



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

Donate Today!



Volume 8 | Issue 10 | October 2025

SUPPORT GROUP CALENDAR

**Caregivers of Loved Ones with
Dementia at Brookdale Mirage Inn**
IN-PERSON
Mondays * Oct 13 & 27 * 10:30 AM

**Caregivers of Loved Ones with
Dementia at Bella Villaggio**
IN-PERSON
Tuesday * Oct 7 * 2:00 PM

**Persons with Parkinson's and their
Care Partners**
IN-PERSON
Every Tuesday * 2:30 PM

**Caregivers of Loved Ones with
Dementia at Vista Cove**
IN-PERSON
Thursdays * Oct 2 & 16 * 2:00 PM

**Caregivers of Loved Ones with
Dementia at Atria Rancho Mirage**
IN-PERSON
Thursdays * Oct 9 & 23 * 10:00 AM

**Persons with Early Stage Memory
Loss**
IN-PERSON
Thursdays * Oct 9 & 23 * 1:00 PM
MUST Pre-Register with Sasha
760-776-3100

**Caregivers of Loved Ones with
Dementia via Zoom**
ONLINE VIA ZOOM
Every Wednesday * 9:30 AM & 6:30 PM
Every Thursday * 10:00 AM

**Persons with Parkinson's Disease at
Bella Villaggio**
IN-PERSON
Wednesday * Oct 15 * 2:00 PM

**Caregivers of Loved Ones with
Dementia at Atria Hacienda**
IN-PERSON
Thursdays * Oct 2 & 16 * 11:00 AM

Grief Support Group
IN-PERSON
Friday * Oct 3 & 17 * 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
Monday * Oct 13 & 27 * 10:00 AM to 12:00 PM

Sound Bath Meditation
IN-PERSON
Monday * Oct 27 * 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

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

Online Book Club for Caregivers
ONLINE VIA ZOOM
Wednesdays * Oct 8 & 22 * 1:00 PM

Happy Hour at P.F. Chang's
IN-PERSON
Wednesday * Oct 8 * 3:00 to 5:00 PM

Art Class
IN-PERSON
Wednesday * Oct 15 * 10:00 AM to Noon

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

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

CAREGIVER EDUCATION

**Communicating with patients at all
stages of Alzheimer's**
IN-PERSON
Thursday * Oct 23 * 5:30 to 6:30 PM

HEALTH FAIRS/FERIAS DE SALUD

LA QUINTA WELLNESS CENTER
IN-PERSON INFORMATION
Tuesday* October 14 * 10:00 AM

PRESENTACION DE INFORMACION
IN-PERSON INFORMATION/INFORMACION
Mecca Family and Farmworkers' Service Center
91275 66th Ave Suite 600, Mecca, CA 92254

VOLUNTEERS IN MEDICINE
VOLUNTARIOS IN MEDICINA
IN-PERSON INFORMATION/INFORMACION
82195 Ave. 48, Indio
Wednesdays/Miercoles* 22 Octubre* 2:00 PM



OPEN HOUSE

A Celebration of Care

Presented by



Join us to support our mission and celebrate the 4th Annual Chuck Olsen Caregiver Award recipient

Edwina Dirk, RN, BSN

Wednesday, October 29, 2025
5:30 - 8:30 PM

Berger Foundation Charitable Center

75105 Merle Drive, Suite 800, Palm Desert
Complimentary Valet Parking
Lite Fare Provided By Community Partners

Please RSVP by October 17 to



Naomy@cvalzheimers.org,
call (760) 776-3100
or scan QR code.

Don't miss this fundraising event where we bring together our caring community whose shared purpose is to help individuals impacted by cognitive impairment. Help us reach our goal of \$200K to keep ACV's free programs available to our Valley families. Thanks to a generous donor, our first \$10,000 will be matched! Make your donation today by visiting www.cvalzheimers.org or at our Open House on October 29!

HOSTED BY
PATRICK EVANS



HONORING
Edwina Dirk, RN, BSN

LIVE MUSIC BY
Phillip Pollerana



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



Click to RSVP for Open House 2025!

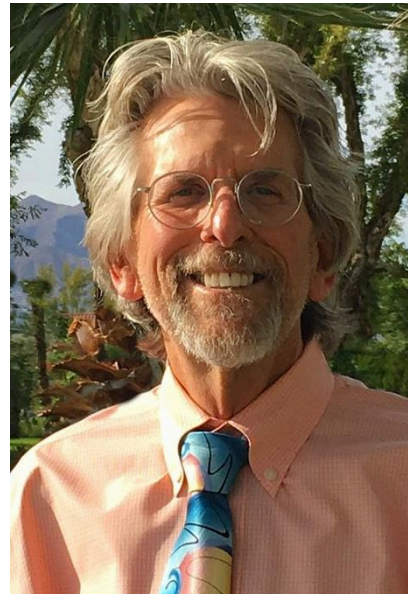
Return to Mindfulness at ACV

Thursday, October 2
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

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



Online Book Club for Caregivers Wednesday, October 8 & 22 1:00 PM

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

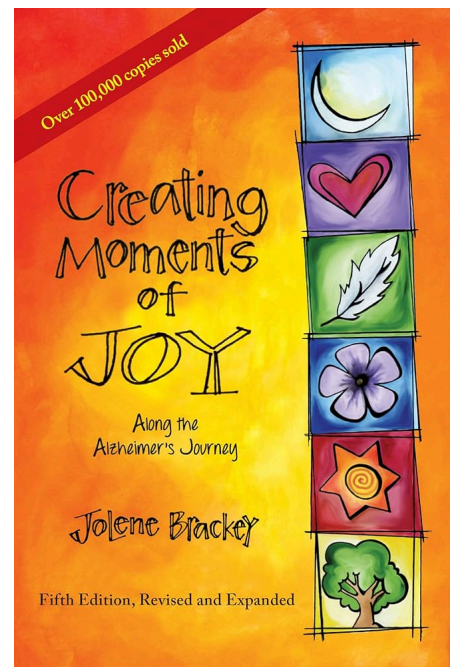


Jolene Brackey has a vision: that we will soon look beyond the challenges of Alzheimer's disease to focus more of our energies on creating moments of joy.

