



Collabria Care

Formerly Napa Valley Hospice & Adult Day Services

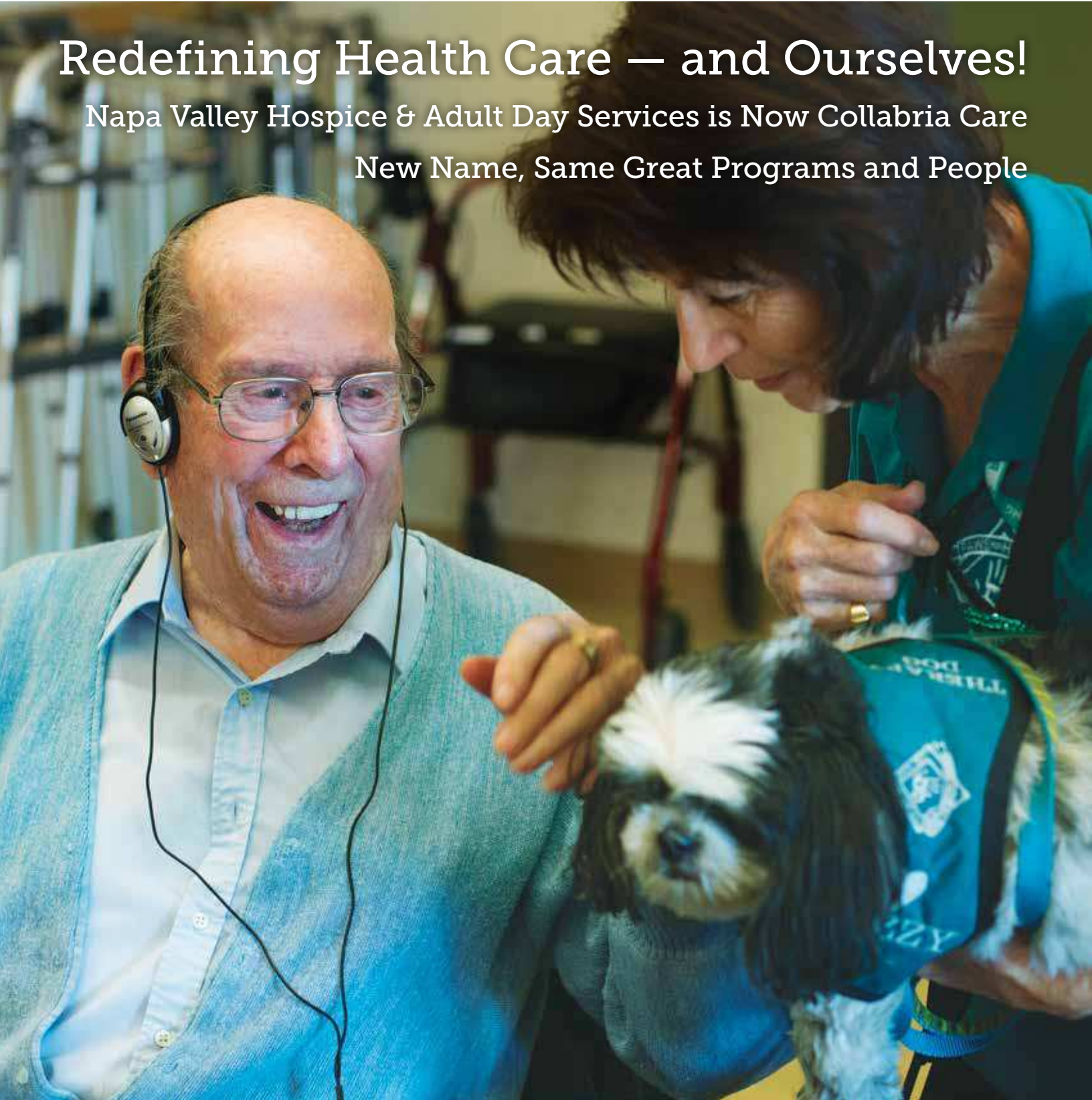
Spring 2016

Connection

Redefining Health Care — and Ourselves!

Napa Valley Hospice & Adult Day Services is Now Collabria Care

New Name, Same Great Programs and People





Napa Valley Hospice & Adult Day Services is Now Collabria Care

Redefining Health Care – and Ourselves!

