CarePartners INITIATIVE

JULY 2026 E-NEWSLETTER

caring for the caregiver

Happy 4th of July! Welcome to the United States' historic 250th birthday, marking a quarter-millennium of American independence since 1776. This year our nation will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence. The journey toward this historic milestone is an opportunity to pause and reflect on our nation's past, honor the contributions of all Americans.

Get Inspired! Tune In to ***America's Soundtrack.*** (studies show that music can mend minds). Reflect on the songs that have shaped our shared history and put yourself in a spirit to celebrate! ***America's Soundtrack*** is a collection of musical offerings featuring the artists, genres, and cultural movements that form the living, breathing soundtrack of our nation.

Stream the Soundtrack ↗

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 – JULY 2026

- **In-Person Support Group** | *Facilitator: Dr. Patricia Brooks*
  Monday, July 6, 11:00 am - 12:30 pm
  Address: 109 Patten Street, Sonoma. Space is limited.
  RSVP by 7/3 to Dr. Brooks at pbrooksphd@gmail.com.

- **A Space Just for You** | *Led by Jennifer Briscoe, RN and yoga therapist*
  Wednesday, July 8, 1:00 - 2:00 pm
  A gentle hour of movement, breathwork, and meditation designed especially for care partners. No experience necessary.
  Address: 109 Patten Street, Sonoma. Space is limited.
  Please RSVP by 7/5 to jennifer@jenniferbriscoe.com.

- **Memory Cafe**
  Monday, July 13, 10:00 am - 12:00 pm
  Baseball theme.
  Address: 109 Patten Street, Sonoma. No RSVP necessary.

- **Zoom Support Group** | *Facilitator: Heidi Lage, LMFT*
  Tuesday, July 14, 12:00 - 1:30 pm
  Space is limited. RSVP by 7/11 to Heidi at heidilagelmft@gmail.com to register and receive a Zoom link.

- **In-Person Support Group** | *Facilitator: Heidi Lage, LMFT*
  Wednesday, July 22, 11:00 am - 12:30 pm
  Address: 109 Patten Street, Sonoma. Space is limited.
  RSVP by 7/19 to Heidi at heidilagelmft@gmail.com.

- **Memory Cafe**
  Monday, July 27, 10:00 am – 12:00 pm
  50's theme.
  Address: 109 Patten Street, Sonoma. No RSVP necessary.

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.

LOCATION: Sonoma United Methodist Church (Community Room), 109 Patten St.

Our Memory Cafe on **June 8th** was ***Art Appreciation*** themed. Participants enjoyed guest speakers Pat Coleman and Bonnie Tanis who helped us explore new ways to look at art. For our craft, participants were able to tap into their creative side by decorating stones with some fabulous results. It was a fun morning filled with warmth and meaningful conversation.

Our second Memory Cafe on **June 22nd** was ***4th of July*** themed. Participants took center stage with some amazing 4th of July outfits. A brother/sister duo dressed as a 4th of July picnic, including picnic baskets and bringing real hot dogs! The morning was filled with laughter and conversation while enjoying banana splits and old-fashioned Bingo.

★ Upcoming Memory Cafe Dates ★

★ Our next Memory Cafe will be held on Monday, **July 13**. The theme will be **Baseball.** No RSVP necessary.

★ Our Memory Cafe on Monday, **July 27**, will be **The Fabulous 50s** themed. No RSVP necessary.

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, **June 17**, Memory Cafe Out & About met at Sonoma's Plaza and we had a super fun time socializing, playing cornhole, bocce ball and enjoying ice cream sandwiches. We were lucky to have our ever-supportive volunteer, Brady Hoff, join and play music for us.

★ Upcoming Memory Cafe Out & About Date: August 19

Our next Memory Cafe Out & About will be on Wednesday, **August 19**, 10:00 am - 12:00 pm. It will be held at the Sonoma Valley Museum of Art. This event filled up very quickly last time as it is a favorite event! Space is limited. Please be sure to RSVP here if you would like to attend. We can accommodate up to 18 people, however only the first 10 people to RSVP can do the art project at the end of the tour.

