

RIANDA HOUSE

Increasing life expectations

Strong

in body, mind,
& spirit



Uncle Dave

Live strong

I was always in awe of my Uncle Dave. At six-foot-four, with a booming voice, he took command of any room he entered, as if John Wayne materialized. It wasn't bluster. Dave was the real deal.

Once, while crossing some boulders on a family backpack trip, he slipped and landed on his side. He took off his shirt, wrapped his chest with athletic tape, shouldered his pack and went on. When his younger brother fell on his butt a bit later, Dave shouted, "Careful! I don't have that much tape!" It was only after the trip that we learned Dave had broken two ribs.

Dave's first marriage ended in divorce. His second wife died of cancer. He married a third time and traveled the globe, soaking up sights and

cheering on his grandkids.

In his 80's, Dave was diagnosed with a blood abnormality. The doctor told him to throttle back and cancel his travel plans. The next week, Dave was in Mexico.

Several months later, my dad sat by his brother's bed as he lay dying. They told the family stories and shared the most profound moment two human beings can share. Each time dad's eyes filled with tears, Dave would simply say, "It's okay."

Life punches hard, often below the belt. The choice to live with joy is no given. Dave took his punches, got up, and kept living. I'm pretty sure he wasn't much of a philosopher, but I have always felt



Uncle Dave holding the salmon a shark tried to chew off his line.

this was profoundly existential. He tore through life the way a puppy races across a lawn. Pure being.

One of the many reasons I love Rianda House is that it embodies this strength. If you think Rianda House is a place filled with sad sacks, moping around the halls, complaining about aches and pains, you have obviously never been. What you'll find is a bunch of people like my uncle, who have decided to take their blows and live their lives with joy, come what may.

Try it for yourself. You will soon agree that life is a drink best served strong.

Mary



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, body, and spirit, connected in meaningful relationships, and giving from the overflow of their lives. In this way, we make life's ultimate chapter the best of all.

RIANDA HOUSE TEAM

EXECUTIVE DIRECTOR : Maury Robertson DEVELOPMENT : Katherine Kelly OPERATIONS : Toni Abdalla

PROGRAMS : Amanda Cole, Robin McGuire

RIANDA HOUSE BOARD MEMBERS: Peter Working - Board Chair, Leslie Moreland- Treasurer, Carroll Cotten- Secretary

Stephen Buel, Jon Lail, John Muhlner, Bonnie Thoreen

Living Strong

Three great examples of three great people, staying strong in body, mind and spirit.



Gerri Working

I stay in shape by eating a Mediterranean diet and walking a mile or so a day, depending on how far the dog wants to go. Writing with a pen and paper helps me keep my mind sharp. There's something about the tactile feeling. I write out the day's activities and journal. I try to keep things in perspective. My father taught me this. He was bedridden for many years and still managed to laugh and tell stories. I draw on that. I try to let go of what I have lost and embrace the new. The fires destroyed our beautiful trees. Now I can see the mountains.

John Muhlnner

I stay engaged by staying involved in community issues and active in service organizations. I love to listen and to read. When I was younger, I stayed fit by working in our vineyard. Now, I walk all over St. Helena and play golf. I stay positive by looking ahead. I'm always looking for something good to happen.



Joy Brown *(pictured celebrating Mardi Gras)*

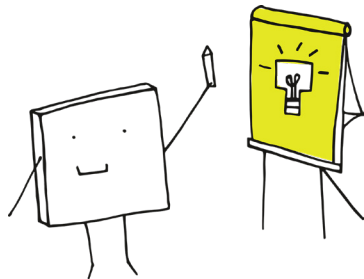
I love reading and games, especially duplicate bridge. I hit the gym 4-5 days a week and participate at Rianda House in yoga, strength training, line dancing, and Zumba. I'm surprised how many times a week I find myself here. Connections with family and friends are vital to me. My mother taught me to be comfortable being myself and not to worry about what other people think. That's liberating. My work with the Food Pantry is deeply meaningful to me. This is such an amazing community!

Special Events

Focus Group Conversation

Amanda Cole, Robin McGuire
Thursday, 12:00-1:00, March 9
Thursday, 2:00-3:00 March 23
Rianda House

Do you have feedback? Suggestions? To ensure that Rianda House continues to be a welcoming and active place, we invite you to join a focus group conversation. We are holding a 1-hour small-group discussion on Thursday, March 9th at 12:00pm and Thursday, March 23rd at 2:00pm. Ten participants maximum per event. Light



refreshments will be provided. Please RSVP at 707-963-8555 ext. 104 or email amanda@riandahouse.org or robin@riandahouse.org.

