Happy Holidays! 
from our house to yours

RIANDA HOUSE STAFF
Amanda, Katherine, Maury, Robin, Toni

The Wrinkle
December, 2022
Perspectives

Why Rianda House Is Better Than a Sitcom

ed Lasso, Friends, The Andy Griffith Show, Cheers. We call these situational comedies but we don’t watch them because they’re funny. We watch them because they’re family. We are starving for human connection. For 30 minutes, sitcoms make us feel like we have found it.

We clap along with the opening of Friends and sing, “I’m there for you.” We go to a bar in Boston “where everybody knows your name and they’re always glad you came.”

When Covid hit, we tried to meet our need for human connection via the internet. It was better than nothing but somehow it felt like eating rice cakes. I always wanted more.

For me, the worst part of Zoom was the weirdo in the corner staring back at me. I couldn’t take my eyes off of him. Had he put on weight? Was he looking old? Was his chin sagging? I went to “settings” and clicked “touch up appearance.” I adjusted the light. I stopped being a person and became a persona.

Cleaned-up, digital personas are tempting substitutes for reality. But if you want real family you must accept real rough edges. Sitcoms do not shy away from this. Ted Lasso is estranged from his wife. Barney has an overblown idea of his competence. Cliff won’t stop spouting little known facts. Phoebe sings about smelly cats.

We love sitcoms, not in spite of these eccentricities but because of them. Ted, Barney, Cliff, and Phoebe add essential spice. We laugh at the differences and celebrate the common humanity.

Just like the sitcoms, Rianda House is a place where all kinds of people find family. The trick is to laugh at our differences and exult in our shared humanity. Just like in the sitcoms, we must learn to be there for each other, week after week, episode after episode.

Rianda House is better than a sitcom because it’s real. There is a seat at the table with your name on it. Stop waiting around. Come take your seat. It will not be the same without you.

Welcome to Rianda House!

The Wrinkle is the monthly newsletter of Rianda House. We welcome ideas and submissions. Call (707) 963-8555 x 106.

Rianda house is open Monday through Friday from 9:00 - 5:00. We offer dozens of activities and services. We hope to meet you soon!

Our Mission

- We increase life expectations by providing programs and activities that help older adults remain strong in mind and body, connected in meaningful relationships, and giving from the overflow of their lives. In this way, we make life’s final chapter the best of all.
You’re The Missing Piece at Rianda House

Linda
Recently moved here all by herself

Carroll
Yoga soothes her back
Former Minister
still going strong
20 years after open heart surgery

Gene
Former St. Helena City Clerk and first

Patricia
Executive Director at Rianda House
New Yoga Instructor at Rianda House

Bill
Fighter Pilot nicknamed “Maverick”
Eat your heart out Tom Cruise!

Julie & Molly
Genuine third and fourth generation Saint Helena Natives

Don
Friend of Charles Schultz who can land a jet on an aircraft carrier

Mary Ann
Was a friend of Jean Rianda
Has great stories about her

You belong here.
Celebrate the Holidays

LIVE MUSIC!
Elaine Jennings, Jazz Vocalist
With David Austin, Piano
Friday, 3:00, December 16, Magnolia Room
1299 Pine Street, St. Helena

Elaine Jennings’ musical taste includes the musical influences of Broadway musicals, Judy Garland, and Ella Fitzgerald. Her current repertoire draws primarily from the Great American Songbook plus a few contemporary surprises. Light refreshments will be provided.

Please RSVP for this event
(707) 963-8555 x 101
or email amanda@riandahouse.org

“Elaine Jennings was born to entertain. Her very presence lights up a room. With style, versatility, and beguiling charm, she puts the ‘zazz’ in pizazz. Elaine is a class act and a rocket of a songbird.”
Cynthia Sweeney, Weekly Calistogan

 Admission is free!

