When our Adult Day Health Program opened its doors in 1998, there were two employees—a young, visionary social worker and an enthusiastic nurse—and just one participant. Fast forward 25 years and both employees, Celine Regalia and Karen Proteau, are still with the organization and the first participant attended until this October. Since then, our program has grown and expanded to respond to the changing needs of our Napa community and has become nationally recognized for its whole-person care of those with Alzheimer’s disease and dementia, and the families and caregivers impacted by these diseases.

To celebrate this milestone, we hosted an Open House to thank all our supporters, sponsors, friends, donors, and volunteers. And to give attendees a peek at our next 25 years, we introduced our new PACE program (see pages 8-9) by offering tours of its new clinical facilities.

A "Bug" for Giving

Tracy Krumpen

My Uncle Ferdinand had a lifelong love for Volkswagens. Ever since I can remember, he had a 1962 VW Bus. Ferdinand lived life on his terms and loved to travel all over the world. He drove his Bus up to the Arctic Circle on at least three occasions as well as down to Belize, and attended Burning Man in it for several years. He lovingly maintained it and modified it to include solar panels—it is a textbook definition of a hippy bus. Over the years, he also acquired VW Beetles, doing all the work on the cars himself, and was a member of North Bay Air Cooled, a vintage VW club.

When Ferdinand was diagnosed with prostate cancer, which metastasized to his bones, he started on hospice care with Providence.

As soon as hospice got involved, we started talking about end-of-life choices, such as what to do with his vast array of VW parts. He also talked about what Providence Hospice and Meals on Wheels had meant to him and our family over the last couple of months. He had modest means, but he wanted to donate what he had to these two organizations. So after he passed away last September, we arranged that.

After making the donations, my husband, JL Sousa, and I had several conversations about the car parts. Ferdinand had lived in a mobile home, where one of two bedrooms was full of VW parts—including a rebuilt engine ready “just in case” he or anybody ever needed it—as well as an outdoor shed where he stored more. We wondered if we could make this donation another fundraiser for those two nonprofits Ferdinand wanted to support. So, JL reached out to the VW club and invited them to come by, take a look at the collection and make a donation they felt was fair and reasonable for it, with the proceeds going straight to these two organizations. Ferdinand had been very involved in the car club, so when they heard what it was and who it was for, they were happy to support.

The “parts sale” was a lot of fun: we enjoyed meeting the club members, who were very generous, donating between $500-600. We then matched that for a total donation of around $1000 split between Providence Hospice and Meals on Wheels.

I know Ferdinand would have thoroughly enjoyed the “parts sale,” and been proud that his lifelong love could benefit others facing end of life.
This is What a Dementia Capable Community Looks Like — Amanda Halte

My mom, Judith, and I were both born, and then lived, in Oakland. When she retired, she moved to St. Helena with my stepdad, who had a property up on Spring Mountain.

About four years ago, my mom and stepdad took a trip to Cuba. Mom called to tell me they were delayed in Miami, but she couldn’t think of the city’s name. She sort of danced around it, “Oh, you know the city in south Florida” kind of thing. After that, there were other words she couldn’t remember in conversation and she started repeating stories. We all repeat stories when we’re with family, but she would tell one, visit the kitchen and immediately repeat what she was saying. She still drove that day. When I shared that experience with the support group, they shared their surprise that she was still driving.

So my brother and I had multiple conversations with her that went from “You can’t do this anymore,” to “But I’m going to die anyway,” to “But what if you harm someone else?” We went round and round and ultimately sent notice to her doctor and the DMV. We had to deal with her anger, which was uncharacteristic for her, for quite some time. “My kids took my car away,” she’d tell people.

My brother and I also spoke with the Providence Adult Day Health social worker. It was so good to have someone who could listen, understand, offer calm suggestions. She gave us resources such as the 24-hour hotline for when we needed extra support.

