



Collabria Care  
*We're here for you*

Spring 2021

# Connection



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Have a loved one with dementia?  
New programs to help you and your loved one

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# Yes, We Make House Calls

## A Day in the Life of Collabria Care Nurse Practitioner Lindsey Canavesio

People facing serious illness often have many medical and personal needs beyond what their doctor's office can respond to. They may not be able to take medication on time unless a caregiver is present, for example, or not follow a suitable diet because they cannot cook or get to a store. Sometimes a patient can end up in the emergency room because they are dehydrated or have fallen, because they lack the helping hand they need at home.

Collabria Care's Palliative Care program fills the gaps in care for you the patient, and your family, by giving you a team of experienced caregivers who can quickly respond to your needs. Your team includes a nurse, a doctor, a social worker, and even a spiritual care provider if you would like one, so that you have someone to call, and someone to call on you, to make sure that minor problems don't become major. You'll have peace of mind knowing that help is only a phone call away, at any time of the day or night.

Collabria Care nurse practitioner Lindsey Canavesio is a familiar and welcome face to many patients in our palliative care program and we followed along with her on a sunny day in March.



6:30 a.m.: Lindsey has breakfast with her family before checking emails and planning for her day. Her kids check in with her before school starts.



8:30 a.m.: In the office, Lindsey collects and reviews patient charts, then packs up to head to her first visit.



10:00 a.m.: First stop is a followup with B, a palliative care patient with glioblastoma, a fast-growing brain tumor. Lindsey checks in on her health and to see how she's doing. B responds that she hasn't been feeling well enough to get outside or go for the short walks that she enjoys, so Lindsey makes some medication changes to help with that. After a consultation with B's family, she arranges for delivery of a wheelchair for B to use to get outdoors when she is not feeling up to walking.



1:45 p.m.: After an hour in the office updating patient charts and making follow-up calls with patients and their physicians, next up is an in-home visit to a couple, who both originally were on palliative care but are now on hospice. Both have Alzheimer's Disease and live with their daughter, who with her husband and their two sons, all care for her parents. Lindsey does check-ups with both parents and discusses their current health, including the father's recent bout with pneumonia, with their daughter.



3:00 p.m.: Lindsey's final in-person appointment of the day is with R. In addition to checking her patients' physical health, Lindsey also provides emotional support and symptom management. R has low magnesium levels and requires an infusion, for which he is reluctant to be admitted to the hospital. After discussing the procedure and being reassured by Lindsey, he agrees.

4:00 p.m.: Back at her desk, Lindsey finishes charts from the day and prepares for tomorrow's patient visits.

# New Program Makes Life Easier and Better for Those with Dementia and Their Families

The pandemic created hardships for many of us, but for those caring for loved ones with dementia, the effects were even more drastic. Families who had relied on therapy and respite programs to provide needed health and support had nowhere to go, leaving them isolated.

If you or someone you know is in this position, there is a new program from Collabria Care that is helping those with dementia and their families get the support, resources and assistance they need—both during the pandemic and beyond—to reduce stress and improve quality of life for both the patient and their caregiver.

“My husband, Garry, suffers from white matter disease, which has symptoms similar to Alzheimer’s Disease,” says Donna Gillette. “Mobility is his biggest issue, which is made worse by spinal stenosis - a narrowing of the spaces within your spine that can cause pain, tingling, numbness and muscle weakness. Before the pandemic, Garry had attended Collabria Care’s Day Program, which really helped improve and maintain his mobility with its therapy programs and activities.

“But then shelter in place hit. He couldn’t go to the Day Program, and neither of us could go to church or even the grocery store. A procedure for a kidney stone in August made matters worse, and Garry’s mobility regressed. He now requires a walker all the time. That’s when the Day Program suggested that the RDAD program might help.”

RDAD (Reducing Disability in Alzheimer’s Disease) is a nine-week program designed to reduce stress and improve quality of life for both caregiver and the person with dementia. It includes an individualized treatment plan including exercise, for the participant, a support system for caregivers, and education on techniques for turning difficult situations that can be a result of the person’s dementia into positive interactions.

