



Collabria Care

Formerly Napa Valley Hospice & Adult Day Services

Winter 2019

Connection



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Finding Connection and Transformation After Loss:
Collabria Hospice Bereavement Counselor Janeen Fabulae



Finding Connection and Transformation After Loss

Collabria Hospice

Siblings Edd and Maureen had never been close and had lived their lives along parallel tracks. Edd had returned to Napa ten years ago and moved in with his mother, Priscilla, to care for her. Maureen also lived in Napa, but was busy raising her own daughter.

Then four years ago, Priscilla was diagnosed with stage 4 lung cancer, and the siblings' tracks quickly crossed, with their mother facing chemotherapy—needing more hands on care, transportation to doctor's appointments and help making critical life decisions. Maureen became Priscilla's advocate, interacting with her doctors, handling paperwork, taking her to appointments, all while her own marriage was falling apart. In addition to being Priscilla's caregiver, Edd was, in her final weeks, “doing tasks that no mother should ever have to have her son do for her.” The two siblings began to lean on each other and develop a new appreciation for each other's strengths.

In January 2017, Priscilla went on Collabria Hospice, and passed away three months later. Maureen reflects on the experience, “As horrible as Mom's approaching death was, she could not have been better cared for. She had both of her children at her side, as well as the support of hospice and a wonderful aide. I don't know how we would have made it through those final weeks without Collabria Hospice.”

“We had spent so much time and energy caring for her that after she passed away, we felt adrift. Our mother was gone, my marriage was over, my daughter was preparing to go to college, and Edd was no longer a caregiver,” says Maureen. “It was a point that left us each wondering, ‘Who am I? How do I live now?’”

The two decided to try going to the bereavement counseling offered through Collabria Hospice for help coping with the loss of their mother—and along with that, they found new hope for their own lives and a renewed connection with each other.

“I had no idea what to expect,” admits Maureen. “But it was so helpful. Janeen helped us understand the ebb and flow of grief, and how time, a day or a season can be a trigger. Our mother’s birthday and death day, and Mother’s Day all fall within one month, and she helped us prepare to cope with that. She let us know what to expect and that our feelings and pain were normal.

“Bereavement counseling gave us a connection at a time when we both felt we had lost everything.”

– Edd and Maureen

“Bereavement counseling also gave us a chance to talk about ourselves, our futures, and each other. We now recognize that we are both reinventing ourselves. Edd just turned 60 and I’m a few years younger. It’s important to me that I don’t let time slip by without examining my life and figuring out what brings me joy.”

“Janeen has an ability to see through the bull,” adds Edd. “I’d use wit to avoid difficult conversations, but she would gently call me on it. She got us to talk about what each other had been through and acknowledge the pain and grief. We developed a real appreciation for what we had been through individually and together.”

“The biggest question often asked after such loss is ‘What is my purpose now?’” says Janeen Fabulae. “The loss of their mother became a catalyst for Edd and Maureen to re-evaluate and re-engage in their own lives. Edd once told me ‘I feel like, in some ways, taking care of my mother for 10 years was a good way not to be as engaged in my own life.’ Now, he has refocused on his own health, and is actively reuniting with his sister and many old friends. And Maureen has reclaimed her independence, opening her life up in so many ways and exploring that question in such a brave way. They see that they can grieve and have a good life.”

“Edd and I both find ourselves ‘going it alone,’” says Maureen, “but supporting one another as we figure out what’s next has deepened our bond as siblings. We know and care for one another in a way we never have before.”

“We are now in a place we’ve never been, both as individuals and as family,” says Edd. “I have more hope and optimism than I’ve had in a very long time.”

Light up a Life

WHO IS YOUR SHINING STAR THIS HOLIDAY SEASON?

A family member or dear friend

A loved one no longer with us

A beloved pet

Honor your Shining Star by making a donation using the enclosed envelope, visiting collabriacare.org/light-up-a-life or by calling 707.258.9080

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Keeping Care a Family Affair

Palliative Care

After four years in remission, Tara Llama's breast cancer returned and metastasized. Her biggest concern wasn't how she would handle it—it was how her three sons, now ages 9, 15 and 17, would.

Her healthy, active lifestyle, deep faith, and strong family ties gave her the strength for the fight, but after six grueling weeks of chemo, scans showed that not only had the existing tumors grown, but new ones had formed. She felt defeated and didn't know where to turn. It was then that her oncologist suggested Collabria Care's palliative care services. Initially, Tara didn't like the idea.

