

PINER'S MEDICAL SUPPLY 907 Trancas Street 707-224-7921 | www.piners-medical.com



ER'S

SCOOTERS
WHEELCHAIRS
LIFT CHAIRS
HOSPITAL BEDS

After-Hospital Care Supplies and Much More

NEWLY REMODELED ASSISTED LIVING HOME • OXYGEN • BATHROOM SAFETY • WALKERS

Napa Family Owned and Operated

WE OFFER THERAPY WITH A HIGHLY PROVEN TRACK RECORD



707-224-7922 | www.piners.net 1800 Pueblo Avenue PINER'S NURSING AND GUEST HOMES

Helping Families Create Paths to Healthy Aging

In-Home Care

Non-Medical In Home Care Referrals

Providing non-Medical In Home Care to residents of the Napa Valley has made Hearts That Matter the first choice for finding care. We are committed and dedicated to servicing the needs of seniors in the community, and offer a wide range of referrals to ensure a better way of life and to help seniors maintain independence.



Call today for the "heart that matters" in your life

- Personal Care
- Companionship
- Meal Preparation

www.heartsthatmatter.com

CALL: (707) 252-7569



Hearts That Matter, Inc.

of Napa Valley since 1995



Napa Valley Senior Living

Trusted Excellence in Residential Senior Care

We provide 24-hour care for the elderly from the comfort of residential homes. Our warm and inviting Napa homes are owned and managed by a masters prepared nurse. 24-hour professional caregivers provide assistance with walking, repositioning, meals, personal hygiene, and medications. We offer private rooms at two Napa locations.

~ 24-hour care ~ Hospice Care ~ Memory Care ~ Private rooms



CALL: (707) 312-2971

www.napavalleyseniorliving.org

Facility #286803674 & #286803675

4 **Table of Contents**

Planning

Activities	7
Advance Health Directives	11
Affordable Housing	
Attorneys	
Congregate Meals	11
Conservators/Trustee Services	13
Consumer Advocacy	
Counseling Services	
Driving Classes	13
Driving Concerns	
Education	
Estate & Financial Planning	
Fall Prevention	
Fiduciary & Trust Services	
Food Assistance	14
HICAP	14
Home Repair	
Home Repair Loans	. 14
Home Sharing	
Independent Living	
Information and Assistance	15
Insurance Counseling	15
Legal Services	
Long Term Care Insurance Counseling	15
Long Term Care Planning	15
Realtors	
Rental Assistance/Dispute Resolution	
Reverse Mortgage	
Senior Centers	15

Indexes to Articles on Planning, **Quality of Life, and Final Wishes** are included at the beginning of each section.



The Napa Senior Care Directory is published annually by: Born to Age P.O. Box 6863 Napa, CA 94581

Publisher: Yvonne Baginski Cover Photos: Janna Waldinger Design & Layout: Barbara Schwartz

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



Adult Day Health Care	.22
Adult Protective Services	22
Alzheimer's Information, Referral & Education	
Alzheimer's Residential Care Facilities	22
Assisted Living	24
Assisted Living Complaints	24
Poord & Coro Homos	01
Board & Care Homes	
Cancer Support	25
Care Management / Planning	25
Caregivers for Hire	.28
Chore Services	
Continuing Care Retirement Communities	
Dentures & Dental Care Assistance	28
Elder Abuse Advocacy	.28
Emergency Response Systems	20
Emergency nesponse systems	
Family Caregiver Support	28
Food Assistance	29
Friendly Visitors	
Grandparents Raising Grandchildren	20
Ordinuparents maising Granuciniuren	
Guide Dogs for the Blind	29
Health & Medical Supplies	29
Hearing Aid Collections (Used)	.29
Hearing Dog Training	
Hearing Impaired Advocacy	29
Home Delivered Meals	
Home Health Care Services	33
In-Home Supportive Services	
Maaaaga Carryiaaa	
Massage Services	
Medical Alarms	33
Medical Equipment	33
Medication Monitoring	33
Memory Care	
Mental Health Screening	
Mental Health Services	33
Nursing Homes	35
Nursing Home Complaints	25
Oxygen Equipment	35
Palliative Care	35
Pharmacies	.35
Placement Services	
Residential Care Facilities	
Respite Care In & Out-of-Home	35
Shopping & Errand Services	
Support Groups	
Telephone Reassurance	
Transportation	38
Veteran's Services	40
Visually Impaired Services	40
Wheeleheir Transportation	.+0
Wheelchair Transportation	.40
Wound Care	40

If you would like to advertise in Born to Age, please take a moment to fill out our Advertisers' Questionnaire on page 34.

Napa County 2018

Final Wishes

Body & Organ Donation	42
Cremation Services	
Estate Adminstration	
Funeral Services	
Grief Support Groups	42
Hospice Services	
Palliative Care	
Trust & Probate Administration	

On the Cover

(From Left to Right, Top to Bottom)

Row 1: Betsy Kerr, Share the Care Bob Wallin, Share the Care

Row 2: Merryl Gobler, Rohllf's Manor Candy Smith, Home Instead

Row 3: Carol Macayan, Precious Home Companion Aracili Barajas, QVMC Care Network Brenda Tormis, Murphy Medical Transportation Celine Regalia, Collabria Care

Row 4: Cora Fulton, Cora Home Companion Care Dave Decker, Lifeline Debbie Santos, D.A. Santos and Associates Robert Nations, Senior Helpers

Row 5:

Howie Braxton, Share the Care Angela Peatman, Share the Care Sandi Truesdell, Hired Hands Edith Simmons-Body, Your Home...Nursing Services Jeanne Cervone, QVMC Care Network Liz Kirkaldie, Share the Care Jennie Falcon, Love and Joy Home Care Paul Oseso, Aegis Llving Jennifer Shugar, Piner's - Activity Director

Row 6:

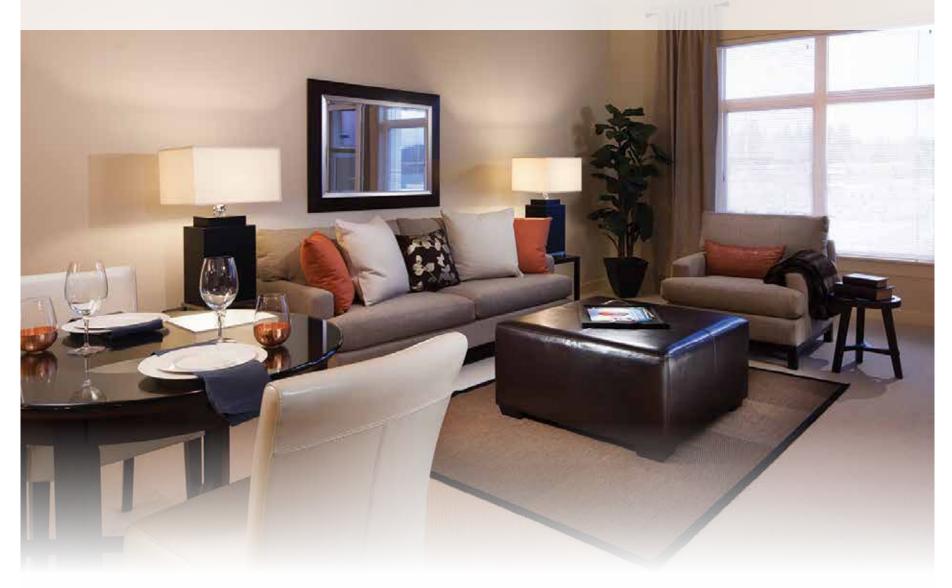
Joey Palma, Abba In-Home Care Services Jennifer Winters, Aegis of Napa Tom MacDonald, Reverse Mortgage, Share the Care Neanna Gracia, Family Drug Fran Rosenburg, Molly's Angels Leisa Matthes, Napa Long Term Care Ombudsman Starr Piner, Piner's Kim Geis, Hearts that Matter Kits Roa, Wine Country Seniors Row 7

Lia Miller, The Berkshire Linda Gibson, Collabria Care Lisa Ragone, Share the Care Brian Adams, Piner's - Administrator Ofelia Hernandez, Piner's - Administrative Assistant Lynn Eastman, Share the Care Camie Bianchi, Your Home...Nursing Services Michelle Kahler, Healthy Living at Home Naomi Dreskin-Anderson, Law Office of Naomi Dreskin-Anderson

Row 8:

Erick Larson, Hired Hands Ruth Ocon, Senior Helpers St. Perpetua Sevillano, QVMC Care Network Kamilee Gantan, Greenhills Care Home Thomas Kiernan, Pacific Fiduciary Services Heather Stanton, Advocate Jeanine Keller, Adventist Home Care Shane Blood, Napa Post Acute Krystal Smith, Napa Valley Senior Living

Stunning spaces. Exceptional homes.



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.

Schedule your personal tour today! 707-307-5215 www.meadowsnapa.com







Welcome to the 18th 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?



Call 707-226-7127 To place a complete Born Age Senior Information Kiosk in your lobby, entrance, or business today.

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. Napa Post Acute, 705 Trancas St, Napa
- 11. Disability Services & Legal Center, 1040 Main St #208, Napa
- 12. Rohlffs 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
- 24. Napa Care Center, 3275 Villa Lane, Napa

- 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



Planning: Index to Articles

13 Documents You Need for Effective Planning	9
Can't Sleep? Welcome to the Club!1	0
Survey of Napa County Senior Apartments1	2
Making it Easier to Chat with Family & Friends1	6
Independence is a Myth, Interdependence is the Reality1	7
Raging Through the Ages1	8
Services for Low Income Seniors1	9
Robert Cole, MD Speaks Out on Marijuana2	0
Are Children Responsible for the Care of Elderly Parents?2	1

ACTIVITIES

Alliance on Aging

Business & professionals working with elderly network 2nd Tuesday of each month, 8-9 a.m. The Springs of Napa 3460 Villa Lane Napavalleyallianceonaging.com Call Yvonne Baginski 707.226.7127

Alliance Francaise 707.252.2673

American Association of University Women (AAUW) 2nd Tuesday of each month Napa Senior Center Barb Pahre 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

American Needlepoint Guild

4th Saturday, 10 a.m-2 p.m. Napa Senior Center 1500 Jefferson St. 707.649.0475

Area Agency on Aging Serving Napa and Solano 400 Contra Costa Street Mailing: P.O. Box 3069 Vallejo, CA 94590 707.644.6612 (See ad on page 8)

Area Agency on Aging Advisory Council Meetings

1st Thursday, 1 p.m.alternating in Napa and Solano Counties. AAA Board of Directors meetings, 3rd 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 2nd 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

Beekeepers of Napa Valley

3rd Monday, 3:30 p.m. Round Table Pizza 3331 Solano Ave. 707.227.2489

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

Democrats of the Napa Valley Last Tuesday, 6:30 p.m. 720 Technology Way

Institute of Noetic Sciences

3rd Tuesday, 2-4 p.m. Center for Spiritual Living 1249 Coombs St. 707.255.6938

Continued on Page 8



8 Planning



Napa County 2018

ACTIVITES, cont.