HOLIDAY SING-A-LONG
with
Laura Pritchard
of the San Francisco Symphony
Wednesday, 4:00, December 7
Rianda House

Yes, we take requests! Carols may be sung in English, German, Latin, French, Ukrainian, Spanish, Hebrew and Yiddish!

Light refreshments will be provided for this good time!

COOKIE EXCHANGE
Holiday Around the World
Featuring Kathy Carrick’s Kringle Kake
Thursday, 2:00, December 22
Rianda House

Bring together friends and fun, international cookie recipes this Holiday season. Each guest brings cookies so that everyone can take some home!

Any cookie swap party is fun, but of course, we like to add an international twist to ours! Kathy Carrick will be presenting Norwegian Kringle Kake, traditional cookies baked on a griddle.
December Highlights

12 Participants Needed for Survey
Felix Bedolla
Wednesday, 11:30, December 7, Rianda House

Felix Bedolla, Project Manager of Napa County Health and Human Services will be conducting a focus group conversation for 12 participants to discuss mental health needs and services. This is a part of an important community planning process.

Light refreshments will be provided. Please RSVP for this event. Call (707) 963-8555 or email amanda@riandahouse.org.

Esperanza Para Los Dias Festivos
Collabria Care
Tuesday, 10:30-11:30, December 6, Rianda House

Los días Festivos pueden magnificar el dolor y la angustia de haber perdido a un ser querido. Los participantes en este programa de apoyo aprenderán acerca de las muchas dimensiones del duelo, así como estrategias específicas para manejar las tradiciones y reuniones durante este momento difícil. Este programa, diseñado para adultos, es especialmente valioso para aquellos que pueden estar enfrentando la temporada navideña los días festivos sin su ser querido por primera vez. En este servicio comunitario gratuito presencial y está abierto a todas las personas.

Dementia & The Holidays
Collabria Care
Melissa Gerrard
Wednesday, Dec 14, 1:00
Rianda House

Holidays are filled with family traditions, gatherings and sometimes loss. When someone is diagnosed with dementia or Alzheimer’s, it can be challenging, especially during the holidays. Old traditions feel impossible, traveling out of the question and self-care can be forgotten. Join us to learn how to create new holiday traditions, modified traveling tips and self-care during the holidays.

Elder Financial Abuse
Napa District Attorney Office
Diane Knoles, Donna Lewis, Irma Luna
Tuesday, 11:30, December 20
Rianda House

Three experts from the Napa District Attorney’s office be at Rianda House to offer this important presentation. It will cover...
• Elder financial abuse
• Identity Theft
• Consumer Fraud

Techno Thursday
St. Helena High School
Student Volunteer
Thursday, 3:45, December 15
Rianda House

Has your smart phone out-smarted you? These devices can scramble our brains! Bring your handheld device (smartphone or tablet) for a one-on-one session with a St. Helena High School student. You will get the assistance you need to make you a tech wizard.
Amistad y Apoyo  
Lupe Calderon, Mentis
Tuesdays, 10:30-12:00, Rianda House
Friendship and support in English and Spanish. To enroll, call Healthy Minds Healthy Aging, a Mentis program, (707) 299-1885. En persona en Rianda House Únase a nosotros el martes, de 10 de la mañana a 12:00 para el encuentro del grupo de amistad tan querido. Para registrarse, favor de llamar a Healthy Minds Healthy Aging al número (707) 299-1885.

Balance & Stretch  
Kris Coryell
Mondays, 10:00-11:00, Rianda House + Zoom
Instructor, Kris Coryell, leads an energizing exercise class designed to increase activity, strength and confidence while decreasing the potential for falling.

Brain Fitness  
Collabria Care
Wednesdays, 10:00-11:30, December 14, Rianda House
The Brain Fitness Program is for anyone concerned about their memory changes and who wants to be proactive in maintaining brain health. Working in a small group, you will learn the connection between physical activities, exercise, and overall brain health and exercise your mind with new techniques for memory enhancement.