In mid-February, Napa Valley Hospice & Adult Day Services became Collabria Care™.

What started in 1979 as a small hospice has become a vibrant non-profit organization with more than 125 employees and 130 volunteers – one that has redefined health care for those in our community facing the transitions of aging, chronic illness, and the end of life.

With more people now living longer and the Baby Boomers (the largest generation yet) reaching retirement age, the demand for services has increased. So we have grown – and continue to grow – to meet the increasing need within our community. Our previous name no longer adequately described the broad continuum of care and resources we now provide, so Napa Valley Hospice & Adult Day Services changed its name to Collabria Care.

Collabria Care remains the same long-standing, non-profit community organization — with the same staff and volunteers — that has served Napa Valley for almost four decades, but now our services are more clearly defined as two programs under the Collabria Care umbrella.

Collabria Care™ is the expanded home of programs for those with chronic conditions, with Alzheimer's disease, and for our palliative care services.

Collabria Day & Alzheimer's Services

This provides much-needed support and customized care for those diagnosed with Alzheimer's and other dementias, as

well as their caregivers, and will grow to accommodate the projected significant increase in dementia cases.

Collabria Care Chronic Condition Services

As people live longer, they often cope with conditions such as diabetes, Parkinson's, heart disease, or cancer. We offer unparalleled health care and resources for individuals and their families facing the challenges of living with chronic conditions.

Collabria Care Palliative Services

This program provides an extra layer of support for those suffering from a progressive or advanced illness – such as cancer, heart disease, pulmonary disease, kidney failure, Alzheimer's, or Parkinson's – by working closely with a patient's existing medical team to manage symptoms, prevent or relieve suffering, and support the best possible quality of life for patients and their families.

Collabria Hospice™ continues to provide quality support and care for those facing the end of life, to help ensure the last stage of life is comfortable, and to provide respite for family caregivers.

“Our efforts have always been focused on finding and fulfilling the needs of those coping with the complications of aging, and chronic or terminal illnesses,” said Linda Gibson, President & CEO of Collabria Care. “When you look at the continuum of care we offer, our previous name no longer accurately represents the organization. As we have redefined how we provide health care, we also needed to redefine our organization.”

Collabria Care FAQ

Why the name change now?

We changed our name to ensure we have the structure and capacity to accommodate future needs. The largest generation – the Baby Boomers – will live longer than any previous group and, consequently, will be more likely to suffer chronic illness. Add to this the significant increase projected in the incidence of Alzheimer's and other dementias, and the communities we serve will require expanded models of care beyond what is available today.

Why the name Collabria Care? What does it mean?

Collabria Care is a coined phrase that connotes **collaboration**, which is at the heart of everything we do.

Were you purchased or did you merge with another organization?

No, we are the same non-profit organization as before, just with a new name.

Why isn't Hospice in the new name?

People were reluctant to come to us for challenges related to aging or chronic conditions, because they thought "Hospice" in our name meant our services were only for the terminally ill.

Why isn't Napa Valley in the new name?

Our service area has expanded beyond the Napa Valley to include the entire county, as well as neighboring communities.

Where is Adult Day Services?

The new name for Adult Day Services (ADS) is the Collabria Day Program. It is the same awarding-winning, patient-centered program for those with chronic conditions and/or dementia.

Aside from the name, how will this change the organization?

While we will have the same quality of service and dedicated staff and volunteers, we will:

- be even more patient-centered in our approach to care
- be able to expand and tailor services to fit our communities' needs

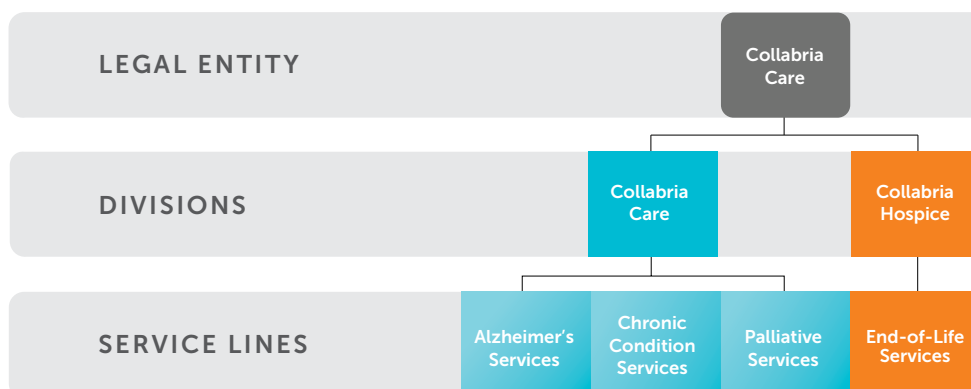
In short, we will be well prepared to serve anyone who needs our services, wherever they call home.