Ivy Rebekah Lodge Meets 2nd & 4th 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

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

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 4th 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



Join the AAOA Facebook community at

Napa County Historical Society 707.224.1739

Napa Orchid Society Meets 2nd 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 Audubon 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 1st and 3rd Monday, 7:30 p.m. Napa Senior Center 707.945.0908

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 Harmonizers Tuesdays, 7 p.m. Napa Valley Baptist Church 2303 Trower Ave. 707.261.0989

Napa Valley Needlers Every 2nd 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 2nd Saturday, 10 a.m. Napa Senior Center Krista Lopez: 707.257.1058

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

Napa Valley Women's Club Every 4th Tuesday, 6 p.m. 218 Franklin St., Napa No meetings July & August Joan Taramasso:707.224.3924

Napa Vintage Republican Women Federated 4th Thursday, 5 p.m. Social, 6 p.m. Dinner Elks Lodge Reservations: 707.257.6204

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 support groups. Congregate meals on M, T and F. Monday-Friday 9 a.m. - 5 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 4th Thursday, 6 p.m. Napa Senior Center Anna Graebil: 707.255.5242

Sons in Retirement

Meets 1st Tuesday, 11 a.m. Lunch Napa Elks Lodge, 2840 Soscol Ave. Rex Williams: 707.255.5834

TOPS Chapter Take weight off sensibly Call Irene: 707.226.9029

Town of Yountville,

Parks and Recreation 6516 Washington St. Yountville, CA 94599 Townofyountville.com 707.944.8712 (see ad on page 7)

Veteran's Home of California-Yountville 100 California Dr. Yountville, CA 94599 707.944.4600

Widowed Persons Association of California

2nd Friday of each month, noon potluck at Elks Lodge Every Tuesday at 7:30 a.m. Breakfast at Big Bear Diner 303 Soscol Ave. www.wpacnapa.org Marsha: 707.245.6006

Continued on Page 11



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.

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 probrate – 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 benficiaries 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.

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 brockerage and escrow mortgage accounts.



13 Documents You Need For Effective Planning

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.



Can't Sleep? Welcome to the Club!



Mike Mason, M.D., Kaiser and Kal Edwards, Retirement Renewal Forums

etting older has lots of benefits, but not being able to sleep isn't one of them. Most adults need seven to nine hours of sleep a night. Or, enough sleep to function in the daytime. Without sleep, people suffer.

Sleep problems are common in about half of older adults. Without enough sleep, people function less, feel more anxiety, depression and just don't do as well on a day-to-day basis.

What's the solution?

Doctors do NOT recommend alcohol, Elavil, benadryl or any of the P.M. (such as Tylenol P.M.) medications available over the counter. In fact, these drugs are often detrimental to brain function, with some studies showing an increase in memory loss and confusion for people using them on a regular basis.

Alcohol can cause drowsiness, but then later in the night, people often wake up and don't get a restful sleep. Even the top drug prescribed for insomnia, Ambien, shouldn't be used by anyone over age 65, according to Mike Mason, M.D., a Geriatrics and Family Medicine Specialist at Kaiser Permanente in Vallejo.

With Ambien, Mason sees older adults having a higher likelihood of "sleep walking or sleep eating, and memory and thinking can be affected." So, with the magic of the sleeping pill becoming less a possibility of an instant cure as one ages, how is it possible to get more sleep?

Mason suggests that there is one over the counter supplement, Melatonin, that seems to be helpful with sleep. He suggests that higher doses, up to 10 mg., taken routinely at the same time every night, about an hour prior to bedtime, could work. Melatonin is naturally produced in the body, effective and safe. No prescription is needed.

He also recommends not watching television or the computer for at least an hour before bedtime, since the blue light interferes with the body's natural production of melatonin.

The answers to a sleepless night might be in a combination of factors:

- No coffee after noon.
- No watching TV or computer before bedrime (blue light).
- Get enough exercise during the day.
- Create a bedtime routine.
- Take 10 mg. of Melatonin at the same time nightly (about an hour before going to bed).

TRY THIS.... ARE YOU GETTING ENOUGH SLEEP?

THE EPWORTH SLEEPINESS SCALE (ESS)

How likely are you to doze off, or fall asleep in the following situations? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

0 = Would never doze 1 = Slight chance of dozing 2 = Moderate chance of dozing 3 = High chance of dozing

SCORE SITUATION

 Sitting and reading
 Watching television
 Sitting inactive in a public place (theater or meeting)
 As a passengar in a car for an hour without a break
 Lying down to rest In the afternoon
 Sitting and talking to someone
 Sitting quietly after lunch
 Without alcohol
 In a car, while stopped for a few minutes in traffic
 Total score

Score results:

1-6	Congratulations, you are getting enough sleep!
7 - 8	Your score is average
9 and up	Very sleepy, should seek medical advice.



ADVANCE DIRECTIVES FOR HEALTH CARE

(Your final wishes for health care decisions. Everyone should have one completed, no matter age or health condition. Forms are available at hospitals, hospice and local medical offices.)

Honoring Choices Napa Valley Promoting Advance Care Planning for All Adults in Napa County 414 S. Jefferson St.

414 S. Jefferson S Napa, CA 94558 Hcnv.org 707.815.8916

Napa Long Term Care Ombudsman (For residents in nursing homes and

assisted living) 1443 Main St., #125 Napa, CA 94558 707.255.4236 (See ad on page 38)

California Medical Association To order a kit: 800.882.1262

Cathy Zeller Erickson Zeller, Hoff & Zeller 929 Randolph St. Napa, CA 94559 707.252.6633 (See ad on page 11)

AFFORDABLE HOUSING

(See rates on page 12)

Jefferson Street Senior Housing 3400 Jefferson St. Napa, CA 94558 707.258.8875

Laurel Manor 3201 Laurel St. Napa, CA 94558 707.255.9709

Napa Creek Manor 1300 Jefferson St. Napa, CA 94559

707.257.1878

Rohlff's Manor 2400 Fair Dr. Napa, CA 94558 707.255.9555 (See ad on page 11)

Silverado Orchards Retirement Apartments 601 Pope St. St. Helena, CA 94574 707.963.3688 (See ad on page 26)

The Reserve

Napa Senior Apartments 710 Trancas St. Napa, CA 94558 707.252.4070

Woodbridge Village 727 Hunt Ave. St. Helena, CA 94574 707.963.3231



(See Legal Services page 15)

Gaw Van Male, LLP 1000 Main St., Suite 300 Napa, CA 94559 www.gawvanmale.com 707.252.9000

Hollister & Lancaster, Attorneys at Law Estate Planning, Trusts, Wills, Trust Administration and Probate 433 Soscol Ave., Suite A-100 #6 Napa, CA 94559 Hollisterlancaster.com 707.544.5277

Law Office of Naomi Dreskin-Anderson Elder Law Attorney 2180 Jefferson St., Suite 207 Napa, CA 94559 Home Visits Available www.napavalleyelderlaw.com 707.252.8900 (See ad on page 11) Cathy Zeller Erickson Zeller, Hoff & Zeller 929 Randolph St. Napa, CA 94559 707.252.6633 www.zhzlaw.com (See ad on page 11)

Tillem McNichol & Brown

846 Broadway Sonoma, CA 95476 707.996.4505 www.lentillem.com (See ad on page 13)

CONGREGATE MEALS

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

Laurel Manor

3201 Laurel Napa, CA 94558 707.255.9709

Continued on Page 13



Experienced Legal Advocate for Concerns of Elders and their Families

Wills &Trusts - Powers of Attorney - Elder Abuse - Conservatorships Assisted Living/Nursing Home Issues - MediCare Appeals and other Healthcare-Related Concerns

Law Office of Naomi Dreskin-Anderson Home Visits Available Call for Appointment (707) 252-8900

2180 Jefferson Street, Suite 207, Napa, CA NapaValleyElderLaw.com



Senior Living in the Heart of Napa Valley. Experience the Lifestyle for Yourself.

707-255-9555

www.RohlffsManor.com RHL_Manager@eahhousing.org

2400 Fair Drive Napa, CA 94558

In a setting of over 15 oak-shaded acres, at first glance Rohlffs Manor appears more like a park than an apartment community. After a quick visit, you will realize that Rohlffs combines the best of both – a gracious living experience with country comfort and charm.





ZELLER, HOFF & ZELLER

Trusts Wills Durable Powers of Attorney Probate Trust Administration & Litigation Civil Trial Litigation

929 Randolph Street Napa, California 94559 **707-252-6633**



SURVEY OF NAPA COUNTY SENIOR APARTMENTS

INDEPENDENT RETIREMENT LIVING

The Meadows of Napa Valley 1800 Atrium Parkway Napa, CA 94559 Not-for-Profit Community 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 \$3,278 (one person). 2 Bedroom \$3,845 (one person), second person fee is \$739. All apartments include a kitchenette. No commitment. Month to month. \$1,000 application fee.



Silverado Orchards **Retirement Apartments** 601 Pope Street St. Helena, CA 94574 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, \$2,190. Deluxe Studio, \$2,590. Deluxe, one bedroom, \$2,990. Two bedroom. \$3,392. Deluxe suite. \$3,690. Second person rate: \$600. 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.

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)

TWEETEN

Eldergare

Advisors

GUIDANCE . PLACEMENT . SUPPORT

tweeteneldercare.com

Marin: 415.496.5199

Sonoma: 707.570.2589

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.

Rohlff's Manor 2400 Fair Drive Napa, CA 94558 www.rohlffsmanor.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 \$516-\$663. One bedroom \$797-\$935. 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 \$39,120 for one person or \$44,700 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 \$39,120 for one person, \$44,700 for two persons. One

bedroom, \$935. Two bedroom, \$1,112. 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 \$1,022, two bedroom is \$1,221 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 707.944.4600

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.

Jim Nord, Independent Administrator C.F.B License #3 P.O. Box 690, Napa, CA 94559 Phone 707/ 255-5429 FAX 707/ 255-0254 nord@napatrust.com



Eloise Tweeten, Founder

CONTACT ME TODAY! Sue Richey ialist | NMLS-582967 **o:** (707) 688-9537



A free,

local referral

& placement

service for seniors

©2017 Finance of America Mortgage LLC is licensed nationwide | 🗐 | NMLS ID #1071 (www.nmlsconsumeraccess.org) 300 Welsh Road, Building 5, Horsham, PA 19044 | (800) 355-5626 | Licensed by the Department of Business Oversighl under the California Residential Mortgage Lending Act | This document is provided by Finance of America Mortgage LLC. Any materials were not provided by HUD or FHA. It has not been approved by FHA or any Government Agency Product offered through Finance of America Reverse LLC | 😰 | NMLS ID #2285



Pacific Fiduciary Services

Trust Administration, Estate & Person

"When you need someone you can trust"

Thomas J. Kiernan, CLPF (707) 426-0926 www.pacfid.com



CONGREGATE MEALS, cont.