"I thought palliative care was about giving up on treatment, and I couldn't do that. I had to fight for my boys! But he explained it's designed to support me and my treatment decisions, help coordinate care between my doctors, and ease the process—for my family and for me. I also learned that with that extra support, people with serious illness can actually live better and longer, and I want as much time as possible with my boys."

"One of the most valuable things Collabria Care gave me was support for my family. Our palliative care social worker, Teri, advised us on how to help our boys understand and process what's happening in a way that's appropriate for each of them. She's also someone outside of the family with whom they can share their feelings and ask questions—she understands what they're going through."

"Collabria Care also helped my husband and me understand that death doesn't have to be scary. We have our faith and believe in heaven, but still, you worry. One of my fears was passing at home and having my boys see the coroner arrive there. The team helped us define what's important to us, and understand that end of a life doesn't have to be a difficult moment, but a peaceful process that we can have a say in."

Fortunately, Tara's medical team has found a combination of medications that has dropped her tumor marker count significantly, and she is feeling well and enjoying being active again.

"But it's a blessing to have that extra layer of support from Collabria Care to help all of us through my stage 4 diagnosis."





Care Doesn't Stop When the Power Goes Out

When PG&E announced planned power outages that covered much of Napa County in October, most residents stocked up on ice, batteries, water and food.

But what do you do when you or a family member are dependent on medical equipment that runs on electricity? Or if you rely on daycare for a loved one?

You can rest assured, in the face of power outages, we are here and prepared to care for you and your loved ones. Here's how:

Leading up to a power outage:

Our palliative care and hospice care teams make sure our patients are ready for it by reaching out to each one to ensure they have enough medication and adequate supplies of those necessities for

daily living. The team also makes extra visits to train patients and families on what to do if they lose power. They collect additional contact information in case families are forced to evacuate or choose to move during the outages and they ensure patients who rely on medical equipment such as oxygen have back-up supplies.

During a power outage:

The Collabria Care offices were hit by the first October power outage, but:

- The palliative care and hospice teams continued their regular patient visits and checked in at least once a day with those who had no power.
- The Day Program was kept open via generator so participants could continue to attend, and their caregivers were able to work or have respite.

Information & Assistance (I&A) is a free service for Napa County residents age 60 or older. Provided by Collabria Care in association with Napa/Solano Area Agency on Aging, I&A connects them to the resources they need to maintain their independence and their quality of life.

When the outages were scheduled, Program Manager Tiffanie Walker jumped into action to make sure her I&A clients knew what was happening and were prepared for it. Many of her clients don't have online access or cable tv.

"Many of my clients live alone or are vulnerable: they might have early-stage dementia and not live with family

or have a caregiver," Tiffanie explains. "I called all of them to let them know what was happening, to see how they were doing, what their plans for the outage were, if they had enough water, food and medication in stock, or if their medical supplies or equipment required electricity, etc." One client was concerned about a broken valve on her wall furnace, so Tiffanie visited her and arranged for PG&E to come check the valve.

"There were very few calls or incidences when the power did go out," Tiffanie says. "It felt good to know that our clients were ready if and when an outage hit."



Improving Brain Health in the Early Stages of Memory Loss

Mind Boosters

We now live approximately 22 years longer than a generation ago. So it's no surprise that the number of cases of age-related diseases that affect the brain—Alzheimer's, other forms of dementia, and stroke—have increased significantly.

But research shows that the brain is capable of change, even improvement, with training, which is why Collabria Care offers Mind Boosters. This community program is valuable for those in the early stages of memory loss who want to be proactive in maintaining and improving their brain health.

"I knew something was going on with my state of mind, and a cognitive skills test confirmed it. Mind Boosters has given me back confidence in myself and a better attitude—which my husband really appreciates. My most recent cognitive skills test with my neurologist has shown a six-point improvement since I started here." —J

"The brain, like the rest of the body, needs to be worked to stay healthy as we age," says Program Manager Veronna Ladd. "And just like your body, one type of exercise isn't going to keep you in optimum health, so we address socialization, cognitive stimulation, exercise, nutrition, and spirituality, which includes mindfulness and positive thinking."

"I play golf and work out at the gym, but as I get older, it's harder to find new people to socialize with. In Mind Boosters, we share a condition that's the kind of thing you can't talk about with just anybody. But here we can socialize while strengthening our brains. I especially enjoy the civilized back-and-forth about current events." —L

"Socialization plays a big part in our quality of life and is an important piece of Mind Boosters," says Veronna. "As we age, many of us can become afflicted with anxiety and depression; remaining social helps reduce these conditions. Also, there are activities that you can only do when you are with others. For example, you can't consider another person's view point when alone, and the brain responds more deeply when you introduce novel ideas, like a perspective that's different from yours."





