



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

Volume 9 | Issue 2 | February 2026

SUPPORT GROUP CALENDAR

Caregivers of Loved Ones with Dementia at Brookdale Mirage Inn
IN-PERSON
Mondays * Feb 9 & 23 * 10:30 AM

Caregivers of Loved Ones with Dementia at Bella Villaggio
IN-PERSON
Tuesday * Feb 3 * 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 * Feb 12 & 26 * 10:00 AM

Caregivers of Loved Ones with Dementia at Atria Hacienda
IN-PERSON
Thursdays * Feb 5 & 19 * 11:00 AM

Persons with Early Stage Memory Loss
IN-PERSON
Thursdays * Feb 12 & 26 * 1:00 PM
MUST Pre-Register with Sasha
760-776-3100

Loss & Grief Support Group
IN-PERSON
Fridays * Feb 6 & 20 * 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

MEMORY & SOCIALIZATION ACTIVITIES

Walk in the Park
IN-PERSON
Every Monday * 10:30 AM

Art Class at Old Town Art Studios in La Quinta
IN-PERSON
Mondays * Feb 9 & 23 * 10:00 AM to 12:00 PM

Sound Bath Meditation

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

Online Book Club for Caregivers
ONLINE VIA ZOOM
Wednesdays * Feb 11 & 18 * 1:00 to 2:00 PM

Happy Hour at P.F. Chang's
IN-PERSON
Wednesday * Feb 11 * 3:00 to 5:00 PM

IN-PERSON
Monday * Feb 23 * 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

**Meditation for Couples Living with
Cognitive Impairment**
IN-PERSON
Thursday * Feb 5 * 2:00 PM to 3:00 PM

Tunes for the Memories
IN-PERSON
Every Friday * 1:30 PM

CAREGIVER EDUCATION

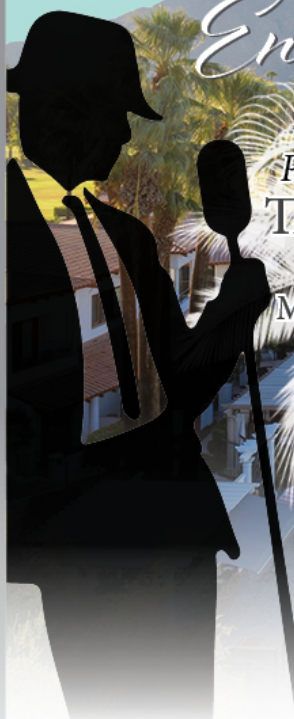
Patient Abuse & Mandated Reporting
IN-PERSON
Thursday * Feb 19 * 5:30 to 6:30 PM

HEALTH FAIRS/FERIAS DE SALUD

LA QUINTA WELLNESS CENTER
IN-PERSON INFORMATION
78450 Avenida La Fonda, La Quinta, CA 92253
Tuesday* February 10 * 10:00 AM

PRESENTACION DE INFORMACION
IN-PERSON INFORMATION/INFORMACION
Coachella Valley Volunteers in Medicine
82915 Ave 48, Indio
Wednesday/Miercoles*25
Febrero/February*2:00 PM

Endless Possibilities



Please join us for an evening of fun!
Thursday, March 26, 2026
 5:30 to 8:30 PM
 Miramonte Resort & Spa • 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

Diamond Sponsor



Silver Sponsor

Cece Carr

Matching Gift Sponsor
Laura & Christopher Seyfarth

Bar Patrons
Barry & Lori Turbow



Bronze Sponsors



Live Auction Patron

Scott Discount & Seann Coffee
 THE STONEWALL GROUP
 AT MORGAN STANLEY

Media Patrons



Entertainment Patron



Program Sponsor



Decoration Patron



Wine Patrons



Champagne Patron



Welcome Patron

Anonymous

Table Decor Sponsors



Click to Purchase Tickets!



ACV Night at El Paseo Jewelers!
February 10, Tuesday
5:30 pm to 7:30 pm

Join ACV at a special kick-off event at El Paseo Jewelers

Enjoy hosted bar and hors d'oeuvres from Il Corso!

10% of the proceeds from this special event will be donated to Alzheimers Coachella Valley!

RSVP to naomy@cvalzheimers.org or call (760) 776-3100.



CV Giving Day
March 3, Tuesday

CV Giving Day is the one day the Coachella Valley shows up big for local good!