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

Rianda House

Senior Activity Center Monday, Tuesday and Friday For reservations call: 707.253.6111 1475 Main St., St. Helena ihnfo/monthly schedule: www.riandahouse.org info@riandahouse.org 707.963.8555

CONSERVATORS/TRUSTEE

Napa County Public Guardian 707.253.4049

Jim Nord

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

Pacific Fiduciary Services

Thomas J. Kiernan, CLPF Private Professional Fiduciary as trustee, personal representative, attorney-in-fact and conservator. P.O. Box 2947 Suisun City, CA 94585 tom@pacfid.com 707.426.0926 (See ad on page 12)

CONSUMER ADVOCACY SERVICES

Better Business Bureau 510.238.1000

Born To Age

Publications for Seniors P.O. Box 6863 Napa, CA 94581 707.226.7127 (See ad on page 32)

California Department of Consumer Affairs 1.800.344.9940

HICAP

Medicare & Long Term Care Insurance Counseling 1.800.434.0222 Napa County Consumer Affairs 707.253.4059

Share the Care Senior Advocates 707.492.3198 (See ad on page 18)

COUNSELING SERVICES

(See also Caregiver Support Groups)

Comprehensive Services for Older Adults 650 Imperial Way Napa, CA 94559 707.253.3818 or toll-free: 1.800.498.9455

Mentis (Napa's Center for Mental Health Services) Sliding fee scale counseling 709 Franklin St. Napa, Ca 94558 707.255.0966

Healthy Minds / Healthy Aging Free support for older adults. In-home counseling available. 707.251.2058

HICAP

Medicare & Long Term Care Insurance Counseling 1.800.434.0222

DRIVING CLASSES

55 Alive (AARP) 888.687.2277 www.aarp.org

Napa Senior Center 1500 Jefferson St Napa, Ca 94559 Call to register: 707.255.1800

DRIVING CONCERNS

Rosemary Robles Senior Driver Ombudsman, DMV 7677 Oakport St., Suite 220 Oakland, CA 94621 Rosemary.robles@dmv.ca.gov 510.563.8998

EDUCATION

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)

Collabria Care Caregiver trainings, memory screenings, community workshops. 414 S. Jefferson Napa, CA 94558 Collabriacare.org 707.259.9080 (See ad on page 23)

Napa County Alliance for Senior Education Tuesdays, 9:30-11:30 a.m. Napa Valley College ncaseclub@yahoo.com 707.256.7645

ESTATE and FINANCIAL PLANNING SERVICES

Cathy Zeller Erickson Zeller, Hoff & Zeller 929 Randolph St. Napa, CA 94559 www.zhz.com 707.252.6633 (See ad on page 11)

D.A. Santos & Associates

P.O. Box 6109 Napa, CA 94581 Dasantosandassociates.com 707.254.7276 (See ad on page 15)

Law Office of Naomi Dreskin-Anderson Elder Law Attorney 2180 Jefferson Street, Suite 207 Napa, CA 94559 707.252.8900

(See ad on page 11)

Tillem McNichol & Brown Estate Planning Attorneys



Protect yourself and your family with effective Estate Planning and Asset Preservation

The Attorneys at Tillem McNichol & Brown can assist you with: • **Trusts, Wills and Powers of Attorney** to avoid probate and conservatorships • **Special Needs Trusts** for disabled children, ill spouse or

parent

Asset Preservation Planning to protect your estate from long term care costs and loss of your home.
Read our weekly advice column in the Napa Register, Kenwood Press, Vacaville Reporter and monthly in the San Francisco Chronicle.

> Tillem McNichol & Brown 846 Broadway, Sonoma, CA 95476 (707) 996-4505 www.lentillem.com

14 Planning



Napa County 2018

Pacific Fiduciary Services

Private Professional Fiduciary as trustee, personal representative, attorney-in-fact and conservator. Thomas J. Kiernan, CLPF P.O. Box 2947 Suisun City, CA 94585 tom@pacfid.com 707.426.0926 (See ad on page 12)

Tillem, McNichol & Brown 846 Broadway

Sonoma, CA 95476 www.lentillem.com 707.996.4505 (See ad on page 13)

FALL PREVENTION

Stop Falls Napa Valley

Works to prevent falls among older adults. Provides education about fall prevention; promotes physical activity to improve balance and mobility; conducts fall risk assessments and followup; provides home safety assessments and improved access to affordable home modification, and advocates for change. 707.255.5328

FIDUCIARY & TRUST SERVICES

Jim Nord

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

Pacific Fiduciary Services

Private Professional Fiduciary as trustee, personal representative, attorney-in-fact and conservator. Thomas J. Kiernan, CLPF P.O. Box 2947 Suisun City, CA 94585 tom@pacfid.com 707.426.0926 (See ad on page 12)

FOOD ASSISTANCE

(See Low Income Services page 19)

HEALTH INSURANCE COUNSELING & ADVOCACY SERVICES

HICAP

1304 Southpoint Blvd., Suite 280 Petaluma, CA 94954 1.800.434.0222

HOME REPAIR

North Coast Energy Services, Inc. 1100 Coddington Center, Suite 1 Santa Rosa, CA 94501 800.233.4480 or 707.495.4417 Northcoastenergyservices.com (See ad on page 34)

Center for Volunteer and Nonprofit Leadership Funding available for low income repairs and appliances

Jim Tomlinson 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 5)

Rohlff's Manor

2400 Fair Dr. Napa, CA 94558 707.255.9555 (See ad on page 11)

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 26)

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 (See ad on page 18)

Born To Age

www.borntoage.com 707.226.7127 (See ad on page 32)

Napa County Network for Aging and Independence 650 Imperial Way Napa, CA 94558 Napanai.org 707.255.4284 or 800.510.2020

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

LONG TERM CARE INSURANCE COUNSELING

HICAP Counseling 1.800.434.0222

LONG TERM CARE PLANNING / MEDI-CAL PLANNING

Comprehenisive 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 Dasantosandassociates.com 707.254.7276 (See ad on page 15)

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

RENTAL ASSISTANCE/DISPUTE RESOLUTON

Fair Housing Napa Valley 1804 Soscol Ave., Suite 203 Napa, CA 94559 Napafairhousing.org 707.224.9720

REVERSE MORTGAGE

Finance of America Mortgage Susan Richey 588 San Ramon Valley Blvd, #100 Danville, CA 94526 srichey@financeofamerical.com 707.688.9537 (See ad on page 12)

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

Jim Nord, Independent Administrator C.F.B License #3 P.O. Box 690, Napa, CA 94559 Phone 707/ 255-5429 FAX 707/ 255-0254 nord@napatrust.com



D.A. Santos & Associates E The Leader in Professional Medi-Cal Planning

YOU can qualify for Medi-Cal while protecting your assets!

We dispel the myths, answer your questions and serve as your beacon to help you <u>successfully navigate</u> your way through the Medi-Cal, financial and long-term care maze.

MEDI-CAL PLANNING • FINANCIAL PLANNING • LONG-TERM CARE PLANNING707.254.7276Toll Free 877.254.7276

W W W . D A S A N T O S A N D A S S O C I A T E S . C O M



MAKING IT EASIER TO CHAT WITH FAMILY & FRIENDS

ere in Walnut Creek, Maxine Duncan 86, and Bert Yarbrough, 89, are testing out a technological jump into the future of keeping an eye on aging parents. In their apartment, at the Heritage Downtown, they've been hanging out with "Jimmy," an OhmniLab robot who, by logging on to a computer, can become the eyes and ears of children living far away.

So far, they've had Jimmy plugged into a corner of their living room for about six months. He's made them rather famous. They've been interviewed and featured by the New York Times. ABC News, CNN and the Washington Post. They're seasoned to questions and ready to answer.



Maxine Duncan shows off how Jimmy keeps an eye on things.

Basically, the robot is a large screen on wheels. He can be controlled by Duncan's daughter in Oregon, who can log on and say "hi." Daughter can control it with a Samsung phone cell phone. Duncan also can log on to her own computer laptop and have Jimmy go into the next room to visit with Yarbrough.

"For us," Duncan says, "Jimmy has been a true success."

When they were first approached to test the robot, Duncan admits she was thrilled.

admits that though they're testing the robot now, she doesn't think she'd actually purchase it once it becomes available, unless "something happened to Bert, and I'd be living alone.

And, while they've brought Jimmy down to the lobby, and he generates much interest from the other residents, no one has jumped on the bandwagon to get their own personal robot.

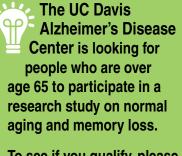
The robot connects to home Wi-Fi and, according to the website, is available for an introductory price of \$1,399.

NEW MEDICARE CARDS ARE COMING Medicare will mail new cards between April 2018-April 2019. You don't need to do anything to get a new card. But, make sure your mailing address is up-to-date. If an update to your mailing address is needed, call: 1-800-772-1213.

Medicare will never call or ask for personal information before sending new cards. Do no share your Medicare information or other personal information if someone calls and asks for it. The new cards will not include your Social Security number. Instead, each person will get a new, unique Medicare number.

MEDICARE	HEALTH INSURANCE
1-800-MEDICARE (1	-800-633-4227)
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007

NEW RESEARCH STUDY FOR NORMAL MEMORY LOSS



To see if you qualify, please call: Gwen Gates, Walnut Creek (925) 357-6904

"It was a great opportunity, we wouldn't "pass up."

Even though Yarbrough's son lives only a few miles away, he also can check in anytime. Each can see the other through the screen, similar to Skype or Facetime. The difference is that the computer is on wheels, and can actually move around the room.

"I know a person who works and used to drive clear across town to visit her mother," points out Duncan as a great reason to have a "Jimmy," "WIth this, she can just get on the computer to check on her mom."

The only problem they've had with Jimmy has been a occasionally glancing furniture or running it into a wall. She



INDEPENDENCE IS A MYTH, INTERDEPENDENCE IS THE REALITY

am writing this the fifth day of Napa County's devastating fire. Though today the sky is blue overhead, we are still ringed with smoke as the flames shoot Upvalley and across to Sonoma.

"Be Safe," are the words pasted most frequently on Facebook and social media. Words that are incomprehensible when flames are blasting through trees, yards and there is no place to run.

In the newspaper, are the names of the people who have been killed in the fires so far. Many are over age 80. I am not surprised.

In my work, I come across old people frequently who refuse to move closer to children, get life alert systems, hire caregivers or do anything that would mean that might illustrate the fact that they are getting older, and frailer over time. Many refuse to stop driving, insist on being left alone and the words I hear are, "I am doing fine."

Even if they have the resources and means, they will often balk at paying out of pocket for services such as home care, life alert or even a ride to the doctor. What I am asked for most frequently is how to qualify for government assistance and what is available for free.

Their children call for help...can someone do something so that mom/ dad will move into a retirement home, get a Lifeline or hire a caregiver? The sad fact is that while children may not be able to care for their parents, the parents often won't let anyone else help, either...especially if it impacts their bank account. A volunteer friendly visitor is always welcomed....a home care provider with an hourly wage, not so much.



That's fine most of the time. But, what happens when a catastrophe happens? Who is there to help evacuate and make sure that all is well?

Our fire departments often find people who've fallen and lain on the floor for hours or days because they've been unable to pull themselves up. This is regular occurrence. In fact, it's one of the top things keeping firemen busy in between regular fires. Don't believe me? Ask the Calistoga Fire Dept. how often they're call out to pick someone up...then, ask how much it costs us taxpayers each time the fire truck and ambulance and support car is sent out on a 911 call.

There are elderly people living alone in Berryessa. Pope Valley, and in most unincorporated areas of this county. Some are no longer driving, others can't walk without assistance and some have cognitive impairment and shouldn't be living alone under any circumstances. But they are.

Again, let me stress, these are people with means. These are people who are exercising their right of refusal. And, these are the people, who at a time of disaster, require the most attention and concern. When phones don't work, and electricity isn't available, someone home alone is at risk. No one is truly independent if they are unable to safely evacuate during a natural disaster. We are all interdependent. I rely on my neighbors to check on me, and I will check on my neighbors. But we all live on a block within shouting distance of one another. Someone acres away may not be able to rescue in time.

I don't believe elderly people are safe living alone if they are bedbound, cognitively impaired, frail, or have a disabling medical condition. But, I see this going on everyday. I talk to children, who tell me that they call and mom/dad tell them everything's fine. Or, that mom/dad refuse to even consider moving or getting assistance.

I publish Born To Age as a place to start a conversation on the "what ifs," of aging. So many people in their 70's and 80's tell me that they aren't "there" yet. But, they are. Age is progressive...time doesn't stop. I have people with dementia finally agreeing to move to a retirement home, and then discovering that it's too late...now they have to move to a memory care home. Different place, and much more expensive care.

Meanwhile, children fret and worry. Doctors and nurses call community resources for help and government agencies are stretched to their limits taking care of stubborn people who don't want to admit the changes happening for living a longer life.

One good thing about this disaster is that many elderly people who are being evacuated to the shelters who are cognitively impaired and/or physically frail, are being "discovered." I'm hearing that rather than staying in the shelters, they are actually being placed in care homes throughout the Bay Area. Right now, I know that the government will be paying for their placements. But, I wonder how long that will last.







