



75105 Merle Drive, Suite 800  
Palm Desert, CA 92211

760-776-3100

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

Volume 9 | Issue 3 | March 2026

## SUPPORT GROUP CALENDAR

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

IN-PERSON

Mondays \* Mar 9 & 23 \* 10:30 AM

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

IN-PERSON

Tuesday \* Mar 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 \* Mar 12 & 26 \* 10:00 AM

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

IN-PERSON

Thursdays \* Mar 5 & 19 \* 11:00 AM

### Persons with Early Stage Memory Loss

IN-PERSON

Thursday \* Mar 12 \* 1:00 PM

MUST Pre-Register with Sasha

760-776-3100

\*\*\*NO group on Mar 26\*\*\*

### Loss & Grief Support Group

IN-PERSON

Fridays \* Mar 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

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

IN-PERSON

Mondays \* Mar 9 & 23 \* 10:00 AM to 12:00 PM

### SongShine for Parkinson's

ONLINE VIA ZOOM

Every Tuesday \* 10:00 AM & 11:30 AM

### Online Book Club for Caregivers

**Sound Bath Meditation**

IN-PERSON

Monday \* Mar 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

\*\*\*NO group on Thur, Mar 26\*\*\*

ONLINE VIA ZOOM

Wednesdays \* Mar 11 & 25 \* 1:00 to 2:00 PM

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

IN-PERSON

Wednesday \* Mar 11 \* 3:00 to 5:00 PM

**Meditation for Couples Living with Cognitive Impairment**

IN-PERSON

Thursday \* Mar 5 \* 2:00 PM to 3:00 PM

**Tunes for the Memories**

IN-PERSON

Every Friday \* 1:30 PM

**CAREGIVER EDUCATION**

**Managing Dementia Related Behavior**

IN-PERSON

Thursday \* Mar 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\* March y 10 \* 10:00 AM

**PRESENTACION DE INFORMACION**

IN-PERSON INFORMATION/INFORMACION

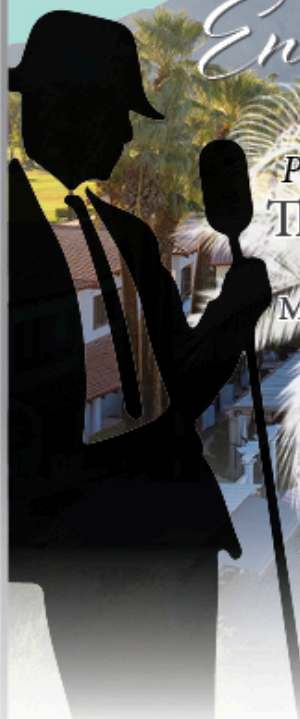
Coachella Valley Volunteers in Medicine

82915 Ave 48, Indio

Wednesday/Miercoles\*25 Marzo/March\*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**



Welcome Patron  
Anonymous

**Live Auction Patron**

Scott Discount & Seann Coffee  
THE STONEWALL GROUP  
AT MORGAN STANLEY

**Decoration Patron**



**Table Decor Sponsors**



**Media Patrons**



**Entertainment Patron**



**Wine Patrons**



**Program Sponsor**



[Click to Purchase Tickets!](#)

## Thank you!

**El Paseo Jewelers** hosted a special evening for ACV on February 10 to help promote and support our Endless Possibilities Gala later this month!

Shoppers were treated to catered hors d'oeuvres and sparkling wine while shopping for their own special sparkle!



**10% of the proceeds from the evening were donated to ACV**, and El Paseo Jewelers also **presented us with a \$5,000 gift card to be auctioned off** at our event on March 26!



On Saturday, February 1st, our friends at Palm Desert Greens forming **PDG Strong** held a walk to benefit ACV at their wonderful community center.

In addition to the walk, the group hosted a brunch and raffle.



## 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, March 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 Naomy 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





*Bring a Friend!*

# cabi



## *Spring Sip & Shop Event*

*~ a portion of the proceeds will benefit ~*

## *Alzheimers Coachella Valley*



## *Celebrate Spring 2026*

*March 5<sup>th</sup> 3-5pm*



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





**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**



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



## Welcome to ACV, Laura Mood & Cindy Tatsumi!

**ACV would like to welcome two new staff members to our team!**

**Laura Mood** and **Cindy Tatsumi** will be taking over our COD Nursing Program Clinical Education program and working with nursing students on Tuesdays, Wednesdays, and Thursdays during the school term.



**Laura Mood** was born and raised in Maryland. She spent time in Chicago and Michigan before moving to Oregon where she lived for the next 20 years.

Laura moved to the desert full-time about one year ago and now lives in Palm Springs.

