

Connection

A Publication of Providence Community Health Foundation Napa Valley



CAREGIVING IN
OUR COMMUNITY,
*Celebrating the Power of
Music at Music and Memories*

 Providence

Community Health Foundation Napa Valley

FALL
2025

Assisting Caregivers caring for those with Memory-related Illnesses

The GUIDE Model for Enhanced Dementia Support



If a family member or loved one is diagnosed with dementia, where do you go for the specialized care, advice, and support you'll need for your loved one and for yourself?

Now, with the addition of a new Medicare-funded program, our Alzheimer's and Dementia Resource Center can be your one-stop source to find all the care and services it takes to address the evolving needs that come with dementia.

This new program is called GUIDE—Guiding an Improved Dementia Experience Model. This comprehensive program offers care and support services for those with dementia and their caregivers by working with one's primary care provider to:

- Improve quality of life for people living with dementia
- Support their caregivers
- Help those with dementia remain in their own homes and communities longer

How GUIDE Works for Your Loved One

When you enroll, your loved one is assigned a care team that specializes in dementia care, including a care navigator and a nurse practitioner. This team works with existing primary care physicians and specialists, meets with you to assess your needs and concerns, then develops a personalized care plan comprising the services needed to keep your loved one safe, healthy, comfortable, and at home.



GUIDE Services Include:

- Coordinating your loved one's medical care with their existing physician(s) and any needed support services
- Connecting you with appropriate community-based services, such as meal delivery or transportation
- Caregiver support and education
- Respite care to provide a break from caring for a loved one who is in the moderate to late stage of dementia. This can be provided at home or at our Adult Day Health Center.
- 24/7 access to a helpline where our care team can answer questions, address immediate concerns.

GUIDE is covered by Medicare (but not Medicare Advantage) and is available throughout Napa County as well as in parts of Solano and Sonoma Counties.

For more information contact Melissa Gerard at 707.815.6258 or melissa.gerard@providence.org.





Need more assistance caring for someone with Alzheimer's or another form of dementia?

The *GUIDE* Program is just one community resource available from Providence Community Health Napa Valley's Alzheimer's & Dementia Resource Center.

Other resources include:

Community Education

Family Consultations

Mental Health Services

Early Memory Loss Programs

GUIDE (Guiding an Improved Dementia Experience)

Adult Day Health

Caregiver Support

Community Grief Counseling



To learn more or schedule a tour or a family consultation, call 707.258.9087.



Raising Funds to Support Alzheimer’s and Dementia Services

Music and Memories raises nearly \$500,000 to support caregivers and those they love

Under the enchanting theme of "Music and Memories," guests, dressed in fashion from their favorite musical era, gathered for an incredible alfresco event amidst the stunning backdrop of Signerollo Estate's newly constructed caves, sipping exquisite wines and indulging in decade-inspired culinary delights crafted by Nash Cognetti.

Moving through the caves, guests viewed Mintang Fitzpatrick's immersive art, and participated in a hands-on demonstration of our Sound Therapy program (*as seen on the cover*).

As the auctioneer launched the bidding, a sea of glow sticks luminated dusk – one for each person impacted by Alzheimer's and dementia. This was just one of the awe-inspiring moments of the evening, which raised critical funds to support those concerned about memory loss or diagnosed with Alzheimer's disease or dementia.

The evening hit an all-time high when Violet Grgich announced a \$1 million donation: \$100,000 matching gift that created bidding energy for the Fund a Need, and \$900,000 to establish The Miljenko "Mike" Grgich Endowment, which will provide funds over the long term to meet the growing needs of our aging community. (*See next page for more details.*)





A Long-Term Investment in the Napa Community:

The Miljenko “Mike” Grgich Family Endowment

In honor of her father, Violet Grgich has established The Miljenko “Mike” Grgich Family Endowment to support Adult Day Health and the Alzheimer’s and Dementia Resource Center.

“My father made his first donation to Collabria Care many years ago in memory of his parents, Nikola and Ivka Grgić,” Grgich said. “He was moved by the quality of care available to the aging population of Napa Valley that didn’t exist in the small village in Croatia where he grew up.

“He wanted the first house he bought as a new immigrant, seeking the freedom to pursue his dreams, to benefit those in need through this organization,” Grgich said.



An endowment is a gift designed for the long-term support of an organization. Unlike a traditional donation, the funds are invested and a percentage of earnings on that investment are drawn each year to support services. This leaves the initial gift intact and ensures a consistent income each year.

For more information about the Miljenko “Mike” Grgich Family Endowment or to support Alzheimer’s and dementia services in Napa Valley, please contact Jennifer McConnehey at Jennifer.McConnehey@providence.org.

THANK YOU TO OUR PREMIERE EVENT SPONSORS

Beth Nickel



Julie Dickson

Martha Dameron



Maryanne Wedner

Adult Day Health: Helping Those Caregiving for an Aging Parent

CARING FOR MOM

As told by Keith Smith

In 1988, when I was 17, my mother and I moved to Vallejo. As a single parent working as an accountant for the federal government, she dedicated herself to raising me, her only child. While some may have considered me spoiled, I saw it as my mother taking care of business, supporting me through life's ups and downs. Her unwavering presence allowed me to achieve milestones like getting married in our family church and graduating from college. But while my wife and I were living in Los Angeles, our lives were changed dramatically after my mother was diagnosed with dementia, a condition that ran in our family.

