

# RIANDA HOUSE

Increasing life expectations

## Celebrating a New Partnership with the American Legion





# The Mocking Bird

## Drowning out our inner voice

**A** while ago, my wife and I spent weeks on end finding it nearly impossible to sleep, all because of a little bird.

The male mocking bird sings at night in hopes of attracting a mate. He needs dating advice. His noise stinks up the sound waves like a skunk stinks up the air.

Like most loudmouths, the mocking bird has nothing of his own to say. He cuts and pastes everything he hears and turns it into a never ending flood of gibberish made from the sounds of magpies, finches, fire engines,

robins, car alarms, crows and air raid sirens.

Julie and I stare at the ceiling, contemplating murderous thoughts.

The internet has turned us into mocking birds. The noise is getting out of hand.

There was a time when if you wanted to be heard, you said something profound or poetic. The public airways were limited to radio, television, and print media. Editors helped us sort through the clutter. They were not impressed with torrents of words. Copying was strictly forbidden.

Today, we plagiarize at will, tweeting and re-tweeting. The result is a deafening feedback loop of thoughts and opinions—some fact, some fiction. Who can tell the difference anymore?

The only way to be noticed in this cluttered space is to be incessantly loud. It doesn't matter what you tweet, blog, or post. It only matters that you never shut up.

Every human being is a marvel of creation, gifted with a unique and beautiful song but most of us never sing our tune. We are too enamored with our noisy voice to listen to our inner voice.

One day, perhaps we will each learn our song. Until then, we will have to get used to the sound of the mocking bird.




### Welcome to Rianda House!

*On the House* is the monthly newsletter of Rianda House. We welcome ideas and submissions. Email [robin@riandahouse.org](mailto:robin@riandahouse.org).

Rianda House is open Monday through Friday from 9:00 - 5:00. We offer a full slate 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 abundance of their lives. In this way, we make elderhood life's best chapter.

### RIANDA HOUSE TEAM

EXECUTIVE DIRECTOR : Maury Robertson DEVELOPMENT : Ben Hill

PROGRAMS : Amanda Cole, Robin McGuire

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

Stephen Buel, Jon Lail, John Muhln, Bonnie Thoreen, Frank Mueller

# A New Partnership

Rianda House and the American Legion join forces to serve Upvalley Elders



Commander Michael Flood, Maury Robertson, Rick Crebs

If you have been to Rianda House lately, you know it's a bustling place. Jean Rianda's house is bursting at the seams with people exercising, learning bridge, receiving assistance, doing yoga, studying languages, singing, and dozens of other activities.

We have been grateful for the use of the Magnolia Room in 2023. In 2024, we will be expanding our services and activities to the American Legion Building.

The American Legion has made its building available to Rianda House three days a week, from sunup to sundown at an extremely generous rate.

The new arrangement will allow our current classes to expand and make it possible to offer evening classes, meals, and events. This will allow us to serve those who work during the day.

Look for a whole new slate of activities in 2024. Tell your friends: Rianda House has first-rate activities and classes, taught by expert teachers. Best of all, it's all **TOTALLY FREE** because of the generosity of our community.

A huge **THANK YOU** to the American legion for opening this new path for growth!



Amanda Cole  
Program Director



## There's Room for YOU!



# Getting to Know You

## Carroll Cotton

Each month, Rianda House is pleased to highlight a person from our growing community.



Carroll and his wife Ellen moved to St. Helena from Fresno 17 years ago and soon after discovered Rianda House; they have been active ever since. He participates in Readers' Theatre Group and founded the Gents & A Cuppa Joe discussion group.

### How did the men's group come about?

As a board member six years ago, I recall members wondering how to get more men involved with Rianda House. I like coffee and I had observed that men like to get up and go down to a coffee shop and have a conversation before the day gets rolling. I told them I thought that might work here.

I said I'd initiate a discussion group, which began with six or seven participants and can now number 18 or more — despite the coffee I make. We spend most of our time sharing experiences and perspectives and we've learned the discipline of listening to someone we may disagree with. That's among the things I think the world needs a lot more of. Up to now, we haven't broken out in any fights and that's a pretty good statement to make for 20 guys who meet every week and have different cultural and political opinions.

