October 2026 EPISODE SUMMARIES

Coffee with America – Episode 639 (October 3 - October 9)
This week on an all-new episode of *Coffee with America*, host Sasha Rionda celebrates fall with a coastal California getaway and smart strategies for navigating the season's biggest sales. Plus, we share tips for protecting loved ones from online scams, managing fall allergens at home, and helping teen drivers stay safer behind the wheel. We'll also travel to Costa Rica for a luxurious escape inspired by coffee traditions and head to Hong Kong for a colorful look at its Mid-Autumn Festival celebrations.

Coffee With America – Episode 640 (October 10 - October 16)
This week on *Coffee with America*, Sasha Rionda shares simple, nutritious family meal ideas and easy ways to refresh your kitchen and bathroom this fall. Plus, the show offers important tips for protecting your personal information from AI-powered scams, celebrates the lifesaving impact of plasma donation, and explores what traveling together can reveal about relationships. We also recognize the unsung heroes who keep our shared spaces clean and share an inspiring story of resilience and hope.

Coffee With America – Episode 641 (October 17 - October 23)
This week on an all-new episode of *Coffee with America*, Sasha Rionda celebrates fall with seasonal finds, a taste of Louisiana's gumbo traditions, and a culinary train adventure through Europe. Plus, the show shares important insights into menopause and women's midlife health, explores smart technology to help keep cats healthy, and offers practical financial strategies and employee benefits advice to help small business owners finish the year strong.

Coffee With America – Episode 642 (October 24 - October 30)
This week on *Coffee with America*, host Sasha Rionda shares smart tips to help busy families stay organized and healthy this fall, along with creative Halloween tricks and healthier treats for the whole family. Plus, the show offers practical wellness advice to prepare for cold and flu season, explores how AI and drones are transforming emergency response, and highlights the importance of staying hydrated when illness strikes. We also meet a wildlife photographer whose remarkable work is helping raise awareness about protecting nature.