



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.

FALL 2025



Benevilla®

FREE EDUCATIONAL WORKSHOPS

Plan Well, Live Confidently: *A Fall Financial & Legal Education Series at Benevilla*

Join us this fall at the Benevilla Surprise Main Campus for three special educational sessions designed to help you make informed decisions about your financial future and personal legacy. Whether you're planning ahead for your own well-being or looking out for loved ones, these expert-led sessions will provide practical guidance.

Tuesday, October 21, 2025, 1:30 pm

Building Trust, Delivering Value: The Fiduciary Commitment.

Learn when a fiduciary may be needed and the vital role they play in managing finances, legal matters, and healthcare decisions if you or your family are unable to. Gain tips on selecting the right person or professional to safeguard your future.

SPEAKER: Lisa Weide, *Owner/Fiduciary at Professional Community Services*



Tuesday, November 4, 2025, 1:30 pm

Smart Ways to Give, including AZ Tax Credit Gifts

CPA Gary Frisch explains how to reduce your tax burden while supporting causes you care about. Learn about Arizona Tax Credit options and how to make the most of your charitable giving.

SPEAKER: Gary Frisch, *CPA at Landmark CPAs*



Tuesday, December 9, 2025, 1:30 pm

Protect Your Treasure – Why a Thorough Estate Plan Safeguards You and Your Loved Ones

Attorney Caleb Lihn breaks down the basics of estate planning—wills, trusts, powers of attorney, and more—to help protect your assets, reduce costs, and ensure your wishes are honored.

SPEAKER: Caleb Lihn, *Attorney at Lihn Law*



**Don't miss this opportunity to gain valuable insights and
get your questions answered by local professionals.**



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or Email: SupportGroups@benevilla.org

BENEVILLA MAIN CAMPUS Burrows Conference Room

16752 N Greasewood St.
Surprise, AZ 85378

OCTOBER 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 | 11:15AM – 12:15 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

OCTOBER 2025

OCTOBER EDUCATION WORKSHOPS

Aging Minds Matter Series #1 What is Dementia	Stages, progression and what signs to watch for in your loved ones.	Thursday, Oct. 2 9-10:30 am
Aging Minds Matter Series #2 Dementia Moments	A simulation experience to understand the challenges faced by the individuals with Dementia.	Thursday, Oct. 9 9-10:30 am
The Impact of Quality Sleep *	The Impact of quality Sleep and tips to get the best night's sleep.	Friday, Oct. 10 8:30 - 10 am or 11 am - 12:30 pm
Aging Minds Matter Series #3 The Business and legal Ramifications	Proactive decision to make before disease progression.	Thursday, Oct. 16 9- 10:30 am
Aging Minds Matter Series #4 Facing The Dementia Diagnosis	Addressing the grief, fear, and more while building a self care plan.	Thursday, Oct. 23 9- 10:30 am
Fall Prevention at Home and in Public *	You will learn the top risk factor attributed to fall, 5 basic exercises that are proven to reduce falls, how posture affects your fall risk and how to spot fall hazards.	Friday, Oct. 24 8:30 - 10 am or 11 am - 12:30 pm
Aging Minds Matter Series #5 The Impact of Movement on the Brain	Learn how physical activity enhances brain function, memory, and mental well-being. Learn the science behind movement and neuroplasticity, along with practical exercises to boost cognitive health.	Thursday, Oct. 30 9-10:30 am



Registration requested for Aging Minds Matter series workshops:

Visit <https://benevilla.org/dementia-workshops> or call 623-584-4999 to register.

LOCATION: Benevilla Education Center, 14601 N Del Webb Blvd, Sun City, AZ 85351



***Registration requested for other workshops:** 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**



Benevilla®

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Benevilla.org

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[Benevilla.org](https://benevilla.org)

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Rocio Busby, Support group Leader

SURPRISE SCITECH FESTIVAL



SATURDAY, NOV. 22 | 10 A.M. - 2 P.M.

