



AREA AGENCY ON AGING
assistance ▶ advocacy ▶ answers

AgeWell e-Newsletter | January Issue 01 | AgeWell is an ACOA Publication

Quote of the Day: *"Our lives begin to end the day we become silent about things that matter"* . — **Dr. Martin Luther King, Jr.**



NOTES FROM THE CHAIR – JANUARY 2025

Richard White, Chair

Almost forty-four years ago, Jimmy Carter walked out of the White House as President for the last time. He had previously served his nation as a U.S. naval officer, followed by a term in the Georgia state senate from 1963-1967 before being elected and moving to the Governor's mansion in 1971, serving one term before making his run for the Presidency of the United States. After serving a single term, in January 1981 Jimmy Carter handed over the keys to the residence that housed the most powerful job in the world; in 1981, former President Jimmy Carter was fifty-two years old. What would he do with the rest of his life?

That's a question I started asking myself four years before I eventually retired in 2018.

[Read More](#)

Legislative Update



New California laws for 2025

From the San Francisco Chronicle:

California lawmakers and [Gov. Gavin Newsom](#) approved more than a thousand laws this year on topics ranging from environmental regulation to traffic rules.

Starting next year, colleges that accept state funding will be banned from [giving special consideration to applicants related to alumni or donors](#). The new law, [AB1780](#) by then-Assembly Member Phil Ting, D-San Francisco, will take effect Sept. 1, 2025, meaning the first class of students affected will start college in fall 2026.

Police will begin fining drivers who park too [close to crosswalks under California's new "daylighting" law](#), [AB413](#) by Assembly Member Alex Lee, D-San Jose. In an effort to make roads safer for pedestrians and cyclists, the law prohibits people from parking within 20 feet of marked and unmarked crosswalks in most circumstances. Though it has technically been in effect since the start of 2024, cities can start fining drivers Jan. 1.

Fines will vary by jurisdiction. In San Francisco, fines will start at \$40 per violation.

Californians will be able to more easily cancel subscriptions under the state's new click-to-cancel law, which takes effect July 1. [AB2863](#) by Assembly Member Pilar Schiavo, D-Chatsworth, requires companies that offer automatically renewing and continuous subscriptions to let customers cancel their subscriptions through the same method they used to sign up.

[AB2017](#) by Sen.-elect Tim Grayson, D-Concord, prohibits state-chartered banks from fining customers when they try to withdraw money but have insufficient funds in their account. It takes effect Jan. 1.

People with severe mental illness who commit [violent crimes can be kept in state mental hospitals](#) longer to allow the state to better plan for continued treatment after their release under a new law that takes effect Jan. 1.

Assembly Member Matt Haney, D-San Francisco, said he introduced [AB2475](#) in response to a Chronicle column published last year that detailed the circumstances leading up to a [Chinatown bakery stabbing](#). Haney said Mayor London Breed's office and the San Francisco Department of Public Health sent him the column and asked him to introduce a bill to address the problems it revealed.

[SB1061](#) will, starting Jan. 1, prohibit credit bureaus from including medical debt on people's credit reports. The law by Sen. Monique Limón, D-Santa Barbara, aims to avoid penalizing people for accessing necessary health care.

For more information, click [here](#).



The California Commission on Aging serves as an advocacy body for older Californians and a catalyst for change that supports and celebrates them as they age. The Commission's work on behalf of older adults reflects the values of equity and inclusion, autonomy, choice, and access, respect and integrity, and collaboration and partnership.

Here are the Commission's policy priorities for 2025:

- Improve Behavioral Health Services for Older Adults
 - Increase Workforce Opportunities for and Expand the Workforce Serving Older Adults
 - Address Homelessness and Increase Housing Options for Older Adults
 - Identify Innovative Solutions to Support Health and Well-being of all Californians
- See more about us [here](#)

Justice In Aging "Four Areas Where Older Adults Need Our Advocacy" in 2025

Kevin Prindiville, Executive Director of Justice in Aging

As the next Administration comes on board, "the programs older adults rely on will be at the crux of policy debates and discussions", states Kevin Prindiville, Executive Director of *Justice in Aging*. How will these changes impact low-income older adults and access to Medicare, Medicaid, Social Security, SSI, housing, transportation and other elder rights programs. Mr. Prindiville identifies four areas "where older adults need our advocacy" in 2025

1. Safeguard, Promote, and Expand Access to Health and Long-Term Care
2. Protect Social Security and SSI (Supplemental Security Income)
3. Prevent and End Older Adult Homelessness
4. Ensure Everyone Has a Right to Age With Dignity and Justice

Learn more about Justice in Aging California [here](#)

In the News



CONFUSED ABOUT MEDICARE..
CALL HICAP!
the MEDICARE Health Insurance Counseling & Advocacy Program.

