

# Born Age

A DIRECTORY FOR OLDER ADULTS

NAPA COUNTY  
**2017**

17th Anniversary  
Edition!





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### A NOTE TO OUR READERS:

Efforts were made to ensure that the entries were current at the time of printing. Please be aware that changes may occur. Response to information contained in this directory, including any corrections or updated information should be directed to:

**Born to Age**  
**707-226-7127**  
**borntoage@gmail.com**

www. **Born  Age** .com

**If you would like to advertise in Born to Age, please take a moment to fill out our Advertisers' Questionnaire on page 38.**

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 Jennifer Shugar, Piner's

### Row 3:

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 Kim Humphrey, Rockville Terrace  
 Emily Doran, Rockville Terrace  
 St. Perpetua Sevillano, QVMC Care Network

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**W**elcome to the 17th Anniversary Edition, Napa County Directory for Older Adults! It's a great source of information on not only aging, but how to get help for the many facets of chronic illness, frailty and disability. In other words, it's a place

to start when you know you're going to need some help, but not sure when, where or why.

Over the years, we've watched the field of caring grow in leaps and bounds. There are so many "professionals" popping up who suddenly see a burgeoning opportunity to heed the call on what many are expecting to be a silver tsunami of need. However, we at Born To Age urge caution in making choices and watching carefully what decisions these "professionals" are making in determining care and housing options for what they might deem, "your benefit."

We recommend that you peruse the field of care, housing and support services very carefully. Know your options and exercise your rights.

That's why this directory is published. It's to help you understand the field of choices before you need to make a decision. So many of us wait until a crisis, and then in a panic, follow advice that may not be what is actually wanted or needed. One of our biggest challenges is educating doctors and other health care professionals on what is available in a community. People rely on their doctors to tell them when they need more care or support. But, doctors are experts in medical, not social or psychological care. Rarely can a doctor help you with any of the following:

- Is getting a ride a problem for you?
- What about needing some housekeeping support?
- Worried about falling or being alone at night?
- Can't remember to always take your medications on time?

- Is your family living far away?
- Are you obsessing over running out of money?
- Concerned about forgetting all the time?
- Find that your remote control, television, telephone or answering machine are always breaking?
- Are thinking of moving, but the task is overwhelming?
- If you go to the hospital, who's going to care for your dog or cat?
- What about getting your mail, or paying your bills?
- Who will pick up your prescriptions, do your grocery shopping, prepare your meals when you return home?

### What we all wonder is: Who Will Care For Me When I No Longer Can?

You will find the answers to all these questions in this directory. There are services, businesses and organizations who are eager to help, some charge fees, others are volunteer-based. But all are available to help you plan. If you have any questions, or need direction, you can always call us at 707.226.7127. We'll be happy to provide some guidance and advice.

We are also available to speak to your club, group or organization. We can help decipher end of life options, choosing home care and assisted livings, finding appropriate help, and working with you to come up with a solid plan.

Born to Age would like to thank the advertisers for making this directory a reality for all these years. They pay for the service so you can receive the free information. Be sure to thank them when you call.

You know, it's hard to believe that we're all aging so fast. And many of us will never need the services lined out in this directory. Sometimes I talk to people in their 90's who are still walking a mile or two a day, and their minds are as sharp as ever. But, that isn't true for everyone. So, be prepared. It might not be you, but someone close to you, who will need more help.

We welcome your comments and suggestions. If we've missed something, give us a call.

Looking forward to another year!

Yvonne Baginski  
Editor/Publisher



## Born Age


### Senior Information Kiosks

*Thanks to all these businesses for their community-minded efforts in keeping all of us aware of life and care choices through time.*

#### BORN TO AGE NAPA COUNTY KIOSKS LOCATIONS:

1. Raley's Pharmacy, 217 Soscol Ave, Napa,
2. Family Drug, 1805 Old Sonoma Rd, Napa
3. Vintage Senior Apartments, 2360 Redwood Rd, Napa
4. Piner's Medical Supply, 907 Trancas St, Napa
5. Queen of the Valley Hospital Cancer Center, 1000 Trancas St, Napa
6. The Spring of Napa, 3460 Villa Lane, Napa
7. Redwood Retirement, 2350 Redwood Rd, Napa
8. La Siesta Mobile Home Village, 4433 Solano Ave, Napa
9. American Canyon Mobile Home Park, 260 American Canyon Rd, Am Canyon
10. Golden Living Center, 705 Trancas St, Napa
11. Disability Services & Legal Center, 1040 Main St #208, Napa
12. Rohlf's Concordia Manor, 2400 Fair Dr, Napa
13. Kaiser Medical Offices (Lobby Area), 3285 Claremont Way, Napa
14. Calistoga Springs Senior Mobile Homes, 45 Magnolia Dr, Calistoga
15. Chateau Calistoga Senior Mobile Homes, 223 Champagne West, Calistoga
16. 1st Custom Digital Hearing Aid Center, 3179 Solano Ave, Napa
17. Oaktree Vineyards Mobile Homes, 2001 Salvador Blvd, Napa
18. Health Quest Fitness Center, 3175 California Blvd, Napa
19. Jefferson Street Housing, 3400 Jefferson St, Napa
20. Napa Senior Center, 1500 Jefferson Street, Napa
21. Yountville Park & Rec Building(wall kiosk), 6516 Washington St, Yountville
22. The Reserve Senior Apartments, 710 Trancas St, Napa
23. Health OLE, 1141 Pear Tree Lane, Napa

**Call 707-226-7127**

To place a complete  
Born  Age Senior  
Information Kiosk in  
your lobby, entrance,  
or business today.



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### ACTIVITIES

#### Alliance on Aging

Business & professionals working with elderly network  
2<sup>nd</sup> Tuesday of each month, 8-9 a.m.  
Queen of the Valley Hospital  
Conference Rm. 2  
Napavalleyallianceonaging.com  
Call Yvonne Baginski  
707.226.7127

#### Alliance Francaise

707.252.2673

#### American Association of University Women (AAUW)

2<sup>nd</sup> Tuesday of each month  
Napa Senior Center  
Pat Barowell  
707.224.7129

#### American Canyon Family Resource Center

3431 Broadway, Ste A-5  
American Canyon, CA 94503  
707.980.7024

#### American Canyon Senior Center

2185 Elliot Dr.  
American Canyon, CA  
707.647.4567

#### American Contract Bridge

Anastasia Loban: 707.255.7813

#### Area Agency on Aging Serving Napa and Solano

400 Contra Costa Street.  
Mailing: P.O. Box 3069

Vallejo, CA 94590

707.255.4281

(See ad on page 8)

#### Art Class

Needing to De-Stress?  
Fridays, 3-5 p.m.  
QVH Wellness Center  
3421 Villa Lane  
Donations accepted  
707.815.1108

#### Area Agency on Aging

**Advisory Council Meetings**  
1<sup>st</sup> Thursday, 1 p.m.alternating in Napa and Solano Counties.  
AAA Board of Directors meetings, 3<sup>rd</sup> Tuesday, 2:30 p.m., Vallejo  
Information: 707.644.6612  
(See ad on page 8)

#### Ballroom Dancing

Elks Club  
Tuesday nights, 7:30 p.m.  
Alternating bands  
Pilar Hoffman: 707.927.5050

#### Napa Valley Ballroom Dancers

2<sup>nd</sup> Saturday of each month  
Napa Senior Center  
Bob Peterson  
707.255.5890

#### Ballroom Dancing in Yountville

Wednesdays 7-8:30 p.m.  
707.944.8712

#### Ballroom Dancing in Yountville

Sundays, 1:30 p.m

Yountville Veteran's Home  
Grant Hall

#### Bocce Ball Leagues

Napa Senior Center  
707.255.1800

#### Creative Living

Arts, crafts, speakers and group discussion  
Wednesdays, 10 a.m.- 2 p.m.  
No sessions months of July and August  
Calistoga Community Center  
1307 Washington St.  
Calistoga, CA 94515  
Virginia Dooley: 707.942.4484

#### California Native Plant Society

Napa Valley Chapter  
707.253.2665

#### Cribbage Club

Tuesdays, 6:15 p.m.  
Napa Moose Lodge  
3275 Browns Valley Rd.  
Dennis: 707.224.2345

#### Ivy Rebekah Lodge

Meets 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 2 p.m.  
The Meadows  
1800 Atrium Parkway  
707.255.4492

#### Latino Elder Coalition of Napa County

Networking meeting held monthly.  
For meeting times and location call Julie Penning: 707.251.2020

#### Latinos Unidos

Hector Olivera: 707.332.7119

#### Library Grandparent Volunteers

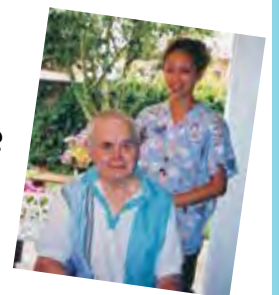
Cailin Yeager: 707.253.4079

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Vacaville/Fairfield  
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Yolo County

**Mah Jong**  
Ellie Frankina: 707.255.5638

**Master Gardeners**  
Workshops on home gardening  
707.253.4221

**Meditation**  
Wednesdays, 6:30-7:30 p.m.  
Napa Valley Center for  
Spiritual Living  
1249 Coombs (off Pearl St.)  
Napa, CA  
707.252.4847

**Men's Barbershop**  
Harmony Chorus  
Men who like to sing are welcome  
alancash@gmail.com  
707.815.7029

**Napa Bocce Association**  
Jim Holland: 707.224.8523

**Napa Boots and Belles**  
Square Dance Club  
Wednesdays 7-9 p.m.  
Diane Gunther: 707.252.3161

**Napa Commission on Aging**  
Meets 4<sup>th</sup> Monday, 2- 4 p.m.  
Board of Supervisor's Chambers  
1125 Third St., Napa  
No meetings in May or December.  
To confirm meeting date, time and  
place call Heather: 707.337.0878

**Napa County Historical Society**  
707.224.1739

**Napa Orchid Society**  
Meets 2<sup>nd</sup> Friday of every month  
7 p.m., Napa Senior Center  
info@nv-os.org  
Karen Whitecotton: 707.254.0467

**Napa Senior Activity Center**  
1500 Jefferson St.  
Napa, CA 94559  
707.255.1800

**Napa Senior Citizens, Inc.**  
Carlena Mulligan: 707.226.6317

**Napa-Solano Audobon Society**  
Cheryl Harris: 707.224.6133

**Napa Valley Adult Education**  
1600 Lincoln Ave.  
Napa, CA  
www.adulted.nvusd.k12.ca.us  
707.253.3594

**Napa Valley Bonsai Club**  
1<sup>st</sup> and 3<sup>rd</sup> Monday, 7:30 p.m.  
Napa Senior Center  
Bert Ihli: 707.294.2292

**Napa Valley College**  
**Trips and Tours**  
707.967.2900 then press 2

**Napa Valley Community Chorus**  
707.681.5068, ext. 9

**Napa Valley Genealogical and  
Biographical Society**  
Karen Burzdak: 707.252.2252

**Napa Valley Needlers**  
Every 2<sup>nd</sup> Thursday, 11:30 a.m.  
Napa Senior Center  
Gayle Barclay: 707.255.7612

**Napa Valley PC + Mac Users Group**  
Thursday, 6:30 - 8:00 p.m.  
Napa Senior Center  
1500 Jefferson St., Napa  
Jim Gray: 707.255.6789

**Napa Valley Porcelain Painters**  
Cathie Philipie: 707.255.7756

**Napa Valley Quilters**  
Every 2<sup>nd</sup> Saturday, 10 a.m.  
Napa Senior Center  
Krista Lopez: 707.257.1058



**Get Connected!**

Are you looking for resources for older adults in Napa and Solano counties? Call the AAOA (Area Agency on Aging). We're here to help!

**707-255-4284 or 1-800-510-2020**  
**www.aaans.org**

Join the AAOA Facebook community at [www.facebook.com/AAOANS](http://www.facebook.com/AAOANS)

## WHAT IS HOME SHARING?

It's not just sharing a home it is sharing life!



### NAPA'S HOME SHARING MATCH-UP PROGRAM

**A FREE SERVICE**  
Find out if Home Sharing is a match for you!

Blanca Cervantes, Housing Coordinator  
or email [Blanca@NVCH.org](mailto:Blanca@NVCH.org)

**CALL TODAY!**  
**707-253-6157**  
SE HABLA ESPAÑOL

Marlene Santiago, Director of RS Services  
or email [Marlene@NVCH.org](mailto:Marlene@NVCH.org) | 707-251-1064

#### BENEFITS Home Sharing

- INDEPENDENCE**  
A sense of security and an added benefit of living in their homes for as long as they can.
- FINANCIAL**  
Additional income for home providers and affordable rent for seekers. An alternative, to affordable housing options that can work for people of many different ages and life situations.
- COMPANIONSHIP**  
Mutual support and the potential to build lasting friendships.
- FREE SERVICES**  
We conduct one on one interviews, credit and background screenings, check references and help mediate through any issues and concerns after a match is made.

**NVCH.ORG**

150 Camino Dorado | Napa, CA 94558 | NVCH.ORG



**Napa Valley Senior Choir**

Tuesdays, 9:45 a.m.  
Napa Senior Center  
707.253.3425

**Napa Valley Women's Club**

Every 4<sup>th</sup> Tuesday, 6 p.m.  
218 Franklin St., Napa  
No meetings July & August  
Joan Taramasso: 707.224.3924

**National Association of Retired Federal Employees (NARFE)**

Last Wednesday of each month  
1:30 p.m.  
Napa Senior Center  
Membership open to all current  
and retired Federal employees.  
Tom Marek: 707.255.7871

**Old Goats Men's Group**

William Linder: 707.226.2327

**Rianda House Senior Activity Center**

1475 Main St., St. Helena  
Monthly schedule includes Wellness  
activities, arts, lectures, exercise,  
support groups and Congregate  
meals M, T and F  
Monday-Friday 9 a.m. - 4 p.m.  
Info/monthly schedule:  
info@riandahouse.org  
www.riandahouse.org  
707.963.8555

**Sew and Chat**

Joan Wilson: 707.226.6202

**Sons of Italy**

Napa Valley Lodge  
4<sup>th</sup> Thursday, 6 p.m.  
Napa Senior Center  
Anna Graebil: 707.255.5242

**Sons in Retirement**

Rex Williams: 707.255.5834

**TOPS Chapter**

Take weight off sensibly  
Call Irene: 707.226.9029

**W**henever I speak with my mother, she always tells me where her papers are....the papers that I'll need in case she ever dies. Except, when I ask her for the details, it turns out that these aren't the papers I might need if she lives, but becomes incompetent or too ill to take care of her personal matters on her own.

But, my mom believes she's prepared, and she's not. In fact, I'm worried that if something happens, we'll be scrambling in all directions. I don't think she's alone in this regard. That's why I'm writing this piece for all of us.

Here are the important documents you'll need. And be sure to tell your family where they're stored. Born To Age also recommends: The Estate Document Organizer, a notebook that contains ALL the information your family will need. These Organizers are available from creator, Julie Jones at (707) 343.1252. They can also be seen at: [www.estimatedocsorganizer.com](http://www.estimatedocsorganizer.com)

Start collecting these documents as soon as possible, and update them every few years to reflect changes in assets and preferences.

**1. An Original Will**

A will allows you to dictate who inherits your assets. Dying without a will means losing control of how your assets are distributed. Instead, state law will determine what happens. Wills are subject to probate – legal proceedings that take inventory, make appraisals of property settle outstanding debt and distribute remaining assets. One way to avoid probate is with a Revocable Living Trust.

**2. A Revocable Living Trust**

This is a transfer of ownership of various assets to a trust. You can serve as a trustee on behalf of the beneficiaries you designate. Or, you can designate a trust executor on the event of your death.

**3. Durable Financial Power of Attorney Form**

This form designates who will make financial decisions on your behalf in the event that you are incapacitated.



## 13 Documents You Need For Effective Planning

**4. Documentation of Assets**

This includes housing and land ownership, cemetery plots, vehicles, stock certificates, savings bonds, any partnership or corporate operating agreements and a list of brokerage and escrow mortgage accounts.

**5. Tax Returns (previous three years)****6. Banking Information**

List of all bank accounts and online log-in information. List any safe deposit boxes, and register your spouse or child's name with the bank and ask them to sign the registration so they can have access without securing a court order.

**7. Durable Health Care Power of Attorney Form (Advance Directive)**

This allows your designee to make health care decisions on your behalf if you are incapacitated.

**8. Authorization to Release Protected Health Information Form**

This allows you to designate people who can be given information about your health from your doctor or hospital.

**9. A Physician's Order for Life Sustaining Treatment (POLST) Form**

This bright pink form is for terminally ill or people who are very old and frail and not expected to live more than a year. The POLST designates preference for on the spot medical treatment in the emergency room, or by the EMTs.

**10. Life Insurance Policies**

Family members need to know the name of the carrier, the policy number and the agent associated with the policy.

**11. Benefits Accounts**

This includes pensions, annuities, individual retirement accounts and (401)ks for your spouse or children. If your heirs don't know about these accounts, they won't be able to claim them.

**12. Your marriage license, or your divorce judgement/decree.****13. Your Birth Certificate and Social Security card.**

*Continued on Page 13*



## Napa Celebrates Aging

The 5th Annual Celebration of Napa County's Older Adults attracted over 250 people to Chardonnay Hall at the Napa Valley fairgrounds. The annual event is held in October, free to the public, and spotlights activities, fun and services for Napa's older adults.

For information in participating as a vendor in 2017, contact Candy Smith at Home Instead: (707) 252-3322





**MEDITATION WORKS TO LESSEN WORRIES AND IMPROVE QUALITY OF LIFE**

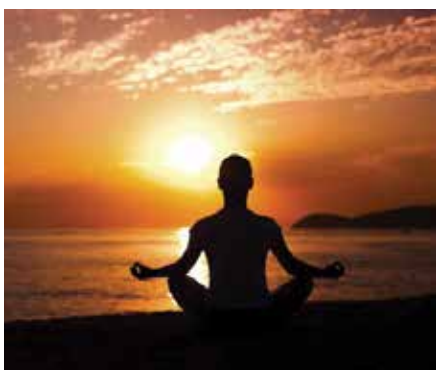


**W**hat do you worry about as you age?

Whether you'll be able to keep your health and live independently...and, for how long? Will your savings last as long as you live? Can you keep up with ever-changing technology? Name your worry, and James Keolker, PhD., has a one solution: Meditation.

"Meditation is a very current topic. The reason for its popularity is that the practice really does work and there are all kinds of positive, measurable results," says Keolker, a meditation expert specializing in teaching older adults. "It's come a long way from the '60's."

Now, meditation is being taught in schools to first responders and any groups under stress and older people, well they're embarking on a "last great adventure that has a lot of stress," points out Keolker.



It's the mind/body connection that needs to be brought more into awareness, he says, adding that one example of a mind/body disconnect is walking into a room and not remembering why you've entered the room. With meditation, the practice itself helps the mind/body work together so that place and focus are more congruent.

He suggests daily meditation, with a centering exercise to set aside all the day's difficulties and focusing instead, on only the present. The present, he believes, is, "only your breath. In and out, your breathing."

With a straight posture and both feet flat on the floor, breathe in and out. Make sure your back is well supported in the chair. Now breathe.

"Thoughts will come up, release them and return to your breath. Release the tension in your shoulders, rotate them, and you will know when you're relaxing," he recommends. "There's a lot going on in our minds....all these thoughts. We process 82,000 thoughts a day. But when you meditate, the fragments are going to settle....breath in and out."

Meditation is the only way to truly rest, according to Keolker. "You might nap everyday but minds continue to process, even when we're asleep."

Scientific studies have proven that some nerve centers are specifically activated with meditation. Neurochemicals are released, helping with feeling relaxed and a sense of well being. He points to 76 major psychological benefits from meditation, including reducing the risks of heart disease and stroke, reducing blood pressure, decreasing inflammation and even reducing the risk of Alzheimer's Disease. Measurable results are found after twenty minutes, twice a day, for six weeks.

"The shallower breath lowers the heart rates, relaxes muscles and gives us cognitive clarity so we can think better, faster. As we get older, there seems to be more distractions and complications in our thinking, mediation can help us a great deal.



James Keolker, PhD.