### How would you describe St. Helena to someone who's never been here?

Coming from a larger city like Fresno, we found it more rural than we anticipated, but that's a lot of its charm.

### What do people not know about you?

They may not know that I'm an ordained minister; my church is called the Christian Church, Disciples of Christ. Here in St. Helena, we worship at the Presbyterian Church.

### What do you know now that you wish you knew when you were 20?

(Laughs.) If I knew I was going to be this old, I'd have taken better care of myself. Here, I've done a better

job of self-care. It's exactly a mile from our home to downtown, and then you can walk back. That's helped me maintain better health.

### What were your best and worst jobs?

I really have only held three jobs, two of them with colleges. I started out as the chaplain at Chapman University straight out of seminary and stayed for nine years, went to Stanford to get a PhD in higher education administration and then went to Fresno State as admissions officer for 22 years. It was a pleasant job, but demanding, and sometimes a big challenge. There are political pressures wherever you go and that's true in the church and at the university. I took early retirement, then returned to pastoral ministry, serving as interim minister in the Fresno area.

### If you were an animal, which would it be and why?

Maybe a giraffe; they get a view on the world that's very expansive.

### What are your favorite foods or restaurants?

I'm more of a foodie now than I was when we moved here. Restaurants here tend to encourage awareness of good-quality food. The menus here are so varied, and the quality of the food preparation is so great. Over the years I've learned how to make better selections. My kids are more impressed with me being a foodie now than when I was in Fresno. Favorite food? Probably fried or baked chicken is my mainstay protein.

### Are you a traveler?

I don't do as much travel as I'd like to. Part of it is we're so busy volunteering and St. Helena is such a pleasant place, there's not a lot of pull to go to other places. On the other hand, I think I'd enjoy going to Europe. We had a family trip to Italy and it was fantastic; I'd like to repeat that. Traveling, you can learn a lot.

### What would you like to see offered at Rianda House?

I'd like to see us have an exercise program designed specifically for men. I think that would be a winner. I think identifying the types of exercises that guys would enjoy doing that would help improve their health would be a good offering.

*Interview by Susan McWilliams*

# Special Events

Please Register for All Special Events (707) 963-8555 x 101

## Holiday Singalong

Laura Prichard

Friday, December 22, 2:00-3:00

Rianda House

Join us for an hour of fun holiday singing: we will perform the songs and learn a bit about the historical roots of each. We will include both sacred and secular songs from a variety of traditions and languages. Suggestions are welcome! Mike Prichard from San Francisco will perform "O Holy Night" and Laura Prichard will accompany on the keyboard. Refreshments will be served.



## Holiday Cookie Exchange

Robin McGuire

Thursday, December 7, 11:00-12:00,

Rianda House

Collect your most beloved cookie recipes, and then whip up 24 delicious cookies. We'll enjoy a couple of cookies alongside some cider or hot chocolate while listening to festive tunes. Afterward, we'll divide the cookies to refill your tin or container. Bring recipes, a platter to showcase the cookies, and a container to carry them home. **RSVP**



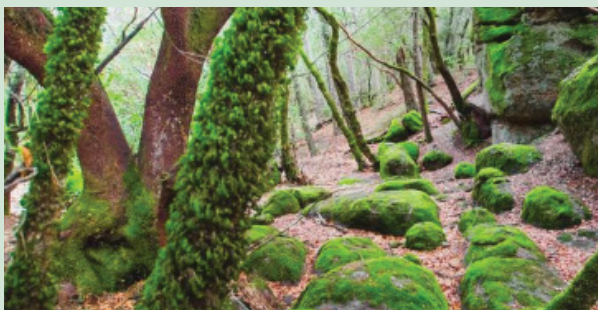
## Nature Walk

John Duncan

Friday, December 8, 2:15-3:30

Las Posadas Trailhead, Pacific Union College

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



## The Grebes of Clear Lake

Floyd Hayes, Pacific Union College

Thursday, December 14, 3:00-4:00

Rianda House

"The Grebes of Clear Lake: From Pesticide Poisoning to Reproductive Recovery," based on 10 years of research with students on Clear Lake and comparing our results with previous studies. After the lake was sprayed with DDD in 1949, 1954 and 1957, before DDD and DDT were banned, it took about 40-50 years for the breeding population of Western Grebes and Clark's Grebes to recover. **RSVP**





