

# VIVA!

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## VINEYARD VALLEY NEWS

VOLUME 50

SEPTEMBER 2026

NUMBER 7



### SEPTEMBER EVENTS

*VVHA Sponsored:*

**Men in the Kitchen Breakfast & Bocce, September 7**

**BINGO, September 11**

**VVHA Semi-Annual Membership Meeting, September 16**

**Workshop: AI for Everyday Life, September 23**

**Friday Night Social, September 25**

# Men in the Kitchen

## LABOR DAY BREAKFAST

Menu: Eggs (served scrambled or over), Sausage, Country Potatoes, Biscuits, Fruit, Coffee & Tea



**MONDAY, SEPT 7 | 9:00AM | THE CLUBHOUSE**  
**\$15 | SIGN-UP IN THE MAILROOM**

## Labor Day Bocce Tournament 12:00 pm, September 7



**Stop by the Corporation Yard bocce court to join the spectators after breakfast! See you there ...**



Photograph by Hans Mauli

# September 2026

| SUN                                                                            | MON                                                              | TUE | WED                                                 | THU | FRI                              | SAT |
|--------------------------------------------------------------------------------|------------------------------------------------------------------|-----|-----------------------------------------------------|-----|----------------------------------|-----|
|                                                                                |                                                                  | 1   | 2                                                   | 3   | 4                                | 5   |
| Tu, Thurs   Water Aerobics w/Stacey   10-11:00AM   Community Pool              |                                                                  |     |                                                     |     |                                  |     |
| 6                                                                              | 7<br>Men in the Kitchen Breakfast 9AM<br>Bocce 12PM<br>Labor Day | 8   | 9                                                   | 10  | 11<br>BINGO 6:00PM               | 12  |
| 13                                                                             | 14                                                               | 15  | 16<br>VVHA Semi-Annual Membership Board Meeting 3PM | 17  | 18                               | 19  |
| 20                                                                             | 21                                                               | 22  | 23<br>AI Presentation 1-3PM                         | 24  | 25<br>Friday Night Social 5:30PM | 26  |
| 27                                                                             | 28                                                               | 29  | 30                                                  |     |                                  |     |
| Red-VVHA Community   Black-Public Observance   Green-Local Event   Violet-VVHA |                                                                  |     |                                                     |     |                                  |     |

## 2026-2027 VVHA OFFICERS & DIRECTORS

President, Janet Schmidt  
Vice President, Rick Wood  
Secretary, Mae Van Nett  
Treasurer, Henk Brok

### Directors:

Chris Killion  
Steve Kinney  
Inger Laidley  
Vivian Pichner  
Audrey Ward



### Committee/Activity Chairs

VVHA Clubhouse Coordinator:  
Mae VanNett

Hospitality:  
Co-chairs: Chris Killion and Bernie Casey

Memorials and VV Clubhouse Coordinator:  
Janeen di Rienzo

Directory:  
Chris Killion

Library:  
Joyce Cahill, Rick Wood

Bocce Committee Chair:  
Rick Wood

VVHA Website:  
Michael Merriman



### Non-Social Resident-formed Groups

Community Education: Grace Kistner

*If there is a death, call Janeen di Rienzo at 707-294-8307 so she can post it on the bulletin board and arrange for the \$50 donation to the organization you designate. She will explain how to schedule the clubhouse for a memorial.*

## September Birthdays

- 1 Susan Ernst, Fred Knifer
- 2 Henk Brok
- 5 Mike Greensill, Patrick Mumm
- 9 Laretta Cecchino
- 13 Bob Walkup
- 14 Chris Killion
- 16 Michael Beglin, Thomas Walsh
- 19 K T Waxman
- 21 Dottie Gingerelli
- 23 Bob Toney
- 29 Carol Eaton, Miguel Segura

## VIVA!

**VIVA! Mission Statement:** To provide a periodic newsletter concerning current and upcoming events, VVHA news, activities, neighborly news, and other non-political and local items of interest to all Vineyard Valley residents.

