CarePartners INITIATIVE

JUNE 2026 E-NEWSLETTER

caring for the caregiver

New Program Added!

JENNIFER BRISCOE, RN
Holistic Yoga Therapist

CarePartners Initiative is excited and proud to announce a new program for our caregivers - "**A Space Just for You**."

Led by Jennifer Briscoe, RN and holistic yoga therapist, this class offers a warm, supportive space to come together and find a little peace and rejuvenation. Free to attend and all are welcome. Learn more about Jennifer at https://www.jenniferbriscoe.com

Caring for others is a profound act of love and it asks so much of you. This class is an invitation to pause, breathe, and reconnect with your own body. No experience necessary, just come as you are.

Join us the first Wednesday of each month, 1:00-2:00 pm, at 109 Patten St., Sonoma, (the same location as our Memory Cafe), for a gentle hour of movement, breathwork, and meditation designed especially for caregivers. The first class takes place Wednesday, June 3. We hope you enjoy this new offering and look forward to your feedback.

RSVP is required to Jennifer: jennifer@jenniferbriscoe.com

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 – JUNE 2026

❖ A Space Just for You (NEW program!)

Wednesday, June 3, 1:00 - 2:00 pm

A gentle hour of movement, breathwork, and meditation designed especially for care partners. All are welcome. No experience necessary. Led by Jennifer Briscoe, RN and yoga therapist.

Address: 109 Patten Street, Sonoma. Space is limited.
Please RSVP by 6/1 to carepartners@gmail.com.

❖ Memory Cafe

Monday, June 8, 10:00 am - 12:00 pm

Art theme, special guest art facilitators Pat Coleman and Bonnie Tanis.

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

❖ Zoom Support Group

Tuesday, June 9, 12:00 - 1:30 pm

Space is limited. RSVP by 6/6 to Heidi at heidilagelmft@gmail.com to register and receive a Zoom link.

❖ Memory Cafe Out & About

Wednesday, June 17, 10:00 am - 12:00 pm

Games and music in the Plaza with ice cream sandwiches.

Meet at the amphitheater. No RSVP required.

❖ Memory Cafe

Monday, June 22, 10:00 am – 12:00 pm

4th of July theme.

❖ In-Person Support Group

Wednesday, June 24, 11:00 am - 12:30 pm

Address: 109 Patten Street, Sonoma. Space is limited.
RSVP by 6/21 to Heidi at heidilagelmft@gmail.com.

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

Click HERE to print a copy of the schedule

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.

Our May Memory Cafe was **Derby/Horse** themed. Some participants arrived adorned with fun Derby style hats, and everyone enjoyed some competition with foot newspaper "horse races."

A morning highlight was the 2nd annual visit from the Giant Steps Therapeutic Equestrian Center. They brought two horses into the courtyard for petting and enjoying, smiles were contagious. Participants were also given the opportunity to create their own Derby hats with some amazing results. What a talented group!

★ Upcoming Memory Cafe Dates ★

Our next Memory Cafe will be held on Monday, **June 8**. The theme will be **Art Appreciation** with special guest art facilitators Pat Coleman and Bonnie Tanis. No RSVP necessary.

Our Memory Cafe on Monday, **June 22**, will be **4th of July** themed! Join us in wearing red, white and blue.

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 Out & About

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

On Wednesday, **May 20th**, Memory Cafe Out & About made a trip to the Sebastiani Winery tasting room. Participants were treated to an enlightening tour of the historic tasting room; we learned about the biggest wine barrel in California (pictured below), among many other fun facts about the history of Sebastiani. We ended our visit enjoying cheese and crackers and grape juice over pleasant conversation in their outdoor courtyard. Be sure to RSVP early for our up and coming "Out & About" events as they fill up fast.

The Sebastiani cellar houses one of the world's largest collections of hand-carved oak and redwood barrels. This includes a towering 65,000-gallon redwood vat built over a century ago (pictured above).

★ Upcoming Memory Cafe Out & About Date: Wednesday, June 17

Our next Memory Cafe Out & About will be on Wednesday, **June 17th**, 10:00 am - 12:00 pm. It will be held in the Sonoma Plaza. We will meet in the amphitheater. On the morning's agenda will be games, music and ice cream sandwiches. Please RSVP if you would like to attend as space is limited and spots fill up fast! RSVP here early if you would like to attend.

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, June 24

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, June 9

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.

★ **COMING IN JULY!** ★

CarePartners is proud to offer a free second in-person support group each month. It will take place on the first Monday of the month, 12:00-1:30 pm, at 109 Patten Street, Sonoma (Sonoma United Methodist Church). The first date is Monday, July 6.

The support group will be led by a local therapist, Dr. Patricia Brooks. She holds an MSW and a PhD in Healing Psychology and Integrative Medicine. We are honored to have her join us!

Social Activities Group

ain't too proud
THE LIFE AND TIMES OF
THE TEMPTATIONS

June Social Activities Group Event

We have been graciously invited to a Transcendence Theatre Company sneak peek rehearsal of their upcoming show ***ain't too proud The Life and Times of the Temptations***. The rehearsal takes place next Tuesday, June 2, 5:00 - 6:00 pm.

We are at capacity and thus "Sold Out!" Thank you for your interest.

Resource Corner

Caregiver 101 Class via Zoom
Date: Tuesday, June 16 | Time: 1:30 - 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. Phone: (707) 582-2329

You're Not Alone: Managing Feelings of Sadness via Zoom
Date: Friday June 12 | Time: 9:00 - 10:00 am
This class provides information about depression and reviews coping skills. Introduces CBT triangle and engages participants in completing a worksheet that explores maladaptive thinking. Click here to register. Phone: (800) 543-8312

Understanding Sundowning Behavior via Zoom
Date: Tuesday, June 30 | Time: 11:00 am - 12:00 pm
A special presentation with Alzheimer's Orange County. The focus of this class will be to help you understand the causes of sundowning and practical strategies to reduce agitation and confusion in the evening hours. Click here to register. Phone: (800) 543-8312

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enABLE CARE MANAGEMENT

Champions of Chaos Supportive Peer Weekly Meeting via Zoom
Date: Weekly on Wednesdays | Time: 12:00 - 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

Please Consider Making a Donation

Click Here to Donate

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.

Your tax-deductible donation 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.

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

Volunteer

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!

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.

Please visit our website to learn more!

carepartnersinitiative.org

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

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