

Connection

Our name has
changed, but our
compassionate
care has not.



Community Health Foundation Napa Valley

Formerly Collabria Care

JANUARY
2023

A DAY IN THE LIFE

Katherine Frederick, Hospice Spiritual Care Provider

Many assume spiritual care only encompasses religious support but in hospice care it is broader in scope, focusing on the individual's wellbeing. Spiritual Care Providers such as Katherine are a member of the patient's care team, alongside the case manager, nurse, and social worker.

Illness leaves many patients feeling lost. They'll say, "I was always busy, I used to be successful, and now I can't do anything—what's my purpose if I can't do those things?" Sometimes we explore how their life has been of purpose, going through stories and photos. For others, a walk, a talk, music, or a prayer brings comfort.

The physical and emotional toll of caregiving can be heavy, so I also help loved ones with their quality of life. In addition, when someone is actively dying, there are many things that happen—from physical changes to the patient seeing the presence of loved ones who have already passed away—so I help normalize the process, reassure them that what their loved one is going through is natural, and help them honor this sacred stage of life.

.....
People often think "Oh, I'm not religious, I don't need spiritual care." But religion is only one type of spirituality. Your spiritual life is what grounds you, gives meaning to life, whether that's nature, music, art, movement, meditation, or religion. Hospice spiritual care—like medical care—is about ensuring the best quality of life possible.
.....



6:00am

Katherine starts her day with an online yoga class, takes her children to school, then works on her Master of Divinity.



Her workday starts with calls to new patients and to existing patients who have requested it.

10:00am

Katherine's first visit is with Eleanor, who is 100, lives with her daughter and son-in-law, and has been on Hospice for almost two years. "Eleanor finds comfort from prayer, and talking about her favorite tv program. Her daughter and son-in-law have been her fulltime caregivers, so I provide emotional support to them as much as to Eleanor."



11:30am

George is in his early 70s and lives in a skilled nursing facility. He's not religious, but "connects to the transcendent" through music. We talk, he'll play his guitar, or we'll sing "Margaritaville." It was Augustine of Hippo who said, 'When you sing you pray twice,' and I agree. I believe music is sacred, whether it's a hymn or Snoop Dogg, because it brings meaning.



1:00pm

After a lunch meeting at the Hospice Napa Valley office, Katherine walks the labyrinth there.



.....
"A walking meditation allows me to decompress. You can't help others if you don't connect yourself."
.....

Photos by Jason Tinacci

2:00pm

Bob is in his early 90s and lives in the home he built 60 years ago. "Nature is important to him. He enjoys working in his garden or going for short walks. I'll bring him poetry from Wendell Berry or something else that fosters his connection with nature. Bob is not devout, but enjoys prayer. When I pray with a patient, I often add what we talked about into our prayer. I think it can be helpful to ask something greater than yourself for help, whether you're religious or not. It sets intention and helps us make that happen."



4:00pm

After school, Katherine spends time with her sons. "After my husband finishes work, we do family dinner—we make a point to do that every night. After the boys go to bed, I'll study or finish patient charting."



11:00pm

With hospice care, help is a phone call away 24/7, so if a patient and family are in distress and need support, Katherine heads out to be there in their moment of need.



Community Health Foundation
Napa Valley

New Look—Same Expert, Compassionate Care



In this issue of Connection, we are proud to introduce you to our new name, logo, and colors. Although we will no longer use the Collabria Care name, our seamless, specialized care for individuals and their families in our community will continue.

Four years ago, we merged with Providence, a nonprofit health system, to better meet the challenges in healthcare today and more importantly, to sustain our ability to provide our unique continuum of care.

Our services, while remaining the same, have been renamed to reflect this partnership with Providence and our commitment to the Napa community: Adult Day Health Napa Valley, Palliative Care Napa Valley, and Hospice Napa Valley. In addition, to ensure your donations, including bequests, will continue to be used exclusively for our services, we formed Providence Community Health Foundation Napa Valley.

In the coming weeks, you will notice changes in our appearance such as new signage on our building on South Jefferson Street in Napa and on our thrift stores in St. Helena.

If you have any questions or concerns about these changes, please don't hesitate to contact our Foundation Office at (707) 254-4157.

