

Ready, Set, Plan: Navigating Memory Care and Legal Decisions

Free Presentation by:

Lora Johnson Elder Law Attorney

Johnson & Ashworth P.L.L.C.

Lora is a licensed attorney in Arizona with over 26 years of experience specializing in elder law, estate planning, probate, guardianship, conservatorship, and more.



Cogir of Peoria
13391 N 94th Drive
Peoria, AZ
Thursday
August 27th
2:30 pm-3:30 pm



Appetizers prepared by Cogir of Peoria's own Chef Jose

***Respite/Activities during presentation, Please call for a spot.**
623-977-1431

Hospice 
OF THE West

***Save the Date for
the next
presentation
9-24-26**

COgir
PEORIA
MEMORY CARE

Benefitness Adaptive Gym

GRAND

Reopening!



Benefitness Adaptive Gym is bigger and better than ever! We are proud to show the community all the updated and upgraded programs and services we offer!

PLEASE JOIN US to celebrate fitness, fun, and community!



Official ribbon cutting 9:45 a.m.



Tours of the new boxing room and personal training suite



D-Backs mascot Baxter the Bobcat



Refreshments



Raffle prizes



AND MORE!

September 10th
9:00 - 11:00 AM



16752 N. Greasewood St.
Surprise, AZ 85378

Please
Register to
Attend



Special thanks to the Arizona Diamondbacks Foundation for their generous support of this project through the Ken Kendrick Grand Slam Grant Award.



Benefitness
ADAPTIVE GYM

A Bigger Space. A Greater Impact.



(623) 584-0065



BenefitnessGym.org

Caring Connections

Free **twice-monthly** support group for couples navigating Mild Cognitive Impairment or Early-Stage Dementia together.

STAY CONNECTED WHILE NAVIGATING MEMORY CHANGES

Caring Connections is a twice-monthly support group for couples in which one partner is living with mild cognitive impairment or early-stage dementia. Together, you'll explore ways to stay emotionally connected, share both the joys and challenges of your journey, and receive compassionate, practical support in a welcoming environment.

Each of the 10 sessions includes:

- Social connection with other couples
- Relationship-strengthening strategies
- Brain-healthy snacks
- Engaging, interactive activities
- Practical tools, resources, and support to help you thrive together

NEW!



Expressive Connections

Free **monthly** art-based experiences for individuals with Mild Cognitive Impairment or Early-Stage Dementia and their care partners.

A new monthly program offering structured, arts-based experiences designed to foster social connection, support emotional wellbeing, and promote meaningful engagement. Individuals living with mild cognitive impairment or early-stage dementia are invited to participate alongside their care partner(s), while care partners are also welcome to join us on their own.

Caring Connections: 10:00 a.m. - 11:15 a.m.

Sept. 10 & 24	Oct. 8 & 22	Nov. 5 & 19	Dec. 3 & 17	Jan. 14 & 28
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Expressive Connections: 11:45 a.m. - 1:00 p.m.

Sept. 24	Oct. 22	Nov. 19	Dec. 17	Jan. 28
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All sessions take place at the Center for Health & Wellbeing - 14719 W. Grand Ave., Surprise, AZ 85374



For more information,
call (623) 471-9355.

This no-cost program is made possible through the generous support of Sun Health Foundation and the City of Surprise.



FREE

SCAN HERE



 nami **Family-to-Family**
National Alliance on Mental Illness



NAMI Family-to-Family is a free, mental health education program for families, significant others & friends of persons living with mental health conditions, such as Depression, Bipolar Disorder, Anxiety, Schizophrenia, or other mental illness.

Come meet with others of us who have “been there” too. Together we will learn about ways to effectively support our loved ones mental health recovery.

NAMI’s evidence-based FAMILY-TO-FAMILY is an 8-session course that balances skills training with self care, emotional support and empowerment.

