Napa Solano AREA AGENCY ON AGING
assistance ► advocacy ► answers

Thank you for reading our quarterly newsletter. We welcome your ideas for future editions. Contact us here.

Quote of the Day

Mark your calendar for election day November 3, 2026

"Every election is determined by the people who show up."

— Larry Sabato

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Riita's Report

From our chairperson Riitta DeAnda

The Napa/Solano Advisory Council on Aging supports the work of the Napa/Solano Area Agency on Aging by connecting with older and disabled adults in Napa and Solano counties to better understand the issues they face. The twenty-member council assists the agency in shaping the Area Plan, setting goals and selecting service providers.

We had our first meeting of the 2026/27 year on September 1, 2026. Prior to our regular meeting we had an onboarding meeting for our new members Sandy Stevens, Gerald Huber, (Alex) Gonzalez, Cyndi (Cynthia) Tierney Panganiban, Aubrey de Castro, Marc Frankenstein, Michael O'Connell and Gigi Gonzales. The onboarding meeting was led by the Executive Committee members and Gwendolyn Gill the Solano County Health Services Administrator whose department prepared materials that will help new members navigate the world of Area Agency on Aging Services.

We had a presentation from Amanda Cole of the Rianda House in St. Helena about the wide variety of programs and services they provide for seniors. They are always looking for suggestions on new activities.

The Outreach Committee led by Olga Curtright and Cathleen Wagner continue expanding tabling events and presentations about the services provided by the Area Agency on Aging. They recently attended an event at the Joseph Nelson Community Center in Suisun City. Upcoming events will be in Rio Vista, Vacaville, Dixon and Vallejo.

The council will create working groups to do research on issues that are of concern to seniors. They will do research on programs and services that are available and determine if there are gaps. The groups will present their findings in 2027. These working groups are open to anyone in our communities. If you are interested in any of these topics please contact Riitta DeAnda (riittad1@gmail.com)

The following areas were identified as continuing priorities:

1. Housing
2. Social Isolation
3. Transportation
4. Aging at Home/Supportive Services
5. Digital Access
6. End of Life/Dementia

Our meetings are open to the public and we love to have guests attend.

Please continue to follow the activities of the Napa Solano AAA through https://www.aaans.org/ where you will find links to the many services available in our communities.

For volunteer opportunities in Napa County click here: Napa County

For volunteer opportunities in Solano County click here: Solano County

Riitta DeAnda, Chair

Anne Payne represents Napa County on the ACOA and is a resident of American Canyon where she is a leader in Soroptimists, always on the go in service to her community and enjoying life

Anne was born in Los Altos. She and her family moved to Napa in 1988 where she had the pleasure of being near her grandparents during their later years. She notes that her grandmother and her mother left her with lasting and loving memories. "I miss them."

"I'm the mother of two boys who are not boys anymore. and I have four grandchildren and I just feel like I've been very fortunate in my life. My mom always used to say, 'Leave the world a little bit better than it was when you got here.' She's my North Star. She and my grandmother were both very generous with their time, their resources and their wisdom. I am hoping to carry on a little bit of their legacy." As an example of that legacy, during COVID Anne looked after her then five-year-old grandson and guided him through kindergarten on Zoom.

Anne enjoys traveling and plans at least one international trip each year, next year her itinerary calls for either Sicily or Ireland. "I've been to Bulgaria, Croatia, Hungary, England, Scotland, Wales, Ireland, France, Germany, Spain and Portugal. A childhood friend of my mom's married an Italian man whose family had a castle in Tuscany – so I even got to stay in a castle on one of my trips. I've been pretty fortunate. I have not been to any Asian countries yet, nor to South or Central America."

Anne is active in her community of American Canyon where she is a founding member of the Soroptimist chapter that began in 2018 and has grown to 55 members. "We put in place activities that help get people out of their homes because people often become so isolated and don't necessarily know what's available to them." Soroptimist holds an annual picnic – ten people came to the first gathering; the number is now up to 30 and growing. On August 29 Soroptimist and another non-profit organization sponsored a Senior Senior Prom at the American Canyon Boys and Girls Club. The event even included crowning of a Prom Queen and King! More than 60 people had an entertaining evening on the dance floor, visiting with others and listening to familiar tunes. Anne often spearheads community activities, tables for ACOA, writes news articles for the local online newspaper, drives for Molly's Angels and never stops advocating for people in their later years.