### Editor

Francine Freeman

### Business Manager

Henk Brok

### Advertising

Henk Brok

### Contributors

Mariam Hansen, Suzanne James, Steve Kinney,  
Mae VanNett, Janet Schmidt

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Hans Mauli, Staff

### Consultant

Janeen di Rienzo

### VIVA

21 Del Rio Court  
St. Helena, CA 94574  
email: viva.vineyardvalley@gmail.com

## The Prez Sez . . . by Janet Schmidt

Hello Vineyard Valley,

If you missed the Annual Newcomers Potluck Social on the 22<sup>nd</sup> of August, you'll want to make sure to mark your calendar for next year. We had a great crowd and loads of yummy appetizers, salads, main dishes, and desserts. Chris Killion chaired the event, and she had help setting up from Mae VanNett, Vivian Pichner, and Bernie Casey. Also thank you, ladies and gents who help with the cleanup.

Next up is "Men in the Kitchen" on Labor Day, September 7<sup>th</sup> at 9:00am in the clubhouse. See the flyer on the VVHA bulletin board for the menu and a help list for any of you men who want to help. Rick Wood is chairing the breakfast.

We're also looking forward to another computer presentation from Roger Collins (we hope) on Wednesday, September 23<sup>rd</sup> from 1:00pm to 2:00pm. More information will be posted on the VVHA board.

The Vineyard Valley bocce court is the happening place to be on Tuesday, Wednesday, and Friday nights. The teams are full but that doesn't stop people from taking snacks, drinks and watching the games. Check it out!

Hope to see you at the next events,  
Janet

## VINEYARD VALLEY HOMEOWNERS' ASSOCIATION MEETING MINUTES FROM JULY 15, 2026

Meeting was Called to Order by Janet Schmidt at 3:00PM.

Minutes of July 2026 Meeting were approved and seconded.

**July Treasurer's report**– Checking \$12,441.82; Savings \$9,014.62; VIVA \$3,830.9.; Bocce \$737.91; Total \$26,025.25.

**Reports:** August Bingo - 49 people had fun and prizes along with macaroni salad and hot dogs.

**Upcoming Events:** Newcomer's Potluck Social Aug 22<sup>nd</sup>; Labor Day Men in the Kitchen & Bocce on Sept 7<sup>th</sup>; Beyond Google Search: AI for Everyday Life presentation on Wed, Sept 23.

### Open Discussion:

- » Thanks to John Rehnberg for arranging the Red Cross preparedness presentation.
- » **HCD violation questions** – contact James Szekely (Napa County Building Inspector), phone: 707-259-8117 / [james.szekely@countyofnapa.org](mailto:james.szekely@countyofnapa.org)
- » John Rehnberg brought up the issue of loneliness and awareness. He is forming a committee to look into this issue. Inviting your neighbor over for a glass or a cuppa is a start!
- » Using the money that VVHA has saved was discussed. Where that money should be used and how to effectively plan for it were bandied about with no clear ideas. The Board is open to suggestions.

President Janet Schmidt adjourned the meeting at 3:50PM.

*PS – Proxies for the September General Meeting will be in your cubbies on Sept 1<sup>st</sup>. Your vote counts—please plan to attend the meeting or sign and return your proxy by Sept 16<sup>th</sup>.*

# PARK MANAGEMENT UPDATE

## September 2026

### SULPHUR CREEK BANK RESTORATION PROJECT

Construction on the Sulphur Creek Bank Stabilization Project is now complete, with final site restoration and revegetation continuing as needed during the appropriate planting season. The project addressed an eroding section of Sulphur Creek near Paseo Grande where previous bank stabilization measures had failed. **Approximately 37 linear feet** of failed concrete block retaining wall was removed and replaced with engineered rock slope protection and native soil, creating a stronger, more resilient creekbank. **An additional 35 linear feet** of creekbank was stabilized using vegetated soil lifts designed to control erosion, establish native vegetation, and support the long-term health of the creek. Throughout construction, the work was monitored by engineers, wildlife biologists, and environmental compliance specialists to ensure the project was completed in accordance with applicable environmental requirements. As part of the final restoration, areas temporarily disturbed to provide construction access will be restored. **Trees and vegetation will be replanted, and the concrete walkway affected by the construction will be repaired.** These final repairs will help return the surrounding area to a natural and attractive condition.

### ST. HELENA WATER QUALITY

Residents continue to experience sporadic water quality issues this summer. If you experience discolored water the City recommends taking the following steps:

- Report concerns through the [St. Helena Grapevine](#) so staff can track affected locations and prioritize response.
- Avoid consuming discolored water.
- Avoid using discolored water for activities where appearance may be important, such as laundry, until the water clears.
- Run a cold-water faucet for several minutes to help clear water from the service line if discoloration is present. If the issue continues, please [report it to the City](#).

