



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 Holiday
on Friday, July 3 in
observance of
Independence Day



Volume 9 | Issue 7 | July 2026

SUPPORT GROUP CALENDAR

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

**Persons with Parkinson's and their
Care Partners at Ernest Health
Rehabilitation**
IN-PERSON
Monday * Jul 27 * 2:00 PM

**Caregivers of Loved Ones with
Dementia at Bella Villaggio**
IN-PERSON
Tuesday * Jul 27 * 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

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

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

Loss & Grief Support Group
IN-PERSON
Fridays * Jul 17 * 10:00 AM
No meeting Jul 3

**Caregivers of Loved Ones with
Dementia at The Palms at La Quinta**
IN-PERSON
Every Friday * 2:30 PM

ACV Screening Center
IN-PERSON

Every Wednesday * 9:30 AM & 6:30 PM
Every Thursday * 10:00 AM

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 * Jul 13 & 27 * 10:00 AM to 12:00 PM

Sound Bath Meditation

IN-PERSON

Monday * Jul 20 * 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

SongShine for Parkinson's

ONLINE VIA ZOOM

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

Mindfulness Meditation

IN-PERSON

Thursday * Jul 2 * 2:00 to 3:30 PM

Happy Hour at P.F. Chang's

IN-PERSON

Wednesday * Jul 8 * 3:00 to 5:00 PM

Tunes for the Memories

IN-PERSON

Every Friday * 1:30 PM

No meeting Jul 3

CAREGIVER EDUCATION

Lifestyle Medicine & Brain Health

IN-PERSON

Friday* Jul 17 * 10:00 am to 11:00 am

Age Related Dementia

IN-PERSON

Thursday * Jul 23 * 5:30 to 6:30 PM

Online Book Club: Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias

ONLINE VIA ZOOM

Wednesday * Jul 8 & 22 * 1:00 PM

HEALTH FAIRS/FERIAS DE SALUD

LA QUINTA WELLNESS CENTER

IN-PERSON INFORMATION

78450 Avenida La Fonda, La Quinta, CA 92253

Tuesday* July 14 * 10:00 AM

PRESENTACION DE INFORMACION

IN-PERSON INFORMATION/INFORMACION

Coachella Valley Volunteers in Medicine

82915 Ave 48, Indio

Wednesday/Miercoles*22 July/Julio*2:00 PM



Did you know?

Nearly 45% of dementia cases may be delayed or prevented by addressing modifiable lifestyle and health factors. ACV is here to help you learn how. **See below for an upcoming special Summer Speaker Series event on functional nutrition and brain health.**



Celebrate the 4th in Style with Friends!



Daisy Blue in Indian Wells is kicking off the Summer with ACV!
Join us for a live in-store event on Wednesday, July 1st,
3:00 to 5:00 pm to find your own fabulous look.

Enjoy Lite Bites and Red, White, & Blue Cocktails to be served.

A percentage of the proceeds from all sales in-store
will go to support **Alzheimers Coachella Valley's**
programs for families living with Alzheimer's, Parkinson's,
and other cognitive related diseases.

Daisy Blue

74291 Highway 111, Indian Wells, CA 92210
442.666.3068



Home Member Benefits How to Join Wine Tasting Events & Tours Wine Tasting Events & Tours Wine Tasting Events & Tours

SOLD OUT! Wine Dinner July 12 at WILDEST in Palm Desert

Thank you to WineWomen Palm Springs for once again hosting and supporting ACV at one of our fabulous dinners!



EVENT

FREE

ACV announces its 2026 Summer Speaker Series

Fridays

10:00 am to 11:00 am

July
17

Lifestyle Medicine and Brain Health
with Dr. Maritza De La Pena

Aug
21

How to Find Help ACV and other resources for
families dealing with Alzheimer's, Parkinson's, and
other cognitive-related illnesses.

