CarePartners INITIATIVE

Learning to Live with Memory Loss

JANUARY 2025 NEWSLETTER

caring for the caregiver

CONTENTS IN THIS ISSUE

1 Happy New Year!
2 2024 - In Memoriam
3 Memory Cafes
4 Support Groups
5 Social Activities Group
6 Volunteer Profile
7 Dementia Friendly Sonoma
8 Volunteers Needed!
9 Library at Vintage House
10 Book Report
11 Resource Corner
12 Monthly Quote
13 Humor
14 Please Consider Donating

Happy New Year from CarePartners Initiative!

2024 was a very successful year. Our Memory Cafe met the 2nd and 4th Mondays of each month with the caregivers and their loved ones with memory decline. Led by Heidi Lage, LMFT, a measure of the success was the 100% attendance from virtually all of these care partners.

We want to take this opportunity to thank you for your participation and support.

Our Team is looking forward to 2025 and our outreach to more local senior communities.

Whitney Evans, Founder

2024 - In Memoriam

The CarePartners Team would like to share a moment of remembrance and honor those loved ones who attended our program who passed in 2024:
Jeanette Evans
Harry Friedmann
Don McGillis
Alan Minkin
David Segal
Bob Ford

We acknowledge their caregiver's loss and continue to support them:
Whitney Evans
Helena Friedmann
Marcia McGillis
Marlene Minkin
Lucy Segal
Darlene Ford

The below photo is of the Tribute Table arranged for a recent Memory Cafe.

Memory Cafes

The original artwork painted by artist Alana Tilllman raised $725 for CarePartners Initiative. Thank you again Alana for your generous donation. Congratulations to Pat and Dick Severson who were the lucky winners of Alana's sunflower painting!
You can find out more about Alana here: Welcome - ArtXcursion

---

We had some wonderful Memory Cafes in December. On December 9th, we were visited by the 5th grade class from Prestwood Elementary School. We played holiday bingo, sang songs and made ugly sweater and gingerbread house ornaments together. It was so much fun that we set up a date for them to come back in the spring.
Our December 23rd Memory Cafe was a holiday celebration with carols accompanied by guitar and piano.

CarePartners offers a Memory Cafe twice a month on the 2nd and 4th Monday, 10:00 am - noon, at the Sonoma United Methodist Church (Community Room), located at 109 Patten Street, Sonoma.
Upcoming Memory Cafe dates are:
Monday, January 13
Monday, January 27

Attending a Memory Cafe is a very important time for loved ones and caregivers to socialize and enjoy fun activities. Loved ones must be accompanied by a caregiver, however, a friend or family member may bring the loved one in place of the primary caregiver. It's free to attend.

We hope to see you!

Support Groups for Caregivers for Loved Ones with Memory Decline (in-person and Zoom)

CarePartners offers a free in-person support group each month at the Sonoma United Methodist Church (Community Room), located at 109 Patten Street, Sonoma.

4th Wednesday, 11:00am - 12:30pm ✦ Facilitator: Heidi Lage, LMFT

- **Upcoming: January 22**

Please consider joining us.
It is a confidential space to share difficulties and wins with other caregivers.
It is truly validating to be in the company of others who intimately understand the journey of a care partner of a loved one with memory decline.

Testimonial: "*Having support groups to connect with has been great because you can talk about what you've been going through and everyone can relate. We talk about situations that have been challenging or tactics to use when actually caregiving. There is no judgment and knowing you are not alone in this journey is comforting.*"

NEW PROGRAM OFFERING!

CarePartners now offers a free once a month ZOOM caregiver support group.

1st Tuesday, 12:00-1:30 pm ✦ Facilitator: Heidi Lage, LMFT

- **Upcoming: January 7**

Have you been hesitant to join our caregiver group because it is only offered in-person? Are you unable to leave your loved one to attend a support group? Do you work and only have a lunch break to attend a support group? Or do you want to attend two caregiver support groups a month (once in-person and one via Zoom)? Then this group is for you! You can join via video teleconferencing or simply call in.
Please contact Heidi Lage, LMFT, for a short intake and the Zoom link.: 707-640-3734.
You don't need to do this alone.

Social Activities Group

December Social Activity

Our local favorite florist in Sonoma, Anne Appleman, joined us to guide us through making holiday arrangements in cute nutcracker vases! It was a bring your own lunch gathering. Everyone had a festive time, and we send many thanks to Anne!

January Social Activity
Hula Mai Dancers
Monday, January 6, 12:00 - 2:00 pm

The Hula Mai Dancers are coming back! They will be providing entertainment at our January "bring your brown bag lunch" social activity which will be held at the Clubhouse at Serena Park Mobile Home Park which is located at 951 Fifth Street West, Sonoma.
If you plan on attending, please email Susanne at sippelsusanne@gmail.com. We hope you can join us!