During our interview, Anne reflected on her career pathway. "I knew from a very young age that I wanted to work with seniors. I just didn't know in which capacity. And I was a late bloomer. I didn't actually graduate from college until I was 43 (Sonoma State). It was fun. My kids and I did all our schooling together. "While I was in school, I did my internship at a day program for people with Alzheimer's and other forms of dementia and absolutely fell in love with that population and got a job with the day program."

The program was offered through the Napa Valley Adult School. Anne began her career there as a teacher, facilitated classes and was eventually promoted to help manage the program. When funding cuts came along, the program was closed and merged with another service in Napa where she became the Alzheimer's Day Care Resource Center program manager – "The best job I ever had . . . because I got to work with the participants and their families. I trained staff members and I did community outreach and education." Once again, in 2008, "Funding for this program was cut and my position eliminated." From there Anne became a memory care director in assisted living. She worked in three different assisted living communities and eventually went to work for the Area Agency on Aging, ". . . back in its old iteration where I oversaw Title III B, III D and III E programs, authorized under the Older Americans Act, in Napa and Solano counties."

"And then I went back to memory care because I missed my people. My last job before retiring – which happened just when the pandemic hit – was for a non-profit affordable housing community that provided housing for seniors and disabled adults. I oversaw the service coordinators for ten properties."

In serving on the ACOA, Anne reflects, "I have always been interested in advocating as much as I possibly can to make sure that everybody who's aging is able to age with as much dignity as possible and in the way they wish because each person has their own journey and their own way of doing things. We often make assumptions about what we think should happen, but that doesn't necessarily work. We forget to just listen. What's really interesting is figuring out how to get information out to people. I found throughout my career that people would call when there was a crisis. How do we help so that people are prepared before a crisis actually hits so that they have things in place for either themselves or their loved ones. Sometimes we ("professionals") think we have the answers, when in fact we don't."

Linda Chandler represents Solano County on the ACOA and is deeply involved in The Village movement in Benicia and Vallejo

Linda's life began in Colorado where her grandparents owned property they deeded to their offspring. Her grandfather was a carpenter and helped Linda's father build their first family home. With a poured cement sidewalk between the properties Linda and her brother could peddle their tricycles from "home to grandma's back yard. . . . my brother and I had a very rich relationship with our grandparents and had four adoring adults looking after us."

In time Linda's family moved to Salt Lake City where her dad, then an airline pilot, flew military air command to overseas Air Force bases. "He brought back so many things from the many places he flew – I just couldn't imagine!" Linda noted that she and her family were not Mormon but admired the beliefs about family and education that were inherent in

the Mormon community. In high school, she and others created "our own impromptu ecumenical group – we would visit the Greek Orthodox Church, a Jewish Synagogue, and attend Mass at the Catholic Church. We learned about comparative religions and ended up understanding and respecting others' beliefs."

Linda attended a small liberal arts college in Utah for two years, but knew she wanted to pursue her education in a university setting. "I moved to California where I was ill-prepared for the 60's scene in the bay area! I My mouth and eyes were wide open and I thought, 'Oh no!'" She considered attending UC Berkeley but quickly determined it wasn't a good fit, and proceeded to UC Irvine, a small campus just getting started in southern California. "It had a slow pace, lots of cows and not much traffic. I graduated in the first class to have gone through all four years at the campus. The next year I completed my teaching credential at UCI and met my future husband."

Linda's husband attended medical school in Philadelphia, which is where they moved, and where her two daughters were born. Prior to having kids, she taught in New Jersey and worked with high school kids who were several years behind academically. This called for creative hands-on techniques since reading was a significant barrier for them. The Civil War battles were played out with toothpick soldiers lined up in battalions on the cold linoleum floor. During this time, Linda learned about herself, about being a better educator and the value of approaching subjects from many angles to accommodate different learning styles. Linda notes this is something that has served her well throughout her life.

After a divorce, Linda attended JFK University and earned her MBA. From there she worked for Contra Costa County in a federal program designed to help others to retrain and re-enter the workforce. Helping others succeed in supporting their families was a positive and satisfying career which resulted in a two-county award-winning system serving all of Alameda and Contra Costa. It was the forerunner to the current America's Jobs centers, a national federally funded employment and training system.

Not long after she retired from the workforce Linda found she needed something more to do. She observed the isolation experienced by too many people as they grow older. Enter the Village Project and eventually the ACOA.

