



Collabria Care

We're here for you

Winter 2020

Connection

A portrait of Paul Laband, MD, a middle-aged man with a shaved head, glasses, and a goatee, wearing a blue button-down shirt and a dark blazer. He is smiling slightly and looking directly at the camera. The background is a blurred outdoor scene with green and yellow foliage.

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Welcome to the Center Without Walls

Taking the Day Program to Participants

How does a participant-centered care model work when the participant isn't there? Surprisingly well, it turns out.

Because care in a participant-centered program is customized to each person, we already had an understanding of each participant's interests, strengths, and health challenges before we had to close our doors in March due to the COVID-19 pandemic. So we knew the needs—the challenge was finding a way to adapt each participant's pre-COVID care plan to keep them engaged and healthy at home.

Welcome to the Center Without Walls

Now, rather than bringing people together in one place, we're meeting them in the safety of their own homes, by delivering personalized activities, offering online groups and classes, and having our social workers and nurses regularly check in to stay on top of their health and wellbeing.

Seniors who were isolated at home without electronic devices weren't able to access programming that we were offering via Zoom, but thanks to grants and disaster relief funding, we were able to purchase devices to connect them with Day Program activities and their peers, thereby reducing the isolation and loneliness created by the shelter in place.

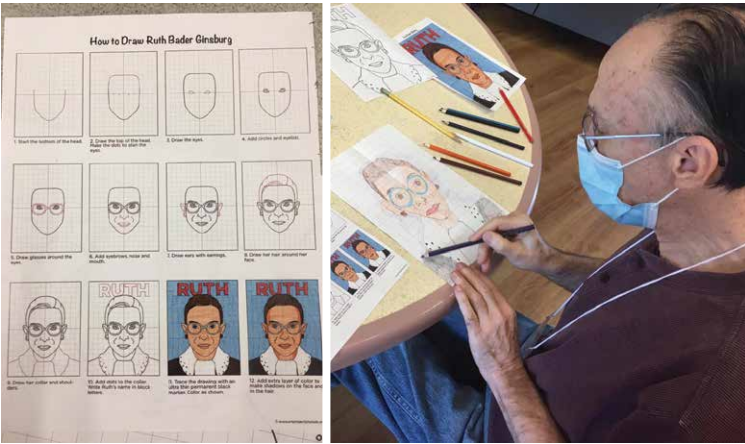


Every other week, LaToi Howard and her colleagues build packages for each of our participants. Here, Liz McKay assembles activity kits, which are personalized to each participant's interests with fun and therapeutic activities that can be done at participants' leisure and in their daily Day Program Zoom sessions.

LaToi is shown here loading up the van with activity kits and plants for horticultural therapy at home, which she then delivers to participants. Many of them have difficult medical conditions, including Alzheimer's disease, diabetes, or Parkinson's disease, and seeing her familiar face brings joy to their world. These visits also enable LaToi to check in and report back to the team on each participant's well-being and any needs that have arisen.



Daily exercise classes, including yoga and weight conditioning, are offered via Zoom to keep participants active, engaged and healthy.



Art classes are popular on Zoom and in the Center. Participants have learned how to draw portraits, animals and nature settings, among other things.



Nutritious meals are also delivered to participants.



Activities coordinator Rosa Paramo Alvarez leads a game of loteria – a Mexican type of Bingo – via Zoom.



Collabria Care Executive Director Celine Regalia hosted a cooking demonstration of her Nonna's recipe for Italian gravy (sauce). Jars of her gravy and packages of dry pasta were then delivered to class participants.



Birthday wishes are delivered to participants at home if they're not coming to the Center.



TheraBabies® provide a calming presence and sense of purpose to participants.



Staff have hosted several drive-by celebrations at Collabria Care to allow participants to see and reconnect with them in a safe, socially distanced way.



For participants and caregivers who need more...

The Day Program recently reopened for a limited number of participants. Thanks to grants from the Napa/Solano Area Agency on Aging and Napa Valley Community Foundation we're able to provide medically necessary services to participants who need it, as well as emergency respite for caregivers whose own health is deteriorating from 24/7 caregiving.