It is one part of a larger effort known as Dementia-Capable Napa County, whose goal is to make Napa County a dementia-friendly

community in which everyone living with dementia and their families are supported, included and respected.

“Did it help? Did it ever!” says Donna. “Because Garry’s mobility had regressed so much, Day Program team members provided physical and occupational therapy here at the house. Garry was reticent at first to have anyone in the house, but changed his mind quickly. They worked on getting him moving and improving safely, and we both enjoyed the company. They also delivered activity kits for Garry, and Medical Social Worker Anthonia Akabike followed up with me weekly to check in on both of us.

“About the same time, we had decided to move to Tennessee to be near our daughter, and we had to vacate our home quickly to get it ready for sale. As I began clearing everything out and packing for our move, Collabria Care arranged for an outstanding caregiver to come stay with Garry so I could focus on the house and the trip to Tennessee. I’m not sure how I would have accomplished that without their help.

“We finally made the move, and recently found a home to buy. And it’s taken us a few tries, but we finally found a good caregiver for Garry here. With most activities still closed here, it’s been hard to meet new people, but Anthonia still calls me regularly to check in on us, and I am so grateful for that.

“I would tell anyone caring for a loved one with dementia that they should never hesitate to consider the RDAD program. We so appreciate their support—we still feel its benefit, even now from 2,000 miles away.”

To learn more about RDAD or Dementia-Capable Napa County, call 707.815.6258.



*Donna and Garry Gillette, celebrating the purchase of their new home in Tennessee.*

## Become a Dementia Hero!

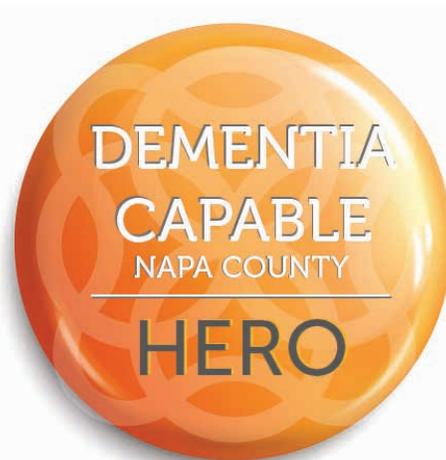
- Learn how to recognize the signs of Alzheimer's disease and dementia.
- Discover the resources and support services that are available.
- Attend a training - free to everyone in Napa County.

Contact Melissa Gerard  
707.815.6258  
mgerard@collabriacare.org



**Dementia-Capable  
Napa County**

A PROGRAM BY COLLABRIA CARE



# Your New, Free Resource to Protect Those You Love and the Causes You Care About

An estate plan is an important way to support and protect the people you love, and we've made this sometimes—complicated task easier for you—and free.

Collabria Care has partnered with FreeWill to provide you with an online tool to write your legal will, at no personal cost. In about 20 minutes, you can complete this important task and protect the people and causes you care most about.

You can also use FreeWill to create an optional legacy gift to your favorite nonprofit organization, also at no charge. A legacy gift to Collabria Care, for example, ensures that our care for those facing a serious, life-threatening illness will be available for future generations—but it costs you nothing today.

If you do choose to make a gift to Collabria Care, please notify us and become a member of our Legacy Society so that we can recognize your generosity.

This tool is most beneficial for those with straightforward estate planning needs, but if you have a complex estate, FreeWill can be used as a planning tool for future conversations with the estate planning attorney of your choice.

Get started at [FreeWill.com/NAPAHospice](http://FreeWill.com/NAPAHospice)

## Two Alternative Ways to Support Collabria Care



### Support us by shopping at Amazon

“A year ago, when I chose to make my usual Amazon purchases through a special link called AmazonSmile, it seemed like an easy way to help out Collabria Care. That two-minute time investment of choosing the right link and designating Collabria Care to receive a small percentage of my purchases has turned into a significant, effortless donation from me and extra money for Collabria Care and my community.” - Janet Thomas

Visit [smile.amazon.com](http://smile.amazon.com) to learn more and sign up.