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Not-for-Profit Community  
[www.retirement.org/Napa](http://www.retirement.org/Napa)  
707.257.7885

The Meadows of Napa Valley, include: Main Dining Room – with indoor and outdoor dining, Rebekah's Café – with indoor and outdoor dining, Fireside Lounge and Bar, Fitness Centers, Outdoor Heated Pool, Hair Salon, Gift Shop, Billiard and Game Room, Bocce Courts, Hobby Center, Movie Theatre, Library, and Chapel. Appellation apartments offer up to 1,076 square feet of living space, featuring kitchens with granite counter tops, fine wood cabinetry, a microwave, and a cook-top stove. Some feature a full-sized refrigerator and stove. Washer and dryer included. Basic rates include: Three meals a day, housekeeping, cable TV, transportation, organized events, heated pool. Basic 1-Bedroom starts at \$3,046 (one person). 2 Bedroom \$3,572 (one person), second person fee is \$660. All apartments include a kitchenette. No commitment. Month to month. \$1,000 application fee.

### Redwood Retirement Residence

2350 Redwood Rd.  
Napa, CA 94558  
[www.redwoodretirement.com](http://www.redwoodretirement.com)  
707.257.0333

Live-in managers, kitchenette, 3 chef-prepared meals daily, housekeeping, transportation, full activity calendar, pets welcome – no pet deposit. Studio: Starting at \$2,800  
1-bedroom: \$3,700

### Rockville Terrace Senior Living

4625 Mangels Blvd.  
Fairfield, CA 94534  
707.567.9836

Independent, Assisted Living and Memory Care.

Rockville Terrace is a newly built senior retirement residence just 20 minutes from Napa. Apartments include 3 daily meals, weekly housekeeping service, utilities, basic cable TV, activities and weekly outing and laundry services. There is an on-site library, hair salon, private dining room, theaters and spa. Studios are \$2,175-3,300. 1 bedroom, \$3,600-3,900, and 2 bedroom is \$4,700.

Assisted living charges are added on to these rates if more care is needed. Memory care is a private studio, with all inclusive care at \$5,275. There is a one time pet fee of \$700 and a second person is \$1000 a month.

### Silverado Orchards Retirement Apartments

601 Pope Street  
St. Helena, CA 94574  
[www.SilveradoOrchards.com](http://www.SilveradoOrchards.com)  
707.963.3688

Basic rates include 3 meals, local transportation and excursion trips, utilities, housekeeping and linens service, 24-hour on-site security and a garden area for personal gardens. Studio, \$2,110. Deluxe, one bedroom, \$2,910. Deluxe suite, \$3,610. Second person rate: \$400. Some apartments allow pets. Deposit is equal to first month's rent. Rental is month-to-month, no long term lease or buy-in is required. Rate for new residents only. First come, first served. Special reduced rates are available for individuals with a financial need. Please call the Manager for a confidential appointment. Full service beauty salon with manicure and pedicure, open to public. Guest rooms and guest meals for public. Everyone welcome to activities.

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3460 Villa Lane  
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Live-in managers, full-kitchen, 3 chef-prepared meals daily, housekeeping, transportation, full activity calendar, pets welcome – no pet deposit. Studio: \$2,799 - \$2,974  
1-bedroom: \$3,550 - \$3,725

## LOW INCOME HOUSING

### Jefferson Street Housing

3400 Jefferson St.  
Napa, CA 94558  
707.258.8875  
(77 Apartments)

### Napa Creek Manor

1300 Jefferson  
Napa, Ca 94558  
707.257.1878  
(84 Units, Accepts Section 8)

### Woodbridge Village

727 Hunt Ave.  
St. Helena, CA 94574  
707.963.3231  
(50 Apartments)

HUD-subsidized housing for low-income seniors. To qualify, you must verify that annual income is below 50% of Napa median income. Must be over age 62, single person earns less than \$30,600 a year. Couple, \$34,950. Rent is determined as 30% of adjusted gross income. All apartments are one-bedroom with full kitchen.

### Rohlf's Manor 2400 Fair Drive Napa, CA 94558 [www.rohlfsmantor.org](http://www.rohlfsmantor.org) 707.255.9555 (Dial 711 for TDD hearing & speech disabled for a tour)

Single story & 2 story apartments. Must be 55 years+. Rent for studios \$510 - \$641. One bedroom \$770 - \$934. Full kitchens & patios or gardens. Community Garden, Whirlpool Bath & Hair/Nail Salon on property. Section 8 vouchers available on a regular basis. Small pets welcome. Income cannot be over \$36,720 for one person or \$41,940 for 2 people annually. Not for Profit Corporation. Waiting list is 3 months to one year.

### The Reserve at Napa

710 Trancas St.  
Napa, Ca 94558  
707.252.4070

Must be over age 62. Maximum household income cannot exceed \$36,720 for one person, \$41,940 for two persons. One bedroom, \$933; Two bedroom, \$1,102. Includes full kitchen. Security deposit is \$600. Up to two pets allowed, up to 25 lbs. Additional \$500 deposit for each pet, up to 2

pets. Can purchase bond for \$87.50 to cover damage and/or pet deposit.

### Vintage at Napa 2360 Redwood Rd. Napa, Ca 94558 707.224.4550

Must be over age 55 and total household income, including income from assets, be less than or equal to 50-60% of the median income for Napa County. Maximum income for 1 person, \$30,600 or \$34,950 for two people. The 60% rate is applicable for income levels of \$36,720 for one person, or \$41,940 for two. Rent for one bedroom is \$940-\$985, two bedroom is \$940-\$1,220 a month. There is a nonrefundable \$35 application fee. For consideration, applicant must be interviewed and all income and assets are verified. Full kitchens. Regular security deposit, \$300. Pet rent, \$25/mo.

### Veteran's Home of California

Yountville  
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This is only for veterans, and they must be a resident of California at time of application. An applicant must also have been honorably discharged, experienced active service time and or retirement age, or disabled. Rates here include everything: all health care, vision, dental, housing food and shuttle rides to Napa and other destinations. All-inclusive rate is based on 47.5% of annual income. Rates not based on savings, funds, real estate or other assets. Everyone shares a room. There is no waiting list for independent living.

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www.wpacnapa.org  
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(See rates on page 12)

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**Rohlff's Manor**  
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*Continued on Page 14*



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Martin Rossman, MD

## ACUPUNCTRIST LAUDS MIND/BODY HEALING: DON'T WORRY, BE HAPPY

Basically, it works by stimulating built-in self-healing mechanisms, he says. It is especially helpful for people undergoing chemotherapy or radiation treatments. A trial of six treatments is what he recommends, "that will tell you if it's worthwhile."

"Courses of disease can follow a wide pattern, it's not just a disease...but, who's got it," he says, pointing out that the same disease looks different in each person. "Some people might die right away, others outlive their prognosis....and, what's the health of the patient who gets the disease?"

Medicine is dependent on the body's ability to heal. "Healing is a big part of this, if you didn't have the ability to heal, you wouldn't be here. You've healed and recovered many times," he said. "It's an innate process, part of life. You can repair yourself, and do so continuously. We are exposed to viruses, injuries, etc....and we recover from almost everything, that's built into life."

But how we eat, think, move, interact with people and the environment.... well, Rossman believes those are the things that help or hinder how we heal, as well.

"I'm a big believer in supporting the body's natural ability to heal," says this 30-year medical practitioner. "Integrative healing is an addition to medicine, not an alternative. People who do the two together, clearly do better."

He differentiates between medicine and healing, pointing out that healing is slower, which is counter to the American dream.

"I can treat without pharmaceuticals, but it is challenging for the patient. Instead of taking one pill a day, you might have to change your diet, or take 30-40 supplements a day. It can be complicated," he added, pointing out that less than ten percent of people actually take their medicines on time, and in the right dosage.

"By the time you get up to fifteen medicines and give them to a 70-year-old person (who takes them only half the time), healing can actually slow to weeks or months. People get impatient."

And, since it's mostly about the pills, people don't realize all the other things they can be doing.

The mind/body healing effect is well documented in numerous studies. "You are what you eat and think," he said.

Health care, he believes, should also include sleep, happiness, moving the body, interactions with people, the environment, how we think, feel and decisions/choices. He believes that the body needs adequate support in all these realms in order to heal.

How you handle stress and emotions may be the single most important thing you can do for your health. And, it's the brain that handles both. Rossman sees the brain has keeping us alive with vigilance. It is always scanning, looking around for problems.

"It's easy to get hijacked by worries, stress and anxiety and all of these have huge effects on the body," he said. "Worry is uncomfortable and we seek comfort in food, alcohol and drug, all, which when overdone, can be toxic to the body."

### What do you believe about your body getting sick?

*In America, medicine works to diagnose and treat disease, as if diseases exist on their own. The goal is to eliminate the disease. The treatment is pills, surgery, radiation and devices... in other words, get the disease out of the system.*

But, maybe there's another way.

In a recent talk to cancer survivors in Yountville, Calif., Martin Rossman, MD, suggests, "there are no diseases, but patterns or disharmony or unbalances....which make you vulnerable to these manifestations."

Rossman runs an integrative medical practice in Greenbrae, CA. It's a clinic that blends acupuncture, medicine, nutrition, well...a lot of stuff into care. Rossman believes that there are many angles to treatment and culture is what determines the treatment.

As well as being a western-trained medical doctor, Rossman also has an acupuncture practice that specializes in helping people when they are unable to get relief or treatment to effectively manage their disease.

He gives one example that 1/3 of the people in the world are treated with acupuncture. In his practice, about half of the chronic pain patients he sees are treated successfully with acupuncture. Research shows that it's safe, with no side effects.

### CONGREGATE MEALS

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707.259.9080

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*Continued on Page 17*

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## THE LOVE OF PETS CONNECTS CONVERSATIONS FROM MILES AWAY

**A**nne Sanabria admits she's a "crazy dog lady." Her favorite four canines are framed and featured in her office at work, and she cringes with guilt that she's not able to spend as much time as she'd like to with them, everyday. After her husband died, last year, it's her dogs that have helped her cope with her grieving and loss.

She suspects that pets make a difference in the lives of many people and one thing Sanabria knows for sure, and that's pets and talking about them really helps people who are homebound and living alone.

About seven years ago she started a 30-minute conversation every Saturday at 11 a.m. through the Senior Center Without Walls. Under the guise of "Pet Tales," she listens to seven or eight people tell their stories, worries and jokes about their beloved dogs and cats.

"We reminisce, talk about the dogs we used to love, our current dogs... the time goes fast," said Sanabria with a laugh. "Some people talk more than others, and interruptions happen, just like in real life. But, together, we lighten the load."

Many of the people Sanabria talk with are in chronic pain, homebound and have difficulty managing day to day. They are lonely, eager to be heard and listen to someone new. She takes notes so she can recall and ask questions on the next visit. Mostly, though, they have a chance for a laugh or two.

"I hear people say that they have a smile on their face for the rest of the day after the call," said Sanabria. "I too am helped....sometimes I've had a bad week, but when I finish the call, I feel better."

Senior Center Without Walls, while based in San Francisco, connects

about 450 seniors throughout fifteen states. Offering about 50 different call-in conversations, it means that just about anyone can connect in a conversation about something in common.

Sanabria isn't sure where all of her "students" live, a few years ago she did meet one for lunch in Concord, and this past week she believes another one just joined from Connecticut.

One connection that Sanabria has made in this volunteer work is that with her own heart.

"Pets are really important. My husband died, but I still have his dog. That means a lot to me," she says, adding that it's made her more empathetic with her students. "We talk of their trials and tribulations, when they've lost pets, have had them get sick, etc."

And now, when someone she knows loses a pet, Sanabria has made it a practice to acknowledge it with a card and a specially-inscribed medallion.

Some of the people who call now, Sanabria has been with for over five years. They've formed a relationship with her, and she talks at ease. "We aren't going to solve the world's problems, but we are going to have a good time."



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#### Law Office of

#### Naomi Dreskin-Anderson

Elder Law Attorney  
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707.252.8900  
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*Continued on Page 18*



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707.252.6222

**HOME REPAIR LOANS****Housing Authority of Napa**

Contact: Joseph Wiencek  
707.257.9543 ext. 7356

**HOME SHARING****Napa Valley Community Housing**

150 Camino Dorado  
Napa, CA 94558  
www.nvch.org  
707.253.1064

**INDEPENDENT LIVING**

(Senior retirement apartments providing three meals a day, transportation and activities. See price comparison chart on Page 10)

**The Meadows of Napa Valley**

Not-for-Profit Community  
1800 Atrium Parkway  
Napa, CA 94558  
www.retirement.org/Napa  
707.257.7885  
(See ad on page 23)

**Rohlf's Manor**

2400 Fair Dr.  
Napa, CA 94558  
707.255.9555

**Rockville Terrace Senior Living**

4625 Mangels Blvd.  
Fairfield, CA 94534  
www.rockvilleterrace.com  
707.567.9836

**Silverado Orchards Retirement Apartments**

601 Pope St.  
St. Helena, CA 94574  
www.SilveradoOrchards.com  
707.963.3688 or 800.339.1229  
(See ad on page 30)

**INFORMATION & ASSISTANCE****The Area Agency on Aging Serving Napa and Solano**

400 Contra Costa St.  
Vallejo, CA 94590  
707.255.4284  
(See ad on page 8)

**Share the Care**

Share the Care is a Napa Valley based information, referral, assistance and advocacy organization which is privately funded by the Gasser Foundation. One phone call helps match you up with a business, service or organization that will provide you with the help you need.  
707.492.3198

**Born To Age**

www.borntoage.com  
707.226.7127  
(See ad on page 11)

**INSURANCE COUNSELING****HICAP**

Help offered with Medicare Part D, Long Term care and Medigap Policies  
800.434.0222

**LEGAL SERVICES**

(See Attorneys on page 13)

**California Advocates for Nursing Home Reform (CAHNR)**

650 Harrison St.  
San Francisco, Ca 94107  
1.800.474.1116

**Bay Area Legal Aid**

575 Lincoln Avenue Suite 210  
Napa, CA 94558  
www.legalaidnapa.org  
Fax: 807.259.1449  
707.259.0579

*Continued on Page 20*



***Weatherization Works***

# HEAP

## North Coast Energy Services, Inc. Home Energy Assistance Program

**North Coast Energy Services, Inc.**

**1100 Coddington Center, Suite 1  
Santa Rosa, CA 94501**

**Phone: (800) 233-4480 or (707) 495-4417**

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# SERVICES FOR LOW INCOME SENIORS

## CARE MANAGEMENT

**Care Network,  
Queen of the Valley Hospital**  
3448 Villa Lane, Suite 102  
Napa, CA 94558  
707.251.2000

The CARE Network provides home visits by nurses and social workers and offers comprehensive support for low-income people with illnesses such as cancer, HIV/AIDS and congestive heart failure.

**Collabria Care**  
414 S. Jefferson  
Napa, CA 94559  
707.258.9080

Medical, emotional and spiritual support services offered to terminally ill people and their families in home, residential care or nursing home settings. Direct billing to Medicare, Medi-Cal or private insurance. Benefits cover equipment. Must be referred by physician and have a six month or less prognosis.

**Comprehensive Services  
for Older Adults**  
650 Imperial Way  
Napa, CA 94559  
707.253.3818 or 1.800.498.9455

Psychiatric Case Management for people over age 60 suffering from mental illness and/or Alzheimer's Disease.

**Share the Care**  
707.492.3198

Case management and volunteer support for people of all ages who are chronically ill, frail, or need support to live safely at home. Share the Care helps you find whatever you might need.

## CAREGIVERS

**In Home Supportive Services**  
650 Imperial Way  
Napa, CA 94559  
707.253.3818 or 1.800.498.9455

For people who are low income, aged, blind or disabled. Must be on Medi-Cal. Provide funds to hire caregivers to do household tasks, shopping and

minor care support. An intake social worker comes out to your home and makes an assessment on what you can do for yourself, and what you need for someone else to do in order for you to remain safely at home. Hours of care need and paid for by IHHS is authorized by a social worker.

**Caregiver Referral Registry  
Area Agency on Aging  
Napa Solano**  
707.255.4284

The Area Agency on Aging maintains a registry (list of names and phone numbers) of caregivers available for private hire on an hourly or live-in basis. Arrangements for hire are made between the caregiver and person hiring. Caregivers on registry list are not employees of the Area Agency on Aging.

**MSSP  
Area Agency on Aging  
Napa Solano**  
aaans.org  
707.644.6612

Assists seniors who cannot care for themselves, stay at home, must be over age 65, on Medi-Cal and live in Solano or Napa. Assists with personal care and accessing services.

## COUNSELING SERVICES

**Healthy Minds / Healthy Aging**  
707.251.2058

Offers free support for older adults, including someone to listen, help with emotional and cognitive concerns, connect to resources, counseling in-home. Free services in Spanish or English.

## FOOD

(See Food Assistance on Page 17)

**Meals on Wheels**  
707.254.6111 or 1.800.788.0124

Home delivered meals available to homebound or convalescing seniors and their caregivers. Also available to disabled adults under age 60. Donation. Meals are delivered M-F

**Brown Bag**  
707.253.6128

Monthly food distribution to low income seniors.

## HOUSING

(See pages 10 and 22 for rate information on low income apartments, retirement communities and assisted living.)

## FREE MEDICAL EQUIPMENT

### NAPA:

**Born to Age**  
3205 Montclair Ave.  
707.226.7127

**Williams Automotive**  
283 Soscol Ave.  
707.224.9466  
707.252.6121

### CALISTOGA:

**Ace Hardware**  
1450 Lincoln Ave.  
707.942.4396

## TELEPHONES

**California Telephone Access**  
1.800.806.1191

FREE telephones for people of low vision, hard of hearing, mobility, speech and cognitively impaired. Must have physician signature on form.


## TRANSPORTATION

(See Transportation listings page 49)

**BECOME A  
VOLUNTEER DRIVER!  
707-224-8885**

**Molly's Angels**

Empower seniors in our community to stay healthy and independent by providing rides to vital health care appointments.

 **Sign up to be a volunteer driver today!**

- **Drive when it works for you.** Choose rides that fit in your schedule, whenever you have the time. Even one ride makes a difference!
- **Make an immediate impact.** Know first hand that you are helping someone in our community stay healthy and independent.
- **Have fun & support our community!** Meet someone new and get to know a vibrant part of the Napa Valley community.



## Volunteer Opportunities



### The Health Insurance and Counseling Program (HICAP) 800.434.0222

Trains volunteers to work as counselors in helping seniors with long term care, health and Medicare Insurance. Volunteers needed in Napa County.

### Meals on Wheels 707.253.6111

Home delivered meals  
Needs drivers

### Colabria Care 707.258.9080

414 S. Jefferson St.  
Napa, CA 94559

### Napa Ombudsman 707.255.4236

Needs volunteers to visit and advocate for people in nursing homes, assisted living facilities and board and care homes. Training provided.

### Share the Care 707.492.3198

Make a difference in your neighborhood. Share the Care volunteers are asked for a one-year commitment and are trained to help people in their community to continue living at home as they age.

### LONG TERM CARE INSURANCE COUNSELING

**HICAP Counseling**  
1.800.434.0222

### LONG TERM CARE PLANNING / MEDI-CAL PLANNING

**Comprehensive Services for Older Adults**  
650 Imperial Way  
Napa, CA 94559  
707.253.3818 or 1.800.498.9455

**D.A. Santos & Associates**  
P.O. Box 6109  
Napa, CA 94581  
707.254.7276  
(See ad on page 15)

## KAISER HOSPICE VOLUNTEERS NAPA-SOLANO AREA

Hospice Volunteers provide services for the needs of both patients and their loved ones. Volunteers go into the homes and nursing facilities of the terminally ill and offer emotional support to the caregiver and patient. In addition to respite for the caregiver, and companionship for the patient, volunteers will run errands, deliver medicines, read books, newspapers, and other material. Volunteers can play music, card and board games, write letters, prepare light meals, and other helpful services.

