



SAVE THE DATE!!!
Sunday, February 22 - 1:00 pm

**Educational Seminar
presented by
Sun Health Communities**
At Beth Emeth Congregation of the West Valley - Social Hall

**We invite you to join us for an Educational Seminar on
Navigating the Cost of Long Term Care - "Life Care 101"**

As the landscape of healthcare continues to evolve, many seniors and their families find themselves overwhelmed by the rising costs of long-term care. Sun Health Communities is proud to offer an educational seminar specifically designed to demystify these costs and explain the unique financial protections offered by a Life Care Agreement.

- Understanding the "Care Gap": A look at the current costs of assisted living and skilled nursing in Arizona vs. the limitations of Medicare and traditional insurance.
- The Math of Life Care: Explaining the "Type A" Lifecare contract, how it turns unpredictable future healthcare costs into a predictable, monthly expense.
- Estate Protection: How choosing the right care model can safeguard retirement savings and assets for heirs.
- Sun Health at Home®: A specialized look at how the Life Care model can be applied to those who wish to remain in their current home while receiving guaranteed support.
- Tax Considerations: Brief overview of potential medical tax deductions associated with Life Care entry fees and monthly service fees.

Bring your questions!!

This event is being offered at NO CHARGE, light refreshments will be served!

Donations appreciated.

TO RSVP: Call the Office at 623-584-7210 or office@bethemethaz.org.

Deaf Ministry Week 2026
Life in Christ Lutheran Church
14802 N. 75th Avenue
Peoria, AZ 85381



Contact: Gerald Last
geraldlast@gmail.com
602-762-0440

Saturday Feb 14 2:00-4:00 PM Basic Sign Class
4:30 PM Deaf Worship
5:30 PM Dinner

Sunday Feb 15 Pastor Reinke to preach all services
Deaf to attend 9:30, sign last song
10:30 a.m. Bible study with Becky Catchpole, then out to lunch

Monday Feb 16 10:00AM to 2:00 PM Arts and Crafts with Becky Catchpole & Deb Richard
General crafts and lunch
Presentation about Africa
3:00-6:00 PM Interpreter training

Tuesday Feb 17 9:00-10:30 AM Men's Bible Study
1:00-4:00 PM visit deaf seniors at Surprise Senior Center

Wednesday Feb 18 Ash Wednesday
Noon Special Ash Wednesday for the Deaf
Noon (signed) service
1:00-4:00 PM Bible study with snacks

Thursday Feb 19 10:00-11:00 AM Women's Bible Study
Afternoon Hike & Cookout Coons Bluff meet at
Church at 11:00 AM to carpool

Friday Feb 20 10:00-1:00 PM Deaf Bible Study
1:00-4:00 PM Church interpreter training

Saturday Feb 21 10:00-2:00 AM Basic sign class
10:00-2:00 AM Church interpreter training

Sunday Feb 22 8:00 AM signed service
9:30 AM Bible study
Out to lunch



Refresh and Reset



February 26th, 2026
6:00-7:00pm



Zoom

Join us for this virtual educational session hosted by Sarah Fagus, Nutritionist, focused on simple, realistic lifestyle changes to support your overall health. We'll discuss everyday wellness topics, helpful tips and tricks, and how small habits can make a big difference. This session is designed to be easy to follow and accessible from the comfort of your home.

FOR MORE INFORMATION AND TO RSVP, CONTACT:

Sun Health Center for Health & Wellbeing at
(623) 471-9355



Sun Health[™]
WELLNESS



YOU'RE INVITED TO

HEALTHY AGE-RELATED BRAIN CHANGES VS. MCI AND DEMENTIA

Keynote Speaker: Maribeth Gallagher, DNP, PMHNP-BC, FAAN,
from Hospice of the Valley



RESEARCH AND RECRUITMENT FOR CLINICAL TRIAL

Keynote Speaker: Serena Lowery, MS GeropsY, MBA, CNA, from
Banner Sun Health Research Institute

Thursday, February 26, 2026

Time: 9 am - 12 pm | Registration, 8:30 - 9 am
Continental Breakfast provided. Open to all.