Making Napa a Great Place to Grow Old, One Neighborhood at a Time . . .

napavalleysharethecare.com

SHARE THE CARE provides assistance in finding all the help you need:

- Meals
- Companionship
- Dental Care
- Legal Assistance
- Personal Counseling
- Gardening & Handyman Services
- Rides to Doctor Appts, Shopping
- Home Repairs
- Medical Equipment
- Grocery Pick-up & Delivery
- Mail & Paperwork
- Telephone Management
- Support Groups
- Social Activities



and many other services.

RAGING THROUGH THE AGES

ildy raging through life, Patricia Sanborn of Santa Rosa, CA wants to redefine age altogether...counting by stages, rather than ages.

She stresses that the third stage of life (the one she's currently occupying at age 73), has been her most significant growth period. Sanborn, who was once a case manager guiding people through the care needed for fraility and disability, is now writing and speaking about staying active, happy and alive.



She calls her new life, "Fearless Aging," and stresses that it's all about making the best choices so that a longer life can also be a better life.

She works out daily, is a long distance bike rider, does yoga, aerobics...staying as active as she can because she knows that physical strength and flexibility are paramount to everything else.

She focuses on staying sharp, having a good attitude, being positive and knowing that there is much life left to live.

"If I can flex muscles earlier on, say at 70, the behavior change would be easier in my 90's. This can prevent me from aging like my parents," Sanborn countered.

With a graduate degree in Gerontology, she knows that the future might not bode well for many. And she's also determined that her life will be different.

"I talk to myself to find out what it is I do want," she said with a laugh. "Life is changing. I talk to quite a few people. Every older person is unique. Who they are is based on their life experiences."

Today she's working on a book, and it's on her favorite topic: Choices in Aging

Sanborn admits that she fights ageism daily, citing that ageism "is a form of denial. Ageism is everywhere, it's common in jokes, facilities, well, it's with a person all their life, so we all make fun of getting old."

She also battles with procrastination, "which is just waiting for a crisis."



On a verbal roll, she defines Fearless Aging further: It means to gain awareness to what prevents us from listening to message on what is good for us."

For Sanborn that means making a list of all her strengths and not worrying about the rest. Admittedly, "not everything in life is important."

It's being fit, healthy and eating the right foods that are at the top of Sanborn's list. She also likes to knit, sew and create things for people.

"I am continually trying to find what excites me... what blossoms in me to be discovered," she said.



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 - Collabria Hospice 414 S. Jefferson St. Napa, CA 94559 707.258.9080 www.collabriacare.org/volunteer-opportunities

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.

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

Calistoga Pantry 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.

FOOD BANKS

To receive services you do not need a referral. Just go to the location. To receive food one person per household must provide two forms of ID, one with a current address, and one with a birth date. Bring your own shopping bag or box.

Napa Store House

1746 Yajome St. Tuesday and Wednesday: 8:45 a.m. - 11:45 a.m. Thursday: 10:45 a.m. - 1:45 p.m.

American Canyon - Harvest Freewill Baptist Church 240 Rio Del Mar 2nd and 4th Tuesdays, 3:30 - 6 p.m.

American Canyon - Harvest Freewill Baptist Church 240 Rio Del Mar 2nd and 4th Tuesdays, 3:30 - 6 p.m. Angwin Pantry Angwin Avenue Thursdays, 6 - 9 p.m.

Calistoga Cares 1435 Oak Street 2nd and 4th Thursdays, 3 - 6 p.m.

Community Church of Lake Berryessa 6008 Steele Canyon Rd. Thursdays, 11 a.m. - 5 p.m.

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 19 and 26 for rate information on low income apartments, retirement communities and assisted living.)

FREE MEDICAL EQUIPMENT

NAPA:

Home Health Care Supplies Share the Care 3205 Montclair Ave. 707.492.3198

Williams Automotive 283 Soscol Ave. 707.224.9466 707.252.6121

CALISTOGA:

Ace Hardware 1450 Lincoln Ave. 707.942.4396

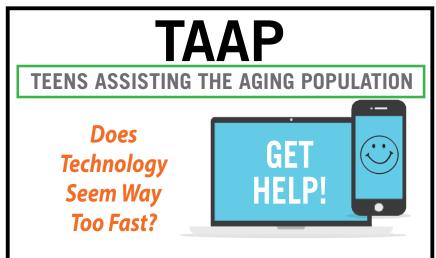
TELEPHONES

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 38)



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



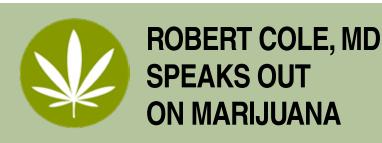
Your doctor probably won't suggest cannabis as an option to, or in addition to prescribed medications, but cannabis can be an important tool for treating Alzheimer's, pain, neurogenerative disease and end of life care, according to Robert Cole, M.D., the Associate Medical Director of the Pleasant Hill-based Hospice of the East Bay.

Though Cole oversees a hospice agency, he also lectures frequently on the benefits of cannabis in the hopes of dispelling myths and educating people on the benefits of this little known drug. Himself a survivior of a Melonoma cancer and once given a prognosis of only seven months to live, Cole's personal experience with cannabis, as well as seeing the ways it's helped others, has convinced him that it can play an important role in treating many different ailments, as well as help avoid the side effects from traditional medicines

When he was 49 years old, doctors discovered the skin cancer, Melanoma. It spread fast and quickly spread to a stage 4, meaning it had affected organs in his body, as well. He was treated with Interferon, which "felt like being in the constant state of having the flu," he remembers. He dropped 40 lbs, and could barely eat. His doctor suggested cannabis as a way to increase his appetite so normal weight could be maintained.

"I was not a novice to the herb,' he says with a smile, "I used it in college. But this time, the clinical benefit to me was profound."

Not only did his appetite improve, but it proved "an invaluable psychological benefit. It helped me with depression and sadness and brought me out of thinking about the future."



"Not worrying about the future...that's powerful for someone who's facing a shortened life span," he adds.

Now a believer in, Cole took on his own investigation on why this drug has been so stigmatized in the American culture. He points out that up to 1930, cannabis

was legal, and the ban was based on politics, fear and racism. Making it an illegal substance banned the promise of future study and research on any good it could do to help people.

"Only recently have we begun to understand how this place relates to and impacts physiology," he says. "The best

and earliest work is done by the Weizmann Institute of Science in Israel."

In his lectures, Cole goes into detail about how human bodies are actually made for cannabis utilization.

"We have specialized receptors in our brains whose only purpose is to respond to cannabis," he points out. The vast majority of doctors trained western medicine know nothing about this, it is the Endogenous Endocannabinoid System, our bodies are made to work with marijuana."

This system of receptors, he says, are located throughout the body and more

numerous than any other receptor system.

Most significantly, there is no such thing as a lethal dose of cannabis .

"It is essentially impossible to overdose because the compounds in cannabis

do not repress respiration," he says. "That's how opiates kills us."

Cole finds cannabis relatively safe to use, suggesting that people experiment with the various products and combinations until finding one that seems right for them. Aside from smoking, there are also

tinctures, creams, teas, patches, and hundreds different types of edibles.

And, while cigarette smoking is harmful to lungs, Cole points out that a "recent large study found no association between marijuana smoking and lung cancer.

For a novice, understanding the different products and combination of CBD and THC (the two compounds most significant in cannabis) can be confusing. This medication is also not prescribed by a doctor, with specified dosages. Positive outcomes are achieved by trial and error.

The THC component of cannabis is the one that produces the euphoria, or

"gets you high." The CBD component has the anti-inflammatory effect. What each individual needs to discover is the balance, the right combination that works for them.

"It is the balance of the two drugs that impact how someone experiences the drug," he says.

Many products, too, are not tested, so an accurate dosage isn't available. Cannabis is an herbal plant, difficult to standardize and regulate the dosage.

"The nature of cannabis has changed in 40 years. The plant is more potent than ever before, TCH levels used to be 8-11%, now they're 25%. There's a lot of cross breeding," Cole adds. "For example, low doses of THC decrease anxiety, higher doses increase it."

He suggests starting with lower doses of THC and going slow so "you can see what's happening."

And, about the euphoria...well, that's something Cole sees a lot of people worrying about.

"As a cancer doctor, I'm pro-euphoria. Euphoria is good. But people can have a sense they're out of control and it's scary to them. As a practitioner, cannabis is able to offer a guiltless euphoria, it's a way to get a break from the negative thought images."

Mostly though, Cole finds that cannabis is an important tool in helping people with pain and suffering.

And, the fact that many doctors don't know much about it, also will need to change.

"We need to put pressure on treating physicians to learn more about this," he says. "It is shocking to me on how few doctors are knowledgeable about the Endocannabinoid System."





Are Children Responsible for the Care of Elderly Parents?

In California, yes.

In a nutshell, adult children are required to financially care for their elderly parents, if they are not able to care for themselves. This includes food, shelter, clothing and medical needs.

A California action for filial support must be brought by the parent, or they county. Not by creditors. And, there is no responsibility to pay debts after a parent dies.

This law, however, is very rarely enforced.

Very broadly, the following criteria need to be met in order for filial responsibility laws to apply:

1. Your parent is accepting financial support from the state government.

2. Your parent has a medical or nursing home bill which they cannot pay, and they don't qualify for Medi-Cal.

3. Your parent is indigent, which means the cost of their care exceeds their governmental benefits.

4. Your parent does not qualify for Medi-Cal.

5. A caregiver has reason to believe that the patient's child has the money to pay the bill, and chooses to sue the child for what is owed.

If you can show that you were abused or abandoned as a child, the law typically considers that your parent is undeserving of your support.

Chances are, you will not be responsible for your parent's care. People are rarely sue and judges have discretion for enforcing these laws. If you can demonstrate that you do not have the means to pay your parent's bills, the courts will not impoverish you. Additionally, if you can show you have significant family expenses such as medical bills of your own, or even college tuition, a judge may exempt you from having to pay your parent's debts.



WHAT AM I AFRAID OF?

"Simone Weil said, 'Grace fills empty spaces but it can only enter where there is a void to receive it, and it is grace itself which makes this void.' Grace leads us to the state of emptiness, to that momentary sense of meaninglessness in which we ask, 'What is it all for? What does it all mean?' All we can do is try to keep our hands cupped and open. And it is even grace to do that. But we must want grace and know we need it

Ask yourself regularly, 'What am I afraid of? Does it matter? Will it matter at the end or in the great scheme of things? Is it worth holding on to?' Grace will lead us into such fears and emptiness, and grace alone can fill them up, if we are willing to stay in the void. We mustn't engineer an answer too quickly.

People of deep faith develop a high tolerance for ambiguity and come to recognize that it is only the small self that needs constant certitude or order. The Godself is perfectly at home in the River of Mystery."

~ Richard Rohr, Center for Action and Contemplation

WHAT CANNABIS CAN ALLEVIATE

- Pain. One in 5 Americans suffer from chronic pain.
 Cannabis can manage many types of pain.
- > Sleep problems. Cannabis can improve sleep
- **Seizures.** Cannabis is proven to alleviate brain seizures
- > Nausea. Improves appetite and stops nausea.
- > Intra-ocular pressure. Especially useful for glaucoma.
- > Anxiety/depression.

