



Collabria Care
We're here for you

Summer 2022

Connection



See story on page 2

Supporting Those with Dementia and Their Loved Ones

A day in the life of Day Program participant Octavio Barerra and his family

Octavio Barrera came from Mexico to the U.S. from the state of Chihuahua via the Bracero program. He moved from El Paso to Marysville, working at dairies, ranches and farms before arriving in Napa Valley. Here, he worked for Christian Brothers, first as a field worker, then foreman, then supervisor. He then worked at Silver Oak as a landscaper until retiring in 2000.

While working for Christian Brothers, he met his future wife, Stella, who was born and raised in St. Helena. They celebrated their 58th anniversary this year, and have three children, as well as grandchildren and great grandchildren, most of whom live in Napa Valley and Fairfield.

Octavio was diagnosed with Alzheimer's disease in March 2019 and began attending the Day Program two and a half years ago. "My friend's father attended the Day Program and they really recommended it, as did Dad's doctor," explains his daughter Rita.

"Mom and I took classes that Collabria Care offered to better understand his condition and the responsibilities it entailed, and it really helped the whole family to be able to be there for Dad. Every employee here is so respectful and courteous. They will answer any questions at all and are so supportive of us, as well as Dad, reaching out weekly to see how we're all doing."



Octavio gets around with the help of a walker and a gait belt. On the days he attends the Day Program, the Collabria Care bus picks him up at home.



Octavio enjoys the opportunity to dance with Person-Centered-Care Specialist Bernie Morando during a music session.



Octavio often plays his guitar while Stella gardens, and he enjoys the company of his dog, Cheerio. Afternoons, he watches TV and exercises with Collabria via Zoom.



Octavio attends the Day Program two days a week. An avid guitar player and singer, he enjoys playing and singing along with visiting musician James Regan. Playing loteria, a Spanish-language game similar to bingo, is also a favorite activity and allows him to socialize with other participants.

"Growing up, Dad was very protective of all of us, and initially, it was hard for him to accept help," says Rita. "But now it's our turn to take care of him, and with Collabria Care's help we are able to support him in a way that keeps him active and involved, enjoying his favorite activities and time with his family."



He also takes part in activities such as riding an exercise bike (shown here with Physical Therapy Aide Dolores Ochoa) to maintain muscle strength and overall health.



On days he doesn't attend the Day Program, Octavio enjoys spending time in the back yard.



Family gatherings happen regularly, with four generations in attendance. Octavio loves the energy of family get-togethers.

The Very Best Kind of Neighbor

Meet UpValley Village volunteer Meg Scrofani



When I was first introduced to the national concept of The Village, I was enamored with the idea. The mission of a Village is a neighbor-helping-neighbor approach for seniors who wish to continue aging in their own home and communities. The Village gives these seniors a vetted and trusted resource, their neighbors, to help with tasks and resources, while keeping seniors connected with their community. In the Napa Valley, the Village is referred to as UpValley Village (UVV) and includes the communities of Yountville, St. Helena, Calistoga, and Angwin. I have been personally delighted to be involved in bringing this neighbor-to-neighbor concept to Angwin where my husband Manny and I have lived for over 30 years.

Manny and I both spent our careers in education. We moved to Angwin after Manny accepted the position as superintendent in St. Helena and I as a school principal in Napa. We soon learned that although Yountville, St. Helena, Calistoga and Angwin are all part of Napa County, they are different from each other in resources, needs, services, organizations, priorities and accessibility.

What I love about being an UpValley Village volunteer is that I am a neighbor helping my neighbors, building connections that benefit not only individuals, but our community as a whole. I will always be grateful for my opportunity to be a volunteer for UpValley Village. If you are looking for a way to give back to your community, this is a great way to start.

I knew from my years in education, that to bring change, community members need to be involved at the grass roots level. The outreach began with a Task Force representing Pacific Union College, the Seventh Day Adventist Churches, and the Adventist Retired Teachers Association, among others. The Task Force, after a presentation on the Village concept, was asked to share ideas and thoughts on the Angwin community and the needs of its older members, and if the Village concept seemed to fit the needs of Angwin's seniors who want to remain in their homes but need support. Given an affirmative response, the Task Force began crafting a plan. The Angwin community embraced the idea: residents opened their homes to host events and connect us with those they thought would either need or support this program. Pacific Union College and the Seventh Day Adventist Church have been extremely supportive in helping bring the UpValley Village to Angwin.

I think part of the reason why UpValley Village has been successful in all four communities is that rather than providing a specific service—home visits, delivering supplies, or providing transportation—UVV works with each individual senior in the program to determine their specific needs to keep them safe and thriving in their own home and communities. The UVV truly is designed to provide person-centered care to meet the specific needs of each senior. An equally important Village concept is that community members have an opportunity to volunteer to support seniors in need in their own community. Even though the pandemic has greatly reduced many of the UVV outreach opportunities, UVV has remained flexible and responsive because we have the support of Collabria Care's entire system to offer guidance and knowledge of resources available for members if they need specialized services.