We have visiting and office volunteers serving in the Vallejo, Napa, Fairfield, and Vacaville area. Our program encourages all diversities, veterans, and retirees to join. You must be 18 or older to apply. If you are interested, and would like additional information, please contact:

Shelia Burton  
Volunteer Coordinator  
Kaiser Hospice  
Vallejo Park Place  
(707)645-2245

**Tillem, McNichol & Brown**  
846 Broadway  
Sonoma, CA 95476  
www.lentillem.com  
707.996.4505

### REALTORS

**Linda Alioto Realtor**  
1316 Main St,  
St. Helena, CA 94574  
www.aliotorealty.com  
707.694.3541

### REVERSE MORTGAGE

**Commerce Reverse Mortgage**  
**Susan Richey**  
3130 Crow Canyon Place  
San Ramon, CA 94583  
707.688.9537

**Reverse Mortgage Consultant**  
**Tom MacDonald**  
Tom@reversemortgageconsulting.com  
707.265.6385

### SENIOR CENTERS

**American Canyon Senior Center**  
2185 Elliott Dr.  
American Canyon, CA  
707.647.4567

**Berryessa Senior Center**  
4380 Spanish Flat Loop Road  
Lake Berryessa, CA 94558  
707.966.0206

**Napa Senior Activity Center**  
1500 Jefferson St.  
Napa, CA 94559  
707.255.1800

**Rianda House Senior Activity Center**  
1475 Main St., St. Helena  
Monday-Friday 9 am - 4 pm  
Info/monthly schedule:  
www.riandahouse.org  
info@riandahouse.org  
707.963.8555

## The Benefits of Volunteering

- Volunteering connects you to others.
- Volunteering helps you make new friends and contacts
- Volunteering increases your social and relationship skills.
- Volunteering provides many benefits to both mental and physical health.
- Volunteering increases self-confidence.
- Volunteering provides a sense of purpose.
- Volunteering combats depression.
- Volunteering helps you stay physically healthy.
- Volunteering kindles happiness.
- Volunteering can advance your career.
- Volunteering offers you the chance to try out a new career without making a long-term commitment.
- Volunteering can teach you valuable job skills.
- Volunteering can also help you build upon skills you already have and use them to benefit the greater community.
- Volunteering brings fun and fulfillment to your life.

(Source: helpguide.org)

Monthly schedule includes Wellness activities, arts, lectures, exercise, support groups and Congregate meals M, T and F

**SENIOR GOVERNMENT**

**California Senior Legislature**

For information, contact:  
Area Agency on Aging,  
Serving Napa and Solano  
400 Contra Costa St.  
Vallejo, CA 94590  
www.aaans.org  
707.255.4284

**Napa County  
Commission on Aging**

P.O. Box 312  
Napa, CA 94559  
Meets every 4<sup>th</sup> Monday, 2-4 p.m.,  
Napa County Administration  
Building, Supervisor's Chambers,  
3<sup>rd</sup> floor. For more information, call:  
707.967.9532



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Share the Care

492-3198

Napa Valley

Information ♥ Assistance ♥ Referrals ♥ Advocacy

**WHEN YOU  
NEED HELP,  
IT'S THERE!**

In the past year, Share the Care volunteers have donated hundreds of hours in helping people with cleaning up their homes, buying groceries, buying dentures, finding hearing aides, rides, paying rent, filling out forms, sitting in the emergency room and basically, being there when family and friends aren't around to help.

It's a service that fills the gaps...doing whatever needs to be done, so that people can stay living healthily at home.

Share the Care is free, but donations are always accepted. In 2015, the nonprofit agency, which is now a program of Molly's Angels, expanded to helping people pay for dental care and dentures.

Volunteers are always needed...whether you want to help once in a while, or every week. Volunteers can pick and choose whether they want to give rides, make friendly visits, run errands, or whatever.

Share the Care can be reached by calling: 492-3198



## Willie Norup Knows A Lot About Change



**W**illie Norup knows a lot about change. In his lifetime, he's lived in nine countries, 34 houses and has worked in 82 countries. When he retired from a consulting practice twenty five years ago, he looked forward to exploring new ways of living.

"In the beginning, I didn't know what it was like to be a senior," he said speaking recently before a group

of elder care professionals. "I gave up working, and then I started painting."

But after a decade or so, he wanted to do more.

"Being an intellectual, a reader, I thought I'd try to figure out what life was all about. I thought I could use this knowledge in my later years," he said.

So he began to read philosophy, psychology and all books in-between. What he felt drawn to was Asian philosophy, particularly the practice of I Ching, which was developed in China over 3,500 years ago.

I Ching is the practice of throwing three coins. The way the coins fall is significantly related to your current life situation. The I Ching foundation is on Synchronicity, or meaningful coincidence.

What Norup recommends is voicing a question, then throwing the three coins, six times. A pattern develops which is then interpreted by a Hexagram. He's recently written a book, the "I Ching for Wise Living and Aging," which is a modern interpretation of the Chinese wisdom.

"In a few minutes, it will answer your deep-felt questions about what is happening in your life and how to handle it. The answers and insights provided will motivate you to consciously live for spiritual growth, service to others and personal fulfillment," reads the cover on the book.

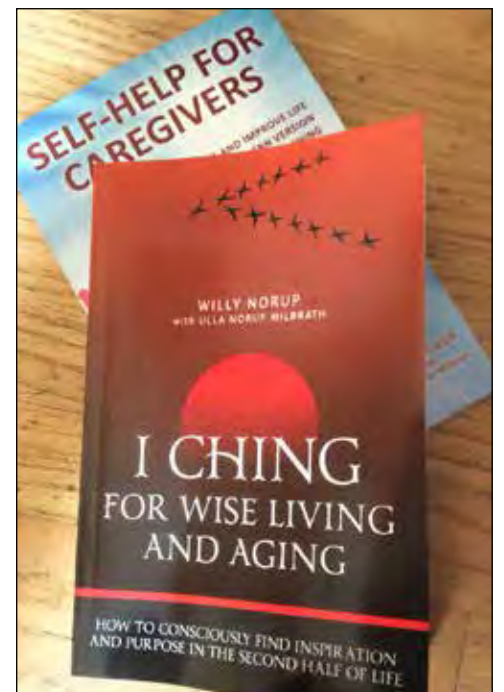
Norup believes that using I Ching "solved all my aging problems, all my concerns. I went from being an involved businessman to who man who sits home and cares for a wife with Alzheimer's Disease."

And, in this caring for his wife, he wrote a second I Ching book, "Self Help for Caregivers," which helps with direction and support in the challenges of caregiving.

He admits, "Caregiving, for many caregivers, can be pure hell." He knows his book can help, "the I Ching will help you change your life as a caregiver from a stressful burden to an enriching blessing with hope for the future."

Both books are available for purchase on Amazon.com but Norup is giving them away without charge, and is available to speak at support groups and club meetings. He wants these books and teaching to be his legacy after he leaves the world.

"I begin the day with I Ching. It tells me what's going on in my life, what I can accomplish and who to concentrate on at this juncture. It also tells me what I can produce at this time."



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## HOW TO LIVE AND AGE WISELY

Excerpts from “I Ching for Wise Living and Aging” by Willie Norup

### BE POSITIVE



As you live and age, consciously direct your creativity to positive ends, and you will be a source of joy, help, and inspiration to others. Demonstrate kindness, tolerance, and gentleness, and be sensitive to the feelings of others. Meet them halfway by creating ‘win-win’ opportunities.

Use your creative energy to pursue endeavors that will be useful, inspiring, and contribute to the well-being of the

world around you. Trust your intuition. Stay clear of negative thoughts. Be passionate about what is truly important to you, and people will be drawn in to help you. Provided your goals are worthy and good for the whole, and not merely selfish, the coming period of time will bring success, profit, and insight. Your future will be a life of sweet liberation and possibilities for fulfilling your potential and seeing in perspective that life is precious.

### DIVE INTO CHALLENGES

As you live and age, new situations in life provide challenges to help you learn and grow. Expect and embrace surprises and challenges with an open mind. Remember that everyone started as a beginner. Accept that whatever happens is meant to happen, and learn from it. Keep a positive attitude, and make the most of today.

Be open-minded and prepared to change direction to avoid steps that could turn out to be mistakes. It is never too late to start over. Most creative successes are preceded by a few educational failures. With positive thinking, energy, and enthusiasm, dive into the unknown. What is beyond the horizon might give you fulfillment and perhaps a new lease on life. If you do not try, you will never know. Have realistic expectations about what you can accomplish, and keep on doing your best. Look at every new day as a precious gift full of opportunities.

### AVOID WASTING YOUR LIFE

In the afternoon of life, some people pass their time, day after day, without meaningful purpose, being concerned only with the physical changes that occur and waiting for life to end. Conscious living and aging, on the other hand, gives you a wonderful opportunity to succeed in life by intentionally using your wisdom, skills, and compassion to be of service to others.

Take this time to enjoy the present and to nourish and strengthen yourself so you can take advantage of future opportunities. Take time to dream about what you would like to see happening in your life. If you sincerely expect to succeed, it is more likely that you will encounter synchronistic events leading to the right opportunities. The second half of life is a period of freedom and newfound possibilities. It is about finding a comfortable balance between too fast and too slow, too much and too little. If there is too much of something, look for ways to add the excess where there is too little. Go with the flow, and keep going until you find the point of harmonious equilibrium.

Be realistic and accept the inevitable changes in life. Maintain your self-confidence without boasting or showing off. Measure yourself not against others but against your own performance. Practice modesty and doing good with no expectations of pay back, and people will cooperate with you.

If things go badly for you, keep your balance and accept whatever happens as a learning opportunity. Look for opportunities to transform the situation into something better by applying your strength and intuitive wisdom. Your positive energy will eventually come back to you.

Questions/Comments for Willie Norup can be emailed to: [two4art@comcast.com](mailto:two4art@comcast.com)  
 “I Ching for Wise Living & Aging” can be found on [Amazon.com](http://Amazon.com)

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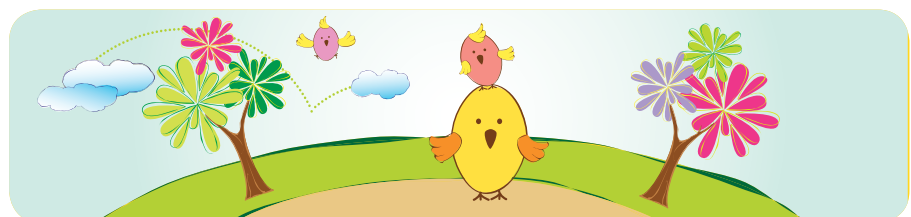
The Meadows of Napa Valley offers gorgeous, brand-new apartments up to 2,400 square feet with all the finest amenities—and at the best value for new construction in the area. And, with all levels of healthcare on-site, you’ll enjoy peace of mind knowing your future is secure for life.

Reserve your apartment today!

**707-320-2207**  
[www.meadownsapa.com](http://www.meadownsapa.com)



Equal Housing Opportunity. RCFE# 286801070 • COA# 249  
 SNF# 110000292 The Meadows of Napa Valley has filed an application for Certificate of Authority to the state of California for the expansion and has been issued a permit to accept deposit.





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### ADULT DAY HEALTH CARE

Adult Day Health Care is a combination of medical, social and therapy services for adults over age 18, needing assistance in activities of daily living. Additionally, the center is the designated Alzheimer's Resource Center for Napa County offering counseling, support groups and caregiver education.

**Collabria Care**  
414 S. Jefferson St.  
Napa, CA 94559  
707.258.9080  
(See ad on page 24)

### ADULT PROTECTIVE SERVICES

*(Where to call if you're worried about an aging friend/relative and need someone to come out to the home to assess the situation. No charge for assessment. County service.)*

**Comprehensive Services for Older Adults**  
650 Imperial Way  
Napa, CA 94559  
707.253.3818 or 1.800.498.9455

### ALZHEIMER'S INFORMATION REFERRAL & EDUCATION

**Alzheimer's Association**  
1211 North Dutton  
Suite A  
Santa Rosa, CA 95401  
707.573.1210  
(See ad on page 19)

**Alzheimer's Disease Education And Referral Center**  
P.O. Box 8250  
Silver Spring, MD 20907  
800.438.4380

**Collabria Care**  
414 S. Jefferson St.  
Napa, CA 94559  
707.258.9080

Free caregiver consultations and memory screenings. Meet with a social worker for a private individual or family consultation for those who have questions about memory loss, loss of independence, driving and other senior care issues. Appointments must be scheduled: 707.258.9087  
(See ad on page 24)

**U.C. Davis, Northern California Alzheimer's Disease Center UC-Davis, Dept. of Neurology**  
100 Wiget Lane, Suite 150  
Walnut Creek, CA 94598  
Comprehensive assessment and evaluation for Alzheimer's Disease and other dementias. Clinic services are available to the public.  
855.420.2612

### ALZHEIMER'S CAREGIVER SUPPORT GROUPS

(See support groups page 44)

*Continued on Page 26*

## alzheimer's association®



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- Training Program for Professionals
- Family Care Planning
- Early Stage Support Group Program
- MedicAlert+SAFE RETURN Identification Program
- Annual Education Conferences:
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  - ♦ Fall - Napa County

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[www.alz.org/norcal](http://www.alz.org/norcal)

**San Rafael Office**  
4340 Redwood Highway  
Suite D-314  
San Rafael, CA 94903  
**415.472.4340**

**Santa Rosa Office**  
1211 North Dutton Ave.  
Suite A  
Santa Rosa, CA 95401  
**707.573.1210**



**Collabria Care**

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## The Latest in Understanding Alzheimer's and Brain Health

There is no cure for Alzheimer's Disease, and one leading researcher/scientist doubts there ever will be one.

There are as many reasons for the disease as there are for cancer, or heart disease, so a "cure" won't be the solution, according to Alireza Atri, MD, PhD, Director of the Ray Dolby Brain Health Center who spoke recently at the Alzheimer's Association's Annual Conference in Petaluma.

One reason is that the process of Alzheimer's actually starts 20 years before there are any signs of the disease. There's a disruption in the brain cell communication process, and it's a "very long" time before the cells reach a tipping point where signs of the disease are evident to the outside world

"It happens over time, no one ever wakes up with Alzheimer's Disease," he told a group of conference attendees. "Usually by the time someone exhibits signs of the disease, it's too late to do anything about it."

What actually happens is that a sticky protein starts depositing in the brain. It goes on for years before it shows, and the brain actually compensates for awhile. It's during the beginning stages he believes that current medications would probably be of most benefit because they extend the "middle time" of the disease.

"We finally have some medicine that remove the amyloids, but by the time we find the people, it's too late. If we can, we are working over time to just slow it down."

Not that there's much to be done, anyway, since the disease is progressive and there is no way to stop it. However, Atri gives hope in slowing down the actual decline of the brain over time.



For clarification sake, Alzheimer's and Dementia are not the same thing.

Dementia is an umbrella phrase for brain decline which could be caused by Alzheimer's Disease, a severe head injury, diabetes, high blood pressure, etc. He estimates that about 60 percent of dementias are caused by Alzheimer's and sometimes people have a combination of several conditions going on at the same time.

For example, one could have Alzheimer's, AND vascular dementia caused by high blood pressure.

Risk factors for dementia include aging (over age 85, 50% of people have it), family history, severe head injury, alcohol use, smoking, high blood pressure, high cholesterol, diabetes, gene mutations and, the biggest risk factor is having amyloid proteins in the brain.

It's these proteins that lead to Alzheimer's . . . but, not always. According to Atri, "When we start accumulating the proteins, we get the tangles and inflammation," but, not everyone gets the tangles.

"We don't know why some people have delays in getting the tangles,"

he said. "Healthy people have plaque. About 30 percent of healthy 70 year olds have the plaque and might never show symptoms of the disease."

The one thing that scientists are sure of, according to Atri, is that one solution might be the building of cognitive reserve, or continuing to grow brain cells over time. He stresses that building this reserve might be the only hope at this time, recommending such activities as playing bridge, a musical instrument or learning a new language. Also, exercise is very important.

Lifestyle changes, he predicts, could delay 20-30 percent of dementia. Slowing down the decline is the only option currently available.

But, what could really make the difference is early detection. When a person starts noticing that they're having difficulty functioning at work, or usual activities . . . or when reasoning seems impaired, poor judgement, inability to plan complex or sequential activities, forgetting events or appointments, getting lost driving, repeating questions or conversations, forgetting words while speaking, hesitations, spelling and writing errors, changes in personality or behavior . . . that's the time to get help.

And, "help" is more than having a doctor ask you what's the date, who's the president and how old you are.

"Most cases of Alzheimer's are still undiagnosed," said Atri. To really know what kind of dementia is presenting, there are laboratory workups, imaging and other tests that must be done.

"No one wakes up with dementia," he said. If they do, it's usually a delirium which is caused by an infection or other medical condition that must be investigated.



## What About Cannabis and Aging Adults?



From left to right, Phillip Grob, M.D.; Kent Matsuda, M.D.; and Jon Early of Farmacann, speak to seniors in Healdsburg about medical cannabis.

By Yvonne Baginski

Older adults take lots of prescription drugs. When I visit older people, everyone seems to be taking a pill for pain, diabetes, high blood pressure, depression, high cholesterol...well, name any condition of risk with aging and there's something a doctor will prescribe to make it better.

So, when medical marijuana was legalized in California twelve years ago, some questioned whether it would work in lieu of some of the other drugs we've been using. Well, actual scientific data is hard to come by, because very little research is funded due to the federal opposition. But, people are starting to tell their stories, and what we're seeing is an increasing willingness by older people in trying cannabis and doctors starting to listen.

For example, Phillip Grob, MD, a Geriatric Psychiatrist in Santa Rosa, has seen results in treating people with dementia who are agitated and difficult to manage. He tells one story, "the first time I tried cannabis it was with a patient who was in assisted living and was screaming, biting and wreaking havoc. I tried

every medication, she just couldn't tolerate it, or didn't respond. I suggested cannabis and it totally calmed her down."

Grob frequently works with people who have dementia with behavioral disturbances, and points out that currently there is no FDA-approved medications for them. Even though some doctors prescribe such anti-psychotic drugs as Haldol, Risperdall and Seroquel, they all have "black box" warnings, which means they may cause death in people with dementia.

With cannabis, he recommends "start slow, go slow. There is a wide range of sensitivity with people, there is no set dosage. But using cannabis, people might be able to pull back on prescription medications."

While Kent Matsuda, MD., a Santa Rosa-based internist doesn't usually advocate for cannabis, he has increasing numbers of patients asking for it, "especially chronic pain patients who want to take less medication. But, it doesn't always work. Again, people have a mixed

response...sometimes the initial response is good, and then it tapers off."

However a recent study, which appears in Health Affairs, has found that in the 17 states allowing the drug for therapeutic purposes, there have been declines in Medicare prescriptions used to treat chronic pain, anxiety and depression, and a dip in spending by Medicare Part D which covers the cost of these prescriptions. In other words, the study adds credence to the fact that some older people are seeking cannabis as an alternative to mainstream prescriptions.

The researchers found that in these 17 states, the number of prescriptions dropped for drugs to treat anxiety, depression pain,

psychosis, seizures, sleep disorders and spasticity. Those are all conditions for which cannabis is sometimes recommended.

The study also found that the typical doctor in a medical-marijuana state prescribed 1,826 fewer doses of painkiller in a given year. Using cannabis effectively is done by a trial and error, by each person. There are different strains, and ways to take it. Mostly, it's a combination of the cannabinoids THC and CBD, which provide the chemical compound of relief. THC is the component that makes you "high" and CBD is the component that could help with pain relief, sleeplessness, etc. There are hundreds of products, including edibles, teas, tinctures, teas and yes, even capsules.



### HOW DO I GET A DOCTOR'S RECOMMENDATION?

In California, all you need to become a medical marijuana patient is a driver's license (or state ID card), and a valid doctor's recommendation.

You are not required to have a medical marijuana identification card, a doctor's recommendation letter will be enough.

Talk to your doctor, first. Some doctors are more open to recommending now. If your

doctor won't do it, there are other doctors who might. Many doctors are hesitant or unwilling to recommend for fear of federal persecution.

There are cannabis clinicians who specialize. Many are in Vallejo and charge between \$50-75 for a visit and letter. There are also online consultation, starting at \$30.

Two online sources are:  
[www.eazemd.com](http://www.eazemd.com)  
[www.abacarx.com](http://www.abacarx.com)

## Don't Flush Your Medicine Down the Drain!



Don't flush medications down the toilet, or even throw them in the trash. Hold onto your medications until there's a medication drive in your city. Any medications thrown or flushed away, eventually make it into our water system and are harmful to wildlife and the environment. Because of drought and public use, we are seeing water levels drop and the concentrations of pharmaceuticals on the rise. While medications are impacting frogs, fish and all kinds of wildlife, eventually, they make it back into the water we drink. Even the most sophisticated water treatment facility isn't capable of removing all traces of drugs from the water. In Napa County, the following locations accept medication:

**OLE Clinic - Napa**  
1141 Pear Tree Lane  
(707)257-1770

**St. Helena:**  
811 Main St.  
(707)963-0931

**Calistoga:**  
911 Washington St.  
(707)709-2300

## Drug Discount Programs

Drug discount programs may reduce your out-of-pocket costs for prescription drugs. Government agencies, retail pharmacies, drug manufacturers, and non-profit organizations offer a wide variety of programs with different kinds of benefits. One may be right for you.

The resources listed are provided as a convenience to the public and do not constitute all drug discount programs currently available to consumers. The California State Board of Pharmacy makes no guarantees or recommendations regarding individual organizations or the resources they provide.

