



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

**OFFICE CLOSED for Labor
Day Holiday, September 1**

Donate Today!

Volume 8 | Issue 9 | September 2025

SUPPORT GROUP CALENDAR

**Caregivers of Loved Ones with
Dementia at Brookdale Mirage Inn**
IN-PERSON
Mondays * Sep 8 & 22 * 10:30 AM

**Caregivers of Loved Ones with
Dementia at Bella Villaggio**
IN-PERSON
Tuesday * Sep 2 * 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

**Persons with Parkinson's Disease at
Bella Villaggio**
IN-PERSON
Wednesday * Sep 17 * 2:00 PM

**Caregivers of Loved Ones with
Dementia at Atria Hacienda**
IN-PERSON
Thursdays * Sep 4 & 18 * 11:00 AM

**Caregivers of Loved Ones with
Dementia at Vista Cove**
IN-PERSON
Thursdays * Sep 4 & 18 * 2:00 PM

**Caregivers of Loved Ones with
Dementia at Atria Rancho Mirage**
IN-PERSON
Thursdays * Sep 11 & 25 * 10:00 AM

**Persons with Early Stage Memory
Loss**
IN-PERSON
Thursdays * Sep 11 & 25 * 1:00 PM
MUST Pre-Register with Sasha
760-776-3100

Grief Support Group
IN-PERSON
Friday * Sep 5 & 19 * 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 * Sep 8 & 22 * 10:00 AM to 12:00 PM

Sound Bath Meditation

IN-PERSON

Monday * Sep 22 * 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 * Sep 10 & 24 * 1:00 PM

Happy Hour at P.F. Chang's

IN-PERSON

Wednesday * Sep 10 * 3:00 to 5:00 PM

Art Class

IN-PERSON

Wednesday * Sep 17 * 10:00 AM to Noon

Wine Down Wednesday Fundraiser

IN-PERSON at Jackalope Ranch

Wednesday * Sep 17 * 5:00 PM to 7:00 PM

Meditation for Couples Living with Cognitive Impairment

IN-PERSON

Thursday * Sep 4 * 2:00 PM to 3:00 PM

Tunes for the Memories

IN-PERSON

Every Friday * 1:30 PM

CAREGIVER EDUCATION

Caring for someone with Stage 2

Alzheimer's Disease

IN-PERSON

Thursday * Sep 25 * 5:30 to 6:30 PM

HEALTH FAIRS/FERIAS DE SALUD

VOLUNTEERS IN MEDICINE

VOLUNTARIOS IN MEDICINA

IN-PERSON INFORMATION/INFORMACION

82195 Ave. 48, Indio

Wednesdays/Miercoles* 24 Septiembre* 2:00
PM

LA QUINTA WELLNESS CENTER

IN-PERSON INFORMATION

Tuesday* September 9 * 10:00 AM

IEHP FALL FESTIVAL

IN-PERSON INFORMATION/INFORMACION

First Baptist Church

82490 Dr Carreon Blvd, Indio

Saturday * September 27 * 9:00 AM



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, September 4

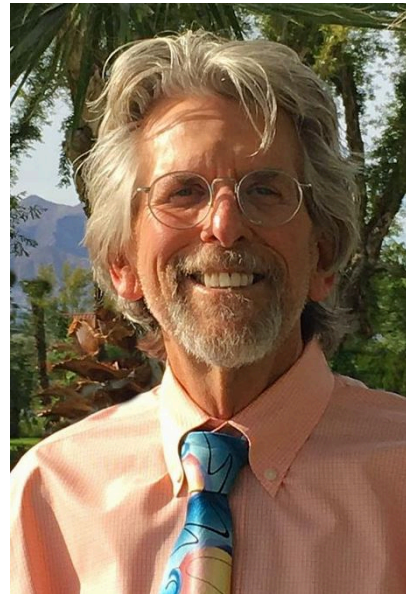
2:00 to 3:00 pm

Returning September 4!