# Special Events

Please Register for All Special Events

## Calistoga Loop Walk

Julie Spencer & Amanda Cole

**Wednesday, December 20th, 9:30-10:30,  
Community Center, Calistoga**

The Calistoga Loop Walk is approximately 3 miles through residential streets, starting at the Community Center. It is a 1-1.5 hour walk at a moderate to brisk pace. Join us for an enjoyable social event that supports your overall health.



# Community Resources

**Need Help?**

**Let Rianda House help you find the  
resources you need!**

**Call (707) 963-8555 x 101**

Want expert, in-person, individual attention? Rianda House is pleased to provide Karen Lustig, at your service, courtesy of Providence Community Health. Karen can help you navigate the many services available to elders.

**Karen is available by  
appointment most  
Tuesdays.**

Call (707) 253-4248 to  
make an appointment.



## Rianda House Welcomes Ben Hill

**Director of Development**

Ben was recruited from Florida to the Napa Valley in 2009 to develop a capital campaign for St. Helena Hospital. Under his leadership, more than 31 million dollars were donated to advance the mission of St. Helena Hospital and Clearlake Hospital.

In 2016, Ben developed *Visit Me Today*, a service project for elders and Veterans who are lonely and isolated. *Visit Me Today* offers music, a listening ear, a watchful eye and a helping hand. He will continue to develop and expand this program while serving as Director of Development at Rianda House.

Ben is a board member of St. Helena Rotary and volunteers at the California Home for Veterans. In his spare time, he enjoys participating in amateur golf events and visiting his two granddaughters in Bentonville, Arkansas.



# Rianda House Classes & Activities

Thanks to the generosity of our community, all Rianda House classes are offered at no cost.

**There is no need to register unless specified in the description.**

Call Program Director, Amanda Cole with questions. (707) 963-8555, ext. 104; amanda@riandahouse.org

## Amistad y Apoyo

Alma Perez

**Tuesdays, 10:30-12:00, Rianda House**

Friendship and support in English and Spanish. En persona en Rianda House. Unase a nosotros el martes, de 10:30 de la mañana a 12:00 para el rencuentro del grupo de Amistad tan querido. RSVP (707) 299-1885.

## Balance & Stretch

Amanda Cole & Kerry Brackett

**Mondays, 10:00-10:45, Hybrid**

**Thursdays, 11:00-11:30, Rianda House**

We tend to lose balance as we age, but we can improve with practice! Join us on zoom or in-person on Mondays (zoom) or Thursdays (in-person) for balance exercises followed by a stretch for flexibility

## Brain Fitness

Providence

**Wednesdays, 10:00-11:30, December 13, Rianda House**

For anyone concerned about maintaining their brain health. You will learn new techniques and find connections between physical activities, exercise, and overall brain health within a small group.

## Bridge for Beginners

Tammy McDonald

**Fridays, 10:00-12:00, Rianda House**

Learn how to bid, play and defend, strategy and partnership development and interactive learning through playing Bridge.

## Canasta

Lucy Thater

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

Typically played with four people; great for both mind and spirit. The game takes 2-4 hours, as each has multiple rounds. If you don't know how to play, Lucy will teach you!

## Chair Aerobics

Kerry Brackett

**Thursdays, 10:30-11:00, (No class 12/7), Rianda House**

A 30-minute class full of fun and energy! Exercise the whole body while sitting in a chair accompanied by some fun, upbeat music! No experience necessary.