### Prescription Drug Discount Program for California Medicare Recipients

California Department of Health Care Services (916) 552-9714  
<http://www.dhcs.ca.gov/individuals/Pages/PresDrgDisPrgmMedRcpts.aspx>

California Medicare recipients can pay Medi-Cal prices (plus 15 cents per prescription) for their prescription drugs. There are no forms to fill out, and you do not need to be a Medi-Cal recipient. Display your Medicare card at the pharmacy counter and ask for the Medi-Cal discount. The discount will depend on the medication. You must pay out-of-pocket when filling the prescription, and the discount cannot be applied to other discounts or combined with any insurance coverage.

### Medicare Part D Prescription Drug Coverage / Medicare Advantage Plans

Centers for Medicare and Medicaid Services (CMS)  
[www.medicare.gov/pdphome.asp](http://www.medicare.gov/pdphome.asp) (800) 633-4227

Medicare prescription drug coverage is insurance coverage for brand-name and generic prescription drugs at participating pharmacies. Everyone with Medicare is eligible for coverage regardless of income, resources, or health status. To get Medicare prescription drug coverage, you must join a Medicare prescription drug plan or join a Medicare Advantage Plan or other Medicare Health Plan offering drug coverage. Monthly premiums and co-payments vary by plan.

### Social Security Prescription Drug Assistance

U.S. Social Security Administration  
[www.socialsecurity.gov](http://www.socialsecurity.gov) (800) 772-1213

If you have limited resources and income, you may qualify for extra help to pay for prescription drug coverage. The extra help could be worth up to \$4,000 per year by paying for all or most prescription drug co-payments, monthly premiums, and annual deductibles. Eligibility depends on your income and the value of your savings, investments and real estate (other than your home). If married, Social Security will need this information from your spouse as well.



### ALZHEIMERS RESIDENTIAL CARE FACILITIES

(See Assisted Living Comparison on page 30, and Board and Care Homes)

#### **Aegis Assisted Living**

2100 Redwood Rd.  
Napa, CA 94558  
707.251.1409  
(See ad on page 29)

#### **The Berkshire**

2300 Brown Street  
Napa, CA 94558  
707.252.9037  
(See ad on page 31)

#### **Greenhills Care Home**

115 Thayer Way  
American Canyon, Ca 94503  
707.558.8487  
(See ad on page 20)

#### **Rockville Terrace Senior Living**

4625 Mangels Blvd.  
Fairfield, CA 94534  
www.rockvilliterrace.com  
707.567.9836

#### **The Meadows Memory Care**

2000 Atrium Parkway  
Napa, CA 94559  
www.meadowsofnapavalley.org  
707.320.2079  
(See ad on page 23)

#### **Vintage House**

2541 Vintage St.  
Napa, CA 94558  
707.265.8652  
(See ad on page 12)

#### **Wine Country Seniors Villa**

3552 Jefferson St.  
Napa, CA 94558  
707.226.3055  
(See ad on page 12)

### ASSISTED LIVING

#### **Aegis Assisted Living**

2100 Redwood Rd.  
Napa, CA 94558  
www.aegisofnapa.com  
707.251.1409  
(See ad on page 29)

#### **The Berkshire**

2300 Brown Street  
Napa, CA 94558  
707.252.9037  
(See ad on page 31)

#### **Assisted Living at The Villas**

1800 Atrium Parkway  
Napa, CA 94558  
Not-for-Profit Community  
www.retirement.org/Napa  
707.320.2175  
(See ad on page 23)

#### **Piner's Guest Home**

1800 Pueblo Ave.  
Napa, CA 94558  
707.224.7925  
(See ad on Inside Front Cover)

#### **Rockville Terrace Senior Living**

4625 Mangels Blvd.  
Fairfield, CA 94534  
www.rockvilliterrace.com  
707.567.9836  
(See ad on page 21)

### ASSISTED LIVING COMPLAINTS

#### **Department of Social Services Community Care**

Licensing Division  
101 Golf Course Drive, Suite A-230  
Santa Rosa, CA 95401  
707.588.5026

# the Greenhills Care Home

## *Welcome to Our Family!*



*Providing care for the elderly including specialized care for Alzheimer's and Dementia*

**Phone/Fax: 707-558-8487**



License 280111959

## **Affordable Rates Family Owned Since 1994**

*Our residents are part of our family at Greenhills. We hope that if you choose Greenhills, you will consider us part of your extended family, and Greenhills your home away from home.*

**115 Thayer Way  
American Canyon, CA 94503**

**Napa Long Term Care  
Ombudsman**

1443 Main St., #125  
Napa, CA 94558  
Volunteers serve as patient  
advocates in providing assistance  
with quality of life issues. The  
ombudsman office also maintains  
a binder of citations and actions  
against local residential care  
facilities.  
707.255.4236  
(See ad on page 42)

**BOARD AND CARE HOMES**

(See also Assisted Living page 28)

**Creekview Place  
Senior Care Home**

2605 Redwood Rd.  
Napa, CA 94558  
www.napacreekview.com  
707.205.5275

**Greenhills Care Home**

115 Thayer Way  
American Canyon, CA 94503  
707.558.8487  
(See ad on page 28)

**Hearts That Matter Care Home**

2025 Clay St.  
Napa, Ca 94558  
Contact: Kim Geis  
www.heartsthatmatter.com  
707.252.7569

**Hearts that Matter II**

3100 Hamilton St.  
Napa, CA 94558  
Contact: Kim Geis  
707.252.7560  
(See ad on page 4)

**Napa Valley Senior Care, Inc.**  
707.265.8652 or 510.333.8509  
(See ad on page 12)

**The Vintage House**

2541 Vintage St.  
Napa, CA 94558

**Wine Country Senior's Villa**

3552 Jefferson St.  
Napa, CA 94558

**Piner's Guest Home**

1820 Pueblo St.  
Napa, CA 94558  
707.255.3461  
(See ad on Inside Front Cover)

**CANCER SUPPORT**

(See also Support Groups, Page 44)

**Cancer Case Management**

Queen of the Valley Medical Center  
707.251.2012  
(See ad on page 33)

**American Cancer Society**

The American Cancer Society offers  
FREE programs and services to  
cancer patients and their caregivers  
Call for transportation to treatment  
appointments, assistance with  
appearance-related side effects, or  
for information or referral 24 hours  
a day.  
Napa and Lake Counties  
860 Napa Valley Corporate Way  
Suite E  
Napa, CA 94558  
www.cancer.org  
1.800.ACS.2345

*Continued on Page 31*



## The Greenest Lawn on the Block

Dad took great pride in having the best looking lawn in our neighborhood. He would mow, fertilize, weed, and water until our front yard looked like a putting green. Our yard was the envy of the neighborhood. He spent evenings after dinner with his pipe and the garden hose. I still love the scent of tobacco and grass clippings.

Now Dad watches from the window as his lawn turns brown. The moss has taken over and his garden hose lies coiled and unused by the side of the house. He slowly shuffles, bent over with a cane, and cannot keep up with the chores of a 3-bedroom home, let alone, keeping up the lawn care. He needs help with the simplest of daily tasks: food prep, housework and transportation. Living alone in that big house is just too much for him.

If an elderly parent needs daily assistance – maybe they're not independent any more.

Please consider Aegis Living. We are the trusted local senior care provider specializing in assisted living and memory care. We offer the finest care, given by the most committed staff. Come in for a tour and lunch with your parent. Let them experience our community filled with warmth and new friends.

Call our residence for an appointment or more information.

**50% OFF for the 1st day  
with a minimum of 10 days of service.  
Live In starts at \$180/day  
Live Out starts at \$18/hour**

- 24 hours / 7days service Live In / Live Out / Sleepover
- Personal Care, Mobility Assistance, Companionship
- Employees are payrollled, insured, bonded, worker's comp
- Memory Care, Pre and Post Surgery Care, Hospice Care
- Well Screened Employees with Criminal Background Checked
- No AGENCY FEES / FREE ASSESSMENT and EVALUATION

**1-800-321-6655**  
www.precioushome.com  
1280 Boulevard Way, Suite 104, Walnut Creek, CA 94595

**PRECIOUS HOME COMPANION**  
24 years of quality service

ASSISTED LIVING & MEMORY CARE

## Aegis Living

We're the people who make life better.

**Aegis of Napa**  
2100 Redwood Rd.  
Napa, CA 94558  
**707-266-6868**  
AegisofNapa.com



## RESIDENTIAL CARE FACILITIES IN NAPA VALLEY

## ASSISTED LIVING

**Aegis of Napa**

2100 Redwood Rd.  
Napa, CA 94558  
www.aegisofnapa.com  
Contact Jennifer Winters  
707.251.1409

Victorian retirement community offers Assisted Living and Memory Care services. Conveniently located minutes from medical facilities and shopping centers. Rental rates include homemade healthy meals, snacks, housekeeping and laundry services, personalized and unique activities, and local transportation. Care fees are additional and are based on a personalized assessment.

Respite/short term \$200 per day  
Shared rooms starting at \$4,300  
Studios starting at \$6,300  
1 bedroom starting at \$6,100

**The Berkshire**

2300 Brown St.  
Napa, CA 94558  
Contact: Lia Miller  
707.252.9037

This is an assisted living community that also offers Alzheimer's and Dementia care. Assisted Living rates for a shared room start at \$4,000 per month and private room rates begin at \$4,300. Additional fees for Dementia care based on resident needs. Rates include meals, snacks, weekly housekeeping, laundry services, planned activities, medication management and local scheduled transportation. Special diets are available. Respite/Short-term Care and hospice waiver. No community fee. Pets allowed.

**The Meadows - The Villas  
Assisted Living and Memory Care**

2000 Atrium Parkway  
Napa, CA 94559  
Not for Profit Community  
www.retirement.org/Napa  
707.320.2175

Four levels of care in a 20-acre park-like setting. Independent living, assisted living, memory care, and skilled nursing. No buy-in, month-to-month rent. 63 Assisted Living apartments, 20 private memory care apartments.

1 bedroom starting at \$4,734-\$5,034  
2 bedroom starting at \$5,412-\$6,659  
Second person fee \$993

**Piner's Guest Home**

1820 Pueblo St.  
Napa, CA 94558  
707.255.3461

Piner's Guest Home Rates:

BASE RATE  
Semi-Private \$87/day  
Private \$141/day

Security Deposit Required for Residents  
Semi-Private \$2,780, Private \$4,350  
Beauty Shop Services available each Friday.

**Rockville Terrace Senior Living**

4625 Mangels Blvd.  
Fairfield, CA 94534  
707.567.9836

Independent, Assisted Living and Memory Care.

Rockville Terrace is a newly built senior retirement residence just 20 minutes from Napa. Apartments include 3 daily meals, weekly housekeeping service, utilities, basic cable TV, activities and weekly outing and laundry services. There is an on-site library, hair salon, private dining room, theaters and spa. Studios are \$2,175-3,300. 1 bedroom, \$3,600-3,900, and 2 bedroom is \$4,700.

Assisted living charges are added on to these rates if more care is needed. Memory care is a private studio, with all inclusive care at \$5,275. There is a one time pet fee of \$700 and a second person is \$1000 a month.

## BOARD AND CARE HOMES

**Greenhills Care Home**

115 Thayer Way  
American Canyon, Ca 94503  
707.558.8487

Alzheimer's and Dementia specialty facility. Shared room \$2,700. Private Room \$3,000. Additional rates based on care assessment prior to admittance. No community or add-on fees. Includes transportation to medical appointments. Administrator Kam Gantan personally

accompanies each resident to all medical appointments. This is a family-run establishment.

**Hearts That Matter Care Home**

2025 Clay St.  
Napa, CA 94558  
Contact: Kim Geis  
707.252.7569

This home takes people with Alzheimer's, dementia and hospice care. Assisted Living rooms range from \$4,500-\$6,500. Depends on room and assessment. Furnished and unfurnished accommodations. Large rooms.

**Hearts That Matter II**

3100 Hamilton St.  
Napa, CA 94558  
Contact: Kim Geis  
707.252.7569

Newly opened. Rate guaranteed not to

increase after move-in. \$4,500-\$6,500 per room. All services included.

**Napa Valley Senior Care, Inc.:****Vintage House**

2541 Vintage St.  
Napa, CA 94558  
707.265.8652

**Wine Country Senior's Villa**

3552 Jefferson St.  
Napa, CA 94558  
Contact: Kits Roa  
707.226.3055

Both facilities accept all levels of Alzheimer's and dementia. Fee for basic services, private rooms, \$4,000-\$4,800 a month, shared room, \$3,200-\$3,800. Includes meals, snacks, activities, laundry, housekeeping, most care, cable TV, manicures and hairstyling. Rates assessed monthly. No community fee.

Welcome Home to...  
**Silverado Orchards  
Retirement Community**

"We're  
all about  
Family!"



**Affordable, All-Inclusive Monthly Rent  
No Lease, Buy-ins or Add-ons**

- Three Nutritious Meals Every Day • Delicious, Fresh Salad Bar
- Activities & Excursions • Housekeeping • Transportation
- Beauty Salon • Health & Wellness Program • Guest Rooms
- And Much More...

**(707) 963-3688**

601 Pope Street, St. Helena, CA 94574  
www.SilveradoOrchards.com



Family Owned Since 1978





**CARE MANAGEMENT/PLANNING**

**Area Agency on Aging  
Serving Napa Solano**

Family Caregiver Support Program. For people who are disabled and/or over age 65 and are being cared for by an unpaid caregiver. Short term respite, grab bars, minor home modifications and ramps. Assistance with services and referrals.

www.aaans.org  
707.643.1797

**Cancer Care Management**

Queen of the Valley Hospital Medical Center  
707.251.2012  
(See ad on page 33)

**Collabria Care**

414 S. Jefferson St.  
Napa, CA 94559  
707.258.9080

**Yvonne Baginski  
Caregiver Consultant**

P.O. Box 6863  
Napa, CA 94581  
707.226.7127  
(See ad on page 11)

**Share The Care**

Share the Care, available throughout Napa Valley, matches people to the help they need. This is a FREE services, privately funded by the Gasser Foundation. Share the Care will assist in finding: rides, companionship, home care, legal assistance, counseling, gardening and handyman services, home repairs, medical equipment, grocery pickup and delivery, mail management and paperwork, support groups, meals, activities and whatever else might be needed. Coordinates assistance, and builds relationships with neighbors and community.

707.492.3198

**Transitional Care Program**

Queen of the Valley Hospital  
This program is for patients who are discharged from the hospital, and

need more support to return home. Provide visits and phone calls.  
707.251.2000

**CAREGIVERS FOR HIRE**

**AAA Home Health Care, LLC**

P.O. Box 5388  
Vallejo, CA 94591  
707.637.5292  
(See ad on page 41)

**ABBA In-Home Care**

1055 Azuar Dr.  
Vallejo, CA  
707.704.6489  
(See ad on page 22)

**Area Agency on Aging  
Caregiver Referral Registry**

707.255.4284  
(See ad on page 8)

**Compassion Home Health Care**

Ramona Brennan, Caregiver  
Non-Medical Services  
707.253.2758

**Cora Home Companion Care**

310 Mark Way  
Napa, CA 994558  
707.255.6260 or 707.363.2220  
(See ad on page 25)

*Continued on Page 32*



*The Berkshire*  
**ASSISTED LIVING &  
DEMENTIA CARE FOR SENIORS**  
**Affordable fee Includes:**  
Medication Management  
Emergency Response System  
Scheduled Local Transportation  
3 Nutritional Meals & Snacks Daily  
Assistance with Showers & Personal Care  
Daily Activity Program/On-site Beauty Salon  
Assistance with Special Diets  
Utilities/Cable TV Hook-up  
24 Hour Professional Staff  
Linen & Laundry Services  
Weekly Housekeeping  
Transfer Assistance  
RN Manager  
**Additional Services\*\***  
Incontinence Care  
Alzheimers/Dementia Unit  
Respite and Hospice Care

**Check our Website for Senior  
Resources & Checklists**

*The Berkshire  
is a family-owned  
residential care home*  
**No Community Fee  
Affordable Rates**  
2300 Brown St. • Napa  
**252-9037**  
napaberksire.com  
Lic. #286801095  
\*\* Additional fees apply





## Even The Smartest Person Can Be Influenced by Another

**E**ver wonder why an elderly parent, who is obviously being taken advantage of by an adult child, won't do anything about it?

Or, why a caregiver is suddenly in charge of all decisions, including managing the money and signing checks for an elderly person?

Or, what's happened when an elderly person has stopped visiting with friends, accepting phone calls or has cut off most of their lifelong relationships once a son/daughter has moved in?

One reason could be that of "undue" influence....which the Probate Code defines as "...excessive persuasion that causes another person to act or refrain by acting by overcoming that person's free will and results in inequity."

Undue influence is not a crime, but it could be a means to committing a crime.

And, it's very easy to hide, according to Nancy Hoffman, PsyD, a Geriatric Neuropsychologist based in Benicia, Ca. "We are all vulnerable to this, because people who do this, are very good at what they do."

Older people, though, are the most vulnerable because they are more dependent on others for care and support. Afraid to lose their independence, or main caregiver, they'll go along with it, explained Hoffman at a recent presentation before eldercare professionals.

Tactics by the influencer might include controlling the necessities of life, medication, the victim's interactions with others, access to information, or sleep. Affection, intimidation and coercion are also dominant.

A "good" victim, according to Hoffman, is a white woman, over age 75 with a middle to high income, owns her home, has cognitive impairment, recently lost her spouse through death or divorce, fears change of living situation, is socially isolated, taking multiple medications, lacks familiarity with finances, is easily influenced and is living with the abuser.

The elderly are often good targets for undue influence because they may not realize the value of their home, or other assets. And, if they're impaired, they are less likely to take action against their abuser. If the abuser is a family member, the relationship is likely lifelong and enmeshed.

One study found that a typical exploiter is a son, daughter, grandchild, spouse or other relative. Forty percent of perpetrators in financial abuse were a son or daughter, who are depending on an elderly victim for their housing or other assistance. And, families with a history of prior abuse, or hostile relationships may have a greater chance of experiencing abuse.

If you suspect financial abuse, or someone taking advantage of another by undue influence. Call Adult Protective Services in Contra Costa County at 877.839.4347 or 925.602.4179.

**Hearts that Matter, Inc.**  
68 Coombs St., Suite A-9  
Napa, CA 94559  
Contact: Kim or Peggy  
www.heartsmatter.com  
707.252.7569  
(See ad on page 3)

**Hired Hands Homecare**  
1754 Second St.  
Napa, Ca 94558  
707.265.6400  
(See ad on page 35)

**Home Instead Senior Care**  
3433 Broadway, Suite B-1  
American Canyon, CA 94503  
www.homeinstead.com/521  
707.252.3322  
(See ad on page 36)

**Honor HomeCare, Inc.**  
450 Alabama St.  
San Francisco, CA 94110  
www.joinhonor.com  
877.777.5116  
(See ad on page 5)

**Love & Joy Senior Services**  
www.loveandjoyseniorcare.com  
707.342.5613  
(See ad on page 35)

**Precious Home Companion**  
1280 Boulevard Way, Suite 104  
Walnut Creek, CA 94595  
www.precioushome.com  
800.321.6655 / 925.939.0197  
(See ad on page 29)

**Kindred at Home**  
190 S. Orchard Ave., Suite A-105  
Vacaville, CA 95687  
www.kindredathome.com  
707.447.4228  
(See ad on page 36)

**Right At Home**  
3363 Beard Ave.  
Napa, CA 94558  
Rightathome.net/napa  
707.492.3396

### Questions on Caring?

### Support?

### Need Information?



**Ask Yvonne!**

FREE personal assistance, either by computer or just a phone call away! We'll help you find the right answer to all your questions about Senior Care in your local

www. **Born**  **Age** .com

**Or Call 707.226.7127**

**Senior Helpers North Bay**

1100 Trancas St., #214  
Napa, CA 94558  
www.seniorhelpers.com/Napa  
707.251.1540  
(See ad on page 39)

**Sequoia Senior Solutions**

1372 N.McDowell Blvd., Suite S  
Petaluma, CA 94954  
707.763.6600

**Visiting Angels**

2991 Solano Ave.  
Napa, CA 94558  
707.528.0222  
(See ad on page 37)

**Your Home...Nursing Services**

3188 Jefferson St.  
Napa, CA 94558  
www.yourhomenursing.com  
707.224.7780  
(See ad on page 7)

**CHORE SERVICES**

**In-Home Supportive Services**

This service is for aged, 65+ or disabled people whose income and assets are low and need housework or personal care to remain safely at home. Employment possible for those wanting to provide those services.  
707.259.8359

**CONTINUING CARE  
RETIREMENT COMMUNITIES**

These communities offer several levels of health care in one campus. Including: Independent Living, Assisted Living, Memory Care and Skilled Nursing Care.

