



Summer Success Essentials

How to keep life “cool” for people living with dementia

Arizona heat is intense—but your summer plans don’t have to melt away! With a little creativity and careful preparation, people living with dementia can still enjoy sunshine, fresh air, and meaningful moments. Hot weather can increase the risk of dehydration, confusion, and heat-related illness—but a thoughtful plan keeps things safe and fun. Stay cool. Stay prepared. Stay connected.

Speaker: Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

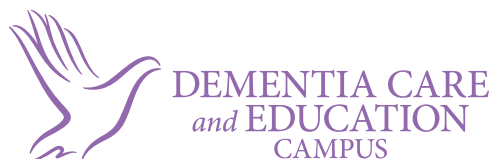
Maribeth is a board-certified psychiatric nurse practitioner with a doctoral degree in Nursing. She serves as director of Hospice of the Valley’s Dementia Program. Her commitment to improving dementia care was initially inspired by her own experiences as a family caregiver, sharing the journey with her loved one with dementia from diagnosis to death.



Thursday, May 7, 2026 • 10–11 a.m.

Dementia Care and Education Center
3811 N. 44th St., Phoenix AZ 85018

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