Collabria Care 2016 Board of Directors

Steve Silva, Chair
Dan Dwyer, Vice Chair
Linda Gibson, President & CEO
Kathi Metro, Treasurer
Deborah Macdonald, Secretary
Eileen Crane
Martha Dameron
Debra Dommen
Jon Logan
Andrew J. Nicks MD, FACR
Mary Stephenson
Tricia Williams

We will continue to provide information about our programs and new resources in future newsletters. Additional information is also available at collabriacare.org. Or, you can contact us with questions at 707.258.9080, or info@collabriacare.org.



2016 NuStep Pinnacle Award Winner

“It is Collabria Day Program’s exceptional efforts and holistic approach for engaging older adults with meaningful programs, positive environments and supportive relationships that help participants — and their caregivers — to thrive that put this program at the top of our list.” – Steve Sarns, NuStep Vice President of Sales & Marketing

The Collabria Day Program (formerly Adult Day Services) won gold in the NuStep Pinnacle Award international competition, from a field of senior centers across the US and Canada.



NuStep’s Steve Sarns with Collabria Day Program Director Celine Regalia at the January 26th ceremony

The Pinnacle Award “spotlights exceptional efforts in senior living communities and senior centers that best integrate a culture of whole-person wellness throughout their organization.” The judging criteria involved seven dimensions of care: emotional, social, spiritual, physical, intellectual, vocational and environmental wellness. Winners were selected based both on their applications and site visits.

The award was established by NuStep, Inc., which manufactures recumbent cross trainers that can be modified for use by individuals of any ability.

“Through this program, we recognize organizations for their wellness cultures, and it is a pleasure to recognize Collabria Day Program as the 2016 Gold Pinnacle Award winner,” said Steve Sarns, vice president of sales & marketing for NuStep.

He presented the award and a NuStep recumbent cross trainer to Collabria Day Program at a ceremony held on January 26.

Award Recognizes the Organization, and Benefits Its Participants

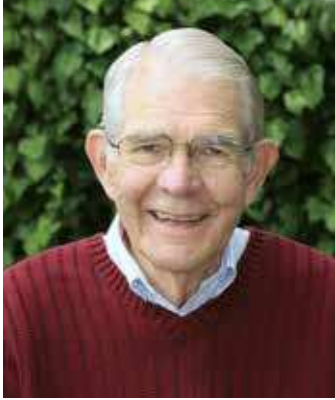
“NuStep recumbent cross trainers have been an integral part of our person-centered approach,” said Collabria Day Program Director Celine Regalia. “They can be modified to accommodate nearly any person’s level of ability, from coping with weakness after a stroke to building general strength and endurance. They allow our participants to exercise comfortably and reap the benefits of physical therapy.

“We’ve had two of these cross trainers in our program, and they are so popular we’ve had to set time limits on their use so that everyone can use one. Having a third machine to meet the demand is exciting for us and for our participants. We’re very honored to have our program recognized at an international level.”



Among the benefits of building strength and mobility through this kind of exercise is the reduction of falls — something that happens to one out of three people over age 65 each year, resulting in more than 700,000 hospitalizations nationwide. **Data shows that 90% of Collabria Day Program participants maintain or improve their fall risk scores through our program.**

An Investment in the Future



John Pershing was a wise and generous investor with his time, his knowledge and his money. His generosity with all three made Collabria Care a better place – and has continued to do so since his passing in December 2014.

John and his wife, Fran, had owned a 187-acre estate in Calistoga. After 23 years as

grapegrowers, they sold the property and hit the road – exploring America and traveling abroad. They maintained their home base in St. Helena, and John began volunteering at Collabria Care.

After Fran passed away, John devoted more time to the organization, volunteering 50-plus hours a month, between Hospice, the Day Program and the agency’s board of directors. He visited patients, led bingo games and even piloted a memory-stimulating reminiscence group. He strived to ensure that participants felt valued because as he once said, “When you get to a certain point in your life, people seem to only ask you what you want for breakfast.”

