



75105 Merle Drive, Suite 800  
Palm Desert, CA 92211

760-776-3100

[info@cvalzheimers.org](mailto:info@cvalzheimers.org)

Office Hours:  
Mon to Fri  
9:00 AM to 4:00 PM

Volume 9 | Issue 4 | April 2026

## SUPPORT GROUP CALENDAR

### Caregivers of Loved Ones with Dementia at Brookdale Mirage Inn

IN-PERSON

Mondays \* Apr 13 & 27 \* 10:30 AM

### Caregivers of Loved Ones with Dementia at Bella Villaggio

IN-PERSON

Tuesday \* Apr 7 \* 2:00 PM

### Persons with Parkinson's and their Care Partners

IN-PERSON

Every Tuesday \* 2:30 PM

### Caregivers of Loved Ones with Dementia via Zoom

ONLINE VIA ZOOM

Every Wednesday \* 9:30 AM & 6:30 PM

Every Thursday \* 10:00 AM

### Caregivers of Loved Ones with Dementia at Atria Rancho Mirage

IN-PERSON

Thursdays \* Apr 9 & 23 \* 10:00 AM

### Persons with Parkinson's at Bella Villaggio

IN-PERSON

Wednesday \* Apr 15 \* 2:00 PM

### Caregivers of Loved Ones with Dementia at Atria Hacienda

IN-PERSON

Thursdays \* Apr 2 & 16 \* 11:00 AM

### Persons with Early Stage Memory Loss

IN-PERSON

Thursday \* Apr 9 & 23 \* 1:00 PM

MUST Pre-Register with Sasha

760-776-3100

### Loss & Grief Support Group

IN-PERSON

Fridays \* Apr 3 & 17 \* 10:00 AM

### Caregivers of Loved Ones with Dementia at The Palms at La Quinta

IN-PERSON

Every Friday \* 2:30 PM

### ACV Screening Center

IN-PERSON

By Appointment, call 760-776-3100 or email  
[sasha@cvalzheimers.org](mailto:sasha@cvalzheimers.org)

MEMORY & SOCIALIZATION ACTIVITIES

**Art Class at Old Town Art Studios in La Quinta**

IN-PERSON  
Mondays \* Apr 13 & 27 \* 10:00 AM to 12:00 PM

**Sound Bath Meditation**

IN-PERSON  
Monday \* Apr 27 \* 1:00 to 2:00 PM

**Music Mends Minds**

ONLINE VIA ZOOM  
Every Monday, Wednesday, Friday \* 11:30 AM

**Club Journey**

IN-PERSON  
Every Tue, Wed & Thu \* 10:00 to Noon

**SongShine for Parkinson's**

ONLINE VIA ZOOM  
Every Tuesday \* 10:00 AM & 11:30 AM

**Online Book Club for Caregivers**

ONLINE VIA ZOOM  
Wednesdays \* Apr 8 & 22 \* 1:00 to 2:00 PM

**Happy Hour at P.F. Chang's**

IN-PERSON  
Wednesday \* Apr 8 \* 3:00 to 5:00 PM

**Meditation for Couples Living with Cognitive Impairment**

IN-PERSON  
Thursday \* Apr 2 \* 2:00 PM to 3:00 PM

**Tunes for the Memories**

IN-PERSON  
Every Friday \* 1:30 PM

## CAREGIVER EDUCATION

**Enhancing the Quality of Life for the Dementia Patient**

IN-PERSON  
Thursday \* Apr 23 \* 5:30 to 6:30 PM

**Meaningful Conversations with the Cognitively Impaired**

IN-PERSON  
Mondays \* Apr 13 & 20 \* 5:30 to 6:30 PM

## HEALTH FAIRS/FERIAS DE SALUD

**LA QUINTA WELLNESS CENTER**

IN-PERSON INFORMATION  
78450 Avenida La Fonda, La Quinta, CA 92253  
Tuesday\* April 14 \* 10:00 AM

**PRESENTACION DE INFORMACION**

IN-PERSON INFORMATION/INFORMACION  
Coachella Valley Volunteers in Medicine  
82915 Ave 48, Indio  
Wednesday/Miercoles\*29 Abril/April\*2:00 PM

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Thursday • March 26 • 2026



***Thank you***  
**for making our mission possible.**

With your help, we raised over

**\$325,000**

to support families in the Coachella Valley living with Dementia.