Meet Collabria Care's New Medical Director

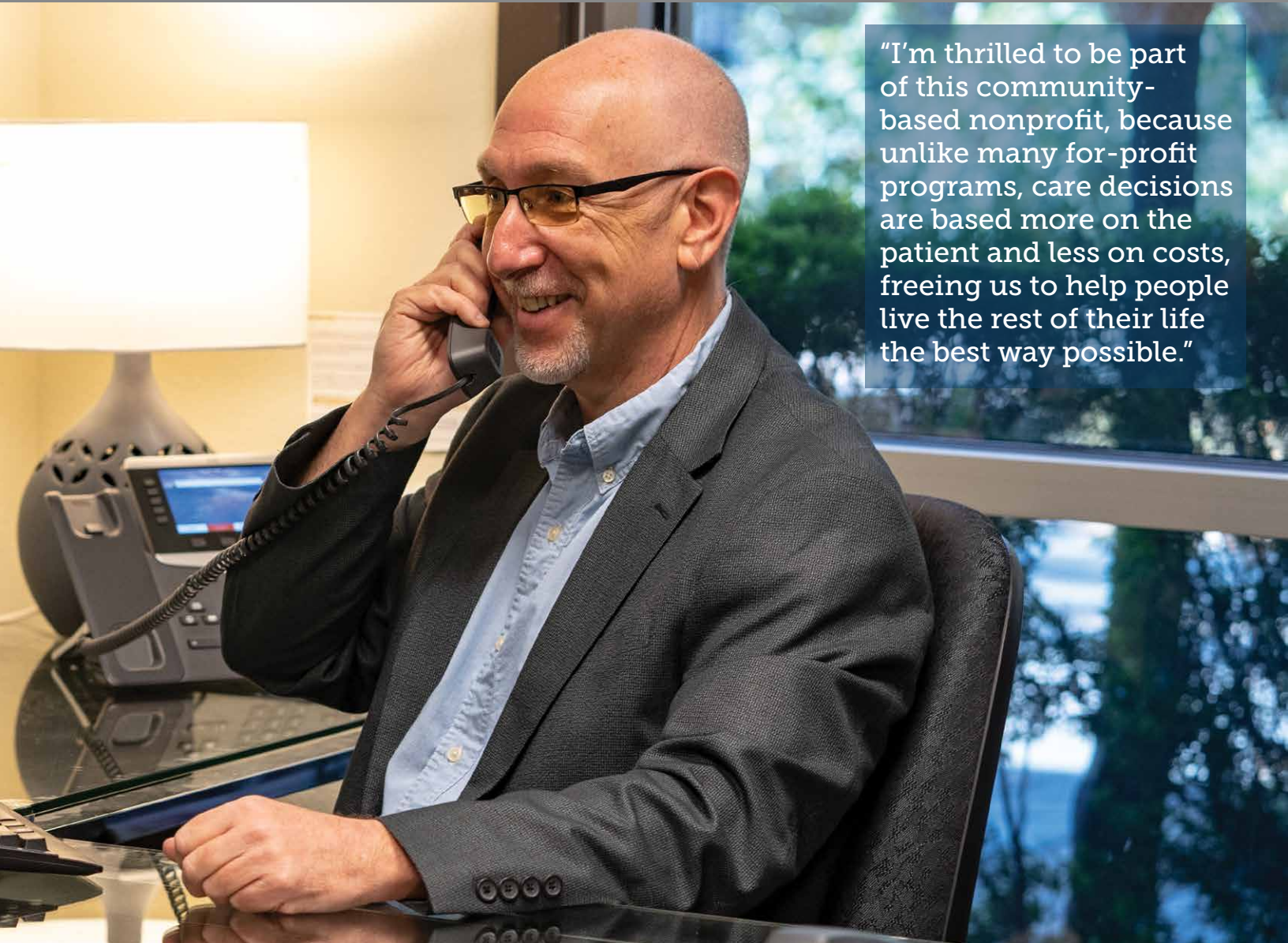
Paul Laband, M.D.

Collabria Care is pleased to announce Dr. Paul Laband has joined Collabria Care as its Medical Director. A board-certified internist with over 27 years of experience in primary and hospital-based care, he works for Collabria Care and as a primary physician for Providence St. Joseph Health.

