.

Mostly B's Transition Planning Recommended

They demonstrate moderate impairment with escalating needs. A structured setting with 24/7 oversight can improve safety, reduce caregiver burden, support quality of life, and potentially slow the rate of cognitive decline.

Mostly C's Memory Care Is Advised

They have significant cognitive and functional decline, with clear safety risks and/or unsustainable caregiving demands. Transition to a secure, specialized memory care setting is clinically appropriate.

MEMORY CARE

CAREGIVER SUPPORT GROUP

Caring for a loved one can be deeply rewarding, but it also comes with unique challenges. If you're supporting someone with memory loss, we invite you to join our welcoming and compassionate caregiver group. Here, you'll find a safe space to share experiences, discuss common concerns, and explore practical strategies for navigating daily caregiving. Connect with others who understand your journey and gain access to valuable resources that can help lighten the load.



Group meets every Tuesday

09:30 am-11:30 am

Location:

American Lutheran Church

17200 N Del Webb Blvd

Sun City, AZ 85373

Facilitated by:

Kari McLeod

Certified Dementia Practitioner

for more information call:

623.302.3871

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For More Information

Barrow Neurological Institute

2910 North Third Avenue
Phoenix, Arizona 85013
1-800-BARROW-1 (800-227-7691)

Appointments

BarrowNeuro.org/ContactUs

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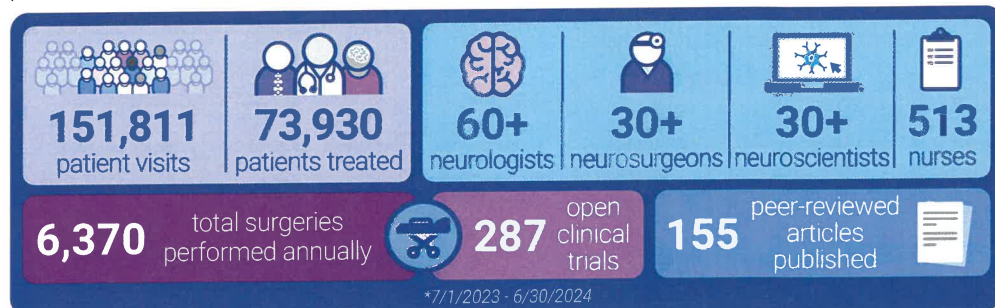
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Barrow Transfer Center

1-844-BNI-XFER (844-264-9337)



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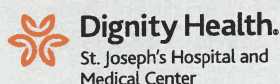
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Designated Centers of Excellence

- **ALS** – ALS Association Certified Treatment Center of Excellence
- **Alzheimer's Disease & Cognitive Disorders** – Lewy Body Dementia Association Center of Excellence
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Continued on back



Visiting Barrow

Barrow Neurological Institute is located on the Dignity Health St. Joseph's Hospital and Medical Center campus in the heart of Phoenix, Arizona. It's approximately seven miles from the Phoenix Sky Harbor Airport, in a "top metropolitan market."

The Institute's 430,300-square-foot, 176-bed Robert F. Spetzler Neuroscience Tower is the largest neuroscience center in the nation. It features 11 of the most advanced dedicated neurosurgical operating rooms in the world, a 64-bed designated Neuro-Intensive Care Unit, and a 32-bed state-of-the-art neuro-telemetry unit. All rooms in the neuroscience tower are private and spacious with ample room for an adult guest to stay overnight with the patient.

Additionally, Barrow is home to 46 Inpatient Neuro-Rehabilitation beds.

Barrow Second Opinion

Get a fast and secure second opinion from our renowned neurosurgeons for any of the following conditions:

- Acoustic Neuroma
- Aneurysm or Other Cerebrovascular Disorders
- Brain, Spine, Spinal Cord Tumors (Including Metastatic)
- Hereditary Hemorrhagic Telangiectasia
- Moyamoya Disease
- Parkinson's Disease, Essential Tremor, or Dystonia
- Peripheral Nerve Disorder
- Pituitary Tumor
- Spine Surgery or Spinal Disorders

Get started at
BarrowNeuro.org/SecondOpinion

Departments

Each department at Barrow emphasizes clinical care, research, and education.