Laura & Christopher  
Seyfarth  
Cece Carr

Barry & Lori Turbow  
**NH** NEXT|HEALTH





EISENHOWER HEALTH



Scott Discount & Seann Coffee THE STONEWALL GROUP AT MORGAN STANLEY



Morgan Stanley DEBORAH TRYON FINANCIAL ADVISOR



Rosalind & Stanley Hack



CIRCE HEALTHCARE SOLUTIONS, INC. PERSONALIZING PRIMARY CARE



Mellisa Nielson Charity Angels



ANONYMOUS



Cocina de Melina



Lotus Garden Center





Mission Statement: Alzheimers Coachella Valley (ACV) is a community based 501(c)(3) nonprofit providing support and services for residents in the Coachella Valley living with cognitive impairment and their families and care partners. **All funds raised here remain local to fill the need for professional and peer-led programs. We are not affiliated with any national organizations.** Tax # 82-1949979

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SCAN ME



## Welcome Paula Simonds to ACV!

ACV is pleased to welcome Paula Simonds as its' first Executive Director.

Simonds will lead the organization's mission to provide support, education, and resources to individuals and families affected by Alzheimer's disease, Parkinson's disease, and related conditions throughout the Coachella Valley.

Simonds brings more than two decades of nonprofit leadership experience, including her recent tenure as Chief Executive Officer of the Family YMCA of the Desert, where she focused on strengthening and growing programs and expanding community partnerships.

"Paula is a respected community leader with a deep commitment to service," said Dominick Calvano, ACV Board President and Co-Founder. "Her experience, compassion, and vision position ACV to continue growing its impact and meeting the increasing needs of families in our community."

For Simonds, the role carries both professional and personal meaning. "This work is deeply personal to me," said Simonds. "Families navigating Alzheimer's, Parkinson's, and related conditions need continued connection, guidance and hope. I am honored to join ACV and to work alongside a team that is dedicated to ensuring no one faces this journey alone."

In her new role, Simonds will focus on expanding outreach, strengthening partnerships, and increasing resources for ACV to meet the growing demand



for caregiver/partner support and education across the Coachella Valley.  
Please be sure to introduce yourself to her next time you are at ACV!

## **WELLNESS EXPO PARKINSON'S AWARENESS MONTH**

Eisenhower Health will host a Parkinson's Wellness EXPO promoting awareness and education about Parkinson's. Join us for presentations from ACV Parkinson's Support Group, *PD In Motion*, SongShine, *Speak Out!*, LSVT Big and Loud, Rock Steady Boxing Desert Cities, and hear from Eisenhower Health's Neurology and Movement Disorder Specialist Dr. John D. Legge and Dr. Jessica Shields, MD specializing in deep brain stimulation.



EISENHOWER HEALTH

ACV  
Parkinson's Support Group



**LSVT BIG AND LOUD**

**PD In Motion**

Date: Saturday April 11, 2026  
Time: 10:00am -12:30 pm.

Place: Eisenhower Health Annenberg Center  
For Health Science, 39000 Bob Hope  
Drive, Rancho Mirage, CA 92270

**For more information call:**

**ACV 760-776-3100**



Board Members, **Dee Wieringa** and **Pat Riley**, were welcomed once again to the **Women's Club of Indio annual philanthropy luncheon**.

We are honored to be recognized by such a wonderful organization!



Thank you to **Debbie Anderberg** and **Annie Lackey** for hosting a fun **CABI Clothing Sale** at ACV last month.

Our members and volunteers had fun trying on fabulous clothes and enjoyed delicious refreshments. A part of the proceeds from the afternoon went towards supporting our Endless Possibilities event!



EVENT

# Meaningful Conversations

FREE

with the Cognitively Impaired

Our signature two-part communications class for caregivers of loved ones with dementia.



With Pat Kaplan & Judy Rhodes

Offering caregivers tips and tools for effectively caring and communicating with their loved one diagnosed with Cognitive Impairment.