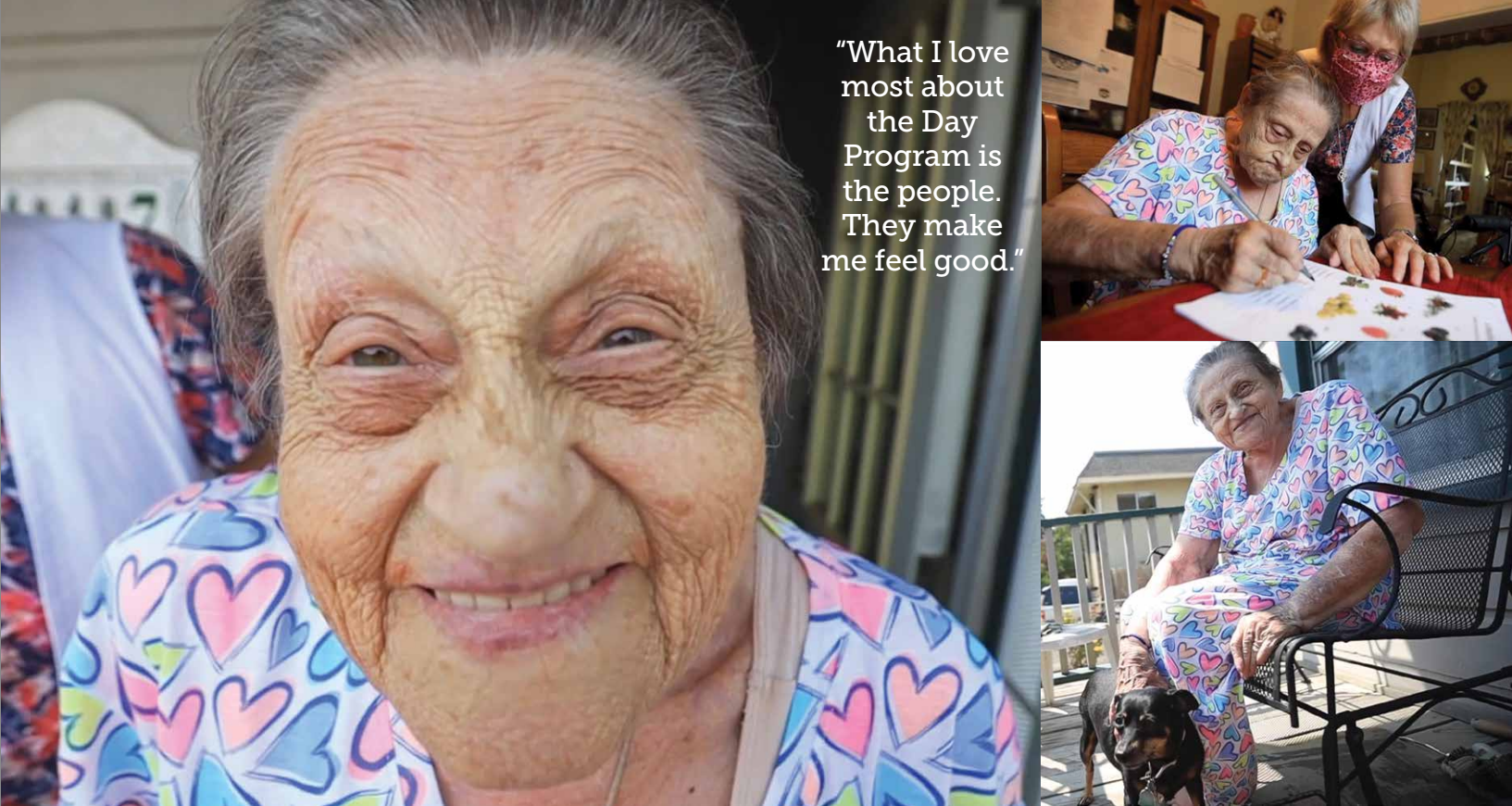
Dr. Laband earned his medical degree at Tufts University School of Medicine, and completed his internship, residency, and chief residency in internal medicine at Maine Medical Center in Portland, Maine. He joined St. Joseph Health in 2015, and in 2016 also began working as a part-time hospice physician with Kindred Hospice. After several years of experience as a hospice physician, Dr. Laband was able to achieve the designation of Certified Hospice Medical Director through the Hospice Medical Director Certification Board.