TOPICS COVERED:

- In-depth overview of the most common mental health conditions
- Coping skills, managing stress, handling crisis
- Listening & communication; problem solving: providing support to your loved one with compassion.
- Understanding the actual experience of those living with a mental health condition.
- Strategies for taking care of yourself while supporting your loved ones recovery
- Basic info about treatments and resources
- Community resources, advocacy, and MORE!!!!

When:

**Thurs Evenings
6:00 pm-8:30 pm**

Beginning

**Thursday September
3rd, 2026**

Class Dates:

**9/3, 9/10, 9/17, 9/24,
10/1, 10/8, 10/15,
10/22**

*Where:

**St Pats Catholic
Community**
(roughly Hayden & Shea in
Scottsdale)

Register ASAP

**Space is limited
for more info call 602-759-
8175 or email:**

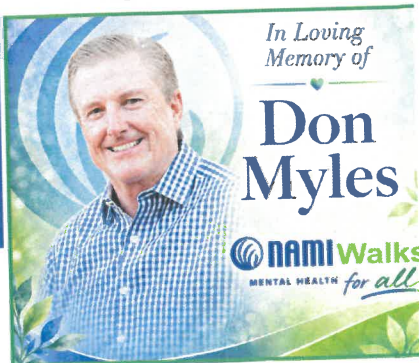
education@namivos.org
 **Valley of the Sun**
National Alliance on Mental Illness

*New classes starting all year- If this schedule/location does not work for you, register and you will be contacted when a class begins!

Join Our Walk Team!

Help us raise funds for FREE Mental Health Programming!

To Join Team:
In Loving Memory
of Don Myles



✓ Go to:

www.namiwalks.org/teams/85487

Scan Here to Register!

✓ Click "Join our Team"

✓ Share your link on Social Media & invite others to walk with us!

✓ Questions? email :
l.boman@namivos.org



Walk With Us on Saturday, October 10
at South Mountain Community
7050 S 24th St,
Phoenix, AZ 85042



Valley of the Sun



NAMI Walks
Valley of the Sun



PWR! Moves

Parkinson's Wellness Recovery



PWR! Moves is a Parkinson's-specific exercise program that works to improve neuroplasticity and slow the progression of Parkinson's disease. Focused on large movements, PWR! Moves targets four critical skills the disease attacks: antigravity extension, weight shifting, axial mobility, and transitional movements. This is a great option for anyone experiencing neurological related mobility and range of motion declines.

Classes are \$5 each and start at 2 P.M. Class sessions are 8 weeks long (unless noted):

Monday
January 26 to March 2
(6 weeks)

Monday
March 9 to April 27

Monday
May 4 to June 22

Monday
June 29 to August 17

Monday
August 24 to October 12

Monday
October 19 to December 7



Center for Health & Wellbeing
14719 W. Grand Ave. Bldg B, Surprise, AZ 85374



REGISTER

(623) 471-9355 or online at SunHealthWellness.org/Classes



SAVE THE DATE

OCTOBER 8TH 2026

CAREGIVER CONNECT



ENGAGE.



EXPLORE.



LIVE EMPOWERED.



DATE

Thursday, October 8th



TIME

9:00 am - 1:00 pm



LOCATION

Radiant Church
10701 W Boswell Blvd,
Sun City, AZ 85373



STAY TUNED FOR DETAILS

www.Benevilla.org



Benevilla®

Sun Health Wellness

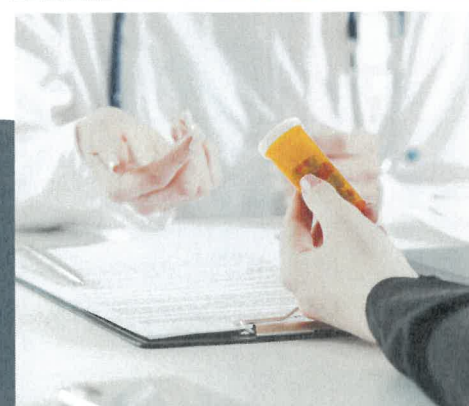
Start Your Wellness Journey With Us



Sun Health Wellness develops evidence-based programs and services to help you to live a longer, healthier and more purposeful life. Our goal is to provide personalized support to help you learn about and manage your wellbeing at little to no cost!

