# AUGUST 2026 E-NEWSLETTER

caring for the caregiver

## Our Upcoming Caregiver Forum

SAVE THE DATE

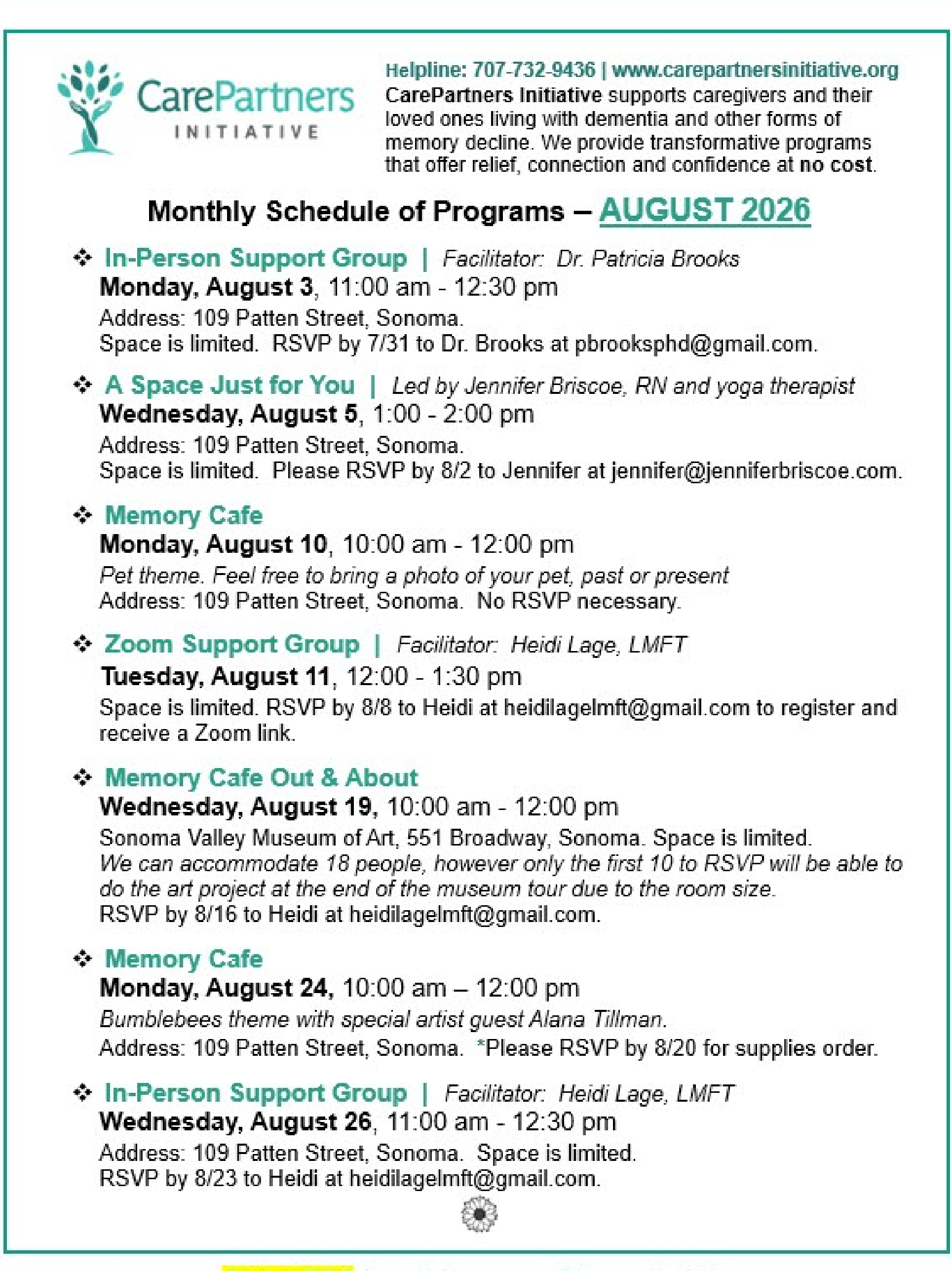
### CAREGIVING - READY OR NOT

*What Caregivers Need to know*

**SAVE THE DATE!** Mark your calendar for CarePartners Initiative's caregiver forum. Hear from experts in topics such as caregiver support, estate planning, residential/home care and more as they share tips, tools, techniques and resources.
- Date: Saturday, October 24, 2026
- Time: 10:00 am - 4:00 pm (lunch included)
- Location: Sonoma Golf Club, 177000 Arnold Dr., Sonoma

Stay tuned for more program information, pricing and ticket purchasing.

## Monthly Program Schedule Flyer



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

**Monthly Schedule of Programs – AUGUST 2026**

- **In-Person Support Group** | *Facilitator: Dr. Patricia Brooks*
  **Monday, August 3**, 11:00 am - 12:30 pm
  Address: 109 Patten Street, Sonoma.
  Space is limited. RSVP by 7/31 to Dr. Brooks at pbrooksphd@gmail.com.
- **A Space Just for You** | *Led by Jennifer Briscoe, RN and yoga therapist*
  **Wednesday, August 5**, 1:00 - 2:00 pm
  Address: 109 Patten Street, Sonoma.
  Space is limited. Please RSVP by 8/2 to Jennifer at jennifer@jenniferbriscoe.com.
- **Memory Cafe**
  **Monday, August 10**, 10:00 am - 12:00 pm
  *Pet theme. Feel free to bring a photo of your pet, past or present*
  Address: 109 Patten Street, Sonoma. No RSVP necessary.
- **Zoom Support Group** | *Facilitator: Heidi Lage, LMFT*
  **Tuesday, August 11**, 12:00 - 1:30 pm
  Space is limited. RSVP by 8/8 to Heidi at heidilagelmft@gmail.com to register and receive a Zoom link.
- **Memory Cafe Out & About**
  **Wednesday, August 19,** 10:00 am - 12:00 pm
  Sonoma Valley Museum of Art, 551 Broadway, Sonoma. Space is limited.
