

SEPTEMBER 2025



Benevilla®

CAREGIVER SUPPORT

For every step of the journey

Benevilla's peer-to-peer caregiver support groups and educational sessions are free and open to the public. Unless otherwise indicated, sessions are held at the NEW:

Benevilla Education Center

at the Bovard Building, 14601 N Del Webb Blvd, Sun City, AZ 85351

Dementia Caregivers

A support group for those navigating the dementia journey. Whether your loved one is newly diagnosed or in later stages, find connection, compassion, and strength together.

TUESDAYS | 9:30 – 11:00 AM

General Caregiving

This group is for caregivers of loved ones with various diagnoses who want to connect with other caregivers for support and encouragement.

THURSDAYS | 9:30 – 11:00 AM

Life During Loss

This group is for those navigating the grief process due to the expected loss of a loved one in the next 12-24 months or have recently lost a loved one in the past 12 months.

WEDNESDAYS | 9:30 – 11:00 AM

Rebuilding Life After Loss

A support group for those whose caregiver journey has ended and are looking for support as they start to build the next phase of their life.

WEDNESDAYS | 11:00 AM – 12:00 PM

“Our support group is a safe and welcoming space where members can share openly, find understanding, and connect with others who truly relate. Together, we support one another, learn new ways to cope, and leave each session with encouragement and hope.”

Rocio Busby, Support group Leader

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Benevilla.org

SEPTEMBER 2025

SEPTEMBER EDUCATION WORKSHOPS

Avoiding Caregiver Burnout, Embracing Support	Caregiver burnout is real- but you don't have to face it alone. You'll learn practical tips for recognizing and managing burnout. Identify early signs of emotional and physical exhaustion. This session also will introduces how the Benevilla adult day life enrichment programs can be a powerful part of relieving	Wednesday Sept. 3, 2025 1:00 -2:00 pm
Nutrition & Aging: Macronutrients and why they Matter*	This education session will break down what macronutrients are and why they matter. Diet myths will be Debunked and you will learn which foods (and how much) your body needs for optimal health and vitality.	Friday Sept. 12, 2025 session 1 8:30-10:00 am session 2 11:00- 12:30 pm
Dementia Behavior Tigger's and how to Respond	Understanding and managing dementia-related behaviors can make all the difference in providing compassionate care. Learn how to create a calm, supportive environment that reduces stress for you and your loved one. A Q& A will follow, offering guidance tailored to your unique caregiving journey.	Thursday Sept. 18, 2025 1:00 -2:00 pm
How to Create a Menu for Healthy Living*	This education session will break down menu planning in a way that saves time and money. Whether you're planning for one person or entertaining for many people, food should be fun, exciting, and promote good health. This interactive session will include working together to create menu for YOU!	Friday Sept. 26, 2025 session 1 8:30 -10:00 am session 2 11:00- 12:30 pm

Registration requested for educational events. Visit <https://benevilla.org/workshops> for more educational events and to register or call 623-584-4999.

*Location Benevilla Main campus, 16752 N Greasewood St, Surprise AZ 85378



TO REGISTER OR LEARN ABOUT UPCOMING WORKSHOPS:

Scan the QR code or visit
Benevilla.org/education-workshops-2025



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Rocio Busby, Support group Leader

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Benevilla.org



Benevilla®

Aging Minds Matter

Dementia Awareness & Information Series

FREE EDUCATION WORKSHOP

Is it just forgetfulness—or something more? Whether your loved one has been diagnosed with dementia, or you're looking to support a friend or neighbor who has, this series offers helpful resources and practical strategies to confidently navigate the journey.

Each session in this five-part series addresses a critical aspect of understanding and managing dementia.

All sessions meet from 9:00-10:30 am on Thursday's in October

Date	Topic/Presenter
THURSDAY 10/2/25	What is Dementia?: Stages, progression and what signs to watch for in your loved ones. <i>Presenter: Amanda Marcum, Hospice of the Valley Educator</i>
THURSDAY 10/9/25	Dementia Moments: A simulation experience to understand the challenges faced by individuals with dementia. <i>Presenter: Amanda Marcum, Hospice of the Valley Educator</i>
THURSDAY 10/16/25	The Business and Legal Ramifications: Proactive decisions to make before disease progression. <i>Presenter: Yvette Ashworth, Johnson & Ashworth</i>
THURSDAY 10/23/25	Facing the Dementia Diagnosis: Addressing the grief, fear, and more while building a self care plan. <i>Presenter: Shannon Arriola, Masters of Counseling, Arriola & Associates, Inc.</i>
THURSDAY 10/30/25	The Impact of Movement on the Aging Brain: Learn how physical activity enhances brain function, memory, and mental well-being. <i>Presenter: Lorrie Karn, Director of Benefitness Adaptive Gym</i>

SPACE IS LIMITED. REGISTER TODAY.