- Clinical Neuropsychology
- ENT and Skull Base Surgery
- Neurology
- Neuropathology
- Neuro-Rehabilitation
- Neuroradiology
- Neuroscience Nursing
- Neurosurgery
- Radiation Oncology
- Translational Neuroscience

Centers and Programs

Barrow is committed to clinical excellence, outreach, and support for patients and families affected by neurological conditions and diseases. It is home to the following:

- Acoustic Neuroma Program
- Alzheimer's and Memory Disorders Program
- Aneurysms and Cerebrovascular Program
- Auditory Brainstem Implant Program
- Brain Injury & Sports Neurology Center
 - Domestic Violence Brain Injury Program
- Brain Tumor Program
 - Ivy Brain Tumor Center
- Center for Transitional Neuro-Rehabilitation (CTN)
- Cochlear Implant Program
- Deep Brain Stimulation (DBS) Program
- Epilepsy Program
 - Magnetoencephalography (MEG)
 - Visual Monitoring Unit
 - Electroencephalography (EEG)
- Facial Reanimation Program
- Gamma Knife & Radiosurgery Center
- Gregory W. Fulton ALS and Neuromuscular Disease Center
- Hereditary Hemorrhagic Telangiectasia Program
- Hypothalamic Hamartoma Program
- Lateral Skull Base Program
- Lewis Headache Center
- Muhammad Ali Parkinson Center
 - Lonnie and Muhammad Ali Legacy Care Program
- Multiple Sclerosis Program
- Neuro-Ophthalmology Program
- Neuro-Otology and Balance Disorders Program
- Neuropsychology Program
- Neuro-Rehabilitation Center
 - Inpatient Neuro-Rehabilitation Unit
 - Outpatient Neuro-Rehabilitation Center
 - Spinal Cord Injury Wellness Clinic
 - Therapeutic Recreation and Adventures Program
- Neurotrauma Program
- Normal Pressure Hydrocephalus Program
- Oncology
 - Head and Neck Cancer
 - Medical Oncology
 - Neuro-Oncology
 - Radiation Oncology
- Petznick Stroke Center
 - Barrow Emergency Stroke Treatment Unit
- Pituitary Center
 - Neuroendocrinology Clinic
- Sinus Program
- Spine Program
 - Sonntag Spine Center

Research

Barrow is home to the Ivy Brain Tumor Center, the largest Phase 0 clinical trials program in the world.

The Institute conducts basic, translational, and clinical neuroscience research in the following areas:

- Brain Tumors
- Cerebrovascular and Stroke
- Molecular and Cellular Neuroscience
- Neurodegeneration
- Neuroimaging
- Neuro-Epidemiology and Data Science
- Neuroinflammation and Immunity
- Neurosurgery Device & Spine Biomechanics
- Neurotrauma, Metabolism, & Systems Neuroscience



Minding What Matters Most®



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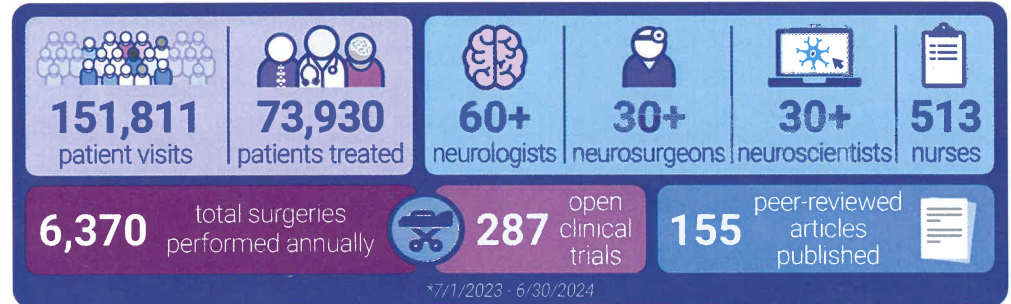
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January 23, 2026
Ramada with walk outside

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All walks are on
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Enjoy a campus stroll—or head inside at the Wellness Center when it's hot—with raffles, water, and snacks at every walk!

Join us for monthly campus walks and take a step toward better health.

We're hosting monthly community walks on the Midwestern University Campus! Each walk kicks off with a quick 5-10 minute talk on fall prevention by our faculty and students ("future docs"), followed by a group walk where you can discuss health topics and enjoy the beautiful campus.

For questions, contact:

Tiffany Hughes, Ph.D., M.P.H., M.B.A.
Assistant Professor, College of Graduate Studies
623-572-6612 | tthughe@midwestern.edu