**DATE:** Monday, April 13 AND 20, 2026  
1:00 to 3:00 PM



**LOCATION:** 75105 Merle Dr., Suite 800  
Palm Desert, CA 92211



**REGISTER:** [priscilla@cvalzheimers.org](mailto:priscilla@cvalzheimers.org)  
Or (760) 776-3100



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## Mindfulness at ACV

Thursday, April 2

2:00 to 3:30 pm

Join us each month where medical therapist, **Roger Moore**, will guide couples through mindfulness practices, including self-hypnosis, to manage stress, anxiety and the emotional challenges of living with cognitive impairment.

**Advance reservations a must!** Call Naomi at 760.776.3100 or email [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org)

We meet on the 1st Thursday of each month at  
2:00 pm to 3:30 pm at our ACV Facility, 75105  
Merle Dr., Suite 800, Palm Desert





**FREE EVENT**

# Art Class @ Old Town Artisan Studios



Old Town Artisan Studios believes art is healing and has an everlasting positive impact on each of us and the world around us. ACV is thrilled to partner with OTAS to bring you a twice monthly class at the OTAS campus in La Quinta! Open to those with a neuro-cognitive disease accompanied by their care partner.

**DATE:** 2nd & 4th Monday of the Month  
10:00 AM to 12:00 PM

**LOCATION:** Old Town Artisan Studios  
78046 Cll Barcelona, La Quinta, CA 92253

**REGISTER:** [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org)  
Or (760) 776-3100



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## Sound Bath Meditation for Couples

Monday, April 27

1:00 pm to 2:00 pm

Power down your busy mind and relax your central nervous system. A soundbath is a restorative experience where participants are surrounded by various soothing sounds, often produced by crystal singing bowls, gongs, chimes, or other instruments.

These vibrations promote relaxation and reduce stress.

Join **Lisa Botts** for a special sound bath for caregivers and their loved ones here at our ACV facility on **April 27, 1:00 to 2:00 pm.**

Free event. Advance registration required. Please call Naomi at 760.776.3100 or email [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org).

We meet at the ACV Facility, 75105 Merle Dr., Suite 800, Palm Desert.



# NEW!



EVENT

## Online Book Club for Caregivers



Join us as we thoughtfully discover or re-discover *Dementia Doesn't Come with Instructions* by **Marcia Steele**. Whether you're caring for a parent, partner, sibling, or friend, this is the guide you've been searching for (written not by a doctor, but by a family caregiver who's walked the same road).


Each Book Club Meeting will introduce a different topic for discussion. Please let us know if you need help obtaining a copy of the selected book.


Meetings begin online via Zoom, Wednesday, February 11, 2026. Members will receive a Zoom link in advance.




With **Jenny Johnson, RN, BSN**

Jenny has 24 years of experience in critical care, home health, and hospice. As the owner of Heart of Gold Nursing and an ACV volunteer, she is passionate about caring for seniors in the Coachella Valley.

 **DATE:** **Wednesdays, February 11, 18, March 11, 25, April 8, and 22. 1:00 to 2:00 PM**

 **LOCATION:** **Online Via Zoom**

 **REGISTER:** **naomy@cvalzheimers.org**  
**Or (760) 776-3100**



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### Club Journey now three days per week!

**Every Tuesday, Wednesday &  
Thursday  
10:00 AM to Noon**

Brought to you by **Desert Oasis Health Care**, Club Journey is now available three days per week!

Our popular social program is now available on Tuesdays, Wednesdays, and Thursdays, from 10:00 am to Noon.

Thank you to the **Living Desert** who joined us to educate us on desert wildlife.

Join us for more fun in **April** as we welcome back **Michael McLean on the Piano**, **Julia Servin's Creative Art**, **Tommy the "Saxman"**, and special guest **Deena Baumgart on April 30!**

**YOU MUST SIGN UP IN ADVANCE!**

Call or email Naomi at (781) 776-3100 or [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org).

We meet at the ACV Facility, 75105 Merle Dr., Suite 800, Palm Desert.







