CarePartners INITIATIVE

MARCH 2026 E-NEWSLETTER

caring for the caregiver

As we welcome Spring this month, our CarePartners Initiative team wants to thank our ever-growing participant community for spreading the word about our free programs and the impact they make in lives of caregivers. Because of your participation and support, each of our programs are nearing capacity. We are proud of that success and are focusing our efforts on fundraising and other ways we can continue to expand to meet the growing need in Sonoma Valley.

THANK YOU!

Monthly Program Flyer

CarePartners INITIATIVE

CarePartners Initiative supports caregivers and their loved ones living with dementia and other forms of memory decline. We provide transformative programs that offer relief, connection and confidence at no cost. Listed below are the programs we offer this month.

Monthly Schedule of Programs – MARCH 2026

ALL ARE FREE TO ATTEND

❖ Memory Cafe

Monday, March 9, 10:00 am - 12:00 pm

St. Patrick's Day theme and a special visit from a bunny.

Address: 109 Patten Street, Sonoma. No RSVP necessary.

❖ Zoom Support Group

Tuesday, March 10, 12:00 - 1:30 pm

Space is limited. RSVP by 3/7 to Heidi at heidilagelmft@gmail.com to register and receive a Zoom link.

❖ Memory Cafe Adventures

Wednesday, March 18, 10:00 am - 12:00 pm

Sonoma Valley Art Museum, 551 Broadway, Sonoma

Tour of the museum and art project.

Space is limited. RSVP by 3/13 to Heidi at heidilagelmft@gmail.com.

❖ Memory Cafe

Monday, March 23, 10:00 am - 12:00 pm

Movie theme - we are rolling out the red carpet...dress fancy!

Address: 109 Patten Street, Sonoma. No RSVP necessary.

❖ In-Person Support Group

Wednesday, March 25, 11:00 am - 12:30 pm

Address: 109 Patten Street, Sonoma. Space is limited.
RSVP by 3/23 to Heidi at heidilagelmft@gmail.com.

Helpline: 707-732-9436 www.carepartnersinitiative.org

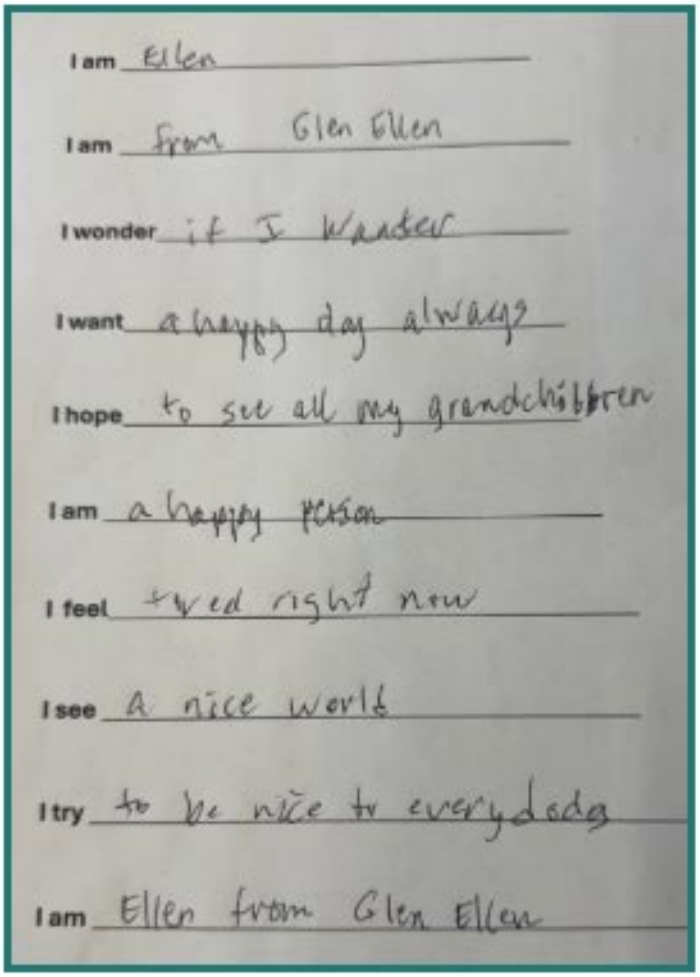
Click on the above image to print a copy.

Memory Cafe

At the **February 9th** Memory Cafe, we celebrated **Valentine's Day**. We sang love songs, played "Love and Romance Trivia," admired old photos of loved ones and made Valentine's cards. We were honored to enjoy Gregory Schram's piano skills. He played some beautiful love songs for us. What a treat enjoyed by all!