**The Meadows of Napa Valley**

1800 Atrium Parkway  
Napa, CA 94558  
Not-for-Profit Community  
www.retirement.org/Napa  
707.257.7885  
(See ad on page 23)

**DENTURES AND DENTAL CARE  
ASSISTANCE**

**Share the Care**

Provides financial assistance for low income people who are unable to qualify for Medi-Cal assistance and are unable to afford basic dental care. Emergency funds available for dentures.  
707.492.3198

**ELDER ABUSE ADVOCACY**

**Elder Abuse Hotline:**

707.258.8000

**Area Agency on Aging  
Serving Napa and Solano**

400 Contra Costa St.  
Vallejo, CA 94590  
www.aaans.org  
707.255.4284  
(See ad on page 8)

**Comprehensive Services  
for Older Adults**

650 Imperial Way  
Napa, CA 94559  
707.253.3818 or 800.496.9455

**Law Office of  
Naomi Dreskin-Anderson**

Elder Law Attorney  
2180 Jefferson Street, Suite 207  
Napa, CA 94559  
707.252.8900  
(See ad on page 13)

**Napa County's District Attorney  
Office of Elder Abuse Unit**

931 Parkway Mall  
Napa, CA 94558  
707.299.1414

**Napa Long Term Care  
Ombudsman**

1443 Main St., Suite 125D  
Napa, CA 94558  
707.255.4236  
(See ad on page 32)

**Paul M. Hoff  
Zeller, Hoff & Zeller**

929 Randolph St.  
Napa, CA 94559  
707.252.6633  
(See ad on page 13)

**HOW CAN I TRUST MY CAREGIVER?**

The most common question we receive at Born To Age, is whether to trust a caregiver or home care agency, to come into a home. People are often concerned about strangers taking over daily tasks of living, but also having access to private information, jewelry boxes, mail, etc.

No one can guarantee that a caregiver will not steal or take advantage of anyone while in their home. Even family members have been known to take things without permission.

There are, however, safeguards that can be in place.

The first one is to remove anything of value from the home, or place it in a safe place. Especially small things, jewelry, coins, money, etc. Checkbooks and bank information should go into a lockbox. Mail should be picked up by a trusted friend, or put into a safe place.

Even if a caregiver is in place, it is a good idea for friend/family members to drop by while they're on duty for a friendly visit. Don't have to stay long, but vary the days and times.

Be careful if the caregiver starts suggesting other assistance/substitutions from relatives or other people they know. We do not recommend that anyone hire the relatives of their caregiver for yardwork, handyman or other services.

If the caregiver is employed by a Home Care Agency, make sure they (both the agency and caregiver) are licensed by the State of California. All caregivers working for an agency are required to be licensed. This means they've been fingerprinted, have a clear background and a TB test. It also requires they undergo five hours of training every year. You can check to see if a caregiver

is licensed, by going online to the Home Care Services Bureau at www.cclid.ca.gov. Click on "Home Care." You will need the caregiver's name and ten digit license number.

The same with the Home Care Agency. All licensed agencies are listed on this site.

If you hire an independent caregiver, one who is NOT affiliated with any home care agency, there is no licensing requirement and they are not required to register with the State of California.

In Napa County, there is an exception to all these mandates. Only in Napa County, ALL caregivers are required to be registered with the Napa County, and carry a Caregiver's Permit. This means that ALL caregivers (independent, family members, neighbors)...ANYONE who receives remuneration (this includes room/board), who provide any caregiver services, MUST be permitted. The permit includes a background check and fingerprints. For more information on the permit, contact the Area Agency on Aging, 255-4284.

Anyone who is operating without a permit can be reported to the Napa County District Attorney's office, Caregivers usually provide the following services: Bathing, dressing, feeding, exercising, personal hygiene and grooming, transferring/ambulating, positioning toileting and incontinence care, making phone calls, assisting with medications, meal planning and preparation, transportation, housekeeping, laundry, companionship, and shopping.





## WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN NAPA

Getting help at home is usually the first thing that people think about when chores and/or personal care is becoming difficult or impossible. Housekeepers, gardeners and occasional handymen are the easiest for most of us to consider because they don't carry the psychological burden of no longer being able to do for ourselves. Caregivers can be resisted because of cost, fear of loss of independence, autonomy and privacy, or just due to stubbornness and personal will.

While most prefer a family member or prior knowledge of the caregiver, this may not always be possible. Family members might have good intentions, and while promises are made, commitments may be more difficult to keep. It's may not be the best thing to have a family member, friend or neighbor as a caregiver. The most reliable solution is hiring outside assistance with a regular schedule. This way, family members remain as family and others can be counted on to do the hands-on work.

There are many choices in help at home. If looking to hire privately, there's a caregiver referral service out of the Area Agency on Aging. Discharge planners, hospices, social workers also know of people who might want to work privately. If hired privately, the hours worked and wages paid are between you and the employee. You are also liable for worker's compensation and IRS withholding.

Here's a brief rundown on the types of agencies in Napa County.

### NAPA COUNTY HOME HEALTH AGENCIES

These agencies provide services that are 100% covered by Medicare, Med-cal or private health insurance. This service must be ordered by a doctor. However, you still have a personal choice of agency. Requirements to qualify for care are: 1: Homebound, 2. Need for skilled care. Skilled care means that you need a nurse, a physical, speech or occupational therapist. This is also a time and visit limited services. Some aide service can be available, if there's a skilled need. This is a service NOT covered by Long Term Care Insurance. Born To Age doesn't list these prices because the costs are directly reimbursed by Medicare. You are not billed for services.



**Healthy Living at Home**  
1320 Willow Pass Rd. Ste. 715  
Concord, CA 94520  
[www.healthylivingservices.org](http://www.healthylivingservices.org)  
877.513.7363

**Kindred at Home**  
190 S. Orchard Ave. Suite A-105  
Vacaville, CA 95687  
[www.kindredathome.com](http://www.kindredathome.com)  
Office: 707.447.4228  
Cell: 707.280.3287  
Fax: 707.447.5923

**Adventist Health Home Care Services**  
27 Woodland Rd.  
St. Helena, CA 94574  
707.967.5770

### PRIVATE DUTY HOME CARE AGENCIES

These agencies provide both skilled and non-skilled care. The services might be covered by long term care insurance, other insurances, and private pay. The agency is the employer. Caregivers are hired, screened and paid for by the agency. If the caregiver is ill or unable to work, a substitute caregiver is available. The agency pays payroll taxes, worker's compensation, and maintains liability coverage. The agency also determines what the caregiver can and can't do. There is often a minimum number of hours for services.

Care provided by these agencies can include: skilled care, personal care, transportation/errands, meal preparation, medication reminders, light housekeeping, laundry, etc. Shifts can be hourly, live-in or sleepover.

**Abba Home Care**  
3860 Broadway Street, Suite 102  
American Canyon, CA 94503  
Website: [abbahomehealth.com](http://abbahomehealth.com)  
HCO#: 284700004

**Business Office:**  
Sacramento Valley: 916.690.0097  
Fax Number: 877.904.7574  
707.704.6489  
707.731.0475

Abba In-Home Care has cared for seniors for over 15 years. Rates start at \$25 per hour with flexible round-the-clock shift. Helping to find a Board and Care Home is free.

All employees are bonded, fingerprinted, reference checked, and covered with General and Professional Liability Insurance and Workers Compensation. Serves Napa, Solano, Marin, Sonoma, San Francisco, Contra Costa, Sacramento, San Joaquin and Los Angeles Counties.

**Hearts that Matter, Inc.**  
68 Coombs St., Suite A-9  
Napa, CA 94559  
Contact: Kim or Peggy  
[www.heartsthatmatter.com](http://www.heartsthatmatter.com)  
707.252.7569

This agency provides caregivers to assist with all activities of daily living. This can include dressing, bathing, meal preparation, bed care as well as daily supervision. Rates are \$25/hr - 4 hr minimum. Live-in rate \$325/day, \$375/2-12 hr shifts. Rates range depending on the number of hours per shift. 4-12 hour shift costs \$25/hr., 12 hours or more \$22/hr. 24-Hour care rates are \$325 per day. All of our rates are negotiable upon a special request. This agency is Private pay. They will accept and bill Long Term Care insurance policies. Caregivers are all criminally background checked; CPR and First aid certified and mandated elder abuse reporters. Caregiver working in Napa County must obtain a caregiver permit.



When You Want to Get  
Back to Life, *Sooner*

If you or a loved one has suffered a serious illness or are coping with a chronic medical condition, we can help. Adventist Health Home Care Services can help you or your loved one stay in your home while receiving the skilled medical care you need.

Our team of nurses and therapists offer treatment as well as education to help you remain independent in your home.

**Adventist Health**  
Home Care Services

**LEARN MORE:**  
707.967.5770 Napa County  
707.994.0737 Lake County

**WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN NAPA**

**Hired Hands Homecare**  
1754 Second St.  
Napa, Ca 94558  
www.hiredhandshomecare.com  
707.265.6400  
HCO#214700014

Hired Hands Homecare is a family owned and operated, full service homecare company, providing a wide range of caregiving services for over 20 years. All Caregivers are our employees, and are thoroughly screened, insured, and bonded. Caregivers available on a flexible hourly, overnight, and live-in basis. Rates range from \$29-\$33 hourly. Serving the entire North Bay, with offices in Marin, Sonoma, & Napa counties. Complimentary case management, needs assessment, and home safety evaluation provided at no cost. Members of the National Private Duty Association (NPDA), the California Association for Health Services at Home (CAHSAH) and the Better Business Bureau (BBB).

**Home Instead Senior Care**  
33433 Broadway, Suite B-1  
American Canyon, CA 94563  
www.homeinstead.com  
707.552.2266  
HCO#284700001

Provides service in Napa, Solano and Sonoma Counties. This is a private duty home care agency that provides services such as personal care and grooming, errands, medication reminders, incidental transportation, light housekeeping and companionship. Accepts Long term care insurance. Care givers are employees of the company, so

complete supervision and management is provided and all taxes and insurance is included. All employees are screened for criminal and driving records, as well as TB tested. Ongoing training is provided to all employees. They provide 24 hour phone support for after hour emergencies. Rates range \$30/hr. for 3-5 hrs., \$28/hr. for 5-12 hrs.

**Kindred Care at Home**  
395 Taylor Blvd. Suite 118  
Pleasant Hill, Ca 94523  
www.kindredatHome.com  
925.771.8290  
HCO#074700048

Kindred Care at Home is a full service home health agency, offering both medical and non-medical home care to Bay Area families for over 20 years. Services range from skilled nursing and rehabilitative therapy to private duty personal care and household assistance, with non-medical rates starting at \$27 an hour. The company is CHAP accredited and Medicare-certified, and all employees are highly trained, screened, bonded, and insured. Clinicians are licensed, and professional case managers coordinate care with physicians and other healthcare providers. Services include nursing care, physical and occupational therapy, extended care, home health aides, medication management, and the full range of personal care assistance, transportation and companionship.

**Love & Joy Senior Care Services**  
340 Northrup Pl.  
American Canyon, CA 94503  
Contact: Jennie Falcon  
www.love&joyseniorcare.com

707.342.5613 or 925.408.7122  
HCO#284700005

Love & Joy is a private duty home care and board and care placement agency. Rates range from \$20-21 per hour, four-hour minimum. Live-in/24-hour rate from \$200/day, depending on level of care. Accepts checks, cash, credit cards, and long-term care insurance. Free in-home assessments and safety checks. Caregivers are bonded, insured, and background checked. Provide services for Dementia/Alzheimer's Care, personal care, companionship, transportation, and hospice care. Assist with bathing, dressing, grooming, meals, medications, mobility assistance, laundry, light housekeeping, incontinence care, and escort to doctor appointments.

**Napa Valley Senior Care, Inc.**  
2541 Vintage St.,  
Napa, CA  
707.226.3055 or 510.333.8509

This is a private duty, nonmedical home care agency. Rates: \$18-25/ hour. Minimum 4-hour shift. \$200-280 for 24-hour care. All caregivers area criminal background checked (FBI and Department of Justice) TB-tested, receive first aid and CPR and medication assistance training. Bonded and trained in caring for elderly. Wheelchair transportation available.

**Precious Home Companion**  
1280 Boulevard Way, Suite 104  
Walnut Creek, Ca 94595  
www.precioushome.com  
925.939.0197 or 800.321.6655

Serving Contra Costa, Alameda, Marin, Napa, Solano, Sacramento Counties. A member of Better Business Bureau, and 2008-2009 Gilbert Guide approved agency. Since 1990, Precious Home Companion is a full-service

*Continued on Page 36*

**Love & Joy Senior Care Services**

Serving the Bay Area  
(707) 342-5613 (925) 408-7122

- Dementia & Alzheimer Care
- Personal In-Home Care ( Bathing, Grooming, Dressing, etc.)
- Prescribed Exercise & ROM
- Meal Preparation
- Medication Reminder
- Companionship
- Light Housekeeping & Laundry

**Bonded, Licensed & Insured**  
**Affordable Rates**  
**Supervised by Licensed Nurse**  
Call for free consultation

*Carrie's Hired Hands Story*

**A**bout 2-1/2 years ago, my mom was diagnosed with a mild form of dementia. She lived alone and needed someone to help manage everyday matters – medications, errands and groceries. Our physician recommended Hired Hands Homecare.

I have only the highest praise for how Hired Hands handled this delicate process. These lovely ones have become trusted, reliable members of our extended family and have lead us through complicated issues and stressful moments.



Compassionate, efficient, professional. Hired Hands has your back. They helped secure my mother's physical and mental well-being. **Brava!**

A California Licensed Home Care Organization #214700014

- Flexible, Full-service, Non-medical Caregiving
- All Caregivers screened, insured & bonded
- On-going Case Management
- All employer responsibilities handled
- Specializing in Dementia Care

**HIRED HANDS INC.**  
**Homecare**  
*Family owned and operated since 1994*

**707-265-6400**  
HIREDHANDSHOMECARE.COM



**Cora Home Companion Care**  
**(707) 363-2220 (707) 255-6260**

*Providing caring and compassionate assistance with meal preparation, personal hygiene/showers, shopping/errands, companionship, medication, treatment/therapy, housekeeping, and medical appointments.*

**Call Us. We Care.**

Care available 2 to 24 hours a day. Reduced rates for 12 to 24 hour shifts.



## WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN NAPA

home care agency. All caregivers are payrolled, insured, bonded, with Worker's Compensation and criminally background checked. Services include personal care, including assistance in bathing, grooming, dressing, exercise and homemaking services such as light housekeeping, meal preparation and errand services. Medication management, pre/post surgery services, memory care, hospice care and companionship. Rates start at \$20/hour for Live-Out Program; Live-In Program starts at \$200/day, and Sleepover starts at \$150/night. FREE ASSESSMENT. 24 hour client phone support.

**Senior Helpers North Bay**  
1100 Trancas St., Suite 214  
Napa, CA 94558  
707.251.1540  
HCO#284700002

Senior Helpers North Bay is a care management company providing care management, transitional care, placement

and non-medical home care. FREE assessments and safety checks. Based on visit we make recommendations are made based on needs. Employees are insured, bonded, background checked and trained for various situations. A patented training dementia training program called GEMs is used for all caregivers. \$28 per hour (3 hour minimum) \$35 per hour (anything over 9 hours in a day). \$550 for 24 hours (includes overtime).

**Visiting Angels Living Assistance Services**  
Sonoma - Napa - Solano  
www.visitingangels.com/napa-solano  
chamilton@visitingangels.com  
Fax: 707.528.2388  
Tel: 707.528.0222  
HCO#49470021

Visiting Angels Living Assistance Services, a 'Diamond Certified' company, provides personalized non-medical services and is a fully bonded and insured agency

under the direction of a Certified Senior Advisor. All caregivers are professionally experienced, thoroughly background checked and drug screened. Agency conducts caregiver supervisory visits and regular client check-ins. Available 24/7. Complimentary in-home assessments and safety checks. Current Service Rates: 2-Hr Visit \$80 Flat Fee, 3-Hr Visit \$89 Flat Fee, Hourly Care (4+hours) \$27/hr., 12-Hr Overnight Sleep Care \$23/hr., Awake Care \$26. 24-Hour Care starts at \$595.00 per day.

**Your Home...Nursing Services**  
3158 Jefferson St.  
Napa, CA 94558  
707.642.4711 (Vallejo/Benicia)  
707.428.5733 (Fairfield/Vacaville)  
707.224.7780 (Napa)  
707.963.4913 (UpValley)  
530.753.7478 (Yolo County)  
www.yourhomenursing.com  
HCO#010000218

A state licensed, family owned, local, private duty home care agency providing home health services in Solano, Napa, Yolo Counties, and the Sonoma area. Services are all-inclusive—everything from housekeeping to Skilled Nursing. No hourly minimum, no extra charge for nights or weekends, can start services the moment needed. Free RN assessment to develop care plan, a home safety evaluation, and home re-visits to ensure quality of care and caregivers. Care is always managed by an RN. Telephone assistance for family available 24/7. Will assist with insurance billing. Recently added: "Alzheimer's Whisperers" (a loving and gentle approach). All

caregivers are screened, bonded, insured, and have complete background checks. Many caregivers have been with the agency over 5 years. Nurses make weekly "re-visits" to the homes in all communities, to ensure quality of care and caregivers, with all caregivers being CPR/First Aid Certified. Rates start at \$24.50 to \$26.50 per hour. Live-in services at \$350, and sleepovers at \$250. Experienced with Alzheimer's/Dementia, Cancer, Strokes, Fractures of all types, Parkinson's, and simply frail family members. Accepts private pay, credit cards, accepted by all insurances and vendors with the Veteran's Administration. Caregivers available for Worldwide Travel, care for pets, and support for family members at Special Family Events.

### HOME CARE REFERRAL AGENCIES

These agencies provide non-medical caregivers/companions to help with personal care, transportation, meals, baths, light housekeeping, etc. They provide many of the same services as private home care agencies, however, the caregiver is not an employee of the agency...the caregiver is an independent contractor.

The agency finds and screens the caregiver. The client has the option of interviewing or letting the agency match the appropriate caregiver. The agency assists in negotiating the rate between the client and caregiver, including agency fee. Caregiver earnings are reported to the IRS. Substitute caregivers are available.



We're by your side  
so your parents  
can stay at home.

Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead can help.

Home Instead CAREGivers can provide a variety of services. Some include:

- Alzheimer's Care
- Companionship Care
- Personal Care
- Meals & Nutrition
- Transportation
- Household Duties
- Respite Care
- Hospice Care Support Services

Call for a free,  
no-obligation appointment  
**707.552.2266**

**Home Instead**  
SENIOR CARE®  
*to us, it's personal.*

HomeInstead.com/521

State (DSS) License 284700001



Bringing  
**Compassionate  
Care Home**

Providing a full range of care from personal home care assistance, to home health, to hospice care.

Talk to one of our nurses, available around-the-clock, to quickly arrange for the best care option.

**Kindred  
at Home**

**We Listen. We Care.**

**888.480.9790 · kindredathome.com**

**WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN NAPA**

**Caregiver Referral Services**

(Ask for Caregiver Referral)  
Area Agency on Aging  
Serving Napa and Solano  
707.255.4284

This agency maintains a list of people who work as companions, housekeepers, handymen, gardeners and odd jobbers. You'll be given several names to call, and you make the choice of hire. It's a free service. Hourly rates are negotiable for each person, and usually range between \$15-\$20 an hour.

**Cora Home Companion Care**

310 Mark Way  
Napa, CA  
707.255.6260  
707.363.2220

This is a non medical home companion providing personal care in your home.

Rates, \$18 an hour Minimum, four-hour shift. Live-in care \$260, depends on level of care and needs of patient.

**In-Home Supportive Services  
Napa County  
Comprehensive Services  
for Older Adults**

650 Imperial Way  
Napa, CA 94558  
707.253.4625

A county-funded service, primarily for people needing assistance to stay at home, yet are unable to afford to privately pay for care. The rate and number of hours that one is eligible for services is determined by a county social worker. In order to qualify for this service, a person must also qualify for Medi-Cal and SSI. This agency also maintains a caregiver registry.

**TAAP**

**TEENS ASSISTING THE AGING POPULATION**

*Does  
Technology  
Seem Way  
Too Fast?*



**Bring your laptop, tablet or cell phone  
to Napa Senior Center  
2nd Friday of the month, 10 - 11 am  
RSVP: (707) 255-1800**

**America's Choice in Senior Homecare®**

Visiting Angels allows your loved one to remain where they are the most comfortable... in their own home.