Volunteer Profile

Brady Hoff came to Sonoma with his family in 1991 and has been associated with the Methodist Church here since 1995. He comes from a musical family and was encouraged to have piano lessons at eight years old and guitar lessons at fourteen years old. He was more passionate about playing the guitar rather than the piano and has more or less been self-taught since then. He focused mostly on song leading for various churches over the years and because life got in the way he was late in taking his music seriously. Both of his daughters grew up in Sonoma and now that he is retired, he hopes to get more involved with Sonoma's music scene.

He says that playing music for the CarePartners memory cafes and social activities have been wonderful for him. He has been challenged to work with a different genre of music he never would have considered before and it has made him a better musician because of this experience. CarePartners is grateful for the time and talent he shares with us!

Dementia Friendly Sonoma Valley

Sonoma is a Dementia Friendly Community
Dementia Friendly America: https://dfamerica.org/
Part of our mission is to deepen awareness of the symptoms and signs of dementia. As a community, we can enhance the safety and quality of life for the estimated 1,000 people in Sonoma Valley with dementia and their caregivers.
Dementia is complex. Here's a short video that summarizes it well.
https://www.youtube.com/watch?v=_KlRpFu1Ub8
If you would like more information on Sonoma's program, please visit the Dementia Friendly Sonoma Valley information page on our website here.

Volunteers Needed!

Want A New Sense of Purpose in Your Life?
"*Volunteers are America's silent strength. Those who give of themselves in a spirit of unselfish devotion to the needs of others are truly this nation's most generous, unsung heroes.*"
William Ward

We would love to welcome you as a volunteer at one of our hosted Memory Cafes - a safe and supported place for individuals with memory decline and their care partner.

It's a comfortable atmosphere where everyone can come together for shared experiences doing craft activities, interacting with guest artists, musicians, therapy pets, and all sorts of fun socializing while making friends! We hope you can contribute some of your time by lending a helping hand or a listening ear. We know that those in attendance will appreciate your time.

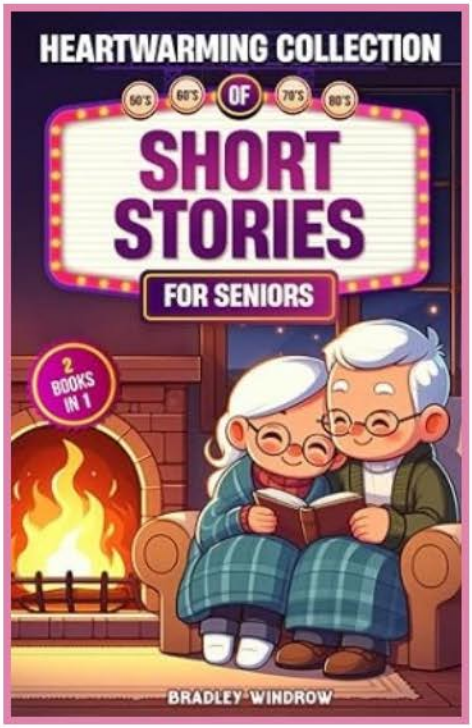
Memory Cafes take place on the second and fourth Monday of each month, 10:00 am - Noon, and are held at the Sonoma United Methodist Church, 109 Patten St., Sonoma. Training is provided.
For more information, please call or email Heidi Lage, 707-640-3734 | heidilagelmft@gmail.com
We look forward to hearing from you!

CarePartners' Library at Vintage House

CarePartners Initiative has a collection of books and DVDs relating to caregiving of loved ones with dementia in the library at Vintage House. The above photo on the left shows the location of the shelf on the right-hand wall next to the clock, just inside the Vintage House library, and the photo on the right shows the shelf itself. The books must be checked out at the front desk and returned ASAP. If you have library donations, please contact Susanne: sippelsusanne@gmail.com

Vintage House Senior Center is located at 264 1st St. East, Sonoma.
We hope you have an opportunity to stop by the Vintage House library to delve into all our resource shelf has to offer. A small sample is listed below.

Book Report



Heartwarming Collection of Short Stories for Seniors
by Bradley Windrow (Author)

Heartwarming Collection of Short Stories for Seniors is a delightful compilation of uplifting, easy-to-read short stories tailored for seniors and is presented in large print. It brings together over 80 heartwarming, inspiring, and humorous tales written with seniors in mind.

From lighthearted moments that will make you chuckle to stories that evoke memories of the good old days, this collection is designed to stimulate the mind and lift the spirit.

This book addresses the unique needs of seniors by providing:
• Large Print for Effortless Reading: Say goodbye to eye strain with text that's easy on the eyes, allowing you to read comfortably for hours.
• Short, Engaging Stories: Each tale is short enough to enjoy in one sitting, making it perfect for seniors with limited time or attention spans.
• Nostalgic and Uplifting Themes: Every story brings warmth, joy, and a sense of connection, tapping into cherished memories and heartwarming moments.
• Perfect Gift for Seniors: A heartfelt and practical present that offers joy, laughter, and warmth to your elderly loved ones.
• Mental Stimulation and Memory Triggers: The simple, relatable stories help keep the mind active and encourage memory recall, all while entertaining and uplifting.
• Timeless Lessons in Simple Pleasures: From friendships and family bonds to loyalty and redemption, these stories provide timeless lessons that speak to readers of all ages.
• And more!