RSVP by February 23 | (623) 974--2512

Vendors limited to 1st 10 who RSVP by 2/23.

(Vendors set-up from 8:00 - 8:45 AM)



Location:

**American Lutheran
Church of Sun City**

17200 n. Del Web Blvd.
Sun City, AZ 85373

This presentation is part of ALC Stephen
Ministry Continuing Education and is
hosted by American Lutheran Church.



Meaningful Connections

Using Improvisation with People Living with Dementia

TUESDAY, MARCH 3, 2026
10 - 11:30 A.M.

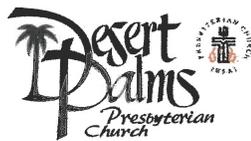
Desert Palms Presbyterian Church

13459 W. Stardust Blvd., Sun City West, AZ 85375

Don't miss this engaging presentation, featuring top experts in dementia care and seasoned improv actors who specialize in elevating the caregiving experience.

Learn how to interpret and respond to behavioral expressions, using personalized strategies to improve connections and the well-being of persons living with dementia. Explore the transformative power of improvisation in dementia caregiving. Gain practical tools to enrich communication with your loved one, deepen your bond and reduce stress.

Presented by



With Speakers:



Dr. Maribeth Gallagher
Hospice of the Valley
Dementia Program Director



Brian E. Sweis
Improv Actor



Sally Jo Bannow
Improv Actor

To register: SunHealthWellness@SunHealth.org or call (623) 471-9355



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

MIND OVER MATTER

Healthy Bowels, Healthy Bladder

A program designed to help older women build the skillset and confidence to prevent or improve upon incontinence symptoms.

About the Workshop

Three 2- hour sessions take place every other week.

Participants work together to set and meet their personalized goals incorporating tasteful humor, social interaction, and healthy snacks.

71% of women who participated in the workshop have reported improved bladder leakage.

For more information or to register, please contact Sherri Spicer RN, MSN
623-693-1929

Classes on Monday, March 9, 23, and April 6 at 11:00 a.m.
Christian Life Center Room 11



Topics Learned

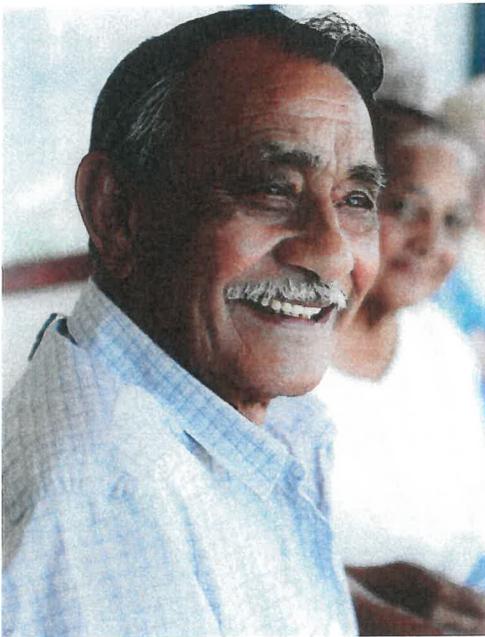
- How our bladder, bowel, and pelvic floor muscles work together.
- How to adjust fluid and fiber intake to prevent or improve incontinence symptoms.
- How to self-advocate and see care from health care providers.
- How to perform low-impact exercises independently to improve symptoms



Life in Christ Lutheran Church
14802 North 75th Avenue
Peoria, Arizona 85381

Area Agency presents :

Understanding Hoarding Disorder



“...I learned that I’m not alone.”

Offering 14 years of knowledge, this presentation is for community members and professionals who want to learn more about:

- The difference between collecting, hoarding and clutter.
- Stigma that effects treatment.
- How to effectively intervene and communicate with those with hoarding disorder.

March 11, 2026 | 9:00— 10:30 a.m.