EVENT

# Looking for SUPPORT?

ACV Offers many different support groups for families struggling with dementia

FREE

MON

**Caregivers of Loved Ones with Dementia at Brookdale Mirage Inn**  
2nd & 4th Mondays of Each Month at 10:30 am

TUE

**Caregivers of Loved Ones with Dementia at Bella Villaggio**  
1st Tuesday of each month at 2:00 pm

**Persons with Parkinson's and their Care Partners**  
Tuesdays at 2:30 pm

WED

**Caregivers of Loved Ones with Dementia Online via Zoom**  
Wednesdays at 9:30 am

**Caregivers of Loved Ones with Dementia Online via Zoom**  
Wednesdays at 6:30 pm

THU

**Caregivers of Loved Ones with Dementia Online via Zoom**  
Thursdays at 10:00 am

**Caregivers of Loved Ones with Dementia at Atria Rancho Mirage**  
2nd and 4th Thursdays of Each Month at 10:00 am

**Caregivers of Loved Ones with Dementia at Atria Hacienda**  
1st and 3rd Thursdays of Each Month at 11:00 am

**Persons Diagnosed with Early Stage Memory Loss at ACV Offices**  
2nd and 4th Thursday of Each Month at 1:00 pm  
Interview required, contact Sasha at 760-776-3100

FRI

**Grief & Loss Support Group**  
1st & 3rd Friday of Each Month at 10:00 am

**Caregivers of Loved Ones with Dementia at The Palms at La Quinta**  
Every Friday at 2:30 pm

Call to register. All groups open to the public!



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## Grief & Loss Support Group

Friday, April 3 & 17  
10:00 am

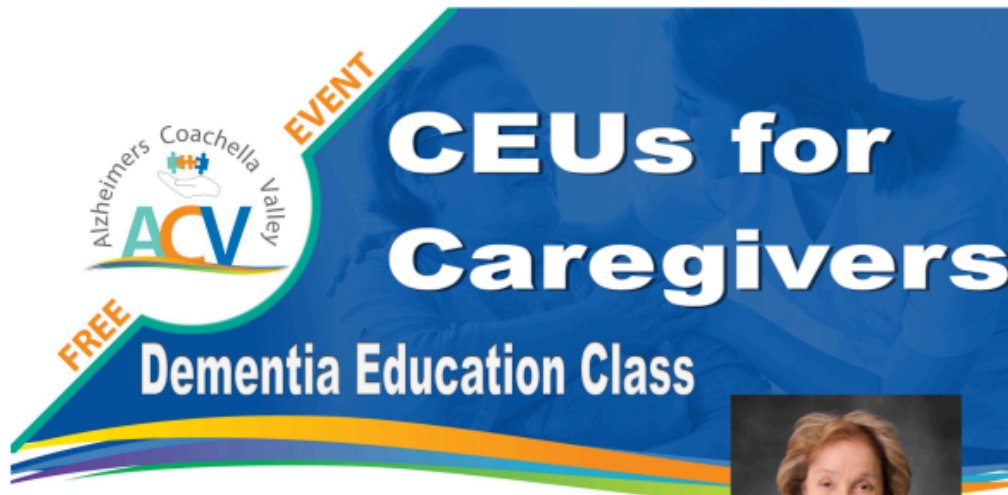
**Open to all.** Facilitator Glendon Geike, leads an exploration of anticipatory grief and loss, partnership, life plans, and eternal loss. If you are suffering losses, this might be the space for you.



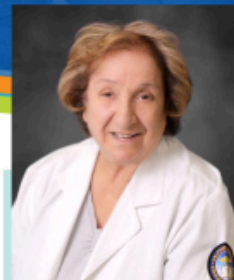
We meet on the 1st and 3rd Friday of each month.

Please contact Naomy at 760-776-3100 or [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org) for more information or to register.

We meet at the ACV Offices, 75105 Merle Dr., Suite 800, Palm Desert



*Enhancing the Quality of Life  
for the Dementia Patient*



With Edwina Dirk, RN, BSN, of California Nurses Educational Institute.

Professional and family caregivers learn the best practices to care for patients with cognitive impairment.

Professionals earn California state-approved Continuing Education Units (CEUs). A different topic is covered each month.



