

Connection

*Horticultural Therapy:
Providing Exercise, Nature,
and Joy for Our Participants*



Community Health Foundation Napa Valley
PACE | Adult Day Health | Palliative Care | Hospice

FORMERLY COLLABRIA CARE—COLLABRIA HOSPICE

FALL
2024

I Don't Feel Alone Anymore

Yountville resident Carol Bloomquist works remotely as a regional supervisor for psychotherapists who support active military service members and their families. As part of her job, she interacts with many programs and agencies.

But, when it came to caring for her mother, Lila, who had dementia, she felt all alone... until she was introduced to Community Health Napa Valley.

"Last October, while driving home from a vacation in San Diego, Mom and I stopped to visit friends in Redlands. While there, it became clear that mom needed immediate emergency intervention. She was transported to Loma Linda University Hospital where she was diagnosed with pneumonia, sepsis, and atrial fibrillation. Mom was in intensive care at LLU for a week then transferred to acute rehabilitation therapy at the Queen of the Valley Hospital for two weeks of intensive rehabilitation. It was then that her physicians



referred us to Community Health Napa Valley's Palliative Care for ongoing support.

Prior to her hospitalization, I had been taking Mom to outpatient physical therapy twice a week, and because her skin had become very thin, I often had to take her for wound care. In addition, Mom had numerous medical appointments each week.

As sole caregiver, it was difficult to balance work with caring for Mom and getting her to appointments, so I worried about how I would juggle this extra level of care; however, when we started with CHNV Palliative Care, the team scheduled many of the necessary rehabilitation services for Mom in our home and around my work schedule.

Mom's nurse case manager, Jamie, oversaw all care and was extremely responsive to my needs for support. Mom's physical therapist, Chris, came in twice a week for several months to rebuild her strength, and was so patient and kind. In addition, Mom received occupational therapy, nursing support,

"Whatever we were facing, I could reach out to CHNV to receive the help, answers, and resources that we needed. Until you face end-of-life issues, you just don't know how lonely it can be. I did not feel alone, thanks to the ongoing support that I received. It was like a dream come true."

-Carol Bloomquist

speech therapy, and visits from a spiritual care provider. They were all wonderful. Whenever I needed help or advice, they were there.

The spiritual care provider helped me cope with Mom's dementia. During those weeks, much of the time Mom and I were able to have interactive conversations. However, when the dementia would kick in, it became a challenge! The pastor, being familiar with this population, helped me understand the process and offered me tools to help interact with mom during the times she was calling out.

When my work assigned a four-day intensive online training I worried about how I was going to care for Mom during those hours. Within a day, Jamie arranged for caregivers to come to our home and take care of Mom so that I could focus and attend the online training without interruption.

When my doctor advised me that I needed to take better care of myself after months of 24-hour-a-day caregiving, Jamie introduced us to the Adult Day Health Program. Mom attended three days a week. She especially liked the staff and volunteers, who were attentive to her interests and needs. And, when mom was at the Adult Day Health Program, I was able for the first time in months to have lunch with friends or go for a hike with the dogs.

Thanks to Palliative Care and the Adult Day Health Program, Mom gained physical strength and mental clarity. She enjoyed and benefitted from the interaction and services. Mom would come home from the Adult Day Health Program with a clearer expression on her face and would be much more engaged.

In March, Mom started on Hospice after it became apparent that her strength was waning and that she needed another level of support. I was fearful of letting go of our Palliative Care team, but thankfully the Hospice team was over-the-top amazing in terms of support.

I work with a number of programs and agencies in my own work, and I can say that the services and the team of professionals at Community Health Napa Valley are by far the most supportive and professional that I have ever encountered. They helped us anytime that I reached out. They were never intrusive and were always respectful of my busy schedule.

I do not know what we would have done without these programs. They helped Mom and me navigate through a very challenging time. I could not have done this without them. Lila Mae Bloomquist passed peacefully in her home with her daughter Carol beside her on July 3, 2024.

If you're caring for a loved one with a chronic or long-term illness, call us to learn more about the services, programs, and resources we offer for you and your loved one.



85% of our Palliative Care is currently not covered by insurance. Gifts made to the Foundation ensure we never have to turn away a family in need of this vital care.



One Pair of Shoes Can Save a Life

For the last 10 years, the only shoes PB was able to wear were Crocs because it was hard to find shoes that fit her feet. Proper shoes weren't an option, leaving her highly susceptible to the leading—and preventable—cause of injury-related death for those over 65: falls.