Surprise Recreation Campus

15960 N. Bullard Ave.

**Free event for
Science, Technology,
Engineering, Arts and
Math enthusiasts
of all ages!**

INTERACT WITH HANDS-ON,
INFORMATIONAL STEAM EXHIBITS:

- * Live science shows and demonstrations
- * Police, fire, military and utility vehicles
- * STEAM industry speakers
- * Job and Apprenticeship Fair
- * Hands-on activities & giveaways for all ages

Scan me



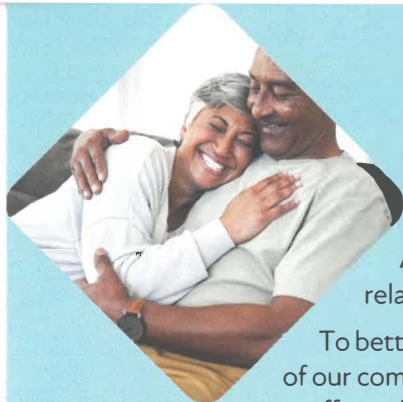
surpriseaz.gov/SciTech



ARIZONA SCITECH
SIGNATURE
event

Save the
DATE
Nov. 22





Arizona is anticipated to experience the highest growth rate in the nation of Alzheimer's disease and related dementias.

To better support the members of our community and their loved ones affected by this disease, the City of Surprise is a member of the Dementia Friendly America network of communities in partnership with Dementia Friends Arizona. The City has also partnered with local experts in aging and cognitive disorders to provide access to programs and resources to help our community understand dementia and how it affects people.

GET CONNECTED



Dementia Friends Information Session

This global movement is changing the way people think, act and talk about dementia. Attend a free one-hour information session to learn what dementia is, the early signs and symptoms of dementia, the most common types of dementia and tips for communicating with people who have dementia.

Dementia Friends Champion

In partnership with Banner Health, you can help facilitate sessions for friends, family, colleagues or the wider community to help people better understand dementia and the small things they can do to make a difference for people living with dementia.

FOR MORE INFORMATION:

602.230.CARE • bannerhealth.com/Calendar



REV 6/2024 [AMH]



SURPRISE

MEMORY CAFÉ

This free resource provides a safe and supportive environment for people living with memory loss and their care partners. All gather for coffee and connection, then care partners participate in a support session together, while those living with memory loss participate in a separate life enrichment activity.

Surprise Memory Café is part of Dementia Friendly Surprise, made possible through Banner Sun Health Research Institute, Banner Alzheimer's Institute, Benevilla, Sun Health Wellness, the Alzheimer's Association and others.

EVENT INFO



surpriseaz.gov/DementiaFriendly

MORE RESOURCES FOR CAREGIVERS

Visit the Banner Health page
or call 623.832.6637



bannerhealth.com/services/alzheimers

Surprise Senior *Services*



A hub for connection, activities and programs for active adults age 50 and better and adults with disabilities.

GATHER, LEARN, EXERCISE, SOCIALIZE AND ENJOY A HOT LUNCH!



- » Weekly BINGO
- » Lifelong learning programs
- » Special interest classes
- » Daily programing
- » Social groups
- » Open recreation
- » Special events and parties
- » Volunteer opportunities
- » And much more!



Mon. - Fri. • 8 a.m. - 4 p.m.
15832 N. Hollyhock St.
Surprise, AZ 85378
623.222.1500



surpriseaz.gov/seniorservices

MEMBERSHIPS

Annual Senior Center Membership

Surprise residents:

\$12 per year

Non-residents:

\$15 per year



Annual Fitness Center Membership

Surprise residents:

\$30 per year

Non-residents:

\$35 per year



RenewActive™ by UnitedHealthcare and SILVERSNEAKERS®

Get a fitness membership at no additional cost to you as part of your healthcare plan. Stop by the front desk for details or call the customer service number on the back of your health plan member ID card.



