



Valuable services

Betty Rhodes | Posted: Friday, January 20, 2012 9:30 pm

One recent morning, I attended a meeting of the Napa Valley Coalition of Non-Profit Agencies, conducted by chairwoman Kathleen Dreessen and Executive Director Suzanne Shiff. This organization is composed of nonprofit organizations that are working to improve the quality of life of Napa Valley residents.

This is an outstanding group of people and it was a pleasure to be invited to attend.

The program for this month's meeting was devoted to the services available to the senior population of Napa Valley, and it occurred to me that we haven't shared this information for a while so let's refresh our memories with a few of these senior services:

Adult Protective Services (APS) If you are 65 and older and you are being abused, physically, sexually or financially, or you know someone who is, call 707-253-4625 or 888-619-6913 (APS Hotline) There is no charge for someone to come to your home to assess the situation.

County Veterans Services (CVSO) Are you a veteran, or the wife of a veteran? Do you know that you might qualify for the "Aid and Attendance" benefit offered by the Veteran's Administration to pay for long-term care? Call 707-253-4558 or go to 900 Coombs St., Suite 257.

Stop Falls. This is a very important service for our age group. Falls are very serious as we get older. A fall can be life-changing, so we want to prevent falls as much as we possibly can. Four things that we can do to help prevent fall: 1. Begin a regular exercise program for better balance. 2. Have your health care provider review your medicines. 3. Have your vision checked. 4. Make your home safer. To expand on these suggestions call 255-5328 for more suggestions and recommendations.

Legal Aid of Napa Valley. Here, we'll be referring to Senior Legal Services. If you are 60 years of age or older and live in Napa County, you qualify for Legal Aid. A few of the areas of assistance: 1. Housing and landlord advocacy. 2. Health care benefits and support services. 3. Debt and consumer matters. 4. Elder abuse and neglect, and more. Call 259-0579

Napa County Long-Term Care Ombudsman Program. If you, or someone you know, resides in a nursing facility or residential care home, and you suspect elder abuse, give Elizabeth Mautner a call at 255-4236 or 800-231-4024 (24 hour State Ombudsman Hotline.) If you have questions concerning the placement of a parent in a long-term care facility, give Elizabeth a call for suggestions, also. By the way, this service, as many of the Napa County services, is funded by the Area Agency on Aging serving Napa/Solano. We'll be visiting AAOA, in depth, in the near future.

Adult Day Health Care. This is a wonderful service for people who are frail, suffering from dementia or need rehabilitation services to recover from strokes, injuries or accidents and may have difficulty remaining at home alone but do not need skilled nursing home care. Activities and lunch are provided, as well as transportation.

This is such an excellent program, for both the senior and the senior's caregiver. It came very close to being "chopped" by the state but please keep reading.

I have a quote from my friend Celine's boss, Linda Gibson, which appeared in the Napa Valley Register on Dec. 3. "I must express my deepest gratitude to Celine Regalia, MSW, our Adult Day Services Program Director, who never gave up.

"As the president of the Board of the California Association of Adult Day Services, Celine worked to preserve the availability of Adult Day Health Care for not only Napa, but the entire state of California."

Isn't that amazing!? As a practicing elder advocate, Celine is the caliber of folks I have the great pleasure of seeing on a continuing basis for which I am truly grateful.

We'll be bringing more senior services to your attention next time we meet. As always, it's much fun visiting with you every other week.

Email Betty at bettyrhodes@sbcglobal.net.

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