



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

**ACV Offices will be CLOSED**  
**Wednesday, November 26,**  
**through Friday, November 28**  
**for Thanksgiving Holiday.**

**Donate Today!**



Volume 8 | Issue 11 | November 2025

## SUPPORT GROUP CALENDAR

**Caregivers of Loved Ones with  
Dementia at Brookdale Mirage Inn**  
IN-PERSON  
Mondays \* Nov 10 & 24 \* 10:30 AM

**Caregivers of Loved Ones with  
Dementia at Vista Cove**  
IN-PERSON  
Thursdays \* Nov 6 & 20 \* 2:00 PM

**Caregivers of Loved Ones with  
Dementia at Bella Villaggio**  
IN-PERSON

**Caregivers of Loved Ones with  
Dementia at Atria Rancho Mirage**  
IN-PERSON

Tuesday \* Nov 4 \* 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 Nov 26 & 27 for Holiday

### Persons with Parkinson's Disease at Bella Villaggio

IN-PERSON

Wednesday \* Nov 19 \* 2:00 PM

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

IN-PERSON

Thursdays \* Nov 6 & 20 \* 11:00 AM

Thursdays \* Nov 13 \* 10:00 AM

Nov 27 is closed for Holiday

### Persons with Early Stage Memory Loss

IN-PERSON

Thursdays \* Nov 13 \* 1:00 PM

Nov 27 is closed for Holiday

MUST Pre-Register with Sasha

760-776-3100

### Loss & Grief Support Group

IN-PERSON

Friday \* Nov 7 & 21 \* 10:00 AM

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

IN-PERSON

Every Friday \* 2:30 PM

Nov 28 is closed for Holiday

### 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

Monday \* Nov 10 & 24 \* 10:00 AM to 12:00 PM

### Sound Bath Meditation

IN-PERSON

Monday \* Nov 24 \* 1:00 to 2:00 PM

### Music Mends Minds

ONLINE VIA ZOOM

Every Monday, Wednesday, Friday \* 11:30 AM

### Club Journey

IN-PERSON

Every Tuesday & Thursday \* 10:00 to Noon

Closed Nov 27 for Holiday

### SongShine for Parkinson's

ONLINE VIA ZOOM

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

### Online Book Club for Caregivers

ONLINE VIA ZOOM

Wednesdays \* Nov 12 \* 1:00 PM

Closed Nov 26 for Holiday

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

IN-PERSON

Wednesday \* Nov 12 \* 3:00 to 5:00 PM

### Art Class

IN-PERSON

Wednesday \* Nov 19 \* 10:00 AM to Noon

### Meditation for Couples Living with Cognitive Impairment

IN-PERSON

Thursday \* Nov 6 \* 2:00 PM to 3:00 PM

### Tunes for the Memories

IN-PERSON

Every Friday \* 1:30 PM

Closed Nov 28 for Holiday

## CAREGIVER EDUCATION

### Preventing Caregiver Burnout

IN-PERSON

Thursday \* Nov 20 \* 5:30 to 6:30 PM

### Meaningful Conversations:

### Communications class for Caregivers of Loved Ones with Dementia

IN-PERSON

Wednesday \* Nov 5 & 12 \* 10:00 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\* November 11 \* 10:00 AM**