  *We can accommodate 18 people, however only the first 10 to RSVP will be able to do the art project at the end of the museum tour due to the room size.*
  RSVP by 8/16 to Heidi at heidilagelmft@gmail.com.
- **Memory Cafe**
  **Monday, August 24,** 10:00 am – 12:00 pm
  *Bumblebees theme with special artist guest Alana Tillman.*
  Address: 109 Patten Street, Sonoma. *Please RSVP by 8/20 for supplies order.
- **In-Person Support Group** | *Facilitator: Heidi Lage, LMFT*
  **Wednesday, August 26**, 11:00 am - 12:30 pm
  Address: 109 Patten Street, Sonoma. Space is limited.
  RSVP by 8/23 to Heidi at heidilagelmft@gmail.com.

**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 July 13th was **baseball** themed. Many participants dressed in their baseball best - knocking it out of the park. Participants enjoyed a fantastic morning with four special guest speakers: Levi Wallinger, Max Wallinger, Enzo McCarthy and Andrew Bonfigli. They represented Sonoma Valley baseball players of all ages from Sonoma Little League, Sonoma Majors, and the Sonoma Stompers. The knowledge shared of baseball facts was incredible. We ended the fabulous morning with Baseball Bingo led by Max, Andrew and Levi while enjoying cracking shelled peanuts. It was a "Home Run" gathering thoroughly enjoyed by all!

Our Memory Cafe on July 27th was **'50s** themed. Our participants took center stage with some amazing '50s outfits, even the Pink Ladies from Grease Lightning arrived. Special guests Andrew and Alyssa Bonfigli, (brother and sister), performed live heart-touching Frank Sinatra songs. The morning was wrapped up with eating cherries while playing '50s Movie Star bingo and "Name That Tune" with famous songs from the '50s. Participants enjoyed socializing and sharing their memories along with taking fun photos at the '50s photo booth.