A year ago, Mom moved to Vineyard Valley, a senior living community in St. Helena. As things calmed down, Mom wanted to fight for her memory, so the neurologist suggested Providence Adult Day Health’s Brain Fitness classes at Rianda House in St. Helena. This was during Covid, and doing zoom classes didn’t work for Mom, but once the program was meeting again in person, she met Melissa Gerard, who runs the program. Melissa made her feel like she had someone there for her.

Her memory loss is noticeable in the Brain Fitness program. She gets competitive if she can’t do what everyone else is doing, so Melissa has always given her a little extra help and suggested we visit the Adult Day Program to see if it might be a good fit. Mom visited and loved the people who ran the program and classes, but the logistics getting there from up valley were difficult, and she was still so social here in town—walking to Steve’s Hardware or the grocery store, attending classes at Rianda House, singing in a choir with friends from Vineyard Valley who drive her to rehearsals and church, and another friend has helped her tap into the Vineyard Valley events and resources—so it didn’t seem necessary at this point.

Chloe, a social worker for Providence Adult Day Health’s Alzheimer’s Resource Center, made a home visit with mom, then did a follow-up session with my brother and me on what would be needed to keep her happy, healthy and independent.

What has been most challenging is that Mom doesn’t need eight hours a day of in-home help. She just needs someone that can trust to help with scheduling appointments, driving, etc., while letting her retain control of her life. It took time to get here, but Mom now has one caregiver from Senior Helpers three days a week, and she really likes a few of the caregivers she has met. Chloe has also recommended other caregivers to interview as a backup plan, as caregivers do take vacations and move on to other jobs.

Now that we have people with a background in Alzheimer’s disease who can help us, we’re piecing it together. We have reliable resources we can visit to or share challenges/ frustrations and who will provide sound direction without judgement.

Providence has been huge in this journey for our entire family.
A DAY IN THE LIFE

Liz McKay, Life Enrichment Coordinator
PACE & Adult Day Health

Recreational therapy is all about promoting leisure. No matter if you’re active, in a wheelchair or housebound, leisure is a positive outlet that can help reduce depression or anxiety and gives life meaning. So I work with our Adult Day Health participants and our PACE clients to help them find what they enjoy doing and what brings them joy, whether it’s a simple, fun way to move or a creative outlet.

6:30am
AT HOME
I start with prayer, meditation, or reading something motivational to get my head in the right space, then I enjoy coffee and some time with my dog.

8:00am
AT ADULT DAY HEALTH - DAY PROGRAM
I head into the office and start reviewing who will be in attendance in our Day Program, and who might need an extra touch. We know our participants well and know what engages them or what helps them if they’re having a rough day. I also plan for the assessments or reassessments I’ll need to conduct.

8:30am
I take part in an online meeting with the entire PACE care team to review each participant’s conditions, any concerns, and our plan for the day, and then I attend the meeting with the entire Adult Day Health team to prepare for the day there, review what happened the day before, and plan how we can create the best day ever for our participants.

9:45am
I often start the morning hosting an exercise class, to get everyone moving through in-chair exercises. I usually incorporate a little music, and like to use the “Rocky” theme song to open the exercise class to liven things up.

11:00am
Late morning, I’ll lead a support group. Today we talked about aging, and included a TED Talk by Jane Fonda called Life’s Third Act, and how to embrace it and find happiness in this stage of life. Other days, our “Name that Tune” group meets, which we offer in both Spanish and English. We play requests, do karaoke or sing together. Music is the number one thing that brings people to life and brings them together because it is so indelibly imprinted in our memory. I remember one new participant who was not verbal or engaged, but when I played music she enjoyed she became engaged and started to dance.

2:30pm
When I go to meet with a PACE participant, my goal is to build engagement through their interests and goals. Our very first PACE participant, Frank, wants to learn to draw better, so when I meet him at home or at Adult Day Health, I’ll bring my laptop and we’ll search online for what he wants to draw. When he picks an image, I’ll print it out and he works on that drawing through the day.