Writing Your Life Story

Author, Terry Mauer
Thursday, 2:00-3:00, March 16
Rianda House

If you are someone who would like to write your life's story, but don't know where to begin, come to this class lead by published author Terry Maurer. Terry will share his story, *The Dirt Farmers Son*, and go into the methods of writing and getting published, if you so choose. Please email robin@riandahouse.org to RSVP or call (707) 963-8555 ext. 104.



Terry Mauer



Nature Walk

Dr. John Duncan, Professor of Biology
Friday, 2:15, March 10
Pacific Union College

Come join us as John Duncan, Professor of Biology at Pacific Union College guides us on a nature walk through the beautiful Pacific Union College trails. Please call Amanda at Rianda House for specific details at (707) 963-8555 ext. 104 or email amanda@riandahouse.org.



Get Free Help with Medicare Insurance & Taxes

Let HICAP Help With Your Medicare Insurance

1. Of all the managed care Advantage plan choices and changes, is my plan still the best for my **health** needs?



2. Did the managed care Advantage plan I'm in now, increase their providers and **costs** more than another plan which would provide equal or greater coverage?



IF you now have your Medicare through a managed care Advantage plan, **you still have until March 31** to make changes and **HICAP can help.**

www.SeniorAdvocacyServices.org/HICAP

Let UpValley Family Centers Help with Your Taxes

Get help with your taxes with one of our experts and maximize your refund! Call UpValley Family Centers at (707) 965-5010 to make an appointment.

St Helena Library

Thursdays 10:00am – 3:00pm

Start Date: February 16th, 2023

Last day: April 13th, 2023

UpValley Family Centers St Helena Office

1440 Spring Street

Tuesdays/Thursdays 5:00pm – 9:00pm

Saturdays 9:00am – 2:00pm

Start Date: January 24th, 2023

Last day: April 18th, 2023



Community Resources

Need Help? Rianda House can help you find the resources you need!

Call (707) 963-8555 ext. 101

The Napa Valley is rich with organizations dedicated to meeting the needs of senior adults. There are so many that it can be overwhelming! Who do you call? It's easy! Call Rianda House! We collaborate closely with dozens of partners. We can point you in the right direction. For example...

Need **legal assistance**?

Call the Legal Services of Northern California (707) 643-0054.

Are you **prepared for the next emergency**? Check out the Community Organizations Active in Disaster (COAD) preparedness calendar.

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

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

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

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

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.

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

Rianda House Classes & Activities

Thanks to the generosity of our community, all Rianda House classes are offered at no cost, and there is no need to register unless specified in the description. Contact Program Manager, Amanda Cole with questions: (707) 963-8555, ext. 104 or email amanda@riandahouse.org.

Masks are provided for those who wish to wear them.

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

Patricia Reis

Mondays, 10:00-11:00, Rianda House + Zoom

Join us for 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, March 8 & 22, Rianda House

The Brain Fitness program is for those who are concerned about their memory changes and want to be proactive in maintaining their brain health. Join us every 2nd and 4th Wednesday to exercise your mind by learning new techniques for memory enhancement, engage our five domains of brain health, and find connections between physical activities, exercise, and overall brain health within a small group.

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!

Chair Yoga

Patricia Reis

Thursdays 10:30-11:30, Rianda House

Please join Patricia in this Hatha Chair Yoga Class for all levels. The class will begin with a brief meditation, then relaxation and yoga poses will be given. The poses take place in a chair and/or standing to work on improving balance, strength and flexibility. Bring a yoga mat and any other yoga props (blocks, straps etc.) that may assist you.

Color Me Calm

Leticia Russell

Wednesday, 5:30-6:30, March 8 & 22, 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, March 2, Rianda House

Thursday, 3:00-4:30, March 16, 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 + Zoom

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.

Classes & Activities

French Club

Sue & Skip Hopgood

Mondays, 9:30-11:00, Rianda House

Share experiences and cultural history through conversational French. Read aloud and translate French literature to Tin Tin. French skills vary greatly. Some knowledge of French is necessary to actively participate.

Gentle Yoga for All **NEW!**

Patricia Reis

Tuesdays, 11:00-12:30, Rianda House

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, March 6 & 20, Rianda House

Share ideas and life experiences around topics of interest. Group leaders curate topics relevant to our current experiences, world events, local happenings and more. We encourage safe and respectful sharing of ideas.