### **FALL WELLNESS EXPO**

#### **IN-PERSON INFORMATION**

Cathedral City Senior Center

37171 W Buddy Rogers Ave, Cathedral City, CA

92234

**Wednesdays/Miercoles\***

**November/Noviembre 5 \* 9:00 AM**

### **PRESENTACION DE INFORMACION**

#### **IN-PERSON INFORMATION/INFORMACION**

Mecca Family and Farmworkers' Service Center

91275 66th Ave Suite 600, Mecca, CA 92254

**Thursday/Jueves\*13 Noviembre\*9:00 AM**

### **KESQ LIVING HEALTHY EXPO**

#### **IN-PERSON INFORMATION/INFORMACION**

68526 Ave Lalo Guerrero, Cathedral City, CA

92234

**Saturday/Sabado\*1**

**November/Noviembre\*9:00AM**

### **VOLUNTEERS IN MEDICINE**

#### **VOLUNTARIOS IN MEDICINA**

#### **IN-PERSON INFORMATION/INFORMACION**

82195 Ave. 48, Indio

**Wednesdays/Miercoles\* 19**

**November/Noviembre\* 2:00 PM**







*A Celebration of Care*

Presented by <sup>Celebrating</sup> **45** YEARS of Advancing Healthcare  
**DESERT OASIS** HEALTHCARE  
Your Health. Your Life. Our Passion.

***ACV would like to thank our sponsors, donors and volunteers for making our Open House event such a great success!***

**Because of you, we raised over  
\$150,000**

to help support families in the Coachella Valley living with dementia.

If you have not had a chance to come see us and learn about all we do, please stop on by! We are open Monday through Friday, 9:00 am to 4:00 pm, excluding holidays. Learn how our ACV Screening Center, Support Groups, Social Groups, Respite Care Scholarships and Educational Programs can benefit you or someone you know. All at no cost to the client!

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*Thank you to our sponsors!*

Cece Carr





Melissa Monti



ACV Parkinson's Support Group



Patty Pratt



Morgan Stanley  
DEBORAH TRYON  
FINANCIAL ADVISOR



Amber Linn  
Photography



Atria  
SENIOR LIVING  
Hacienda • Palm Desert  
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Blooming Events  
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The Palms at La Quinta  
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Xpress Graphics



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



SCAN ME





# PIZZA WITH A PURPOSE

Show this flyer or mention the organization listed below on your visit, and California Pizza Kitchen will **DONATE 20% OF ALL FOOD & BEVERAGE SALES** on your check to the organization listed below. Purchases include dine-in, take-out, catering, and online orders at **CPK.com** when you enter **BACK20%** at checkout.

## FUNDRAISER IN SUPPORT OF:

Alzheimer's Coachella Valley

ORGANIZATION

Sunday, November 16, 2025

DATE

## VALID AT THE FOLLOWING LOCATION:

**CALIFORNIA PIZZA KITCHEN**

Palm Desert @ El Paseo

CPK LOCATION

73-080 El Paseo, Palm Desert, CA 92832

ADDRESS

Fundraiser valid only on the date(s) and at the CPK location(s) identified on this flyer. Only 501c organizations and non-profit schools are eligible to participate in CPK's fundraiser program. CPK will donate 20% (twenty percent) of all food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Valid for dine-in, takeout, online, catering, curbside or delivery orders placed directly with CPK. Not valid for orders placed or fulfilled through third-party delivery. Void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the fundraiser, please contact the organization directly. Not valid at franchise locations in Guam, stadium, university, international, airport locations, or the Grand Sierra Resort and Casino.

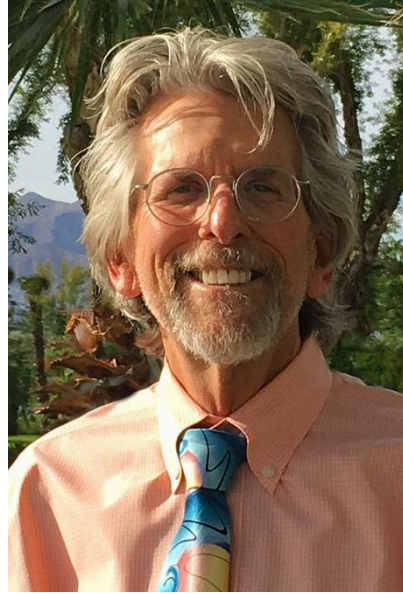
**Return to Mindfulness at ACV**  
**Thursday, November 6**  
**2:00 to 3:00 pm**