or visit: www.walkwithadoc.org

Sponsored by the
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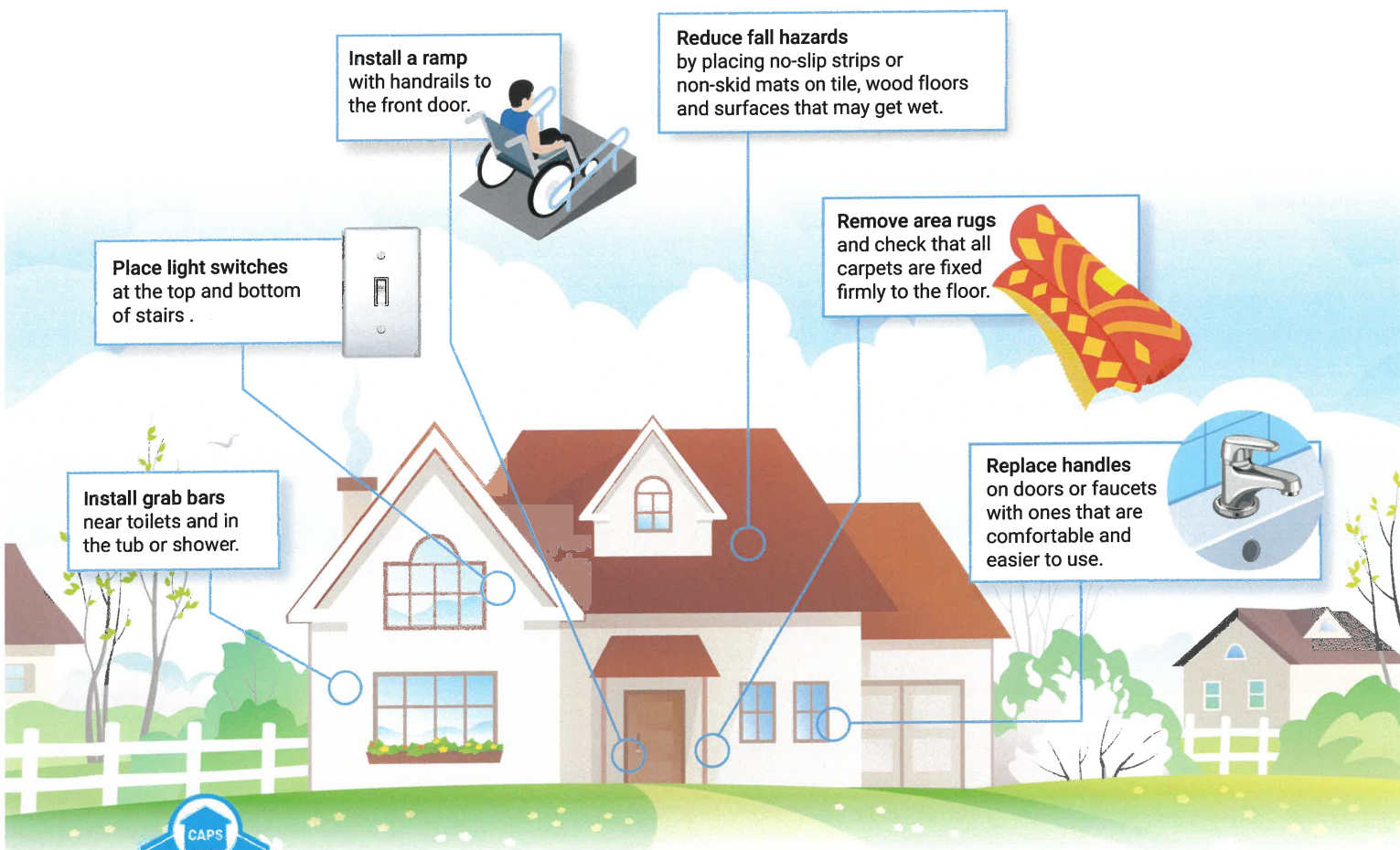


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We install products from leaders in accessibility to ensure safe, durable, and effective solutions.



Who We Help



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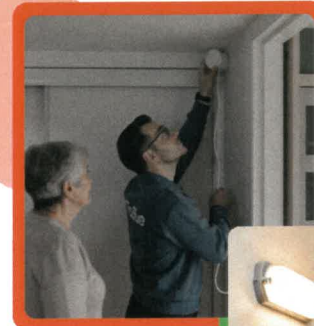
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Scottsdale, AZ 85254

 info@lihnlawgroup.com

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We help families navigate life's most important transitions.

From elder law and life care planning to estate planning and disability support, our legal services protect your loved ones, your assets, and your future. We treat every client like family—offering expert guidance with the compassion and respect your family deserves.



Elder Law

Legal guidance for the unique needs of older adults—including asset protection, long-term care planning, end-of-life decisions, and guardianship or conservatorship. We help families plan ahead and protect what matters most.



Life Care Planning

A holistic approach coordinating legal planning and care, supporting your family, and guiding you through identifying public benefits to help pay for care. We create a clear roadmap for the right care now—and peace of mind for the future.



Special Needs Planning

Compassionate planning for individuals with disabilities and their families. We help secure government benefits, establish special needs trusts, and prepare for lifelong care and support.



Estate Planning

Protect your health, assets, and legacy with a customized estate plan. We make sure your wishes are honored and your loved ones are protected—now and for generations to come.



Probate and Trust Administration

When a loved one passes, we simplify the legal process. Using our custom roadmap, our team provides step-by-step guidance through probate or trust administration with clarity, compassion, and care.



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We represent families when disputes arise over a will, trust, or estate administration. We also advocate for vulnerable adults and help recover assets lost to financial exploitation.