She has been a nurse for 30 years. Her favorite experiences, aside from her time so far at ACV, have been working abroad in global health providing clinic-based nursing care to South Sudanese refugees in the West Nile region of Uganda.

In her downtime, she likes to golf, play games with friends, hike with her dog, binge watch TV series, and explore interesting places and experiences new for her in the desert.

Beyond being the amazing resource it is for the community, Laura appreciates ACV's strengths-based approach to programming. Rather than application of the traditional medical model that is concerned with individual



**Cindy Tatsumi** is from a rural area near Canton, Ohio, and has lived in Indio, for the last 19 years. She has been a registered nurse for 49 years. Her time as a Coordinator for a Brain and Spinal Cord Injury Prevention Program, ThinkFirst, in Eagle County, CO dramatically shifted her perspective toward safety, responsibility and courage. She is forever grateful. However, her favorite experience, may have been when she graduated from the Caritas Coach Education Program, through the Jean Watson Caring Science Institute, Boulder Colorado, about eleven years ago. This education taught her a holistic (body, mind and spirit) approach regarding caring for Self and Other; it changed her life.

In her downtime, she is walking and going to the dog park with her five-year old Golden Retriever, Lucky. She likes to 'catch up' on phone calls or emails with family and friends and enjoys baking bread and pies. She love to write and has published a few articles.

At ACV, Cindy has been inspired by the founders, staff, volunteers, members and

deficits, the focus is on what people can do and supporting them in their efforts. It's a person-first organization which is refreshing to her.

everyone involved at ACV from day one. "They are all champions!"

She says, "this organization is such a gift to the community. Everyone feels like family! They are caring and look out for each other and walk alongside with one another. Everyone is working toward making each member's life feel and be so much better, yet for one more moment! I am grateful to be a small part!"

## Sound Bath Meditation for Couples

Monday, March 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 **March 23, 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.

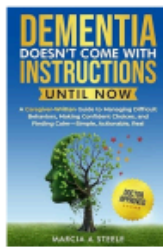
# NEW!



EVENT

## Online Book Club for Caregivers

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.



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



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.



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



  
**Club Journey**  
FRIENDLY, SECURE, SOCIAL, SUPPORTIVE, FUN

## Club Journey now three days per week!

Every Tuesday, Wednesday & Thursday  
10:00 AM to Noon  
**No meeting on Thur, Mar 26**



Brought to you by **Desert Oasis Health Care, 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 March as we welcome back **Michael McLean on the Piano**, **Julia Servin's Creative Art**, **Tommy the "Saxman"**, and special guest, **The Living Desert on Wed, March 25!**



Thank you to **Bella Villaggio Senior Living** for providing lunch for us on February 10!

### 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.



**IMPORTANT NOTE for  
Support Group for Persons Diagnosed with Early Stage  
Memory Loss:**

**No meeting on Thursday, Mar 26  
due to Special Event**



**EVENT**

**FREE**

# Looking for SUPPORT?

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, March 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 Naomi at 760-776-3100 or [naomy@cvlzheimers.org](mailto:naomy@cvlzheimers.org) for more information or to register.**

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

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EVENT

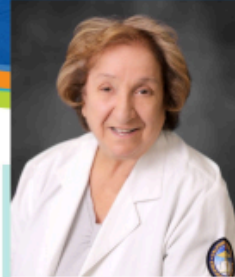
# CEUs for Caregivers

FREE

## Dementia Education Class



### *Managing Dementia Related Behavior*



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, March 19, 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

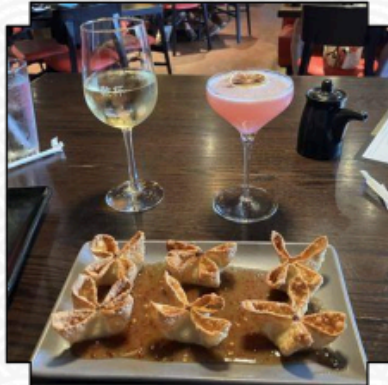


(760) 776-3100 | [cvalzheimers.org](http://cvalzheimers.org)



# 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)

## 2026 Parkinson's Expo

Saturday, April 11  
10:00 am to 12:30 pm

Join us Saturday, April 11, from 10:00 am to 12:30 pm at the Eisenhower Health Annenberg Center for our annual Parkinson's Wellness Expo!

See presentations from ACV Parkinson's Support Group, PD in Motion, SongShine, and hear from Eisenhower Health's Neurology and Movement Disorder Specialist, Dr. John D. Legge.

Call Naomi at (760) 776-3100 to register today!





**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**



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

## 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!

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



Click to Join Music Mends  
Minds!



### Annual Songshine Luncheon a Success!

ACV was a proud sponsor of the annual **SongShine for Parkinson's** luncheon on Saturday, February 21st!

**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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