Beyond donating his time and expertise, John supported Collabria Care financially, and named the agency as a beneficiary of his estate. Becoming a member of our Legacy Society allowed John to invest in the agency’s future growth, even after he was gone.

“Not only does a charitable bequest allow a donor to make a gift to Collabria Care without giving up assets now,” explains Director of Development Joanne Sutro, “it allows us to plan for the future. John understood how this is an investment in the future health of our community, and we are grateful for donors such as him for sharing in our mission and our long-term success.”

The Collabria Care Legacy Society was developed to recognize and honor donors now for their future gifts. To learn more, contact Joanne Sutro at 707.258.9080 or jsutro@collabriacare.org.

If you’ve already named our organization in your will or estate, please let us know so that we may thank you and recognize you as a member of the Legacy Society.

Legacy Society Members, Save the Date!

Legacy Society Annual Luncheon

**April 13, 2016 | Collabria Care – Collabria Hospice
414 South Jefferson Street, Napa**

We cordially invite all Legacy Society members to join us for our fourth annual luncheon, as our way of thanking you for your support.

Have You Included Napa Valley Hospice & Adult Day Services In Your Will or Estate Planning?

If so, you do not have to pay an attorney to update your will/trust to reflect our new name. To make things easier for your heirs or executor, simply paper clip a note to the front of your trust documents, indicating NVHADS (or Hospice of Napa Valley) is now legally Collabria Care. Do not line out the old name and replace it with the new name on your trust documents.

Here is sample wording:

NVHADS has changed its name to Collabria Care. It is located at 414 South Jefferson St., Napa, CA 94559. The phone number is 707.258.9080.

Take Control of Your Health Care—and Your Quality of Life

With so many advances in medical care for prolonging life, it can be hard to choose what is appropriate from what is possible when faced with a medical emergency, serious illness, or the end of life.

That balance between length and quality of life is a highly personal choice. So what happens if you're in an accident or so ill you're unable to have a say about the kind of care you want — or don't want?

Making your choices known beforehand is the best way to ensure you receive the kind of care you want. And the way to do that is to have an advance health care directive (AHCD).

An AHCD can give you the peace of mind of knowing your wishes for how to be treated and cared for will be honored. And it relieves loved ones of the burden of having to make difficult decisions under pressure without knowing your wishes.

What Is An Advance Health Care Directive? An AHCD is a way to make your health care wishes known if you are unable to speak for yourself or prefer someone else to speak for you. An AHCD can serve one or both of these functions:

- Power of Attorney for Health Care (to appoint an agent)
- Instructions for Health Care (to indicate your wishes)

Is The AHCD Different From A Durable Power Of Attorney For Health Care? Legislation enacted in July 2000 replaced the Durable Power of Attorney for Health Care and the Natural Death Act Declaration with the Advance Health Care Directive. However, if you had already completed a form that was valid before July 1, 2000, it is still valid.

Why Should I Complete an AHCD?

People of all ages may unexpectedly be in a position where they cannot speak for themselves, such as an accident or severe illness. In these situations, having an AHCD assures that your doctor knows your wishes about the kind of care you want and/or who the person is that you want to make decisions on your behalf.

Does This Mean Only One Person Can Decide For Me? What If I Want Others Involved Too?

Often many family members are involved in decision making, and most of the time, that works well. Occasionally, people will disagree about the best course of action, so it is usually best to name one person as the agent (with a back up, if you want). You may also indicate if there is someone who you do NOT want to make your decisions for you.

Why Don't Doctors Make All The Life-And-Death Decisions?

Doctors tell you about your medical condition, the different treatment options that are available to you and what may happen with each type of treatment. Though doctors provide guidance, you or your designated decision maker make the decision to have a treatment, refuse a treatment or stop a treatment.

What If Something Happens To Me And No Form Has Been Completed?

If you are not able to speak for yourself, the doctor and health care team will turn to one or more family members or friends. The most appropriate decision maker is the one with a close, caring relationship with you, who is aware of your values and beliefs and is willing and able to make the needed decisions.

Why Should I Share My Values And Beliefs?