CONGREGATE MEAL PROGRAM



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

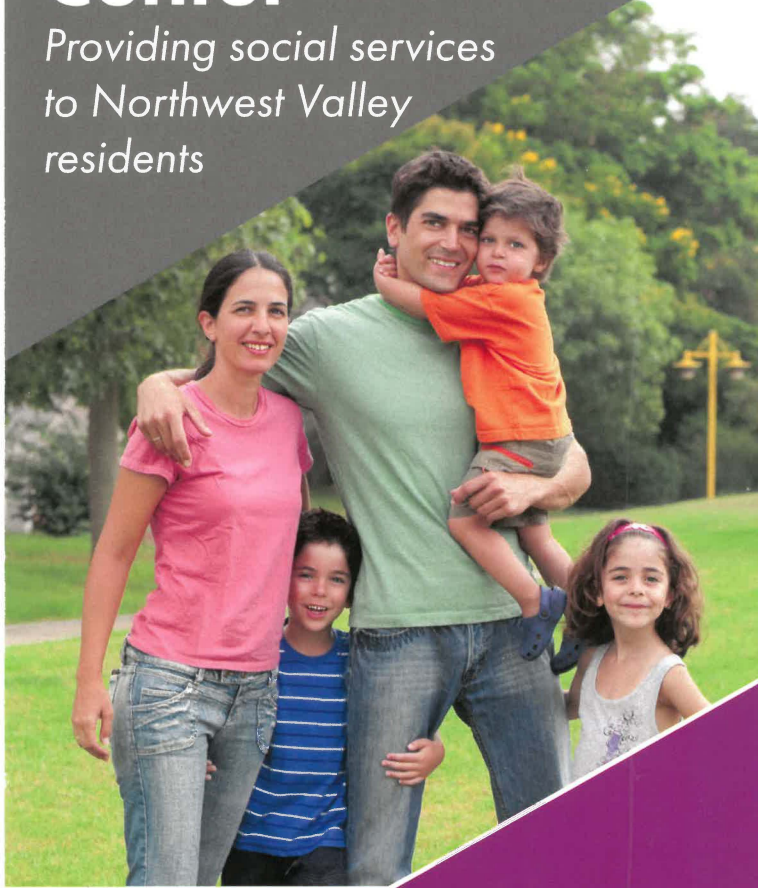
HOT, BALANCED MEALS ARE SERVED DAILY AT NOON!

The suggested contribution is \$2.50 per meal for age 60+ and/or adults with a disability. For individuals between ages 50-59, the suggested contribution is \$5. Ability to contribute does not impact your access to the Congregate Meal Program.

Reservations are required by noon, two business days before your scheduled lunch by calling 623.222.1500. If you participate in this program, necessary paperwork is required. Sponsored in part by Area Agency on Aging, Region 1.

Surprise Resource Center

Providing social services to Northwest Valley residents



The Surprise Resource Center, along with our partners, has a mission to provide supportive services to individuals and families in need that will translate to their future long-term success.



SERVICES OFFERED INCLUDE:

- » Employment services
- » Parent support and education
- » AHCCCS, TANF, SNAP and Affordable Care Act application and enrollment
- » Eviction prevention
- » Utility assistance
- » WIC (Women, Infant and Children) nutritional services
- » Medicare benefits counseling
- » VITA tax assistance
- » Domestic violence support groups and services
- » Volunteer opportunities
- » Veteran employment and services
- » Homeless services
- » Computer lab
- » Emergency food boxes
- » Referrals to other community resources

City of Surprise Resource Center

12425 W. Bell Rd, Bldg. A, Ste. #124
AZ TechCelerator Campus

Hours of Operation:

Monday - Tuesday 8:00 am - 5:00 pm

Wednesday - Thursday 8:00 am - 7:00 pm

Friday 8:00 am - 12:00 pm

Call 623.222.1600

Download the Community Resource Guide at
surpriseaz.gov/compassionatesurprise

Visit surpriseaz.gov/HSCV to view additional resources and programs that are available to support you.

The Resource Center does not discriminate on the basis of race, color, religion, national origin, familial circumstance, sex, disability or age.



When to CALL Your Nurse



- Any Falls
- Increased Pain
- Suspected Infection or exposure to someone sick

- Nausea and/or vomiting
- Issues with equipment or in need of additional equipment
- Change in patient status



- No food or fluid for 24 hours
- Questions regarding medication or care

We take care of **YOUR** health



24-HOUR HOTLINE

602.343.6422

Hospice 
OF THE West