HICAP Health Insurance Counseling & Advocacy Program
Free Service to Medicare Beneficiaries

Before you consider all the options, sit with a truly unbiased source so you can make more informed decisions.

SHIP State Health Insurance Assistance Program
Navigating Medicare

California Department of AGING

TRULY UNBIASED HELP.

TRUSTED SOURCE for unbiased help as the **TECHNICAL EXPERTS** on Medicare, since 1986.

www.SeniorAdvocacyServices.org/HICAP

What's New for Medicare in 2025?

To learn more about what's new for Medicare in 2025, [click here](#).
For more information about Medicare, click [here](#). To learn more about Senior Advocacy Services, click [here](#).

SOLANO COUNTY CAREGIVER FORUM

PRESENTED BY THE ALZHEIMER'S ASSOCIATION

Wednesday, March 26, 2025

9 a.m. to Noon

Solano County Events Center,
Conference Room A, 601 Texas St.
Fairfield, CA 94533

Register at

tinyurl.com/SCCGForum25

or call 800.272.3900.

Registration is required.



Presentations will include information on Alzheimer's disease and other dementia, research advancements, caregiving strategies, caregiver self-care, recent legislative policy successes, and local community resources. Light refreshments will be served.

Please feel free to reach out to Stefanie Bonigut, sbonigut@alz.org or 925.290.7911 if you have any questions.

FEATURED PRESENTATIONS



ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH

CLAIRE DAY - Chief Mission and Program
Strategy Officer, Alzheimer's Association,
Northern California & Northern Nevada

Claire Day has been on the staff of the Alzheimer's Association since 2001. She oversees all care and support, DEL operations, and research initiatives for Northern California & Northern Nevada. Ms. Day is a clinical social worker and received her degree from Bloomsburg University of Pennsylvania. She has more than twenty-five years of experience as a family and professional educator in dementia care.



2024 CALIFORNIA STATE POLICY SUCCESSES

JESSICA ROTHHAAR - Senior Public
Policy Manager, Alzheimer's Association,
Northern California & Northern Nevada

Jessica Rothhaar helps people who have been personally impacted by Alzheimer's and other dementia share their stories with elected officials to advance Alzheimer's research, care and support. She has over 20 years of experience in public policy advocacy, and is deeply committed to giving a voice to people living with Alzheimer's and their loved ones to drive policy change.



BRINGING OUT THE BEST IN THE PERSON LIVING WITH DEMENTIA

DAVID TROXEL, MPH - Writer and
Consultant; Co-author, *The Best Friends
Approach to Dementia Care*

David Troxel is an internationally known expert in Alzheimer's disease and memory care. An informative and engaging speaker, David holds a Masters Degree in Public Health from Rutgers Medical School (now UMDNJ/Robert Wood Johnson Medical School). During his 25 years in the field, he has also served as an Executive Board member of the American Public Health Association and a member of the Ethics Advisory Panel for the Alzheimer's Association. David has co-authored six influential books (most notably, *The Best Friends™ Approach to Dementia Care*) relating to dementia care as well as staff development and training.



CHARGING YOUR BATTERY - CAREGIVER SELF-CARE STRATEGIES

RAENIKA BUTLER - Senior Manager of
Community Engagement, Alzheimer's
Association, Northern California &
Northern Nevada

Raenika Butler provides support and education to caregivers and individuals affected by Alzheimer's Disease and other forms of dementia. She has a Master of Arts in Gerontology and over 12 years of experience in the field of aging with a previous background in adult day health care and geriatric care management. Raenika is deeply dedicated to helping improve the lives of older adults and their communities of support, and she continues to make a significant impact in the community.



NAPA COUNTY HOUSING AND HOMELESS SERVICES

SHARE Program



The SHARE Program helps older adults who are low-income and have trouble paying their rent. This program gives up to \$800 each month to help participants stay in their homes. It also offers extra help like finding other benefits, health services, and community support.

The SHARE Program is new and only available for four years. Since there are limited funds, not everyone who qualifies will be able to join. If you want to apply, you'll need to fill out an online referral form. Help with the application is available.

