



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  
Thursday, Jan 1 through  
Friday, Jan 2, 2026

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



Volume 9 | Issue 1 | January 2026

## SUPPORT GROUP CALENDAR

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

IN-PERSON

Mondays \* Jan 12 & 26 \* 10:30 AM

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

IN-PERSON

Tuesday \* Jan 6 \* 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

Closed Jan 1 for Holidays

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

IN-PERSON

### Person's with Parkinson's at Bella Villaggio Senior Living

IN-PERSON

Wednesday \* Jan 21 \* 2:00 PM

### Persons with Early Stage Memory Loss

IN-PERSON

Thursdays \* Jan 8 & 22 \* 1:00 PM

MUST Pre-Register with Sasha

760-776-3100

### Loss & Grief Support Group

IN-PERSON

Fridays \* Jan 16 \* 10:00 AM

Closed Jan 2 for Holidays

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

IN-PERSON

Every Friday \* 2:30 PM

Closed Jan 2 for Holidays

### ACV Screening Center

IN-PERSON

Thursdays \* Jan 15 \* 11:00 AM  
Closed Jan 1 for Holidays

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

## MEMORY & SOCIALIZATION ACTIVITIES

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

**Art Class at Old Town Art Studios in La Quinta**  
IN-PERSON  
Mondays \* Jan 12 & 26 \* 10:00 AM to 12:00 PM

**Sound Bath Meditation**  
IN-PERSON  
Monday \* Jan 26 \* 1:00 to 2:00 PM

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

**Club Journey**  
IN-PERSON  
Every Tue, Wed & Thu \* 10:00 to Noon  
Closed Jan 1 for Holidays

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

**Happy Hour at P.F. Chang's**  
IN-PERSON  
Wednesday \* Jan 14 \* 3:00 to 5:00 PM

**Meditation for Couples Living with Cognitive Impairment**  
IN-PERSON  
Thursday \* Jan 8 \* 2:00 PM to 3:00 PM

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

## CAREGIVER EDUCATION

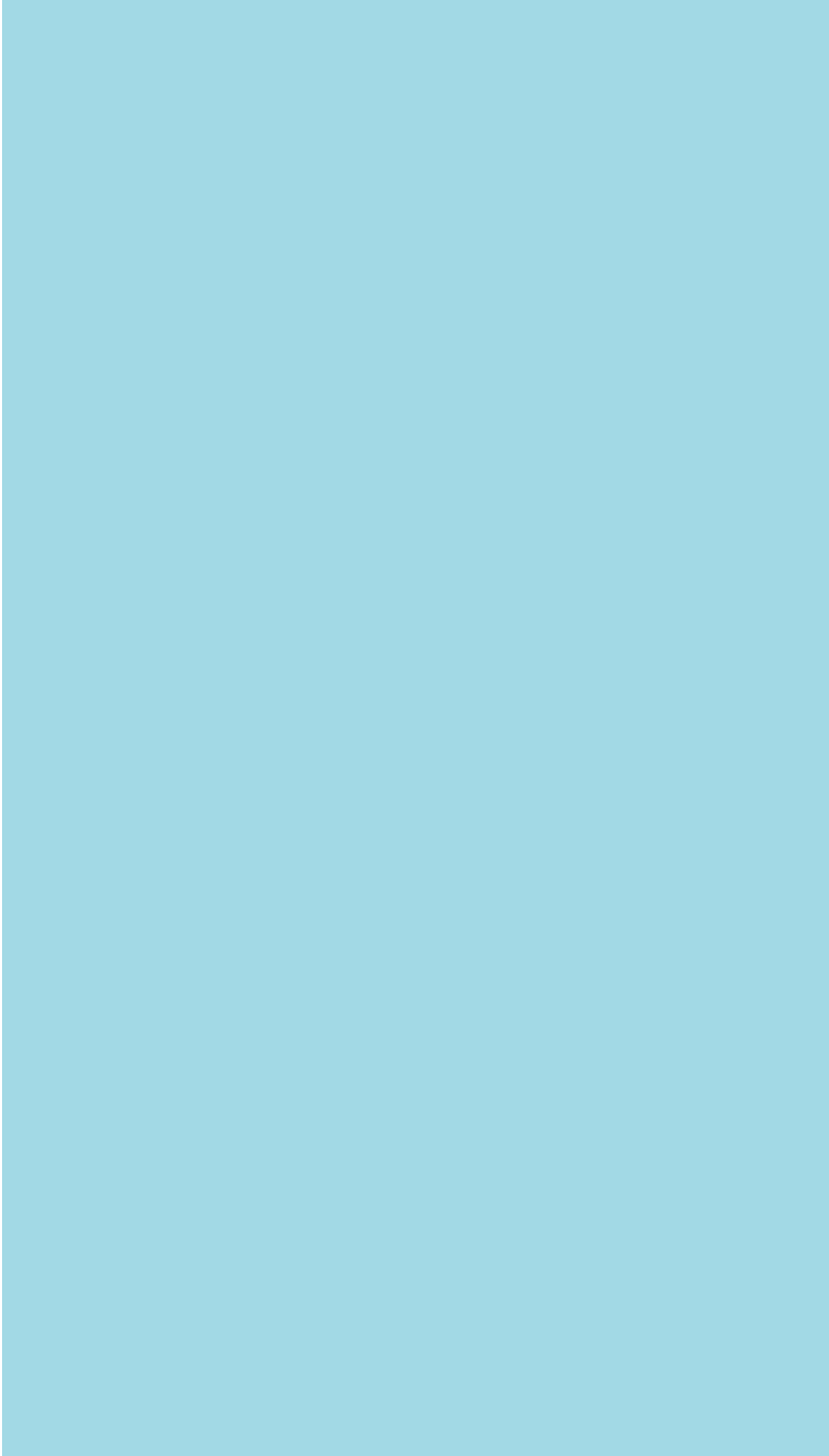
**Activities of Daily Living (ADLs)**  
IN-PERSON  
Thursday \* Jan 22 \* 5:30 to 6:30 PM