But today, thanks to donations made by the community to our *Necessities of Life* fund, she and other Adult Day Health Program participants are sporting comfortable, supportive, well-fitting shoes as part of the program's efforts to reduce the risk of falling.

"PB wears them every day and now has the biggest smile on her face when she comes to the Adult Day Health Program," says Adult Day Health Program Director Christie Hebditch.

"The point of our program is to keep people living independently as possible and give caregivers respite," says Christie. "When the Foundation Board asked where donations to the *Necessities of Life* program could have the most impact in our program, I immediately thought of how one of the most preventable, devastating things to happen to older adults is a fall. It can be devastating—leading to hospitalization, surgery, infection, and sometimes death."

Good shoes are a necessity, but not everyone has \$200 to invest in good sneakers. Others don't know how and where to get fitted, or have health issues (such as gout, diabetes, neurological disorders, or arthritis) or physical deformities that make it difficult to find shoes that fit.

"This was a great way for a small investment to make a huge difference in participants' quality and possibly length of life," says Christie. "So I asked our therapy team to see who was most at risk of falls and what their current footwear was. We whittled it down to 20, and then started doing research to find a company that would come on-site to measure and fit our participants."

According to the CDC, among adults over age 65:

- Falls caused 38,000 deaths and 3 million ER visits in 2021.
- 41% of Napa County older adults reported falling at least once in the last year
- 35% of those above reported needing medical care as a result
- Approximately 80% of falls happened in the home, with the most common locations being the bedroom, bathroom, and stairs.
- Many falls can be avoided by wearing correctly fitted, supportive footwear.

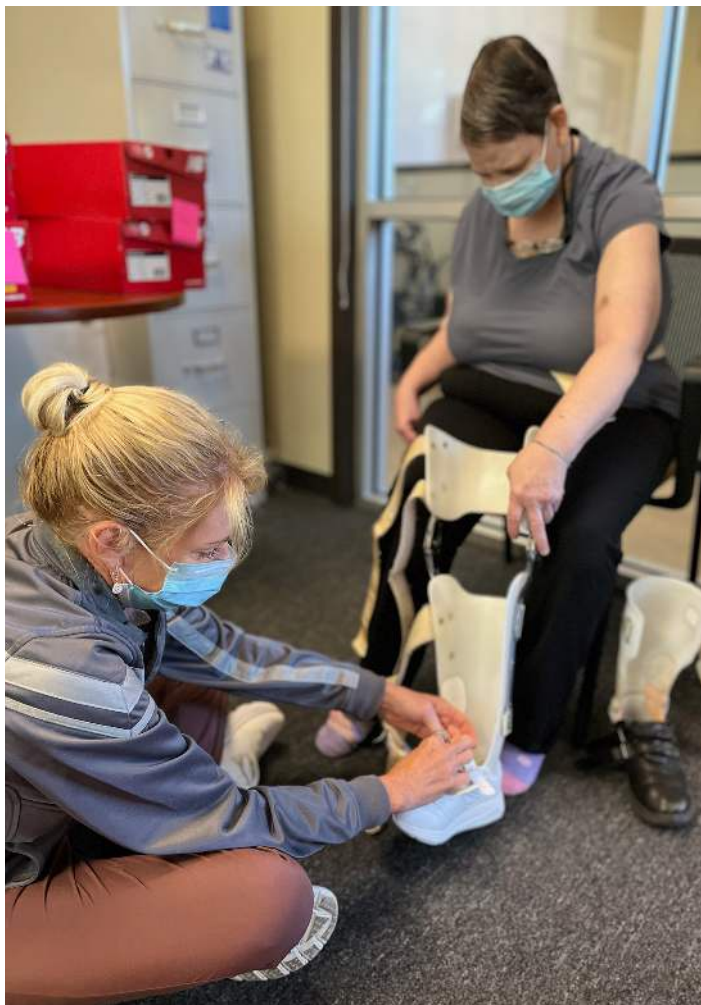
Other fall interventions offered by the Adult Day Health Program include: physical and occupational therapy, balance classes, and home safety evaluations by our team, who can identify fall hazards to remove and recommend referrals for installation of grab bars and handrails.

"It took awhile, but when I called Fleet Feet in Vacaville, they immediately offered to help. Their team ended up making six visits to the program, to fit and test to get exactly the right shoe for each person—including double-width shoes and shoes with no-tie laces for those who don't have the dexterity to tie shoes.