Sept
4

**Anticipatory Grief: The hidden loss of cognitive
decline and relationship loss**
with Glendon Geike, Sr.

Sept
18

**Advanced Directives and other legal planning
documents you need to know about**
with Eve Fromberg, Attorney at Law

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



Informative seminars
for individuals
and/or couples
traveling the journey
of life together.

All classes are FREE
and open to the public!

**Space is limited.
Call today!**



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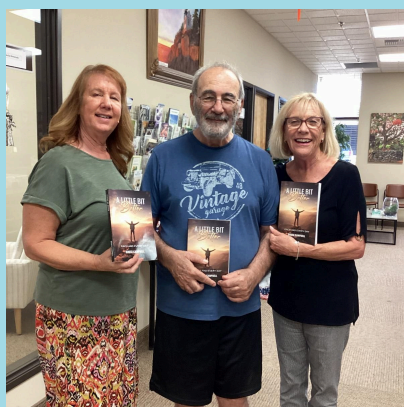
Thank you!

June was a wonderful month of love and community spirit for ACV! The **GFWC Womens Club of Indio** once again honored ACV at their annual philanthropy lunch with a **generous donation**. We would also like to thank the **City of Indio**, the **Morongo Band of Mission Indians**, and the **Coeta and Donald Barker Foundation** for their **generous support**.

Thank you also to our very own author, **Bruce Campbell**, for donating proceeds from his book, **A Little Bit Better**, to our programs for Parkinson's

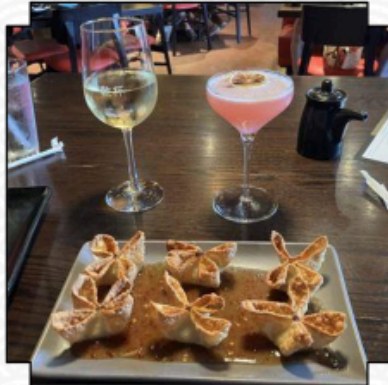
Disease.

We had a fun time at the **Atria Chef Showdown** where our very own **Dee Wiering** was honored to be one of the **judges** along with **Officer Kyle** and **Charles from Arcadia Hospice**!



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 our Book Club online

**Wednesday, July 8 & 22
1:00 pm**

Jenny Johnson leads our online book club where you will thoughtfully discover or re-discover *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias*.

No one should face Alzheimer's or dementia alone. These 101 stories will provide support, advice, and comfort for caregivers and those living with Alzheimer's.

Each Book Club Meeting will introduce a different topic for discussion. It is **not necessary to have read the book** to join, but please **let us know if you need help** obtaining a copy of the selected book.

**Meetings held via Zoom,
Wednesday, July 8 & 22 at 1:00 pm.**

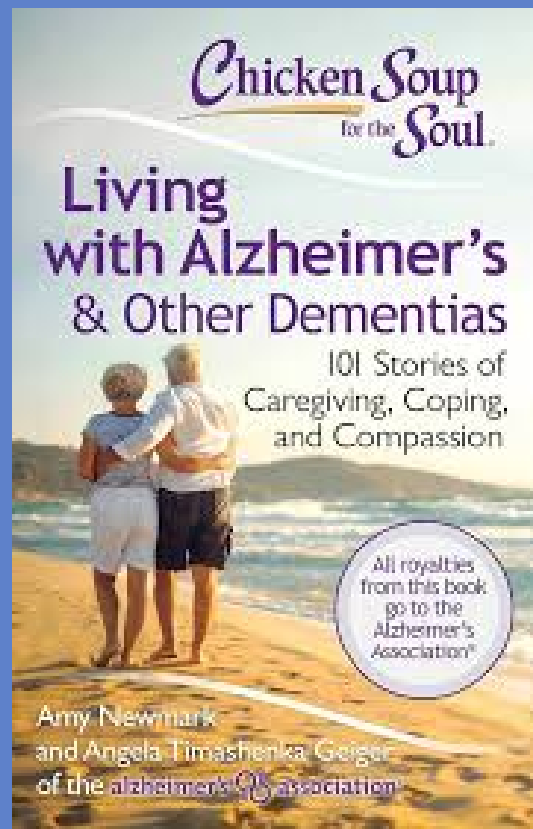


Members who register will receive a Zoom link in advance.