Sincerely,

Deborah Macdonald, Board President
Providence Community Health Foundation Napa Valley

Turning Wine into Wellness

Napa Valley Vintners funds new fleet and other programs for the most vulnerable in our community

For the past 25 years, we have been fortunate to receive significant grant funding from the Napa Valley Vintners. Their support has created a foundation from which we've been able to evolve our services to meet the growing and



changing needs of our community. This has been especially critical throughout the multitude of natural disasters we've experienced over that time. They are truly an amazing community partner

The Napa Valley Vintners latest funding will:

- Provide a wheelchair-accessible van, a transit bus, and a full-time driver to safely transport Adult Day Health participants to and from our center
- Allow us to train staff and implement three patient-centered programs to help improve the physical and cognitive health of Day Program participants: Powerful Tools, Tai-Chi Fall Prevention, and TimeSlips
- Increase the number of individual and group grief sessions we can provide to community members (free of charge)
- Provide brain-health classes and memory screenings for older adults in the Up Valley community
- Expand our Alzheimer's Day Care Resource Center / Dementia-Capable Napa County program

We are just one of the many organizations to receive funding from the Napa Valley Vintners, and we are incredibly grateful for their commitment to the health and wellbeing of our community.

Thank you to our generous Annual Sponsors



Thank you to our Community Partners



Same Services, New Name

Collabria Day Program <i>is now</i> Adult Day Health Napa Valley	Collabria Care Palliative Service <i>is now</i> Palliative Care Napa Valley	Collabria Hospice <i>is now</i> Hospice Napa Valley
Collabria Care Foundation <i>is now</i> Providence Community Health Foundation Napa Valley		
La Bohème and Act Two <i>remain the same</i>		

New Steps to Find and Meet Community Needs

Necessities of Life Fund for Hospice Patients—meeting needs where no resources exist.

Illnesses and injuries can quickly sap the financial resources of patients and their families – even those with insurance—and sometimes leave them unable to meet even basic needs. While our hospice clinical care team connects patients and their families with community resources, there are times a need cannot be met.

That's where the Necessities of Life program comes in. It helps eliminate these stressors to improve quality of life for patients and their families. This could mean helping pay for necessities such as emergency short-term caregiving, utilities or food, fulfilling a final wish to provide some comfort and joy, or providing something that restores a patient's sense of independence or normalcy.

To see the impact this fund has already made, we've shared some stories that illustrate how the fund has helped patients and their families.

They are all beautiful reminders of how it's often the little things that matter most—and that even the smallest gesture of kindness can make a difference.

"I want to say thank you. This work is really hard, and so many times my team comes to me, and they don't know what to do. They don't know what to do because there is no family, there are no caregivers, they're on a fixed income. They want Life Alert, but can't afford it or their caregiver needs a baby monitor so they can leave the room. This fund has made it possible."

Recently, we were able to provide a picnic for one of our patients who has no family. I had the chance to meet the patient and she is still talking about it a month later. The owner of the facility where she lives stopped me to say, 'You don't even know what that did for her. I haven't seen her light up like that...and, it wasn't just the patient that had a moment, but our staff was smiling—they were excited to participate and run errands to make this happen.'

—Catherine Kipsey, Hospice Clinical Services Manager



"My patient has not left her board and care facility in over two years as her husband is unable to take her out by himself. She would like to have a picnic date with her husband in the park by the river. Request is for medical transport to the park and lunch for the two of them."



"I'd like to purchase flowers, foam, and small vessels for my patient so he can make small arrangements for others in his unit.."



"My patient used to enjoy working with ceramics and has lost the ability to do many things she used to enjoy. Air dry clay would allow her to have a tactile outlet where she can be in control and use her creativity."



"She could use a blanket. Hers is falling apart."



"My patient requests lap desk and stationery so he can write letters of amends before he dies."



"I would like a gift card so that I can purchase a cupcake to celebrate Barbara's birthday."

Examples of the impact your gift can provide:

\$25

A patient care bundle that may include cozy blankets, soft sheets, journals, and warm socks or slippers.

\$50

A meal to allow a patient and caregiver to share a memorable evening.

Way To Give

To Support the Necessities of Life Fund visit <https://give.providence.org/NapaValley/patient-assistance>

\$100

Fulfills a final wish, such as a quiet anniversary or birthday celebration.