**Meaningful Conversations with the Cognitively Impaired**  
IN-PERSON  
Thursday \* Jan 7 & 14 \* 10:00 AM to 11:30 AM

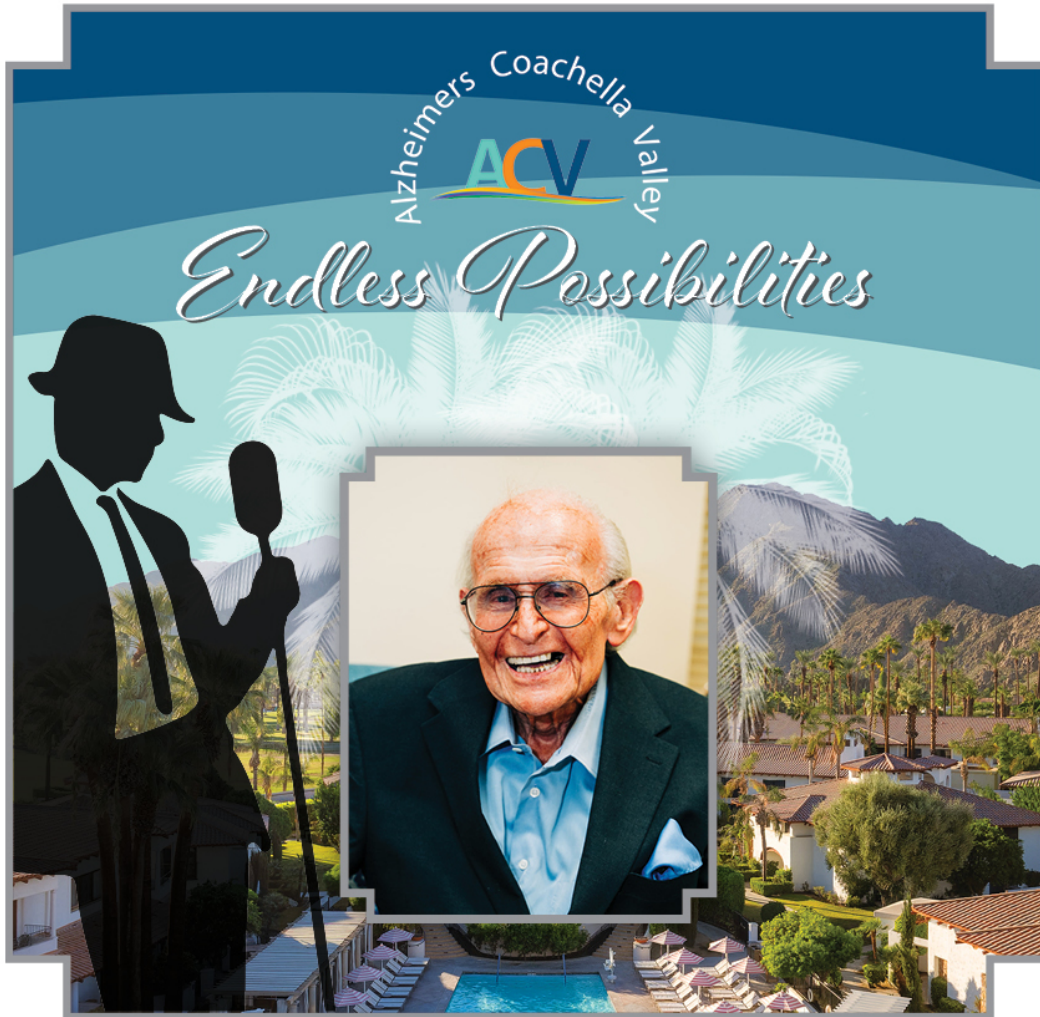
## HEALTH FAIRS/FERIAS DE SALUD

**LA QUINTA WELLNESS CENTER**  
IN-PERSON INFORMATION  
78450 Avenida La Fonda, La Quinta, CA 92253  
Tuesday\* January 13 \* 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\*22 Enero\*9:00 AM



# 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](mailto:Priscilla@cvalzheimers.org)

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



Click to Purchase Tickets!

