OCTOBER 2025 E-NEWSLETTER

Happening This Month:
A CarePartners Initiative Forum

Join us for our educational forum - the screening of the documentary film "Wine, Women, & Dementia."

★ The documentary feature Wine, Women, & Dementia offers a candid and heartfelt look into the lives of women caring for loved ones with dementia, using humor, honesty, and humanity to shed light on an often-overlooked journey.

It's a roadtrip connecting the disconnected - because until there's a cure, there's community.

★ FILM SYNOPSIS ★

"Wine, Women, & Dementia" tells the tale of dementia life through the lens of the family caregivers who strive to accept the beauty and the brutality, the hilarious and the horrific - for themselves and their dementia person. It a celebrates family caregivers while exploring themes of familial duty, perseverance, the power of surrender, the aftermath of healing, and most importantly, how to honor LIFE on the long road to death.

Seeking healing and comfort in community, a dementia family caregiver roadtrips the U.S. to swap caregiver stories of love, humor, devotion, and death with other dementia caregivers who share this hilariously heartbreaking end-of-life journey.

When: Saturday, October 25
Where: Sonoma Community Center
276 E. Napa Street, Sonoma

- 2:30 - 3:00 pm - Wine reception
- 3:00 - 3:15 pm - Welcome speaker
- 3:15 - 4:45 pm - Film screening
- 4:45 - 5:15 pm - Q & A session

To purchase tickets, scan the above QR code or click HERE.

Memory Cafe

CarePartners Initiative offers a free Memory Cafe twice a month on the 2nd and 4th Monday, 10:00 am - 12:00 pm, at the Sonoma United Methodist Church (Community Room), located at 109 Patten Street, Sonoma.

Upcoming Memory Cafe dates:
Monday, October 13 - CANCELLED due to Columbus Day
Monday, October 27

On September 8th, we had a “New York” theme Memory Cafe! We had saxophonist Alan Early and pianist Scott Lawrence play us some beautiful New York themed tunes. We played “Name that Tune Broadway Play” and even had a visit from the Statue of Liberty!

Our Carnival themed Memory Cafe was September 22nd and it's always a favorite! Clowns, games, popcorn and prizes. The smiles and laughter were contagious.

Extra thanks to our amazing volunteers as it is quite a production and we were blessed with so much help!

Attending a Memory Cafe is an 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!

Memory Cafe Adventures

CarePartners Initiative offers a free Memory Cafe Adventures program once a month on the 3rd Thursday, 10:00 am - 12:00 pm, meeting at a different location within our Sonoma Community each month.

Upcoming Memory Cafe Adventures date: Thursday, October 16

For our next Memory Cafe Adventure on **Thursday, 10/16**, the group will be enjoying a tour of the Sonoma Barracks. California State Park docents in period costumes will be giving us an exclusive behind the scenes tour and history of the barracks and we will end the adventure with ice cream! Please RSVP here by 10/13 as we are limited to 16 participants.

The Barracks is located in the Sonoma State Historic Park at 36 E. Spain St., Sonoma. There is parking along Spain Street as well as a parking lot behind the Barracks.

A bit of history: Sonoma Barracks was erected in 1836 by General M. G. Vallejo. It became the headquarters of the Bear Flag Party, which in June 1846 proclaimed a 'California Republic' and raised the Bear Flag on Sonoma's Plaza. Twenty-three days later, on July 7, 1846, Commodore John Drake Sloat took possession of California for the United States government. Stevenson's Regiment, Company C, U.S.A., occupied the barracks in April 1847.

On September 18th our new Memory Cafe Adventures program visited The Sebastiani Theatre for a showing of “Singing in the Rain." What a wonderful film and day! Thank you to Sebastiani Theatre for donating popcorn and soda.

Support Groups for Caregivers (in-person and Zoom)

CarePartners offers a free in-person support group each month.
Location: Sonoma United Methodist Church,109 Patten St., Sonoma

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

Please **RSVP** here to let us know if you plan to attend. We are limiting the support groups to 10 people to be sure everyone has adequate time and space to share.

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.*”

CarePartners offers a free ZOOM caregiver support group each month.

2nd Tuesday, 12:00-1:30 pm ✦ Facilitator: Heidi Lage, LMFT
- **Upcoming: Tuesday, October 14**

Please **RSVP** here to let us know if you plan to attend. We are limiting the support groups to 10 people to be sure everyone has adequate time and space to share. If needed, you may attend our two monthly caregiver support groups (once in-person and one via Zoom).

Please contact Heidi for a short intake and the Zoom link. Telephone (707) 640-3734 or email here.

Social Activities Group

For our September Social Activity we enjoyed the great outdoors at Sonoma Garden Park with a bring your own lunch and with music provided by our talented volunteer Brady Hoff. The park was lovely, the weather magnificent, the music was awesome and the attendees happy! A relaxing social time was enjoyed by everyone.

October Social Activity

There is no scheduled Social Activity in October.

SAVE THE DATE for our November Social Activities Group event!
On Wednesday, November 19th, our local florist Anne Appleman will join our Social Activities group to assist us in assembling a Thanksgiving arrangement of fall colors for us to bring home! It will be a wonderful way to start the holiday season. Anne is a gifted florist, and we are grateful she shares her talent with us!
Location and timing TBD.