It can also help treat the following conditions:

ALS Alzheimer's Disease Chronic Pain Epilepsy Glaucoma



Huntington's Chorea Hypertension Multiple Sclerosis Sleep disorders Parkinson's Disease



Quality of Life: Index to Articles

Do You Suffer From Hearing Loss?	23
Hearing Loss - A Sign of the Times	23
Residential Care Facilities in the Napa Valley	26
How Can I Trust My Caregiver?	27
What Home Care Agencies are Charging in Napa County	30
Veteran Benefits to Pay for Long Term Care	34
Converting Your Home Into A Junior Apartment	37
Napa County Alliance for Senior Education (NCASE)	41



alzheimer's \mathfrak{R} association[®]

Serving Marin, Sonoma, and Napa counties

24-Hour Helpline 800.272.3900 Information, Referral,

Support

www.alz.org/norcal

Caregiver Support Groups

- Family and Community Education (English and Spanish)
- Training Program for Professionals
- Family Care Planning

San Rafael Office 4340 Redwood Highway Suite D-314

San Rafael, CA 94903



WE OFFER -

- Early Stage Support Group
 Program
- MedicAlert+SAFE RETURN
 Identification Program
- Annual Education Conferences:
 - Spring Sonoma County
 Winter Napa County

Santa Rosa Office

1450 Neotomas Avenue Suite 140 Santa Rosa, CA 95405

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 Collabria Day Program 414 S. Jefferson St. Napa, CA 94559 Collabriacare.org 707.258.9080 (See ad on page 23)

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 1450 Neotomas Ave., Suite 140 Santa Rosa, CA 95405 707.573.1210 (See ad on page 22)

Collabria Care Napa's Alzheimer Resource Center 414 S. Jefferson St. Napa, CA 94559 Collabriacare.org 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 23)

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 36)

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 25)

The Berkshire

2300 Brown Street Napa, CA 94558 707.252.9037 (See ad on back inside cover)

Greenhills Care Home

115 Thayer Way American Canyon, Ca 94503 707.558.8487 (See ad on page 24)

The Meadows Memory Care

2000 Atrium Parkway Napa, CA 94559 www.meadowsofnapavalley.org 707.320.2079 (See ad on page 5)

Continued on Page 24





"A lot of people are just in denial, it's their family that is noticing and talking louder to them."

DO YOU SUFFER FROM HEARING LOSS?

Hearing loss is gradual, and gets worse over time. Noise from sports, music, and more can affect your hearing. Take this simple test and see whether you have hearing loss:

Yes No

	1. You can hear, but you can't understand high-
	pitched sounds. Women's and children's voices might
	disappear, or you confuse words.

- 2. You have difficulty understanding what is being said, unless you are directly facing the speaker.
- 3. You are continually asking people to repeat phrases and words.
- 4. You prefer the TV or radio louder than others do.
- 5.You avoid social occasions, family gatherings or group meetings where listening might be difficult.

If you answered yes to any of these questions, you may have a hearing loss and should have your hearing tested.



ALZHEIMER'S SERVICE

- Quality Alzheimer's/dementia care
- Experienced, licensed staff
- Family consultations
- Custom care plans
- Caregiver training & respite
- Day Program with therapeutic activities
 Covered by some insurance plans or
- sliding scale fee available

Visit collabriacare.org or call 707-258-9080

Hearing Loss . . .A Sign of the Times

The world is a noisy place. Combine that with rock and roll music, piercing sirens, loud gunfire, daily hair blowers and a Harley Davidson motorcycleand lost hearing is a guarantee. The problem is that most people won't admit it, and instead of getting a hearing aid, they'll turn the TV volume up to loud, say "what?" a hundred times a day, and eventually become quiet and withdrawn.

On average, it takes a man seven years to get a hearing aid after being diagnosed with hearing loss, according to Yolanda Kananen, a Pleasant Hill based hearing specialist.

Even with almost every baby boomer destined for some hearing loss, there's still a huge stigma involved in not only diagnosing, but eventually having break down and buy an hearing aid.

"A lot of people are just in denial, it's their family that is noticing and talking louder to them, " said Kananen. "Family just gets exhausted from it, and often, too, it's their children who tell them that it's time to get a hearing aid."

Most people don't realize that hearing loss can have severe consequences to other parts of the body. For example, with hearing loss, there's a 30-40 percent increase in cognitive decline. People's minds just decline faster if they can't hear.

People who can't hear also have more balance disturbances...which translates to more falls.

And, they also become more depressed because they are no longer full participants in life.

With more noise, there is more hearing loss. One of the changes Kananen is seeing is that the average age of getting a hearing aid has dropped from 67, to 55. She points out, too, the people start losing hearing at about age 30.

And, with all the kids listening to music and using earbuds, she expects to see even more people with hearing loss in the near future.

People are often worried about the cost.

A decent hearing aid, for both ears, will run between \$2,800-\$6,800, according to Kananen.

She points out that the Veteran's Administration will pay for veteran's hearing aids, and Medi-Cal also will pay for aids, but the selection is limited.

People who are very low income can also apply to the Starkey Hearing Foundation who will fit them with a top-of-the-line digital hearing aid customized for their hearing loss. For more information on this program, call: 800-328-8602.

24 Quality of Life



Napa County 2018

Vintage House 2541 Vintage St.

Napa, CA 94558 707.265.8652

Wine Country Seniors Villa 3552 Jefferson St. Napa, CA 94558 707.226.3055

ASSISTED LIVING

Aegis Assisted Living 2100 Redwood Rd. Napa, CA 94558 www.aegisofnapa.com 707.251.1409 (See ad on page 25)

The Berkshire

2300 Brown Street Napa, CA 94558 707.252.9037 (See ad on back inside cover)

Assisted Living at The Villas

1800 Atrium Parkway Napa, CA 94558 Not-for-Profit Community www.retirement.org/Napa 707.320.2175

Piner's Guest Home 1800 Pueblo Ave.

Napa, CA 94558 707.224.7925 (See ad on Inside Front Cover)

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

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 38)

BOARD AND CARE HOMES

(See also Assisted Living page 24)

Greenhills Care Home 115 Thayer Way American Canyon, CA 94503 707.558.8487 (See ad on page 24)

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 3)

Napa Valley Senior Care, Inc. 707.265.8652 or 510.333.8509 (See ad on page 27)

The Vintage House 2541 Vintage St. Napa, CA 94558

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 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 36)

Cancer Case Management

Queen of the Valley Medical Center 707.251.2012

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

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

Collabria Care

Offer Care Management in the Day Program, Palliative Care and Hospice Services. Contact social worker for level most appropriate to situation. 414 S. Jefferson St. Napa, CA 94559 Collabriacare.org 707.258.9080 (See ad on page 39 & 44)

Yvonne Baginski

Caregiver Consultant P.O. Box 6863 Napa, CA 94581 707.226.7127 (See ad on page 32)

Share The Care

Share the Care, available throughout Napa Valley, matches people to the help they need. Also provides care management, problem solving and advocacy services. 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. This is an independent, community-based nonprofit service. sharethecarenv@gmail.com 707.492.3198

Continued on Page 28

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

PRECIOUS HOME COMPANION 24 years of quality service

24 hours / 7days service Live In /Live Out / Sleepover
 Personal Care, Mobility Assistance, Companionship
 Employees are payrolled, 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
 1-800-321-66555

www.precioushome.com 1280 Boulevard Way, Suite 104, Walnut Creek, CA 94595



The Greenest Lawn on the Block

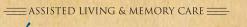
Dad took great pride in having the best looking lawn in our neighborhood. He would mow, fertilize, weed, and water until our front yard looked like a putting green. Our yard was the envy of the neighborhood. He spent evenings after dinner with his pipe and the garden hose. I still love the scent of tobacco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



Aegis Living

We're the people who make life better.

 Áegis of Napa

 2100 Redwood Rd.

 Napa, CA 94558

 707-266-6868

 AegisofNapa.com

RCFE #286803028



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 \$250 per day Shared rooms starting at \$3,500 Studios starting at \$5,100 1 bedroom starting at \$6,300

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

Assisted living rates begin at \$4,600. Rates include medication management, basic ADL assistance, laundry, housekeeping, activities, hydration program. Additional fees for memory care, incontinent care, hospice services and other personalized services based on assessment and need. NO community fee. Small pets allowed. Furnished and unfurnished accommodations. Hospice Care. Scheduled local transportation. Respite/short-term care available at all inclusive rate of \$225/day.



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



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 \$5,825-\$7,003 2 bedroom starting at \$5,412-\$6,659 Second person fee \$1,069

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 Thursday through Friday.

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 \$2,900. Private Room \$3,100. Hospice \$4,000. 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 familyrun establishment.

Napa Valley Senior Living 2025 Clay St. Napa, CA 94558 Contact: Krystal Smith 707.312.2971

Two residential care homes owned and operated by a registered nurse. Accepts memory care and hospice. All inclusive monthly rates for private rooms in a large, sunny home. \$5,000-\$6,500 a month, 24- hour care, meals, laundry, housekeeping, cable, WiFi, phone, laundry, medicaltion management included.

Napa Valley Senior Living 3100 Hamilton St. Napa, CA 94558 Contact: Krystal Smith

707.312.2971

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.





How Can I Trust My Caregiver?_



Yvonne Baginski Publisher, Born to Age

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 permisson.

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.ccld.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.

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, commpanionship, and shopping.



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
 text-resulting for texter allow any setup setup.
 Text-result of texter and texter and texter any setup.

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



HomeInstead.com/521 State (DSS) License 284700001



CAREGIVERS FOR HIRE

ABBA In-Home Care

28

3860 Broadway, Suite 103 American Canyon, CA 94503 Abbahomehealth.com 707.704.6489 & 707.731.0475 (See ad on page 32)

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

707.255.6260 or 707.363.2220 (See ad on page 31)

Hearts that Matter, Inc.

68 Coombs St., Suite A-9 Napa, CA 94559 Contact: Kim or Peggy www.heartsthatmatter.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 31)

Home Instead Senior Care

3433 Broadway, Suite B-1 American Canyon, CA 94503 www.homeinstead.com/521 707.252.3322 (See ad on page 27)

Love & Joy Senior Services www.loveandjoyseniorcare.com 707.342.5613 (See ad on page 31)

Precious Home Companion

1280 Boulevard Way, Suite 104 Walnut Creek, CA 94595 www.precioushome.com 800.321.6655 / 925.939.0197

Senior Helpers North Bay

1100 Trancas St., #214 Napa, CA 94558 www.seniorhelpers.com/Napa 707.251.1540 (See ad on page 35) Sequoia Senior Solutions

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

Your Home...Nursing Services 3188 Jefferson St. Napa, CA 94558 www.yourhomenursing.com 707.224.7780 (See ad on page 33)

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. Must be eligible for Medi-Cal. 707.259.8359

CONTINUING CARE RETIREMENT COMMUNITIES

These communities offer several levels of heath 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 5)

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

(See ad on page 18)

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 11)

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 38)

Paul M. Hoff Zeller, Hoff & Zeller

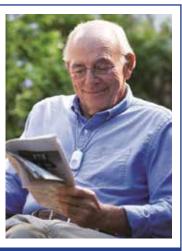
929 Randolph St. Napa, CA 94559 707.252.6633 (See ad on page 11)

Chronic Conditions May Increase Your Risk of Falling With the Lifeline Help Button, you're never alone!

- Emergency Assistant 24 hours/day
- Local and personal service
- Free installation & set up (\$50 value)

Fall Detection and Mobile Options available!





Call Today! (707) 778-7883 or (800) 949-2434 www.lifelinenorthbay.com/lifeline.php

EMERGENCY RESPONSE SYSTEMS

Lifeline 707.778.7883 800.924.2434 www.lifelinenorthbay.com (See ad on page 28)

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 94559 Collabriacare.org 707.258.9080 (See ad on page 44)

Redwood Caregiver Resource Center

1.800.834.1636

Share the Care

Meets with families to help plan and assess needs for care and support. This is an independent, community-based nonprofit agency, totally supported by donations. 707.492.3198 (See ad on page 18)



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 page 18)

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 info rmation and referrals. Also offers kinship support groups. www.aaans.org 707.643.1797 (See ad on page 8)

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 14)

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 3rd Wednesday of each month, 1 p.m. September-June Janine Scott: 707.257.0509

HOME-DELIVERED MEALS

Meals on Wheels 707.253.6111 or 1.800.788.0124

Continued on Page 33



HEALTHY LIVING AT HOME

a premier provider of Medicare Certified Home Health Services

To assist in your healing process, Healthy Living At Home, offers the following **MEDICARE COVERED HEALTH SERVICES**

Our professionals are "AT YOUR SERVICE" anywhere in the Bay Area. We provide immediate and specialized attention to your particular healthcare needs to ensure that you or your loved one feel safe, secure and independent. ALL IN THE COMFORT OF YOUR OWN HOME!