Canasta  
Lucy Thater
Fridays, 1:00-4:00, Rianda House
Typically played with four people, Canasta is a great game for both mind and spirit. Come laugh with friends, old and new. The game takes 2-4 hours, as each has multiple rounds. If you don’t know how to play, don’t worry! Lucy will teach you!

Color Me Calm  
Leticia Russell
Wednesday, 5:30-6:30, Dec 14, Zoom
Let’s color! A creative stress-busting social activity to increase calm while visiting with fellow colorists. No artistic experience necessary.

Dementia Family Caregiver’s Support Group  
Thursday, 3:00-4:30, December 1, Rianda House
Thursday, 3:00-4:30, December 15, Zoom
Caregiver Support Groups are offered in partnership with the Alzheimer’s Association and Collabria Care. For information or support, contact Melissa Gerard at Collabria Care (707) 815-6258 or email: mgerard@collabriacare.org.

Duplicate Bridge  
Tammy McDonald
Mondays, 12:30-4:00, Rianda House
Duplicate Bridge is fun, social, and competitive. It is a paired game, so please bring a partner or reach out to Rianda House and we will help you find one. Tammy will be available to discuss hands or answer questions after the game.

Embodied Meditation  
Marla Tofle, Somatic Coaching
Mondays, 11:00-12:00  Rianda House + Healing
Develop your capacity for mindfulness and foster whole-body presence. You will learn a body-oriented meditation that opens you to your natural state of ease. Each class begins with some rejuvenating, simple movement, and then you will be guided through a meditation. This body-oriented method helps us loosen our grip on the worries, be in the flow and feel more balanced.

French Club  
Sue & Skip Hopgood
Mondays, 9:30-11:00, Rianda House
Share experiences and cultural history through conversational French. Reading aloud, translating French literature to Tin Tin. French skills vary greatly. Some knowledge of French is necessary to actively participate.
Classes & Activities

Gentle Yoga for All  Patricia Reis
Thursdays, 10:30-11:30, Rianda House
Space is limited. You MUST register for this class.
A Hatha Yoga Class for all levels. The class begins with a brief meditation followed by a mix of chair, floor and standing poses. Modifications will be provided as needed. Bring a Yoga mat and any other yoga props that may assist you on your yoga journey.

Gents & A Cuppa Joe  Carroll Cotten
Thursdays, 8:30-9:30, Rianda House
Calling all gents! Come share a Cuppa Joe, discuss local issues, and swap stories with friends and neighbors. Always fun and informative!

Heart of the Matter  Dr. Lisa Hinz
Monday, 1:00-2:00, December 5, Rianda House
Share ideas and life experiences around topics of interest. Group leaders curate topics relevant to our current life experiences and encourage safe and respectful sharing of ideas.

Ladies & A Cuppa Tea  Toni Abdalla
Tuesdays, 9:30-10:30, Rianda House
Ladies, please join us for friendship and a cup of tea during the month of October. A warm and inviting atmosphere will encourage fun and lively discussions.

Needlers’ Club  Julie Bolander
Thursdays, 1:00-3:00, Rianda House
A casual, encouraging, fun and helpful handicraft circle. Relax and work at your own pace as you socialize with other craftspeople. Some materials available. All levels welcome.

Rianda House Readers' Theatre Group  Dianne Fraser & Carol Gruetzner
Tues, 3:00, Rianda House
Be a part of this lively and interactive theater group that enjoys reading scripts and learning how to act, perform and develop new scripts. No memorization necessary. Fun guaranteed!

Senior Services Support  Lupe Calderon, Mentis
Tuesday, 12:30-2:00, Dec 6, Rianda House Annex
Need help finding the right resource? Receive one-on-one guidance to get senior services to match your individual needs. Call (707) 255-0966, ext. 165 to speak with Lupe Calderson, Prevention Specialist.

Strength Training  Kathy Carrick
Tuesdays & Thursdays, 7:30-8:30am
Presbyterian Church, 1428 Spring St., St. Helena
Enhance muscle strength and tone. All levels welcome. $5 donation per workout suggested.

