



75105 Merle Drive, Suite 800
Palm Desert, CA 92211

760-776-3100

info@cvalzheimers.org

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

ACV Offices will be CLOSED
Monday, Dec 22, 2025
through Friday, Jan 2, 2026

Please see calendar below to
see if your group or activity
will be meeting.



Volume 8 | Issue 12 | December 2025

SUPPORT GROUP CALENDAR

**Caregivers of Loved Ones with
Dementia at Brookdale Mirage Inn**
IN-PERSON
Mondays * Dec 8 & 22 * 10:30 AM

**Caregivers of Loved Ones with
Dementia at Bella Villaggio**
IN-PERSON
Tuesday * Dec 2 * 2:00 PM

**Persons with Parkinson's and their
Care Partners**
IN-PERSON
Every Tuesday * 2:30 PM
Closed Dec 23 & 30 for Holidays

**Caregivers of Loved Ones with
Dementia via Zoom**
ONLINE VIA ZOOM
Every Wednesday * 9:30 AM & 6:30 PM
Every Thursday * 10:00 AM
Closed Dec 22 thru Jan 2 for Holidays

**Caregivers of Loved Ones with
Dementia at Atria Rancho Mirage**
IN-PERSON
Thursdays * Dec 11 * 10:00 AM
Closed Dec 25 for Holidays

**Persons with Early Stage Memory
Loss**
IN-PERSON
Thursdays * Dec 11 * 1:00 PM
Closed Dec 25 for Holidays
MUST Pre-Register with Sasha
760-776-3100

Loss & Grief Support Group
IN-PERSON
Fridays * Dec 5 & 19 * 10:00 AM

**Caregivers of Loved Ones with
Dementia at The Palms at La Quinta**
IN-PERSON
Every Friday * 2:30 PM
Closed Dec 26 for Holidays

ACV Screening Center

Caregivers of Loved Ones with
Dementia at Atria Hacienda
IN-PERSON
Thursdays * Dec 4 & 18 * 11:00 AM

IN-PERSON
By Appointment, call 760-776-3100 or email
sasha@cvalzheimers.org

MEMORY & SOCIALIZATION ACTIVITIES

Art Class at Old Town Art Studios in La Quinta
IN-PERSON
Mondays * Dec 8 & 22 * 10:00 AM to 12:00 PM

Sound Bath Meditation
IN-PERSON
Monday * Dec 15 * 1:00 to 2:00 PM

Music Mends Minds
ONLINE VIA ZOOM
Every Monday, Wednesday, Friday * 11:30 AM
Closed Dec 22 thru Jan 2 for Holidays

Club Journey
IN-PERSON
Every Tuesday & Thursday * 10:00 to Noon
Closed Dec 22 thru Jan 2 for Holidays

SongShine for Parkinson's
ONLINE VIA ZOOM
Every Tuesday * 10:00 AM & 11:30 AM
Closed Dec 23 & Dec 30 for Holidays

Happy Hour at P.F. Chang's
IN-PERSON
Wednesday * Dec 10 * 3:00 to 5:00 PM

Art Class
IN-PERSON
Wednesday * Dec 17 * 10:00 AM to Noon

Meditation for Couples Living with Cognitive Impairment
IN-PERSON
Thursday * Dec 4 * 2:00 PM to 3:00 PM

Tunes for the Memories
IN-PERSON
Every Friday * 1:30 PM
Closed Dec 22 thru Jan 2 for Holidays

CAREGIVER EDUCATION

Activities of Daily Living (ADLs)
IN-PERSON
Thursday * Dec 18 * 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* December 9 * 10:00 AM

PRESENTACION DE INFORMACION
IN-PERSON INFORMATION/INFORMACION
Mecca Family and Farmworkers' Service Center
91275 66th Ave Suite 600, Mecca, CA 92254
Thursday/Jueves*18 Diciembre*9:00 AM

We want to send a heart-felt thanks to all those who have given of their time, services, and funds in 2025! You have made an incredible difference, which is evident in ACV's growth. We estimate that you have helped us touch the lives of over **77,000 individuals** since we opened our doors in 2017!