As a part of our wellness program we provide:

- \$5 exercise classes
- Discounted massage therapy
- Free Memory Care Navigator program and support groups
- Free Vial of Life program
- Free Community Education Workshops and Seminars



Join a class and begin
your wellness journey!



 (623) 471-9355

 SunHealthWellness.org

 14719 W Grand Ave. Surprise, AZ 85374

SPECIAL OFFER

Assessment Fee Waived*



Benevilla®

Space available in three of our amazing Life Enrichment Day Programs: Lucy Anne's Place, Mary's Place, & West Valley

MONDAY-FRIDAY AVAILABILITY

Our programs are home-like, friendly and specially designed to best serve member needs.

Each of our Life Enrichment Day Programs offer qualified, trained, compassionate, staff and purposeful and engaging activities for mental and physical stimulation.

8 Reasons to consider a Benevilla Life Enrichment Day Program

1. To improve the quality of life for your loved one
2. To improve the quality of life for yourself
3. To provide much-needed breaks to decrease stress levels and avoid caregiver burnout
4. To combat isolation and loneliness for your loved one by allowing them to blossom in a socially stimulating environment
5. To provide your loved one with specialized and affordable care during the day
6. To help you when you work full-time out of your home or just take a break
7. To insure your loved one has supervision, companionship and purpose during the day
8. To allow your loved one to age in place



Lucy Anne's Place

16752 N. Greasewood St.
Surprise, AZ 85378

Lucy Anne's Place provides enriching daytime programs for individuals with Mild Cognitive Impairment (MCI), dementia, Parkinson's disease, and stroke recovery, fostering independence, engagement, and quality of life.

Mary's Place

14601 N. Del Webb Blvd.
Sun City, AZ 85351

Mary's Place supports individuals with moderate to advanced dementia, Parkinson's disease, stroke recovery needs and those with a tendency to explore, with personalized care and meaningful therapeutic activities.

West Valley

8133 W. Cactus Rd.
Peoria, AZ 85381

The West Valley program serves individuals with Mild Cognitive Impairment (MCI), early to moderate dementia, Parkinson's disease, stroke recovery needs, and intellectual or developmental disabilities in a welcoming, engaging environment.

IMMEDIATE TOURS AND ENROLLMENTS AVAILABLE

Call today: 623-584-4999

* **Assessment fee waived when you mention or present this flyer.** Regular Assessment fee is \$155 for Lucy Anne's Place and Mary's Place. Regular Assessment fee is \$130 for West Valley. Offer ends 7/31/26.

Now Available at *Benefitness*



Essential Oil Sessions

Restore harmony
through the power of
touch & essential oils.

Stress Relief, Relaxation, and Wellness Support.

Schedule your
appointment today with
coach Destiny Hurst
(623) 584-0065

(Included in personal training packages)



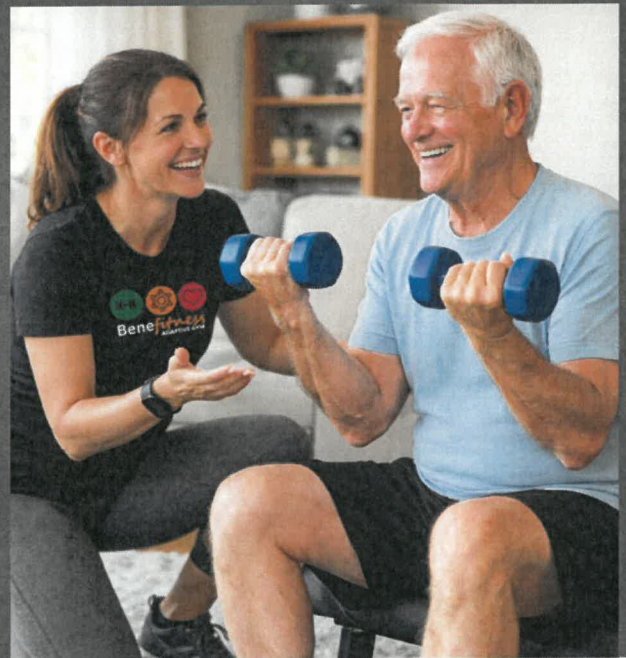
 16752 Greasewood St.
Surprise, AZ 85378