## Current Events: Heart of the Matter

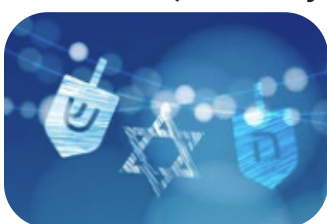
Lorne Glaim

**Monday, 1:00-2:00, December 4 & 18, Rianda House**

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

## Dementia Family Caregiver's Support Group

**Thurs, 3:00-4:30, December 7, at Rianda House, & December 21, Zoom only**



Presented by the Alzheimer's Association and Providence. For information or support, contact Melissa Gerard at Providence (707) 815-6258 mgerard@providence.org

## Duplicate Bridge

Tammy McDonald

**Mondays, 12:30-4:00, Rianda House**

Bridge is fun, social, and competitive. Please bring a partner or we will help you find one. Tammy will be available to discuss hands or answer questions after the game.

## French Club

Sue & Skip Hopgood

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

Share experiences and cultural history through conversational French; reading aloud and translating French literature. Some knowledge of French is necessary, but skills vary widely.

## Genealogy

Kelly Wheaton

**Fridays, 10:00-12:00, Rianda House, November 3 & 17**

Explore topics from DNA to Genealogical Research to Family History writing. Newcomers and drop-ins always welcome. Kelly Wheaton was a founding member of the Napa Valley Genealogical Society in 1973 and is the author of the Beginner's Guide to Genetic Genealogy and see her blog at WheatonWood.com.

## Gents & A Cuppa Joe

Carroll Cotten

**Thursdays, 8:30-9:30, Rianda House**

Share a Cuppa Joe, discuss local issues, and swap stories with friends and neighbors. Always fun and informative!

## Imagery and Poetry

Dr. Lisa Hinz

**Friday, 1:00, December 15, Zoom only**

Imagery often inspires poetry and we'll create a collage as the foundation for writing poetry. No experience required.

## Ladies & A Cuppa Tea

Ellen Cotten

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

Join us for friendship and a cup of tea. A warm, inviting atmosphere encourages fun and lively discussions.

## Line Dancing

Becky Jo Peterson

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

A great low impact way to keep fit and socialize. Kick up your heels to lively music and learn five new dances each session. Step-by-step videos help you keep up with the class. Beginners welcome.

## Mah Jongg

Michele Barberi Hyde

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

All levels of players are welcome to play. Mah Jongg cards are available.

## Memoirs Writing Class

Linda Williamson

**Wed, 10:00-11:30, Rianda House**

This class offers the opportunity to write the precious memories of your life and preserve the experiences that are unique to you. Positive criticism offered. Maximum of 12 participants. **RSVP**



# Classes & Activities

There is no need to register unless specified in the description.



## Mind Body Practices

Joseph Nase

**Tuesday, December 5 & 19 & Thursday, December 7 & 21, 9:00-10:00, Lyman Park, 1498 Main St.**

Optimize energy within the body, mind and spirit to improve and maintain overall health and well-being with focused breathwork, meditation and Qigong.

## Music with Ric

Ric Morgan

**Tuesdays, 4:00-5:00, Rianda House**

This sing along program will rekindle the nostalgia of songs from the 1930's to the 1960's, allowing participants to rediscover and enjoy the music of their youth. **RSVP**

## 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.

## Potenciando la Memoria

Reina Monge, Providence

**Tuesday, 9:00-10:00, December 5, Rianda House**

Esta clase personas interesadas en aprender sobre las primeras etapas de la pérdida de memoria y que desean saber cómo mantener una Buena salud cerebral.

## Readers' Theatre Group

**Tuesday, 3:00-4:30, Rianda House**

Join this lively and interactive group that enjoys reading scripts and learning how to act, perform and develop new scripts. No memorization necessary. Fun guaranteed!

## Spanish Intro 2

Lorraine Ruston

**Wednesday, 3:00-4:30, December 6, Rianda House**

This second, 8-week course, will provide learners with practice in speaking and understanding conversational Spanish at a beginner level. Download Duolingo's free app to work on vocabulary. Weekly homework and practice assignments. (Returns in January)

## Strength Training

Kathy Carrick

**Tuesdays & Thursdays, 7:30-8:30**

**Presbyterian Church, 1428 Spring St.**

Enhance muscle strength and tone. An excellent workout! All levels welcome.