If you have not had a chance this year to make your gift, consider joining the Giving Tuesday movement! Giving Tuesday is a powerful day of global giving. We ask you to support our activities and programs that ensure no caregiver or loved one faces this journey alone.

**GIVING
TUESDAY**

Your year-end gift is critical to our vulnerable individuals, preserving peace of mind, and providing the tools needed for sustainable care in the Coachella Valley.

This Giving Tuesday, stand with us to protect the essential human connection that we offer. Please make your compassionate and life-changing contribution now by clicking on the link below.

Thank you!

[CLICK HERE TO DONATE](#)



Thank you to our Sun City Family!

November was a great month for ACV and our friends at Sun City Palm Desert! This community is so active and supportive. They are involved in all of our groups and activities!

Our dear friend, **Joanie Schulman**, our 2023 Chuck Olson Caregiver Award Honoree, has been a one-woman fundraising show since we opened our doors. This month she surpassed her goal of **\$50,000!** She is a shining example of what one person can do with a handful of donation forms and a lot of chutzpah!

Sun City's **World of Women** philanthropic group honored ACV at their luncheon at Chapparelle Country Club. Through their efforts, over **\$1,400** was collected at that one luncheon!

Not to be outdone, our volunteer **Diane Baum** and the **Sun City Mah Jong Club** donated **\$1,600** to ACV!

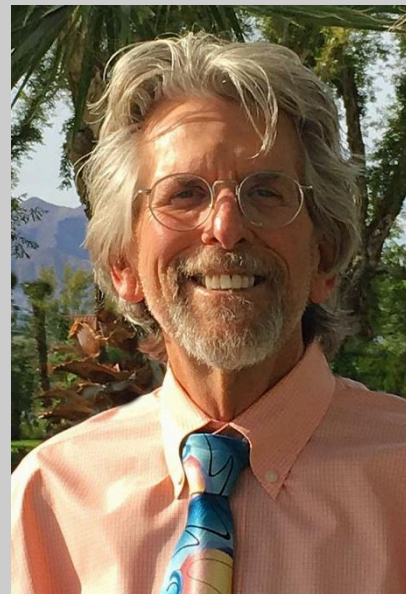
We love our Sun City Residents! Thank you for being a part of Alzheimers Coachella Valley.

Mindfulness at ACV Thursday, December 4 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.

