



alzheimer's 
association®

Join Us for a NEW PROGRAM

for People in Early Stage Alzheimer's

Gaining Vocal Strength Through the Power Of Music

For the first time, SongShine is tailoring a class to our Alzheimer's population! Join this FREE, immersive program that does much more than simply strengthen voices!

- Songshine is designed around cutting edge science
- An exciting way to improve your vocal ability and cognitive functioning
- Increase your memorization strength, sequencing, and recall
- Learn effective breathing techniques to increase oxygen to the brain
- Strengthen your communication skills while having a great time!

Date: Every Tuesday

Time: 3:00pm—4:00pm

Location: Alzheimer's Association Office

74020 Alessandro Drive, Palm Desert



Caregivers are welcome to join the SongShine class, or to participate in "Coffee and Conversation", which will be held in a separate room with the opportunity to relax and spend time with other caregivers!

Register by phone: 760-996-0006 or email: ktspiegel@alz.org

Art Expressions

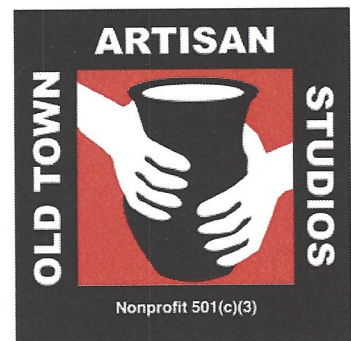


A New Art Program for People In Early Stages

Join us for this exciting partnership with Old Town Artisan Studios in La Quinta. Each week, people in the early stages of Alzheimer's disease and their care partners will take part in a different artistic activity, guided by a master trained artist.

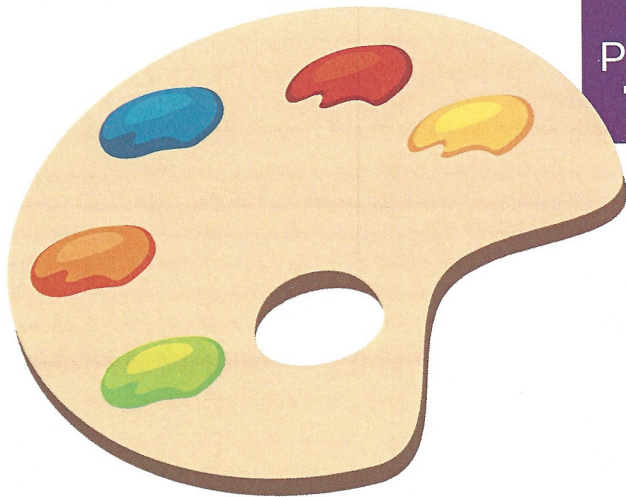
Projects can include:

- Working with ceramics
- Painting; water color, acrylic and others
- Working with bisque
- Working with art glass



RSVP Required

Please call the Alzheimer's Association at 760-996-0006 for more information



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Every Friday

from

1:00-3:00pm

Old Town Artisan Studios

78046 Calle Barcelona

La Quinta

Classes are FREE OF CHARGE

for all participants thanks to

OTAS and the

Alzheimer's Association!

Caregiver Essentials

A Comprehensive 4 Week Series!

In this new **FREE** class series, family caregivers will be given the tools and strategies to help them achieve the best possible experience in caring for their loved one with Alzheimer's disease. Topics will include:

- What to expect from each stage of the disease
- How to manage expectations and grow in acceptance
- How to manage triggers, behaviors, and have more effective communication
- The importance of self-care, including the Caregiver Stress Check and tools to help you strengthen your stress management and coping skills
- Tips on day to day and long term planning

**Classes run every
month for four weeks
on Tuesdays from
10:00am-12:00pm**

Alzheimer's Association
74020 Alessandro Dr #A
Palm Desert

RSVP Required 760-996-0006

RESPIRE

Scholarships are Available!

Please contact Kimberly at 760-996-0006
for more information

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Coachella Valley Program Calendar
All programs are free of charge



Support Groups
RSVP Required: call 760.996.0006

Date and Time	Support Group Name and Location	Details
Every Tuesday of the Month 10:00am-11:30am	La Quinta—Caregiver Support Group at Caleo Bay 47-805 Caleo Bay Drive, La Quinta, CA 92253	Please RSVP 760.996.0006
Every Wednesday of the Month 10:00am-12:00pm	Palm Desert—Caregiver Support Group at ALZ Office 74020 Alessandro Drive, Ste. A, Palm Desert, CA 92260	Please RSVP 760.996.0006
Every Thursday of the Month 9:00am - 11:00am	Palm Desert—Caregiver Support Group at EMC Memory Care Center 42201 Beacon Hill #A, Palm Desert, CA 92211	Please RSVP Brian Hess 760.836.0232 **RSVP Required for Respite
Every Friday of the Month 10:00am - 11:00am	Cathedral City—Caregiver Support Group at Date Palm Country Club—Held in the Club House 36200 Date Palm Drive, Cathedral City 92234	Please RSVP 760.996.0006
Every 2 nd and 4 th Tuesday of the Month 10:00am-11:30am	Indio—Caregiver Support Group at Indio Senior Center 45-700 Aladdin St., Rm #100, Indio, CA 92201	Please RSVP 760.996.0006
Every 2 nd and 4 th Thursday of the Month 11:00am-12:00pm	Joshua Tree—High Desert Caregiver Support Group 6601 White Feather Road, Joshua Tree, CA 92252 High Desert Medical Center, Helen Gray Bldg	Please RSVP 760.996.0006
Every 3 rd Thursday and 4 th Monday of the month 10:00am —12:00pm	Banning—Caregiver Support Group at Sun Lakes Country Club 850 Country Club Dr., Banning, CA 92220	Please RSVP Diane Stone 951.769.0130
Last Monday of the month 2:00pm - 3:00pm	Desert Hot Springs—Caregiver Support Group at Desert Cove 13660 Mountain View Rd., Desert Hot Springs 92240	Please RSVP Selene Aguilar 760.671.7820

ADDITIONAL NO-COST SUPPORT SERVICES

24/7 HELPLINE
1.800.272.3900

Our professionally-trained staff offers support and provides translation services in more than 200 languages.