4:00pm
A new participant assessment allows us to get to know the participant and their family, what their day is like, what they like to be able to do which could be something they haven’t done in a while. We discuss how can we help make that happen.

6:00pm
Leisure is just as important to me as our participants. I hike with my dog at least a few times a week, enjoy camping, playing pickleball, listening to audio books and belong to local scooter club.

Photos by Jason Tinacci
Cassandra has been taking care of her mother for ten years. Her mother, who lived alone and has MS, had started falling a lot. Cassandra worried about her living alone, but wasn’t ready to consider a nursing facility, so she brought her into her home. While Cassandra worked her full-time job, her brother would stay with their mother, which meant that he often couldn’t do the things he needed to do. And when Cassandra got off work, she had to go straight home—there was little time for grocery shopping, errands or other necessities, let alone anything for herself personally—because her mother needed 24-hour care.

And it seemed as though no matter how hard they tried, she and her brother couldn’t keep up with their mother’s medical needs.

At that point, Cassandra thought the only option was placing her mother in a nursing home.

But just as Cassandra learned, it doesn’t have to be that way.

Cassandra and her brother enrolled their mother in PACE. Her care team put together a personalized care plan based on her condition and her wishes so she can continue to live with Cassandra.

PACE has arranged for her mother to attend the Adult Day Health program for socialization, and provides transportation to and from. Home health aides and caregivers provide care for her mother. PACE tracks and schedules delivery of her medications to her home, and arranges for medical appointments at the PACE clinic, which provides checkups, vaccines, tests and more. If there is a question or concern after hours, a nurse and an administrator are available by phone 24/7. If care is needed after hours, they will arrange it.

Cassandra is now able to work a regular shift, knowing her mother’s needs are being met. Cassandra says the aides and caregivers are amazing and so gentle with her mother and allow Cassandra to do errands or have some personal time to catch up on things. “And since the clinic notifies me with everything that is going on with my mother, I never have to worry or wonder.”

“I prayed that I could keep my mother at home, and PACE opened and accepted my mother, and provides everything she needs or will need. I could not have done this alone.”

Why PACE?

—Rhonnie Forbes CMA, RPT, PACE Site Supervisor of Operations

“Today 36,000,000 people in the US are, much like Cassandra, caring for an elder loved one,” says Rhonnie Forbes, the Providence PACE Site Supervisor of Operations. “Providing the care needed to keep their loved one in their home often leaves caregivers exhausted and depleted with no time for themselves, or their own spouses or children. Others, such as those with full-time jobs, don’t have the resources to provide all those services themselves. Either way, the majority will end up having to place their loved ones in a nursing home.”

Everybody, every elder should have this care. PACE participants have lower rates of hospitalization and readmissions, and higher overall health than the general population enrolled in Medicare and MediCal. Our program is like wrapping our arms around our participants: we make sure that they get all the care that they need and that nothing falls through the cracks—and we’ll take care of them for as long as they live. What I also like about it is that we provide help for the families, who otherwise can be exhausted and not know where to turn for help.

You may qualify for PACE if you are...

• Age 55 or older
• Living in our service area (most of Napa County, parts of Solano County and City of Sonoma)
• Eligible for nursing home-level care
• Able to live safely in the community

PACE means so much to me, because my grandparents raised me and when my grandmother got super sick, there were no resources like this. I had nowhere to turn, nobody to ask help for. What I would have given to be able to get that kind of care for her, at home. It’s why I’m so excited to be part of this team.
Partnersing with other Nonprofits to provide Technology for Older Adults

Here are some examples of the impact the technology made.

• Deborah, 66 years old, of American Canyon lives alone with her tiny dog. Earlier this year, she took a hard fall and was getting physical therapy, but according to her physical therapist, she wasn’t getting stronger and was still at great risk of falling and injuring herself further. Upon visiting her, our Information & Assistance social worker Karen Lustig, also discovered that she couldn’t read her phone because her eyesight had also declined. While Kaiser offered online fall prevention classes, she didn’t have any way to access them. She was so grateful to receive the free iPad and is ready to use the library or a volunteer over at Molly’s Angels to help set it up for her. She repeated that having a larger screen will allow her to access her doctors more in virtual appointments, as well as attend the classes she wants to in order to “learn how to fall” so she won’t get hurt! She also hopes to join online classes for fun, too.