YOUR HOME HEALTH EXPERT

For More Information Contact, Michelle Kahler 707.815.8236



WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN NAPA

G etting 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. 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 877.513.7363

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 In-Home Care Services 3860 Broadway Street, Suite 103 American Canyon, CA 94503 Business Office: 707-704-6489 707-731-0475 Sacramento Valley: 916-690-0097 Fax Number: 877-904-7574 Website: abbahomehealth.com HCO#284700004

Abba In-Home Care has cared for seniors for over 16 years. Rates start at \$25 per hour with 4-hour minimum 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 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 \$23/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.



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.

LEARN MORE: 707.967.5770 Napa County 707.994.0737 Lake County

Adventist Health Home Care Services



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 licensed homecare organization, providing a wide range of caregiving services for over 23 years. All caregivers are our employees, and are thoroughly screened, insured, and bonded as Registered Homecare Aids. Caregivers available on a flexible hourly, overnight, and live-in basis. Rates range from \$30-\$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

3429 Broadway, Suite C-7 American Canyon, CA 94563 707-552-2266 Provides service in Napa, Solano and Sonoma Counties. www.homeinstead.com HCO#284700001

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. Staff are experienced and receive regular ongoing training. Accepts longterm care insurance. Caregivers are employees, so complete supervision and management is provided and all taxes and insurance is included. All employees thoroughly screened including criminal and driving records, drug tested and TB tested. Provide services and phone support 7x24x365. Rates range from \$27-\$30 per hour, 3-hour minimum shift. Care managers are able to provide options and referrals to other areas of needs.

Love & Joy Senior Care Services 340 Northrup Lane American Canyon, CA 94503 707-342-5613 & 925-408-7122 www.ljseniorcare.wix.com/loveandjoy Contact: Jennie Falcon

HCO#284700005

Love & Joy is a non-medical home care and board & care placement agency. Rates range from \$18-21 per hour, no minimum. Live in care rate starts from \$200 per day. Services can be stopped anytime, no contract needed. Accepts checks and long term care insurance. Free in-home assessments and safety checks. Caregivers are bonded, insured, background checked, and TB tested. Provide services for dementia/alzheimer's care, personal care, companionship, transportation, and hospice care. Licensed nurse conducts caregiver supervisory visits, regular client check-ins. and advocates for care with client's doctors.

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



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

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

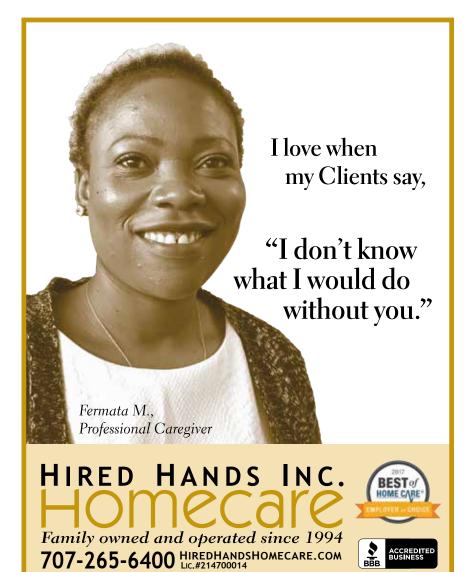
This is a private duty, nonmedical home care agency. Rates: \$20-25/ hour. Minimum 4-hour shift. \$320-400 for 24-hour care. All caregivers area criminal background checked (FBI and Department of Justice) TB-tested, receive first aid and CPR and medication assistance training. Bonded and trained in caring for elderly. Wheelchair transportation available.

Precious Home Companion

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

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 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 \$25/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.





WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN NAPA

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. \$31 per hour (3 hour minimum) \$35 per hour (anything over 9 hours in a day). \$550 for 24 hours (includes overtime). 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 are 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.

Cora Home Companion Care 310 Mark Way Napa, CA 707.255.6260 707.363.2220 Bus Lic: #30820

This is a non medical home companion providing personal care in your home. Rates, \$24 an hour Minimum, four-hour shift. Live-in care \$30 0, 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.



Support?

Need Information?



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



Quality Service, Family Owned, Great Reputation



Abba In-Home Care Services

- Personalized Care At Your Own Home
- Flexible Hours To Round the Clock Care
- Employees, Bonded and InsuredFree Board and Care Placements

Please Call: 707-704-6489

Visit us at www.abbahomehealth.com

Serving the all Bay Area, Sacramento, San Joaquin and Los Angeles



Quality of Life 33

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 30)

Healthy Living at Home

1320 Willow Pass Rd. Suite 715 Concord, CA 94520 www.healthylivingservices.com 877.513.7363 (See ad on page 29)

IN-HOME SUPPORTIVE SERVICES

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

MASSAGE SERVICES

Your Home...Nursing Services 3188 Jefferson St. Napa, CA 94558 707.224.7780 (See ad on page 33)

MEDICAL ALARMS

Lifeline

707.778.7883 or 800.924.2434 (See ad on page 28)

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 14)

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 28)

MEMORY CARE

(See Alzheimer's)

MENTAL HEALTH SCREENING

Mentis 709 Franklin St. Napa CA 9455

Napa, CA 94559 707.255.0966

Healthy Minds/Healthy Aging www.healthyminds-aging-napa.org 707.251.2058

MENTAL HEALTH SERVICES

(See Counseling Services page 13)

Continued on Page 35

Celebrating 28 Years of Caring! The Valley's most trusted Agency...

our years of caring prove it!

State Licensed • All Levels of Care Complimentary RN Assessment

Many of our caregivers have been with our agency over 15 years



Scooter Monroe Director of Pet Care

All Care Managed by an RN

Camie Bianchi Owner

Special Loving Care: Alzheimer's Dementia Strokes

642-4711 Benicia/Vallejo

428-5733 Vacaville/Fairfield

530-753-7478 Yolo County



Caregivers to Licensed Nursing Services

Home Care at Its Very Best!

In Your Home...the Minute You Need Us! Setting the Standard in Alzheimer's / Dementia Care www.YourHomeNursing.com 224-7780 963-4913 Napa Valley

996-4135 Sonoma





Nost 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.

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, 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

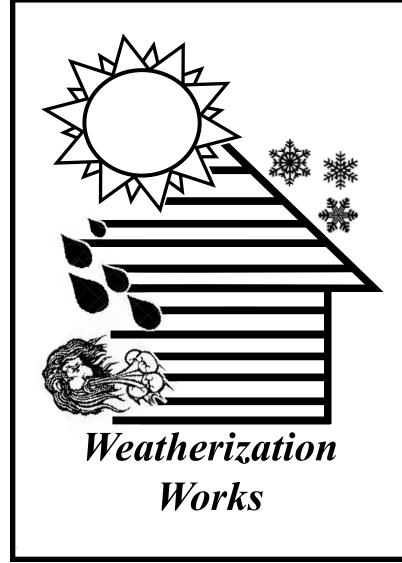
YES! Please contact me for advertising in the Born to Age Napa Directory 2019

Send to: Born to Age, P.O. Box 6863, Napa, CA 95581 Call us! 707-226-7127 www.borntoage.com

Name: _____

Phone:

Email: _____



HEAP

North Coast Energy Services, Inc. Home Energy Assistance Program

> North Coast Energy Services, Inc. 1100 Coddingtown Center, Suite 1 Santa Rosa, CA 94501 Phone: (800)233-4480 or (707)495-4417 www.northcoastenergyservices.com

» Utility Bill Assistance - Electric, Gas and Propane

» Free Weatherization, Emergency Heating and Cooling Repairs, Window Repairs, Refrigerator Replacement, Microwaves, Lights and Insulation.

Established 1981

Serving Lake, Mendocino, Napa, Solano, Sonoma & Yolo Counties



NURSING HOMES

Napa Post Acute

705 Trancas St. Napa, CA 94558 Napapostacute.com 707.255.6060

Piner's Nursing Home

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

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 5)

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.cahnr.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 38)

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

Provides support and care for people with advanced illness. Along with your physician, Palliative care helps for a better quality of life with symptom and pain management, access to palliative care clinicians and ensuring informed decisions about your care. 414 South Jefferson St. Napa, CA 94559 Collabria.org 707.254.4161 (See ad on page 44)

PHARMACIES

Family Drug 1805 Old Sonoma Rd. Napa, CA 94559 707.224.7807 (See ad on page 14)

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 32)

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 31)

Your Home...Nursing Services 3188 Jefferson St. Napa, CA 94558 www.yourhomenursingsvs.com 707.224.7780 (See ad on page 33)

Tweeten Eldercare Advisors

6520 Oakmont Dr., Suite 107 Santa Rosa, CA 95405 www.tweeteneldercare.com 707.570.2589 or 415.496.5199 (See ad on page 12)

RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

(See price comparison on page 32 and Board & Care Homes)

RESPITE CARE IN-HOME

(See Caregivers for Hire, Page 28)

RESPITE 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 25)

Collabria Care

414 S. Jefferson St. Napa, CA 94559 Collabriacare.org 707.258.9080 (See ad on page 39)

Continued on Page 36



Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained, professional caregivers. Let us ease your mind with a complimentary in-home care assessment.

Helpers



707.561.6068 | seniorhelpers.com/napa HCO #284700002 All rights reserved. Senior Helpers locations are independently owned and operated. ©2017 SH Franchising, LLC



SHOPPING / ERRAND SERVICES

Cora Home Companion Care 410 Mark Way Napa, CA 94558 707.255.6260 or 707.363.2220 (See ad on page 31)

Home Instead Senior Care

3433 Broadway, Suite B-1 American Canyon, CA 94503 www.homeinstead.com/521 707.252.3322 (See ad on page 29)

Your Home...Nursing Services

3188 Jefferson St. Napa, CA 94558 www.yourhomenursing.com 707.224.7780 (See ad on page 33)

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUPS

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

Better Breathers

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

Bosom Buddies

Meets 2nd & 4th Tuesdays of month 3421 Villa Lane. Wellness Center Claudia Davis: 707.257.4047



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.

Collabria Care

414 S. Jefferson St. Napa, CA 94559 Rianda House 1475 Main St., St. Helena Meets 1st & 3rd Thursday, 3-4:30 p.m. 707.963.8555 Collabriacare.org 707.258.9080 (See ad on page 23)

Multiple Support groups scheduled throughout the year. Including: ALS Support Group Alzheimer's & Dementia Support Group Caregiver Support Group Grief Support Group Parkinson's Support Group Call for locations, times and days.

LGBT Seniors Discussion Group

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

CANCER SUPPORT GROUP

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

Look Good...Feel Better

2nd 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

Caregiver Support Group with Respite

1st Thursday, 1-3 p.m. and 3-4:30 p.m. Collabria Care 414 S. Jefferson St. , Napa Collabriacare.org 707.258.9080 (See ad on page 44)

ST. HELENA CAREGIVER SUPPORT GROUP

Rianda House

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

CALISTOGA CAREGIVERS

3rd Wednesday, 3:30-5 p.m. Calistoga Community Center 1307 Washington St. keinberger@gmail.com 707.287.4363

CLUTTERER'S SUPPORT GROUP

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

CROHN'S & COLITIS SUPPORT GROUP

First Tuesday, 7-8 p.m. OLE Health 2nd 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

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

NAPA CREEK MANOR LOW VISION SUPPORT GROUP

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

Continued on Page 38



CONVERTING YOUR HOME INTO A JUNIOR APARTMENT ... A WIN-WIN FOR HOMEOWNERS AND RENTERS

Napa homeowners have a new option in renting a room for extra income or bringing in a live In caregiver: Junior Apartments. Basically, that means taking a regular home, and dividing out a portion (about 500 square feet) and developing it into a studio apartment with an outside entrance.