Her passion about The Village project is palpable. Linda's profile on the Carquinez Village webpage includes the following, "She provided consulting for the Small Business Centers (SBDC) in Contra Costa and Solano counties while also teaching as an adjunct professor for Golden Gate University, Saint Mary's, and the California Maritime Academy. Employed by Contra Costa County, she served as a strategic planner for Contra Costa's Workforce Investment Board; she headed up the development of EASTBAY Works, a partnership that services all the East Bay. Linda spearheaded design and technology delivery linkage for fourteen centers, an effort that was acknowledged for national innovation. She led aggressive grant development and expanded partnerships with industry, resulting in millions of new dollars targeted at retraining youth and adults. Her present interest is building partnerships and ongoing support for the goals of Carquinez Village." Carquinez Village More about the Village Network can be found at: Village to Village Network

Linda remarked about the impact The Village has in the lives of so many people and the creative ways she and others stay connected. To accommodate those seniors with low incomes, Carquinez Village has set up a "scholarship fund" so no one goes without needed

services and support. As part of recruitment for volunteers and new members, each Tuesday as many as fifteen villagers meet for coffee at Raley's where they occupy a few tables near the deli section. Linda says, "If I see someone looking over at us and they appear to be in our age group, I motion to them to come over. I've even followed people out to the parking lot."

Linda reflected on life's inevitable detours, with joy and sorrow along the way. She is the eldest of three. Linda's eldest daughter passed away at age 29 leaving behind her young daughter and infant son. They are now adults and a big part of Linda's life. Her youngest daughter lives nearby and her grandchildren are active in multiple school activities and sports events turning Linda into an avid sports fan. And in August, Linda was blessed with her first great-grand child.

Linda's admirable advocacy is an inspiration to others and her involvement in the community is truly a treasure.

CYBER SECURITY FOR SENIORS: Simple Steps to Stay Safe Online

Every day, scammers use emails, text messages, phone calls, and fake websites to try to steal personal information and money. The good news is that a few simple habits can greatly reduce your risk.

7 Tips to Protect Yourself

1. Create Strong Passwords

Use a different password for each important account. Long passwords or passphrases are more secure than short ones.

2. Turn On Two-Factor Authentication

Whenever available, enable two-factor authentication (2FA). This adds an extra layer of protection by requiring a code sent to your phone or email before you can log in.

3. Be Skeptical of Unexpected Calls, Texts, and Emails

Scammers often pretend to be from Medicare, Social Security, your bank, Amazon, or a utility company. Never give out personal information or financial details unless you initiated the contact.

4. Don't Click Unknown Links

If you receive an unexpected message asking you to click a link or download an attachment, delete it. When in doubt, contact the organization using a phone number you know is legitimate.

5. Keep Your Devices Updated

Install software and security updates on your computer, tablet, and smartphone. Updates fix security weaknesses that criminals can exploit.

6. Monitor Your Financial Accounts

Review your bank and credit card statements regularly. Report any unfamiliar charges immediately.

7. Ask Someone You Trust

If something feels suspicious, pause before acting. Talk with a trusted family member, friend, or financial institution before sending money or sharing personal information.

Read More

Here, There and Everywhere



Solano County Walk to End Alzheimer's – October 24, 2026

Find other events at Walk to End Alzheimer's



See **Knit with Love** for a deeply personal and touching account from one of our ACOA members about the impact of dementia on families



KNIT WITH LOVE: A family caregiver's reflection on safety, dignity, and staying connected through dementia

contributed by Cyndi Tierney

A few years ago, my brother and I made the difficult decision to move our mother into assisted living. We had begun to see the signs that living independently was no longer safe. Meals and medications were becoming harder for her to manage, driving was no longer reliable, and the ordinary demands of daily life had become too much to carry alone.

Like many family caregivers, we carried guilt into that decision. Still, the move brought unexpected gifts. Her social life began to bloom. With regular meals, medication support, and a community around her, Mom's physical health improved. In many ways, she was doing remarkably well.

The hardest challenge has been wandering. Dementia can change a person's sense of time, place, and safety. National caregiving resources note that wandering is common among people living with Alzheimer's disease or another dementia and can become dangerous when a person becomes lost or confused about where they are.