This free presentation will be held virtually via Zoom.

Please register with Mary.Coalson@aaaphx.org

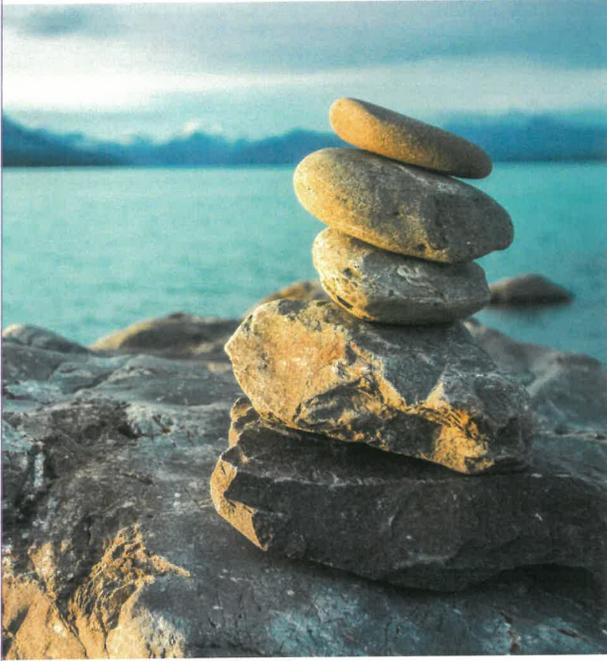
**** Registration is confidential ****



**AREA AGENCY ON AGING
REGION ONE, INCORPORATED**

1366 E Thomas Road, Suite 108, Phoenix, AZ 85014 | 602-264-HELP (4357) | aaaphx.org

Zoom Support Groups *for Dementia Caregivers*



Tuesdays, 10 a.m.

Start your Tuesdays with a fresh focus! Join a member of Hospice of the Valley's Dementia Program for a virtual "wellness get-together." After a 5–10-minute practice to help relax and refresh, we'll discuss any questions around dementia and your heartfelt concerns as a caregiver.

You are invited to actively participate or simply connect with others, listen and learn in this safe and welcoming space. Join us from the convenience of your home or office.

Zoom Link: <https://hov.zoom.us/j/94357763001>

Meeting ID: 943 5776 3001

Passcode: 691016



Wednesdays, noon–1 p.m.

Join other care partners while remaining in the comfort of your home to discuss the stresses, challenges and rewards of providing care for a person living with dementia.

This free virtual group is facilitated by Nicole Crothers, a skilled Hospice of the Valley medical social worker with over 20 years' experience in dementia care.

Zoom Link: <https://hov.zoom.us/j/95549983607?pwd=bnpuWWlsSStlZFVoNnJ2azJNRDlmZz09>

Meeting ID: 955 4998 3607

Passcode: 562327

Questions? Call (602) 767-8300



**DEMENTIA CARE
and EDUCATION
CAMPUS**

3811 N. 44th St. Phoenix, AZ 85018 (602) 767-8300 dementiacampus.org

An innovation of Hospice of the Valley



Caring for a loved one with dementia?

Family caregivers often feel overwhelmed, anxious and isolated while caring for a person with dementia. They want to keep their loved one at home for as long as possible, but wonder how to make it all work. Our *Supportive Care for Dementia* program helps families living with all stages of Alzheimer's disease and related dementias. There is no charge for this program, which includes:

Home visits: A dementia educator comes to you to provide information about Alzheimer's disease and other dementias, behavior management strategies, medications, respite placement and living wills.

24/7 phone support: Call anytime and talk directly to a nurse or social worker for advice. No answering service.

Consultations: Our experienced dementia team is available to provide support at every stage of the caregiving journey. We can also work with your loved one's physicians to tailor an individualized care plan.

Contact us: For questions or referrals, call (602) 636-6363 or fax (602) 212-3058.