“In primary care, especially geriatric care, a lot of what we do is palliative in nature because most diseases we encounter as adults are chronic: they may not be fatal, but they are not curable,” says Dr. Laband. “Our responsibility in both hospice and palliative care should be to help people live the best life possible.

“Early in my career, I noticed this aspect of patient care was often overlooked and that frustrated me. I often saw people in the hospital suffering from aggressive treatments and not having a voice in their own healthcare. When I had those conversations and really listened to patients to understand what quality of life meant to them as an individual, I found that people really appreciated those discussions. That changed the way I practiced medicine, and ultimately made the transition to hospice and palliative care an easy one.”



“I’m thrilled to be part of this community-based nonprofit, because unlike many for-profit programs, care decisions are based more on the patient and less on costs, freeing us to help people live the rest of their life the best way possible.”



“What I love most about the Day Program is the people. They make me feel good.”

A Little Help from her Friends

How Our Day Program, Palliative Care and Hospice Care Work Together to Keep Marilyn in her Home and Connected

Marilyn has been no stranger to adversity. She was born with a developmental delay, lost her husband, Jerry, more than 30 years ago, and is now living with kidney failure.

These challenges have never stopped her from living a full and joyous life. But like all of us, sometimes it can be overwhelming and too much for even her to face alone.

Marilyn came to the Day Program in December of 2008. She had just retired and needed something else to keep her going.

“One of the biggest issues older adults face is isolation and a sense of not belonging, which can worsen chronic health issues,” says Day Program Director, Jill Wood. “Coming to the Day Program gave Marilyn purpose, a reason to get out, and she loves being around others. She enjoys the physical therapy, and even joined the weight-lifting group. These activities helped maintain her health, so she was able to continue to enjoy the things that were important to her, like going to ball games.”

That was up until about a year ago, when Marilyn’s kidney failure began to worsen and she needed more support managing her health. While still a participant in the Day Program, she was enrolled in our palliative care program, and then right before COVID and shelter in place, she began Collabria Hospice care.

"The transition to the right care at the right time, couldn't have been easier or better, because we already had a good relationship

with her,” says Jamie McNamara, Collabria Nurse Navigator. “So we were able to have gentle, yet real conversations about what quality of life means to her and how to honor that. Staying in her own home, where she’s lived for 48 years, was very important to Marilyn—but would have been really difficult without support from Collabria Palliative Care, Hospice, and Day Program. Her team helped her manage her condition and coordinated all of her care. Without that, the only other option would have been a nursing home—and that would have been no quality of life for her. We do whatever we need to do to keep her at home, safe and comfortable,” says Jamie.

Today, Marilyn continues to be actively involved in the Day Program through its Center Without Walls where she participates in the Zoom exercise classes nearly every day, cuddles up with her favorite blanket and listens to stories during reading group, joins her Day Program friends for bingo and conversation groups, and has visited during the “drive by and say hi” days at the Day Program Center.

“Even though things are changing for her, Marilyn still just wants to joke and laugh, and go to a ballgame,” says Jamie. “She knows how to live and I’m glad we’ve been able to allow her to do so, on her own terms.”

Visit collabriacare.org/Marilyn to see Marilyn's beautiful story.

Tips for Coping with Grief During the Holidays

The holiday season can be an especially difficult time for those who have lost a loved one, and for those who are now caregivers for a loved one. The expectation of festivities or traditions can be a painful reminder of loss, and can cause feelings of isolation and depression.

Here are tips for coping with loss and honoring your loved one and in a way that is meaningful at the holidays.

Know that you may feel a wide range of emotions during the holidays, and allow yourself to feel those without judgment of what you should or shouldn't feel: it's ok to feel sad or angry, and it's ok to laugh.

Keep the traditions that you want, but don't be afraid to change it up this year or to add new ones: for example, ask that someone else host the holiday dinner this year or suggest going out to dinner.

Plan ahead: If going to a holiday event or dinner, take your own car or ask a trusted friend to drive so that you can leave when you are ready.