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Legislative Update



Affordable Housing Bond Act Will Appear as Prop. 1 on the November 2026 Ballot

SB417 (Cabaldon) and **AB736** (Wicks)

Proposition 1, appearing on the November 2026 ballot, would provide funding for affordable housing and accessible homeownership. Prop. 1 asks voters to authorize a $11.25 billion general obligation bond to fund programs that support the creation and preservation of affordable housing, expand homebuying opportunities for low- and moderate-income Californians and veterans, and invest in permanent solutions to solve homelessness. If Prop. 1 is approved, it would replenish funding for several successful state programs that have exhausted their resources. Prop. 1 was placed on the ballot by the Legislature through passage of Senate Bill 417.

Sen. Christopher Cabaldon (SD 3) and Sen. Monique Limon (SD 21) are the primary sponsors of the legislation. In the Assembly, Asm. Buffy Wicks (HD 14) and Asm. Mark Gonzalez (HD 54) are the primary sponsors (AB 736).

On June 25 Gov. Newsom signed legislation to place a historic housing bond before California voters in the upcoming November election. At the signing, Newsom stated: "California can't afford to let thousands of ready to build homes sit idle. This bond gives us a straightforward way to turn approved plans into real places for people to live," said Senator Christopher Cabaldon. "At the end of the day, this measure puts the decision where it belongs, in the hands of Californians. If voters want more affordable housing, this bond gives us the means to deliver it."

If voters approve it, the Affordable Housing Bond Act of 2026 would go into effect right away.

More information at: https://calbudgetcenter.org/resources/proposition-1-californias-veterans-and-affordable-housing-bond/

California Senior Legislature (CSL)

Richard White, our former ACOA chair and elected representative to the CSL Assembly, provided us with his always informative report. The latest version is included as an addendum to the newsletter.

CSL Report September 2026

Matters of Health and Well-Being

Speak Up: Become Your Own Health Advocate ~ contributed by Michael O'Connell

For more than thirty years, I worked in hospitals and medical group practices, helping patients from every walk of life navigate a healthcare system that can feel rushed, complex, and, at times, overwhelming. One truth became clear over the decades: **patients who prepare for their medical appointments have better experiences, better conversations, and often better outcomes.** This is especially true for senior citizens, who frequently face additional challenges such as limited appointment availability, multiple medications, chronic conditions, and the natural stress that comes with managing one's health.

Today's healthcare environment moves quickly. Physicians often have full schedules, appointment slots are tight, and medical practices must stay on time to care for everyone who walks through the door. When a patient arrives unprepared, unsure of their medications, unable to recall symptoms, or without a clear sense of what they want to discuss, it creates frustration for both sides. The visit becomes less focused, important issues may be overlooked, and the patient may leave feeling unheard or uncertain. Worse, many seniors remember what they *meant* to ask only after they get home.

The good news is that a few simple habits can transform the experience. **Speaking up, asking questions, and bringing a list** are powerful tools that help you become your own healthcare advocate.

Why Preparation Matters

Healthcare providers genuinely want to help. But they rely on accurate information and clear communication to make the best decisions. When you come prepared, you give your doctor the information they need to understand your concerns and guide your care.

Preparation also helps you stay focused. It reduces anxiety, prevents rambling, and ensures you don't forget the issues that matter most. A well-organized visit is not only more efficient—it's more empowering.

Bring a List of Questions

Before your appointment, take a few minutes to write down what you want to talk about. This list doesn't need to be long or complicated. Three to five questions are usually enough.

Examples include:

- What is causing this symptom?
- Are there alternatives to this medication?
- What should I expect in the next few weeks?
- Are there warning signs I should watch for?
- When should I schedule my next appointment?

A written list keeps you on track and ensures your most important concerns are addressed. It also signals to your doctor that you are engaged and serious about your health.

Carry an Updated Medication List

One of the biggest challenges medical practices face is helping patients manage multiple medications. Many seniors take prescriptions from different specialists, along with vitamins, supplements, or over-the-counter remedies. Without a complete list, your doctor cannot fully understand how these medications interact or whether they may be contributing to your symptoms.

Your medication list should include:

- The name of each medication
- The dosage
- How often I take it
- Who prescribed it

Keep this list in your purse or wallet and update it whenever something changes. It is one of the most important tools you can bring to any appointment.

Describe Your Symptoms Clearly

Doctors rely on your description of what you're experiencing. Try to think about:

- When the symptom started
- How often it occurs
- What makes it better or worse
- Whether it affects my daily activities

If you're worried you might forget details, jot them down ahead of time. Clear information leads to clearer answers.