It's a good idea to talk with family or close friends about the things that are important to you regarding quality of life and how you would want to spend your last days. Knowing the things that are most important to you will help your loved ones make the best decisions possible on your behalf.

What Kinds Of Things Can I Write In My Instructions For Health Care?

You can, if you wish, write your preferences about accepting or refusing life-sustaining treatment (like CPR, feeding tubes, breathing machines), receiving pain medication, making organ donations, indicating your main doctor for providing your care, or other things that express your wishes and values.

If I Appoint An Agent, What Can That Person Do?

Your agent can make all decisions for you, just like you would if you could. Your agent can choose your doctor and where you will receive your care, speak with your health care team, review your medical record and authorize its release, accept or refuse medical treatments and make arrangements for you when you die. You should instruct your agent on these matters so he or she knows how to decide for you. The more you tell your agent the better he or she will be able to make those decisions on your behalf.

When Does My Agent Make Decisions For Me?

Usually the agent makes decisions only if you are unable to make them yourself – such as, if you've lost the ability to understand things or communicate clearly. However, if you want, your agent can speak on your behalf at any time, even when you are still capable of making your own decisions. You can also appoint a “temporary” agent



Honoring Your Choices

At the local level...

Collabria Care is a founding member of **Honoring Choices Napa Valley** (HCNV), a coalition of individuals and organizations developing a community-wide commitment to advance care planning so that health care for all adults in Napa County is based on their previously expressed values and wishes about aging, illness, and death. Implementing this will improve patient and family experiences during end-of-life care, while reducing overall societal cost by avoiding unwanted and futile treatment.

At the state level...

California Senate Resolution 17 (2015) urges residents to communicate health care preferences before a medical crisis occurs. SR17 declares April 16 as National Healthcare Decisions Day (NHDD) and prompts all Californians to communicate their health care preferences by executing an advance health care directive.

– for example, if you suddenly become ill, you can tell your doctor if there is someone else you want to make decisions for you. This oral instruction is just as legal as a written one.

What Is A Witness Statement?

Witnesses must sign a statement on the AHCD indicating that they a) know who you are or have been shown proof of your identity, b) are 18 years old or more, c) are not your health care provider or working for your provider, d) are not your health care agent, and e) are not employed in the place where you live. One of the two witnesses must sign a statement indicating that they are not related to you by blood, marriage or adoption and will not receive any property or money from you after your death.

Do I Need An Attorney To Help With This? No. Completing an AHCD isn't difficult, and an attorney is not necessary. But the most important part of

this is talking to your loved ones. Without that conversation, the best form in the world may not be helpful!

What Should I Do With The Form After I Complete It?

Make copies for all those who are close to you. Discuss with your doctor and ask that it be included in your medical record. Photocopied forms are just as valid as originals. Be sure to keep a copy for yourself in a visible, easy-to-find location – not locked in a drawer.

What If I Change My Mind? You can revoke your form or your oral instructions at any time. Also, it's a good idea to try to find old forms and replace them with new ones.

*These FAQs are published with the permission of **The Coalition for Compassionate Care of California (CCCC)**, which promotes high-quality, compassionate care for everyone who is seriously ill or nearing the end of life. Additional information and resources can be found at <http://coalitionccc.org/>*

Collabria Care Welcomes Two New Board Members

Collabria Care has added two new individuals to its board, each of whom brings a wealth of experience to their new role: Andrew Nicks, MD, FACR, and Mary Stephenson.



Dr. Nicks served as the Chief of Radiology at Queen of the Valley Medical Center and is a past-president of the Radiology Medical Group of Napa, Inc. He has served on the Board of Directors

of the Partnership Health Plan of California and the Napa Valley Country Club; on the Board of Trustees of Queen of the Valley Hospital; and as a director of two local banks.



Mary Stephenson brings more than thirty years of marketing expertise from a variety of industries, including health care. She has developed marketing plans and strategies, orchestrated product

development and brand equity research studies, and has experience evaluating internal marketing operation structures, managing outside resource review processes, and meeting facilitation needs.

"We are honored to welcome Andrew and Mary," says Collabria Care President & CEO Linda Gibson. "They enrich a Board of Directors that is already sound, strong, and committed to the work of serving the people of this community through life's most challenging transitions."