On Tuesday, March 3, 2026, all nine cities in our valley will rally behind the nonprofits, volunteers, and neighbors who keep this place thriving. **CV Giving Day is a 24-hour celebration of generosity** — where every dollar makes a difference, and every nonprofit gets a chance to shine, including ACV!

You can be a part of CV Giving Day and support ACV by **clicking on the link below** and making a contribution. **Every dollar counts!**

ACV can earn rewards for the greatest number of donations/participants, regardless of the amount, from \$1.00 to \$100.00!

[Please click here to Donate](#)

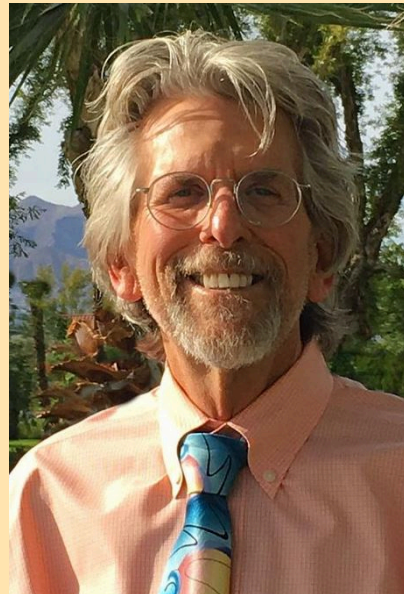
Mindfulness at ACV

Thursday, February 5
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

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



Let's go for a walk!

Mondays at 10:30 am

Come take a walk with us 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 off of the Fred Waring entrance. Parking is on the left.



Enjoy the fresh air and chance to be together in person!

Alzheimers Coachella Valley
ACV
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
Or (760) 776-3100**



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



Sound Bath Meditation for Couples

Monday, February 23
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 **February 23, 1:00 to 2:00 pm.**

Free event. Advance registration required. Please call Naomi at 760.776.3100 or email naomy@cvalzheimers.org.

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



NEW!



EVENT

Online Book Club for Caregivers

FREE



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



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



Club Journey now three days per week!

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

Club Journey is now available three days per week!

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

Join us for more fun in February as we welcome back **SoCal Adaptive Sports**, **Sean Boyle for Karaoke**, **Victoria with her tap dancing hands**, and **special guest Deen Baumgart on February 26!**

YOU MUST SIGN UP IN ADVANCE!

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

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



Thank you for your support!

Alzheimers Coachella Valley would like to thank **Bighorn Charities** for their continued support. ACV was invited to attend the annual awards dinner at Bighorn Country Club on February 20, where we were presented with a check for \$10,000 to help update furniture and equipment used by our Club Journey program, among others.

ACV was also the recipient of a grant from the **Champions Volunteer Foundation** for the very first time! This amazing group is instrumental in making the BNP Paribas Tennis tournament the great success that it is, while finding ways to support our local philanthropies. We are so honored to be recognized by them!



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



Grief & Loss Support Group

Friday, February 6 & 20

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 for more information or to register.

Alzheimers Coachella Valley
ACV
EVENT

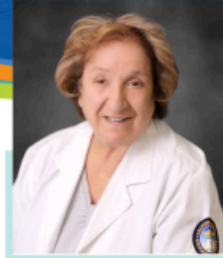
CEUs for Caregivers

FREE

Dementia Education Class



Recognizing Patient Abuse & Mandated Reporting



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, February 19, 2026
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





Bring a Friend!

cabi



Spring Sip & Shop Event

~ a portion of the proceeds will benefit ~

Alzheimers Coachella Valley



Celebrate Spring 2026

March 5th 3-5pm



75105 Merle Dr. Suite 800, Palm Desert, CA 92211



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



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, February 6 & 20 @ 1:30: Katherine
Campbell joins us with her Ukulele!

Friday, February 13 @ 1:30: Sing along
with Phillip Pollerana

Friday, February 27 @ 1:30 Guitarist &
Storyteller, Ken Green

Call or email Naomi to register: (760) 776-
3100 or naomy@cvalzheimers.org.

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



EVENT

Meaningful Conversations

with the Cognitively Impaired

FREE

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, March 2 AND 9, 2026
1:00 to 3:00 PM



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



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



(760) 776-3100 | cvalzheimers.org
75105 Merle St., 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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