Eligibility Requirements

- You must be at least 65 years old.
- You must have lived in Napa County for at least the last year.
- Your yearly income is \$30,850 or less if you live alone, or \$35,250 or less if you live with someone.
- You must spend 70% or more of your monthly income on rent.
- You can't be getting rent help from other housing programs like Section 8 while in the SHARE program.
- You can't have more than \$7,500 in savings or assets. (This does not include owning a mobile home.)

Since the program has limited spots, not everyone who qualifies will be accepted. Help with the application is available.

Program Priority Criteria

We will give priority to people who have experienced any of the following:

- Homelessness in the last 3 years.
- A recent eviction notice because of money problems.
- Eviction in the last 3 years.
- Loss of a person who helped with housing costs (like a spouse or roommate) in the past year.
- Not eligible for Federal assistance due to legal status.
- A felony conviction that shows up on a housing background check.
- Financial fraud in the past 3 years.

*****You don't have to have experienced any of these to be eligible for the program. *****

Rental Subsidy

- You can get up to \$800 per month for rent.
- You must pay at least 30% of your income towards rent.
- We will check your income and subsidy amount every year, and it may change based on your income.
- The most you can get for rent help is \$800 each month, no matter how much income you have.

More information call 707-259-8147 or email
ShareProgram@countyofnapa.org

[SHARE Program Flyer Spanish](#)



PG&E January 1 Rates

Information from PG&E:

PG&E rates are adjusted every January 1 based on regulatory approvals. While electric rates will roughly remain the same (slight decrease), gas rates will increase which is primarily driven by the previously approved GRC and balancing account true ups.

As always, please do not hesitate to reach out if you have any questions.

Resources PG&E offers customers to help manage energy use and bills:

Check out our

- [Energy Action Guide](#) for product and program guidance to help customers meet their unique energy needs.
- [Personalized Rate Comparison](#) supports customers by providing the best rate plan options for their household, which can help save money on energy bills.
- [Budget Billing](#) averages out energy costs for more predictable monthly payments and helps customers avoid seasonal bill peaks.
- [Bill Forecast Alerts](#) are notifications sent by email, text or phone notifying the customer if their monthly bill is expected to exceed a specific amount set by the customer, based on how they are using energy.
- [Home Energy Checkup](#) helps customers assess their energy use and gives free customized savings tips online.
- [HomeIntel](#) is a free energy saving program that includes a Smart Audit and a personal energy coach. Customers who have lived in their home for more than a year and have a smart meter installed are eligible to participate.
- [Medical Baseline](#) is an assistance program for residential customers who depend on power for certain medical needs. It offers cost reduction on energy bills and extra notifications before a planned safety outage.
- Build an [Energy Efficiency DIY Tool Kit](#): with an investment of less than \$200 in energy-efficient materials, customers can save hundreds of dollars every year on their energy bills.

Income-eligible programs that can help customers lower their bills:

- [California Alternate Rates for Energy \(CARE\) Program](#) offers a discount of 20% or more each month on energy bills.
- [Family Electric Rate Assistance \(FERA\) Program](#) offers a monthly discount of 18% on electricity bills for households with three or more people.
- [Low Income Energy Assistance Program \(LIHEAP\)](#): a federally funded assistance program overseen by the state that offers a one-time payment up to \$1,000 on past due bills to help low-income households pay for heating or cooling in their homes.

Energy Efficiency Support Programs

- [GoGreen Home Financing](#): a statewide program which offers affordable financing for energy efficiency upgrades to help homeowners and renters reduce their energy use.
- [Golden State Rebates](#): This is a statewide program that provides residential residents with instant rebates on energy-efficient products including smart thermostats, air conditioners, and water heaters. Homeowners and renters are eligible to receive these rebates through single-use coupons they can redeem in-store or online at participating retailers.



Exciting News: Welcome Shannon Lovelace-White as Molly Cares Program Director!

Molly's Angels is thrilled to welcome Shannon Lovelace-White as the new Director of the Molly Cares Program. Shannon will oversee our existing program in Napa County while leading efforts to develop, expand, and strengthen services in Solano County.

Shannon brings a wealth of experience, transitioning back to the nonprofit sector after a successful career in the tech industry. She shared her passion for the mission, saying: *"I am drawn to Molly's Angels' mission to create real, lasting connections that bring seniors joy, companionship, and purpose."*

With Shannon's leadership, we are excited to build on our early successes in Solano County, including our valued partnership with Meals on Wheels Solano County. Together, we aim to foster collaborations with other nonprofit and community-based organizations, grow our

client and volunteer bases, and ensure that seniors in both counties receive the social and emotional support they need to thrive.

