



# Merry Christmas

# Happy Hanukkah

*All of us at **Custom Care Solutions** wish you a joyful Holiday Season. From our caregivers on the frontline to our office staff and nurses, we hope you are happy and healthy during this wonderful time of the year!*

*Most of us probably never thought that we would be still taking precautionary measures in December, when we started engaging this pandemic back in March of 2020!*

*As time goes on, we are all becoming weary of taking precautions and want the pandemic to just “go away” but that is not the reality of it at this time. We are still in a widespread stage within the Riverside County. We recommend that you keep checking the Riverside County Health Department and CDC websites for up to the minute guidelines, as they seem to be changing frequently.*

*Sadly, having large dinners with family and friends, going to places of worship, hugging, singing and all of the traditions that we have grown to love and cherish, are the most excellent ways that the virus can spread.*

*But, that doesn't mean that you have to stop worshiping and celebrating. There are online sources for all of our traditions that mean so much to us. Utilize them. Learn to zoom and skype with your family and friends. We are going to list some of the resources that we've seen online so you can make educated choices for a cheerful and bright holiday season!*



## Local Church Services

### Desert Springs Church:

**Website:** [visitdsc.org](http://visitdsc.org), view service anytime, on Sunday

### Southwest Church:

**Website:** [Southwestchurch.com](http://Southwestchurch.com) click on one of the times listed where  
You can chose English or Spanish.

### Palm Desert Community Presbyterian Church:

**Website:** [pdpresby.org](http://pdpresby.org) Scroll down to view all events, find the  
service you want to attend.

### St. Margaret's:

**Website:** [stmargarets.org](http://stmargarets.org) Scroll down to Faith at Home

### Sacred Heart Church:

**Website:** [sacredheartpalmdesert.com](http://sacredheartpalmdesert.com)

At top of page find "Mass online" for recorded Mass to view anytime.

### Temple Sinai Palm Springs: **Website:** [Templesinai.org](http://Templesinai.org)

There are online services on the homepage.

These are just a few churches we found online by googling: **Local online church services near me**. If one of these churches doesn't appeal to you, don't worry!! There are plenty of churches online just waiting for you.

We also found some churches that are taking precautions and holding services outside. You can go online and easily find something that is right for you. You don't have to go outside of your comfort zone. If you want to stay at home to worship, you can!





## Alzheimers Coachella Valley

Are you caring for an Alzheimer's or other type of dementia patient? Check out all of the services and programs that are available for both the caregiver and the diagnosed at **Alzheimers Coachella Valley**. There are support groups for the caregivers, engaging social programs for both caregiver and diagnosed, all online!

You can find informative lectures. Classes online. Learn how to better communicate with a dementia patient. Have the skills so you can help your family learn how to have a conversation and enjoy visiting with family, again. Or, better yet, have family members or friends take the class with you.

Just call our office at: **760 776 3100**, Monday through Friday from 8am-12pm. If you call after hours, just leave a message and we will call you back.

Here is a list of services and programs available online:

**Club Journey:** games, stories, interaction with others, all online!

**Traveling the Journey Together:** By-monthly speakers on all types of dementia related topics.

**Support Groups:** Talk with people that are in the same situation as you.

**Breathing Space:** scholarships for respite care

**CEU Caregiver Dementia Training Certification Program:** Online classes for paid caregivers and family caregivers. Free CEU credits!

**ACV** can help you navigate through the struggles of this disease with programs, services and valuable resources.

Call today for help. The number is **760 776 3100**. visit online at **[cvalzheimers.org](http://cvalzheimers.org)**

You can find several videos of classes and programs. Make sure you check out Krist-Lynn's exercise programs. Low impact, high results!

# Don't Forget All of the Coachella Valley Senior Centers

**The Joslyn Center 760 340 3220**

**Mizzel's Senior Center 760 323 5689**

**Cathedral City Senior Center 760 321 1548**

**La Quinta Senior Center 760 564 0096**

**Indio Senior Center 760 3914170**

**Golden Rainbow Senior Center 760 416 7790**

**Desert Hot Springs Senior Center 760 329 0222**

**Coachella Senior Center 760 398 0104**

*Be sure to phone ahead to find out if they have any online services and specific information. There is usually a lot of activity at these centers and many of them have adapted to covid-19 and are offering online programs.*

*You can find most these online by googling:*

*"Coachella Valley Senior Centers"*