Imagery and Poetry

Dr. Lisa Hinz

Friday, 1:00-2:30, March 10 on Zoom & March 24 at Rianda House

Poetry is often inspired by imagery. Figures, structures, or other forms inspire metaphorical connections. Creating a collage will be the foundation for writing poetry. No experience required.

Ladies & A Cuppa Tea

Toni Abdalla

Tuesdays, 9:30-10:30, Rianda House

Ladies, please join us for friendship and a cup of tea or coffee. A warm and inviting atmosphere will encourage fun and lively discussions.

Line Dancing - Session 2

Becky Jo Peterson

Wednesdays, 1:00-2:00, Magnolia Room

You don't need a partner and anyone can do it—even beginners. Bring a sense of fun and exploration as you kick up your heels to the lively music. The instructor will provide videos to help you practice at home. Wear comfortable shoes and bring a water bottle. Y'all Come!

Mah Jongg

Michele Barberi Hyde & Bev Popko

Fridays, 1:00-4:00, Rianda House

All levels of players are welcome to join this Friday afternoon game. To play this fun and stimulating game, you will need to buy an American Mah Jongg card at <https://nationalmahjonggleague.org>. Beginner Mah Jongg classes will take place with Bev Popko March 10, 17, 24, 31.



Memory Assessment/Family Consultations

Wednesday, 12:00, March 8, Rianda House

Melissa Gerard

Collabria Care offers private and confidential memory screenings for individuals concerned about abnormal memory changes. If a family member is concerned, we offer family consultations to provide guidance for the best next steps. Contact Melissa Gerard at mgerard@collabriacare.org for more information or to set up an appointment.

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.

Readers' Theatre Group

Dianne Fraser

Tuesday, 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, March 7, 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 Calderon, Prevention Specialist, to schedule your appointment.

Classes & Activities

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 water and a towel and give it a try.

Victim Services Advocate Counseling

Irma Luna

Friday, 12:00-1:00, March 17, 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

Put on your best dance moves and get your heart pumping while you improve your balance and stamina and tone important muscles.



Calistoga

Bothe Redwood Trail Walk

Wednesday, 10:00-11:30am, March 22nd, Bothe State Park, 3801 St. Helena Highway, Calistoga

Want to stay active and socialize while outdoors? Join us for a refreshing morning walk on the Redwood Trail at Bothe State Park in Calistoga. RSVP (707) 963-8555 ext. 104 or amanda@riandahouse.org

Bringing Bridge to Calistoga

Tammy McDonald

Wednesday, 11:00-12:30, March 8, Calistoga Community Center

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 Rianda House to make a reservation at (707) 963-8555 ext. 101 or email amanda@riandahouse.org

Lunch & Learn

Wednesday, 11:00-1:00, March 15, Calistoga Community Center

Features an educational theme, timely resources, and community connections along with a healthy

lunch. Call to reserve lunch (707) 963-8555, ext. 101 or email amanda@riandahouse.org.

Tai Chi

Diane Lotorre

Wednesday, 1:15-2:00, March 22, Pioneer Park, 1308 Cedar Street, Calistoga

Welcome to a gently-moving meditation suitable for various fitness abilities. This Tai Chi class uses the Taijifit method created by David Dorian Ross which uses music, repetitive movement and allows your energy to move and flow. Call to reserve (707) 963-8555 ext. 101



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Two Great Fridays at Pacific Union College

Study Cells with Microscopes

Aimee Wyrick, PUC

**Friday, 2:15-3:45, March 17,
Pacific Union College**

Much of the stunning diversity we see around us stems from differences on the cellular level. Use a microscope to see for yourself. Though they are small, cells are worth taking a look at! The activity will take place



in Clark Hall, home of the PUC Biology Department. Call Amanda at Rianda House for details. (707)963-8555 ext. 104 or email amanda@riandahouse.org

Habitat Restoration

Aimee Wyrick, PUC

**Friday, 2:15-3:45, March 24
Pacific Union College**

Restoring native habitat starts with removing obstacles.

Though it's not always what shows up in the headlines, this is a crucial first step to long-

term success of native wildlands. Meet at the PUC Forest parking lot and help pull French broom, one of the most widespread invasive plant species in Napa County. We'll have gloves, shovels, and the ever-important weed wrenches! You'll leave knowing that your efforts helped native species, improved general forest health and increased wildland fire resiliency. Call Amanda for specific details at (707) 963-8555 ext. 104 or email amanda@riandahouse.org