 BenefitnessGym.org



In-Home Personal Training Is Here!

No gym. No travel. Just expert guidance at home. *Benefitness* Adaptive Gym offers personalized, one-on-one training to help you stay strong, mobile, and independent without the commute.



Your Fitness. Your Home. Your Pace.

Enjoy a FREE Personal Training Consultation to discuss your goals, abilities, and needs.

Call (623) 584-0065



Benefitness
ADAPTIVE GYM

Benefitnessgym.org

16752 Greasewood Street, Surprise, AZ 85378

Proudly partnered to offer

GUIDE

No-Cost Dementia Care

America's Choice in Home Care®



- ✓ Has dementia (a diagnosis can be provided)
- ✓ Is enrolled in Medicare Parts A & B (Traditional Medicare)
- ✓ Is NOT on hospice or living in skilled nursing care

To qualify for no-cost 1:1 private caregiving respite, patients must have moderate to severe dementia, & a family/unpaid caregiver.

Pocket 



To learn more,
call: 623-476-7882





DEMENTIA CAREGIVER SUPPORT GROUP MEETING

Sun Health understands how important it is for caregivers, like you, to get the support you need.

Open to the community (caregivers only) and FREE of charge. No RSVP needed.

Every First and Third Wednesday
3 - 4 p.m. (in person)

Grandview Terrace Health & Rehabilitation Center
Community Education Room
14505 W. Granite Valley Drive
Sun City West, AZ 85375



For more information, call (623) 471-9300



Know your brain health

Be proactive in healthy aging with a free community screening program

Do you question whether your brain is working normally for your age?

It is common to experience changes in memory and thinking as we age. While some changes with aging are normal, others may be symptoms that could indicate an underlying condition or something serious. To assess whether further consultation with a medical provider is necessary, Banner Sun Health Research Institute offers a free Brain Health Check-In.

Paper and pencil assessments for people 55 years and older are provided by the Neuropsychology team at our Center for Healthy Aging, and last about one hour.

You can expect to complete short questionnaires and brief memory and thinking tests. Then you will have a chance to review your brain health risk status, ask questions, and receive resources for maintaining brain health. Please note: Brain scans and blood work are not provided.

Call today for your appointment
(623)832-6506

DATE

Monday - Friday

TIME

9 a.m. - 3 p.m.

*Appointment is required

LOCATION

**Banner Sun Health
Research Institute**
10515 W. Santa Fe Drive
Building A
Sun City, AZ

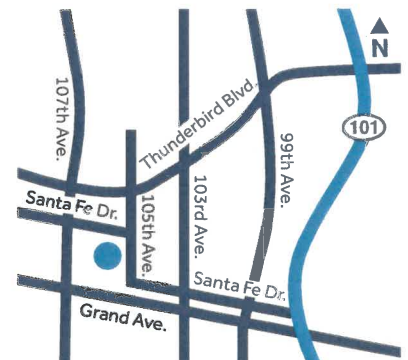
COST

FREE

SCHEDULING

623-832-6506

BannerSHRI.com



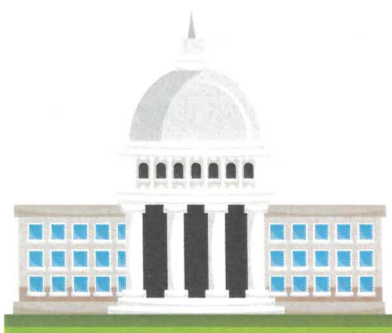
Follow us

 @SunHealthResearchInstitute



U.S. Department
of Veterans Affairs

BE VIGILANT OF SCAMS



The Federal Trade Commission estimated that in **2022 alone**, Veterans reported **\$292M losses to fraud**, this number only represents the fraud that has been detected. **Romance & similar Internet schemes** are up **71% from 2017**. Keeping yourself safe from scams is critical when applying for

benefits and services, when accessing them, or authorizing others to do so.