Nicks and Stephenson join current Collabria Care board members Eileen Crane; Martha Dameron; Debra Dommen; Dan Dwyer; Linda Gibson; Jon Logan; Deborah Macdonald; Kathi Metro; Steve Silva; and Tricia Williams.



Sponsor Spotlight

Your Home Nursing Services

Your Home Nursing Services (YHNS) has been a valued program sponsor for Collabria Care since 2011. Thanks to YHNS, our Collabria Day Program has been able to add three programs:

Music & Memory – Favorite songs tap deep memories not lost to dementia. Day Program participants with dementia are interviewed by interns from New Tech High School, who then create a personalized music playlist for each individual to enjoy on an MP3 player. Since launching this program, staff have seen a remarkable improvement in participants' ability to converse, socialize and stay present.



Community Conversations – A free education series focused on wellness.

Art Therapy – Three staff members have been certified in and are implementing the "Sharing the Journey" art therapy program, which gives people with dementia a way to express themselves through a range of art media.

Additionally, YHNS was a Premiere sponsor of our 2015 Advances in Palliative Care Conference last November, which attracted medical professionals from across the state.

YHNS is a local, family-oriented, state-licensed private duty home care agency, providing care to patients in the comfort of their own homes or other living arrangements. They offer homemakers/caregivers for skilled nursing care, from babies to the elderly, with pets being considered part of care. There are no limitations on the number of hours of use and YHNS employs 160 caregivers, all of whom are insured and bonded, with background checks. Most have been with YHNS for five or more years.

We are so grateful for Camie Bianchi and YHNS for their ongoing support of our services and programs.

Weekend (Volunteer) Warrior: Greg Merideth

Greg Merideth has an infectious enthusiasm for life and for people. He works as senior vice president of sales for Lagunitas Brewing Company, and with his wife of 25 years, Katherine, has two children: Dylan, who is studying medicine at Colorado State, and Emily, who attends Napa High. But even with his busy schedule, he's found a way to share his time and talents with our patients as a Hospice volunteer.

Eight years ago, Greg lost his father to cancer. His wife Katherine has been managing Crohn's disease for 20 years and is a breast cancer survivor. As he thought about these events, Greg began to reevaluate his life balance, his faith and his understanding of what was truly important to him. And after much research and reading on spirituality and natural healing, he attended classes to study Rieki, a Japanese technique for stress reduction and relaxation that promotes healing. After two years of practice he is now a Reiki Master.

While studying Reiki, he wondered how to utilize this skill. "I wanted to incorporate into my life a way to help others on a regular basis," Greg said. "One night, I dreamt about working in a Hospice office. When I told my wife about the dream, she told me to connect the dots: we had seen the amazing things hospice care had been able to provide my father, and I was seeking a way to help others, so she encouraged me to call Napa Valley Hospice (now

Collabria Hospice) to find out if they needed help. I underwent volunteer training classes, and a year ago, began patient visitations.

"I have most weekends free, so I like taking 3-4 hours each weekend to visit patients in Hospice care.

"I offer Reiki for those who would like it, but helping with a variety of different patient needs has also allowed me to develop other ways to enrich my visits," he says. "I'm a big iPad user, and have downloaded all sorts of music over the years, so I'll play a variety of music from the patient's generation: big band, movie tracks, opera, top performers of his or her time, you name it. We listen, we talk, and we often end up singing the songs together, too—sometimes making quite a scene. It's a way to connect, and something to share and enjoy together.

"The joy of working with Hospice is that it's the best way to honor those we've lost and loved – by giving to those who need it the most."



Ways You Can Volunteer

Collabria Hospice and Collabria Care Palliative Services

- Provide companionship to patients
- Provide respite for patient's caregivers
- Run errands and/or drive patients to appointment
- Make calls to bereaved families
- Provide Reiki and/or gentle massage

Collabria Day Program

- Assist with art, music, and gardening therapies
- Lead current events discussions
- Assist with board and card games
- One-on-one participant interactions

Organizational Support

- Front-desk reception
- Development and fundraising support
- General office assistance

There are many ways to volunteer your time and talent with Collabria Care – Callabria Hospice programs. To learn more, visit collabriacare.org or call Anne House, Volunteer Services Manager, 707.254.4172.