RESERVATIONS REQUIRED

To register online visit:
Benevilla.org/dementia-workshops
For questions or to register:
Call: Benevilla (623) 584-4999 or
Email: SupportGroups@benevilla.org

BENEVILLA EDUCATION CENTER

14601 N Del Webb Blvd
Sun City, AZ 85351

Knowledge is the first step toward compassion and care.



Benevilla®

Enriching CONNECTIONS EXPO™

EMPOWERING SENIORS.
SUPPORTING CAREGIVERS.
ENRICHING LIVES.

Presented by Bliss Hospice



FREE AND OPEN TO THE PUBLIC

**October 13, 2025
9 am - 1 pm**

Lord of Life Lutheran Church

13724 W Meeker Blvd
Sun City West, AZ 85375

Join us for the *Enriching Connections Expo*—a free, community event designed to support seniors, caregivers, and families. Explore a wide variety of resources as vendors from across the Valley showcase services that empower aging with dignity and confidence. Don't miss this opportunity to connect, learn, and discover helpful solutions for your journey ahead.

- ☑ Health & Wellness Resources
- ☑ Caregiver Tools & Support
- ☑ Snacks & Refreshments Provided

Come curious, leave empowered!



REGISTER BY PHONE OR ONLINE:
(623) 584-4999 | TTY711
Benevilla.org/ECE25

PRESENTATIONS

● 9:30 to 10:30

Staying Connected: Addressing Social Isolation and Mental Health in Seniors. Join Shannon Arriola, MC, Life Transition Coach, for an insightful discussion on how social isolation impacts the mental health of older adults.

● 11:00 to 12:00

Navigating Change: Updates in Medicare and Medicaid.

Arizona State Health Insurance Assistance Program (SHIP), AARP, Arizona Assisted Living Federation of America (AZ-ALFA) and Hospice of the Valley lead a panel discussion on recent changes in Medicare and Medicaid.

Thank you to our compassion sponsors:



Professional
Community
Services, Inc.

Choose Your Person.

**Who will speak for you if you're unable to?
Who will communicate your preferences to
healthcare providers and caregivers if you can't?**

Choosing a healthcare power of attorney to make medical decisions on your behalf in the event of a serious health condition, accident or emergency is an important step in planning ahead for your care.

Documenting your wishes doesn't need to be burdensome and not all decisions need to be made today. If you only do one thing in your advance care planning process this year, **choose your person** to be your voice if you are not able to express your wishes.

Then document that choice and register your advance directives in the **Arizona Healthcare Directives Registry (AzHDR)** to ensure your decisions are honored and your treatment is guided by your wishes.

**Choose
Your
Person.**

ARIZONA HEALTHCARE DIRECTIVES REGISTRY

**If you only
do one thing
in your advance
care planning
process this year,
choose your
healthcare power
of attorney.**

ChooseYourPerson.org

AzHDR.org
**Choose
Your
Person.**


contexture
Carefully connecting. Improving care.


mercy care


**HOSPICE
of the VALLEY**



Healthcare Directives Registry
Arizona
a contexture® solution.

Registering Your Advance Directives in 7 Easy Steps



Completing and registering advance directives may seem daunting, but it's easier when you follow this step-by-step guide.

1 Learn About Arizona's Healthcare Directives Registry (AzHDR).

Visit azhdr.org to learn about Arizona advance directives. Any of the following advance directives can be submitted to the registry:

- Living Will (End of Life Care)
- Pre-Hospital Medical Directive (Do Not Resuscitate/DNR)
- Health Care Power of Attorney
- Mental Health Care Power of Attorney

2 Choose & Prepare the Advance Directives You Wish to Register.

Download and fill out the accepted advance directive forms you wish to register. Make sure each form has been either notarized or signed by a witness.

3 Seek Help if You Need Assistance.

Contexture cannot answer legal questions about how to prepare advance directives. If you don't feel comfortable preparing an advance directive document by yourself, we encourage you to consult an attorney or your healthcare provider(s).

4 Complete & Sign a Registration Agreement.

Include a signed AzHDR Registration Agreement with your advance directives. AzHDR Registration Agreements, in both English and Spanish, are available at azhdr.org.

5 Send Copies of Your Forms & Registration Agreement to Contexture.

Submit **copies** of your forms—not the originals. You'll be notified once your documents have been received and processed.

Mail forms to:

Arizona Healthcare Directives Registry – Contexture |
2901 N. Central Ave., Ste. 1100 | Phoenix, AZ 85012

Or email to: azhdr@contexture.org.

6 Make Corrections, If Needed

Once we've received your documents, we'll review and verify they have been completed properly. If corrections are needed, you'll receive a notification of the required modification(s) and instructions on how to provide corrected documents.

7 Set Up Your AzHDR Account and Wallet Card.

Once you've received a letter stating your documents were reviewed and no further corrections are needed, your advance directives will then be active in the AzHDR. We will provide you with login information to set up your AzHDR account and wallet card. You can then make changes as needed to your demographics or advance directives.