### Give Your No Longer-Needed Items a Second Life at Act 2

Do you have perfectly good items you no longer want or need? Our St. Helena thrift shop, Act 2, accepts donations of gently used housewares, furniture, appliances, bedding, toys, rugs, books, adult and children's clothing, and much more. Sales provide support for our unfunded programs and charity care.

#### DONATION HOURS:

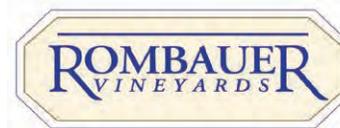
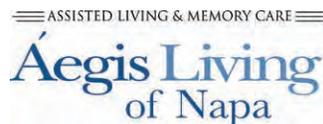
Wednesday and Thursday: 10:00 a.m. – 4:00 p.m.  
(front door only)

Call 707.244.4687 for more information

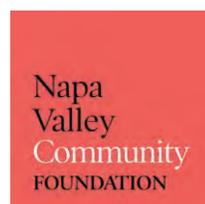
## Thank You to Our Annual & Program Sponsors



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Vineyard Services



## Thank You to Our Community Partners





## Compassion, Care & a Great Cup of Coffee

“It was around 2003, when I was in law school and living with my dad, Leon, who was co-founder/owner of the Napa Valley Coffee Roasting Company,” says Ben Sange. “He sometimes would have these small, strange moments...they’re a little hard to explain, but something wouldn’t seem right in his brain for a moment or two, and then he’d be fine again.

“Then there was a big, strange moment. Dad went to the St. Helena shop, which opened at 7 a.m., and couldn’t figure out why the door was locked or where the staff and customers were. It was because it was 7 p.m.—he had his time of day backwards.

“He was admitted to the hospital, where they ran a bunch of tests, including cognition tests where he was asked to complete line drawings or repeat a pattern. He couldn’t do them.

“He was diagnosed with early-onset Alzheimer’s Disease. He was only 62. That diagnosis changed everything. There was so much to consider with his personal care and the business, so my brother, Charlie, moved back up to help. I helped out while still working at my own job for a while, but ended up coming back, as well,” says Ben.

“When it comes to a disease like Alzheimer’s, there’s not much medicine can do, so the real care comes from the family,” says Nancy Haynes, Ben’s mother. “Leon and I had divorced 20 years earlier and I was remarried, but when Leon was diagnosed we all helped: Charlie, Ben, my husband and me.

“Fortunately, we discovered the Day Program at Collabria Care. That was so helpful, because Leon could be with others in a similar situation, be engaged through activities and just get out of his usual surroundings. And once a month, I attended the caregiver sessions. The best people to understand what you’re going through are those who are going through it themselves, and we had a great group leader who was incredibly empathetic, yet kept the sessions on track.



*Ben's mother, Nancy Haynes.  
Above: Ben Sange with a photo  
of his father, Leon.*

Listening to some other families' stories made me so grateful for my own family: we all trusted each other to do the best for Leon, and Leon trusted us, and with Collabria Care's support, were able to work well together to care for him.

"As his disease progressed, Leon got sweeter and dearer," recalls Nancy.

"Before he passed away, he reconnected with other family members he had been estranged from," adds Ben. "It was heartwarming because he remembered them, but heartbreaking that it happened so late. He died at 64, just two years after his diagnosis."

## Leon's Legacy

"Ever since Dad started the Napa Valley Coffee Roasting Company in 1985, it has been a community-based business, donating coffee to local events and groups and creating custom blends for non-profit programs where 20% of the sales were donated to the charity," says Ben.

"So we were happy to partner with Collabria Care to create a blend to support the program that had cared for Dad. We've also done gift certificates and gift baskets for their recognition programs.

"Dementia is such an awful disease but Collabria Care does a great job at helping everyone: the sick and their families. We're grateful to help in any way that we can."



*Collabria Care thanks Ben and Charlie Sange and the Napa Valley Coffee Roasting Company for their ongoing support of Collabria Care. The Collabria Care LaBoheme Blend can be purchased at their Napa and St. Helena coffee shops and at LaBoheme in St. Helena.*

## Thank You to Our 2020 Gala Sponsors



## Save the Date

It's all coming together  
in September

15th Annual Golf  
Tournament

Eagle Vines Vineyards & Golf Club  
September 3

15th Annual Gala  
September 10

Online Auction  
September 3 – September 12

Details will be shared on the Collabria Care website and through social media as the events approach. For more information, please contact Jennifer McConnehey, 707.254.4166.