Read More

Recipe Central

Try out these delicious, easily prepared recipes shared by Cathy Wagner

Fresh Tomato Bruschetta

Ingredients

- 4–5 ripe Roma or garden tomatoes, diced
- 2 cloves garlic, finely minced
- ¼ cup fresh basil, thinly sliced
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- ½ teaspoon kosher salt, or to taste
- Freshly ground black pepper
- 1 French baguette
- Olive oil for brushing the bread
- 1 garlic clove, cut in half

Directions

1. Make the topping: Combine the tomatoes, minced garlic, basil, olive oil, balsamic vinegar, salt and pepper. Let it sit for 15–30 minutes so the flavors blend.
2. Prepare the bread: Slice the baguette diagonally into about ½-inch slices. Brush lightly with olive oil.
3. Toast: Bake at 400°F for about 5–8 minutes, turning once if you like, until lightly golden and crisp.
4. Add garlic: While the bread is still warm, gently rub each piece with the cut side of the garlic clove.
5. Serve: Spoon the tomato mixture onto the toasted bread just before serving so the bread stays crisp.

Little extra: A drizzle of balsamic glaze over the finished bruschetta is delicious, and a sprinkle of freshly grated Parmesan is nice too.

* And for any pineapple lovers- add some pineapple chunks to the mix!!

Italian Pasta Salad

Serves 8–10

Ingredients

- 1 lb rotini or bow-tie pasta
- 1½ cups cherry tomatoes, halved
- 1 cucumber, diced
- 1 bell pepper, diced
- ½ small red onion, thinly sliced
- 1 cup sliced black olives
- 8 oz mozzarella pearls, , or any cut up cheese that you like
- 6 oz salami, cut into bite-size pieces
- ½ cup pepperoncini, sliced
- ¼ cup fresh parsley, chopped
- ¼ cup fresh basil, sliced

Italian Dressing

- ¾ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon honey or sugar
- ¼ cup freshly grated Parmesan

(Or instead of the above ingredients you may use bottled Italian dressing)

Directions

1. Cook the pasta in well-salted water until just al dente. Drain and rinse briefly under cool water.
2. Whisk together all of the dressing ingredients.
3. In a large bowl, combine the pasta, tomatoes, cucumber, bell pepper, red onion, olives, mozzarella, salami and pepperoncini.
4. Pour about ¾ of the dressing over everything and toss well.
5. Refrigerate for at least 1–2 hours. Overnight is even better.
6. Before serving, toss again and add the remaining dressing as needed. Finish with the parsley and basil.

My favorite addition: Add about ½ cup chopped marinated artichoke hearts. They make this especially good.

For a potluck, you can make this the night before—I'd just save a little dressing and the fresh basil to add right before you leave.

Butterscotch Lush

- 1 (11.3-ounce) package pecan sandies
- 6 tablespoons butter, melted
- 1/2 cup flour
- 12 ounces cream cheese, softened
- 1 1/2 cups confectioners' sugar
- 1 (16-ounce) frozen whipped topping, thawed
- 2 (3.4-ounce) instant butterscotch pudding
- 3 1/4 cups milk
- chopped pecans, optional

Directions

- Place cookies in food processor and process until finely crumbled.
- Stir together cookie crumbs, melted butter, and flour in a medium bowl.
- Transfer cookie crumb mixture into a lightly greased 9×13-inch pan. Press evenly along bottom of pan. Place in 325 degree oven for 8 to 10 minutes. Let cool.
- Beat cream cheese until smooth and gradually beat in confectioners' sugar. With mixer on low, beat in 2 cups whipped topping just until combined.

Poetry Corner

In casual conversation I mentioned to Alan Werblin that I'd never found a source for "Have You Ever Seen a Straight Banana" an old ditty, sung with gusto by certain great-uncles when I was a small child. Not only did Alan come up with the source, he created (or found) the image below – a smile for the day if you are of a certain age.

Yes, We Have No Bananas!



"Yes, we have no bananas,
We have-a no bananas today.
We've string beans, and onions,
Cabbages, and scallions,
And all sorts of fruit and say,
We have an old fashioned to-mah-to,
A Long Island po-tah-to;
But yes, we have no bananas,
We have no bananas today."

— Louis Prima

The humble banana is one of the world's favorite fruits—and for good reason. It is high in **fiber** and an excellent source of **potassium**, **magnesium**, and several **B vitamins**.

The U.S. Department of Agriculture recommends that most adults consume about **2 cups of fruit** each day as part of a healthy diet. One large banana counts as approximately **1 cup of fruit**, making it an easy and nutritious choice.