## Tai Chi

Diana Latorre

**Mondays, 11:30-12:15, Rianda House**

A serene form of moving meditation suitable for various fitness abilities. The class uses the Taijifit method created by David Dorian Ross using music and repetitive movement to allow energy to move and flow.

## Victim Services Advocate Counseling

Irma Luna

**Friday, 12:00-1:00, December 15, 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 and bilingual support! Call Irma for immediate assistance or to book a counseling session: (707) 299-1411.

## Yoga: Stretch and Flow

Kaylee Hardin

**Tuesdays, 11:00-12:15, Rianda House**

A soothing class combining deep stretches and gentle movements to create more mobility and fluidity within body and mind. Suitable for all levels. Bring a mat. Chair modifications available.

## Zumba Gold

Becky Jo Peterson

**Wednesdays & Fridays, 9:30-10:30**

**Magnolia Room, 1299 Pine Street**

Move to music and have fun! Get your heart pumping while you improve your balance and stamina and tone important muscles. Bring a water bottle.

# Calistoga

## Lunch & Learn

Rianda House, UpValley Family Center,

Calistoga Parks & Rec.

**Wednesday, 11:00-1:00, December 20,**

**Calistoga Community Center, 1307 Washington St.**

Features an educational theme, timely resources, and community connections along with a healthy lunch. Call to reserve lunch (707) 963-8555 x1001 or email amanda@riandahouse.org. **RSVP**

## Tai Chi

Diane Lotorre

**Mondays, 1:00-1:45 Calistoga Community Center, 1307**

**Washington St. or Pioneer Park, 1308 Cedar St.**

A gently-moving meditation suitable for various fitness abilities. The class uses the Taijifit method created by David Dorian Ross which uses music, repetitive movement to allow energy to move and flow. Outdoors at Pioneer Park (weather permitting) or indoors at the Community Center.

# Angwin

## Lunch and Learn in Angwin Returns in January!

**Pacific Union College, Fireside Room, 10 Angwin Ave  
Providence & UpValley Family Centers**

Lunch and learn has come to Angwin! Lunch and Learn is for those 55 and over. It features an educational theme, timely resources and community connections along with a healthy lunch.





# December @ RIANDA HOUSE

1475 Main Street  
(707) 963-8555

(red indicates new  
or special event)

