



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

OFFICE CLOSED for the  
MEMORIAL HOLIDAY,  
MONDAY, MAY 25

Volume 9 | Issue 5 | May 2026

## SUPPORT GROUP CALENDAR

**Caregivers of Loved Ones with  
Dementia at Brookdale Mirage Inn**  
IN-PERSON  
Mondays \* May 11 & 25 \* 10:30 AM

**Caregivers of Loved Ones with  
Dementia at Bella Villaggio**  
IN-PERSON  
Tuesday \* May 5 \* 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  
Thursday \* May 28 \* 10:00 AM

**Caregivers of Loved Ones with  
Dementia at Atria Hacienda**  
IN-PERSON  
Thursdays \* May 7 & 21 \* 11:00 AM

**Persons with Early Stage Memory  
Loss**  
IN-PERSON  
Thursday \* May 14 & 28 \* 1:00 PM  
MUST Pre-Register with Sasha  
760-776-3100

**Loss & Grief Support Group**  
IN-PERSON  
Fridays \* May 1 & 15 \* 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 \* May 11 \* 10:00 AM to 12:00 PM  
No class on May 25 due to Holiday

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

**Happy Hour at P.F. Chang's**  
IN-PERSON

### Sound Bath Meditation

IN-PERSON

Monday \* May 18 \* 1:00 to 2:00 PM

### Music Mends Minds

ONLINE VIA ZOOM

Every Mon, Wed & Fri \* 11:30 AM

### Club Journey

IN-PERSON

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

Wednesday \* May 13 \* 3:00 to 5:00 PM

### Meditation for Couples Living with Cognitive Impairment

IN-PERSON

Thursday \* May 7 \* 2:00 PM to 3:00 PM

### Tunes for the Memories

IN-PERSON

Every Friday \* 1:30 PM

## CAREGIVER EDUCATION

### Types of Dementia

IN-PERSON

Thursday \* May 28 \* 5:30 to 6:30 PM

### Scam & Fraud Prevention

IN-PERSON

Friday\* May 22 \* 10:00 am to 11:00 am

## HEALTH FAIRS/FERIAS DE SALUD

### LA QUINTA WELLNESS CENTER

IN-PERSON INFORMATION

78450 Avenida La Fonda, La Quinta, CA 92253

Tuesday\*May 12 \* 10:00 AM

### PRESENTACION DE INFORMACION

IN-PERSON INFORMATION/INFORMACION

Coachella Valley Volunteers in Medicine

82915 Ave 48, Indio

Wednesday/Miercoles\*27 Mayo/May\*2:00 PM

### COACHELLA VALLEY ADULT SCHOOL

- MENTAL HEALTH & COMMUNITY PARTNERS FAIR

IN-PERSON INFORMATION

1099 Orchard Ave., Coachella, CA 92236

Thursday\* May 7 \* 5:30 PM to 7:30 PM

### GALILEE CENTER - BRIDGE TO HEALTH FAIR

IN-PERSON INFORMATION

66101 Hammond Rd., Mecca, CA 92254

Saturday\* May 30 \* 1:00 PM to 4:00 PM

## Welcome New Board Member, Leo Macias!

ACV would like to welcome the newest addition to our Board of Directors, Leo Macias.

Leo is a Coachella Valley native, born and raised in the desert. He graduated from Palm Springs High School and continued his education locally at College of the Desert before discovering his passion for banking.

With over 24 years of experience, Leo has worked with some of the nation's largest financial institutions, holding leadership roles including Branch Manager and Relationship Manager.

He currently serves as Market President at HCN Bank, a local boutique business bank, where he is focused on driving growth and strengthening



community relationships.

Leo resides in Palm Desert with his wife and five children. Outside of work, he enjoys spending time with his family, playing pickleball, and coaching his children's soccer teams.



## Meet Elva Valtierra!

ACV is excited to welcome Elva Valtierra to the team! Elva joined us in March, serving as the **Screening Center Programs Specialist**.