It's a concept developed at the nonprofit Lilypad program in Marin County, where it's proved to be a successful effort in transforming unused space in homes into additional living for affordable rent.

The City of Napa is launching the project with Lilypad, to add more affordable living space into existing housing stock.

Basically, what a junior unit does is repurpose a bedroom up to 500 square feet. The interior door to the home's main living area is doubled up, and an exterior entrance is built, according to Lilypad director, Rachel McGuinness. The bathroom can be shared, or included in the space. And, the studio includes a wet bar, electrical outlets and a small refrigerator.

Rachel Ginis, a building contractor, came up with the idea years ago as a way of renting out her main house, and being able to continue living there and paying the mortgage. She created a tiny apartment, and the living space compatible to what she needed. And, renting out the rest of the house helped make her mortgage payments.







Now, she wants to help others do the same.

With the Junior Initiative, Napa will pay for Lilypad to make 53 feasibility assessments in homes within Napa city limits. The assessments will make suggestions for improvements and creations of these apartments, and the best use of the space, according to Lark Ferrell, Housing Manager for Napa. There are also loans available, of up to \$40,000, to be completed. for each project The loans will be forgiven at a rate of five percent annually, over twenty years, if the apartment is rented to low income renters. After twenty years, if the terms are met, the loan is totally forgiven.

The home renovations generally cost between \$10-40,000. The unit would need an exterior door, a path, a wet bar, and an efficiency kitchen. What else is needed regarding appliances, finishes, etc., would be up to the homeowner. The house cannot be extended to create a unit, it must be done with existing space only.

In order to rent a unit, a low income person would need to earn \$52,550 or less to qualify, and the studio could not be rented out for more than \$978 a month. If the owner choses to rent out the main house, and live in the studio, the 2-bedroom house could not rent for more than \$1,257 a month. There is also an additional \$5,000 grant to make the studio ADA accessible.

For more information, contact the Housing Division, City of Napa at 707-257-8547.

38 Quality of Life



Napa County 2018

THE MEADOWS OF NAPA SUPPORT GROUP

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

LUPUS SUPPORT GROUP

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

MOOD DISORDERS SUPPORT GROUP

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

OSTOMY SUPPORT GROUP

2nd 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 SUPPORT GROUP

Rianda House 1475 Main St., St. Helena Meets 2nd Thursday, 3:30 – 5 pm 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, 2nd floor, Napa jwallis@can-v.org 253-6100 ext.132

STROKE SURVIVORS GROUP

2nd Tuesday of each month, 3 p.m. Queen of the Valley Medical Center Community Outreach 3448 Villa Lane, Suite 102, Napa kate.candland@stjoe.orgKate Candland: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



What is a Long-Term Care Ombudsman?

A Long-Term Care Ombudsman is a trained advocate for residents living in care facilities in our community.

An Ombudsman

- Helps protect the rights of our most vulnerable citizens
- Educates residents and families about their rights
- Helps resolve complaints
- Investigates abuse in facilities
- Works to ensure quality of life for those living in skilled nursing and assisted living facilities

Would you like to volunteer as an Ombudsman?

- Training provided
- Volunteer as few or as many hours as you like
- State certification required (classroom and field training)

The Ombudsman's office maintains lists of facilities in your area as well as other resources to help you make an informed decision.

All services are *free of charge* and *confidential*.

Call us for more information or visit our website:

Napa Long-Term Care Ombudsman

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

(707) 255-4236

www.advocates.aaans.org

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



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

MEDICAL TRANSPORTATION: Murphy Medical Transportation

Napa, Fairfield, Vallejo, Vacaville, Modesto, Stockton www.murpymedicaltransport.com 707.425.0100 (See ad on page 36)

Molly's Angels

Free rides to medical appointments 707.224.8971

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

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 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 sytem. The



- Napa's nonprofit hospice serving our community for nearly 4 decades
- Compassionate care for the patient and their family/caretakers
- Hospice team supports/enhances the care from your Dr.
- Grief support for family members/caretakers

Visit collabriacare.org or call 707-258-9080

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

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 34 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 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 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 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/americancanyon-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.



40 Quality of Life



Napa County 2018

TRANSPORTATION cont.

CALISTOGA SHUTTLE www.ridethevine.com/calistogashuttle 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 707.963.3007 The St. Helena Shuttle is an ondemand, 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.

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

The Yountville Trolley is an ondemand, 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 Serving people with various stages of sight loss. 4539 Occidental Rd. Santa Rosa, CA Earlebaum.org 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.

Napa, Fairfield, Vacaville, Modesto, Stockton, Vallejo www.murphymedicaltransport.com 707.425.0100 (See ad on page 36)

Piner's

Non emergency ambulance transport 707.224.3123 (See ad on Inside Front Cover)

WOUND CARE

Family Drug

1805 Old Sonoma Rd. Napa, CA 94559 707.224.7807 (See ad on page 14)

Your Home...Nursing Services 3188 Jefferson St. Napa, CA 94558 www.yourhomenursing.com 707.224.7780 (See ad on page 33)

Public Transportation

Safety Tips for Taking

- 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.



www.Born Age.com

Visit us online! GREAT ARTICLES & UP-TO-DATE ELDER CARE INFORMATION



Napa County Alliance for Senior Education (NCASE)



The Napa County Alliance for Senior Education's mission is to redesign and enhance the quality of a long life through education, using a multidisciplinary approach. There are presently more Senior Citizens than those under age 15 nationally. We realize Longevity must be re-defined and re-addressed to be effective. It is our hope to create a stronger voice for Senior Advocacy and to address the need for designing new solutions through teaching and learning.

NCASE started, April 2015, when a group of Seniors from the Adaptive PE class at Napa Valley College decided to unite in purpose and to strive

for positive group action, joining with other agencies whose goal is to better serve Seniors. NCASE serves its members by giving them opportunities for self-help and to serve others with our participation, by Seniors for Seniors, in issues that affect the elderly population.

This year NCASE focused on:

- Betty's Law Caregiver Ordinance enforcement. This requires legal permits and background checks for those working with individuals who need in-home care.
- Formation of The Northern CA Elder Abuse Task Force. Our recent workshop response from interested attendees
 from Solano, Sonoma and Sacramento Counties has been amazing. We've agreed to work as a collaborative coalition
 to meet quarterly to discuss Best Practices from each county and how to implement those throughout Northern
 California. Each county could benefit from surveying and evaluating results to better assist Seniors.
- Helping to design a new NVC Curriculum to provide classes for those working in various elderly service-oriented areas. These classes could provide certification and degree programs to advance employable skills and to expand job opportunities.
- Elder Abuse Awareness Symposium The Silent Epidemic of the 21st Century. The event provided information
 through speakers and panel discussions about Financial Abuse and other forms of abuse, Personal Property, forensic
 accounting and investigation for recovery of stolen assets, and agencies who help with litigation and legal assistance
 were some highlights.
- Participation in NVC student activities including Club Rush, Spirit Day and Special Events. NCASE is multigenerational and an integral part of the campus scene known as NCASE Club which is geared to drawn students and community members.
- Participation in the Senior Celebration Event with Share the Care, a free event presented at the Napa Valley Expo.

Next year NCASE focused on:

- Further outreach to agencies and non-profit organizations to collaborate on informing Seniors and the community at large of the most recent concerns and legal changes.
- Updates and information on new initiatives for Senior provision and protection.
- Design and implementation of workshops and symposiums to educate and raise awareness in the community, regarding Seniors.

Our Long Term Goal:

To establish an innovative Longevity Center Program.

This would be a County and State model located right here in Napa Valley for the greater awareness of Advocacy, Educational Opportunities and Informational Resources for our advancing Senior population.

We invite you to come meet with us to share ideas in a collaborative effort to better inform and educate Seniors, their families and service providers.

Your input and support to pursue this Model Program for the future is important to us. The hope is to provide an affordable, adapted quality educational system that would serve our entire local community as well as our interested neighbors.

Join NCASE to:

- Create new innovative projects that connect community, Seniors and their Families, Caregivers, and College Students.
- Co-operate in multigenerational local activities and workshops.
- Help plan re-entry careers for Seniors, plus work to provide for new related job fields of others.

NCASE meets weekly at the Napa Valley College Library Rm.1763, 2nd Floor Tuesdays: 9:30 am-11:00 am Handicapped parking and

Handicapped parking and elevator accessibility. Free parking permits available upon request.

For more information E-Mail: ncase@napavalley.edu

> Leave a message at: (707) 256-7645



Napa County 2018



Final Wishes: Index to Articles

Ways ToFinance Long Term Care	43
End Of Life Doulas - Trending To The Future	
Price Survey on Death Arrangements in Napa County	
Opinion: Right to Die	

BODY & ORGAN DONATION

UC San Francisco Willed Body Program Department of Anatomy School of Medicine, AC-14 San Francisco, CA 415.476.1981

California Transplant Donor Network 1611 Telegraph Ave., Suite 600 Oakland, CA 94612 888.570.9400

CREMATION SERVICES

Acacia Cremation and Burial Society

Affordable cremation and burial services. Family owned and operated. FD 2046 and FD 2103 www.acaciasociety.com (See ad on page 44) 877.916.4779

lospice

Claffey and Rota Funeral Home 1975 Main St., Napa, CA 94558

www.claffeyandrota.com 707.224.5210 (See ad on page 44)

Tulocay

411 Coombsville Rd., Napa www.tulocaycemetery.org 707.252.4727 (See ad on page 46)

Windsor Healdsburg Mortuary

9660 Old Redwood Hwy Windsor, CA 95492 Whcmortuary.com 707.838.6000 (See ad on page 45)

ESTATE ADMINISTRATION

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

Patient and Family Centered Care

Honoring patient wishes • Empowering families • Medicare or private insurance (707) 935.7504 • www.hbtb.org

Pacific Fiduciary Services P.O. Box 2947 Suisun City, CA 94585 Thomas J. Kiernan, CLPF 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. Napa, CA 94558 www.claffeyandrota.com 707.224.5210 (See ad on page 44)

Tulocay

411 Coombsville Rd. Napa, CA 94559 www.tulocaycemetery.org 707.252.4727 (See ad on page 46)

Windsor Healdsburg Mortuary

9660 Old Redwood Hwy. Windsor, CA 95492 Whcmortuary.com 707.838.6000 (See ad on page 45)

GRIEF SUPPORT GROUPS

Collabria Care 414 S. Jefferson St., Napa, CA Every Thursday, 4-5:30 p.m. 707.258.9080

Occasional Grief Support Groups

Coping with Grief Over the Holidays (English and Spanish) Napa and American Canyon Learning to Live with Loss 8-week grief support series. See collabriacare.org/calendar (See ad on page 44)

HOSPICE

Hospice by the Bay

17 East Sir Francis Drake Blvd. Larkspur, CA 94939 Main: 415.927.2273 Counseling: 415.526.5699 190 West Napa St. Sonoma, CA 95476 Main: 707.935.7504 Counseling: 707.931.7299

www.hospicebythebay.org

Serving the counties of Marin, San Francisco, San Mateo and Sonoma, and the cities of American Canyon, Napa and Vallejo. (See ad on page 42)

Collabria Care

414 S. Jefferson St. Napa, CA 94559 Collabriacare.org 707.258.9080 (See ad on page 48)

PALLIATIVE CARE

Collabria Care Palliative Services 414 South Jefferson St. Napa, CA 94559 Collabriacare.org 707.258.9080 (See ad on page 44)

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 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. Napa, CA 94559 www.zhz.com 707.252.6633 (See ad on page 13)



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, incluidng a limit of coverage based on utilizataion 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 fo 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 ia a partnership of the California Health Benefit Excchange 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 effectswedding, 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.