Find ways to honor the memory of your loved one: at a gathering, light a candle or place a photo of your loved one at the table or nearby, and ask others to share a story about your loved one.

Help someone else: make a donation in your loved one's name.

Ask for help: let family know if you're having a rough time, or join a grief support group.

Collabria Care offers a number of grief support groups throughout the year. To learn more, visit collabriacare.org.

Meeting the Isolated and Vulnerable Where They Are: At Home

While all of our programs are designed to meet people where they are as far as their physical, mental and emotional condition, COVID-19 threw new challenges and new opportunities our way. As people sheltered in place, those living independently became homebound, and those already homebound were further isolated.

In response, our teams from the UpValley Village, Dementia-Capable Napa County, and Information & Assistance have collaborated with our Day Program and numerous community support and faith-based organizations to identify gaps in care and to create a web of support for most vulnerable in our community. There has been a massive shift in how the work is done, but the goal remains the same: maintaining the human connection that keeps people safe and well, and reminds them that they are not alone. They are cared for and part of the community.

Information & Assistance

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 is a one-stop-shop that connects seniors to the resources they need to maintain their independence and quality of life.

When Napa County was mandated to shelter in place, the biggest concern seniors had was access to food. Those who could drive and do their own grocery shopping were no longer supposed to be out in public risking exposure. Those who didn't drive could no longer hail a ride, and those who were homebound often no longer had a resource to deliver food.

So we put our heads together with other community services such as Community Organizations Active in Disaster, ParentsCAN, Molly's Angels, Dementia-Capable Napa County and others to create a web to ensure access to food for all, whether it was having volunteers pick up orders from grocery stores, getting people signed up for Meals on Wheels or delivering food from the Napa Food Bank. We created a comprehensive list of all grocery stores and pharmacies in the County, their hours and whether they offered delivery or pick up, and distributed that to all the community organizations as a quick referral tool.

It was amazing to see how many agencies, even those who don't work with seniors, stepped up to fill that need, and now we have a county-wide emergency response structure in place. As the pandemic shifts, so do the needs of our community. We're getting more calls from families looking for caregivers to care for their loved ones as they return to work and we continue to adapt as the situation changes.. So we are also working on finding and vetting more private caregivers to refer to those who need the support.

If you have experience in caregiving, love to help others and would like to be on our Caregiver Registry please call Tiffanie Walker 707.253.4248 or twalker@collabriacare.org

UpValley Village

UpValley Village is a membership-based program for adults 60+ who live from Yountville to Calistoga and Angwin designed to allow older adults to remain safely in their homes and communities for as long as possible. It serves as a one-stop resource for access to assistance from trusted, local volunteers and referrals to screened service providers, as well as providing ongoing social, educational and wellness opportunities.

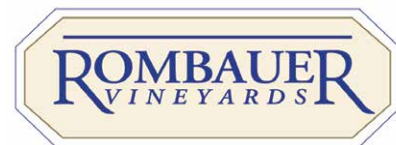
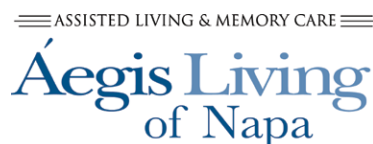
Our priority has always been to keep our members safe, in their own homes and connected. But shelter in place created new needs and required us to adapt to meet those needs and lessen the isolation that it created. Being in one of the highest risk categories for COVID-19, our members needed to stay home. For those who had previously relied on our volunteers to drive them to the grocery store or pharmacy, we arranged for volunteers to pick up and deliver medications, food, and other basic necessities. As the pandemic continues, transportation continues to be an issue so we've been providing transportation to medically necessary appointments.

Technology has become critical for this age group to stay connected with healthcare providers and services, as well as family and friends. So, we helped members set up the technology and assisted them with making online appointments, placing orders, and connecting with family and friends. In addition, our volunteers continue to make social check-in calls with members who request them and for those members whose needs have increased during COVID-19, we've offered socially distanced home visits.

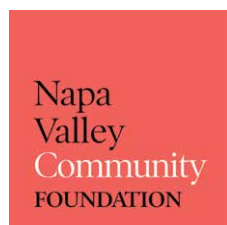
Our goal is to ensure that even during a shelter in place, they're not alone.