Despite growing on what looks like a tree, bananas actually grow on a **large perennial herb**, not a tree. Banana plants thrive in tropical climates with year-round temperatures around 80°F and abundant rainfall. Today, many of the bananas sold in the United States are grown in countries such as **Costa Rica, Guatemala, Ecuador**, and **Colombia**.

Getting bananas from the plantation to your grocery store is no small task. After harvesting, they are carefully packaged, stored, transported to shipping ports, and then carried by refrigerated cargo ships to destinations around the world.

Bananas are also one of the world's most important food crops. According to the United Nations Food and Agriculture Organization, **well over 100 million metric tons** are produced globally each year, making bananas one of the most widely grown and consumed fruits on Earth.

The "Banana Wars"

The banana's history is more dramatic than many people realize. During the first half of the twentieth century, bananas became the center of political conflict and economic power struggles in Central America.

In Guatemala, the **United Fruit Company** became the country's largest landowner and employer, controlling an enormous portion of the nation's most productive farmland. The company's influence over politics and the economy was so great that it helped give rise to the term **"banana republic."**

In 1952, Guatemalan President **Jacobo Árbenz** introduced an agrarian reform program that redistributed unused land—including land owned by United Fruit—to poor farmers. Concerned about losing its holdings, the company lobbied the U.S. government against Árbenz. In 1954, a CIA-backed operation helped overthrow his government, an event that shaped Guatemala's political history for decades.

Historians continue to debate the many factors behind the coup, but there is broad agreement that United Fruit's interests played an important role alongside Cold War concerns.

So, the next time you enjoy a delicious banana, remember that this everyday fruit offers more than great nutrition. Behind its bright yellow peel lies a fascinating story of agriculture, international trade, politics, and history.

The Weight of Thought



Racism:
it's both pervasive
and personal

Engineered
not Incidental

It maintains the status quo
to the benefit of a portion
limiting others' success in proportion

To subvert those who merit
with those who inherit

Color shouldn't affect
the perception of intellect

Opportunity should be obtainable
for only those most capable
regardless of ancestry, race, or creed
but to those who by unbiased criteria
are bound to succeed.

So that the future of opportunity
is available to one's community
and that a dream to succeed
is attainable indeed.
–Alan Werblin, August 2026

Let Me Entertain You

Watching/Listening/Reading

Theo of Golden by Allen Levi - Recommended by Linda Chandler

In a world where we now adjust not just to the news, but to fake news, where civility has been replaced by degrading comments, accusations, and insult. Where the news is dominated by leadership behavior is hard to differentiate from rap sheets. This book is a salve for the soul. After a mere chapter, my blood pressure had gone down as I slowed to the calming type and warmed to the pace and soft embrace of the authors tale. We need more Theos.

Available in hard cover, paperback or as an audiobook. Request from your library or order an inexpensive and perfectly good used copy at alibris.com/

Aging Issues: Edited and often written by Dan Woodard, is published every other week in the Napa Register. Dan is a member of the Napa County Commission on Aging. Here are two recent columns for your enjoyment. Aging Issues 44- Is Your Home Ready for You and Aging Issues 45- When Is It Time to Consider Assisted Living

California Department of Aging

This landing page from the California Department of Aging provides links helpful information and access to upcoming webinars. CDA Resources

Aging Matters: California Department of Aging, Fall Newsletter. To read click this link CDA Aging Matters Newsletter Fall 2026

Walking through the valley of dementia: A self-paced retreat for caregivers

I happened upon this resource quite by accident. It is a spiritual reflection that may be of value to caregivers whose lives center around caring for a loved one with dementia.

https://www.youtube.com/@ValleyofDementiaRetreat

There are a multitude of challenges that care partners of People Living with Dementia (PLwD) face, which can leave them tired and depleted. They may not know where to turn for physical and emotional support, let alone spiritual care, which often goes untended. This self-paced retreat is designed to support the care partner through various retreat exercises and scriptural reflections that create a space for them to engage in their relationship with God. The retreat begins with a discussion of what dementia is and the common challenges that care partners face. Within those challenges, readers will start to explore some of the many invitations God offers in the Valley of Dementia. https://theresefisher.com/

Thank you for reading this quarter's Age Well. Our next edition will come out January 2027.

Find us on Facebook www.facebook.com/acoa.napa.solano/
Check us out on Instagram www.instagram.com/acoacareshare/
Connect to services in Napa and Solano Counties at aaans.org/

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