Shannon is available for meetings either on-site or at our Fairfield office. Whether you're interested in volunteering or learning more about the Molly Cares Program, Shannon would love to connect with you.

 **Call:** 707.299.8866  **Email:** Shannon@mollysangels.com

Join us in welcoming Shannon to Molly's Angels as we continue to make a meaningful difference in the lives of seniors!

An evening of chance benefiting
North Napa Rotary Charities & Molly's Angels of Napa Valley

20
AMAZING BINGO PRIZES!

That's 70's Bingo!

10
ONLY 80 SPOTS AVAILABLE!

25

6

THURSDAY, FEBRUARY 6, 2025

Napa Elks Lodge
2840 Soscol Ave. Napa, CA 94558

BBQ Burger/Chicken Buffet: 6:00-7:00pm
Games 1-5: 7:00-8:00pm
Games 6-10: 8:30-9:30pm

*** TICKETS ***

Individual: \$150 each (dinner +10 bingo cards)
Couples: \$200 each (2 dinners +15 bingo cards)
Extra bingo cards: \$20 for set of 5
Raffle: \$5 each, 3 for \$10, 10 for \$20
50/50 raffle tickets: \$20 each
Grand Prize: Silverado Resort, 2-night stay plus round of golf for two! (Some restrictions apply)

***** SPONSORSHIP OPPORTUNITIES *****

EVENT UNDERWRITER \$10,000	DINNER UNDERWRITER \$5,000	★	BINGO UNDERWRITER \$5,000	EVENT SPONSOR \$1,000
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For more information, contact: Nelson Brooks nelson@brooksazca.com



PURCHASE TICKETS HERE:



Featured Stories



Member

My Valentine Love Story

Submitted by Donna Harris, ACOA

I was new to this community, and looked around the picnic site for anyone I might know & be able to sit with. I didn't see anyone, so I decided to break out of my comfort zone and meet some new folks who might be interesting. I looked all around again, and saw a striking silver-haired woman (she later told me she considered it blonde) on the other side of the pavilion. She was sitting with a rather large group, so I looked around again. My eyes stopped on that same woman! Once more....with the same results! Again...yep! OK. So I decided to sit down the table from them & I'd find a way to meet her later.

In a short while, she came to where I was sitting & invited me to move up with the larger group. I thought I'd caught her eye, too! I found out she was on the Board of Directors of the picnic's organizers, the Solano Pride Center, and one of her jobs was to make newcomers feel welcome! It was a wonderful picnic, though, and I was able to meet several people who are good friends to this day.

Story continues [here](#).

Long Term Planning for LGBTQ persons

Long-Term Planning

As you ring in the new year, take the time to review important documents for changes and review advanced-care and financial plans. Review documents and ensure loved ones,

financial and healthcare partners know your wishes. This is especially important for LGBTQ+ persons who may face additional challenges. Attached is a toolkit from Sage, a leader in advocacy and services for LGBTQ+ seniors. For more information about Sage, visit the website, www.sageuse.org. Locally, the Solano Pride Center can provide additional supports, www.solanopride.org. Find the Advanced Care Planning [Toolkit here](#)



Year Book 18th Annual Centenarian Commemoration

The 18th Annual Centenarian Commemoration hard cover book celebrates 44 of Solano County's Centenarians. It features pictures and biographies of Solano County's oldest living residents. On the cover is a photo of Lt. General John F. Gonge.

This month the Board of Supervisors honored 44 centenarians as part of the 18th Annual Centenarian Commemoration. This is done by producing a hard cover yearbook containing photos and the life stories of our centenarians as well as a video that features interviews with those that are able to participate.

As you will see from watching the [video](#), or opening the online version of the [yearbook](#), these are war heroes, Rosie the Riveters, teachers, farmers and ranchers, members of the business community, and more.

A centenarian thrives living alone, active and engaged

Source KFF Health News, 12/10/2024

"The future is here," the email announced. Hilda Jaffe, then 88, was letting her children know she planned to sell the family home in Verona, New Jersey. She'd decided to begin life anew — on her own — in a one-bedroom apartment in Hell's Kitchen in Manhattan.

Fourteen years later, Jaffe, now 102, still lives alone — just a few blocks away from the frenetic flashing lights and crowds that course through Times Square. She's the rarest of seniors: a centenarian who is sharp as a tack, who carries grocery bags in each hand when she walks back from her local market, and who takes city buses to see her physicians or attend a matinee at the Metropolitan Opera. [Read more](#)

Be Like Wanda: Looking Toward 2025

by Devereaux Smith

Looking towards the new year with optimism can be a tall order. Regardless of what is in the year to come for each of us personally, we all are beholden to one simple truth: change is the only constant.