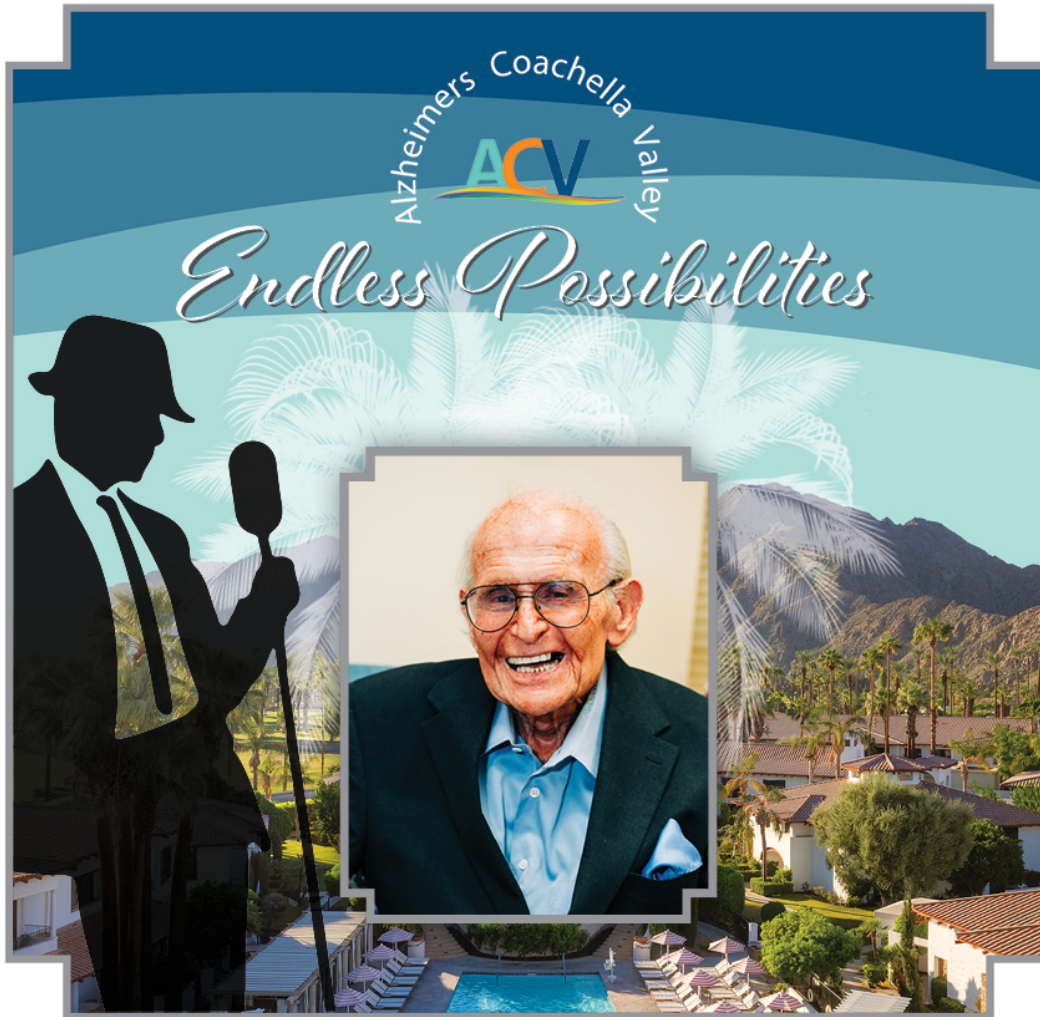
Please note that the January session will be held the second week on January 8, 2026.

Advance reservations a must! Call Naomi at 760.776.3100 or email 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

Save the Date!



Please join for an evening of fun!
Thursday, March 26, 2026

5:30 to 8:30 PM

at

Miramonte Resort & Spa

45000 Indian Wells Lane, Indian Wells

Honoring our 5th annual Edie Keller Leadership Award Recipient

Sherwyn Turbow

Sponsorship Opportunities and Program Tributes Available

For more information or to purchase tickets,

call (760) 776-3100 or email Priscilla@cvalzheimers.org

Tickets \$200 per person, \$250 after January 31, 2026.



**Let's go for a walk!
Mondays at 10:30 am**

Starting in **January**, come take a walk with us on Monday mornings at 10:30 am!

Come on out and join **Dee and Laurel** on Monday mornings at 10:30 a.m. for a light walk and exercise at the **Palm Desert Civic Center Park**, San Pablo Drive at Fred Waring.

Meet up at the Native American sculpture at the Fred Waring entrance.

Parking is on the left. Enjoy the fresh air and chance to be together in person! Shaded areas, ample seating, paved paths and restrooms are available.



Fun with Art for persons with memory loss and their care partner!

ART FOR Cognitive Impairments



At Old Town Artisan Studios

2nd Monday of Each Month
10:00 AM to Noon

78046 CII Barcelona, La Quinta



At Alzheimers Coachella Valley

3rd Wednesday of Each Month
10:00 AM to 11:30 AM

75105 Merle Dr., Suite 800, Palm Desert



At Old Town Artisan Studios

4th Monday of Each Month
10:00 AM to Noon

78046 CII Barcelona, La Quinta

REGISTER TODAY!