ALZCONNECTED

This free social networking community operates 24-hours a day, 365 days a year and is dedicated to anyone impacted by Alzheimer's. Join the conversation at alzconnected.org.

ALZ.ORG/SOCAL

The Alzheimer's Association California Southland Chapter offers a variety of in-person and online education programs to support those facing Alzheimer's and their caregivers.

**Coachella Valley Education Calendar
February 2019**
All programs are free of charge



In-Person Education
RSVP Required: call 760.996.0006

Date and Time	Program Name	Details
<p>Tuesday, February 5 10:00am - 12:00pm</p> <p>Tuesday, February 12 10:00am -12:00pm</p> <p>Tuesday, February 19 10:00am -12:00pm</p> <p>Tuesday, February 26 10:00am-12:00pm</p>	<p>Living with Alzheimer's - Caregiver Essentials 4 Part Series</p> <p><i>In this 4 week comprehensive series, family caregivers will be given the tools and strategies necessary to manage and enhance their role in caring for their loved one with Alzheimer's disease. The series includes: what to expect from each stage of the disease, day to day and long term planning and task management, how to manage triggers, behaviors and have more effective communication, and safety considerations. There is also a focus on caregiver self-care, stress management and coping skills.</i></p> <p>*RESPITE SCHOLARSHIPS ARE AVAILABLE AND MUST BE PRE-ARRANGED THROUGH THE ALZHEIMER'S ASSOCIATION PRIOR TO THE BEGINNING OF THE SERIES. CONTACT KIMBERLY FOR DETAILS AT ktspiegel@alz.org OR 760.996-0006.</p>	<p>RSVP Required 760-996-0006</p> <p>Location Alzheimer's Association 74020 Alessandro Drive #A Palm Desert, CA 92260</p>
<p>Friday, February 1 10:00am—11:00am</p>	<p>Effective Communications</p> <p><i>Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.</i></p>	<p>RSVP Required 760-996-0006</p> <p>Location Alzheimer's Association 74020 Alessandro Drive #A Palm Desert, CA 92260</p>
<p>Friday, February 15 10:00am—12:00pm</p>	<p>Legal and Financial Planning</p> <p><i>Legal and Financial Planning for Alzheimer's Disease is an interactive education program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.</i></p>	<p>RSVP Required 760-996-0006</p> <p>Location Alzheimer's Association 74020 Alessandro Drive #A Palm Desert, CA 92260</p>

Coachella Valley Education Calendar
February 2019
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Date and Time	Program Name	Details
<p><i>Friday, February 1</i> 1:00pm - 3:00pm</p> <p><i>Friday, February 8</i> 1:00pm - 3:00pm</p> <p><i>Friday, February 15</i> 1:00pm - 3:00pm</p> <p><i>Friday, February 22</i> 1:00pm - 3:00pm</p>	<p>Art Expressions Join us for this exciting partnership with Old Town Artisan Studios in La Quinta. Each week, people in the early stage of Alzheimer's disease and their care partners will take part in a different artistic activity, guided by a master trained artist. Projects can include:</p> <ul style="list-style-type: none"> -Working with ceramics -Painting; water color, acrylic and others -Working with bisque -Working with art glass. 	<p>RSVP Required 760-996-0006</p> <p>Location Old Town Artisan Studios 78046 Calle Barcelona La Quinta, CA 92253</p>
<p><i>Tuesday, February 5</i> 3:00pm—4:00pm</p> <p><i>Tuesday, February 12</i> 3:00pm—4:00pm</p> <p><i>Tuesday, February 19</i> 3:00pm—4:00pm</p> <p><i>Tuesday, February 26</i> 3:00pm—4:00pm</p>	<p>Song Shine - Early Stage Program SongShine provides a music based, fun and creative program for those in the early stages of Alzheimer's disease. Participants will learn tools to increase their vocal ability, cognitive functioning, sequencing and recall, and all through the music that they know and love! Caregivers can join the "Coffee and Conversation" in a separate room where they can relax and unwind together while their loved one enjoys their Songshine experience.</p>	<p>RSVP Required 760-996-0006</p> <p>Location Alzheimer's Association 74020 Alessandro Drive #A Palm Desert, CA 92260</p>

Date and Time	Online Education	Details
<p><i>Available anytime:</i> 24 hours a day 7 days a week 365 days a year</p>	<p>Topics include: Healthy Living for Your Brain and Body; Tips from the Latest Research; The Basics: Memory Loss, Dementia, and Alzheimer's Disease; Effective Communication Strategies; Understanding and Responding to Dementia-Related Behaviors; Legal and Financial Planning for Alzheimer's Disease; and Living With Alzheimer's Disease.</p>	<p>Website: Training.alz.org</p>

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