

RIANDA HOUSE

Increasing life expectations



Robin McGuire, Amanda Cole, Tessa Lorraine

All Gifts Doubled in May

Up to \$250,000 for Upvalley Elders

Thanks to our
generous
match
challengers

Dann & Susan Boesch
Terry & Anne Clark
Kelly Crane
David & Anita Cummings
Janet Myers
Roger Trincher
Richard & Barbara Shurtz
Julie Spencer

Mary Stuard
Denis Sutro and Anne Carver
Grace Episcopal Church
Pay It Forward Fund
The Prairie Foundation
Rianda House Board
Spottswoode Estate Vineyard & Winery
Anonymous Upvalley Resident

The Rally Continues

Momentum that carries us forward

When Jean Rianda donated her house to Upvalley elders, the whole city, from the Scouts to the Service Clubs to the City to local businesses and wineries jumped in to remodel it. Everyone wanted to pitch in. Rianda House is loved because it *is* love. We relish our shared community history. But that's not where it ends.

One of the most frustrating responses I get when I seek support for Rianda House is, "We only support new things."

Rianda House is not a concrete monument that can be built and forgotten. It is more like a puppy that requires ongoing care. Those who insist on only giving to new things are like a person who says,

"I support puppies. I don't care about dogs."

There is nothing sexy about a new roof or a paint job or pest control or property insurance. But without these things there is no Rianda House. It ceases to be, just

as surely as if you stopped feeding the dog.

This is why Peter and Gerry Working are perfect honorees for our 2024

Rally4Rianda. For a decade, they have worked behind the scenes as well as providing financial support. They stood with Rianda House through Covid and the fires.

As Board Chair, Peter guided Rianda House through a major leadership transition. In her role as greeter, Gerry warmly

welcomes all who walk through the doors and encourages the staff. No fanfare. No brass band. Just quiet, rock-solid support.

The old saying "getting started is half the job" is nonsense. New things are a dime a dozen. Starting something new is as easy as bringing home a puppy or planting a garden. The real work comes with the feeding and weeding.

Rianda House is growing strong today because of hundreds of people who faithfully support her year after year, those who understand that we are establishing an oak, not planting sunflowers. It may not be as exciting as starting something new, but in its own way, it is even more satisfying.




Peter & Gerry Working



Welcome to Rianda House!

On the House is the monthly newsletter of Rianda House. We welcome ideas and submissions. Email 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, Tessa Lorraine, Robin McGuire

RIANDA HOUSE BOARD MEMBERS: Peter Working - Board Chair, John Muhler - Treasurer, Carroll Cotten - Secretary

Leslie Moreland, Stephen Buel, Jon Lail, Bonnie Thoreen, Frank Mueller, Richard Walloch, Meg Scrofani

Getting to Know You

Brad Skibbins *Volunteer Greeter Extraordinaire*

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

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

I moved here in 1979 and would describe St. Helena as a bucolic, heavenly place to live. It's still that way today, even after 45 years. Changes have happened slowly enough that I've been able to accept them and still realize, after traveling elsewhere, that St. Helena is the place for me.

What do people not know about you?

Probably that I spent my whole career in the wine and spirits industry; that's how I wound up living in St. Helena. I was a winemaker for various wineries, then a brandy maker — a master distiller — for RMS brandy distillery, a joint venture between Rémy Martin Cognac and Schramsberg. I grew up in the Santa Clara valley and first worked for Paul Mason Winery in Saratoga. Then, my wife and I had our children and decided the Santa Clara valley was getting to be too much like Los Angeles and we looked for a place more like it used to be when we were kids, and Napa Valley was the natural move for us. I wanted to remain in the wine industry and first worked for Christian Brothers Winery, then later with brandy making at RMS, where I was mentored by the cellar master from Rémy Martin.

What were your best and worst jobs?

The worst job I ever had was during my teenage years when I worked picking prunes in Santa Clara Valley, back when it was still full of prune and apricot orchards. The process involved collecting prunes, not from the trees but from the ground. Workers would shake the tree causing the ripe fruits to fall, and then we had to gather them into wooden boxes from the dirt. It was back-breaking, hot and paid very little. On the other hand my best job was at a wine barrel cooperage here in Napa Valley. It was the people and the nature of the job; it taught me you can love a job. I didn't actually make the



barrels, but was in charge of the coopers, purchasing materials, the safety and repair programs... I used to pinch myself that I'm getting paid to do this.

What do you know now that you didn't know when you were 20?