• A woman with dementia who lives in a care facility learned how to use an iPad to contact her daughters through video calling so she could feel more closely connected to them.

• A man who has been disabled since receiving a kidney transplant couldn’t afford a smartphone and found technology too challenging is now a proud tablet owner, committed to learning how to make video calls.

• An 80-year-old whose eyesight is declining, finds the big iPad screen very useful and helps him watch his beloved prayer videos, and he can talk to his family with ease.

• A woman without transportation, in need of surgery to remove a cancerous tumor, was able to use her iPad for a telehealth appointment with a UCSF surgeon. By using the iPad’s video, the surgeon was able to observe her movement and physical features to establish that she was strong enough for surgery.

In July, the Foundation was awarded two technology-based grants to address the digital gap for older adults in our community. To distribute 450 iPads and 143 Claris Tablets we partnered with our local, nonprofit partners to help identify individuals with the greatest need, who would benefit most from receiving a device. The goal—to reduce isolation by connecting older adults through technology with friends and family, health care providers, and to expand their ability to find healthy foods, perform meaningful work, and learn new skills.

Each device came with setup assistance, several months of free broadband, and information to get further help through the Napa County Library.

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Leaving a Legacy of Integrity, Compassion, and Service

Rob & Terri Deits

When Rob and Terri Deits became caregivers for Terri’s parents, they benefited from the compassionate support, education and resources Hospice Napa Valley offered. “They provided compassionate Hospice care to my mom, Patricia, and tremendous caregiver support to my father, Luigi, and me,” Terri says. “This organization has been in our hearts for decades. We appreciate its leadership and advocacy for older adults, persons with disabilities and caregivers,” says Terri, who has dedicated her career to working with older adults, and now is a Social Worker working collaboratively with palliative, hospice and adult day care teams. “The organization regularly brings together stakeholders, providers and advocates to address unmet needs and gaps, and many valuable programs and services were spawned through these collaborations. We are especially excited to see its new PACE (Program of All-Inclusive Care for the Elderly) grow and expand to enable older individuals to remain living in their community.”

As owner of the Hide and Leather House for 45 years in Napa, Rob has business dealings worldwide, but when it comes to giving back, he—like Terri—wanted to put his support behind his local community. So while they were working on their estate plan, it was clear to them that including Providence Community Health Foundation Napa Valley (PCHFNV) was the perfect way to give back for what they had received and to invest in their community for years to come.

“When we decided to set up a trust and were reviewing beneficiaries, we knew we wanted to include PCHFNV. Over the years, they have been so consistent in integrity, compassion and service, and their programs are like none I’ve ever seen—they’re phenomenal. The icing on the cake is knowing that PACE will grow to help people remain at home as they age. In addition, we look forward to enjoying the benefits and events offered as members of its Legacy Society.”

“We’re glass half full people,” says Terri, “and want to see great things happen in our community. Including PCHFNV in our trust is our small part in helping make that happen.”

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OUR GENEROUS GRANTORS

The iPads were made possible through the Napa/Solano Area Agency on Aging’s Digital Connections grant and the Claris Tablets through Napa County’s Health & Human Services’ Access to Technology grant.

OUR INCREDIBLE PARTNERS

Disability Services & Legal Center, Fair Housing Napa Valley, Information & Assistance, Mentis, Molly’s Angels, Napa County Health and Human Services – Comprehensive Services for Older Adults, Napa County Library, Napa/Solano Area Agency on Aging, Napa Valley Farmworker Foundation, Providence CARE Network, Rialto House, Up Valley Family Centers

Thank You!