She grew up in sunny San Diego and currently lives in Riverside. Elva says, "I really value being part of my local community and staying connected to home. My family is a big part of my life. I'm very close to my sister, she's my best friend.

Outside of work, I enjoy spending time outdoors, especially going to the beach and hiking. I also have a 2-year-old dog named Nomi who keeps me active and entertained. I have a strong appreciation for the arts in my community, and I'm especially passionate about music. Making music with my band is something I truly enjoy.

I was introduced to ACV through my aunt Patty, and when the opportunity came up to join the team, I was really excited. Being able to step into this role and continue meaningful work made it feel like the right fit for me. I'm really looking forward to learning and growing here, but also to creating great memories, sharing smiles, and being part of all the activities that make this work so special. Thank you, and I'm happy to be here!"

## Parkinson's Expo 2026 was a great success!

**Thank you to all of the donors, sponsors, and guests** who made the 2026 Parkinson's Wellness Expo a huge success!

We had a record-breaking year with over 240 attendees!

**Special thanks to Eisenhower Health for their support, and Dr. John Legge and Dr. Jessica Shields** for sharing their wealth of knowledge.



Photos by Dane Gottwald Photography.



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## Mindfulness at ACV

Thursday, May 7

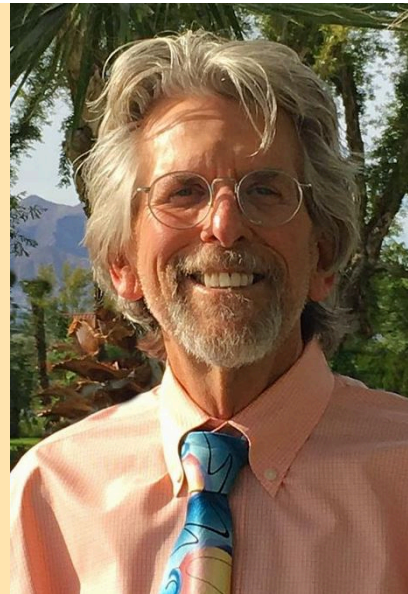
2:00 to 3:30 pm

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

**Please note that there will be no session held in June.**



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**Please Note:  
There will be no Art Class on Monday, May 25 due to the  
Memorial Day Holiday**



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



## Sound Bath Meditation for Couples

Monday, May 18

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 **May 18, 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.



**Club Journey has fun  
for you all summer  
long!**

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

Brought to you by **Desert Oasis Health Care**, our popular social program is available on Tuesdays, Wednesdays, and Thursdays, from 10:00 am to Noon.

Thank you to the **Vista Cove at Rancho Mirage** for joining us on April 9th to provide a delicious lunch and to **Ypo from Mission Hospice** for the wonderful flower arranging class!