Stay independent. Stay active. Stay connected.

UpValley Village is a membership organization providing easy access to in-home services and activities for older adults so they can remain safely in their homes and active in their community.

Volunteers are the cornerstone of UpValley Village. We match community volunteers who can help with:

- Transportation to and from appointments
- Light household tasks
- Technical issues with computers, email or cell phone
- Sharing hobbies and companionship

Benefits of membership

- One-stop “concierge” resource
- Volunteers to assist with small projects
- Referrals to screened providers
- Access to social, educational and wellness opportunities

Learn more at collabriacare.org.

Support the UpValley Village or become a member today

Join the Village or consider a gift of membership for a loved one

Just \$50/month (\$75/month for couples) grants you help with in-home projects and transportation, referrals to professional service providers, and invitations to our programs and activities. Members who pay the membership fee annually rather than monthly receive 10% off.

Become a Supporting Member

Make a donation of any amount and you'll receive invitations to our engaging programs and social events.

Become a Vanguard Village Member

Make a straight contribution of \$1000 or more to support our program into the coming year.

Thank You to Our Generous Annual & Program Sponsors



**Partnership HealthPlan
of California**



Thank You to Our Community Partners



napa valley vintners

*For information about current sponsorship opportunities
please contact Kate Bunnell at 707.732.1811*

Comfort and Support After the Loss of a Loved One

Bereavement care is available to all community members

Meet Grief Counselor Xavia Hendriks.

A psychologist in South Africa for 15 years before moving to Napa, Xavia worked as a Project Coordinator/Manager, at Mentis for 7 years, overseeing the Healthy Minds, Healthy Aging program, where she worked closely with Collabria Care. She joined Collabria Care as its Grief Counselor in July 2021.

We live in a society that tends to be uncomfortable with grief and death. When we lose a loved one, there is usually an outpouring of support for the first week or two after their death, and then we're often expected to dry our tears and get on with life. But the reality is that there is a process to grief—it takes its own time and is different for each person, depending on our history and our personality. We all grieve in our own way—and we have a right to grieve on our own timeline.

Bereavement: *noun.*

- 1. A period of mourning after a loss, especially after the death of a loved one.*
- 2. State of intense grief, as after the loss of a loved one.*



That's why Collabria Care's Bereavement Care is here. To offer practical and emotional support for those suffering from loss, and to support them on their journey to healing.

Our grief support programs are open to any in our community who have suffered the loss of a loved one. There is a structured, eight-week "Learning to Live with Loss" program (see page 12). These programs bring together people in a safe environment so they can share and process what they're going through, and come to realize they are not alone. Bereavement care is available at no charge.

Collabria Care also offers one-on-one bereavement support to the loved ones of our patients or our Day Program participants over the next year to offer support, and if they're feeling stuck or overwhelmed, connect them with any services available.

Not everyone may need bereavement counseling, but if you're feeling lost, unheard, or stuck after the passing—we're here for you.

ed One



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r losing a loved one—even years

Free Grief Support Programs for the Community

The following grief support groups are offered online via Zoom free of charge to anyone in the community.

Contact Xavia Hendriksz at 707.258.9080 for more information or sign up for access to any of these free support groups.

Loss of a Spouse Support Group

Wednesdays

4:00 – 5:00 p.m.

Ongoing, online grief support for adults who have lost a loved one, whether the loss is recent or in the past.

Suicide Loss Support Group

First Tuesday of the month

4:30 – 5:30 p.m.

An online grief support group for those who have suffered loss by suicide.

Parental Loss and Adult Grief

Mondays through December 19

4:30 – 5:30 p.m.

This grief support program focuses on adults who are often in the support-giving role, and now find themselves needing care and understanding. Not suitable for teens or younger adults.

*"There is a sacredness in tears. They are
not the mark of weakness, but of power.
They speak more eloquently than ten
thousand tongues. They are messengers of
overwhelming grief....and unspeakable love."
-Washington Irving*

Ensuring Quality of Life for Those with Chronic Heart Failure

Collabria Care's Cardiac Hospice Care addresses the unique challenges of those with heart failure and their loved ones



Neal and his sister Alveda

Neal Brown, 94, claims to be a dreamer, but in reality has been a doer all his life, active and involved in both his career and family. A civil engineer who graduated from Berkeley, Neal designed and built everything from major freeways to housing subdivisions. After retiring from his own business, he continued to work on homes for family members from California to Colorado to Idaho—even into his 80s.