Book is available on Amazon, please click on link below book picture.

Limited copies will be available to borrow from ACV.

To **register** and/or **request of copy** of the book, please call Naomy at (760) 776-3100 or email naomy@cvalzheimers.org



[Click here to Purchase Book](#)

Mindfulness Meditation at ACV

Thursday, July 2
2:00 pm to 3:30 pm

Join us each month as **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 first Thursday of each month at our ACV Facility, 75105 Merle Dr., Suite 800, Palm Desert





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



Sound Bath Meditation for Couples

Monday, July 20

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 **July 20, 1:00 to 2:00 pm.**

Free event. 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.



YOU MUST SIGN UP IN ADVANCE!

Call or email Naomi at (781) 776-3100 or 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. We had so many special guests drop in to see us this month, including **Bianca Rae and Rob Banchich**, who were here filming an episode of **DOHC's The Pulse**. **NBC Palm Spring's Jose Lora** stopped by to check us out and featured ACV on the evening news!

Thank you to **Caring, Loving, Sharing**, for joining us on June 18 to sponsor our Summer Kick-Off Party! We had 'pool' exercise led by **Leslie Hunley** from the Palm Desert Aquatic Center, and **Happy Meals for all from McDonalds!**

For the first time ever, **Joe Simonds, PGA Professional**, brought Mini Golf to ACV! We had so much fun with our ACV Country Club 3-Hole Course!

Join us for more fun in July as we welcome the Living Desert, Flower Arranging with Ypo, and more!







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

**Persons with Parkinson's and their Care
Partners at Ernest Health Rehabilitation**
Last Monday of each month at 2:00 pm

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 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!



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SCAN ME

**PLEASE NOTE THAT ATRIA RANCHO MIRAGE SUPPORT GROUP WILL BE ON
HIATUS. WE WILL LET YOU KNOW WHEN THE GROUP RESUMES.**



EVENT

FREE

CEUs for Caregivers

Dementia Education Class

Age Related Dementia



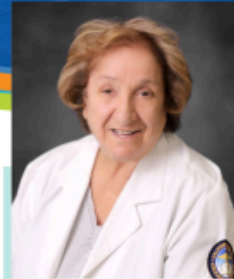
DATE: Thursday, July 23, 2026
5:30 to 6:30 PM



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



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



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.



(760) 776-3100 | cvalzheimers.org



**Please Note: NO Tunes for the Memory on Friday, July 3 in
observance of the Independence Day Holiday**

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

Please Note: NO Grief Support Group on Friday, July 3 in observance of the Independence Day Holiday



EVENT

FREE

GRIEF & Bereavement SUPPORT



Have you lost a loved one, or are coping with the loss
which living with dementia has brought about?

**ACV's Loss & Grief Support
Group is here for you.**



**Led by Glen Geikie, Sr.,
Certified Grief Educator.**

*Coping with dementia's invisible losses,
anticipating future loss, and facing the inevitable.*

**To register,
email naomy@cvalzheimers.org
or call 760-776-3100.**



Now available
online
and in person
1st and 3rd
Friday of each
month
at 10:00 am



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





Wine Down Wednesday

Wednesdays from 5-7 all summer long!

Enjoy wine tasting and apps, only \$20! Every week,
100% of the money goes to a different local charity!

Please join us **August 26th** at

Willie's Modern Fare

to mix and mingle for the following cause:



SOUTH COAST WINERY
RESORT & SPA



CARPETEMPIRE^{PLUS}
FLOORING DESIGN 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.

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 Paula Simonds at 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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