END OF LIFE DOULAS....TRENDING TO THE FUTURE

hile few people have even heard of the term, "End-of-Life Doula, " it is a newly emerging practice providing support to the dying at home. In the San Francisco Bay area, these doulas are mostly working as volunteers at hospices, and have yet to be embraced by the end of life industry as a basic precept of care. While most insurances will pay for hospice care...doulas are still outside that scope of care. Similar to birthing doulas, an end-of-life doula will sit with the actively dying person, and be with their family throughout the experience.

Lori Goldwyn of Pt. Richmond, Ca, left

her career as a birth doula, to train for another sort of care about two years ago. She believes she had "calling" for the work.

"I was feeling something was missing in my life, and thought maybe I should become a chaplain. I wanted to be more than a friendly visitor," she remembers. "And then I read about the end-of-life doula."

About two years ago, in New Jersey, Jamie Rakow started a training program for these doulas, and formed an organization, the International End-Of-Life Doula

DIGNIFIED AND AFFORDABLE • FAMILY OWNED AND OPERATED **ACACIA** Cremation and Burial Society

(925) 775-4462 (916) 993-8432 (707) 980-6470 Alameda = Amador = Contra Costa = El Dorado = Lake = Marin = Napa Placer = Sacramento = San Joaquin = Solano = Sonoma = Sutter = Yolo = Yuba www.AcaciaSociety.com = FD2046 - FD2103 - FD2252

Collabria Care

PALLIATIVE SERVICES

- A second layer of support for those with advanced serious illness
- Pain and symptom management in consultation 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 or call 707-258-9080

Association. Her three-day trainings are held throughout the United States, and after Goldwyn was trained, she became an active volunteer at an area hospice. She hopes, one day, that doulas will become recognized as staff of these agencies, as well.

Rakow knows of no hospice utilizing doulas in a professional capacity, though doulas can be hired privately by a family.

"The field now is what birth doulas were like 25 years ago," said Rakow, pointing out that the way hospices are currently structured for insurance payment reimbursements doesn't really work well with the ways doulas support a family or dying person.

Doulas, for example, sit vigil, 24-hours, around the clock during active dying. They are also constantly present whenever necessary. For example, "we try to find out everything we can about the family and circumstances so that we can create a blueprint on how someone wants to live out the last days of their life," she said.

While many hospices have developed some sort of "No One Dies Alone," program, Rakow sees the doulas in a different light.

"Doulas offer a much deeper, richer program," she said.

Yet, Goldwyn agrees, that it's been a challenge to be recognized by some hospices. For one, may people don't want to pay out-of-pocket for a service that comes under the umbrella of



end-of-life care, but is not included as a hospice benefit. Though she offers a sliding scale and hopes to make her services available to everyone, most of her work has been as an unpaid Hospice volunteer.

"Doulas don't provide the same services as a hospice volunteer or chaplain," says Goldwyn. "We complement these services. We do more. We develop ongoing relationships, and we can be there more often and stay longer."

For example, Goldwyn helps with life review, legacy work and establishes close relationships with the family in helping to reduce anxiety and fear.

"We work with family and patients to 'hold that space,' and the family feels our support," she says.

Her work with birthing, Goldwyn believes, has also made her more conscious of the dying process.

"I guide people through the entrance and exit. It's a door between worlds, and we are not in control of it. It's also the biggest mystery we have in this life."

As more people choose to die at home, and the hospice industry continues to grow, Goldwyn wants to make sure that people have choices in who will sit at bedside and provide the comfort they need.

"Right now, some hospices fall short of providing this type of care. Hospice has become a big business and there's so much work to be done in educating and supporting families."



1975 Main Street Napa, CA 94559

Napa County 2018



OPINION: RIGHT TO DIE

By Susan Upchurch

(Susan lives in Sebastapol, CA and this article was reprinted with her permission.)

N y close friend passed away last weekend, following a diagnosis with terminal bone cancer. As his Durable Power of Attorney for Health Care, I worked with friends, family, caregivers and the hospice to ensure that his medical needs were addressed. He suffered debilitating pain and the mental impacts of high dose pain management medication. Twenty-four hour care was required during his last week of life.

When I signed on as his decisionmaker many years ago, my friend made it very clear that he wanted to have control over his end. He did not want to decline into a mental fog state. Most importantly, he did not want to suffer,

In June, 2016, the California End of Life Option Act became law. My friend was an intellectual, and politically active his entire life. I found a folder in his files indicating that he followed the progress of this law from inception, to adoption. For someone in his situation, where the prognosis is definitively terminal, this law allows the choice to take a lethal dosage of medication.

Sadly, there is an inherent conflict between the medical community and the law. The American Medical Association has a formal ethics policy prohibiting physicians from assisting patients with end of life options. This policy extends to informing patients of the availability of aid in dying programs and protocols.

As a result, when he left the hospital, there was no discussion of the formal steps required to exercise this option. He did discuss the end-of-life choice with both his primary care physician, and the discharging physician. He thought these discussions were adequate to being the process.

They were not.

The Aid in Dying protocol requires witnessed paperwork, multiple physicians to certify that the patient is of sound and not under influence to make this choice, and most important, a 15-day waiting period.

After discharge, he entered hospice care. Then he waited the 15 days to pass, and asked for the lethal dose to be ordered. He was ready to die.

Unfortunately, we found that the formal process and the 15-day clock had not begun.

So began the most frustrating and disappointing final week of his life. While I helped procure the required documents and made the appointments needed begin the 15day waiting period, he repeatedly asked his friends and family to help him commit suicide. The declaration of his intent, and his 24-care meant that this was not possible. Anyone who assisted him, or left him with access to his medicationscould be charged with a crime.

He was scheduled to take his life ending medication on May 26. Over the weekend, he fell and hit his head. Slipping into a coma, he drew his last breath on Sunday. That traumatic event meant his suffering was finally at an end.

I share his story in the hope that others can avoid this distress. Had my friend been informed of the steps necessary for this option, at the time of his diagnosis, he would have been able to live life on his terms, and end it the same way.

In order to take advantage of the new law, the following is required:

1. The document must be signed by the patients and witnessed by two peopel.

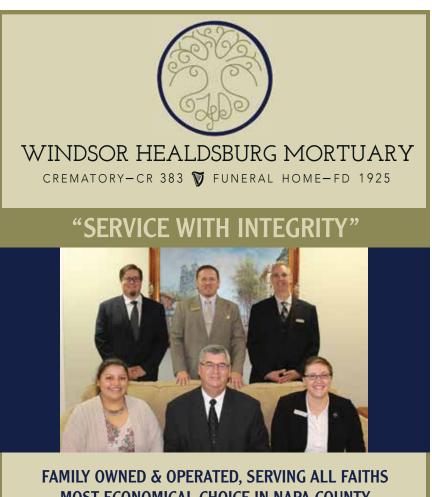
2. A doctor must confirm the terminal diagnosis and have a discussion with the patient, who must be of sound mind. This first doctor's visit begins the 15-day waiting period.

3. No sooner than 72 hours after the first visit, a second doctor must confirm the terminal condition and competency of the patient.

4. On day 15, a physician phone consultatin must confirm that the patient is of sound mind and intent. Then, the medication can be ordered and delivered. The patient must be able to take the medication on their own, without assistance.

The protocol can being at diagnosis. The final phone call and delivery of medication can wait until the person is ready for that step.

(Ed. Note. In the first year after the law took effect in June 2016, at least 504 terminally ill Californians received prescriptions for life-ending drugs, according the Compassion & Choices, the nonprofit group that advocated for the law. It is not clear how may of those patients actually ended their lives.)



MOST ECONOMICAL CHOICE IN NAPA COUNTY

9660 Old Redwood Hwy, Windsor, CA 95492 💓 (707)838.6000 info@whcmortuary.com 💓 www.whcmortuary.com





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	\$1725	\$1665	\$1595	Included	Included	\$3260
Claffey & Rota Funeral Home	\$1395	Included	Included	Included	\$33	\$1428	\$1495	\$550	Included	\$33	\$2078
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	\$33	\$2268
Windsor Healdsburg Crematory & Mortuary	\$995	Included	Included	Included	\$31	\$1026	\$1895	\$995	Included	\$33	\$2923

In updating this survey for 2018, 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.





The Berkshire

Assisted Living and Memory Care

Locally Family-Owned Senior Residential **Care Facility Offering:**

- Comprehensive personalized care services.
- 24 hour awake care staff.
- Assistance with activities of daily living: hygiene, toileting, transfers.
- Medication supervision.
- Meals and snacks, hydration program; special diets offered.
- Activity program.
- Secured memory care.
- Housekeeping and laundry services.
- Beauty Salon.
- Scheduled transportation in wheelchair van.
- Hospice Care.
- Respite Care.
- No Community Fee.
- Affordable Rates.

Call to schedule your personal tour. We look forward to meeting you!

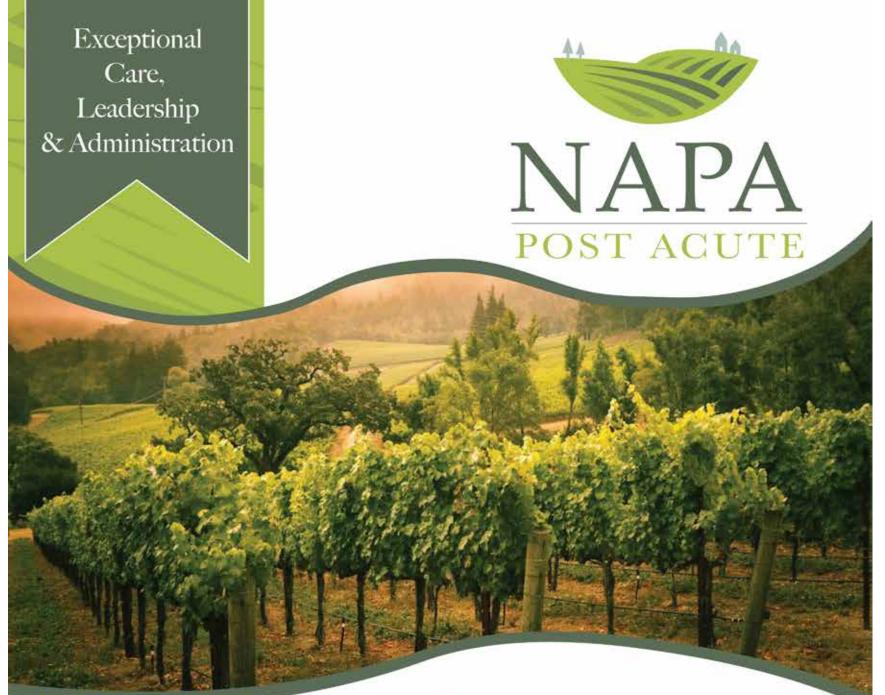
2300 Brown Street | Napa, CA 94558

(707) 252-9037

RCFE License #286801095

Check our website for Senior Resources and Checklists.

berkshireassistedliving.com



705 Trancas Blvd. Napa, CA. 94558

TEL: 707-255-6060 FAX: 707-252-3211

www.napapostacute.com

At Napa Post Acute we care about you. We believe in providing premium care, and we make every effort to ensure our staff and our programs meet all your health care needs. These include:

SPECIALTY PROGRAMS:

- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Orthopedic Rehabilitation
- Diabetic Management & Instructions
- Feeding Tubes & Family Training
- Chronic Diesease Management
- IV Medication
- Extensive WOund Care Program
- ISpecial Dietary Needs
- Hospice and End of Llfe Care
- Dementia Care

ACCOMMODATIONS:

- Free Wi-Fi
- Telephones in short stay rooms
- Alternate meal options
- Varied Activity Program
- Live Entertainment
- Family Meal Options
- Family Pet Visits



Caríng for a lífetíme...