CarePartners INITIATIVE

LEARNING TO LIVE WITH MEMORY DECLINE

NOVEMBER 2026 E-NEWSLETTER

Dear Friends,
This month we are celebrating an extraordinary show of community generosity for our successful "Matching Funds" campaign! THANK YOU for being part of CarePartners Initiative's support team.
This month we're also reminded that even in the midst of dementia, moments of joy and connection are still possible. A caregiver shares a beautiful story about her husband Paul, a painted rock, and how CarePartners helped her rediscover the person she loves.

A CAREGIVER STORY

Finding Support and a New Perspective

Paul's diagnosis of dementia put in stark terms what I'd been experiencing and our future together. My days were spent in caregiver mode as I came to grips with the reality that my loving, funny, smart, social Paul was gone. My isolation and distance from my community and from him grew. Then I found CarePartners Initiative. In its support groups I made meaningful connections with other caregivers and realized that I wasn't alone in my grief, frustration and loneliness. And then…Memory Cafe! Paul came to life in the company of other people with memory loss and their caregivers making music, telling stories, playing games, creating art. To see his face light up when he heard, "Paul! Hi! So glad to see you!" when we arrived. To enjoy his smiles and experience his lively participation warmed my heart. It felt like a warm tropical breeze blowing through my soul. My steps became lighter. He often came home with something he had created. Pictures. Hats. Stories. Potted plants. One day he brought home a smooth, oval grey rock on which he had painted a beautiful multi-colored flower. It was so perfect. **Every day that rock reminds me that my loving, funny, smart, social Paul is still in there, and some days he peeks out.** I am so grateful to CarePartners Initiative for giving me the gift of belonging but much more, the gift of connecting with my Paul. ❤

UPCOMING NOVEMBER PROGRAMS

✦ **In-Person Support Group** | Facilitator: Dr. Patricia Brooks
Monday, Nov. 2, 11:00 am - 12:30 pm. RSVP required to dpbrooks@gmail.com
✦ **Memory Cafe** - **Monday, November 9**, 10:00 am – 12:00 pm. No RSVP necessary.
Giving Back theme - we will be putting together bags for those in need.
✦ **Zoom Support Group** | Facilitator: Heidi Lage, LMFT
Tuesday, Nov. 10, 12:00 - 1:30 pm. RSVP required to heidilagelmft@gmail.com
✦ **Grief Support Group** | Facilitator: Linda Aronson
Tuesday, Nov. 17, 11:00 am – 12:30 pm. RSVP required to heidilagelmft@gmail.com
(for those whose loved ones passed with dementia)
✦ **Memory Cafe *Out & About*** – Sebastiani Theatre, Mary Poppins movie.
Wednesday, Nov. 18, 10:00 am - 12:00 pm.
RSVP required by 11/16 to heidilagelmft@gmail.com.
✦ **Memory Cafe** - **Monday, Nov. 23**, 10:00 am – 12:00 pm. No RSVP necessary.
Memory Cafe's 3rd Anniversary! *Giving Thanks* theme.
✦ **In-Person Support Group** | Facilitator: Heidi Lage, LMFT
Wednesday, Nov. 25, 11:00 am - 12:30 pm. RSVP required to heidilagelmft.com
✦ **For more information contact Heidi Lage, LMFT at heidilagelmft@gmail.com**
Memory Cafe Address: 109 Patten Street, Sonoma
SEE INFORMATION AND PHOTOS FROM OUR OCTOBER PROGRAMS BELOW!

SAVE THE DATE!

CarePartners Initiative Forum
Learning to Live with Memory Decline

SAVE THE DATE AND SHARE WITH A FRIEND!
SATURDAY, JANUARY 23, 2027
Join us for a half-day forum bringing together caregivers, professionals, and community members for a meaningful conversation about the challenges and opportunities of caregiving for loved ones with cognitive impairment and memory decline.
Location: Sonoma Golf Club
Time: 10:00 am - 1:00 pm
Lunch included. No cost to attend.

Thank You!

Our Matching Gift Campaign Was a Success!

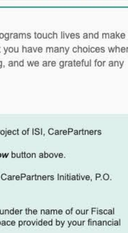
$40,000 in community support unlocked! Thanks to our generous donors, CarePartners Initiative met our $20,000 matching gift challenge! That means twice the support for local caregivers and families navigating memory decline. Your generosity helps us continue providing the connection, encouragement and support that make such a difference in their lives.

CarePartners Initiative's Memory Cafe *Out & About* October 2026

Our Memory Cafe *Out & About* on October 21st gathered in the Sonoma Plaza. Our participants enjoyed donuts, hot chocolate, socializing and some fun and friendly rounds of corn hole.

CarePartners Initiative's Memory Cafe - October 2026

Our October 26th Memory Cafe was Halloween themed. MacArthur Park Charter School's delightful 5th grade joined us, as well as a visit from the Sunshine preschoolers who performed a Halloween song.



CarePartners Initiative's programs touch lives and make a difference. 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,

Our Fiscal Sponsor is Inquiring Systems Inc. (ISI). As a project of ISI, CarePartners Initiative uses their Tax ID Number: 94-2524840.
• **To donate by credit/debit card**: Click on the ***donate now*** button above.
• **To donate by check**:
Make check payable to CarePartners Initiative and mail to CarePartners Initiative, P.O. Box 101, Sonoma, CA 95476
• **To give from a Donor Advised Fund**:
Designate your grant utilizing Tax ID Number 94-2524840 under the name of our Fiscal Sponsor, Inquiring Systems Inc. (ISI). Designate in the space provided by your financial institution that your grant is for CarePartners Initiative.

CarePartners INITIATIVE

Copyright © 2026 CarePartners Initiative, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.

INTUIT mailchimp