Join us for each monthly session 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

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

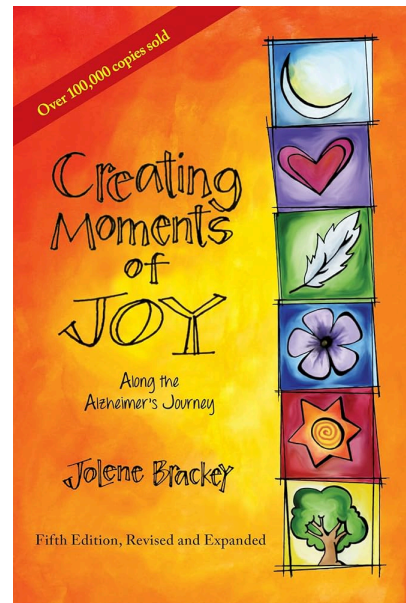


ACV Book Club starts up again in September!

Wednesday, Sept 10 & 24
1:00 PM

Join host **Jenny Johnson** as you 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.

Meetings begin online via Zoom, Wednesday, September 10, 2025, and continue on the 2nd & 4th Wednesday of each month. Members will receive a Zoom link in advance. Call or email Naomy to register. 760-776-3100 or naomy@cvalzheimers.org



Purchase Book on Amazon



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 October 3, 2025, for 8 weeks
10:00 AM–12:00 AM



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



REGISTER: naomy@cvalzheimers.org
Or (760) 76-3100



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



SCAN ME



WINE DOWN WEDNESDAY

Wednesdays from 5-7 all summer long!

Enjoy wine tasting and apps, only \$15!

Proceeds benefit a different local charity each week.

Please join us September 17th at

Jackalope Ranch, Indio

to mix and mingle for YMCA of the Desert & Alzheimers

Coachella Valley

KOOL
95.9fm



Q102.3
CLASSIC
ROCK

SHOTTENKIRK
DESERT LEXUS

CARPETEMPIRE
FLOORING DESIGN CENTER

**NEW Art Classes for ACV at Old Town Artisan
Studios in La Quinta!**

Alzheimers Coachella Valley
ACV
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
Or (760) 776-3100**



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



Hands-on Fun with ACV's Monthly Art Class! Wednesday, September 17 10:00 am to Noon

Julia Servin hosts a hands-on art experience for couples on the third Wednesday of each month from 10:00 am to Noon.

Advance reservations required.

Call or email today to sign up! 760-776-3100 or Naomy@cvalzheimers.org.

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



Sound Bath Meditation for Couples

Monday, September 22
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, September 22, 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.

August at Club Journey

Life may slow down in our Valley during the Summer, but not at ACV! Our popular Club Journey social



Thank you to our friends at **Atria Rancho Mirage, Atria Hacienda, and Atria Palm Desert** for providing lunch for our Club Journey group on August 26! They showed up with pizza, salad, and the most beautiful Tiramisu from Chef Shane! We loved having you with us.

program was full every Tuesday and Thursday, with caregivers and their loved ones enjoying each other's company while engaging in fun activities. While Bingo and Dominoes are a staple of our Tuesday group, our Thursdays are taken up with SoCal Adaptive Sports playing seated pickleball, frisbee, and more; table-top tap dancing with our hands led by Victoria Moore; Karaoke with Sean Boyle; and a hotly contested game of Family Feud!

We also had a lot of August Birthdays to celebrate in August, including our dear Sal, shown here with his beautiful wife Vicki, Priscilla and the most delicious cake donated by Melina Lopez of Mel's Kitchen.

For more information about how you can join in or support this unique and vibrant program, call Naomy at (760) 776-3100 or email naomy@cvalzheimers.org.



Thank you to Wine Women Palm Springs!

Another fabulous wine dinner was held August 10 at LG's Steakhouse in La Quinta to benefit ACV. We are so fortunate to be a designated philanthropy for Wine Women Palm Springs and could not think of a better way to have a wonderful time with good food, good friends, and great wine! Thank you to Kathleen Von Dehn and all those who go the extra mile to make these dinners a success.