**We Care Every Day in Every Way®**

- Bathing Assistance*
- Dressing Assistance*
- Grooming*
- Assistance with Walking*
- Medication Reminders*
- Errands/Shopping*
- Light Housekeeping*
- Meal Preparation*
- Friendly Companionship*
- Flexible Hourly Care*
- Respite Care for Families*
- Live-In Care*



**707-528-0222**

[www.visitingangels.com/napa-solano](http://www.visitingangels.com/napa-solano)

Each Visiting Angels agency is independently owned and operated. Lic. #494700021





**WE DELIVER PERSONALIZED CARE**

**24 Hours A Day, 7 Days A Week!**

**Call to schedule your service:**

**(707) 425-0100**

**Ambulatory, Wheelchair, Gurney, and Stair Chair Service**

**\*10% Discount for Veterans!**

- ADA compliant wheelchairs, gurneys and stair chairs, which undergo thorough and regular safety inspections to ensure the safety of our clients, and state-of-the-art technology for schedule accuracy, punctuality, and reliability.
- Drivers & Care Attendants undergo background screening, defensive driving courses, drug testing, classroom and on-the-job training.
- Drivers & Care Attendants are trained and certified in CPR and First Aid. We assist Clients from time of pick-up to drop-off to ensure that they arrive at their destinations safely and on time.
- Providing Non-Emergency Medical Transportation to and from Doctors Offices, Hospitals, Skilled Nursing Facilities, Dialysis Centers and Rehab Centers throughout Solano, Stanislaus, San Joaquin, Napa County and Adjacent Areas.



**M**ost veterans and surviving spouses who are in need of assisted living or in-home care, can qualify for the "Aid and Attendance" Benefit offered by the Veteran's Administration. The benefit can pay up to \$3,085 per month to a married veteran, and a single or widowed veteran can receive up to \$1,758 per month. Unmarried surviving spouses can received up to \$1,380 a month. All of these benefits are tax free.

Under this program, money is awarded based on need and there are certain income and asset requirements. The veteran or spouse applying must show that while assistance may not be needed with everything, there is help needed with bathing, dressing/ undressing, medications, transferring or other care on a daily basis. This is the type of care provided in assisted living, or by an in-home care companion. Assets cannot be excessive, as determined by the VA on a case by case basis.

some annuities and trust funds and any property other than the surviving spouse's residence and a reasonable lot area. There is no set limit on how much net worth a surviving spouse and his or her children can have, but net worth cannot be excessive. The decision as to whether a claimant's net worth is excessive depends on the facts of each individual case. All net worth should be reported and VA will determine if a claimant's assets are of a sufficient amount that the claimant could live off these assets for a reasonable period of time. The veteran must have served one day during a period of war and had at least 90 days of active duty.

Several VA forms must be accurately completed. These forms include: Form 21-534 EZ (survivor's pension) or Form 21-526 EZ (veteran's pension), and 21-2680 (physician's evaluation). A certified copy of the veteran's discharge form is also required.

If all necessary information is submitted initially, the claim is usually processed within one to two months, but if any information is missing, it could take six months to a year.

Free assistance is available at 650 Imperial Way in Napa. Call for an appointment: 253-4558. Website information is available at: [www.veteransaid.org](http://www.veteransaid.org)

What about Net Worth? Net worth means the net value of the assets of the surviving spouse and his or her children. It includes such assets as bank accounts, stocks, bonds, mutual funds,

**YES! Please contact me for advertising in the Born to Age 2018 Napa Directory**

Name \_\_\_\_\_

Business Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Any comments on this directory? \_\_\_\_\_

\_\_\_\_\_

Suggestions for next year? \_\_\_\_\_

\_\_\_\_\_

Send to: Born to Age  
P.O. Box 6863, Napa, CA 95581  
707-226-7127  
[www.borntoage.com](http://www.borntoage.com)

**Seven Important Facts About V.A. Medical Benefits**

1. The veteran does not need to have been involved in actual combat, only to have served during a period considered wartime.
2. The approval process for VA benefits usually takes five to six months, but it pays retroactively.
3. If you don't have all the documents needed to apply, you can still submit Form 21-4138 start the application process. Retroactive benefits are based on the date that the form is received.
4. For applicants 70 and older, the review process can be expedited.
5. There is a maximum allowable income for VA benefit applicants, but medical and care expenses can be deducted from the applicant's income to determine "countable income." Applicants with higher incomes may be eligible when medical and care expenses reach a high threshold.
6. Veteran's Aid and Attendance does not require that the recipient become impoverished before qualifying. When out-of-pocket medical bills exceed gross income, the recipient is qualified.
7. The maximum benefit to the veteran or veteran's spouse is about \$1950 per month. The benefit is paid directly to the beneficiary instead of the residential facility or caregiver.

## EMERGENCY RESPONSE SYSTEMS

### Lifeline

707.778.7883  
800.924.2434  
www.lifelinenorthbay.com  
(See ad on page 31)

## FAMILY CAREGIVER SUPPORT SERVICES

### Area Agency on Aging Serving Napa and Solano

Family Caregiver Support Services  
400 Contra Costa St.  
Vallejo, CA 94590  
707.255.4284  
(See ad on page 8)

### Collabria Care

414 S. Jefferson St.  
Napa, CA 94558  
707.258.9080  
(See ad on page 48)

### Redwood Caregiver Resource Center

1.800.834.1636

### Share the Care

707.492.3198

### Yvonne Baginski, Caregiver Consultant

P.O. Box 6863  
Napa, CA 94558  
707.226.7127  
(See ad on page 32)

## FOOD ASSISTANCE

(See Low Income Services page 19)

## FRIENDLY VISITORS

### Share the Care

Visiting Volunteers throughout the Napa Valley  
707.492.3198  
(See ad on inside back cover)

## GRANDPARENTS RAISING GRANDCHILDREN

### Area Agency on Aging Serving Napa Solano

Program for people over age 55 raising grandchildren. Helps with short term respite, identifies needs and assists with information and referrals. Also offers kinship support groups.  
www.aaans.org  
707.643.1797

## GUIDE DOGS FOR THE BLIND

### Guide Dogs for the Blind, Inc.

350 Los Ranchitos Rd.  
San Rafael, CA 94903  
1.800.295.4050

## HEALTH & MEDICAL SUPPLIES

### Family Drug

1805 Old Sonoma Rd.  
Napa, CA 94559  
707.224.7807  
(See ad on page 43)

### Piner's Medical Supply

907 Trancas St.  
Napa, CA 94558  
707.224.7921  
(See ad on Inside Front Cover)

## Recycled Health & Medical Supplies

can be dropped off or picked up at 3205 Montclair Ave. in Napa

## HEARING AID COLLECTIONS (USED)

### Share the Care

707.492.3198

Please drop used hearing aids off at 3205 Montclair Ave., in Napa. Leave on front porch. Share the Care works with local hearing aid dispensaries to cleaning and fixing them to give to people who can't afford to purchase.

## HEARING DOG TRAINING

### SPCA'S Learning Center

243 Alabama St.  
San Francisco, CA  
415.554.3020

## HEARING IMPAIRED ADVOCACY

### Hearing Loss Association of Napa Valley

Meets at Napa Senior Center 3<sup>rd</sup> Wednesday of each month, 1 p.m.  
September-June  
707.226.9870

## HOME-DELIVERED MEALS

### Meals on Wheels

707.253.6111 or 1.800.788.0124

## HOME HEALTH CARE SERVICES

### Adventist Health Home Care Services

27 Woodland Rd.  
St. Helena, CA 94574  
www.adventisthealth.org  
707.967.5770  
(See ad on page 34)

### Healthy Living at Home

1320 Willow Pass Rd. Suite 715  
Concord, CA 94520  
www.healthylivingservices.com  
877.513.7363  
(See ad on page 17)

### Kindred at Home

190 S. Orchard Ave. Suite A-105  
Vacaville, CA 95687  
Office: 707.447.4228  
Cell: 707.280.3287  
Fax: 707.447.5923  
(See ad on page 36)

## IN-HOME SUPPORTIVE SERVICES

### Comprehensive Services for Older Adults

650 Imperial Way  
Napa, CA 94559  
707.253.3818 or 1.800.498.9455



are and comfort at a moment's notice

Navigating life with Parkinson's disease is hard.  
Let us be your guide.

Senior Helpers' Parkinson's care program is personalized to your loved ones needs and provides you with the in-home assistance necessary to get the right care at the right time. From help with daily living tasks to creating a safe home environment, we will be there to help guide you and your loved one as the disease progresses.

Find support and your partner in compassionate care by contacting Senior Helpers today.





**JOIN US!**

*Share the Care*

**492-3198**

*Napa Valley*

*Information ♥ Assistance ♥ Referrals ♥ Advocacy*

**Join Our Volunteers in Helping Make  
Napa Valley a Terrific Place to Age!**

Neighbors helping Neighbors - That's what Share the Care is all about! We assist in finding rides, companionship, home care, legal help, counseling, gardening and handy-man services, home repairs, medical equipment, grocery pick-up and delivery, mail management and paperwork, support groups, meals, activities, and whatever else that may be needed.

**Call us to find out how YOU can become  
a Volunteer. (707) 492-3198**

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**Our volunteers will help you solve problems.**

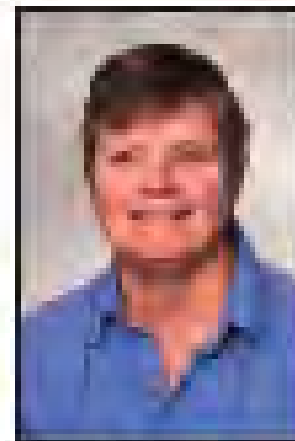
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**Betty Beer**  
American Cancer  
Community Resource  
Coordinator & Friendly Visitor



**Lisa Kitchin**  
Friendly Visitor



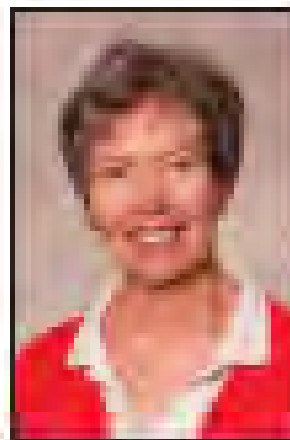
**Lisa Rogers**  
Advocate for Medical  
& Dental Needs,  
Friendly Visitor



**Bob Madala**  
Volunteer Counselor  
and Elder &  
Management Consultant



**Tom Madala**  
Community Coordinator,  
Corporate &  
Outreach Support



**Lynn Anderson**  
Friendly Visitor



**Hank Bryant**  
Transportation Driver  
& Friendly Visitor

## WHAT TO DO WHEN SOMEONE IS FORGETTING STUFF

Everyone has a story about the first moment when they realized something was “wrong” with a parent or loved one. In my case, it was when my mother insisted on returning home to an address where she hadn’t lived in forty years. It appeared as if a conversational slip, but when I questioned the address, mom insisted it was the right one...where she lived, now.

The thing about Alzheimer’s and dementias is that families are often confused on when it’s time to intervene. One of the aspects of the condition is that the person affected insists that nothing is wrong. In fact, it’s the refusal to accept help or even go to the doctor for a diagnosis that makes things often more confusing for everyone.

Doctors, too, don’t often do a complete workup, and might just ask a few questions that might be easily answered by an intelligent person. If you suspect a decline in brain function, there are several things

that can be done. While a doctor is required to report to the DMV if any sort of dementia is suspected, they rarely do. However, anyone can ask the DMV for re-examination. If the person is still driving, go to the California Department of Motor Vehicles website, [dmv.ca.gov](http://dmv.ca.gov). Complete form DS 699 and mail it to: Sacramento DMV, 4700 2nd floor, Sacramento, CA 95820. Ask the doctor for a referral to a Neurologist, or make an appointment to be evaluated at the UC Davis Alzheimer’s Disease Center. The center is a specialty clinic providing diagnostic assessment. You can self-refer and Medicare, Medi-Cal and insurances are billed. The evaluation may consist of 2-3 visits, including: 1) neurological, neuropsychological, medical and psychosocial assessments, 2.) laboratory tests and, 3) neuroimaging studies such as MRI, CT or PET scan. The phone number for the Center is 916.734.5496. Once you have the test results, you can bring about a plan of action.

## The Difference Between Alzheimer’s and Typical Age-Related Changes

### Signs of Alzheimer’s

- ❖ Poor judgement and decision making
- ❖ Inability to manage a budget
- ❖ Losing track of the date or the season
- ❖ Difficulty having a conversation
- ❖ Misplacing things and being unable to retrack to find them

### Typical Age Related Changes

- ❖ Making a bad decision once in awhile
- ❖ Missing a monthly payment
- ❖ Forgetting what day it is and remembering after
- ❖ Sometimes forgetting which word to use
- ❖ Losing things from time to time

## RESPIRE GRANT AVAILABLE

There is a \$1,000 stipend to assist families who are caring for someone with Alzheimer’s Disease and need help with paying for respite care. It will only pay for in-home care, adult day care or overnight care in a facility. It will not pay for any respite services the family is already receiving, or other services.

The \$1,000 grant must be used within a six-month period. There is a wait list. In order to qualify, the family must live in northern California, the person must have dementia, the primary caregiver must be in need of additional

respite and needs funding to help pay for it.

It is the family’s responsibility to arrange for the respite care services and monitor expenses. Payment is made directly to the service provider after receipt of service is submitted to the Chapter. Private home care persons must provide a Social Security number.

For Napa County contact:  
The Alzheimer’s Association  
1211 N. Dutton Ave., Ste A  
Santa Rosa, CA 95401  
707.573.1210



## AAA HOME HEALTH CARE, LLC

*In your home, where you belong!*

### LOVE. CARE. RESPECT.

We provide personal care, companionship, doctors’ visits, shopping, food preparation, feeding, light housekeeping and transportation assistance.

Alzheimers, Dementia, ALS, Hospice & Parkinson’s

**Our goal is to maintain your quality of life.**



Xiao “Jen” Liang  
(707) 567-7242  
(707) 567-7039  
[aaahomecare@hotmail.com](mailto:aaahomecare@hotmail.com)



# Looking for facilities in Napa?

## Look to the Ombudsman

### Napa County Long-Term Care Ombudsman Program

*Advocates for Residents of Nursing Facilities  
and Residential Care Homes*

The LTC Ombudsman is empowered by federal and state law to investigate allegations of the infringement of rights, or of abuse or neglect in long-term care facilities—complaints against any agency, business, or individual involved in providing resident care.



**Napa Long-Term Care Ombudsman**

**1443 Main Street, Suite 125, Napa, CA 94559**

**Phone (707) 255-4236 • Fax (707) 255-4713**

**Email: [napaombudsman@aaans.org](mailto:napaombudsman@aaans.org)**

**24-hour State Ombudsman Hotline: 1-800-231-4024**

*This service is funded by the Area Agency on Aging  
Serving Napa-Solano and private donations.*

## **WHAT DO OMBUDSMEN DO?**

- ❖ PROVIDE INFORMATION
- ❖ MAINTAIN LISTS OF FACILITIES
- ❖ MAINTAIN CITATION RECORDS
- ❖ ASSIST WITH PLACEMENT INFO
- ❖ VISIT FACILITIES
- ❖ MONITOR CARE & RESTRAINTS
- ❖ MONITOR ADHERENCE TO LAW
- ❖ INVESTIGATE COMPLAINTS
- ❖ INVESTIGATE ELDER ABUSE
- ❖ REPORT VIOLATIONS OF LAW
- ❖ ADVOCATE FOR RESIDENTS
- ❖ MEDIATE DISPUTES
- ❖ EDUCATE FAMILY AND STAFF
- ❖ HELP WITH RESIDENT COUNCILS
- ❖ HELP WITH FAMILY COUNCILS
- ❖ WITNESS ADVANCE DIRECTIVES

All services of the ombudsman are available FREE OF CHARGE. All information shared with the ombudsman is CONFIDENTIAL.

**PAID FOR BY A PRIVATE DONATION**

### MASSAGE SERVICES

#### Your Home...Nursing Services

3188 Jefferson St.  
Napa, CA 94558  
707.224.7780  
(See ad on page 7)

### MEDICAL ALARMS

#### Lifeline

707.778.7883 or 800.924.2434  
(See ad on page 44)

### MEDICAL EQUIPMENT

Free Wheelchairs, commodes, canes, shower chairs and other equipment can be borrowed from Born to Age, 3205 Montclair Ave. in Napa: 707.226.7127. Also available at Williams Transmission and Repair, 707.224.9466, or 707.252.6121 in Napa, and Ace Hardware in Calistoga.

#### Want to donate used equipment?

Born To Age provides equipment to low-income seniors throughout the Bay Area.  
Call 707.226.7127

#### Family Drug

1805 Old Sonoma Rd.  
Napa, CA 94559  
707.224.7807  
(See ad on page 43)

#### Piner's Medical Supplies

907 Trancas St.  
Napa, CA 94558  
707.224.7921  
(See ad on Inside Front Cover)

### MEDICATION MONITORING

(See Caregivers for Hire)

#### Lifeline

**Medication Dispensing Service**  
707.778.7883 or 800.924.2434  
(See ad on page 44)

### MEMORY CARE

(See Alzheimer's)

### MENTAL HEALTH SCREENING

#### Mentis

709 Franklin St.  
Napa, CA 94559  
707.255.0966

#### Healthy Minds/Healthy Aging

[www.healthyminds-aging-napa.org](http://www.healthyminds-aging-napa.org)  
707.251.2058

### MENTAL HEALTH SERVICES

(See Counseling Services page 15)

### MOVE ASSISTANCE

#### Changing Spaces

P.O. Box 121  
Napa, CA 94559  
707.287.5258

### NURSING HOMES

#### Napa Valley Care Center

3275 Villa Lane  
Napa, CA 94559  
707.257.0931  
(See ad on Back Cover)

#### Piner's Nursing Home

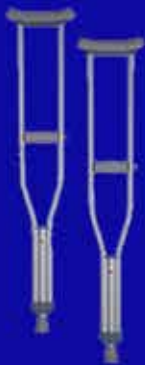
1800 Pueblo Ave.  
Napa, CA 94558  
707.224.7925  
(See ad on Inside Front Cover)

*Continued on Page 44*



# Family Drug

Pharmacy since 1952



Locally owned. Locally operated.

# Locally loved.

1805 Old Sonoma Rd, Napa

# 707-224-7807





## The Meadows of Napa Valley

Skilled Nursing and Rehabilitation Center  
Not-for-Profit Community 1900 Atrium Parkway  
Napa, CA 94559  
www.retirement.org/Napa  
707.310.7486  
(See ad on page 23)

## NURSING HOME COMPLAINTS / LITIGATION

### California Advocates for Nursing Home Reform

Online resource for all information made public about local nursing homes.  
650 Harrison St.  
San Francisco, Ca 94107  
www.cahn.org  
1.800.474.1116

### Napa Long Term Care Ombudsman

The Ombudsman Program maintains files of state surveys (which include deficiencies and citations) on each local facility.  
1443 Main St., #125  
Napa, CA 94559  
707.255.4236  
(See ad on page 42)

## OXYGEN EQUIPMENT

### Piner's Medical Supply

907 Trancas St.  
Napa, CA 94558  
707.224.7921  
(See ad on Inside Front Cover)

## PALLIATIVE CARE

### Collabria Care

414 South Jefferson St.  
Napa, CA 94559  
707.254.4161  
(See ad on page 53)

## PHARMACIES

### Family Drug

1805 Old Sonoma Rd.  
Napa, CA 94559  
707.224.7807  
(See ad on page 43)

## PLACEMENT SERVICES

(This service helps seniors find home care, assisted living, or independent housing. Fee paid by facility or homecare agency.)

### Abba In-Home Care Services

707.704.6489  
(See ad on page 22)

### Care Patrol ~ Ernie Crea

P.O. Box 2593  
Napa, CA 94558  
www.carepatrol.com  
415.408.6097

### Love & Joy Senior Services

www.loveandjoyseniorcare.com  
707.342.5613  
(See ad on page 35)

### Your Home...Nursing Services

3188 Jefferson St.  
Napa, CA 94558  
www.yourhomenursingsvs.com  
707.224.7780  
(See ad on page 7)

## RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

(See price comparison on page 30 and Board & Care Homes)

## RESPIRE CARE IN-HOME

(See Caregivers for Hire, Page 31)

## RESPIRE CARE OUT-OF-HOME

Residential Care Facilities often have rooms available for one and two week stays to provide families with respite or time off for vacations. Fees may apply. Call for more information.