Seated Strength Training  Becky Jo Peterson
Wednesdays & Fridays, 10:30-11:00
Magnolia Room, 1299 Pine Street, St. Helena
Strengthening your upper body may enhance your life by improving your ability to do everyday activities. You will be seated for these exercises. You may bring your own light weights, or we will provide water bottles for your use. Bring some water and a towel and give it a try.

Victim Services Advocate Counseling  Irma Luna
Friday, 12:00-2:00, Dec 16, Rianda House
If you or someone you know is a victim of a crime, scam, abuse or eviction, or in a crisis situation, Irma Luna from Napa County District Attorney’s Office can help with no-cost & bilingual support! Call Irma for immediate assistance or to book a counseling session: (707) 299-1411.

Zumba  Becky Jo Peterson
Wednesdays & Fridays, 9:30-10:30
Magnolia Room, 1299 Pine Street, St. Helena
For all who like to move to music and have fun! Put on your best dance moves and get your heart pumping while you improve your balance and stamina and tone important muscles.

Memory Assessment/Family Consultations  Melissa Gerard
Wednesday, 12:00, Dec 14, Rianda House
Collabria Care provides private and confidential memory screenings for individuals who might be concerned about abnormal memory changes. If a family member is concerned, we provide family consultations to address this concern and provide guidance for best next steps. Please contact Melissa Gerard at mgerard@collabriacare.org for more information or to set up an appointment.

December, 2022
Strong, Connected, Giving
Calistoga

**Bringing Bridge to Calistoga!** Tammy McDonald
**Wednesday, 11:00-12:30, December 14**
**Calistoga Community Center, 1307 Washington St.**

Bridge is a “mind sport” and one of the best exercises for the brain. Mini lesson & supervised play on various topics to help improve your game. Not for new bridge players. Light refreshments provided. Come join us for some “cool” bridge. Call Amanda at Rianda House to make a reservation at (707) 963-8555 ext. 101 or email amanda@riandahouse.org

**Lunch & Learn**
*Rianda House, UpValley Family Center, Calistoga Parks & Rec.*
**Wednesday, 11:00-1:00, December 16**
**Calistoga Community Center, 1307 Washington St.**
Features an educational theme, timely resources, and community connections along with a healthy lunch. Call early to reserve lunch (707) 963-8555, ext. 101 or email Amanda (amanda@riandahouse.org).

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**Community Resources**

Need help with food? Get Meals on Wheels by calling Community Action of Napa Valley (707) 253-6100 ext. 111.

Need legal assistance? Call the Legal Services of Northern California (707) 643-0054.

Need help with transportation to medical appointments? Call Molly’s Angels (707) 224-8971 or email mollysangels@mollysangels.com.

Need health care equipment? Call Share the Care @ (707) 492-3198 or go to https://www.sharethecarenv.org

Are you a person in need of memory assessment or their caregiver? Call Melissa Gerard at Collabria Care (707) 815-6258 or email: mgerard@collabriacare.org. New appointments available at Rianda House – 2nd Wednesday of each month between 12:00-2:00.

https://napavalleycoad.org/preparedness-calendar/

This is just a sample! Call Rianda House for more.

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Special Thanks to the Federated Women for a DELICIOUS Thanksgiving Feast!
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Enjoy our free live Christmas Jazz Concert, December 16
Featuring Elaine Jennings, vocals, & David Austin, Piano

Happy Holidays, from our house to yours! (office closed)
Why Is Everything at Rianda House No-Cost?

Because of YOU!

Inclusion is a core value at Rianda House. We want every Up-Valley adult to be physically and mentally strong, connected in meaningful relationships, and giving from the overflow of their lives. For some, even a nominal fee is a hardship. Others enjoy an abundance. Rather than charging for our services, we put our faith in human kindness and open the doors wide to all.

If you can help, scan the QR code or mail your investment to the address below.

Thank YOU!

Rianda House
1475 Main St.
St. Helena, CA 94574