For me, change - or impermanence- can often feel exciting, disorienting or isolating. But to turn toward optimism as the year changes, or any big shift happens in our lives, requires two special ingredients: connection and faith. [Read more](#)

molly's  angels



SATURDAY, FEBRUARY 8, 2025

5:30PM

YOUNTVILLE COMMUNITY CENTER

6516 Washington St, Yountville, CA 94599

Benefiting Molly's Angels
Supporting Napa County Seniors
Neighbors Helping Neighbors

PURCHASE TICKETS
TODAY AT
WWW.MOLLYSANGELS.COM



To volunteer or
learn more, write to
dsmith@mollysangels.com

Get Involved

Volunteer With Molly's Angels



Our Molly Care Calls program offers weekly 30 minute wellness check-in calls for seniors in Solano County, scheduled at your mutual convenience. These calls often grow into meaningful friendships, providing a sense of community and reassurance that no one is alone and we are *Neighbors Helping Neighbors*.

Care Calls also help identify seniors in need of vital resources. We partner with local organizations to connect seniors to food, housing, transportation, mental health support and more.

**Your call can make a big difference.
Volunteer today!**

Molly's Angels: Supporting Seniors Since 1999

Sign Up Today: mollysangels.com, mollysangels@mollysangels.com
or call 707-224-8971.

molly's  angels
Neighbors Helping Neighbors

 AREA AGENCY ON AGING
assistance • advocacy • answers

 MEALS ON WHEELS SOLANO COUNTY

For a Healthier You



Creamy Cajun Chicken Pasta

Submitted by Fern Yaffa

Try this when you are feeling daring and want to mix things up a bit! A Southern inspired recipe that is sure to add a little fun to your dinner table. Try serving it with corn bread

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Servings: 2

Ingredients

- - 4 ounces linguine pasta
 - 2 boneless, skinless chicken breast halves, sliced into thin strips
 - 2 teaspoons Cajun seasoning
 - 2 tablespoons butter
 - 1 green bell pepper, chopped
 - ½ red bell pepper, chopped
 - 4 fresh mushrooms, sliced
 - 1 green onion, minced
 - 1 ½ cups heavy cream
 - ¼ teaspoon dried basil
 - ¼ teaspoon lemon pepper
 - ¼ teaspoon salt
 - ⅛ teaspoon garlic powder
 - ⅛ teaspoon ground black pepper
 - 2 tablespoons grated Parmesan cheese

Directions

1. Bring a large pot of lightly salted water to a boil. Add linguini pasta, and cook for 8 to 10 minutes, or until al dente; drain.
2. Meanwhile, place chicken and Cajun seasoning in a bowl, and toss to coat.
3. In a large skillet over medium heat, saute chicken in butter until no longer pink and juices run clear, about 5 to 7 minutes. Add green and red bell peppers, sliced mushrooms and green onions; cook for 2 to 3 minutes. Reduce heat, and stir in heavy cream. Season the sauce with basil, lemon pepper, salt, garlic powder and ground black pepper, and heat through.
4. In a large bowl, toss linguini with sauce. Sprinkle with grated Parmesan cheese.



Marry Me Chicken Soup

Submitted by Elaine Clark, Napa/Solano AAA

This recipe serves six which either means it's enough to feed the whole family, or you'll have plenty for a ready-made second meal (or two). After all, soup makes for [the best leftovers](#). Completely cool the stew and store it in an airtight container in the refrigerator for up to four days—

if it lasts that long.

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 1 hr

Servings: 6 (serving size: about 2 cups)

Ingredients

- ½ cup drained julienne-cut sun-dried tomatoes packed in oil with herbs
- 1 tablespoon oil from sun-dried tomato jar, divided
- 1 ½ cups chopped yellow onion
- 4 medium garlic cloves, minced (about 4 teaspoons)
- 3 tablespoons tomato paste
- 2 (32-ounce) packages chicken broth
- 1 cup heavy whipping cream
- 4 teaspoons chopped fresh basil, plus more for garnish (optional)
- 2 teaspoons kosher salt

- 1 ½ teaspoons dried Italian seasoning
- 1 teaspoon garlic powder
- ¼ teaspoon crushed red pepper, plus more for garnish
- 8 ounces uncooked medium shell pasta
- 3 cups packed roughly chopped fresh baby spinach
- 2 cups shredded rotisserie chicken
- 8 ounces cream cheese, cubed, at room temperature
- 1 ½ ounces Parmesan cheese, finely shredded, plus more for garnish

