



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, Monday,
September 7**

Volume 9 | Issue 9 | September 2026

SUPPORT GROUP CALENDAR

Caregivers of Loved Ones with Dementia at Brookdale Mirage Inn

IN-PERSON

Mondays * Sep 14 & 28 * 10:30 AM

Persons with Parkinson's and their Care Partners at Ernest Health Rehabilitation

IN-PERSON

Monday * Sep 28 * 2:00 PM

Caregivers of Loved Ones with Dementia at Bella Villaggio

IN-PERSON

Tuesday * Sep 1 * 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

Online Book Club for Caregivers

ONLINE VIA ZOOM

Wednesday * Sep 23 * 1:00 PM

Caregivers of Loved Ones with Dementia at Atria Rancho Mirage

IN-PERSON

Thursdays * Sep 10 & 24 * 10:00 AM

Caregivers of Loved Ones with Dementia at Atria Hacienda

IN-PERSON

Thursdays * Sep 3 & 17 * 11:00 AM

Persons with Early Stage Memory Loss

IN-PERSON

Thursday * Sep 10 & 24 * 1:00 PM

MUST Pre-Register with Sasha

760-776-3100

Loss & Grief Support Group

IN-PERSON

Fridays * Sep 4 & 18 * 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, RELAXATION, & SOCIALIZATION ACTIVITIES

Sound Bath Meditation

IN-PERSON

Monday * Sep 21 * 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 * Sep 10 * 2:00 to 3:30 PM

Happy Hour at P.F. Chang's

IN-PERSON

Wednesday * Sep 9 * 3:00 to 5:00 PM

Tunes for the Memories

IN-PERSON

Every Friday * 1:30 PM

CAREGIVER EDUCATION

Anticipatory Grief

IN-PERSON

Friday* Sep 4 * 10:00 am to 11:00 am

Dementia vs Alzheimers

IN-PERSON

Thursday * Sep 24 * 5:30 to 6:30 PM

HEALTH FAIRS/FERIAS DE SALUD

National Preparedness Day

IN-PERSON INFORMATION

Palm Desert Community Center
43900 San Pablo Ave, Palm Desert, 92260

Saturday * Sep 19 * 9:00 AM

Health Fair - Kaiser Permanente

IN-PERSON INFORMATION

75036 Gerald Ford Dr, Palm Desert, 92211

Saturday * Sep 26 * 9:00 AM

Fall Wellness Expo

IN-PERSON INFORMATION

Cathedral City Senior Center
37171 W Buddy Rogers Ave, Cathedral City,
92234

Wednesday * Sep 30 * 10:00 AM



Click to RSVP for this FREE Event!



What a Way to Wine Down!

Thank you to everyone who came out to **Willie's Modern Fare** on August 26 to support ACV at **Marker Broadcasting's Wine Down Wednesday!** It was such a fun evening of great food, fine wine, and the best of friends who helped us raise \$2,000 for ACV's support and education programs.







Anticipatory Grief

The hidden loss of cognitive decline and relationship loss.

When someone you care about is seriously ill and may even die, it is natural to think about what your life would be like without that person. You may also experience feelings of loss and grief, even though the seriously ill person is still alive. This is called anticipatory grief. It is a normal process of trying to prepare yourself for the death of your friend or family member. Join us to learn more about this process and how to deal with it in a healthy way.



DATE: Friday September 4, 2026
10:00 to 11:00 AM



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



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



With
Glen Geikie, Sr.
Certified Grief
Counselor

Call us at
760-776-3100
or visit
www.cvalzheimers.org
to learn more!



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**Traveling the Journey Together Couples'
Program returns in October!**



EVENT

FREE

Traveling THE *Journey* Together

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 2, 2026, 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



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



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.



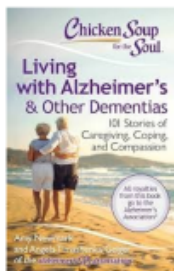
Happy Hour



FREE

EVENT

Online Book Club for Caregivers



Join us as we 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 begin online via Zoom,

Wednesday, June 24 2026. Members will receive a Zoom link in advance.



DATE: Wednesdays, September 23, October 14, 18, & Nov 11
1:00 to 2:00 PM



LOCATION: Online via Zoom



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



With Jenny Johnson, RN, BSN

Jenny has 24 years of experience in critical care, home health, and hospice. As the owner of Heart of Gold Nursing and an ACV volunteer, she is passionate about caring for seniors in the Coachella Valley.



(760) 776-3100 | cvalzheimers.org
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Mindfulness Meditation at ACV

Thursday, September 10
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 at our ACV Facility, 75105 Merle Dr., Suite 800, Palm Desert



Sound Bath Meditation for Couples

**Monday, September 21
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 **September 21, 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.

Returning in September!



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



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




Club Journey
FRIENDLY, SECURE, SOCIAL, SUPPORTIVE, FUN



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

August was full of adventure with visits from the **Mob Zoo**, **SCRAP Art Gallery**, and the **Friends of the Desert Mountains**.

Thank you to Indio **Mayor, Elaine Holmes**, for stopping by to say 'hi'!

Join us in September for more games, music, dance, and even mini golf!

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.





Thank you to **Hearts at Home**,
Mechanics Bank, and **Caring
Hearts Premier Home Care** for each
sponsoring a day at Club Journey!



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**
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

**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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**PLEASE NOTE THE ATRIA RANCHO MIRAGE SUPPORT GROUP IS BACK IN
SESSION ON THE 2ND AND 4TH THURSDAY OF EACH MONTH AT 10AM!**



EVENT

CEUs for Caregivers

FREE

Dementia Education Class

Dementia vs. Alzheimer's



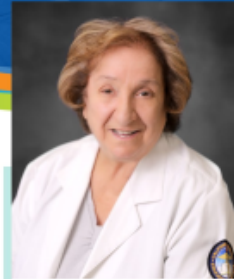
DATE: Thursday, September 24, 2026
5:30 to 6:30 PM



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.



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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

NOTE: Instead of holding Grief Support Group on **Friday, September 4**, Glen will be speaking about Anticipatory Grief: The hidden loss of cognitive decline and relationship loss. See separate flyer describing in detail this Special Event near the top of this eblast.



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



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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.

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



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