What I know now is when you're in college, just graduate. The grades that you made and the school that you attended don't matter when you're looking for a job. People aren't going to be impressed by that; they're going to be impressed by you.

If you were to come back as an animal, which would it be and why?

I thought about this a bit. I think a mountain lion, kind of a secluded animal, because I'm not overly sociable naturally. But when I make my mind up and need to be forthright, I am.

Are you a traveler?

Not so much anymore. I traveled for my job, and got to love New York, but once I retired, I was not wanting to pack a suitcase and get on a plane anymore.

What are some of your favorite foods?

I like just about anything; something homemade with love is my favorite. Fresh fruits and vegetables are always in my refrigerator.

Any thoughts on Rianda House offerings?

I came up with the idea of Classic Movie Monday. I thought there must be other seniors who like old movies from the 40s, 50s and 60s. And I like collector cars. If there are other guys like me who enjoy old cars and know more than I do, maybe we could organize an excursion to some of the car shows.

Interview by Susan McWilliams

Special Events

Please register for all special events (707) 963-8555 x 101

Nature Walk

John Duncan
Friday, May 10, 2:15-3:30
Pacific Union College
Las Posadas Trailhead

John Duncan, Professor of Biology at Pacific Union College, guides us on a nature walk through beautiful Pacific Union College. Please call Tessa at Rianda House for details at 707-963-8555 ext. 103 or email tessa@riandahouse.org
RSVP



Rianda House is going to Eastern Canada



This fall we'll spend 9 days exploring by land and cruising on the St. Lawrence River. Our city stops include: Toronto, Niagara-on-the-Lake, Ontario, Quebec City, and Montreal. You'll have time to stroll the streets of historic towns, along waterways, visit lush gardens and grand chateaus. Departing: October 4, 2024. For the full itinerary go to: <https://gateway.gocollette.com/link/1234750>. Or call Robin at (707) 963-8555 x102 or email robin@riandahouse.org

Song Shine

Ellen Patterson & Eve-Anne Wilkes
Mondays, 1-2:30, May 6, 13, & 20
American Legion Hall

A singing class for adults who want to strengthen voices affected by aging and/or neurological disorders. The SongShine method is designed around cutting-edge science of neuroplasticity—the human brain's lifelong ability to reorganize itself and change by creating new or alternative neural pathways. It's FUN! Make new friends and become part of a community of singers!



Financial Planning

Kelly Crane, Wealth Enhancement Group
Thursday, May 9, 1:00-2:00
Rianda House



Come hear Kelly Crane from Wealth Enhancement Group speak about financial & tax planning for a rapidly changing future. Both are important throughout the year to keep up with

recent modifications to tax codes and changes in your financial life. Refreshments included. Please call Tessa at Rianda House for details at 707-963-8555 ext. 103 or email tessa@riandahouse.org.

RSVP

Visit Me Today

Ben Hill



Visit Me Today is a volunteer visitation program for seniors designed to reduce loneliness and isolation. The program began in the of Summer 2023 and was founded by Ben Hill, our Director of Development. This program includes sing-a-longs, poetry and storytelling. Volunteers are needed. Join us at one or both of these facilities to see if this is a perfect match for you and to get more information. **RSVP**

Wednesday, May 1, 3:00-4:00

Calistoga Senior Apartments, 611 Washington St

Wednesday, May 15, 1:00-2:00

Rosehaven, 520 Sanitarium Rd, St. Helena

Thursday, May 30, 1:00-2:00

Silverado Orchards, 601 Pope St, St. Helena

Special Events

Please register for all special events (707) 963-8555 x 101

Artist Reception

Marvin Humphrey

Thursday, May 16, 4:00-5:30

Rianda House



Currently on display at Rianda House are the captivating oil paintings by St. Helena's own Marvin Humphrey. Many will

recognize him as the former local mail carrier. Now in retirement, he dedicates his time to creating stunning depictions of Napa Valley and some evocative artwork. We invite you to join us on Thursday, May 16th to view his collection. Refreshments will be served. RSVP

Animal Living

Aimee Wyrick

Wednesday, May 29, 11:30-1:00, Pacific Union

College, Clark Hall 301

The skull can be a valuable tool when it comes to identifying a species, understanding its anatomy, dietary habits, and helping us understand evolution.



Examine a collection of mammal skulls to find clues to animal behaviors such as diet, predator or prey status, sense of smell and mobility.

RSVP

Farmers Market

Fridays, 7:30-12:00,

Crane Park,
360 Crane Ave

The St. Helena Farmers Market provides our community with a beautiful venue to meet friends, greet neighbors, enjoy fresh produce and more! Stop by the Rianda House booth to hear more about our programs, ask questions and provide suggestions. See you there!