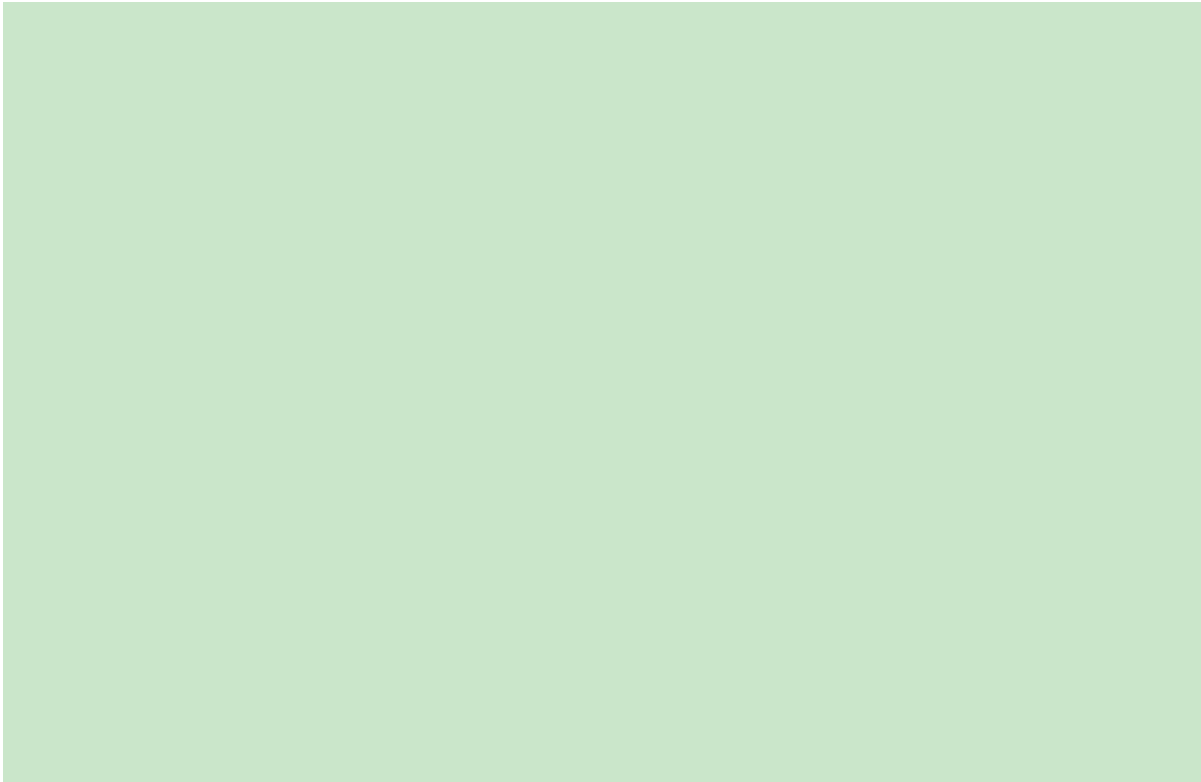
Join us for more fun in May as we welcome **guitarist, Pedro Cortez**, **Julia Servin's Creative Art**, **Sean Boyle on Karaoke**, and more!



**YOU MUST SIGN UP IN  
ADVANCE!**

Call or email Naomy 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

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**  
4th Thursday 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, May 1 & 15  
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.



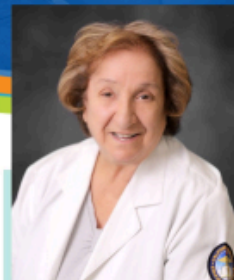
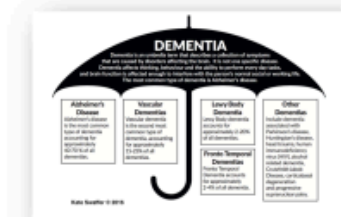
We meet on the 1st and 3rd Friday of each month.

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

Alzheimers Coachella Valley  
**ACV**  
FREE EVENT  
**CEUs for Caregivers**  
**Dementia Education Class**

## Types of Dementia



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, May 28, 2026  
5:30 to 6:30 PM



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



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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



EVENT

# Fraud & Scam Prevention and Protection

FREE

WHAT TO LOOK OUT FOR AND HOW TO AVOID IT!



Losing money or possessions to scams, fraud, and exploitation can be especially devastating to older adults, who may be not be able to earn back what they've lost. Our

loved ones with cognitive impairment are particularly vulnerable.

Join us to learn how to identify and prevent being a victim of common scams that are perpetuated on our population.



Seminar led by **Elizabeth Martinez** of the **Riverside County CARE** program.



**DATE:** Friday, May 22 at 10:00 AM



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



**REGISTER:** [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org)



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



SCAN ME

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.



## 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!



**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 Paula Simonds at [paula@cvalzheimers.org](mailto:paula@cvalzheimers.org) or call (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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