## Take our Caregiver Communications Class January 7 & 14!



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

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



**DATE:** Wednesday, January 7 & 14, 2026 10 to 11:30am



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



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



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



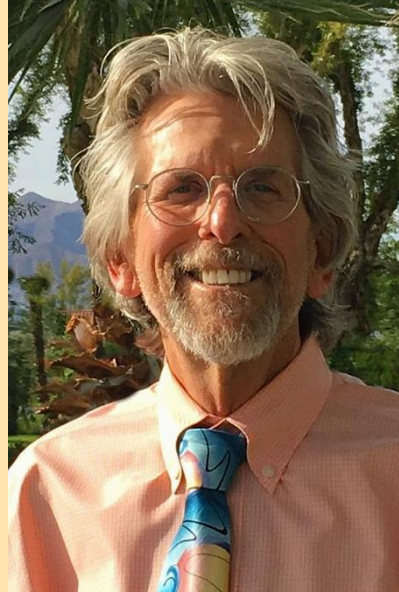
Mindfulness at ACV  
Thursday, January 8

**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



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

**Starting on January 5**, 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.

**8-Week Course for Couples starting in February**



EVENT

# Traveling THE Journey Together

FREE

Our signature eight-part  
Education, support and  
enrichment program for  
couples living with dementia



Hosted by Susan  
Maderick & Dee  
Wieringa

Join us for an eight-week social and educational program for both caregiver and loved-one. Experts in a variety of fields present different, relevant topics each week to help prepare families for the journey.



**DATE:** Every Friday starting February 6, 2026, for 8 weeks  
10:00 AM–12:00 AM



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



**REGISTER:** [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org)  
Or (760) 76-3100



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



## Sound Bath Meditation for Couples

Monday, January 26

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, January 26, 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 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.



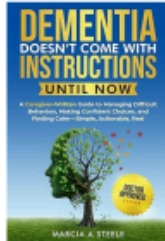
# NEW!



EVENT

# Online Book Club for Caregivers

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



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Or (760) 776-3100



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## Club Journey is coming to you on Wednesdays in January!

Now Every Tuesday, Wednesday & Thursday  
10:00 AM

**Closed Thursday, Jan 1 for New Year's Day**

**Starting January 7, Club Journey will also 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 Naomi at (760) 776-3100 or [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org) to sign up.

January 7 - Art with Anthony Pitts of Art Works

January 14 - Music with Mike McLean

January 21 - Art on with Julia Servin

**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.

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EVENT

# Looking for SUPPORT?

FREE

ACV Offers many different support groups for families struggling with dementia

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](http://cvalzheimers.org)  
75105 Merle Dr., Suite 800, Palm Desert, CA 92211



## Grief & Loss Support Group

Friday, January 16

10:00 am

**No Group on January 2 due to Holiday**

**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.

Alzheimers Coachella Valley  
**ACV**  
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, January 22, 2025  
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



(760) 776-3100 | [cvalzheimers.org](http://cvalzheimers.org)



## ACV's Very Own Happy Hour! Wednesday, January 14 3:00 to 5:00 pm

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"!

# Dementia Friendly Cafe!



Our very own Happy Hour  
Every 2nd Wednesday of the  
Month



3:00 PM to 5:00 PM

Join Dee, Laurel, David, and more of  
your friends in a fun private space for  
you and your loved one to enjoy great  
food and drinks!

Happy Hour Menu Available

(760) 776-3100

P.F. CHANG'S



## Tunes for the Memories Every Friday at 1:30 PM Closed Jan 2 for Holiday

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

Friday, January 9 @ 1:30: Sing along with  
Phillip Pollerana

Friday, January 16 @ 1:30: Katherine  
Campbell joins us with her Ukulele!

Friday, January 23 @ 1:30 Guitarist &  
Storyteller, Ken Green

Friday, January 30 @ 1:30: Songstress  
Peggy Gohl

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

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



**EVENT**

**FREE**

# 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**



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



**ACV is now a non-profit with the  
Tour de Palm Springs!**

**TOUR DE PALM SPRINGS IN COACHELLA VALLEY**

One of the largest Charity cycling & walking events  
 102. 88mi. 57mi. 32mi. 7mi. 1 & 3 mi walk

The first 5,000 registrants will be entered into a drawing for a FREE weekend stay at the Palm Springs Hilton

**Saturday, Feb 7, 2026**

Downtown Palm Springs  
 Beer Garden/Music/Vendors

**Pasta Dinner: Friday 5-8PM Sponsored by Marios Italian Cafe**

Sign up today at "Tourdepalmsprings.com"      10% Disc code # NPD 2026  
 Limited Time only      NonProfit code ALZCV26

CVSPIN 501(C)3: #33-0 836672

- You can support ACV through the **Tour de Palm Springs**. 90% of all registration fees attributed to ACV will come back to us!
- Register to **walk** or **ride**. Go to <https://tourdepalmsprings.com> to register. Be sure to use our NonProfit code: **ALZCV26**
- Registration must be purchased by **February 1st**.



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](mailto: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!](#)

**MUSIC MENDS MINDS**  
RESTORING THE RHYTHM OF LIFE





**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](#)



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

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