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Legacy Society

Planned gifts, no matter the size, have the power to change lives for generations to come. You can become a Legacy Society member by providing for Providence Community Health Foundation Napa Valley in your will or through a life-income gift, like your retirement account. To learn more, please contact: Jennifer McConnehey, Director of Philanthropy, at 707-254-4166.
Reflect & Rejoice

17TH ANNUAL GALA, Reflect & Rejoice, Raises Much-Needed Funds for Essential Services

The annual Reflect & Rejoice Gala may be the preeminent fundraising event on our calendar, but it is so much more than that; it’s a gathering of our enthusiastic donors and sponsors—a time to meet and greet old friends and new, all for an important cause. Beyond the glitz, glamour, and laughter, there’s the importance of building community for the future and ensuring that the compassionate care we provide will be supported for generations to come.

This year’s Gala was hosted by Honorary Chairs, Robin and Michelle Baggett, whose generosity and hospitality were felt throughout the evening. The live auction included a fabulous selection of auction lots including collectable wines; a private dinner prepared by Iron Chef Masaharu Morimoto; a weekend golf experience at the exclusive Monterey Peninsula Country Club Pebble Beach; and other incredible one-of-a-kind experiences. In conjunction, an online auction opened the event to an even wider audience with a beautiful range of wines, jewelry, and experiences. The guests at this year’s Gala represented a wide cross section of our community and generously contributed over $650,000 in support of our services.

We are grateful to our tireless Gala committee led by our indomitable Gala Chair and long-time Foundation Board Member, Valerie Buehler. Their dedicated work throughout the year was central to the event’s success. We are also very grateful to our team of dedicated Foundation Board Members and volunteers who often work in the background but whose contribution is incalculable.

Thank you to our Gala Sponsors

Photos by Jason Tinacci
Come, shop our fine collections of vintage décor, unique treasures, jewelry, clothing and more

La Bohème - Resale Shop
1428 Main Street
St. Helena, CA 94574
707-244-4686

Browse everyday housewares, clothing, books, and more

Act Two - Thrift Shop
345-A La Fata Street
St. Helena, CA 94574
707-244-4687

Grief Support
Loss of a Spouse – ongoing (online)
This is an online, drop-in support group. It starts with check in, followed by open sharing on individuals’ grief processes.
Wednesdays 4:00 - 5:00 pm via Zoom
To register, email: Xavia.hendriksz1@providence.org

Adult Loss of a Parent
The death of a parent is a significant event in the lives of most. This is a closed (limited to 8 people) support group that includes grief education and open discussion. Members tend to express relief that their experiences are shared by others and that they are not unique in their grief.
Thursdays from January 11 – February 29, 12:30 – 2:00 pm
Providence Community Health Foundation Front Conference Room, 446 S. Jefferson Street, Napa
To register, email: Xavia.hendriksz1@providence.org

Learning to Live with Loss
Grief is an uncharted journey. This 8-week, in person group combines education about grief with support from members, and includes tools to facilitate the grieving process.
Fridays from January 19 – March 8, 2:30 – 4:00 pm
Providence Community Health Foundation, 446 S. Jefferson Street, Napa
To register, email: Xavia.hendriksz1@providence.org

Dementia Support
Dementia 101 Caregiver Series
Free in-person workshops for caregivers.
January 3: Dementia 101 – Covers understanding the difference between normal and abnormal memory changes, best approaches to care for Alzheimer’s disease and other forms of dementia, and helpful resources available in the community.
January 10: GEMS – Looks at each stage of dementia and Alzheimer’s disease to understand the person and what they might be going through, and to help caregivers be better equipped to support someone in any stage of the disease.

For more information on any of our programs please call 707-258-9080 or visit communityhealthnapavalley.org
THANK YOU! We are deeply grateful to all our donors and sponsors who support these important community programs.
The Providence Community Health Foundation Napa Valley (formerly Collabria Care) was formed to serve the philanthropic needs of the programs of Providence Community Health Napa Valley—Adult Day Health, Palliative Care, PACE, and Hospice.

**Program Directory:**

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