NOVEMBER 2025 E-NEWSLETTER

caring for the caregiver

Film Forum has great turnout!

Our Film Forum presentation of the acclaimed dementia documentary *Wine, Women, & Dementia* was a huge success! We sold over 96 tickets! One attendee sent CarePartners a note following the film with this message "The movie was thought-provoking, informative, funny and sad - I felt all the feels. What an excellent organization CarePartners Initiative offers the community!" An edited version of the film is available on PBS for those of you who were unable to attend.

THANK YOU to all who helped us make it happen, including:

★ The Sonoma Community Center was a wonderful and welcoming partner. Their flexibility in accommodating our needs as a 501(3)c organization created a supportive environment for all involved.

★ The assistance that the film producer, Kitty Norton, and the production company, Stumped Town Dementia Productions, provided was above and beyond and we are grateful for their assistance!

★ A special 'thank you' to our wine partners whose donations made our reception a very special event (click on links to learn more about them): Capo Isetta • Saxon Brown • Aloria Vineyards

★ We could not have brought the film to life on the screen without the very talented AV technician Nils Erickson, Traveling Monkey Sound, thank you!

★ Last but certainly not least - our amazing volunteers showed their heartfelt support by lending a hand and contributing their time!

We want to send a special THANK YOU to our panelists who did an excellent job during the Q&A session after the film!
Photo from left to right: Dr. Patricia Brooks, Chloe France, Pat Coleman, and our own Heidi Lage,LMFT

Wine, Women, & Dementia
The Documentary

November is National Family Caregivers Month

The annual national celebration of family caregivers was spearheaded by the Caregiver Action Network in 1994. Since 1997, every U.S. President has issued a proclamation recognizing the month.

How to get involved:

- Show appreciation: Express gratitude and support for the caregivers in your life.
- Provide support: Offer practical help, such as giving them a break, a gift certificate for a massage, or a meal delivery subscription.
- Educate others: Raise awareness about the issues caregivers face and the importance of support systems.

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, November 10 - CANCELLED IN HONOR OF VETERANS DAY
Monday, November 24

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!

Our Halloween themed Memory Cafe on October 27th was our biggest Memory Cafe yet!!! Many of our participants dressed in costume and we were joined by 5th graders from Prestwood School.

So many smiles and so much laughter: The 5th graders were kind, engaging and respectful. It is a wonderful sight to see generations learning from each other and working together. We decorated cookies and played Halloween Bingo.

Please join us for our Memory Cafe on November 24th for our "Thankful" themed Memory Cafe. We will be making a beautiful display out of pumpkins for your holiday table.

CarePartners Initiative also 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 in Sonoma each month.

We had a big group for our October's adventure at the Sonoma Barracks. We received a private tour by docents in period costume. As always we enjoyed music by volunteer Brady Hoff while we savored our ice cream outside on a beautiful day. Extra special thanks to our State Parks and their docents for their collaboration and to Mary's Pizza Shack for offering a discount on the ice cream.

Upcoming Memory Cafe Adventures date: Thursday, November 20
Don't miss our next Memory Cafe Adventures is a visit to Pets Lifeline. For November only the time will be 10:30 am - 12:00 pm (rather than 10:00 am - 12:00 pm). RSVP is required. Please RSVP here.

SAVE THE DATE: The Memory Cafe Adventures program for December will be Wednesday, December 10, due to holiday scheduling.

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, November 26**

Please consider joining us. It is a confidential space to share challenges and successes with other caregivers. It is truly validating to be in the company of others who intimately understand the journey of a caregiver.

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.

- The in-person support group for December will be Wednesday, December 17, due to holiday scheduling.

CarePartners offers a free ZOOM caregiver support group each month.

2nd Tuesday, 12:00-1:30 pm ✦ Facilitator: Heidi Lage, LMFT
- **Upcoming: Tuesday, November 11**

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.

CarePartners offers a free in-person grief support group.