### Aegis of Napa

2100 Redwood Rd.  
Napa, CA 94558  
(See ad on page 29)

### Collabria Care

414 S. Jefferson St.  
Napa, CA 94559  
707.258.9080  
(See ad on page 24)

## SHOPPING / ERRAND SERVICES

### Cora Home Companion Care

410 Mark Way  
Napa, CA 94558  
707.255.6260 or 707.363.2220  
(See ad on page 27)

### Home Instead Senior Care

3433 Broadway, Suite B-1  
American Canyon, CA 94503  
www.homeinstead.com/521  
707.252.3322  
(See ad on page 28)

### Your Home...Nursing Services

3188 Jefferson St.  
Napa, CA 94558  
www.yourhomenursing.com  
707.224.7780  
(See ad on page 24)

## SUPPORT GROUPS

### Alzheimer's Support Groups

### Collabria Care

The group is not limited to those dealing with Alzheimer's disease although many of the participants are.  
414 S. Jefferson St.  
Napa, CA 94559  
1<sup>st</sup> Thursday, 1-3 p.m.  
707.258.9080 or 800.834.1636

### Attitudinal Healing International

Peer support for healing attitudes as a result of illness, loss, needed support, financial fears, relationships and other life challenges. Based on the work of Gerald Jampolsky, M.D.  
Thursdays, 5:30-7:30 p.m.  
Queen of the Valley Wellness Center  
3421 Villa Lane, Napa  
Lynne Law: 707.815.1108

### Better Breathers

Meets 2<sup>nd</sup> Friday of each month  
2-3:30 p.m.  
3448 Villa Lane, Suite 102, Napa  
jbard@alac.org  
Jenny Bard: 707.527.5864

### Bosom Buddies

Meets 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays  
3421 Villa Lane. Wellness Center  
Claudia Davis: 707.257.4047

### LGBT Seniors Discussion Group

10:15 am - Noon  
Queen of the Valley  
Community Outreach  
3448 Villa Lane, Suite 102  
Napa, CA  
707.251.9432

*"Life is a journey to be experienced,  
not a problem to be solved."*

*Winnie the Pooh*

Enjoy  
independent &  
active living

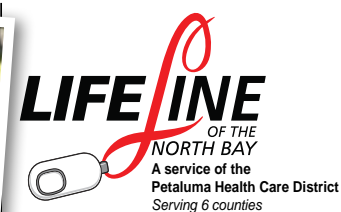
*anytime, anywhere!*

with fast and easy access to  
24-hour emergency assistance  
at the press of a button.



**NEW** GoSafe – mobile with GPS

a single, easy to wear, waterproof button that accesses help both inside and away from the home with GPS and automatic fall detection.



- Local & personal service
- FDA approved
- No long term contracts
- Automatic fall detection available

For more information on the leading personal medical response service since 1974 call:

**(707) 778-7883**

**(800) 949-2434**

www.lifelinenorthbay.com

**W**hat are the options open to me, and how will the government pay for it?

The government does not usually pay for custodial care at home. Custodial care, means that if a person needs help with bathing, housekeeping, food preparation and/or medication monitoring mostly, they will have to pay for it out of pocket. Medicare only pays for skilled medical care, that is usually provided by therapists, nurses and social workers, intermittently.

Medicare does not pay for assisted living, board and care nor custodial home care. There are also eligibility requirements for paying nursing home care, including a limit of coverage based on utilization of days, and skilled care. So, for the first 30-90 days of nursing home a person may be covered under Medicare, but this often changes to no coverage once the person is stabilized and in custodial, long term care.

Home Care costs about \$27-32 an hour (see page 28-32) for costs and minimums, and most agencies require a 4-hour daily minimum. A board and care can run between \$3,500 to \$5,000 for semi-private and/or private room, and assisted living can run between \$5,500-\$7,000 a month.

So, if a loved one needs home care, or placement into a board and care home, or assisted living facility, here are the options available.

**1. Private pay.** Many people pay for services out of savings and retirement accounts. Assets are spent on services, based on ability to pay. If a home is owned, a reverse mortgage might be an additional source of funds for this type of care. A reverse mortgage is available for seniors only.

Another option is a home equity line of credit, or selling the home to a trusted friend/family member and leasing it back.

**2. The Veteran's Aid and Attendance Benefit.** This can supplement private pay, but one must prove eligibility for



**WAYS TO FINANCE LONG TERM CARE**

services. (see page 37 for details). This benefit is retroactive from time of application, and can take up to one year to determine eligibility and payment. This benefit can help pay for home care, or assisted living care. It does not pay for rent or lodging expenses, but is restricted to medical and care services.

**3. Long Term Care Insurance.** Read the policy very carefully. Some only cover nursing home or assisted living care. Or, provide a daily limit that covers only a portion of the care. Some policies sold in the 1990s are basically useless today, unless a person wants to go straight to live in a nursing home. If you have a policy purchased before 2010, review it carefully to make sure it is actually going to provide funding for the services you might prefer. Policy review is available without charge from advocates from the Health Insurance Counseling and Advocacy Program (HICAP). Call **1-800-434-0222** to make an appointment for a review of your policy.

**4. Medi-Cal:**

On January 1, 2014, California expanded Medi-Cal eligibility for some low-income adults. When you complete a Covered California application, your application will be automatically reviewed by Covered California. But if your income is under 138% FPL, you will be reviewed for Medi-Cal eligibility.

Medi-Cal offers free or low-cost health coverage for California residents who meet eligibility requirements. Medi-Cal health plans are similar to the majority to the health coverage options available through Covered California. Covered California is the new marketplace that makes it possible for individuals and families to get free or low-cost health

insurance through a plan selected as well as get help paying for private health insurance.

The goal is to make it simple and affordable for Californians to get health insurance. Covered California is a partnership of the California Health Benefit Exchange and the California Department of Health Care Services.

**B. Long Term Care Medi-Cal.** The basic requirements to qualify for

Medi-Cal are that you are in a nursing home, at least 65 year old, (or blind or disabled), and medical/nursing bills exceed your income, and your countable assets do not exceed \$2,000. You must also be a U.S. citizen, or lawful permanent resident of California. A partial list of exempt (noncountable) assets include: a home, houseboat, mobile home and multi-unit dwelling if you live in one of the units some time before entering a nursing home; household goods and personal effects—wedding, engagement rings and heirloom jewelry, one car, burial plots, prepaid burial plan, and some annuity or pension plans if payments of principal and interest are being made.

It is a good idea to speak with a Medi-Cal planning expert to determine planning and eligibility for Medi-Cal.

Medi-Cal does not pay for room and board at any assisted living or board and care home. It also does not pay for private home care.

And, finally, the big question: *What Happens When We Run Out of Money?*

Sometimes families pitch in funding on a month-to-month basis to supplement care. For example, the monthly SSI stipend may not provide enough money for a board and care home, so the children or other friends add money, as needed. Or, when the well runs dry, Medi-Cal eligibility and nursing home placement for long term care becomes one reality that may need to be faced. There are very few options available for low income seniors. Patching together services, family support and spending down assets seems to be the path followed most often.

Questions about any of the above, including referrals to other resources, are available at **Born To Age, 707.226.7127**

**If You've Ever Worked in the U.S. Atomic Industry**

Compensation and medical benefits to current or former civilian employees who've worked at certain government or privately owned medical facilities where atomic weapons were produced or tested, are now available from the Energy Employees Occupational Illness Compensation Program in Livermore. Lump sum benefits of up to \$150,000, to qualified claimants, are available if claimants worked in a covered facility and developed radiogenic cancer, beryllium disease or silicosis. Qualified survivors of these deceased workers may also be eligible for compensation.

While the amount of compensation may vary, most employees found to have a work related illness will receive a federal payment and medical benefits for the treatment of the covered condition.

If you have worked, or know of someone who's worked at a designated Department of Energy facility, Please call, 866.606.6302 or 925.606.6302, for more information.



## Cancer Support Group

Wednesdays, 4-5:30 p.m.  
3448 Villa Lane, Napa  
Angie Mueller: 707.251.2012

## Look Good...Feel Better

2<sup>nd</sup> Monday every other month,  
9-11 a.m.  
Torrey Wall: 707.255.5911 ext. 3

FREE conference calls

For cancer patients and their loved ones to learn ways to navigate the cancer experience.  
707.224.3481 or 1.800.ACS.2345

## Caregivers Support Group

3<sup>rd</sup> Wednesday, 5:30-7:00 p.m.  
Napa Valley Adult Services  
414 Jefferson St., Napa  
707.258.9080

## Caregiver Support Group with Respite

1<sup>st</sup> Thursday,  
1-3 p.m. and 3-4:30 p.m.  
Collabria Care  
414 Jefferson St., Napa  
707.258.9080

## St. Helena Caregiver Support Group

### Rianda House

1475 Main St., St. Helena  
1<sup>st</sup> Thursday, 3-4:30 p.m.  
707.963.8555

### UpValley Caregiver Support Group

4<sup>th</sup> Wednesday, 10:30 a.m. to noon  
Calistoga Community Center  
1307 Washington St.  
707.258.9080

### ALS Support Group

Last Wed., 1-3 p.m.  
414 S. Jefferson  
707.258.9080

### Clutterer's Support Group

Tuesdays, 3:30-5 p.m.  
CSOA, 650 Imperial Way

### Crohn's and Colitis Support Group

First Tuesday, 7-8 p.m.

### OLE Health

2<sup>nd</sup> floor conference room  
1141 Pear Tree Lane  
Rhari724@gmail.com  
707.812.4555

### Food Addicts in Recovery

Mondays, 7-8:30 p.m.  
Queen of the Valley Medical Center  
Jane: 707.254.7699

### Fibromyalgia

**Chronic Fatigue Syndrome**  
Call for times and meetings  
Napa Valley College  
Building 800, Room 831  
Rebecca Thompson: 707.224.9039

### Calistoga Low Vision Support Group

4<sup>th</sup> Thursday, 1:30-3 p.m.  
Rancho de Calistoga  
2412 Foothill Blvd., Napa

### Napa Creek Manor Low Vision Support Group

1<sup>st</sup> Wednesday, 10:30 a.m.-11:30 a.m.  
1300 Jefferson St., Napa

### The Meadows of Napa Support Group

4<sup>th</sup> Thursday, 10:30 a.m.-11:30 a.m.  
1800 Atrium Parkway, Napa

### Lupus Support Group

1<sup>st</sup> Wednesday of each month,  
5:30-7 p.m.  
Queen of the Valley Wellness Center  
2<sup>nd</sup> floor classroom, Napa  
707.257.6035

### Mood Disorders Support Group

Mondays, 7-9 p.m.  
OLE Health  
1411 Pear Tree Lane, Napa

### Mind Boosters

Free class at Collabria Care  
Tuesdays, 10 a.m.-1 p.m.  
Fridays, 11:30-3:30 p.m.  
414 S. Jefferson, Napa  
707.258.9037

### Ostomy Support Group

2<sup>nd</sup> Tuesday every other month, 3 p.m.  
December, February, April, June  
Queen of the Valley Hospital  
Kathy Winston: 707.252.4411, ext 2810

### Parkinson's Disease Support Group

2<sup>nd</sup> Thursday, 3:30-4:30 p.m.  
Rianda House, 1475 Main St.  
St. Helena, CA 94574  
707.963.8555

### Stop Smoking Support Group

Free ongoing classes and a support group can help you quit.  
Every Monday, 6:45-7 p.m.  
OLE Clinic  
1141 Pear Tree Lane, 2<sup>nd</sup> floor, Napa  
jwallis@can-v.org  
253-6100 ext. 132

### Stroke Survivors Group

2<sup>nd</sup> Tuesday of each month, 3 p.m.  
Queen of the Valley Medical Center  
Community Outreach  
3448 Villa Lane, Suite 102, Napa  
kate.candland@stjoe.org  
Kate: 707.252.4411 ext. 2819

### Weight Watchers

Mondays, 5:45 p.m.  
Wednesdays, 12:30 p.m.  
Fridays 9 a.m.  
Saturdays 8 a.m. and 9:30 a.m.  
Foothill Christian Fellowship  
2898 Laurel St., Napa  
800.651.6000

## TELEPHONE REASSURANCE

### Molly's Angels

Provides free weekly check-in phone calls to homebound, isolated people.  
433 Soscol Ave.  
Room 110  
Napa, CA 94558  
707.224.8971

## TRANSPORTATION & ESCORT SERVICES

### American Cancer Society

Volunteer drivers assist cancer patients with transportation to and from treatment facilities. Limited out of county transportation. Travel reimbursement assistance for people in need. Assistance with out of county lodging during cancer treatment.  
1031 Jefferson St.  
Napa, CA 94559

www.cancer.org

707.255.5911, press 3  
1.800.ACS.2345, press 3

### Hearts That Matter

Van rides with wheelchair access.  
Reasonable rates  
68 Coombs St., A-9  
Napa, CA 94558  
707.252.7569  
(See ad on page 3)

## Medical Transportation

### Murphy Medical Transportation

Napa, Fairfield, Vallejo, Vacaville, Modesto, Stockton  
www.murpymedicaltransport.com  
707.425.0100

### Molly's Angels

Free rides to medical appointments  
707.224.8971  
(See ad on page 36)

### Taxi Scrip

625 Burnell St.  
Napa, CA 94558  
707.251.2800  
Eligible persons must live in Napa, Yountville or within portions of the County (call for verification), and be 65 or older or disabled of any age.

Registration is required, call for a packet. May purchase up to 3 booklets of tickets monthly. Booklet valued at \$20 at a cost of \$10 each. Booklets may be purchased by U.S. Mail or at the VINE Transit Center (1151 Pearl St. in Napa) or at Napa Senior Center (1500 Jefferson St.)

### VINE—The Bus System

625 Burnell St.  
Napa, CA 94558  
www.ridethevine.com  
707.251.2800  
(See ad on page 37)

The new VINE bus system features more frequent service and more neighborhood routes designed to meet the needs of the average rider. The VINE has 8 local routes (in the City of Napa), 2 regional routes, and 3 inter-county service routes. The cost per ride for older adults is 75 cents\*.

An unlimited use, 31-day pass is just \$24\*. The VINE's Route 10 and 11 provide county-wide bus service up and down Hwy 29 in Napa Valley. Also, the regional Route 25 goes to downtown Sonoma. The route 21 connects Napa to Fairfield and the Suisun train depot. Regional Route 29 Express connects the valley to the Vallejo Ferry and El Cerrito Del Norte BART station in the East Bay.

\*Does not apply to Routes 21 and 29

### TRANSIT AMBASSADORS

625 Burnell St.  
Napa, CA 94558  
[www.ridethevine.com/transit-ambassador](http://www.ridethevine.com/transit-ambassador)  
707.253.4649

If you have not been on a bus in some time, the VINE's Transit Ambassador Program provides a travel buddy to teach you how to ride the VINE bus system. The Ambassador will ride around town with you until you feel comfortable travelling by yourself. The service is free of charge and you receive a

free 31-day bus pass. The Transit Ambassadors Program is county-wide.

### VINE Go—Door to Door Services

625 Burnell St.  
Napa, CA 94558  
Application request: 707.253.4649  
VINE GO-City of Napa: 707.252.2600  
VINE GO-Up Valley: 707.963.4222  
VINE GO-AmCanyon: 707.556.8221  
[www.ridethevine.com/vine-go](http://www.ridethevine.com/vine-go)

If you are physically limited and cannot ride the regular bus, we provide VINE Go. VINE Go is a shared ride bus service that provides door-to-door transportation to anywhere within 3/4 of a mile of the VINE service area. VINE GO operates during the same days and hours of operation as the regular VINE bus service. VINE Go will not provide service to people whose transportation needs can be met by other local public transit services. VINE Go is available county-wide. The fare is \$3.00 - \$6.00 per ride (depending on distance travelled).

Go to website to download an application; if you do not have access to a computer, call at number above for an application request and VINE GO will mail you an application.

### LIFELINE TAXI PROGRAM

625 Burnell St.  
Napa, CA 94558  
[www.ridethevine.com/taxi-scrip](http://www.ridethevine.com/taxi-scrip)  
707.253.4649

For evening trips or on a day when you may not feel well enough to take the bus, our Taxi Scrip program provides a lifeline service within the City limits of Napa. Under the program, Napa residents 65 and older or persons with disability of any age may take a cab ride anywhere in the City of Napa and pay up to half the cost of the cab ride. The average

out-of-pocket cost for riders is \$4 per ride. You must be a resident in the City of Napa. You can purchase up to three booklets of tickets monthly. Some program restrictions apply

### MILEAGE REIMBURSEMENT PROGRAM

625 Burnell St.  
Napa, CA 94558  
[www.ridethevine.com/mrp](http://www.ridethevine.com/mrp)  
707.253.4649

The Mileage Reimbursement Program was created to encourage volunteer based transportation for older adults and persons with disabilities who cannot drive and do not have access to public transit. You find a volunteer driver to transport you to medical or grocery trips and we will reimburse the mileage. Your volunteer driver can be a friend, a



**Share the Care**  
**offers help with completing**  
**paperwork for Taxi Scrip**  
**and Vine-GO**  
**Call (707) 492-3198**



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### PALLIATIVE SERVICES

- A second layer of support for those with advanced serious illness
- Pain and symptom management in conjunction with your physician
- A Nurse Navigator to coordinate care among your healthcare providers
- Assistance with advance care planning and informed decisions about your care

Visit [collabriacare.org](http://collabriacare.org) or call 707-258-9080

# Care Patrol

CarePatrol of Napa Valley



## SEARCHING FOR SENIOR CARE?

FIND QUALITY, SAFE CARE OPTIONS

- ◇ We only recommend **Licensed Care Facilities**
- ◇ We **Pre-Screen** Every Community in our network
- ◇ We **Preview State Care and Violation Records**
- ◇ We **"Match" your loved one's needs** to care options
- ◇ We are a **FREE Local Based** Service
- ◇ **We Provide More Than A Random List**

**Ernie Crea**, Certified Senior Advisor  
**(415) 408-6097**  
[Ernie@CarePatrol.com](mailto:Ernie@CarePatrol.com)

Visit us at [www.CarePatrol.com](http://www.CarePatrol.com)





It's only been a few short months since the End of Life Option Act became law in California and many doctors just aren't sure whether they'll be participating or how the law will affect their patients and practice.

That's one of the reasons why Berkeley-based Lonny Shavelson, MD, has stepped in to help. A former emergency room doctor for several major health systems, he's consulting and speaking on the topic throughout the Bay Area in an effort to help with decisions and process of care.

For one, not everyone asking for the end of life option qualifies. In the first six weeks that the law came into effect, Shavelson received over 90 phone calls, and of those, only six people qualified. There is very specific criteria to qualify, including prognosis, ability and mental health function.

"What happens to those who don't qualify? I tell them to go into hospice. The majority of people calling just need better health care," Shavelson told a group of eldercare professionals at a recent meeting in Oakland. "This law helps everybody who says they want to take the medication because it opens the conversation. For every 30 patients who come to me, only one will take the medication, and the other 29 will get better care."

## PHYSICIAN OPENS PRACTICE FOR PLANNING END OF LIFE OPTIONS

Shavelson believes the law will actually improve end of life care because more people will go to hospice and palliative care services. Even though he finds that many hospices in the Bay Area are not participating (yet), he points out that in Oregon, where the law has been in effect for many years, over 90 percent of people taking the medication are on hospice.

"The main issue is that people are going into hospice too late. Most often it's just a week before death, and before you can take this medication, you have to wait two weeks" he said, pointing out that a person who is 2-3 days from death and doing fine, or already dying, won't need this medicine."

In the five states where the law is currently in effect, hospice utilization has increased. And, while some hospices may not actively participate, "we are asking that hospices not abandon patients who take this on." He suggest that in choosing a hospice, ask where they stand or how they will/won't help, if considering this option.

Aid in dying, while a new law, isn't a new concept.

"People have been doing this for a long time. But, in secret. Lots and lots of this was happening, but nobody was reporting it because it was illegal and happened in secret," he said.

The current law has 27 pages of content. And, one thing he repeats often is that the law is voluntary, and anyone participating is a volunteer.

Currently, the Veteran's Administration Health System does

not participate so, anyone who currently has a VA doctor would have to find another physician and pay out of pocket. Any doctor can opt out or refuse to provide information. Several pharmacies refuse to fill the prescription and even pharmaceutical wholesalers can refuse to deliver the medications to the pharmacy.

Right now, he's only able to get the medication from a compounding pharmacy in Pacifica, who Fed Ex it overnight to the person's home.