USS GROWLER
SSG-577
Helen

The theme of our **February 23rd** Memory Cafe was ***Art and Poetry***. We discussed different art pieces and how they made us feel. We wrote our own poems and enjoyed hearing two poetry readings: one by Jim Keck and one by Judy Altura.



I am Ellen

I am from Glen Ellen

I wonder if I wander

I want a happy day always

I hope to see all my grandchildren

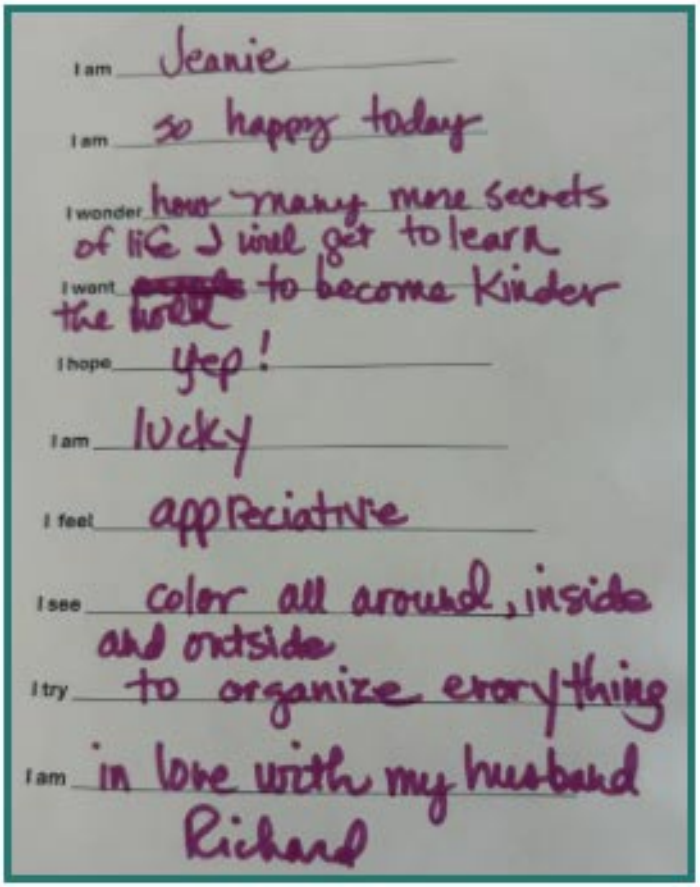
I am a happy person

I feel tired right now

I see A nice world

I try to be nice to everybody

I am Ellen from Glen Ellen



I am Jeanie

I am so happy today

I wonder how many more secrets of life I will get to learn

I want to become Kinder the world

I hope yep!

I am lucky

I feel appreciative

I see color all around, inside and outside

I try to organize everything

I am in love with my husband Richard

★ Upcoming Memory Cafe Dates

At our Memory Cafe on **March 9th**, we will celebrate **St. Patrick's Day** and have a visit from a special bunny.

At the Memory Cafe on **March 23rd** we will be rolling out the red carpet with an ***Oscar/movie theme***. We encourage you to dress fancy!

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.

Attending a Memory Cafe is a very important time for loved ones and caregivers to socialize and enjoy 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. We hope to see you!

Memory Cafe Adventures

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

Our Memory Cafe Adventure on **February 18th** was held at the Sonoma Community Center.

The Visual Arts Program Director, Jill Valavanis, led our participants in a project inspired by the art of Maija Peeples-Bright. It was so much fun and incredible to see all the creativity in the final product. See below to learn more about Maija Peeples-Bright.

Thank you so much to the Sonoma Community Center for partnering with us and for their continued support.

On View Now:
Maija Peeples-Bright: *Life is Just a Bowl of Terriers*

Exhibition at the Sonoma Valley Museum of Art
January 17 - April 26, 2026

The exhibition features a retrospective look at Peeples-Bright's career, from her early days of the Funk Movement to today.

Sonoma Valley Museum of Art is located at 551 Broadway, Sonoma.

★ Upcoming Memory Cafe Adventures Date: Wednesday, March 18

Our Memory Cafe Adventure for March will take place at **The Sonoma Valley Museum of Art**! We will get a tour of the museum and end the day with an art project. **This Memory Cafe Adventure is already full.**

Support Groups for Caregivers

★ **CarePartners Initiative offers a free in-person support group each month.**
Location: Sonoma United Methodist Church Community Room,109 Patten St., Sonoma
4th Wednesday, 11:00am - 12:30pm | Facilitator: Heidi Lage, LMFT
Upcoming: Wednesday, March 25

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.