New Collabria Care Program to Serve as Blueprint for Counties Across the U.S.

Dementia-Capable Napa County

Imagine a community where all those living with dementia—and their families—have the services and resources they need to live their best possible lives.

That is Collabria Care's goal for Napa County. Thanks to a \$1 million federal grant, Collabria Care will develop and implement a county-wide program that finds and fills the gaps in services for those with Alzheimer's Disease and other forms of dementia, which will then serve as a model for other communities throughout the U.S.

Why this matters now: The number of Napa County seniors living with Alzheimer's disease and related dementias is expected to increase 36% in the next six years alone.



In addition to socialization, each Mind Boosters class includes:

- activities to stimulate your brain, including new experiences, timed games and puzzles, and personal projects
- gentle core-strengthening exercises for balance
- nutrition education to boost brain health
- cognitive training and memory-boosting strategies to improve your short-term memory and attention span
- mindfulness activities to promote self awareness and perspective. "Your world can become very small when you're dealing with memory loss and other cognitive issues, so mindfulness, meditation and other activities help participants stay open and current to the world around them," explains Veronna.

"After a stroke, I developed aphasia, which affects my ability to speak. It's frustrating, because I know what I want to say, but can't always get it out. Being in a group of people with patience and understanding, and being able to make errors in front of them without judgment has been part of my recovery and relearning." —H

For a free, confidential assessment to see if Mind Boosters is right for you or a loved one, call the Collabria Day Program's Social Services team at 707.258.9087.

Mind Boosters is based on Total Brain Health, a nationally recognized, comprehensive, evidence-based program, and program manager Veronna Ladd has been certified in Total Brain Health. The Mind Boosters program is generously underwritten by Senior Helpers, and St. Helena Hospital Foundation.

"While the final chapter of my life with dementia may be trying, nothing has diminished my gratitude and deep appreciation for the countless blessings in my life."

— Sandra Day O'Connor

How Car Door Locks Opened My Eyes

Making a Difference Now

It started when some of his customers at Zumwalt Ford started coming in to have safety locks installed on the passenger door of their cars.

“After their spouses were diagnosed with Alzheimer’s Disease, they needed to keep their loved ones from opening the car door unexpectedly, to keep them safe,” explains Dave Zumwalt. “It opened my eyes to how hard this disease could be on the caregiver.”

“About the same time, I was looking for a way to volunteer. In 1998, I saw an article in the *Napa Valley Register* about Collabria Care’s Day Program (then called Adult Day Services) opening to help those with Alzheimer’s or other chronic illnesses and to provide respite for their caregivers. The bell went off in my head: I knew I had found what I was looking for.”

Dave was our first Day Program volunteer and continued for 10 years. “It’s amazing what this program offers not only participants, but caregivers. Some people give up careers and other parts of their own life to take care of their parent or spouse. This program relieves such a huge burden. It became my passion.”

Over the years, Dave worked on our capital campaign, was co-chair for annual fundraisers, and served on the board of directors. And even though he’s retired and has sold the car dealership, he still supplies the car for the hole-in-one prize at our annual golf tournament.

“Three or four years ago, I included Collabria Care in my estate plan,” Dave explains, “because it’s a great way to invest in the future health and wellbeing of our community.”

“Then it hit me. I am at the age where I have to take a distribution from my IRA each year. Why not put that to work doing some good now?”

“So I give my annual IRA distribution to Collabria Care,” he says. “Why wait? If you’re receiving a Social Security check or an IRA or 401k distribution that doesn’t make a big difference in your life, donate it and see how it can make a difference in someone else’s.”



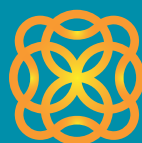
Reasons to Give

How philanthropy fills in the gaps in care for our community

- Hospice Charity Care
- Bereavement Counseling
- Caregiver Support & Consultations
- Day Program Respite Scholarships
- Nurse Navigators
- Gap in Reimbursement Amounts vs Actual Cost of Patient Care

Looking For Unique Holiday Gift Ideas?

- Shop the fabulous finds at our St. Helena resale boutique, La Bohème
- Give the gift of coffee with Napa Valley Roasting Company’s “La Bohème” custom coffee blend—20% of the proceeds support Collabria Care.



La Bohème

Resale Shop by Collabria Care

1428 Main Street, St. Helena



1400 Oak Avenue, St. Helena
948 Main Street, Napa

Community Support and Health Programs

All workshops and counseling are free of charge and open to our community.

Grief and Loss Support

Learning to Live with Loss

An eight-week, structured grief support group for adults who have experienced the loss of a loved one. Information is provided about the many paths grief can take and a safe environment is provided so that feelings and experiences can be shared.