Senior Living Options

Colleen Kabeary

Wednesday, May 29
1:00-2:00, Rianda House

Colleen Kabeary, Owner of *All 4 Seniors*, will share information on senior living options. What are the differences between Assisted Living, Independent Living and Skilled Nursing. How does one find the right place to live, who pays for it and what to expect. Not all senior communities are the same. As a Placement Specialist, Colleen can offer consulting and guidance with 30 years of experience in Senior Living. RSVP

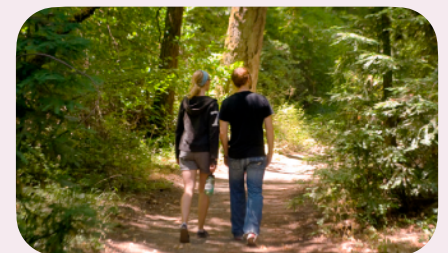
Bothe State Park Hike

Kerry Brackett

Friday, May 31, 9:00-10:30

Rianda House

Come hike the beautiful Redwood Trail at Bothe State Park. This is a moderate out-and-back hike with an elevation gain of 393 ft that takes approximately one and a half hours. After the hike Kerry will lead some gentle stretches. RSVP



Classes & Activities

All Classes are no-cost and 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, 10:30-12:30, Rianda House

Friendship and support in English and Spanish. Unase con nosotros los martes para el encuentro del grupo de Amistad tan querido. RSVP (707) 299-1885.

Balance and Stretch

Amanda Cole & Kerry Brackett

Mondays, 10:00-10:45, Hybrid (no class 5/13)

Thursdays, 11:15-11:45, American Legion Hall (no class 5/2)

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, May 8 & 22, 10:00-11:30, Rianda House

For anyone concerned about maintaining brain health. 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

Discover the art of playing bridge: from bidding to gameplay, defense tactics, strategy formulation and enhancing partnership coordination.

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, 10:40-11:10, American Legion Hall (No class 5/2)

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.

Dementia Family Caregiver's Support Group

Thursday, May 2, 3:00-4:30, Rianda House, May 16, Zoom

Guided by a skilled social worker, this support group provides a comforting setting to ease isolation, depression, and anxiety commonly faced by care partners. Learn practical tips and share experiences. Contact: Melissa Gerard at Providence Adult Day Health, 707-815-6258; melissa.gerard@providence.org. Presented by the Alzheimer's Association and Providence Adult Day Health.

Duplicate Bridge

Tammy McDonald

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

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

ESL (English Second Language)

Lorraine Ruston

Tuesdays, 9:00-10:00, Rianda House

Emphasizes basic English vocabulary and conversational practice needed for speaking in the community, at work, and at home. A workbook is provided. **RSVP**

ESL (Ingles Segundo Idioma)

Lorraine Ruston

Los martes, 9:00-10:00, Rianda House

El énfasis de la clase será vocabulario básico de inglés y la práctica de conversaciones que se necesita para hablar en la comunidad, en el trabajo, y en casa. Se proporciona un libro de trabajo. **RSVP**

French Club

Sue & Skip Hopgood

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

Participants will share personal experiences and cultural history through conversational French by; reading aloud, translating, discussing French literature and current topics; playing games, watching short films, celebrating French holidays with good food, and much more! Some knowledge of French is necessary, but skills vary widely.

Genealogy

Kelly Wheaton

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

Explore topics from DNA to Genealogical Research to Family History writing. Newcomers and drop-ins 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!

Heart of the Matter

Lorne Glaim

Monday, May 6 & 20, 1:00-2:00, Rianda House

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



Classes & Activities

Imagery and Poetry

Dr. Lisa Hinz

Friday, May 3 & 31, 1:00-2:30, Zoom only

Imagery often inspires poetry. We'll create a collage as the foundation for writing poetry. You'll discover talents you didn't know you had.

Jazzercise

Jennifer McClester

Tuesdays, 9:30-10:30, American Legion Hall

Jazzercise blends dance with Pilates, Yoga, Kickboxing and Strength Training in one session. Get long, lean muscles with an undeniable mood boost!

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

Mondays, 11:30-12:30, American Legion Hall

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

Mah Jongg is a traditional Chinese tile-based game that requires skill, strategy and a bit of luck. All levels are welcome. Mah Jongg cards available.