Visit our site: www.va.gov/VSAFE



Companies who advertise VA benefits can only be obtained with their help. These companies may not be recognized by VA and may be attempting to charge illegal fees.



Validate: If you are interested in working with a Veteran Service Organization (VSO), agent, or attorney, use the Office of General Counsel Accreditation tool to confirm and validate their credentials. www.va.gov/ogc/apps/accreditation/index.asp is an official source to use to verify.



Do not sign forms that are to provide “behind-the-scenes” claims assistance

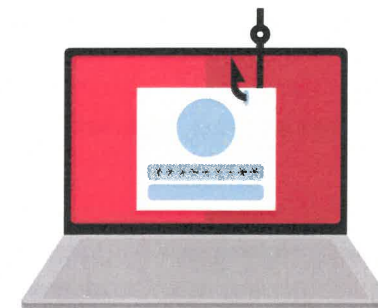
See next page for more tips about fraud prevention, help and reporting



TIPS TO AVOID VETERAN TARGETED SCAMS

Scammers are taking advantage of new opportunities to commit fraud. There's been an increase in phishing (Email), vishing (phone), and social media scams targeting Veterans, their family members, caregivers, and survivors to access their finances and benefits, or to submit claims on their behalf.

Beware of anyone who guarantees a lucrative financial benefit or service.



DO'S

- **Submit applications securely** online on va.gov or other federal websites or in-person through Federal agencies offering a service. Those agencies will assist in gathering evidence necessary to support it. There are no costs or hidden fees to apply.
- **Be cautious of:**
 - **Aggressive companies** who may try to pressure you to sign their contract through frequent communications or by insisting "you must act now or lose your chance for benefits."
 - **Companies who claim to be contacting you on behalf of VA or to have a special relationship with VA.** Contact VA at 1-800-827-1000 if you are unsure about the authenticity of any message received.
- **Use two-factor identification, like login.gov, when available.**

DON'TS

- **Do not sign a contract agreeing to pay** an unauthorized company a percentage of your benefit payment in exchange for their assistance with your VA claim. If you need help filing a claim, there are representatives of VSOs, agents, and attorneys who have been accredited by VA to assist you.
- **Do not sign a blank form** for someone else to complete later. Always review the completed form before signing and keep a copy for yourself.
- **Do not be fooled by companies who advertise they have special relationships** with medical professionals and can guarantee your benefits award. If they are defrauding the Federal government, you could be held responsible for paying those benefits back.
- **Do not provide identifying information** like your social security number, medical records, or other personally identifiable information to anyone offering claims assistance before confirming their credentials using the Office of General Counsel Accreditation tool.

REPORTING

For healthcare-related fraud, please contact VA Healthcare Fraud, VHA Office of Integrity and Compliance Helpline 1-866-842-4357 (VHA-HELP) or VA Benefits Fraud 1-800-827-1000.

For all non-VA fraud report to Federal Trade Commission.

<http://reportfraud.ftc.gov>



U.S. Department
of Veterans Affairs



WHAT IS ADULT PROTECTIVE SERVICES?