Caregiver Support Groups



MON Caregivers of Loved Ones with Dementia
at Brookdale Mirage Inn
2nd & 4th Mondays of Each Month at 10:30 am

Caregivers of Loved Ones with Dementia
at Bella Villaggio
1st Tuesday of each month at 2:00 pm

TUE Persons with Parkinson's and
their Care Partners
Tuesdays at 2:30 pm

Caregivers of Loved Ones with Dementia
Online via Zoom
Wednesdays at 9:30 am

WED 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, September 5 & 19
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

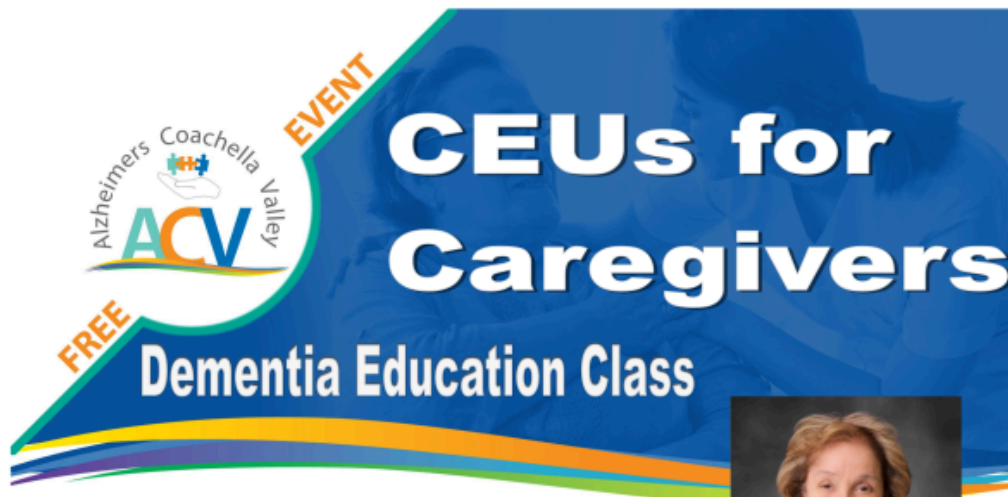


are suffering losses, this might be the space for you.

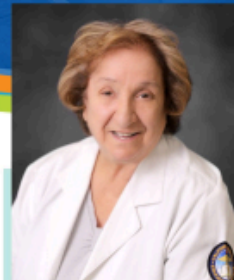
We meet on the 1st and 3rd Friday of each month.

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.



*Caring for someone with
Stage 2 Alzheimer's Disease*



With Edwina Dirk, RN,
BSN, of California Nurses
Educational Institute.

Professional and family
caregivers learn the best
practices to care for pa-
tients with cognitive im-
pairment.

Professionals earn Califor-
nia state-approved Contin-
uing Education Units
(CEUs). A different topic is
covered each month.



**DATE: Thursday, September 25, 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**



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Dine to Donate at PF Chang's!

Wednesday, September 10

Happy Hour 3:00 to 5:00 pm

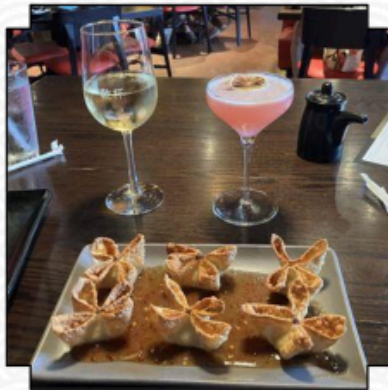
Fundraiser is all day

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, September 10**, 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 Memory in September!

Join us every Friday at 1:30 PM for familiar tunes that will get your toes tapping!

Friday, September 5 & 19 @ 1:30:
Katherine Campbell joins us with her Ukulele!

Friday, September 26 @ 1:30: Sing along to the 60s & 70s with Phillip Pollerana

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 here for 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

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