



Newsletter, October 2020

Community Center  
13001 N. La Montana Dr.  
Fountain Hills, AZ 85268  
480-816-5200  
[www.fh.az.gov](http://www.fh.az.gov)

**Staff:**

Jennifer Lyons  
Senior Services Supervisor

Joann Sabath  
Activities Center Coordinator

Kathleen Kruty  
Activities Center Coordinator

Our Durable Medical Equipment Loan Program is now available. Call to make an appointment.

We have wheelchairs, walkers, canes and crutches.

The walkers with seats remain in high demand. Donations for this type of walker, new or gently used, would be greatly appreciated.



## WELCOME BACK!!!

### GOOD NEWS!

All 2020 memberships will be good thru  
12/31/2021 !

- The Activity Center is following the Arizona Dept. of Health Services mask requirements and CDC social distancing guidelines for our programs.
- All programs will require pre-registration, even if program was normally a drop-in program.
- All programs are limited to 10 or 15 participants. If interest levels exceed the amount of availability in a program, alternative program days and times will be added.
- Classrooms will be cleaned and sanitized by Town staff prior to and after the completion of each class.
- Programs that have shared materials will not be added at this time.
- To register for programs, stop in or visit [www.fh.az.gov/recreation](http://www.fh.az.gov/recreation)

# LEGAL CONSULTATIONS



Beginning November 6th  
Appointments are necessary  
Appointments are between  
2:30 pm-4:00 pm  
(30-minute consultations)

An Arizona certified Attorney is  
on site and available  
November through May

If you have questions or require  
legal guidance, please take  
advantage of this program and  
meet with one of our volunteer  
attorneys. There is no cost or  
obligation.

**NO FEE OR MEMBERSHIP REQUIRED**  
**MUST BE A FOUNTAIN HILLS RESIDENT**  
**SIGN UP AT THE ACTIVITY CENTER**

Sponsored by the Town of Fountain Hills  
Activity Center

The views expressed by the instructor(s) do not  
represent the views of the Town of Fountain Hills. By  
Sponsoring this event, the Town of Fountain Hills is in  
no way endorsing the content of the materials  
presented or any product or service offered by the  
instructor.

## ALZHEIMER'S SUPPORT GROUP

Second & Fourth Monday of each month  
(begins October 12)  
10:00 a.m. – 11:30 a.m.

Provides emotional, social  
and/or educational support  
to family caregivers, adult  
children, and spouses.

The facilitator is with Home  
Instead Senior Care and  
trained by the Alzheimer's Association as a Support  
Group Facilitator.



OPEN TO THE PUBLIC

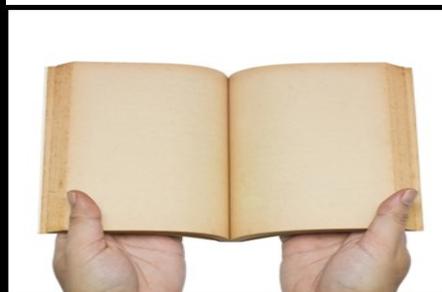
NO FEE OR MEMBERSHIP REQUIRED

**Home Instead**  
**SENIOR CARE**  
*To us, it's personal.*

Sponsored by the Town of Fountain Hills  
Activity Center

## MEMOIR GROUP Writing Life Stories

Second Tuesday of each month  
(begins October 13)  
10:00 a.m. – 12:00 p.m.



About the group: Would you  
like to write and share stories  
of your life? The Memoir  
Writer's Group welcomes  
anyone who wishes to write or  
who is already writing some  
stories of their lives. Each  
month we provide writing  
prompts that group members

**take home to write about. We share stories and offer  
support to one another through constructive feedback. We  
all have interesting stories to tell that should be told! Join us!**

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TOWN OF FOUNTAIN HILLS PRESENTS

# GERI-FIT®

STRENGTH TRAINING FOR OLDER ADULTS



## Stretch This® 30-Minute Workout

Monday & Wednesday  
8:30 a.m. – 9:00 a.m.  
October 5-October 28  
Course #5309

## Strength Training for Fall Prevention

Monday & Wednesday  
10:00 a.m.-11:00 a.m.  
October 5-October 28  
Course #5299

## Exercise to Prevent Osteoporosis

Friday  
9:00 a.m.-10:00 a.m.  
October 9-October 30  
Course #5291



## Introducing a NEW fitness program!

The February 2017 issue of *Clinical Interventions in Aging* reported adults age 65+ that participated in the **Geri-Fit®** program showed an 80.8% improvement in balance over a 90-day period.

**DVDs are utilized for this exercise class.**

**Must bring your own hand weights, stretch band, mat, and water.**

Activity Center membership is required

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480-816-5200 [www.fh.az.gov](http://www.fh.az.gov)



**Town of Fountain Hills Presents**

# **MEDICARE INSURANCE CONSULTATIONS**

**MEDICARE OPEN ENROLLMENT BEGINS**

**October 15-December 7, 2020**

**First and Third Wednesdays of each month**

**Phone consultations are between 11:30 a.m.-1:00 p.m.  
(for a 30-minute consultation)**

This is a free program provided by Area Agency on Aging volunteer consultants. Objective information about Medicare and other health insurance benefits to seniors, the disabled, and caregivers is provided. Do you have questions about your Medicare, Medicare Advantage or Supplement plans? Do you need assistance with Medicare appeals and resolving problems? Do you need basic information on applying for Social Security, Medicare and SSI? Do you need assistance organizing Medicare and supplemental claims information to insure all benefits are paid?