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



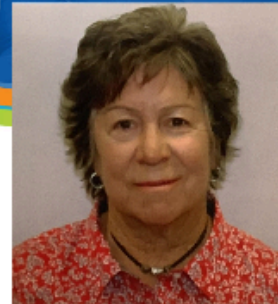


EVENT

# Meaningful Conversations

with the Cognitively Impaired

FREE



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

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



**DATE:** Wednesday, November 5 & 12, 2025 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



## Online Book Club for Caregivers

Wednesday, November 12  
1:00 PM

Closed Nov 26 for Holiday

Join **Jenny Johnson, RN**, and thoughtfully discover or re-discover **Creating Moments of Joy** by Jolene Brackey.

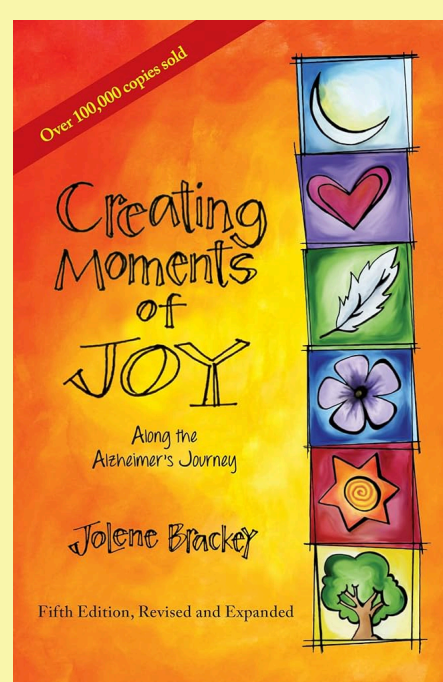


Jolene Brackey has a vision: that we will soon look beyond the challenges of Alzheimer's disease to focus more of our energies on creating moments of joy.

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.**

Club meets on the 2nd and 4th Wednesday of each month at 1:00 pm.

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



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](mailto:Naomy@cvalzheimers.org)

## Sound Bath Meditation for Couples

Monday, November 24

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, November 24, 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.



**What's happening at Club Journey?  
Every Tuesday & Thursday  
10:00 AM**

**Closed Thursday, Nov 27 for Thanksgiving Holiday**

October was so much fun at Club Journey! We had a month filled with music, games, dance, sports, and more! Our staff celebrated Halloween as 'The Golden Girls'. Their costumes were quite believable! Thank you to **Always Best Care** for sponsoring lunch for our Halloween celebration. We loved having them with us to pass our goodies and play Bingo with us. November is filling up! Be sure to call Naomi at 760-776-3100 or email [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org) to join the fun.



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## Caregiver Support Groups



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

**Persons with Parkinson's Disease at Bella Villaggio**  
3rd Wednesday of Each Month at 2:00 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

**Caregivers of Loved Ones with Dementia at Vista Cove at Rancho Mirage**  
1st and 3rd Thursdays of Each Month at 2:00 pm

**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

**Bereavement 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, November 7 & 21  
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@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



**EVENT**

# CEUs for Caregivers

**FREE**

## Dementia Education Class

### *Preventing Caregiver Burnout*



With Edwina Dirck, 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, November 20, 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)



**Dine to Donate at PF Chang's!**  
**Wednesday, November 12**  
**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, **P.F. 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, November 12**, 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 **"Alzheimer's 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 P.F. 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, November 7 & 21 @ 1:30:  
Katherine Campbell joins us with her Ukulele!

Friday, November 14 @ 1:30: Sing along with Phillip Pollerana

**Friday, November 28 - Closed for Holiday**

More artists to be announced!

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



# Loss & Grief Support

1st & 3rd Fridays of Each Month @ 10:00 am



Led by Glen Geike, Sr. Coping with dementia's invisible losses, anticipating future loss, and facing the inevitable.

To register, email [naomy@cvalzheimers.org](mailto:naomy@cvalzheimers.org) or call 760-776-3100.

Meeting in person at ACV Offices in Palm Desert.

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!

[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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