**Collabria Care**  
*We're here for you*

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To change your mailing address or opt out of future mailings, please contact the Development Department at 707.254.4157 ext. 265 or at [development@collabriacare.org](mailto:development@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.

# Upcoming Support Groups & Community Programs

## Ongoing Support Groups

### Weekly General Grief Support Group

Thursdays, 4:00 – 5:00 p.m.  
For more information call 707.258.9080

### Monthly Suicide Grief and Loss Support Group

4th Tuesday of each month  
For more information call 707.258.9080

### Caregiver Support Group (English)

First and third Thursdays of the month,  
3:00 – 4:30 p.m.  
Third Wednesdays of the month, 5:30 – 7:00 p.m.  
For more information or to register here and in Spanish support group, contact Sami Rogers at [srogers@collabriacare.org](mailto:srogers@collabriacare.org)

### Caregiver Support Groups (Spanish)

First Monday of the month,  
11:00 a.m. – 12:30 p.m.  
Third Thursday of the month, 5:30 – 7:00 p.m.  
For more information or to request the login details, contact Yolanda Padilla at [ypadilla@collabriacare.org](mailto:ypadilla@collabriacare.org)

## Upcoming Community Programs

### Learning to Live with Loss

An eight-week grief support group 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. Attendance is free and attending all eight workshops is strongly recommended. Starts week of June 14  
Registration required. Call 707.258.9080.

## Community Education Activities Guide for all Stages of Dementia

*All programs are offered online via Zoom. For more information or to register for classes, please contact Leticia Duenas, [lduenas@collabriacare.org](mailto:lduenas@collabriacare.org) or 707.258.9087, unless otherwise noted.*

A three-part online series for community caregivers, friends, and family members that will provide ideas and activities for the early, mid, and late stages of dementia. Supporting someone with dementia to engage in tasks and activities can be difficult at any stage of the disease. When someone with dementia feels content and has a purpose, daily tasks become easier for the caregivers and create more pleasant events.

### Guide for Early-Stage Activities

June 10 (English)  
June 11 (Spanish)  
3:30 – 5:00 p.m.

### Guide for Mid-Stage Activities

June 17 (English)  
June 18 (Spanish)  
3:30 – 5:00 p.m.

### Guide for Late-Stage Activities

June 24 (English)  
June 25 (Spanish)  
3:30 – 5:00 p.m.

### Dementia and Disaster Planning

*A Dementia-Capable Napa County Program*  
Disaster preparedness is important in Napa Valley and even more important when you care for someone with dementia. A rapid change in environment for someone with dementia can be distressing, but having a well-thought-out action plan can help. Join us to learn the best steps to creating your own action plan for any kind of natural disaster.

July 6 (Spanish)  
July 13 (English)  
1:00 – 2:30 p.m.

### Lunch & Learn Series

*A Dementia-Capable Napa County Program*  
A special online series for caregivers, friends, and family members with loved ones who have moderate to advanced Alzheimer's disease, or related dementia.

### Dementia 101 - Learn the Basics of Dementia Care

July 7 (English)  
July 8 (Spanish)  
1:00 – 2:30 p.m.

### The GEMS Approach - Teepa Snow's Framework for Understanding Dementia

July 14 (English)  
July 15 (Spanish)  
1:00 – 2:30 p.m.

### Learning to Speak Alzheimer's - Effective Communication Methods for Caregivers

July 21 (English)  
July 22 (Spanish)  
1:00 – 2:30 p.m.

### Understanding and Managing Challenging Behaviors - Techniques for Managing Disruptive Behaviors

July 28 (English)  
July 29 (Spanish)  
1:00 – 2:30 p.m.

### Self-Care for the Care Partner - Essentials of Physical and Mental Health for the Caregiver

August 4 (English)  
August 5 (Spanish)  
1:00 – 2:30 p.m.