Resource Corner

Redwood Caregiver Resource Center Website: https://www.redwoodcrc.org/
Telephone: Monday - Friday 9am - 5pm (707) 542-0282 | (800) 834-1636
The mission of Redwood CRC is to help families and communities master the challenges of caring for adults with brain disorders through programs and services that address the emotional, physical, and financial needs of family caregivers. All services are free or low cost. Throughout the year Redwood Caregiver Resource Center offers a variety of classes.

Respite Care If needed: Redwood CRC helps families locate appropriate respite care for a loved one. Limited financial assistance may be offered to help with the expense of in-home aids, daycare, overnight care, weekend respite or transportation for a family member with brain impairment.

Caregiver 101 Class | via Zoom
For the family members or caregivers of loved ones with dementia.
Discussion: Strategies for dealing with dementia associated symptoms and the importance of advance planning. Who should attend: Family members or caregivers of patients who have a diagnosis of dementia. It is recommended that patients with dementia should not attend this class.
Tuesday, January 21
Time: 1:30 - 3:30 pm
Phone: (707) 582-2329
Click here to register.

Share & Care Support Group
2nd and 4th Thursday of each month, 10:00 am - 12:00 pm
ZOOM video teleconferencing or call-in
Evening Caregiver Support Group
(in partnership with First Presbyterian, Santa Rosa Care Ministries)
2nd Thursday of each month, 6:00 - 7:30 pm
ZOOM video teleconferencing or call-in
• To receive Zoom information please contact
Amie at axh@redwoodcrc.org | Telephone: 707-582-2329

Empowered Caregiver: Building Foundations of Caregiving | via Zoom
Hosted by: Caregiver Resource Center OC
The Empowered Caregiver education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. You must register for each class individually – all links can be found at: https://www.caregiveroc.org/educational-classes
Other class topics include:

- Supporting Independence (January 22nd)
- Communicating Effectively (February 5th)
- Responding to Dementia Related Behaviors (February 19th)
- Exploring Care and Support Services (March 5th)

Date: Wednesday, January 8
Time: 5:30 - 6:30 pm
Phone: (800) 543-8312
Click here to register for the January 8th class.

First Steps for New Caregivers | via Zoom
Hosted by: Caregiver Resource Center OC
At the beginning stages of caregiving, it can be a struggle, it can be confusing and sometimes frightening. Learn about what steps you need to take, where to start and what to do. Learn to reach out to people, services, and information that will be a guide for you to help care for a loved one. The earlier you act and find support, the sooner you'll get a handle on the confusion and frustration that is often experienced in the caregiving process.
Date: Friday, January 10
Time: 10:00 - 11:00 am
Phone: (800) 543-8312
Click here to register.

Caregiver Grief | via Zoom
Hosted by: Valley Caregiver Resource Center
We will welcome our guest speaker Jessica Bloom-Welford, MS, LMFT, a Licensed Marriage and Family Therapist. She will be giving us information on the different types of grief, including anticipatory, that are common among caregivers, exploring the stages of grief, understanding the emotional and behavioral impacts, developing coping strategies and more.
Date: Tuesday, January 21
Time: 2:00 - 3:30 pm
Phone: (800) 541-8614
Click here to register.

Best Practices with Challenging Dementia Behaviors | via Zoom
Hosted by: Valley Caregiver Resource Center
This workshop is to help caregivers understand common dementia-related behaviors, learn effective communication strategies, positive ways to respond to troubling dementia-related behaviors, maintain a positive attitude and an opportunity to offer and receive support from others.
Date: Tuesday, January 28
Time: 6;00 - 7:30 pm
Phone: (800) 541-8614
Click here to register.

Listen: Powerful Tools for Caregivers Relaxation Recordings
Click here to get relaxed and focused with the free Powerful Tools Relaxation recordings:
- Progressive Muscle Relaxation
- A Walk to the Beach with Guided Imagery.

Monthly Quote

Humor

PLEASE CONSIDER A DONATION

We are planning big things in 2025. We're excited and know there is so much more we can do. We need your help as we expand our programs to support caregivers and their loved ones impacted by memory decline. Our programs touch lives and make a difference, and you can too.

Please consider a tax-deductible donation. It will help drive our efforts to expand our programs and reach many more people whose lives can be transformed. We appreciate that you have many choices when it comes to your charitable giving, and we would be grateful for any amount you choose to give.

Help us provide programs & services.
DONATE NOW!

CarePartners Initiative
P.O. Box 101
Sonoma, CA 95476

Add us to your address book
Helpline: (707) 732-9436

Copyright © 2025 CarePartners Initiative, All rights reserved.