The medication is not covered by Medicare. It is, however, by Medi-Cal and some private insurances. There is also quite a bit of paperwork. The entire process, from request to receiving the medication in hand, could take as little as 15 days.

There is an oral request, then a written request (form 55 from the California Department of Public Health). The written request needs two witnesses, only one can be a family member. The written request must also establish that you're mentally competent at the time of request. The doctor must also speak the person alone, to ask about coercion or whether anybody gains financially from the death. At 48-hours before taking the medications, there is a final attestation that must be signed saying that the medication will be taken within 48-hours. The doctor also must get a signed permission to send the prescription to the pharmacist.

Doctors are also required to tell the person that they should be participating in a hospice program, the next of kin needs to be notified and another person should be present when the medications are ingested.

Shavelson will work with any doctor or patient requesting his services. All the forms are on his website: [bayareaendoflifeoptions.com](http://bayareaendoflifeoptions.com).

## WITHOLDING FOOD AND WATER: ANOTHER WAY TO DIE

Sometimes people who are terminally ill simply stop eating and drinking. It is a legal way to die, and the person is in control.

Doctors say that going without food and water is the last weeks of life is not traumatic, and that the body is equipped to adjust to this condition.

The process of dying is usually gradual. The person will probably die from dehydration, rather than starvation...if they don't succumb to their underlying illness first.

Without fluids, the body cannot maintain a balance of potassium, sodium, calcium and other electrolytes in the bloodstream and cells. The kidneys react to the fluid shortage by conserving as many bodily liquids as possible. The brain begins to deteriorate, so does the heart and muscles so the person begins to feel lethargic.

People weakened by disease usually begin to feel the effects in a few days. They eventually go into a coma, and then death. The entire process can take a week or two.

## Safety Tips for Taking Public Transportation

- ❖ Stay alert at all times. Avoid napping, especially if you are carrying a purse or shopping bags.
- ❖ Be wary of strangers who sit too close when there are other seats available. If you feel uncomfortable, don't hesitate to move.
- ❖ Do not carry too many packages; always leave one hand free to grasp railings.
- ❖ When you enter or leave a taxi or bus, watch your step and look for slippery or uneven pavement.
- ❖ Keep your bus fare ready to avoid losing your balance while searching for change.
- ❖ Always wear your seatbelt. If no belt is available, brace yourself when the subway or bus is slowing down or turning.
- ❖ Consider carrying a personal alarm to scare off a potential assailant.



family member, neighbor, etc. You must be a County of Napa resident, unable to drive, reside outside the bus service area or travelling to/from a medical appointment or grocery trip that cannot be reached by other forms of public transportation. Call or go online at website above for an application.

### AMERICAN CANYON TRANSIT

[www.ridethevine.com/american-canyon-transit](http://www.ridethevine.com/american-canyon-transit)  
707.557.7557

American Canyon Transit (ACT) provides a fixed route bus service aimed at getting local residents to shopping and healthcare facilities within American Canyon. If you cannot walk to the bus stop, ACT will pick you up from home. ACT connects to the Napa VINE bus routes 11 and 29 allowing passengers to travel to Napa, Vallejo, the Vallejo Ferry and even BART in the East Bay. The cost of fixed route services is \$1 per adult ride and 0.50 cents for older adults. The fare for door-to-door services is \$1 for seniors.

### CALISTOGA SHUTTLE

[www.ridethevine.com/calistoga-shuttle](http://www.ridethevine.com/calistoga-shuttle)  
707.963.4229

Calistoga Shuttle is an on-demand, door-to-door, transit service within city limits. No advanced reservations are required. Buses are wheelchair accessible. The cost is \$1 per ride. Call the number above to schedule a pick up.

Hours of Operation:

M - Th: 7 AM - 9 PM

Friday: 7 AM - 11 PM

Saturday: 8:15 AM - 11 PM

Sunday\*: 11 AM - 9 PM

\*May - November only

### ST. HELENA SHUTTLE

[www.ridethevine.com/st-helena-shuttle](http://www.ridethevine.com/st-helena-shuttle)  
707.963.3007

The St. Helena Shuttle is an on-demand, door-to-door, transit service within city limits. The St. Helena Shuttle is wheelchair accessible. The cost is 0.50 cents for older adults. Call at number above for pick-ups.

*Continued on Page 50*

## Need A Ride to a Medical Appointment?



The Angel Team  
(from left to right)  
Judy Pfizer,  
Nicole Pfizer,  
Fran Rosenberg, and  
Howie Broxton



**Napa County residents over age 62 can become a member of Molly's Angels** for just \$12 a year, and then become eligible for rides to medical appointments in Napa and Kaiser Vallejo, when needed. While preference is given to people who call four or five days in advance, sometimes last minute accommodations are possible. Over 300 people take advantage of this free ride service each year, and Molly's Angels are always on the look out for new volunteer drivers.



**ST. HELENA SHUTTLE cont.**

Hours of Operation:

M-Th: 7:45 AM - 6 PM

Friday: 7:45 AM - 11 PM

Saturday: 10 AM - 11 PM

Sunday: 12 PM - 7 PM

**YOUNTVILLE TROLLEY**

www.ridethevine.com/yountville-trolley

707.312.1509

The Yountville Trolley is an on-demand, door-to-door transit service in the Town of Yountville. The Yountville Trolley is wheelchair accessible. The Yountville Trolley is free of charge. Call to number above for pick-ups.

Hours of operation:

Mon - Sat: 10 AM - 11 PM

Sunday: 10 AM - 7 PM

**VETERANS SERVICES****Napa Veterans Services Office**

650 Imperial Way

Napa, CA 94559

707.253.4558

**VISUALLY IMPAIRED SERVICES****Books for the Blind****and Physically Handicapped**

900 N St.

Sacramento, CA 95814

1.800.952.5666

**Earle Baum Center for the Blind**

707.523.3222

**Guide Dogs for the Blind, Inc.**

350 Los Ranchitos Road

San Rafael, CA 94903

800.295.4050

**Support Group for the Visually Impaired**

Via Telephone every Tuesday from

1:30 to 2:30 p.m.

1.800.592.9052

**WHEELCHAIR TRANSPORTATION****Murphy Medical Transportation, Inc.**

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707.224.7807

(See ad on page 43)

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Napa, CA 94558

www.yourhomenursing.com

707.224.7780

(See ad on page 7)

**There are only two pieces of paper that you need to prepare for planning your wishes for end of life care.**

**1. Advance Directive**

This is for EVERYONE over the age of 18. With the Advance Directive, you appoint an agent to speak on your behalf if you are unable to do so on your own. You do not need an attorney to complete this form. It is very simple, available at your doctor's office, local hospitals and online. You need two witnesses, or a notary, to witness your signature. Very simple to complete. Copies of the Advance Directive should be given to the agents, the hospital, and your physician.

**2. Physician's Order for Life Sustaining Treatment (POLST)**

This form is primarily for those whose death would not come as a surprise in a year or two. This is a BRIGHT PINK form, it is a legal order, and it must be signed by both the person AND, a doctor. Copies can be made and distributed, they are all legal. However, the POLST must be dated and signed. Many doctors will not sign the form without a conversation regarding the terms of the form. Once the POLST is complete, it should be placed somewhere visible in the home (on a refrigerator, wall by the bed, etc.). The reason for the POLST is it advises an immediate action. When the ambulance arrives, the POLST instructs on whether or not to resuscitate, for example. It gives guidance on immediate treatment until the person can respond, or an agent can be located. POLST forms are available at your doctor's office.

**See page 9 for a list of the 13 Documents You Need For Effective Planning**

## Please Donate Medical Supplies and Equipment



Born to Age accepts all types of unused or unwanted medical supplies and equipment. We take everything, including wheelchairs, walkers, grab bars, transfer poles, shower chairs, commodes and incontinent supplies. All donations are given away to those in need. Donations may be left on the porch at 3205 Montclair Avenue in Napa.

**WE DO NOT PICK UP OR DROP OFF MEDICAL SUPPLIES AND EQUIPMENT.**



## Napa County Alliance for Senior Education (NCASE)



**Napa County Alliance for Senior Education (NCASE)** envisions a community college system that puts the word “community” back into the name of local community colleges and serves and engages populations that live up to 100 years and beyond. We are living longer. Presently the number of people over 60 exceeds those under age 15! Longevity is being slowly redefined sociologically. Retirement does not mean loss of activity and interest in life and living. Seniors need educational opportunities that help with the present and plan for the future. Classes that address Senior Issues must be ongoing to help us maintain vitality and minimize disease as we live longer and thrive. We want innovative ways to

solve the problems of people over 50 while improving the well being of people of all ages. It is an intergenerational approach to life.

***“Our Mission is to redesign and enhance the quality of a long life through education using a multidisciplinary approach.”***

NCASE strives for positive community connections and we want to establish an innovative trend setting model for Napa Valley College and all community colleges. We believe that Napa Valley College has the expertise, experience, and facilities to include the education of Senior Citizens which can be financially accomplished through state funds, grants, and self sustaining classes.

NCASE started when a group of motivated Seniors from the Adaptive PE Course at NVC gathered to discuss the needs and concerns of aging adults. Many of us were experiencing a number of challenges and had concerns that could be addressed by an educational approach. An example of these issues are health, housing, finance including financial abuse, lack of MD’s accepting Medicare, depression, memory, technology, and recreation.

The short term goal of NCASE is to have an educational and informative Longevity Program for ourselves and our peers. NCASE has presented Symposiums and will be presenting more Symposiums in collaboration with organizations throughout Napa Valley. Plans are being made to offer workshops on various topics such as meditation, self defense, memory, technology and health to name a few. The long term goal of NCASE is to have a vibrant Longevity Center for the Napa community.



NCASE helps us as individuals. It is keeping us vital, energetic, feeling good and excited about life. NCASE serves its members by giving us the opportunity to help others and be of service. It provides us with social, intellectual and cognitive outlets that keep us informed, involved, and healthy.

NCASE meets weekly at Napa Valley College on Tuesday mornings from 9:30 to 11:30 AM.

We understand that not everyone can commit to a weekly meeting, but, we are setting up special committees that can meet at each committee’s discretion.

We encourage you to sign up, so we can join together to benefit our ever increasing Senior population in Napa County.



**For a membership application email us at: [ncaseclub@yahoo.com](mailto:ncaseclub@yahoo.com) or phone us at 707-256-7645**

**We look forward to meeting and working with you!**



## The Conversation: Have You Talked With Your Family About Your Dying?

This past year, my dad acted confused on the phone and insisted that he was fine, nothing was wrong. We suspected otherwise, and my sister flew to Arizona to check on things. Events turned serious, quickly. He was delirious and very ill. At the hospital they diagnosed pneumonia, Legionnaire's Disease and put him on Life Support because when the doctors asked him what he wanted, he told them, "to stay alive."

For ten days, he was connected to tubing and a machine breathed for him. They put giant white poofy mitts on his hands so he wouldn't pull out the tubes, and his eyes remained shut and his body, immobile. On the tenth day, the doctors made a decision to pull out the tube. They asked my sister whether or not to re-intubate him if he wasn't able to breathe on his own.

My sister called me, and my brother... asking what to do. Because, at age 87, the only thing we knew about my dad was that under no circumstances, did he ever want to die.

He is not alone. For most Americans, death is a conversation to be avoided. Death, many believe, is optional. And, when the time comes to make a decision about care at end of life, families often rely on doctors and a medical system structured to maintain life at all costs, rather than help people die in a way that is compassionate, humane and preferred. Medicine can postpone death for awhile, but at what ultimate cost to us all?

Life expectancy now is about 80 years. Most death is caused by degenerative disease, such as cancer, heart disease, Alzheimer's, diabetes, etc.

Nearly 70 percent of all Americans die in a hospital, skilled nursing or long term care facility. Almost one-third see ten or more doctors in the last six months of life. And, one in four Medicare dollars is spent on people who are in the last year of life.

What choices do we have in dying in a way that we hope for, prefer and request?

It's important to know the choices, and imperative to talk about them. Making choices in a crisis, at the last minute, or during a highly emotional moment is not the time. When my sister was asked to make a decision of whether or not to implement a Do Not Resuscitate (DNR) order, she inactively froze. She suffered the anguish of indecision, as she struggled with not knowing which way to go. But, all of us agreed that

dad had lived a good life and if the tube was pulled out and he didn't make it, that would be the end of it.

So, the tube was pulled. He lived. Now, almost a year later, he's almost back to his old self. But, not quite. The brush with death made all of us aware how much we don't know about what he wants...even now, he still won't complete an Advance Directive and refuses to talk about when to let him go.

He wants to hang on to every moment of life he can. And, don't we all? But, for those of us he'll be leaving behind, it would be helpful if we knew and understood how far he'd want to go in being kept alive, like he says..."no matter what."

### Things You Should Know About Hospice

- ❖ Hospice is not a place—it's high-quality care that focuses on comfort and quality of life.
- ❖ Hospice is paid for by Medicare, Medicaid, and most insurance plans. Fear of costs should never prevent a person from accessing hospice care.
- ❖ Hospice serves anyone with a life-limiting illness, regardless of age or type of illness.
- ❖ Hospice provides expert medical care as well as spiritual and emotional support to patients and families.
- ❖ Research has shown that the majority of Americans would prefer to be at home at the end of life—hospice makes this possible for most people.
- ❖ Hospice serves people living in nursing homes and assisted living facilities.
- ❖ Hospice patients and families can receive care for six months or longer.
- ❖ A person may keep his or her referring physician involved while receiving hospice care.
- ❖ Hospice offers grief and bereavement services to family members to help them adjust to the loss in their lives.
- ❖ Research has shown people receiving hospice care can live longer than similar patients who do not opt for hospice.

~Source: NHPCO.org

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## Final Wishes: Index to Articles

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School of Medicine, AC-14  
San Francisco, CA  
415.476.1981

**California Transplant  
Donor Network**  
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Oakland, CA 94612  
888.570.9400

### CREMATION SERVICES

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and Burial Society**  
Affordable cremation and burial

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[www.acaciasociety.com](http://www.acaciasociety.com)  
(See ad on page 52)  
877.916.4779

**Claffey and Rota Funeral Home**  
1975 Main St.  
Napa, CA 94558  
[www.claffeyandrota.com](http://www.claffeyandrota.com)  
707.224.5210  
(See ad on page 54)

**Tulocay**  
411 Coombsville Rd.  
Napa, CA 94559  
[www.tulocaycemetery.org](http://www.tulocaycemetery.org)  
707.252.4727  
(See ad on page 54)

### ESTATE ADMINISTRATION

**Jim Nord**  
P.O. Box 690  
Napa, CA 94558  
707.255.5429  
(See ad on page 15)

**Pacific Fiduciary Services**  
P.O. Box 2947  
Suisun City, CA 94585  
Thomas J. Kiernan, CLPF  
[tom@pacfid.com](mailto:tom@pacfid.com)  
707.426.0926

Private Professional Fiduciary as trustee, personal representative, attorney-in-fact and conservator.  
(See ad on page 15)

### FUNERAL SERVICES

**Claffey and Rota**  
1975 Main St.  
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[www.claffeyandrota.com](http://www.claffeyandrota.com)  
707.224.5210

**Tulocay**  
411 Coombsville Rd.  
Napa, CA 94559  
[www.tulocaycemetery.org](http://www.tulocaycemetery.org)  
707.252.4727

### GRIEF SUPPORT GROUPS

**Collabria Care**  
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Every Thursday, 4-5:30 p.m.  
707.258.9080

**Occasional Grief Support Groups**  
Coping with Grief Over the Holidays  
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Napa and American Canyon  
Learning to Live with Loss 8-week  
grief support series.  
[See collabriacare.org/calendar](http://www.collabriacare.org/calendar)  
(See ad on page 48)

### HOSPICE

**Hospice by the Bay**  
[www.hospicebythebay.org](http://www.hospicebythebay.org)  
707.935.7504  
(See ad on page 52)

**Kindred Hospice**  
395 Taylor Ave., Ste. 200  
Pleasant Hill, CA 94523  
866.929.2282  
(See ad inside back page)

**Collabria Care**  
414 S. Jefferson St.  
Napa, CA 94559  
707.258.9080  
(See ad on page 48)

### PALLIATIVE CARE

**Collabria Care  
Palliative Services**  
414 South Jefferson St.  
Napa, CA 94559  
707.258.9080

### TRUST / PROBATE ADMINISTRATION

**Jim Nord**  
P.O. Box 690  
Napa, CA  
707.255.5429  
(See ad on page 15)

**Pacific Fiduciary Services**  
P.O. Box 2947  
Suisun City, CA 94585  
Thomas J. Kiernan, CLPF  
Email: [tom@pacfid.com](mailto:tom@pacfid.com)  
Private Professional Fiduciary as trustee, personal representative, attorney-in-fact and conservator.  
707.426.0926  
(See ad on page 15)

**Paul M. Hoff  
Zeller, Hoff & Zeller**  
929 Randolph St.  
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[www.zhz.com](http://www.zhz.com)  
707.252.6633  
(See ad on page 13)



## Collabria Hospice



- Napa's own nonprofit hospice serving our community for nearly 4 decades
- Compassionate care for the patient and their family/caretakers
- Hospice team supports and enhances the care you are receiving from your Dr.
- Grief support extended to family members/caretakers

Visit [collabriacare.org](http://collabriacare.org) or call 707-258-9080





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Website: [www.claffeyandrota.com](http://www.claffeyandrota.com)

**1975 Main Street Napa, CA 94559**

*In Memorium*



**Celeste Heiter**, the woman who's been working with me for the past 18 years as the graphic designer for Born To Age, died suddenly in October. She was actually working at 3 a.m., (which was typical in getting an issue organized), when she had a stroke. Her unexpected demise was a shock to all of us, but mostly, her son Will Raus, whom she loved before all else in this world.

Celeste was a colleague, a friend and mostly provided enduring support in the creation and day-to-day grind of Born To Age. She was also a creative spirit who painted, gardened, wrote poetry, published several Asian cookbooks and was working on a screenplay. In her short 60 years, she found many ways to make her soul sing.

Celeste loved Japan, Asian culture and art. She kept a journal, read tarot, listened to the I Ching, and believed there is more to life than meets the eye. Her life wasn't easy, and she always hoped for more. She had a keen intellect and inspiring spirit.

I miss her dearly.  
Yvonne Baginski

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707-252-4727  
[www.tulocaycemetery.org](http://www.tulocaycemetery.org)

## Consumer Protection Price Survey on Death Arrangements - Napa County

	Direct Cremation	Crematory Fee	Containers	3-Day Storage	Deposition Permit \$12 Death Cert. \$21	Total Cost of Direct Cremation	Immediate Burial	Lowest Listed Casket	3-Day Storage	Deposition Permit \$11 Death Cert. \$16	Total Cost of Direct Burial
Tulocay (Non-profit)	\$1725	Included	Included	Included	Included	\$1550	\$2150	Included	Included	Included	\$1550
Claffey & Rota Funeral Home	\$1095	Included	Included	Included	\$33	\$1128	\$1200	\$495	Included	\$33	\$1728
Morrison's Funeral Chapel	\$1855	Included	Included	Included	\$33	\$1888	\$2100	Included	Included	\$33	\$2133
Treadway & Wigger Funeral Chapel Napa Valley Memorial Park Mortuary	\$1585	Included	Included	Included	\$33	\$1615	\$1665	Included	Included	\$33	\$1698
Acacia Cremation & Burial Society	\$699	Included	Included	Included	Permit included Death cert \$21	\$699	\$2235	Included	Included	Included	\$2235

In updating this survey for 2017, Born to Age only compared the prices for either a direct cremation or immediate/direct burial. Each of the mortuaries have extensive price lists of all their package deals, and must disclose the charges for everything involved in planning a funeral. Anyone can request a price list at anytime. Local mortuaries charge a range of prices for the similar services.

Compare prices. Prices can change and cannot be guaranteed from this chart. Before you start looking around, decide exactly what you'd like in terms of final arrangements. Not everyone wants a direct cremation or burial. But, know that the mortuaries do have price lists for everything, from caskets, to mementos, and even jewelry.

What Direct Cremation usually includes:  
 1. An alternative container (usually a cardboard container)  
 2. Removal of the body within the mortuary service area and transportation to the crematorium. (usually within 7-35 miles).  
 3. A 3-day storage fee.  
 4. Obtaining required permits.  
 5. Cost of using a crematory.

What Direct Burial usually includes  
 1. Obtaining necessary permits.  
 2. Removal of the body within the mortuary's local service area (usually within 7-35 miles from a facility) and transportation to a local cemetery.  
 3. A 3-day storage fee



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