Adult Protective Services (APS) is a program through the State of Arizona that investigates allegations of abuse, neglect, and/or exploitation of vulnerable adults and provides protective services. A vulnerable adult is someone who is 18 years or older who has an impairment that makes it difficult for them to protect themselves and/or meet their basic needs. APS is authorized to:

- Receive and investigate reports of abuse, neglect, and/or exploitation of vulnerable adults.
- Meet with the adult to determine if there is a need, and what supports or services may be helpful.
- Offer the adult or their guardian whatever services appear appropriate based on the circumstances and need.
- Provide assistance to an adult in special need by filing a petition for the appointment of a guardian/conservator or a temporary guardian/temporary conservator.
- Seek assistance through the courts for a warrant when access to a vulnerable adult is being denied.

CAN APS HELP ME?



If you are a vulnerable adult and you are unable to meet your basic mental and physical needs or believe you have been abused, neglected, or exploited, APS may be able to help you. APS can investigate your report and provide protective services to help you to be safe.

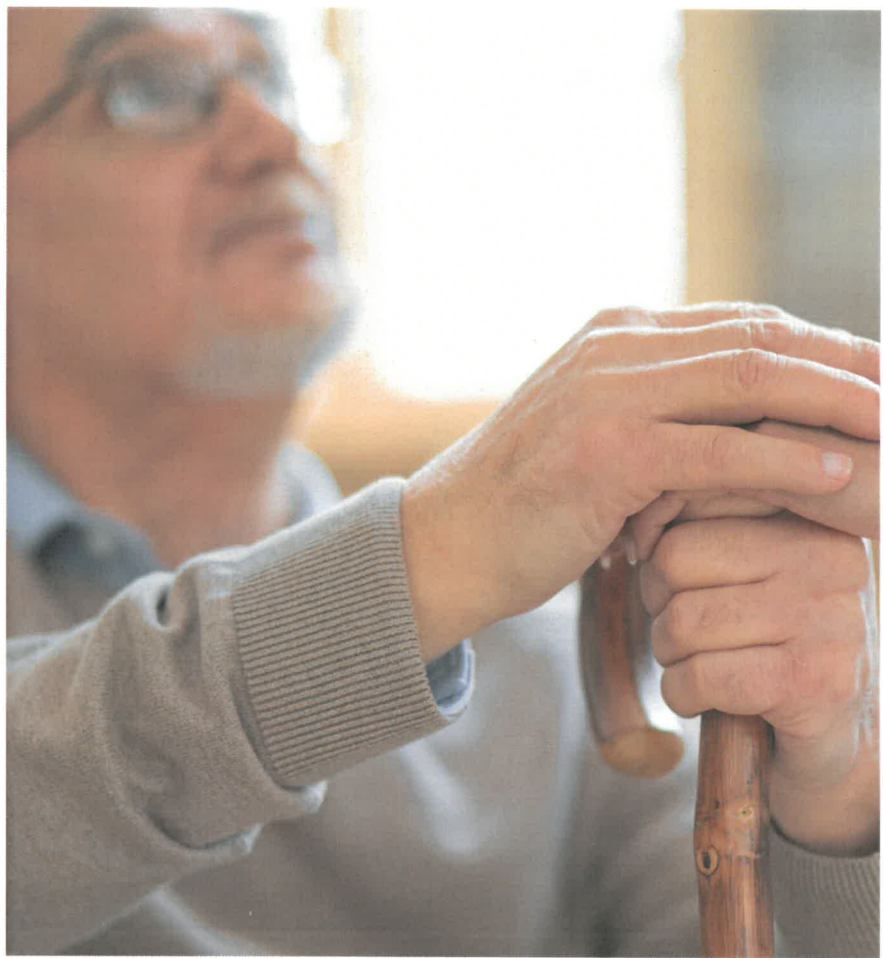
WHAT WILL APS DO DURING AN INVESTIGATION?

