

# RIANDA HOUSE YEAR END REVIEW 2019

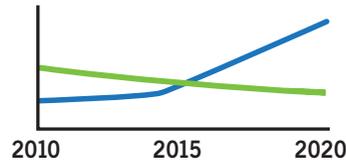
1,080

UpValley older adults made **10,900** visits to Rianda House to connect with their community.

Individuals came for classes, support groups, social gatherings, conversation circles, interactive presentations and to find resource assistance from our **22** local partner agencies.

## The population of Napa County is rapidly growing older!

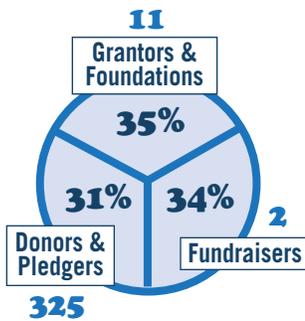
There are more people **65** and older than **20** years and younger.



**40%** of people 65-85 live UpValley

**\$419,000**

Our annual budget relies on the continued support from our generous community to do what we do best!



Rianda House served older adults **720 healthy lunches** and provided the staging site for **525** home-delivered monthly meals in St. Helena and Calistoga.



*"I like to come here and connect with my friends. The activities make me happy and give me a chance to stop thinking about the stresses of life." ~ Teresa L.*

**Rianda House participants say they:**  
**94%** feel happier because of friendships and connections made at Rianda House  
**75%** are more physically active  
**70%** know where to find resources

**3 Types of Caregiver SUPPORT:**

Training  
Support Groups  
Referrals

**27**  
WEEKLY  
CLASSES

connect older adults with wellness, educational, supportive and social activities

FUNDS RAISED SUPPORT **3** PROGRAM TYPES:

- ▶ **Healthy Minds Healthy Bodies**
- ▶ **Community Connections**
- ▶ **Friends for Life**

**Top 5 Reasons people seek RESOURCE ASSISTANCE:**

- Transportation
- Caregiving
- Housing
- Health Care
- Legal Aid



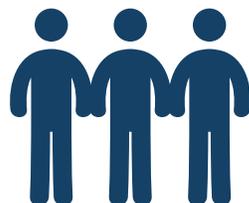
Classes like brain fitness, arts, technology, theater, safe driving, games, writing, exercise, disaster preparedness, discussion groups, retirement readiness, and health screenings **keep people learning and engaged!**

**6** classes offered in Calistoga

Supporting the heart of our community!

"Thank you Rianda House for creating this welcoming place to come together and find the programs, services and resources needed to support independence and successful aging in our community."

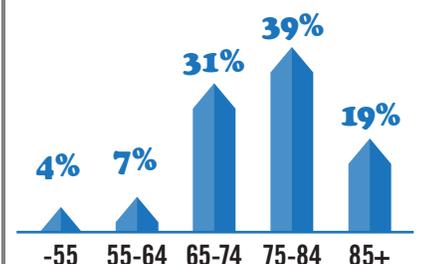
Mary Stuard,  
Sustainability Pledge Sponsor



**74** volunteers contributed a total of **2,898** hours to pitch in as:

Board members, greeters, instructors, program committee members, winemakers, garden gang, calendar crew, meal service and outreach ambassadors

## Age of Participants



# RIANDA HOUSE SECRETS TO SUCCESS

We all need strong bonds of friendship and support, active lifestyles, and a sense of purpose to get the most out of all stages of life. Rianda House inspires UpValley older adults of all ages to connect and to flourish – to live healthy, happy and fulfilling lives.



## INSPIRE.

*“This is a place where people getting on in years can find support, entertainment, advice, companionship, meals and a plethora of uplifting experiences. I participate in the PWR!Moves exercise class and volunteer with the monthly calendar mailing.”*  
- Paul G. (60’s)



*“Rianda House Rocks! I’ve been a part of the RH Solstice Creative Writers group for 8 years, we’re the group that “laughs a lot” and then some. This is a place we can all share our writing as well as our life experiences and have tons of fun!”*  
- Suzanne B. (60’s)

*“The warm welcome from the staff and volunteers at Rianda House doubles the pleasure we get from attending stimulating and enjoyable classes and lectures.”*  
- Lorraine and Bob (80’s/90’s)



## CONNECT.

*“I’m grateful to you for the many opportunities to be entertained, educated, uplifted, included, creative, active, informed, needed, nourished, and appreciated!”*  
- Dolores T. (90’s)



*“I watch how happy my neighbors are when we attend the monthly “Lunch and Learn” program in Calistoga. The lectures provided are insightful, full of resources, fun and add richness to our daily lives. We truly appreciate that you are offering more programs in Calistoga!”* - Pam M. (60’s)

*“The Alzheimer’s Caregiver Support group at Rianda House is my lifeline to sanity. Without them, I would not survive this journey as a married widow . . . my partner left me long ago, and now I care for the body and shell of who he was. I find support, respect and friendships who I value like none other.”* – Anonymous (80’s)



## FLOURISH.

*“I’ve attended the Amistad y Apoyo program since it began in 2010 and everyone has been very helpful. Coming here helps us with our stress, and we feel very relaxed and comfortable when we leave.”* - Ofelia R. (70’s)

*“Such a great opportunity to share the retirement journey with other travelers. Rianda House is the only oasis/place in the valley that supports seniors in a holistic healthy way. Coming here has enhanced my life, thank you!”* - Mary S. (60’s)

*“The more challenges I meet and conquer, the younger I feel!”* - Wanda (80’s)



***Rianda House inspires you to connect, live life to its fullest and flourish!***