4th Wednesday, 2:30 - 4:00 pm ✦ Facilitator: Heidi Lage, LMFT
Location: Sonoma United Methodist Church, 109 Patten St., Sonoma

Our grief support group has been well received and this inaugural 4-session series is full. We are already receiving requests to attend the next session which will be in 2026. If you are interested in attending the grief support group in the new year, please let us know by sending us an email here. Dates TBD.

The grief support group is for those who have lost their loved one due to dementia. It is a closed group. The grief support group is the same group of people for the entire series and includes a psychoeducation component. Each session builds on the previous session.

Social Activities Group

November Social Activity

Anne Appleman flowers

Please join us for a favorite event! Our local, very talented florist Anne Appleman is going to start our holidays by helping us make fall arrangements to bring home and enjoy with beautiful fall colors to set our tables! It is free to attend and please bring your own lunch.

We will be meeting on Wednesday, November 19, 12:00 - 2:00 pm (please bring your own lunch to enjoy). Flower arranging will be in the Community Room at the Sonoma United Methodist Church, located at 109 Patten Street, Sonoma (the same room where the Memory Cafes are held).

So that Anne can purchase the necessary supplies, we need your RSVP by Saturday, November 15. We hope you will come to this special activity. Please send your RSVP here.

Memory Cafe Interview on KSVY

KSVY91.3

Our own Memory Cafe Director Heidi Lage and music volunteer Brady Hoff were on KSVY radio on October 9th talking about our Memory Cafe. Click this link to listen to the recording of the interview.

Well done Brady and Heidi!

Our Memory Cafe Original Song and Video

memory cafe alliance™

CarePartners Initiative has entered a national contest to raise awareness about Memory Cafes! Alyssa Bonfigli, daugher of Memory Cafe Director Heidi Lage, LMFT, created a video that utilizes an original song written and performed by our music volunteer Brady Hoff. Please click here to watch and share with your friends. The winner will be based on most views.

Wish us luck!

Featured Resource

grief.com

The Caregiver's Journey: Love, Loss, and Living Grief
Online event with Emma Heming Willis and David Kessler

When Emma Heming Willis's husband, actor **Bruce Willis**, was diagnosed with frontotemporal dementia, she found herself — like so many caregivers — navigating a world that felt both tender and disorienting. Emma joins grief expert David Kessler to talk about her new book, *The Caregiver's Journey: Love, Loss, and Living Grief*. Together, they'll explore the often-unseen grief that accompanies caregiving — and the love, guilt, devotion, and complexity that live alongside it. In conversation with David Kessler, this time together will offer both reflection and real support.

Join for a live, online conversation about what it means to care, to grieve, and to keep loving through it all.
Date: Next week! Thursday, November 13th
Time: 12:00 – 1:00 pm via Zoom
Free with registration here | Replay available

Whether you're in the midst of caregiving, grieving what's been lost, or supporting someone who is, you are welcome here. There's no "right way" through this.

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

Make a Difference!
DONATE

Resource Corner

Caregiver 101 Class via Zoom
Date: Tuesday, November 18 | 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

Celebrating the Family Caregiver – Honoring Your Journey, Celebrating Your Heart
Date: Wednesday, November 19 | Via Zoom
Time: 1:00 pm - 2:30 pm
Together we will honor the dedication, strength, and love of family caregivers during National Family Caregivers Month. Participants will reflect on their caregiving journey, celebrate meaningful moments, and explore practical tools for self-care and empowerment. Together, we'll acknowledge the challenges and joys of caregiving while fostering connection, recognition, and inspiration.
Click here to register. Phone: (916) 728-9333

Champions of Chaos Supportive Peer Weekly Meeting via Zoom
Date: Weekly on Wednesdays
Time: 12:00 pm - 1:00 pm
The virtual gatherings are always free and always optional. 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. Everyone is encouraged to participate to whatever extent comfortable whether you need to vent, need to brainstorm resources or solutions, or just know that you are not alone

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. Click here to learn more or to register. Phone: (415) 828-3733

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 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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