Recognizing the challenges ahead, my wife and I moved back to Vallejo. We took out a loan to stabilize the situation and to stabilize her financial situation, prioritizing her care above all else. Putting her in a facility was never an option; her devotion to me inspired a commitment to her care based on faith and hope.

Initially, my wife and I alternated months off work to care for my mother. I eventually went on family leave to better understand adult care options. My research led me to Fairfield Community Center for Seniors, where its weekly program provided me a much-needed break. Soon after, a referral brought us to Collabria Care (now Providence) Adult Day Health, which offered comprehensive care and allowed us to return to work full-time, knowing my mother was in good hands.

The staff at Providence quickly became fond of my mother's warm and engaging personality. She thrived in the program, interacting with others and finding comfort even as she recognized that something was amiss in her world. In my world, although she still knew our names, the motherly advice she once offered was no longer available. Despite these emotional challenges, I find solace in our memories and the strength to keep her comfortable.

I am grateful to Providence Adult Day Health for making it possible to balance full-time work with quality care for my mother. The program's support is invaluable as we navigate this journey together, cherishing each moment and continuing her legacy of love and resilience.



ADULT DAY HEALTH SERVICES ARE REIMBURSED BY SELECT INSURANCE PLANS. SCHOLARSHIPS ARE ALSO AVAILABLE AND ARE FUNDED BY GENEROUS DONATIONS MADE TO THE PROVIDENCE COMMUNITY HEALTH FOUNDATION NAPA VALLEY.



Caregiving for PACE

Meet our Physician for PACE

DR. MARIA MONTENEGRO

working with Queen of the Valley Hospital and then Clinic Ole. Working in both environments allowed her to intimately understand the needs and barriers in health care within the Napa community. She then joined the PACE program at Community Health Napa Valley in 2025.

“My career has prepared me for joining PACE, as I understand how older adults can have more complex and related medical issues that are often affected by their social, cultural and economic situation. Understanding a patient’s full story is key to uncovering and overcoming barriers to good health, and I am excited to bring this level of diligent care to a population I know well.”

Dr. Montenegro was born and raised in Nicaragua, and completed medical school there. “The country was in civil war at that time, so as medical students, we learned how to care for those not only with illness or disease, but those affected by war, whether injured in the violence or suffering from malnutrition and hunger.” That formative experience shaped Dr. Montenegro’s understanding of the impact of society on individual health and she decided to obtain her Masters of Public Health in Brazil. She then was selected for a team to help launch a care model in Colombia for improving quality of life in older patients. “Colombia’s social security health system, considered among the best in Latin America, provides medical benefits for older adults. But the rapidly aging population was straining the system. Older adults are more likely to suffer from both degenerative chronic and infectious diseases, which without comprehensive care, often resulted in prolonged hospitalizations. So, our goal was to offer skilled nursing care, day programs, and home visits to reduce or even avoid that. Seeing the difference this care made profoundly affected how I view caring for older adults.”

After working as a hospitalist for 10 years, Dr. Montenegro moved to Napa and began

“What I love about PACE is that it is an all-inclusive healthcare program for older adults that takes a holistic approach to get them the care and resources they need to thrive,” says Dr. Maria Montenegro. “We take the time to understand them—as well as their family, history, culture, education and how those impact their health—then provide a whole team focused on their wellbeing. That is why I joined PACE.”

– Dr. Maria Montenegro

On PACE Caring for the Caregiver

“The patient’s caregiver is part of their team and their story, so we are there for them, as well. They can call us with questions or concerns, we offer caregiver support groups, and for those with loved ones who are dying or diagnosed with dementia, we can arrange respite and support.” (See last page for other caregiver services.)

Light Up a Life

Share a special moment of remembrance this holiday season.

COMMUNITY MEMORIAL SERVICE

December 4 at 5:00 p.m.

414 South Jefferson Street, Napa

The service will include music and uplifting spoken reflections.

LIGHTED OUTDOOR DISPLAY

December 4 - 31, 2025

414 South Jefferson Street, Napa

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



RESOURCES FOR CAREGIVERS

Caregiver Support Groups

Support groups offer clinical advice, guidance, and a platform to connect with others in similar caregiving situations.

Caregiver Education: Dementia 101

Learn to communicate effectively and empathetically, address and manage challenging behaviors, and prioritize your well-being with stress management techniques.

Memory Cafés

A supportive, informal environment for individuals with dementia, their families, friends, and caregivers to connect, share experiences, and enjoy social interactions.

Family Consultations

Personalized discussions with healthcare professionals to assess the needs of your loved one and the support you need as their caregiver.

Respite Care

Professional support and care for your loved one while you take a break from caregiving.

Elder Abuse Prevention Education

Knowledge and tools to recognize, prevent, and address signs of elder abuse, ensuring the safety and dignity of your loved one.

Memory Screening

A confidential evaluation tool given by a healthcare professional that assesses memory, language, and thinking skills to determine if further medical follow-up is needed.



For more information on these programs and services, please visit our website at www.communityhealthnapavalley.org

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