When investigating an allegation of abuse, neglect, and/or exploitation of a vulnerable adult, APS may:

- Request and review relevant records, such as medical and bank records, to make a determination about the adult's need and/or possible abuse, neglect, or exploitation.
- Make ongoing contact with the adult throughout the investigation.
- Communicate and interview with any individuals relevant to the case, including family members, case managers, and guardians to confirm safety.
- Make referrals to, or provide information about, community based services such as home meal delivery, Area Agencies on Aging, pest control, and hoarding remediation; also for behavioral health providers, crisis lines, Arizona Long Term Care System (ALTCS), etc.
- Cross-report relevant information to other government agencies with authority to investigate/assist.
- Use evidence to determine if abuse, neglect, or exploitation of a vulnerable adult likely occurred, and if so, add the perpetrator's name to a publicly available registry.

WHAT CAN'T APS DO?

- Be appointed as a guardian or conservator of a vulnerable adult/take "custody" of an adult
- Require anyone to receive services, leave their home, or take any action they do not wish to take
- Make medical decisions for a vulnerable adult
- Arrest anyone
- Make financial decisions, gain control of, or "freeze" financial accounts
- Recover or reimburse anyone for funds lost as a result of exploitation
- Address civil/probate matters
- Interfere in an adult's chosen lifestyle, but APS may make recommendations to the county public fiduciary if there is a need for guardianship or conservatorship



HOW CAN I CONTACT APS?

If you are already working with an APS Investigator, you can call them at the number listed on their business card. Otherwise, you can call the APS hotline at 877-SOS-ADULT to report possible abuse, neglect, and/or exploitation of a vulnerable adult.

Where Can I Find Additional APS Statutes and Information?



or scan this QR code



Equal Opportunity Employer / Program • Auxiliary aids and services are available upon request to individuals with disabilities • To request this document in alternative format or for further information about this policy, contact the Division of Aging and Adult Services at 602-542-4446; TTY/TDD Services 7-1-1 • Disponible en español en línea o en la oficina local

Study Objective:

Sun Cities on the Move is conducting a comprehensive transportation study to evaluate and explore possible transportation options for Sun City and Sun City West.

Why?

- **Identify** transportation needs and challenges for Sun City and Sun City West residents.
- **Shopping** is largely located outside of the communities and medical services are located on the edge.
- **Explore** transportation options to meet the unique needs of older adults and people with disabilities in the forefront.
- **Enhance** mobility and address safety issues.

Evaluating future transportation options

Last year, over 1,500 residents of Sun City and Sun City West shared valuable insights with MAG. Feedback included current travel patterns and aspirations for the future.

Now, we want your input to shape and refine possible future transportation options in your community. To evaluate the options, we will combine your feedback with **an assessment using six key criteria**. This will help us identify solutions that are practical, sustainable, and aligned with the community's vision.



Land Acquisition: Assessing the feasibility and impact of acquiring land for new transportation infrastructure.



Visual Impact: Evaluating the aesthetic implications of proposed solutions on the community.



Noise Impact: Measuring potential noise disruptions caused by transportation changes.



Implementation Timeline: Estimating the time required to complete the proposed projects.