Two sessions for both St. Helena and Napa.

Session 1 – Tuesdays, January 14 – March 3, 2:30 – 4:00 pm

Session 2 – Tuesdays, April 7 – May 26, 2:30 – 4:00 pm

Napa Collabria Care, 414 South Jefferson Street, Napa

St. Helena United Methodist Church 1310 Adams Street, St. Helena

Ongoing Grief Support Group

A free, drop-in support group for adults who have lost a loved one.

Napa Every Thursday, 4:00 - 5:30 p.m.

Collabria Care, 414 S. Jefferson Street, Napa

St. Helena Second Monday of each month, 3:00 - 4:30 p.m.

Red Cross Building, 1474 Oak Avenue, St. Helena

Ongoing Sudden & Traumatic Loss Group

A free, drop-in support group for survivors of sudden or traumatic loss.

Napa Twice a month, 3:00 - 4:30 p.m.

January 13, 27 February 10, 24 March 9, 30 April 13, 27

May 11, 25

Collabria Care, 414 South Jefferson St. Napa

Anticipatory Grief Counseling

Counseling provided in advance of a loved one's passing.

By appointment only.

Understanding Suicide Grief & Loss

The loss of a loved one can be very traumatic and particularly so if the loss is by suicide. This 12-week, specially created program is designed to inform, comfort, and guide participants as they recover.

Sessions – Mondays, 3:00 – 4:30 p.m.

February 3, 17, March 2, 16, 23, April 6, 20, May 4, 18, June 1, 15, 29

414 South Jefferson St., Napa

For more information, to register, or to make an appointment please contact either of the following:

Linda Laing llaing@collabriacare.org, 707.258.9080

Janeen Fabulae jfabulae@collabriacare.org, 707.258.9080



Community Resources

Free Counseling Sessions & Memory Screenings

Do you have concerns, questions or need guidance about memory loss, loss of independence, driving, or other senior care issues for you or a loved one? Meet with a Medical Social Worker from Collabria Care for a confidential individual or family consultation. Appointments are available in Napa, St. Helena and Calistoga.

Caregiver Support Groups

Offered in partnership with Redwood Resource Center and the Alzheimer's Association and funded by the Napa/Solano Area Agency on Agency and St. Helena Hospital Foundation.

Napa First Thursday of each month (respite available), 1:00 - 3:00 p.m.

Collabria Care, 414 South Jefferson Street, Napa

Napa Third Wednesday of every month, 5:50 - 7:00 p.m.

Collabria Care, 414 South Jefferson Street, Napa

St. Helena First and third Tuesday every month, 3:00 - 4:00 p.m.

Rianda House, 1475 Main Street, St. Helena

Mind Boosters

A social program for people in the early stages of memory loss and who want to be proactive in maintaining their brain health.

Napa Every Friday, 10:00 a.m. – 1:00 p.m.

Collabria Care, 414 S. Jefferson Street, Napa

For information or to schedule an appointment, contact the Collabria Day Program's Social Services Team at 707.258.9087.



Golfing for a Great Cause

Collabria Care golfers and supporters showed up in force at the Eagle Vines Vineyards & Golf Club for a day of fun and fundraising, raising \$55,000 to support Collabria Care's nonprofit services and programs for the community. The day's highlights

included the return of the popular golf ball launcher, a bank of robots that delivered refreshments to golfers on the golf course, and the online silent auction, which offered a selection of wines, sports memorabilia, and special events.

Save the date for next year's golf tournament: May 15, 2020.

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Gala Goes Hollywood

Our 13th annual benefit gala, Hollywood & Vine, Celebrating the Golden Age, held at Castello di Amorosa on September 6, raised more than \$740,000 to support the compassionate care we provide for anyone in our community facing a serious

illness, Alzheimer's Disease, or the end of life. We thank Rich and Leslie Frank, our Gala Honorary Chairs, and Valerie Peebles, our event chair, for all their efforts to create such a memorable evening.

"The essential services provided by the compassionate staff and volunteers at Collabria Care are a gift to the entire Napa community," said Leslie. "We are grateful for the caregivers who make a difference for patients and their families at the most delicate time in their lives. We were privileged to serve as the honorary chairs, and to play a role in ensuring others in our community can someday benefit from the many gifts of Collabria Care."

Save the date for next year's gala: September 11, 2020.

Thank you to our generous sponsors





Collabria Care

Formerly Napa Valley Hospice & Adult Day Services

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We are very grateful to all of our donors who provide critical operating support for our programs and services.