Mark your calendars now for our two biggest community fundraisers

Doing Good While Having Fun

11th Annual Golf Tournament

Monday, May 16, 2016

1:00 pm Shotgun Start

Eagle Vines Vineyards & Golf Club

Mark Twain may have thought golf was a good walk spoiled, but we promise a fun afternoon of great sport filled with on-course surprises, and prizes awarded to men's, women's, and mixed foursomes.

10th Annual Gala

Friday, September 9, 2016

Castello di Amorosa, Calistoga

Honorary Chairs KR and Laura Rombauer

A gala evening of alfresco dining, entertainment, and the much-anticipated live auction comprised of rare Napa Valley wines, fabulous winemaker dinners and exclusive travel experiences, all enjoyed at Castello di Amorosa.

For further event details, please contact [Jennifer McConnehey](mailto:jennifer@mcconnehey.com), 707.258.9080.



Another Fun Way to Support Collabria Care...

Join us for the 7th Annual HALL Cabernet Cookoff on Saturday, April 23 at HALL St. Helena

This competition partners professional chefs with local charities in a culinary challenge to pair HALL Cabernet with creative and delicious dishes.

Past winner One Market Executive Chef Mark Dommen has again chosen Collabria Care as his beneficiary. For more information, visit hallwines.com.

Remembrance Garden

Honor Those Who Have Made a Difference in Your Life

This year, our annual garden display will move from its long-time home at V Marketplace to the beautiful gardens at Collabria Care. Honorees will be recognized on signage in the garden. Should you wish to make a Remembrance Garden gift, a donation envelope is enclosed in this newsletter. Special thanks to Orchard Supply Hardware for contributing plants and flowers to create this tribute.

We invite you to visit the display and enjoy a moment of quiet meditation by walking our labyrinth. The garden will be open to the public May 23 through June 3, from 10:00 a.m. – 6:00 p.m., Monday through Friday (excluding Memorial Day), and 10:00 a.m. – 2:00 p.m. on the weekends.

After June 3, the display flowers will be used in our Collabria Day Services Horticulture Program and to brighten the lives of our Hospice patients.



Thank You to Our Wonderful Annual Sponsors





Collabria Care

Formerly Napa Valley Hospice & Adult Day Services

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To change your mailing address or opt out of future mailings, please contact the Development Department at 707.258.9080 ext. 212 or (by email) at development@collabriacare.org.



Collabria Care Community Services & Programs

All programs listed below are held at Collabria Care, 414 South Jefferson Street, Napa

Grief Support Groups

Learning to Live with Loss

An eight-session group for adults who have experienced the death of a family member or friend. This professionally facilitated group focuses on education and support. Attending the entire series is strongly recommended. Pre-registration is required: call Janeen Fabulae, MFT, at 707.258.9080

Monday Group: Feb. 29 – Apr. 18, 3:00 – 4:30 pm

Wednesday Group: Mar. 2 – Apr. 20, 6:30 – 8:00 pm

Ongoing Support Group

A weekly drop-in support group for adults who are grieving any loss.

Thursdays, 4:00-5:30 pm

Annual Memorial Service

Join Hospice staff for our annual remembrance of those we've cared for during the past year.

Saturday, May 21, 10:00 am

For further information, contact Janeen Fabulae, MFT, at 707.258.9080

Lunch & Learn

A presentation and Q&A session for care partners living with loved ones who have moderate to advanced Alzheimer's Disease or related dementia.

Sessions are held from 12:00 – 2:00 pm, a sack lunch is provided and respite care is available. Preregistration required. To RSVP or for further questions, contact Jillian McNab at 707.258.9087 ext. 272 or healthcoordinator@collabria.org

Mar. 30 Video training on the Gems Approach

Apr. 27 Learn to Speak Alzheimer's: Part 1

May 25 Learn to Speak Alzheimer's: Part 2

June 29 Creating a Positive Environment

July 27 Working Through Difficult Situations: Part 1

Aug. 31 Working Through Difficult Situations: Part 2

Sept. 28 Self Care for the Caregiver

Oct. 26 Caregiver Grief & Loss

Nov. 9 Coping with the Holidays

Community Conversations

Free community events offered in association with Retirement Renewal Forums

The Power of Meditation and Mindfulness

Speaker: James Keolker, PhD

Tuesday, May 24, 6:00 – 8:00 pm

Can I Afford to Retire?

Tuesday, October 11, 6:00 – 8:00 pm

Staff celebrate launch day for our new name!