Featured Resource

Golden Harvest Senior Resource & Wellness Faire
Date: Saturday, October 11, 2025
Time: 10:00 AM to 2:00 PM
Location: Sonoma Community Center, 276 East Napa Street, Sonoma, CA

Engage with community services on:
Housing for All Stages & Ages • Health Reimagined • Inclusion & Equity, Not Isolation • Caregiving that Works • Affording Aging

Participating Community Partners:
Adobe Drugs • All 4 Seniors • Autumn of Life Planning • By The Bay Health • Cancer Support Sonoma • **CarePartners Initiative** • Cogir of Sonoma • Cogir Sonoma Plaza • Council on Aging • Danielly's Fitness • Dean Zellers Insurance • FISH • HICAP (Health Insurance Counseling and Advocacy Program) • Hired Hands Inc. Homecare • Hummingbird Project • Long-term Care Ombudsman • Med-Ink • MuirWoods Memory Care • PACE Napa County • SHARE Sonoma County • Share the Care • Silver Carriage • Sonoma Community Center • Sonoma County Aging & Disability • Resource Hub • Sonoma Splash • Sonoma Valley Community Health Center • Sonoma Valley Hospital • Sonoma Wealth Advisors • Sutter Care at Home • Vintage House

Please be sure to visit us at our table!

Dementia in Local News

The Sonoma Index-Tribune

Article by Dan Johnson | Published: September 23, 2025

Hanna Center is partnering to launch a new program on its campus that will provide adult daytime care services for Sonoma Valley residents and others with cognitive challenges as well as respite for their caregivers.

Today & Together, which is targeted to open on Jan. 5, in a 5,600-square-foot space, will offer approximately 110 seniors supervised care, meals and structured activities that will be available Monday through Friday from 8 a.m. to 6 p.m. Educational offerings for caregivers also will be provided.

“This program represents a new chapter of care for Sonoma Valley, filling a long-standing gap in services for older adults with dementia and their caregivers,” said Cameron Safarloo, president and CEO of Hanna Center. “For example, Vintage House offers a small program that can serve a handful of individuals. Today & Together was developed to provide expanded support for adults with dementia and allow them to remain at home with their families for as long as possible.”

Whitney Evans, a member of the governing board for the CarePartners Initiative — which spreads awareness of the challenges facing Sonoma residents with cognitive decline and provides support for them — said that care from family and friends is their primary source of support.

“My experience as a caregiver for my wife gave me a deep understanding of the need and benefits of day care,” he said. “As dementia progresses over 10 to 15 years, the demands grow from manageable to 24/7 care, which often forces families into costly facility placement.” Evans said that in Sonoma Valley, about 1,000 people are currently living with dementia and that number is projected to double in the next decade. “This is a crisis we need to face directly,” he said. Click here to read the entire article.

Please Consider Donating

We need your help as we expand our **no cost 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. Thank you.

501 (c) (3) Tax ID: 94-2524840

Resource Corner

Caregiver 101 Class via Zoom
Date: Tuesday, October 21 | Time: 1:30 pm - 3:30 pm
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.
Click **here** to register.

Share & Care Support Group via Zoom
2nd and 4th Thursday of each month, 10:00 am - 12:00 pm
ZOOM video teleconferencing or call-in
• To receive Zoom information please contact
Amie at axh@redwoodcrc.org | Phone: (707) 582-2329

Evening Caregiver Support Group via Zoom
2nd Thursday of each month, 6:00 pm - 7:30 pm
ZOOM video teleconferencing or call-in
• To receive Zoom information please contact
Amie at axh@redwoodcrc.org | Phone: (707) 582-2329

Champions of Chaos Supportive Peer Weekly Meeting via Zoom
Date: Weekly on Wednesdays | Time: 12:00 pm - 1:00 pm
Champions of Chaos is hosted once a week and offered by enABLE Care ManagementSM. The virtual gatherings are always free and always optional. It is a supportive peer weekly meeting for individuals navigating the aging process for someone else. This is a mutual self-help group, not a therapy group. Hopefully, this group will provide emotional, psychological, and moral support for its members. Each of us is encouraged to participate to whatever extent we feel comfortable.

How the Free Champions of Chaos Group Works: Complete the registration form. Receive a link to the one-hour weekly call. Join as you can/need to.

Whether you need to vent, need to brainstorm resources or solutions, or just know that you are not alone in the chaos of helping someone through the challenging chapters of their lives, enABLE invites you to join whenever you can.
Click here to learn more or to register. Phone: (415) 828-3733

Types of Dementia: A Comprehensive Overview via Zoom
Date: Tuesday, October 14 | Time: 2:00 pm - 3:30 pm
A 90-minute class presented by Valley Caregiver Resource Center. Dementia is not a single disease, but a broad term encompassing a variety of conditions that affect memory, thinking, and behavior. For family caregivers, understanding the differences between these types can be challenging—and essential to providing informed care. This class will provide a clear and comprehensive overview of the major types of dementia, the specific regions of the brain they affect, and the unique symptoms and behaviors associated with each. Attendees will gain insights into how diagnoses are made and what those diagnoses mean for the care journey ahead. We are pleased to welcome Jason Gravano, PhD, Neuropsychologist and Associate Professor of Neurology, who will share his expertise and answer your questions.
Click **here** to register. Phone: (800) 541-8614

CarePartner Initiative's 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 email Susanne here.

We hope you have an opportunity to stop by the Vintage House library to delve into all our resource shelf has to offer.

Vintage House Senior Center is located at 264 1st St. East, Sonoma

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. Click here for a short video that summarizes it well. If you would like more information on Sonoma's program, please visit the Dementia Friendly Sonoma Valley information page on our website here.

Dementia Friends Milestones
There are currently 188,262 Dementia Friends throughout the United States.

Help Us Make a Difference!

Looking for a New Sense of Purpose in Your Life?

CarePartners Initiative is looking for volunteers with experience in fundraising, program management and hands-on help executing our many cost-free programs.

If you are looking for a rewarding volunteer experience, please contact us here or call our Helpline (707) 732-9436. We look forward to hearing from you!

"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 Arthur Ward, Who's Who in American Education

Don't forget to visit our website for more information about us and our no cost programs!

carepartnersinitiative.org

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