"Our participants are wearing their new shoes and loving them. Our goal is to go above and beyond for our participants, so we are always looking for ways to improve their lives. Thanks to donations to our *Necessities of Life* fund, we were able to help some of our most at-risk participants take a big step in maintaining their health and independence."



If you would like to support our Necessities of Life fund, please donate through the enclosed gift catalog. Every gift makes an important impact and we are grateful for your support.



Light Up a Life

Share a special moment of remembrance this holiday season.

COMMUNITY MEMORIAL SERVICE

December 5 at 5:00 p.m.

Providence Adult Day Health
414 South Jefferson Street, Napa Valley

The service will include music, spoken reflections, and a memorial candle lighting.

LIGHTED OUTDOOR DISPLAY

December 3 - 31, 2024

414 South Jefferson Street, Napa Valley

To make a donation and include your loved one in the display, contact us at 707-254-4157 or chfnv@providence.org

REFLECT & REJOICE

REFLECT & REJOICE GALA

Raises Much-Needed Funds for Essential Services



Thanks to the generosity of community donors and bidders, our annual benefit gala raised \$710,000 to support the growing need for our adult day health program, PACE, palliative and hospice care, and free community programs and services.

La Toque Founder and Executive Chef Ken Frank served as honorary chair, and Event Chair/Foundation Board Member Deborah Macdonald and her dedicated committee oversaw all gala fundraising activities. The gala, held on September 6 at Louis M. Martini Winery, crowned a week that included an elegant luncheon hosted by past honorary chair, Emma Swain, CEO, at St. Supéry Estate Vineyards and Winery, and an online auction that ran throughout the week.

The Gala's Live Auction proved to be as exciting and magical as ever featuring collectable wines, vacations, and one-of-a-kind experiences, including a truffle hunting, cooking and eating experience; a dinner at Grgich Hills Estate with wine icons Michael and Tim Mondavi, Tor Kenward, and Violet Grgich honoring the late Miljenko "Mike" Grgich,; and a Broadway-themed lot organized by local Broadway connection Jacob Langfelder that included tickets to see famed Broadway and television star Alan Cumming at Broadway and Vine as well as a choice of shows and a behind-the-scenes look on New York City's famed Broadway.

Gala 2024 will be remembered for the impassioned speech by Violet Grgich as she remembered her father's love of and support for our hospice services. "When my dad went [to visit our facility]," she recounted, "he came back and promptly wrote a check in honor of his parents. In addition, he stipulated in his will that he wanted the proceeds from the very first house that he purchased—his very first property in Napa Valley—to benefit Hospice . The proceeds from that house will go to hospice, but in his honor I want to give a " down payment" on that with a matching gift of \$100,000 for the "Fund a Need" auction lot.

"We are so appreciative to have the loving support of our truly generous community here in the Napa Valley," said Deborah Macdonald, 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."

Community Health Foundation Napa Valley's next gala will be held on September 6, 2025.





THANK YOU TO OUR GENEROUS SPONSORS

Beth Nickel



Morgan Stanley

THE DOLAN GROUP
AT MORGAN STANLEY

Because No One Should Die Alone

Providence Hospice Napa Valley Vigil Program



Vigils for the dying have been held for centuries as a way for family and friends to offer their presence and comfort to the dying, and to support to one another.

This year, after a hiatus due to the COVID pandemic, Providence Hospice Napa Valley relaunched its vigil volunteer program. These volunteers are available to support patients who have no family or friends to be with them at the end of life, or have loved ones who are far away or need support themselves.

“This is something we’re thrilled to be offering again,” says Hospice Napa Valley Volunteer Coordinator Lisa Clark. “Now when our patient care team has determined that a patient has moved from transitional to actively dying and a vigil is suitable, we get a referral from the nurse or social worker. One of our specially trained volunteers will sit at the bedside, hold the person’s hand, and be a presence to let them know that someone is with them. In a home setting, they may also provide respite to the loved ones.”

“It’s a wonderful way to provide comfort at this stage of the journey.”

HOW DOES A VIGIL WORK?

When a patient is actively dying, they are usually not conscious, but may still be able to hear, so a volunteer typically introduces themselves, sits bedside and holds the patient’s hand. Talking lets them know someone is there for them, and holding their hand can be a comforting sign of presence even if they can’t hear.

Whether a patient is at home or in a facility can create a very different environment, so volunteers are trained in both.

In a facility, the patient often has roommates but no loved ones there for them, so the volunteer will create as peaceful and comfortable an environment as possible for the patient.