“Dad suffered a heart attack and a stroke with paralysis in 2006,” says daughter Christina Canady, “but after eight weeks of rehabilitation, you wouldn’t know he had had a stroke. He had polio as a young adult, but didn’t

share, until recently, that he has suffered from leg pain, every day since. He always just kept going, not wanting us to worry about him. But recently, he developed weakness and occasional chest pain, and I wasn’t sure he was managing his medications. I was worried.

“There’s a fine line when the child steps into the parent’s role—it’s hard for someone like my dad who’s very independent and used to caring for others to listen to his child advise him how to take care of himself.”



Neal, Alveda and Alveda's daughter Lenae reminisce over family photos.

Christina reached out to Neal's physician. He recommended Neal start on palliative care with Collabria Care. "Shortly after that, he was diagnosed with chronic heart failure," says Christina. Neal transferred from Collabria's palliative care to its cardiac hospice care.

"That diagnosis was three years ago, and thanks to the support we've received from Collabria Care, he still lives at home with my aunt and cousin, completes a few jigsaw puzzles each week to keep his mind sharp and enjoys visits and updates from his four children, four grandsons, six great-grandchildren and numerous nieces and nephews."

"Dad has a whole team caring for him. His nurses visit twice a week, checking and tracking his vitals, appetite and how he's feeling, reviewing his meds and ordering prescriptions for delivery. A home health aide comes twice a week to give him a massage to maintain his circulation and his social worker visits regularly. They're all kind and respectful, and like family to us. Times when we would have been reluctant to call the cardiologist with what seems like a small thing, we can

call Collabria Care, any time of day or night. If there's an issue, they'll send a nurse right away.

"Just as importantly, it has brought peace to us as a family to have unbiased, medical professionals dedicated to his health and wellbeing. We can ask the nurses about anything, and if something needs to be addressed, they talk with him. He's more likely listen to them, and I don't have to get into an argument with him. Instead, we can just enjoy being father and daughter.

"Collabria Care cardiac hospice care has been a blessing to our entire family."



To learn more about Collabria Care's specialized cardiac hospice services visit collabriacare.org

Why does chronic heart failure require specialized hospice care?

Heart failure can be more challenging to navigate than other conditions: its progression and symptoms vary from patient to patient; the usual therapies often don't alleviate the chest pain, fatigue and shortness of breath; it can be difficult to differentiate between symptoms that are severe but benign, or symptoms that need immediate medical intervention. Without help, any of these can lead to unnecessary trips to the Emergency Department and increased stress for all concerned. Cardiac Hospice is a specialized level of hospice care, designed to carefully monitor the patient and communicate and support the caregivers, to improve comfort and quality of life, and to reduce emergency medical intervention.

Retail Therapy That Improves the Health of Our Community

Shopping at La Bohème makes Collabria Care's services available to all



Going on ten years, French-inspired re-sale boutique La Bohème has nurtured a continuing love affair with found treasures. An arm of Napa's Collabria Care-Collabria Hospice, the St. Helena-based store has become a must-stop destination for visitors and locals alike.

Through the generous donations of an eclectic and prosperous community, La Bohème offers a dynamically changing selection of wares that are often one-of-a-kind. Apart from fine china, silver, bespoke clothing, Jimmy Choo purses, and high-end linens, shoppers occasionally discover the exotic: hand-carved African chairs, Persian Tabriz rugs, Gabonese totems, porcelain elephants the size of a mini-fridge. The list goes on!

But La Bohème offers more than just the thrill of the hunt. Because each item came from someone's household in the community,

there's often a story to be shared about its past. Shoppers are all ears. Many might leave without a purchase, but few leave without the cheerful neighborhood warmth the store imparts.

At the end of the day, La Bohème is even more. Many of the store's donors have been touched by Collabria Care's services—and they want to give back. In a way, every sale pays it forward to those experiencing the transitions of aging, serious illness, or end-of-life. The generosity of La Bohème's donors combines with the avid support of its shoppers. And this civic synergy funds programs crucial to the community, through Collabria Care's palliative and hospice services, and many other programs serving the whole county.

Which is the real magic that happens every day at La Bohème.

SAVE the DATE

REFLECT & REJOICE

Everyone deserves to experience dignity through the end of life. For more than 40 years, Collabria Care has offered compassionate care and support for those facing serious illness or end of life as well as their caregivers—always growing to meet the changing needs of our community, with the goal of helping people live their best life possible. Proceeds from the annual Reflect & Rejoice gala ensure our ability to provide high-quality, integrated care as we walk alongside our patients and their families when they face a serious illness, end of life, or are living with loss—regardless of their ability to pay.