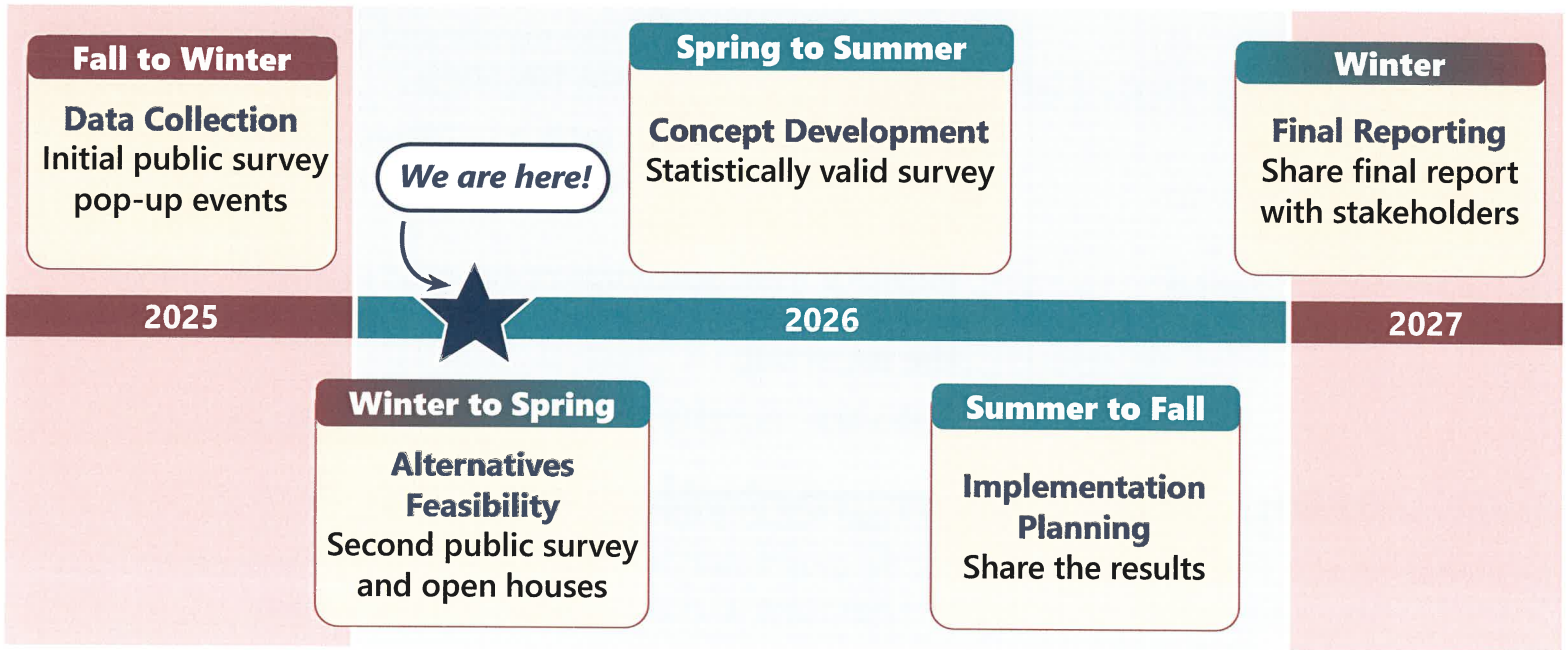
Cost to Build: Calculating the initial construction costs for each transportation option.



Cost to Maintain and Operate: Projecting long-term operational and maintenance expenses.



Study Timeline



Visit our website to learn more:



azmag.gov/suncitiesonthemove

We need your input!

Learn more about the project and share feedback on potential future transportation options in the community by completing the online survey.

Contact:

Adina Lund,
Sun Cities on the Move Project Manager
ALund@azmag.gov



valley of the sun

Navigating a Mental Health Crisis

A NAMI Resource Guide for Those
Experiencing a Mental Health Emergency



**When a mental
health crisis happens,**

there isn't
time to search
for answers.

Download NAMI's "Navigating
a Mental Health Crisis" Guide today.





Sun Health™
FOUNDATION

Sun Health Resale Shop

Donate your gently used
items to our resale shop.

We accept most items
including household items,
clothing, furniture, art, even
cars, boats, and trailers!



Our Store

We're proud to have served our community for over 38 years alongside the Sun City West Foundation. Thanks to our generous donors, loyal customers, and dedicated volunteers, we've raised more than \$10 million to support Sun Health Foundation initiatives, including Banner Del E. Webb, and Banner Boswell medical centers, Banner Sun Health Research Institute, and Sun Health's Center for Health & Wellbeing.

Every purchase and donation does more than support our store you help fuel a mission that truly makes a difference.

Thank you for supporting Sun Health and helping us create lasting impact!

Store Hours: M-F 9 a.m. - 4 p.m.
Donation Hours: M-F 9 a.m. - 12 p.m.



14445 R.H. Johnson Blvd.
Sun City West, AZ 85375



(623) 584-3869