Directions

1. Gather all ingredients.
 2. Heat oil from sun-dried tomatoes in a large Dutch oven over medium until shimmering. Add onion and garlic; cook, stirring often, until softened, 3 to 4 minutes.
 3. Add tomato paste and sun-dried tomatoes; cook, stirring constantly, until tomato paste is slightly deeper red in color, about 2 minutes.
 4. Stir in broth, cream, basil, salt, Italian seasoning, garlic powder, and crushed red pepper; bring to a boil over medium, stirring occasionally, about 12 minutes.
 5. Add pasta and reduce heat to medium-low; cook, stirring occasionally, until pasta is al dente, about 12 minutes.
1. Reduce heat to low, and add spinach, chicken, cream cheese, and Parmesan; cook, stirring often, until cream cheese and Parmesan are melted and chicken is heated through, about 5 minutes.
 2. Garnish with additional Parmesan, basil, and red pepper. Serve immediately.

Light pollution at night may increase risk of Alzheimer's, study finds

According to a new study from researchers at Rush University Medical Center in Chicago, excessive outdoor light may increase the risk of Alzheimer's disease, especially in younger adults. The research was published in the journal *Frontiers in Neuroscience* and adds to the increasing concerns about the health impacts of light pollution. In the study, researchers found "a positive correlation between higher levels of nighttime light and increased rates of Alzheimer's disease", especially among those under the age of 65. For adults over 65, the link between nighttime light and Alzheimer's was stronger than some known risk factors like alcohol abuse and obesity, but not as strong as factors like diabetes and hypertension.

Dr. Robin Voight-Zuwala, lead author of the article, states that "nightly light pollution may be an important risk factor for Alzheimer's disease." Dr. Zuwala goes on to say that the research indicates a need for "more thoughtful outdoor lighting design that balances safety and aesthetic needs with potential health impacts."

Although the study had some limitations, including (1) analyzing only Medicare data, (2) not accounting for people's lifetime light exposure or (3) indoor light sources, the authors call for additional research to better understand the relationship between nighttime light and the potential to develop Alzheimer's disease.

Currently, nineteen states have legislation designed to reduce light pollution. Read the full article [here](#).



NAMI Solano County



JOIN OUR HYBRID FAMILY-TO-FAMILY CLASS!

Wednesdays from 6:30-9:00pm PT
Starts January 29th, ends March 26th
Join us virtually or at our office in Fairfield!

NAMI Family-to-Family is a **FREE**, 9-week education program for family, friends, and significant others of people with mental health conditions.

- Includes presentations, discussions and interactive exercises
- Led by family members who have “been there”
- Great resource for information on mental health disorders, communication, and treatment and more!
- Offers respect, understanding, encouragement, and HOPE
- Builds advocacy skills and understanding
- Attend classes online or in-person

NOTE: A small meal will be provided for those attending in-person from 6-6:30pm PT

Must be 18 or older to join. Space is limited.

Interested? Scan the QR code to fill out the registration form!



Contact our Program Manager, Tara Delisle, for more information!

✉ tara@namisolano.org

☎ (707) 439-5519



NAMI Solano County



ÚNASE A NUESTRA CLASE: ¡DE FAMILIA A FAMILIA!

**CADA VIERNES 9:00AM-11:30AM
EMPEZANDO FEBRERO 7, 2025!**

(POR 8 SEMANAS A TRAVES DE ZOOM)

NAMI De Familia a Familia es un programa educativo de 8 a 9 semanas para familiares, amigos y seres queridos de adultos con problemas de salud mental.

- Gratis y confidencial
- Incluye presentaciones, debates y ejercicios interactivos.
- Dirigido por familiares que tienen un ser querido con una enfermedad mental.
- Gran recurso para obtener información sobre trastornos de salud mental, comunicación y tratamiento, entre otros temas.
- Ofrece respeto, comprensión, aliento y ESPERANZA.
- Desarrolla habilidades de promoción y comprensión.



¿INTERESADO?

**¡ESCANEE EL CÓDIGO QR
PARA COMPLETAR EL FORMULARIO
DE REGISTRO!**

Debe tener 18 años o más para unirse

Para más información, contacte a Ashley Pacheco:
ashleyp@namisolano.org

Napa/Solano Area Agency on Aging

www.aaans.org

(707) 784-8960

275 Beck Ave., Fairfield, CA 94533