In a home, loved ones are there, so volunteers will take cues from the caregivers as to the patient’s personal preferences—if they like music or being read to, or don’t like to be touched. Volunteers can also provide respite to the caregivers, and reassure those who are worried if their loved one isn’t waking or eating or drinking, which are all a normal part of the process. They serve as a comforting presence to patient and their loved ones.

UPCOMING COMMUNITY WORKSHOPS AND SUPPORT GROUPS

ALL PROGRAMS ARE FREE OF CHARGE AND OPEN TO THE PUBLIC

Community Programs

MEMORY CAFES AT THE NAPA LIBRARY

Whether you're concerned about memory changes or just want to be proactive in maintaining brain health, this class covers normal versus abnormal age-related brain changes, techniques for improving your memory, how to engage the five domains of brain health, and the connection between physical activities, exercise, and overall brain health.

October 17, November 21 and December 16,
10–11:30 a.m.

Napa County Library
500 Coombs Street, Napa

Registration information:
melissa.gerard@providence.org or 707-815-6258

DEMENTIA 101 WORKSHOPS FOR CAREGIVERS

OCTOBER 17: *Learning to Speak Alzheimer's*

Covers how to focus on the whole person—not just their symptoms or disease—and say or do the right thing at the right time, while providing ways to manage your own self-care through emotional reframing and community resources.

OCTOBER 24: *Challenging Behaviors*

Covers many ways to understand and connect with combative loved ones by outlining steps toward soothing difficult moments and reinforcing positive emotions for you and your loved one.

OCTOBER 31: *Self-Care for the Care Partner*

Provides ways to help you manage stress, set realistic goals, seek collaborative solutions, effectively ask for help, and reframe negative emotions and self-talk into positive, healthy action plans.

Mondays, 10:30 a.m.—noon
Yountville Parks and Recreation
6516 Washington St, Yountville

Pre-registration is required. Contact Melissa Gerard:
707-815-6258 or melissa.gerard@providence.org

MASTER MINDS CLASS

Our new six-week Brain Fitness class looks at how memory works and what you can do to support your memory, and shares tips for improving brain health.

Wednesdays - November 27, 2024 – January 1, 2025,
10–11:30 a.m.

Rianda House Senior Activity Center
1475 Main Street, St. Helena

Registration information:
melissa.gerard@providence.org or 707-815-6258

CONNECTED HORSE

Interacting with horses allows people to feel what they are often unable to articulate with words. Connected Horse offers opportunities for building and understanding the human-animal connection for people living with memory loss and their care partners. The power of the human-horse connection helps people living with memory loss or dementia—and their care partners—to feel relaxed, confident, and happy in the moment. These experiences help to maintain quality of life and gain relief from isolation, stress, and loss of connection for people affected by memory loss or dementia and their care partners.

Workshops are 2.5 hours, once a week for three weeks. No prior experience with horses is necessary. Participants will be engaging with horses from the ground, no riding. The horses are calm and gentle, and each has a designated handler. All participants must be ambulatory and willing to participate. There is no fee to participate, but donations are accepted.

Thursdays, October 17, 24, and 31, 9:30 a.m. – noon
Sunrise Horse Rescue

1400 Tubbs Lane, Calistoga

To register or for more information, contact Melissa Gerard: 707-815-6258 or melissa.gerard@providence.org

UPCOMING COMMUNITY WORKSHOPS AND SUPPORT GROUPS *continued*

ANTICIPATORY GRIEF RELATED TO COGNITIVE DECLINE

Anticipatory grief is often part of the trajectory of caring for someone with dementia. This class is designed for caregivers or care partners caring for someone with moderate to late stages of dementia, where the person being cared for changes from who they once were, often triggering anticipatory grief. Join us to learn more about the physical and emotional progression of dementia and anticipatory grief, and to share your experience.

Tuesday, November 5, 10 a.m.– noon
Yountville Parks & Recreation Department
6516 Washington Street, Yountville

To register or for more information, contact Melissa Gerard: 707-815-6258 or melissa.gerard@providence.org

DEMENTIA AND THE HOLIDAYS

When someone in your family or circle of friends is diagnosed with dementia or Alzheimer's disease, holiday celebrations can be challenging. Old traditions can feel impossible, travel out of the question, and self-care can be forgotten. Join us to learn about how to create new holiday traditions, learn travel tips, and prioritize self-care over the holidays so that you and those around you can feel included and part of a low-stress celebration.