Become an UpValley Village member or volunteer by contacting Tracy Rodriguez-Biggs at 707.815.0217 or tbiggs@collabriacare.org

Thank You to our Annual & Program Sponsors



Thank You to our Community Partners





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To change your mailing address or opt out of future mailings, please contact the Development Department at 707.258.9080 ext. 265 or at pzwetsloot@collabriacare.org.



Community Programs and Workshops

Programs are provided free of charge and are currently being offered online via Zoom.

Grief Support

Registration is required for all grief support programs. To register, please call 707.258.9080 or visit collabriacare.org for more information.

Weekly Drop-In Grief Support Group

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

Learning to Live with Loss

This 8-week, structured grief support group is for adults who have experienced the loss of a loved one. Learn about the many paths grief can take, in a safe environment for sharing feelings and experiences. Attending all eight workshops is strongly recommended.

Wellness

Caregiver Counseling and Memory Screenings - Ongoing

Collabria Care offers free counseling sessions to individuals or families for guidance with the challenges of caregiving, information about local resources, and emotional support. Meet with a Medical Social Worker online or by phone for a private and confidential consultation to discuss concerns, ask questions or receive guidance about memory loss, loss of independence, driving, or other care issues for you or a loved one.

Contact Jill Wood, MSW, at 707.258.9087 ext. 277 or jwood@collabriacare.org to schedule an appointment.

Caregiver Support Group

Ongoing In English

Thursday Group

1st and 3rd Thursdays of the month, 3:00 – 4:00 p.m.
For more information or to register, please contact Jill Wood at jwood@collabriacare.org or call 707.258.9087.

Wednesday Group

3rd Wednesdays of the month, 5:30 – 7:00 p.m.
For more information or to register, please contact Anthonia Akabike at aakabike@collabriacare.org or call 707.258.9087.

En Español

Lunes Grupo

1er lunes del mes, 11:00 a.m. - 12:30 p.m.

Jueves Grupo

3er jueves del mes, 5:30 - 7:00 p.m.
Para más información o para registrarse, por favor contacte a Yolanda Padilla - ypadilla@collabriacare.org

Mind Boosters & Brain Fitness Online

Ongoing

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

2nd and 4th Thursdays of the month, 11:00 a.m. – 1:00 p.m.

For a screening appointment and registration, contact Anthonia Akabike, MSW at aakabike@collabriacare.org or call 707.258.9087.

Dementia Capable Napa County

Dementia After the Holidays January 4 and January 13

"Oh no, my mom has dementia!" – the aftershock of seeing parents or relatives after the holidays.

This class will cover dementia 101, signs of normal aging vs. aging with dementia, and what to expect going forward.

In Spanish: Thursday, January 4th, 2021, 1:00 p.m.-2:30 p.m.

In English: Wednesday, January 13th, 2021, 1:00 p.m.-2:30 p.m.

Upcoming in 2021

Dementia Education for Caregivers/ Lunch & Learns

La educación para los cuidadores
demencia

Disaster Planning & Dementia

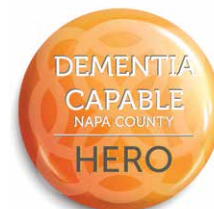
Dementia Education for the Community

Information at collabriacare.org/DCNC

Become A Napa Valley Navigator

Thanks to a \$1 million federal grant from the Administration for Community Living, Collabria Day Program is developing and implementing county-wide programs that are designed to fill service gaps for those with Alzheimer's disease and other forms of dementia.

One of our initiatives, Napa County Navigators, is designed to educate and train people in our community on how to recognize those with dementia, how to connect them to services, and what resources are available. We have partnered with Napa County Adult Protective Services and other related organizations to offer training at two levels: level 1 is for volunteers and employees who interact regularly with the community at large, such as USPS workers and librarians; and level 2 is for health professionals, such as EMTs, social workers, nursing facility employees and nurses, and is offered as Continuing Education credit.



Become a Napa Navigator

Contact DCNC Program Manager, Melissa Gerard to register today. 707.815.6258 or mgerard@collabriacare.org

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.