CALL (760) 776-3100 OR Email Naomy@cvalzheimers.org

Sound Bath Meditation for Couples

Monday, December 15

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, **Monday, December 15, 1:00 to 2:00 pm.**

Guests may be either seated or lying down. Yoga mat, blanket and pillow are encouraged.

Free event. Space is limited.

Advance registration required.

Please call Naomy at 760.776.3100 or email naomy@cvalzheimers.org.

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



**Club Journey is coming to you on
Wednesdays in January!
Every Tuesday & Thursday in December
10:00 AM**

Closed Monday, Dec 22 through Jan 2 for Winter Holidays

Starting **next month on January 7, 2026**, Club Journey will be open for members on **Wednesdays!**

Due to overwhelming demand, our popular social program will now be **available on Tuesdays, Wednesdays, and Thursdays**, from 10:00 am to Noon.

Call or Email Naomy at (760) 776-3100 or naomy@cvalzheimers.org to sign up.

Thank you to our generous donors, **Desert Oasis Healthcare and Sherwyn Turbow**, for helping make a third day of Club Journey available to our families.

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

A Very Special November

We had so many special moments in November at Club Journey, highlighted by our Veterans Day celebration.

We were so proud to recognize our veteran members and were treated to a special concert from **Barbershop Quartet, the Cactus Crooners**.

Thank you to our November lunch sponsor, **A&A Home Care**.



Grief & Loss Support Group

Friday, December 5 & 19

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@cvlzheimers.org for more information or to register.

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



EVENT

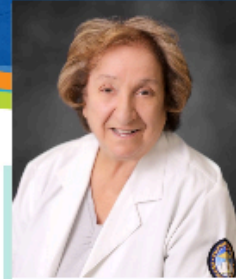
CEUs for Caregivers

FREE

Dementia Education Class



Dementia Patients and Activities of Daily Living (ADLs)



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, December 18, 2025
5:30 to 6:30 PM**



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



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



(760) 776-3100 | cvalzheimers.org



Dine to Donate at PF Chang's! Wednesday, December 10 Happy Hour 3:00 to 5:00 pm Fundraiser is all day

PF Chang's at the River is the home of our monthly **Happy Hour, Dementia Friendly Cafe**.

In support of ACV, **PF Chang's** has pledged to donate **10%** of each guests **tab** on the day of Dementia Friendly Cafe and all you have to do is mention **"ACV"**!

Join us on **Wednesday, December 10**, between **3pm & 5pm**, for **Dementia Friendly Cafe** or take your friends for an early dinner and be sure to mention

"ACV"! What a delicious way to donate!

P.F. CHANG'S



Every 2nd Wednesday of the Month

3:00 PM to 5:00 PM

To Benefit



Be sure to present this flyer or mention "Alzheimers Coachella Valley" to your server and ACV will receive a donation equal to 10% of your meal!

Ask us about our monthly Dementia Friendly Cafe at PF Chang's - a fun private space for you and your loved one to enjoy great food, drinks, and friends!
(760) 776-3100

Dine-to-Donate 10%



Tunes for the Memories Every Friday at 1:30 PM

Join us every Friday at for familiar tunes that will get your toes tapping!

Friday, December 5 & 19 @ 1:30:
Katherine Campbell joins us with her Ukulele!

Friday, December 12 @ 1:30: Sing along with Phillip Pollerana

Friday, December 26 - Closed for Holiday

Call or email Naomy to register: (760) 776-3100 or 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!



(760) 776-3100 | cvalzheimers.org
75105 Merle Dr., Suite 800, Palm Desert, CA 92211



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.



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.

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



ACV en Espanol!



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.

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 for more information and to get song sheets.

Click on the link below to join.

Click Here to Join



Alzheimers Coachella Valley

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 or 760.776.3100.

[CLICK TO DONATE!](#)

[Visit our ACV Website](#)



Alzheimers Coachella Valley | 75105 Merle Drive Suite 800 | Palm Desert, CA 92211 US

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