Tuesday, November 11, 10 a.m. – noon
Providence Community Health
414 South Jefferson Street, Napa

To register or for more information, contact Melissa Gerard: 707-815-6258 or melissa.gerard@providence.org

STAGES OF DEMENTIA

Join us for a three-part series that looks at the early, middle, and end stages of dementia and how to be supported and support the person you're caring for.

December 2, 9, and 16, 10–11:30 a.m.
Providence Community Health – Front Conference Room
414 South Jefferson Street, Napa

To register or for more information, contact Melissa Gerard: 707-815-6258 or melissa.gerard@providence.org

HOPE AND THE HOLIDAYS

Holidays are often a difficult time for those of us who are bereaved. This workshop will provide helpful tips for dealing with grief during the holidays.

Wednesday, November 20, 3:30–5:00 p.m.
Providence Community Health – Front Conference Room
414 South Jefferson Street, Napa

*To register or for more information, contact Xavia Hendriksz: 707-258-9080
or xavia.hendriksz1@providence.org*

Grief Support Groups

ADULT LOSS OF A PARENT

The death of a parent is a significant event in the lives of most people. This is a closed (limited to eight 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. Each class builds on the content of the previous class, so for the best outcome, we strongly recommend attending all eight classes. *This program will be repeated in March–April and in July–August 2025.*

Thursdays, January 9 – February 27, 2025, 3– 4:30 p.m.
Providence Community Health – Front Conference Room
414 South Jefferson Street, Napa

*To register or for more information, contact Xavia Hendriksz: 707-258-9080
or xavia.hendriksz1@providence.org*

LEARNING TO LIVE WITH LOSS

Grief is an uncharted journey. This eight-week, in-person group combines education about grief with support from members and includes tools to ease the grieving process. Each class builds on the content of the previous class, so we strongly recommend attending all classes. *This program will be repeated in March–April and in July–August 2025.*

Wednesdays, January 8 – February 27, 2025, 3 – 4:30 p.m.
Providence Community Health – Front Conference Room
414 South Jefferson Street, Napa

*To register or for more information, contact Xavia Hendriksz: 707-258-9080
or xavia.hendriksz1@providence.org*

Program Directory

| | |
|------------------------------|--------------|
| Adult Day Health Napa Valley | 707-258-9087 |
| PACE | 707-254-4159 |
| Palliative Care Napa Valley | 707-258-9080 |
| Hospice Napa Valley | 707-258-9080 |
| Information & Assistance | 707-253-4248 |
| Foundation | 707-254-4157 |

COMMUNITY CELEBRATIONS

COMMUNITY LIGHT UP A LIFE MEMORIAL SERVICE

You're invited to join us for our annual memorial service honoring the lives of our loved ones and remembering those who have gone before us.

Thursday, December 5, 5 p.m.

Providence Adult Day Health Napa Valley - Day Program
414 South Jefferson Street, Napa

For more information, contact Kate:
katherine.bunnell@providence.org

DIA DE LOS MUERTOS (DAY OF THE DEAD) CELEBRATION

Please join us at the City of Napa's Dia de Los Muertos event, where our community can memorialize their dearly departed and celebrate their loved ones through art, tradition, music, dance, and food. The spirit of Dia de Los Muertos is driven by cultural awareness, understanding, and acceptance. We invite staff, volunteers, participants, our Palliative Care and Hospice patient family members, and grief clients to participate by visiting our altar and making offerendas in the Mexican tradition of honoring the Day of the Dead.

Saturday, November 2, 3-8 p.m.

Veterans Park Downtown Napa
800 Main Street, Napa

For more information, contact Yessenia:
yessenia.mendez@providence.org

THANK YOU TO OUR GENEROUS ANNUAL SPONSORS



Care and comfort at a moment's notice.

THANK YOU TO OUR COMMUNITY PARTNERS



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.



Community Health Foundation Napa Valley

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Napa, CA 94559

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please contact the Foundation at 707-254-4157 or at chfnv@providence.org



Shopping at La Bohème & Act Two

Supports Providence Community Health Foundation Napa Valley



La Bohème - Resale Shop

1428 Main Street
St. Helena, CA 94574

707-244-4686

*Come, shop our fine collections of vintage décor,
unique treasures, jewelry, clothing and more*



Act Two - Thrift Shop

345-A La Fata Street
St. Helena, CA 94574

707-244-4687

*Browse everyday housewares, clothing,
books, and more*