\$250

Assists with groceries, clothing, or other necessities for a patient who may otherwise go without.

\$500

Pays one-time bills for a family struggling with increased utility expenses of having oxygen machines and other medical equipment running 24/7 in their home.

\$1,000

Funds emergency in-home caregiving for hospice patients with no other resources so they can safely remain at home for those final days or even hours.

Collabria Care's Board of Directors on the transition to Providence and why they support Community Health Foundation Napa Valley

Will Marcencia, Vice Chair



**Wine Down Media
Chief Executor**

My company and I have supported Collabria Care for over three years now. The name change to Providence does not make any difference because I know that we will still offer the same care. Regardless

of the name, the donations stay local and they make an impact in OUR community.

Frank Dolan, Treasurer



Morgan Stanley, Senior Vice President

They cared for my mother, but more importantly, they cared for me and my family. When you consider donating to hospice organizations, I hope you consider Providence moving forward. They're a local organization

that is dedicated to changing the lives of Napa Valley residents.

Martha Dameron, Secretary



**Healthcare Information
Technology Consultant**

End of life is something that, within our culture, we don't really talk about. It's something that we're all going to go through. We want our loved ones to be cared for and to feel that we have done everything we can

for them as they go through the end of life. Personally, I hope that when it comes time for my family or me, that an organization like we have here will be available for me.

Scott McAdams



**Senior VP, Commercial
Banking Mgr., Bank of Marin,
Napa Region
Foundation Board Member**

I am excited about our new partnership with Providence. This will bring new resources to our organization that will continue to expand and improve all of the excellent

services we already provide to the community. I only wish I knew of the many programs offered here while my parents were dealing my father's dementia. They make such a difference to those going through these difficult times.

Maryanne Wedner



**Assistant to Mike Grgich
& Consultant - Export &
Corporate Sales, Grgich
Hills Estate, Foundation
Board Member**

Providence Community Health Foundation Napa Valley is more than a name change and yet so much less. The more is, that we now have access to reduced

costs for PPE, medications, and supplies needed for the care of our community. It is so much less, because we are still the same non-profit facility—helping with Hospice Care, Grief Counseling, Adult Day Care, and PACE—as we have always been, with the same amazing staff. I fully support this transition and look forward to expanding the care to our local community.

Lynne Hobaugh



**Proprietor, Lynne Hobaugh
Interior Design
Foundation Board Member**

The formation of Providence Community Health Foundation Napa Valley will allow us to take our fundraising to the next level which will have a greater impact on our community. I

think supporting us is important to not just your loved ones, but also to the community. The community as a whole is us. Napa Valley is us. Let's take care of one another and remember that we're all in this together.

Alison Martin



**VP Commercial Banking
Client Relationship Manager,
US Bank
Foundation Board Member**

I think that the partnership with Providence will really help us expand our resources and bring a more national focus on the Napa Valley. We're going to have more

ways to reach the community and grow our services, improving the quality of the end-of-life experience throughout the community.

Jeff Gerlomes



**CEO and Trustee, Tulocay
Cemetery Association,
Foundation Board Member**

I recently had a family experience with Collabria, now Providence, and the level of care and dignity they provided. Not only was it incredibly important for our loved one, but it gave

the family confidence that we did all that we could at a very difficult time. It's important to know that when you're in need of end-of-life care, that you have choices, let us be that choice. I think of the Napa Valley as an ideal community, having large city resources with a hometown feel. This is something that is very important to me.

Valerie Peebles



**Interior Designer & General
Contractor
Foundation Board Member**

I support Collabria Care, now Providence, because I feel strongly about the importance of dying with dignity. And every person deserves these services that allow them to experience the

end of life in a beautiful way.

Speaking from personal experience, it's important for people to know about the agency and understand what we do. When you understand how we can help, you realize that you are not alone during this difficult time.

REFLECT & REJOICE

2022

Gala and Fashion Show



Reflect & Rejoice Raises Much-Needed Funds for Essential Services

We hosted our 16th annual benefit gala, Reflect & Rejoice, at Louis M. Martini Winery on September 9. The event, under the direction of Event Chair and Foundation Board Member Valerie Peebles and her tireless committee, raised more than \$660,000 to support those in our community facing the transitions of aging, Alzheimer's disease and other serious illness, or the end of life.

