



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

ACV Offices Closed Monday,
October 12 in observance of
Columbus Day

Volume 9 | Issue 10 | October 2026

SUPPORT GROUP CALENDAR

Caregivers of Loved Ones with Dementia at Brookdale Mirage Inn

IN-PERSON

Mondays * Oct 12 & 26 * 10:30 AM

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

IN-PERSON

Monday * Oct 26 * 2:00 PM

Caregivers of Loved Ones with Dementia at Bella Villaggio

IN-PERSON

Tuesday * Oct 6 * 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 * Oct 14 & 28 * 1:00 PM

Caregivers of Loved Ones with Dementia at Atria Rancho Mirage

IN-PERSON

Thursdays * Oct 8 & 22 * 10:00 AM

Caregivers of Loved Ones with Dementia at Atria Hacienda

IN-PERSON

Thursdays * Oct 1 & 15 * 11:00 AM

Persons with Early Stage Memory Loss

IN-PERSON

Thursday * Oct 8 & 22 * 1:00 PM

MUST Pre-Register with Sasha

760-776-3100

Loss & Grief Support Group

IN-PERSON

Fridays * Oct 2 & 16 * 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 * Oct 19 * 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

NO Club Journey on Oct 28 & Oct 29**Club Journey Halloween Party**

IN-PERSON

Thursday * Oct 29 * 3:00 PM

SongShine for Parkinson's

ONLINE VIA ZOOM

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

Mindfulness Meditation

IN-PERSON

Thursday * Oct 1 * 2:00 to 3:30 PM

Happy Hour at P.F. Chang's

IN-PERSON

Wednesday * Oct 14 * 3:00 to 5:00 PM

Tunes for the Memories

IN-PERSON

Every Friday * 1:30 PM

CAREGIVER EDUCATION

Agitation & Anxiety in a Dementia**Patient**

IN-PERSON

Thursday * Oct 22 * 5:30 to 6:30 PM

HEALTH FAIRS/FERIAS DE SALUD

Coachella Valley Pharmacy**Flu & Covid Vaccine Clinic****FREE VACCINATIONS (Sorry, No Kaiser)**

Alzheimers Coachella Valley

75105 Merle Dr., Suite 800, Palm Desert

Thursday * Oct 8 * 9:00 AM to Noon

Desert Hot Springs Wellness Expo**IN-PERSON INFORMATION**

Desert Hot Springs Senior Center

11777 West Dr., Desert Hot Springs

Saturday * Oct 17 * 9:00 AM

Ernest Rehabilitation Hospital Health Expo**IN-PERSON INFORMATION**

Rehabilitation Hospital of Southern California

70077 Ramon Rd, Rancho Mirage, CA 92270

Wednesday * Oct 14 * 9:00 AM

OPEN HOUSE

Care. Community. Connection.

Save the Date!

Wednesday, October 28, 2026

5:30 - 8:00PM

Presenting the 5th Annual
Chuck Olsen Caregiver Award

For more information, call (760) 776-3100
or visit www.CVAalzheimers.org.



Click to RSVP for this FREE Event!



Alzheimers
Coachella
Valley

Presents

A

Special Viewing

of

Secrets...



Saturday, November 7, 2026, at 1:00 PM
Mary Pickford Theatre

36850 Pickfair St, Cathedral City



KATIE BOER

Screenwriter, Sherry Halperin, will be there, as well as cast and crew members including cinematographer, Alan Gitlin, and lead actress, Joyce Bulifant of the Mary Tyler Moore Show.

A special discussion will take place following the viewing moderated by KESQ's Katie Boer.



Tickets \$25 each



Scan the QR Code or visit www.cvalzheimers.org

Proceeds to benefit Alzheimers Coachella Valley



Click or Tap to Purchase Tickets!

**ACV's Signature Caregiver Communications
Class is back in November**



EVENT

FREE

with the Cognitively Impaired

Meaningful Conversations

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



DATE: Monday, November 2 & 9, 2026
10:00 AM to Noon



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



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



With Pat Kaplan & Judy Rhodes

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



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FLU & COVID VACCINE CLINIC

Thursday, October 8, 9:00 AM to Noon



**FLU
VACCINE**

Helps reduce flu illness,
hospitalization, and missed
days.



**COVID-19
VACCINE**

Helps lower your risk of
severe illness and supports
community protection.



**Open to all ACV
Group members
and the public**



**Medicare ID
Required (sorry, no
Kaiser patients.**

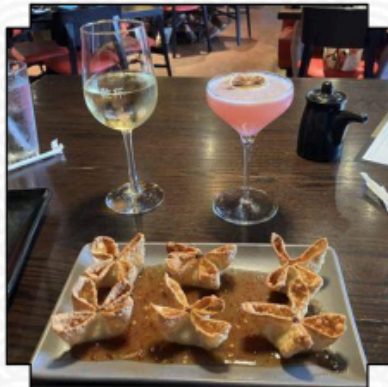


**Convenient
On-Site
Clinic**

**Alzheimers Coachella Valley
75105 Merle Dr, Suite 800, Palm Desert
(760) 776-3100**

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

Mindfulness Meditation at ACV **Thursday, October 1** **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, October 19** **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 **October 19, 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.

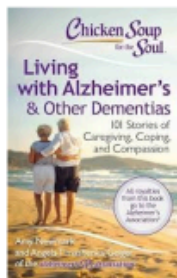




EVENT

FREE

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, 28, & 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.



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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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Club Journey
FRIENDLY, SECURE, SOCIAL, SUPPORTIVE, FUN



Club Journey was active in August! See what's coming up in October!

**Every Tuesday, Wednesday & Thursday
10:00 AM to Noon**

*Please note: there will be **NO** Club Journey on **October 28 or October 29** due to our Open House Event, but there will be a **special afternoon Halloween Party on October 29 at 3:00 PM.***

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

September was full of fun and nostalgia with visits from the **Golf Pro, Joe Simonds, SCRAP Art Gallery, singer Jan Abrams, and a vintage car show with the Palm Springs Cruisin' Association!**

Join us in October for more games, music, dance, and even a Halloween Party!

**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.





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!



(760) 776-3100 | cvalzheimers.org

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SCAN ME

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



EVENT

FREE

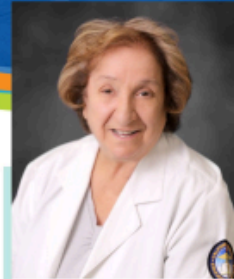
Dementia Education Class

CEUs for Caregivers

Agitation & Anxiety



In a Dementia Patient



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 22, 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



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Dede Ondishko returns to Tunes on October 30!

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



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



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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