SUPPORTIVE CARE FOR DEMENTIA

SupportiveCareforDementia.org

A program of Hospice of the Valley, supported in part by grant #90ADPI0058 from US Admin for Community Living, Dept. Health and Human Services



We can answer your questions

- What is dementia and how does it affect the brain?
- What decisions and planning should I be considering at this time?
- How do I find and use community dementia and caregiver support programs?
- How do I cope with difficult emotions and caregiver issues in ways that promote my own well-being?
- What are some strategies for finding meaning and optimizing enjoyment in everyday living?
- How can I enhance communication with loved ones who have dementia?
- Can you help me understand challenging behaviors and teach me how to respond?
- How will I know when it's time for help at home, adult day programs or residential placement?
- How do I keep my family informed of changes and know how much to include them in decisions?





HOSPICE
of the VALLEY

A legacy
of *caring*
since 1977

1510 E. Flower St.
Phoenix, AZ 85014

(602) 530-6920
FAX (602) 530-6905

hov.org

A not-for-profit organization

MediCaring®

An in-home supportive care program of Hospice of the Valley for individuals with late-stage chronic illness who wish to continue treatments of their choice

The goals of the MediCaring® program are:

- To educate and support people so they can manage their illness and symptoms in collaboration with their physicians and other providers.
- To help people cope more effectively with illness and the lifestyle changes it brings, and help maximize their quality of life.

MediCaring® team members offer education, support, advocacy and referrals to community resources.

The MediCaring® core team includes a registered nurse and social worker. In some situations, the core team may add the services of a physician or nurse practitioner, chaplain or volunteer.

If skilled nursing, home health, hospice, custodial or personal care are needed, the MediCaring® team will connect the individual or family with the appropriate provider or agency.

MediCaring® eligibility:

- Medicare Part A or Part B
- Diagnosed with CHF, COPD, Cancer, HIV/AIDS or ESRD

MediCaring® services:

- Home visits from nurses, social workers and other team members.
- Case management from an RN care coordinator.
- 24/7/365 access to clinical support.
- Person- and family-focused care.
- Assistance with goals of care review and advance care planning.
- Advice and education on symptom management.
- Available to patients in all settings, wherever they reside.
- Provided at no cost to participating patient or family.

To start a referral or ask questions about MediCaring®, call (602) 530-6920 or fax (602) 530-6905.

MediCaring® is a registered trademark of Joanne Lynn, and is being used under the permission of Joanne Lynn and Altarum Institute.

MediCaring®

REFERRAL



Three easy ways to refer – Fax this completed form: (602) 530-6905 • Call: (602) 530-6920 • Email: intake@hov.org

Referring physician: _____ Phone: _____ Fax: _____

Other physician: _____ Phone: _____ Fax: _____

Company: _____

Your name: _____ Phone: _____ Fax: _____

Patient Name (last, first, MI): _____

Medicare ID No.: _____ Male Female

ATTACHMENT (OPTIONAL)

History and physical Total pages _____

PATIENT DEMOGRAPHICS

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Medicare ID No.: _____ Date of birth: _____

CAREGIVER, MEDICAL POWER OF ATTORNEY OR FAMILY

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____



1510 E. Flower St. Phoenix, AZ 85014 (602) 530-6920 FAX (602) 530-6905 **hov.org**

A legacy of caring since 1977

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CONFIDENTIAL NOTICE: This communication, including any attachments, is for the sole use of the intended recipient(s) and may contain confidential and privileged information that is protected from unauthorized disclosure under federal law. Any unauthorized review, use, disclosure or distribution is prohibited. If you are not the intended recipient, please notify us immediately and destroy all copies of the original message and attachments. Thank you.

Caring Circles

Area Agency on Aging, Region One



*OUR AMERICORPS MEMBERS HELP
REDUCE SOCIAL ISOLATION
AND BUILD CAPACITY FOR
INDEPENDENT LIVING.*

**Visit our Agency Website at
www.aaaphx.org or call
602-264-4357**

MISSION

Our members and volunteers serve older adults in Maricopa County. We believe in healthy futures, working to build support for vulnerable older adults through an array of services that promote Aging in Place and Access to Care.

