

APRIL
WELLNESS
DIGEST



April Showers Bring May Flowers

Mentis is back with another edition of our Wellness Digest! It's April, and we're excited for the verdant vineyards and warming temperatures, though we could live without the seasonal allergies. If you, like the Napa Valley, have experienced rain this month, we hope you are looking forward to the flowers that will soon bloom.

Read through this month's edition of the newsletter for a **program spotlight**, a **wellness tip**, and some **upcoming events!**

CANCER WELLNESS PROGRAM



About the Cancer Wellness Program

The Cancer Wellness Program at Queen of the Valley Medical Center is a unique, multidisciplinary program that provides exercise, education, and support to maximize the physical and psychological well-being of cancer survivors. In this collaboration, a Mentis therapist provides individual counseling sessions to promote emotional well-being and stress mastery. To qualify, patients must live in Napa County or be treated at Queen of the Valley Medical Center.

As you might imagine, the kind of care needed by recovering cancer patients often feels like the stakes are high, even life and death. Patients come from all races, ethnicities, socioeconomic backgrounds, gender identities and sexual orientations and are affected by cancer in different ways, but almost everyone confronts their mortality.

Another commonality patients share is the love and support this program provides them.

"It's awesome when a patient has family support, but sometimes they need to talk to someone who really understands. Sometimes their family doesn't get it, and some people don't want to talk about difficult things with their loved ones," said Cancer Wellness Program Manager Louise Holloway. We at Mentis know that mental health is just as important as physical health, and we are proud to offer this program to our neighbors.

Learn more about Mentis and the Cancer Wellness Program by following Mentis on [social media!](#)



This week is National Volunteer Week, and our tip this month is to volunteer for a cause you are passionate about! Volunteering can help us build confidence and self-esteem, and it can even help us find purpose by pointing us in the direction we want to go. If you're looking for an organization to connect with, check out [Napa Valley Can Do](#) or the [Center for Volunteer and Nonprofit Leadership](#).

Upcoming Events

STEPPING STONES FOR MENTAL HEALTH

SATURDAY, APRIL 30TH - 10 AM TO 2 PM

Mentis' countywide Teen Council, in partnership with local artist Kristina Young, designed and produced a series of mosaic garden stones with themes highlighting the importance of mental health and wellness, called "Stepping Stones for Mental Health".

This project is funded by a collaborative grant through This Is My Brave and Arts Council Napa Valley. Make sure to check out these pieces of art and meet the teen artists!



 **mentis**
Napa's Center for Mental Health Services

 **ARTS
COUNCIL
NAPA VALLEY**
community | arts | culture | education

**THIS IS MY
BRAVE**



NAPA COUNTY LIBRARY

580 Coombs St., Napa, CA | 707-253-4235 | www.napalibrary.org | Start Here!   

Yountville Senior Health Fair

For seniors, their families, and the people who matter most to them.



DATE/TIME
Tuesday
APRIL 26
10:00 a.m. - 12:30 p.m.

LOCATION
Generation Room
Parks & Rec Department
6516 Washington St.
Yountville, CA

CONTACT
Melissa Gerard
DCNC Program Manager
707.815.6258
mgerard@collabriacare.org

Meet the people representing the organizations who serve the needs of seniors in Yountville. While you're there, get a free health check—body and mind.

Professionals from the following organizations will be on site for consultation:

- Community Action of Napa Valley
 - UpValley Family Center
 - Rianda House
 - Information & Assistance
 - Collabria Care Volunteer Services
 - Dementia Capable Napa County/Collabria Care Day Program
 - UpValley Village
 - Town of Yountville Park and Recreation Department
 - Share the Care Napa Valley
 - The Adventist Health St. Helena/St. Helena Hospital Foundation Mobile Health Program
 - Mentis, Healthy Minds Healthy Aging
 - Senior Helpers
 - Community Health Initiative Napa County
 - Napa Valley Community Housing, Home Sharing Program
 - Yountville Dental: Dennington Boyd (Dr. Boyd Dennington)
- and other community based organizations*

In partnership with Yountville Parks & Recreation Department



St. Helena Hospital
Foundation



Dementia-Capable
Napa County
A PROGRAM BY COLLABRIA CARE



Every day, our staff and clinicians educate, support and inspire people to take charge of their mental well-being. With programs ranging from prevention to treatment, we're here to make sure our community's mental wellness flourishes.

[Donate to Mentis](#)