Please mark your calendars for these events:

Collabria Care Luncheon & Fashion Show

Wednesday, September 7, 2022

Elizabeth Spencer Winery

Collabria Care Gala

Friday, September 9, 2022

Louis M. Martini Winery

Collabria Care Online Auction

Wednesday, September 7 — Sunday, September 11

To learn more or to request an invitation or sponsor package visit gala.collabriacare.org



We are thrilled to have Gina Gallo, Vice President of Winemaking - Estate Wines, E. & J. Gallo Winery, as honorary chair for our major fundraiser of the year.

Meet Our New Shopkeeper/Treasure Finder

You could say that Dreanne Foust's career is all about going with the flow...including the cellar crew's open-hosed water fight at Stag's Leap Wine Cellars that spilled all over the tasting room she once supervised.

In addition to her stint in the wine business, Dreanne planned agricultural fairs, worked as an executive assistant, acted as a coordinator for volunteers and as event supervisor, and served as Philanthropy Officer at Providence Queen of the Valley Medical Center.

Why did Dreanne want to become La Bohème's shopkeeper? The short answer... she's loved thrifting for as long as she can remember. As a thirteen-year-old, she'd go on "treasure hunts" through the bins at Napa's Community Projects. By the time she was twenty, she became known to friends and family as the "thrift-store queen."

When the opportunity arose to run La Bohème, Dreanne leapt at the opportunity. In addition to finding treasure, Dreanne loves the eclectic mix of tourists, urbanites, and old-guard locals that wander in for new discoveries. Stationed on Main Street in the middle of a sense of shared community, Dreanne likens La Bohème to a genial, family-oriented pub without the alcohol.

What skill does she consider her best asset? Good taste! This roll-up-your-sleeves, no-nonsense shopkeeper somehow manages to be dynamic and humble at the same time. Direct and unassuming, Dreanne's refreshing ability to connect with people promises to keep long-time clients and donors happy, even as she charms new customers drawn to this thriving nonprofit resale boutique.



Dreanne Foust, Shopkeeper at La Bohème



Collabria Care
We're here for you

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THANK YOU

We are deeply grateful to all our donors and sponsors who fund these important community programs.
Thanks to their generosity we are able to provide them at no charge.

Free Community Workshops and Programs

See page 7 for grief support groups and programs

Mind Boosters (English and Spanish)

A social program for people who may be in the early stages of memory loss and want to be proactive in maintaining their brain health. Held in person at Collabria Care, 414 South Jefferson Street, Napa.

Information and registration:
call 707.258.9087 or visit
collabriacare.org/mind-boosters/

English: 11:30 a.m. – 1:00 p.m.
Second Thursday of the month

Spanish: 1:30 p.m.
First Wednesday of the month

Brain Fitness

A fun, interactive workout for one of the most important muscles in your body—your brain! Held in person at Rianda House Senior Activity Center, 1475 Main Street, St. Helena

10:00-11:30 a.m.
2nd and 4th Wednesday of the month

COMMUNITY WORKSHOPS

Lunch & Learn/ Almuerzo y Aprendizaje

Caregiver Dementia Education in English and Spanish

August series held in person at Collabria Care, 414 South Jefferson Street, Napa.

*Registration & information: contact
Melissa Gerard at 707.815.6258 or
mgerard@collabriacare.org*

September series held in person in Yountville. Contact Yountville Parks & Recreation Department for registration and locations at 707.944.8712.

Class 1: Dementia 101

Helps participants understand the difference between normal and abnormal memory changes, best approaches to care for Alzheimer's disease and other forms of dementia, and resources available in the community.

August 3 (Spanish) | August 4 (English)
September 6 (English)

Class 2: Learning to Speak Alzheimer's

Shows caregivers how to focus on the whole person—not just their symptoms or disease, including how to say or do the right thing at the right time, while providing ways to manage their own self care through emotional reframing and community resources.

August 10 (Spanish) | August 11 (English)
September 13 (English)

Class 3: Understanding & Managing Challenging Behavior

Shares ways to understand and connect warmly with combative loved ones,

outlining steps towards soothing difficult moments and reinforcing positive emotions for loved ones and caregivers alike.

August 17 (Spanish) | August 18 (English)
September 20 (English)

Class 4: Self Care for the Care Partner

Helps caregivers help themselves, providing ways to manage stress, set realistic goals, seek collaborative solutions, ask effectively for help, and reframe negative emotions and self-talk into positive, healthy action plans.

August 24 (Spanish) | August 25 (English)
September 27 (English)

Normal Memory Changes as You Age

In partnership with Yountville Parks and Recreation Department

Join us for an interactive workout for one of the most important muscles in the body – your brain! We'll offer tips and techniques for how to remember peoples' names, appointments, grocery items and directions to your hairdresser, or that bakery you love. This class is based on the Total Brain Health curriculum and evidence-based program for improving memory.

Registration & information: Yountville Parks & Recreation Department 707.944.8712

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