Monday		Tuesday		Wednesday		Thursday		Friday			
<div><div>R Rianda House</div><div>Z Zoom</div><div>H Hybrid (in-person + Zoom option)</div><div>M Magnolia Room (1299 Pine, St. Helena)</div><div>P Presbyterian Church (1428 Spring St. St. Helena)</div><div>C Calistoga Community Center (1307 Washington)</div><div>F Field Trip</div><div>L Lyman Park (1498 Main Street, St. Helena)</div><div>PUC Pacific Union College</div></div>		<div><div>4</div><div>R 9:30 French Club</div><div>H 10:00 Balance and Stretch</div><div>R 11:30 Tai Chi</div><div>R 12:30 Duplicate Bridge</div><div>C 1:00 Tai Chi</div><div>R 1:00 Heart of the Matter</div></div>		<div><div>5</div><div>P 7:30 Strength Training</div><div>R 9:00 Potenciando la Memoria</div><div>L 9:00 Mind Body Practices</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Amistad y Apoyo</div><div>R 11:00 Yoga: Stretch and Flow</div><div>R 3:00 Readers' Theatre</div><div>R 4:00 Music with Ric</div></div>		<div><div>6</div><div>M 9:30 Zumba Gold</div><div>R 10:00 Memoir Writing Class</div><div>M 1:00 Line Dancing</div><div>R 3:00 Introduction to Spanish 2</div><div>R 3:30 Holiday Cards with Kids</div></div>		<div><div>7</div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Mind Body Practices</div><div>R 11:00 Cookie Exchange</div><div>R 1:00 Needlers Club</div><div>R 3:00 Dementia Family Caregiver Support</div></div>		<div><div>8</div><div>M 9:30 Zumba Gold</div><div>R 10:00 Bridge for Beginners</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>PUC 2:15 Nature Walk</div></div>	
<div><div>11</div><div>R 9:30 French Club</div><div>H 10:00 Balance and Stretch</div><div>R 11:30 Tai Chi</div><div>R 12:30 Duplicate Bridge</div><div>C 1:00 Tai Chi</div></div>		<div><div>12</div><div>P 7:30 Strength Training</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Amistad y Apoyo</div><div>R 11:00 Yoga: Stretch and Flow</div><div>R 3:00 Readers' Theatre</div><div>R 4:00 Music with Ric</div></div>		<div><div>13</div><div>M 9:30 Zumba Gold</div><div>R 10:00 Memoir Writing Class</div><div>R 10:00 Brain Fitness</div><div>M 1:00 Line Dancing</div></div>		<div><div>14</div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>R 10:30 French Club Noel Celebration</div><div>R 10:30 Chair Aerobics</div><div>R 11:00 Balance and Stretch</div><div>R 1:00 Needlers Club</div><div>R 3:00 The Grebes of Clearlake</div></div>		<div><div>15</div><div>M 9:30 Zumba Gold</div><div>R 10:00 Bridge for Beginners</div><div>R 10:00 Genealogy</div><div>R 12:00 Victim Services</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>Z 1:00 Imagery and Poetry</div></div>			
<div><div>18</div><div>R 9:30 French Club</div><div>H 10:00 Balance and Stretch</div><div>R 11:30 Tai Chi</div><div>R 12:30 Duplicate Bridge</div><div>C 1:00 Tai Chi</div><div>R 1:00 Heart of the Matter</div></div>		<div><div>19</div><div>P 7:30 Strength Training</div><div>R 9:00 Mind Body Practices</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Amistad y Apoyo</div><div>R 11:00 Yoga: Stretch and Flow</div><div>R 3:00 Readers' Theatre</div><div>R 4:00 Music with Ric</div></div>		<div><div>20</div><div>C 9:30 Calistoga Loop Walk</div><div>M 9:30 Zumba Gold</div><div>R 10:00 Memoir Writing Class</div><div>C 11:00 Lunch and Learn</div><div>R 1:00 Line Dancing</div></div>		<div><div>21</div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Mind Body Practices</div><div>R 10:30 Chair Aerobics</div><div>R 11:00 Balance and Stretch</div><div>R 1:00 Needlers Club</div><div>Z 3:00 Dementia Family Caregiver Support</div></div>		<div><div>22</div><div>M 9:30 Zumba Gold</div><div>R 10:00 Bridge for Beginners</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>R 2:00 Holiday Sing a Long</div></div>			



# RIANDA HOUSE

1475 Main Street  
St. Helena, CA 94574  
707-963-8555

PRESORTED  
NON-PROFIT  
US POSTAGE PAID  
ST. HELENA, CA  
PERMIT NO. 90

Return Address Requested



to support



## Help Us Stretch!

### Consider a Year-End Contribution

You have seen our growth in 2023. Consider supporting another year of helping every Upvalley elder remain **STRONG** in mind, body and spirit, **CONNECTED** in meaningful relationships and **GIVING** from the abundance of their life. **All our services are free because of people like you!**



## Holiday Cards with Kids

Katherine Bull

**Wednesday, Dec 6, 3:30-5:00**  
**Rianda House**

A festive gathering with Katherine Bull and her young friends from **Meuse Gallery**. Together, we'll be crafting holiday cards filled with Christmas spirit, using a variety of provided materials. Whether you're assisting children in creating their cards or working on your own, you're sure to enjoy the creative atmosphere. And what's a holiday crafting session without some hot cocoa and treats? Let's come together to make beautiful cards that will be distributed to those who are homebound.

**RSVP (707) 963-8555 x 101**