



Celebrating Community, Citizenship, and Volunteer Impact

We're celebrating a dedicated group of students in Calistoga who completed our *free Citizenship Preparation Class*, led by volunteer teacher Susan Napoliello. **Week after week, these future citizens showed up with determination and heart - many juggling work, family, and language barriers - to prepare for their naturalization interviews.** Their commitment reminds us what it truly means to invest in a better future.

We're thrilled to say that during this most recent course, three participants completed their interviews and officially became U.S. citizens! "I was inspired by their commitment to participate in our democracy," Susan shared. "Given some of the challenges experienced by the immigrant community, I felt it was important to communicate not only the course content, but a genuine appreciation for their motivation and gratitude for their contributions to our society."

In addition to our classes, UpValley Family Centers also provides one-on-one support with naturalization applications. **When federal funding for this work was abruptly terminated, a generous donor stepped in to help sustain this vital service through the approved grant cycle, ensuring community members can still get the guidance they need to navigate the complex path to citizenship.**

As we celebrate *Volunteer Appreciation Month*, we extend our heartfelt gratitude to all of our volunteer citizenship tutors who support this work. **Together, we're building a stronger, more inclusive community - one story, one class, one citizen at a time.**



Appreciation for All of Our Amazing Volunteers

April is Volunteer Appreciation Month and we can't let it go by without giving a huge "THANK YOU" to all of our amazing volunteers. We deeply value the partnership between employees and volunteers to provide guidance, support, and resources, so that we may increase resiliency within our community. **This year, over 150 volunteers have contributed their time, interests, and skills to address unmet needs and improve the lives of others.** They exemplify one of our guiding principles: collaborative action. Thank you to our Board Members, VITA Volunteers, Promotoras, Citizenship Tutors, Community Event and Office Beautification Volunteers, Holiday Assistance Program Volunteers, School Tutors, Ninos Activos Volunteers, and Senior Wellness Volunteers for all that you do! We also acknowledge our partnerships with many local service clubs and church groups which are driven by volunteer service; we're grateful to work alongside you to promote wellbeing and social connectedness throughout our community.



Will you Stand with UpValley?

From shifting federal policies to rising costs of living, families in our region are under increasing pressure. **Stand with UpValley** is a community-led campaign rooted in the belief that when we take care of one another, our entire community thrives.

This movement is about growing a stronger, more connected UpValley—**one where everyone has access to stability, opportunity, and care.**

Together, we can strengthen the programs that keep families stable, housed, and supported.

This is about more than fundraising - it's about growing a culture of collective action in the UpValley region.

Will you stand with us? Visit upvalley.givesmart.com to learn more.

New Staff Members



Xitlaly Vazquez

Youth Program Wellness Coach I

Xitlaly leads the CLARA youth mentoring groups for middle school and high school girls in Calistoga. As a certified wellness coach and registered behavioral technician, she brings in knowledge in the field of mental health and wellbeing. As a wellness coach, she fosters productive, targeted life skills such as self-regulation to live a more balanced, healthy life.



Lauren Larin

Development Manager

Lauren is a member of the Development Team and focuses on organizing systems, processes, and timelines to ensure efficient communication and fundraising practices. She contributes to developing and promoting written and visual content that communicates UVFC's mission to clients, staff, volunteers, donors, and the broader community.

Upcoming events:

Shop & Support with Veronica Beard

Calling all fashionistas - Please mark your calendar for **Friday, May 9 from 2:00-5:00pm for a special Sip & Shop event at Veronica Beard in St. Helena**. Wines will be poured by Katie Leonardini of Whitehall Lane and **Veronica Beard will donate 15% of event proceeds to UpValley Family Centers**. We hope you'll join us and bring a friend or two! If you plan to attend, please RSVP to NapaValleyRSVP@veronicabeard.com so they can plan

accordingly. If you're unable to make the event on 5/9, VB will donate 15% of your purchase now through Sunday, 5/11, if you mention UpValley Family Centers when you go in to shop.

Older Adult Health and Wellness Fair

Mark your calendar and join us for a day dedicated to supportive services, health, and wellness for adults age 55+ and their caretakers on **Wednesday, May 28 from 10am-12pm at Pioneer Park in Calistoga** (1308 Cedar Street). **Learn about what services are available for older adults in Napa County by visiting information booths hosted by our participating community partners.** There will also be preventative health screenings, CPR training, raffle prizes and giveaways, and more! No registration required. For more information, please contact: Emma Diamond, Senior Services Case Manager at (707) 965-5010 ext. 307 or ediamond@upvalleyfamilycenters.org. [[click here for flyer](#)]



Register Here!

NV Pickleball Classic Registration closes May 7!

There's still time to [register for the Second Annual Napa Valley Pickleball Classic!](#) If you are interested in learning how to play pickleball, register for one of our **free clinics for beginner pickleball learners** on Saturday, May 17. If you are an intermediate or advanced player, grab a partner and register for the tournament. **Registration closes on May 7 – register today to secure your spot!** The cost of the tournament is \$150 per team. Clinic registration is FREE. 100% of registration fees and donations go to UpValley Family Centers' vital programs and services.

Organized by a committee of local volunteers and representatives from the **City of St. Helena Parks and Recreation Department** and UpValley Family Centers, the Napa Valley Pickleball Classic brings neighbors together for a day of play, fun, and shared purpose: **ensuring that families in northern Napa Valley have the support and resources they need to thrive.**

Volunteer Needed for Monthly Food Distribution in Calistoga

We are seeking a volunteer to help support our Older Adult Wellness services in Calistoga, by assisting with a monthly food distribution at Calistoga Senior Apartments. **This is a great opportunity to make an impact by**

dedicating just a couple of hours per month! The food distribution takes place on the second Saturday of each month, from 2-3pm. The next distribution is scheduled for May 10th. The volunteer is responsible for:

- Setting up the distribution space 15 minutes prior to start time.
- Directing community members to sign in when picking up their food.
- Putting excess food into a refrigerator on site.
- Sending a photo of the sign-in sheet to UVFC staff.

This opportunity is suitable for more than one volunteer – bring a friend or a loved one! If you are interested in volunteering with us, please email Ruzanna Gasparyan, Volunteer Coordinator, at rgasparyan@upvalleyfamilycenters.org.

Get Involved!

Are you interested in doing meaningful work that strengthens families and the community? Please [visit our website](#) to view current job openings.

If you are interested in volunteering, [please fill out our volunteer interest form](#) on our website.

UpValley Family Centers

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