Memoir Plus Writing

Linda Williamson

Wednesdays, 10:30-12:00, 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**

Men's Fitness

Evan Massaro

Tuesdays, 8:00-9:00, American Legion Hall

Improve balance, flexibility and cardiovascular fitness with a splash of dad jokes! "Stay within your safety zone but push your comfort zone!" All levels are welcome. Please bring a mat.



Music with Ric

Ric Morgan

Wednesdays, 1:00-2:00, 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.

Needlers' Club

Julie Bolander

Thursdays, 1:00-3:00, Rianda House

Relax and work at your own pace as you socialize with other craftspeople in a casual, encouraging, fun and helpful environment. Some materials are available. All levels are welcome.

Readers' Theatre Group

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

Dive into a fun and interactive community passionate about script reading and writing and in-house performing. No memorization is necessary. Fun assured!

Sound Bowl Meditation

Kaylee Hardin

Wednesdays, 9:00-9:45, Rianda House

Calming breathing exercises, a short guided meditation, and the soothing sounds of crystal singing bowls help to relax and refresh the body and mind.

Spanish - Beginner 2

Lorraine Ruston

Thursdays, April 18- June 27, 1:00-2:30, Rianda House

A continuation of Spanish - Beginner 1. We continue to use vocabulary introduced in Duolingo's Rookie and Explorer levels to practice and create original conversations. Duolingo is a free app. A workbook is provided. New students are welcome. **RSVP**

Spanish - Intermediate 2

Lorraine Ruston

Wednesdays, Begins May 8, 3:00-4:30, Rianda House

This class continues to use Duolingo starting with section 3, unit 12 through section 4, unit 7. Students practice speaking in the past tense and learn vocabulary for more advanced conversational situations. A workbook is provided.

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. \$5 donation per workout suggested.



Classes & Activities

Tai Chi & Qi Gong

Joseph Nase

Tuesday, May 7 & 21 and EVERY Thursday, 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 breath work, meditation and slow, gentle movement.

Tech Today

James Scanlan

Wednesday, May 8, 2:30-4:00, Rianda House

Hard time keeping up with the latest gadgets? Let a pro help you. Bring your handheld devices (iphones, ipads, tablets, e-readers...). **RSVP**

Victim Services Advocate Counseling

Irma Luna

Friday, May 17, 12:00-1:00, 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.

Rianda House is closed on
Monday, May 27 for Memorial Day.

Happy Mother's Day May 12th

Happy *Cinco de Mayo* May 5th

Yoga: Stretch and Flow

Kaylee Hardin

Tuesdays, 11:15-12:15, American Legion Hall

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

Mondays & Thursdays, 9:30-10:30, American Legion Hall

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

Visit our website at
www.riandahouse.org
Like us on Facebook!

Angwin

Lunch and Learn

Rianda House, Providence, UVFC

Wednesday, May 1, 11:00-1:00, Pacific Union College
Fireside Room, 10 Angwin Avenue

Presenter: *Vanessa Paez from Watermark Napa Valley.* Learn about senior living options. Vanessa explains differences between independent, assisted living and skilled nursing & memory care facilities. Ask questions to help plan for your or your loved one's future. **RSVP**

Yoga: Stretch and Flow **NEW!**

Kaylee Hardin

Thursdays, 11:00-12:00, Fireside Room, PUC

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. **RSVP**

Calistoga

Lunch & Learn

Rianda House, UVFC, Calistoga Parks & Rec

Wednesday, May 15, 11-1:00, Calistoga Community
Center, 1307 Washington St.

Features an educational theme, timely resources, and community connections along with a healthy lunch. This month learn about Hospice Care. Call early to reserve lunch. **RSVP**

Tai Chi

Diane Latorre

Mondays, 1:15-2:00, Pioneer Park, 1308 Cedar St
(Calistoga Community Center if the weather is bad)

A gently-moving meditation suitable for various fitness levels. Music and repetitive movement allow energy to move and flow.

Line Dancing+

Rianda House & UpValley Family Centers

Thurs, May 23, 12:30-1:30, Calistoga Community Center

Join us for line dancing, cooking demonstration and great fun! A wonderful low impact way to keep fit and socialize. Kick up your heels to lively music and learn new dances each session. **RSVP**

Calistoga Loop Walk

Julie Spencer, Bobbie Casey

Friday, May 24, 9:30-10:30, Calistoga Community Center

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. **RSVP**

RIANDA HOUSE

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St. Helena, CA 94574
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CLASSIC CAR SHOW

Saturday, May 4, 10-4pm

Adams Street @ Library Lane

supporting
Upvalley Classics
since 2008

food
music
beer & wine
program demos