### ★ UPCOMING Memory Cafe Dates ★

★ Our next Memory Cafe will be held on Monday, **August 10th**. The theme will be **pets** - bring a photo of your pet, past or present to share. No RSVP necessary.

★ Our Memory Cafe on Monday, **August 24th**, will be **bumblebees** themed with our third annual visit from special guest artist Alana Tillman who will be guiding a painting on canvas of bumblebees. This is a popular event so please RSVP here by August 20th to determine supplies order.

Attending a Memory Cafe is a very important time for caregivers and loved ones 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.

### ★ UPCOMING Memory Cafe Out & About Date: August 19

Our next Memory Cafe Out & About will be on Wednesday, **August 19th**, 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! Please be sure to **RSVP here** by August 16th if you would like to attend. Space is limited. 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. Address: 551 Broadway, Sonoma.

## 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, August 5**
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 8/4 or email to jennifer@jenniferbriscoe.com.

JENNIFER BRISCOE, RN
*Holistic Yoga Therapist*

## 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

**1st Monday, 11:00 am - 12:30 pm | Facilitator: Dr. Patrica Brooks**
**Monday, August 3** AT CAPACITY

**4th Wednesday, 11:00 am - 12:30 pm |** Facilitator: Heidi Lage, LMFT
**Wednesday, August 26**
Please **RSVP here** by 8/23 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, August 11**
Contact Heidi for a short intake and the Zoom link.
Telephone (707) 640-3734 or email here.
Please **RSVP here** by 8/8 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.

## Resource Corner - Zoom Offerings

**Supporting The Family Caregiver - Dr. Minera via Zoom**
**Date: Thursday, August 6 | Time: 10:00 - 11:30 am**
Dr. Minera will talk about:
- Dealing with Guilt & Uncertainty: Practical ways to release guilt, find clarity and move on.
- Responsibilities & Siblings: How to navigate shared roles, different opinions and family dynamics
- Communication With the Medical Team-How to ask the right questions, stay informed and be an advocate.
- Vitamins That May Help in Memory Care-Evidence based nutrients that can support brain health. Click here to register. Phone: (909) 514-1404

**Building Foundations of Caregiving & Supporting Independence via Zoom**
**Date: Wednesday, August 12 | Time: 10:00 - 11:30 am**
A 2-in-1 class utilizing the Alzheimer's Association's national curriculum. The class will explore the role of caregiver and changes they may experience, building a support team and managing caregiver stress. Then, "Supporting Independence" focusing on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.
Click here to register. Phone: (800) 543-8312

**Grief Along the Way: Coping with Ongoing Loss in the Caregiver Journey via Zoom**
**Date: Tuesday, August 18 | Time: 2:00 - 3:00 pm**
Explore the often-overlooked grief that caregivers experience as health changes unfold over time. This session helps participants recognize their emotions, understand the impact of ongoing loss, and learn healthy ways to cope. Practical tools and supportive strategies are shared to promote resilience and healing throughout the caregiving journey.
Click here to register. Phone: (800) 543-8312

**Caregiver 101 Class via Zoom**
**Date: Tuesday, August 18 | 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

**Home Health and Hospice Support for Caregivers via Zoom**
**Date: Friday, August 21 | Time: 2:00 - 3:00 pm**
This class provides family caregivers with an overview of home health and hospice services, including the types of care available, eligibility and caregiver support resources. Learn how these services can improve comfort, safety and quality of life for patients and families. Click here to register. Phone: (800) 541-8614

**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

donate now

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.

**DOUBLE YOUR IMPACT! Your donation goes twice as far right now, up to $20,000, thanks to two generous anonymous donors.**

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

VOLUNTEERS NEEDED

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
P.O. Box 101
Sonoma, CA 95476

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

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