★ **CarePartners Initiative offers a free Zoom support group each month.**

2nd Tuesday, 12:00 - 1:30 pm | Facilitator: Heidi Lage, LMFT
Upcoming: Tuesday, March 10

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. You may attend both our two monthly caregiver support groups (one in-person and one via Zoom) as space allows.

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

★ **CarePartners Initiative offers a free in-person GRIEF support group series.**

Weekly Thursdays in April: **4/2, 4/9, 4/16, 4/23** | Facilitator: Heidi Lage, LMFT
Time: 10:30 am - 12:00 pm
Location: Sonoma United Methodist Church Community Room, 109 Patten Street

The grief support group is a closed group (same people for the series) for those who have lost their loved one due to dementia. Participation in the entire series is required as each session builds on the last. The series will include psychoeducation on grief and loss, journaling, how to incorporate ritual, and traditional support from peers who understand the unique pain of losing someone you love to dementia. The group size is limited to six people. We have four spots remaining. Please **RSVP here** by March 15 to reserve your spot.

Social Activities Group

April Social Activity

The Sonoma Conservatory of Dance has graciously invited us to attend a dress rehearsal of *Por la Luz de la Luna*. The performance is free to attend, and we hope you can join us.

Date: Sunday, April 12 | Time: 1:00 pm
Sonoma Conservatory of Dance is located at 561 Broadway, Suite B, Sonoma.
Please RSVP to Susanne Sipple at sipplesusanne@gmail.com by April 10th.

Please Consider Making a Donation

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 helps 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 are grateful for any amount you choose to give. Thank you.

Inquiring Systems Inc. (ISI) is a 501(c)(3) nonprofit fiscal sponsor of CarePartners Initiative. ISI 's Tax ID: 94-2524840

Volunteer - Help Us Make a Difference!

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!

MAKE A DIFFERENCE
VOLUNTEERING IN YOUR COMMUNITY

Featured Article

The New Old Age
January 26, 2026
By Alice Park, Senior Correspondent , Time Magazine | Illustration by Jean Jullien for Time

Life once followed a familiar pattern. You'd go to school, get a job, build a family, and then, sometime in your 60s, retire, enjoying life for a few years until you grew too frail to live on your own. Then you might move in with family or check into a facility where you'd spend your "golden years."

A crucial part of that blueprint was an unsaid but universal assumption: that for the vast majority of people, life would not extend far beyond their 70s. That was based on the average lifespan when this still dominant picture of an American life arc was first formed, and it underpinned everything—from how people planned their careers to the way companies designed their pension plans. Yet now it looks like a relic.

Today, life expectancy in the U.S. stands at 79 years, compared with 68 in 1950. The upshot: 60 million Americans are now 65 or older—which is roughly equal to the combined populations of Spain and Portugal. A similar trend is playing out globally, with an estimated 2.1 billion people—or 1 in 5—projected to be 60 or older by 2050. Already, a third of all people in Japan are in that older age range; 60 more countries are expected to hit that ratio in the next 25 years.

More than a century's worth of scientific and social progress means that most of us are now more productive and more useful to society for far longer than in the past. Making sure that longer life —and an enjoyably longer life, at that—is a possibility for all will require more deliberate intervention from policymakers—as well as a continued push to think about the life course not in terms of chronological age, but as a continuum. (Click here to read the article in its entirety.)

Resource Corner

Redwood caregiver resource center

Caregiver 101 Class via Zoom
Date: Tuesday, March 17 | 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.

Effective Approaches to Dementia Behaviors
Date: Thursday, March 12 | Time: 2:00 pm - 3:30 pm
A 90-minute class presented by Valley Caregiver Resource Center. This class equips family caregivers with practical strategies to understand and respond to dementia-related behaviors. Participants will learn why certain behaviors occur, how to reduce triggers and ways to communicate more effectively. The session focuses on real-world approaches that promote safety, reduce stress and support a more peaceful caregiving experience. Click here to register.

Champions of Chaos Supportive Peer Weekly Meeting
Date: Weekly on Wednesdays | Via Zoom
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 meeting 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

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.

Please visit our website to learn more!
carepartnersinitiative.org

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Helpline: (707) 732-9436

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