VISION

Our team of AmeriCorps Members and volunteers have committed to address critical community needs of older adults. The hope is to build relationships and foster community connections that will allow you to remain living at home for as long as possible. We will empower and support you to access the care and information you may need to be happy and healthy at home.

WHAT TO EXPECT

Our Members will call you to set up an initial, face to face visit to learn more about your needs. During this visit, they will review your requested services, discuss scheduling and availability, and review any limitations. Our team will make phone calls thereafter to check in, see how you are doing, and confirm the next appointment.



Caring Circles

Area Agency on Aging, Region One



SERVICES

Our members and volunteers provide an array of services based on client need, which may include:

- friendly visits
- phone calls and reassurance
- prescription pick-up
- limited transportation to medical appointments
- grocery shopping assistance (with you or for you)
~ Limit 2 trips/month
- technology assistance; learning smart phones, and tablets
- social outings or connection to senior centers, and health classes
- reading and organizing mail
- locating information and resources relevant to other needs

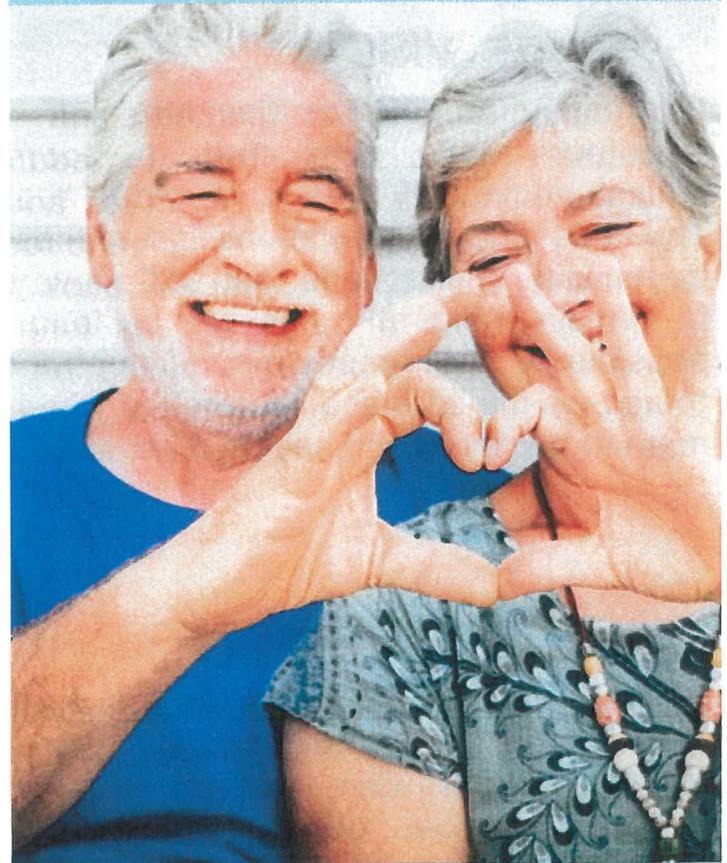
PROGRAM LIMITATIONS

Our members and volunteers do not provide hands-on assistance, as they are not trained caregivers. Clients must be able to independently get in/out of a vehicle. If you need caregiver services, please call the Senior HELPLINE for community resources.

Our members and volunteers serve multiple clients at any given time and do their best to work with you on scheduling. If your member or volunteer is unavailable, you will be notified ahead of time to make other arrangements. We have a small team and often cannot provide alternate volunteers to assist. If you have questions or concerns about your services, please contact the Program Director.

The frequency of services is as noted or otherwise dependent on member or volunteer availability and client needs. Please note, transportation to medical appointments may take priority over other services listed.

It is expected that clients will continue to use their other available resources (AHCCCS transportation, other volunteer programs, grocery delivery) to ensure positive outcomes.



We appreciate your understanding and look forward to serving you!