Honorary Chair Gina Gallo perfectly embodied the magnanimous tradition of generous community support for which the Napa Valley is famed. "On behalf of my family, I deeply appreciate being selected as honorary chair for such an amazing event, which is critically important to the financial support of Collabria Care—a service that has been

a cornerstone to the Napa community since 1979. I couldn't think of a better opportunity to show how grateful we all are to the caregivers who provide indispensable support to the families in our community."

The Gala was preceded earlier in the week by a Fashion Show & Luncheon at Raymond Vineyards, featuring the creative genius of local couturiere Raoul Blanco, who wowed the audience with a magnificent runway show.

"We are so appreciative to have the loving support of our truly generous community here in the Napa Valley," said Deborah Macdonald, Foundation Board Chair. "The money raised from this event allows us to continue to provide critical services to our community, during periods of life that are both vulnerable and sacred. We are ever grateful for the support." **Our next gala will be held on September 8, 2023 at Castello di Amorosa.**



The cornerstone of the year's festivities is our annual Gala, which was held at Louis M. Martini Winery on September 9, 2022.



Thank you to our Gala Sponsors



Morgan Stanley

THE DOLAN AND ENGEL GROUP
AT MORGAN STANLEY



Thank you to our Fashion Show & Luncheon Sponsors





Community Health Foundation Napa Valley

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Napa, CA 94559

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Community Workshops and Support Groups

Mind Boosters

This program is for those who are in the early stages of memory change and want to be proactive in maintaining the brain health. Through fun, social activities, participants enjoy increased mental stimulation, socialization and support and learn new techniques for memory enhancement.

In person sessions: first and third Mondays of the month from 11:30 am-2:00 pm. Adult Day Health Napa Valley, 414 S. Jefferson Street, Napa

Online sessions via Zoom: 2nd Thursday of the month from 3:00-5:00 pm. **Cost:** \$30/session for in-person class; \$15/session for Zoom class.

Registration/pre-screening: contact Melissa Gerard 707-815-6258 or melissa.gerard@providence.org

Brain Fitness

Modeled on the Mind Boosters program, this program is for those who are in the early stages of memory change and want to be proactive in maintaining their brain health.

2nd and 4th Wednesdays of the month, from 10:00-11:30 am. Rianda House, 1475 Main Street, St. Helena

Cost: \$5 suggested donation per class.

Registration: Contact Melissa Gerard 707-815-6258 or melissa.gerard@providence.org

Grief Support Programs

The loss of a loved one is difficult. Our experienced bereavement team is available for one-on-one consultations by phone and online, such as Zoom and Facetime.

In-Person Support Groups

Survivors of Suicide Loss
Tuesdays, 11:00 am-2:30 pm
February 7-April 28

Understanding your Grief
Tuesdays, 4:30-6:00 pm
January 31-April 18

Online Support Groups

Loss of Spouse
Wednesdays, 4:00-5:00 pm
Ongoing

Understanding your Grief
Thursdays, 4:00-5:30 pm
February 2-April 20

For more information or to register, contact Xavia Hendriksz at 707-258-9080 or xavia.hendriksz1@providence.org

Dementia 101 Free Online Workshops for Caregivers/ Clases Gratuitas de Demencia 101 - Virtuales Educativas Para Cuidadores

English-language workshops:

Held online via Zoom on Thursdays, from 11:00 am-12:30 pm
February 2: Dementia 101
February 9: Learning to Speak Alzheimer's
February 16: GEMS
February 23: Challenging Behaviors
March 2: Self-Care for the Care Partner

Contact: Leticia Duenas 707-258-9087 or lduenas@collabriacare.org

Clases de Demencia 101 - en Espanol:

Las clases gratuitas se imparten en Zoom los miércoles de 2:30 pm a 4:00 pm.
1 de febrero: Demencia 101
8 de febrero: GEMAS
15 de febrero: Aprendiendo a hablar Alzheimer
22 de febrero: Comportamientos difíciles
1 de marzo: Autocuidado para el cuidador

Contact: Leticia Duenas 707-258-9087 or lduenas@collabriacare.org

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.

To change your mailing address or to opt out of future mailings, please contact the Development Department at 707-254-4157 or at chfnv@providence.org