A SPACE JUST FOR YOU

Our A Space Just for You program is held on the 1st Wednesday of the month.
Time: 1:00 - 2:00 pm. Upcoming Date: Wednesday, July 8
Address: Sonoma United Methodist Church (Community Room), 109 Patten St., Sonoma
The program is a gentle hour of movement, breathwork, and meditation designed especially for caregivers. No experience necessary. Space is limited.
Please RSVP here by 7/5 or email to jennifer@jenniferbriscoe.com.

Our first "A Space Just for You" program held last month was a great success! We hope you will give it a try.

JENNIFER BRISCOE, RN
Holistic Yoga Therapist

Expanding Support Groups for Caregivers

★ **CarePartners Initiative now offers TWO (2) free in-person support groups each month.** We are limiting the support groups to ten (10) participants to be sure everyone has adequate time and space to share.
Location for each: Sonoma United Methodist Church Community Room,109 Patten St., Sonoma

NEW This Month:
1st Monday, 11:00 am - 12:30 pm | Facilitator: Dr. Patrica Brooks
Monday, July 6 — AT CAPACITY
Please **RSVP** here by 7/3 to let us know if you plan to attend.

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

Wednesday, July 22

Please **RSVP** here by 7/19 to let us know if you plan to attend.

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

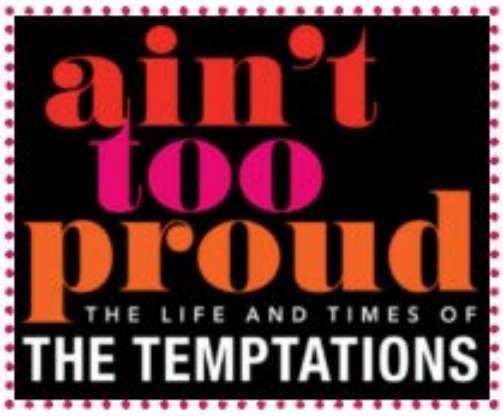
2nd Tuesday, 12:00 - 1:30 pm | Facilitator: Heidi Lage, LMFT

Tuesday, July 14

Contact Heidi for a short intake and the Zoom link.
Telephone (707) 640-3734 or email here.
Please **RSVP** here by 7/11 to let us know if you plan to attend.

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.

Social Activities Group



June Social Activities Group Event

A wonderful time was had by all who attended the Transcendence Theatre Company's sneak peak of ***Ain't Too Proud***! It was spectacular! A million thanks to the cast and crew from Transcendence; everyone was so kind and welcoming to all of us. Our attendees from CarePartners had a very special evening!

Please check this space next month for future social activities.

Resource Corner

Prescription for Caregivers: Take Care of Yourself
Date: Tuesday, July 7 | Time: 1:30 - 3:30 pm
This film discusses the common issues of guilt, resentment, overwhelm, and obstacles to self-care that challenge many caregivers. It is filmed in front of a live audience of family caregivers who contribute from their experiences. The value of self-care is stressed. Discussion: Setting realistic expectations for the caregiver and the care-receiver, increasing emotional reserves through practical self-care, brainstorming realistic ways to prioritize self-care. Click here to register. Phone: (707) 582-2329

Caregiver 101 Class via Zoom
Date: Tuesday, July 21 | 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

Activities for Adults with Cognitive Impairments via Zoom
Date: Thursday, July 16 | Time: 2:00 - 3:30 pm
A 90-minute class to learn how meaningful activities can enhance quality of life, reduce stress and support independence for adults living with cognitive impairments. This class provides practical ideas and strategies on how to adapt activities to match a person's abilities, interests, and daily routines. Caregivers will gain insight to promote engagement, connection, and well-being at home. Click here to register. Phone: (800) 541-8614

Building Brain Healthy Habits (with Alzheimer's Association) via Zoom
Date: Wednesday, July 22 | Time: 5:00 - 6:00 pm
This presentation shares important information about brain-healthy actions we should all build into our routines to benefit our brains, including the U.S. POINTER recipe, and helps everyone understand the science-backed steps we can take to support lifelong brain health. Click here to register. Phone: (800) 543-8312

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.

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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