**Appointments are necessary**

**Schedule an appointment by calling or stopping  
by the Activity Center**

**No fee or membership required**

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13001 N. La Montana Dr. 480-816-5200

TOWN OF FOUNTAIN HILLS PRESENTS  
**SWING TIME**  
AND  
**GOLDEN AGE OF RADIO**



### Swing Time

Third Tuesday of each month

1:00 p.m. – 3:00 p.m.

**We remember... discuss...learn...have fun!**

Swing Time is all about the pure joy of hearing the original recordings from that magical era when swing was king. It was a time of big bands, crooners and singing groups, grand ballrooms, dance contest and dance crazes. Radio broadcasts popularized this music nationally and helped create our first “pop” culture.

### Golden Age of Radio

First Thursday of each month

1:00 p.m. – 3:00 p.m.

**We listen...we discuss...we learn...we have fun!**

Check out the many radio shows that are available for your entertainment. Whether you enjoy mystery, drama or comedy, there is something for everyone. Sit back and enjoy the best of the best. In addition to the current selection of tapes & CD's, Golden Age of Radio is now offering MP3 discs for loan to our members.

### Swing Time

Third Tuesday of each month

1:00 p.m. – 3:00 p.m.

### Golden Age of Radio

First Thursday of each month

1:00 p.m. – 3:00 p.m.

**Activity Center Membership  
is required.**

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# MOVIES

Movies will be on TUESDAYS at 1pm in the Hopi/Pima rooms. Pre-registration is required. Limit of 15. Free for Members. No snacks will be served but you are welcome to bring your own. For a list of the movies, call the Activity Center at 480 816-5200.

## **Pre-Registration Required**

**Oct. 6th—Course #5345**

**Oct. 13th—Course #5346**

**Oct. 20th—Course #5347**

**Oct. 27th—Course #5348**



# ONLINE SUPPORT GROUPS

Sponsored by



Banner Alzheimer's  
Institute

**Please note: In an effort to keep you healthy and safe during the COVID-19 outbreak, many of our classes and support groups are being offered by phone or video conference. Dial-in information is provided after registration, if you have any questions please feel free to [email us](#). All groups meet via SKYPE.**

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## **Coffee Talk for People with Parkinson's & Care Partners**

This is an online group designed to provide camaraderie, socialization and support to people affected by Parkinson's disease. If you or your spouse has been diagnosed with Parkinson's disease and have questions or would like to talk, join us!

Begins September 25, Every Friday, 10-11 am. Please contact [Tessa.Sweepe@bannerhealth.com](mailto:Tessa.Sweepe@bannerhealth.com) or 623-832-8786 for registration.

## **Parkinson's Caregiver Support Group**

No registration required. This online group is for care partners of someone with Parkinson's disease. Join us to share your story and learn from each other in a supportive atmosphere.

Begins October 1, 1st & 3rd Thursdays, 11-12 pm. Email [baifcs@bannerhealth.com](mailto:baifcs@bannerhealth.com) for connection information.

## **Men Who Care Support Group**

Just for men caring for someone with Alzheimer's disease or a related dementia. Join this online monthly support group as we share educational and problem-focused solutions for men who are caregivers.

Begins October 7th, 1st Wednesdays, 7:30-9:30 am. Email [baifcs@bannerhealth.com](mailto:baifcs@bannerhealth.com) for connection information.

## **Life Transitions Caregiver Support Group**

This online support group addresses the support needs for caregivers whose role has undergone a transition including when the person they care for moves into residential care or has passed away.

Begins October 9th, 2nd Fridays, 1-2:30 pm. Email [baifcs@bannerhealth.com](mailto:baifcs@bannerhealth.com) for connection information.

## **Circle of Friends East Valley Support Group**

Gain support & meet other caregivers of those with memory loss. Often it can be very helpful to talk with others who are going through similar experiences. This online support group is for care partners ONLY affected by Alzheimer's disease and related dementias. This group is designed to help caregivers solve problems and discuss concerns in a supportive setting. Discussions are initiated by care partners and supplemented with occasional formal presentations on relevant topics.

Online Via Skype, Email [baifcs@bannerhealth.com](mailto:baifcs@bannerhealth.com) for connection information.

## **Early Memory Loss Support Group**

Early-stage memory loss can present challenges as well as opportunities to live more effectively with a chronic condition. This online group will help people stay connected with others while continuing to incorporate good self-care to live successfully with memory loss.

Online Via Skype, Email [baifcs@bannerhealth.com](mailto:baifcs@bannerhealth.com) for connection information.



**FOUNTAIN HILLS VOLUNTEERS**

# **MAKE A DIFFERENCE DAY**

Help make a positive difference in the lives of some of our most vulnerable residents...Register today to become a MaDD Volunteer !

**[www.fh.az.gov/madd](http://www.fh.az.gov/madd)**

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**VOLUNTEER**

**OCT • 24 • 2020**

**7:30 AM - 12:30 PM**

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**FOR MORE INFORMATION CONTACT KIM WICKLAND 480-816-5108**