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



What a great way to 'Wine Down'!

Thank you to Marker Broadcasting, Jackalope Ranch, and the YMCA of the Desert for including us in their monthly Wine Down Wednesday fundraiser!

We had a wonderful time catching up with old friends and making new ones!





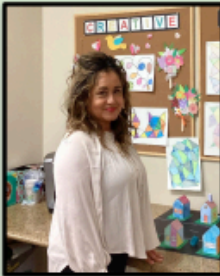
Fun with Art for persons with memory loss and their care partner!



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

New Art Program launched last month!
Mondays, October 13 & 27
10:00 AM

Thanks to a grant from the **Auen Foundation**, Old Town Artisan Studios in La Quinta now hosts ACV Members two times per month for hands on art projects sure to entertain and engage!

Thank you to both of these wonderful organizations for helping us reach more of the Valley with enriching programs.



Sound Bath Meditation for Couples

Monday, October 27
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, October 27, 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.

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**



Thank you to **Kendall** at **Assisted Living Locators** for sponsoring a lunch at Club Journey in September. It was great to have him here to meet our wonderful members.

We also welcomed our dear **Marcia Orland** for a special grown up version of 'Show & Tell' We love hearing our loved ones stories and finding out what is special to them. Thank you, Marcia!





Caregiver Support Groups



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

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

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



Grief Support Group
Friday, October 3 & 17
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

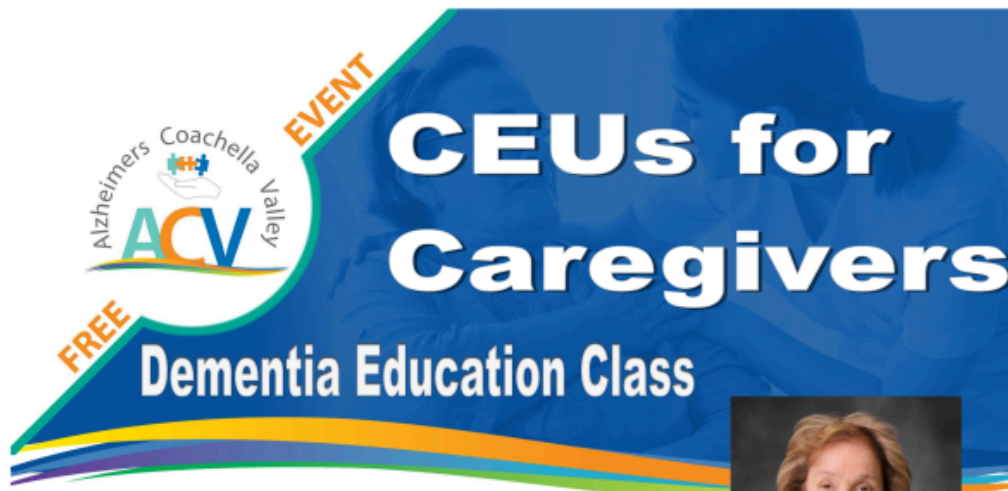


are suffering losses, this might be the space for you.

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

Please contact Naomi at 760-776-3100 or naomy@cvalzheimers.org for more information or to register.

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




Alzheimers Coachella Valley
ACV

EVENT


CEUs for Caregivers

FREE

Dementia Education Class



Communicating with patients at all stages of Alzheimer's



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, October 30, 2025
5:30 to 6:30 PM

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

REGISTER: naomy@cvalzheimers.org
or (760) 776-3100

Alzheimers Coachella Valley
ACV

(760) 776-3100 | cvalzheimers.org



Dine to Donate at PF Chang's!

Wednesday, October 8

Happy Hour 3:00 to 5:00 pm

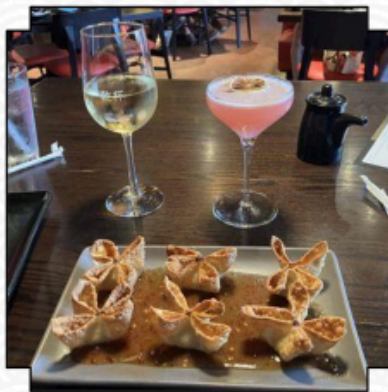
Fundraiser is all day

PF Chang's at the River is the home of our monthly **Happy Hour, Dementia Friendly Cafe.**

In support of ACV, **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"**!

Join us on **Wednesday, October 8**, 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 "Alzheimers 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 PF 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, October 3 & 17 @ 1:30: Katherine Campbell joins us with her Ukulele!

Friday, October 10 @ 1:30: Sing along to the 60s & 70s with Phillip Pollerana

Friday, October 31 @ 1:30: Sing along with Ken Green

More artists to be announced!

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



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



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!