**DATE:** Thursday, April 23, 2026  
5:30 to 6:30 PM



**LOCATION:** 75105 Merle St., Suite 800  
Palm Desert, CA 92211



**REGISTER:** [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org)  
or (760) 776-3100

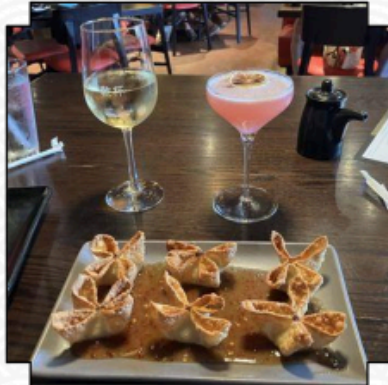


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# P.F. CHANG'S

*A place for you and  
your loved one to relax!*



**Every 2nd  
Wednesday of the  
Month  
3:00 PM to 5:00 PM**

A fun private space for you and your loved one to  
enjoy great food, drinks (alcoholic and non alcoholic),  
and friends!

The River Rancho Mirage  
71800 Highway 111

Wheelchair Assistance Available from Parking Lot off  
Highway 111!  
Call 760-776-4912 up arrival for assistance.



## Happy Hour

Join ACV's Weekly Sing-a-Long for persons with memory loss and their care partner!

# TUNES FOR THE MEMORY



*Peggy*  
**GOHL**

1ST FRIDAY  
1:30 PM



*Phillip*  
**POLLERANA**

2ND FRIDAY  
1:30 PM



*Katherine*  
**CAMPBELL**

3RD FRIDAY  
1:30 PM



*Ken*  
**GREEN**

4TH FRIDAY  
1:30 PM

75105 MERLE DR., SUITE 800, PALM DESERT 92211  
CALL (760) 776-3100 OR Email [Naomy@cvalzheimers.org](mailto:Naomy@cvalzheimers.org)

**ACV**  
**Screening**  
**CENTER**

Call our ACV Screening Center today to get a free and private assessment.

Results will be reviewed with you and your family to ensure that you have the resources you need going forward.

Please call us at 760.776-1300 to make your appointment.

We meet at the ACV Facility, 75105 Merle Dr., Suite 800, Palm Desert.



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## Jewish Family Services offers FREE Counseling to ACV Members!

Jewish Family Services (JFS) is able to provide **mental health counseling to ACV members and clients**, whether you need individual or family support!

Counseling services with JFS can help mitigate the feelings and symptoms brought on by mental health concerns.

**If you are interested in counseling services, please contact Sasha** at the ACV offices (760) 776-3100 or [sasha@cvalzheimers.org](mailto:sasha@cvalzheimers.org).

This program is made possible through private grants and will continue for as long as these funds are available.



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## ACV en Español!

Alzheimers Coachella Valley (ACV) ofrece grupos de socialización bilingües como Grupo del Trayecto (Club Journey), Canciones para la memoria (Tunes for the Memory), y Arte creativo (Creative Art). Consulta nuestros grupos y llama para reservar tu lugar. Todos los grupos son gratuitos. Esperamos verte pronto. Llame (760) 776-3100 para mas informacion.

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## Music Mends Minds

Every Monday, Wednesday, Friday

11:30 AM

Online via Zoom

Want more music?

**Join Music Mends Minds** by clicking on the link below to sing along from the comfort of your own home!



[Click to Join Music Mends Minds!](#)



**Two Sessions every Tuesday at 10:00 am or 11:30 am  
Online via Zoom**

Persons with Parkinson's, stroke, myasthenia gravis, other neurological disorders, or aging voices can now join **SongShine** every Tuesday at 10:00 am (session 1) or 11:30 am (session 2)!

Contact [amanda@songshineforparkinsons.org](mailto:amanda@songshineforparkinsons.org) for more information and to get song sheets.

**Click on the link below to join.**

[Click Here to Join](#)



## **Plan Ahead to Support ACV Later!**

Have you considered including ACV in your estate plan, IRA disbursement, or looking for a way to make a lasting impact? There are so many ways you can make plans to help us continue our mission for many years to come.

ACV works with professionals in Planned Giving that will be happy to speak with you or your financial advisor.

For more information, contact Lisa Ford at [lisa@cvalzheimers.org](mailto:lisa@cvalzheimers.org) or 760.776.3100.

**CLICK TO DONATE!**

Visit our ACV Website



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