### DEFENSIBLE SPACE ZONE 0

On August 19, 2026, the California Board of Forestry and Fire Protection unanimously approved the final draft regulations for Defensible Space Zone 0 (the first 5 feet around structures) under Title 14 of the California Code of Regulations, Division 1.5, Chapter 7, Subchapter 3, Article 3. The rules await final administrative filing and are expected to take effect in September 2026.

**PHASE 1 (Implemented within the first 3 years):** Includes removing combustible items such as firewood, dead leaves and branches, mulch, and wood chips within 5 feet of the structure. Cleaning gutters, removing dead and dying plants, trimming trees according to regulations, and implementing or adjusting for allowable vegetation during this time period. To ensure alignment with current state law and regulations, roof debris, firewood, dead tree branches, and branches within 10 feet of chimneys would be required to be removed upon the effective date of the regulations.

### SEPTEMBER RULES REMINDER

#### Guest Rules

For the comfort and enjoyment of everyone at Vineyard Valley, residents are asked to make sure their guests are familiar with the Park Rules and Regulations. Residents are responsible for the conduct of their guests and for any damages they may cause.

A few important reminders:

- Guests may not remain in the Park without the host resident occupying the home.
- Guests, including house sitters, pet sitters, care givers and additional occupants wishing to use the **swimming pool, clubhouse, billiard room, gym, putting green or other park amenities must be accompanied by their host resident.**
- House sitters and pet sitters occupying a home while the resident is away may not have guests nor bring pets into the Park.

Thank you for helping ensure that guests understand and follow Vineyard Valley's community rules.



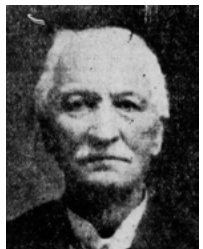
**St. Helena Historical Society**  
*Presents*  
**22nd Annual Spirits of St. Helena**  
**Cemetery Discovery Walk**



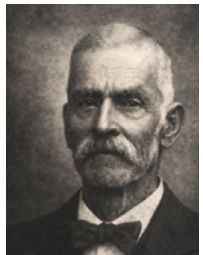
**Called to Order:**  
**Our First City Council**



**Sunday, Sept. 27, 2026**  
**Tours: 1:00 and 2:30**  
**\$20 Adults**  
**\$10 Children/Members**



**Tickets: At the Gate**  
**Info: [shstory@shstory.org](mailto:shstory@shstory.org)**  
**Where: St. Helena Public Cemetery, 2461 Spring St.**



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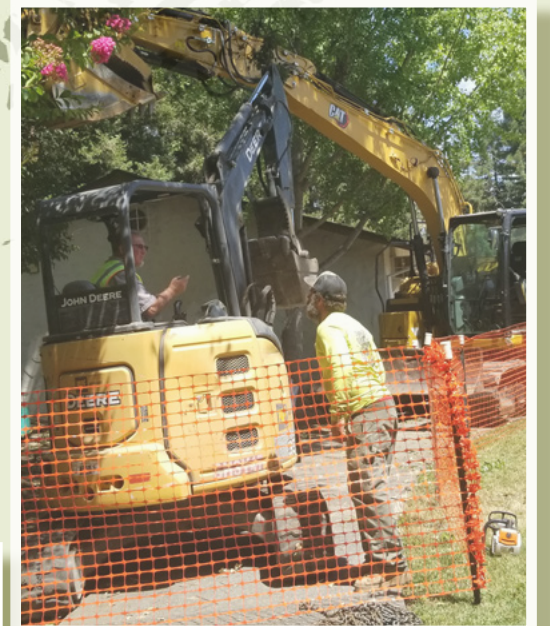
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# SULPHUR CREEK Restoration

Construction on the Sulphur Creek Bank Stabilization project is now complete! The project repaired an eroding section near Paseo Grande, replacing 37 linear feet of failed concrete wall with engineered rock and native soil for a stronger bank. An additional 35 linear feet were stabilized with soil lifts added for erosion control and native vegetation.



Heavy equipment staged above the project area.



Biologists, engineers, and environmental compliance specialists monitored construction of the project.

Photographs by Mariam Hansen



Engineered rock replaced a large portion of the eroding former concrete wall.

# Sulphur Creek Restoration

Soil lifts set in place will be vegetated for erosion control and provide natural bank stabilization.

As part of the final restoration, areas temporarily disturbed to provide construction access will be restored. Trees and vegetation will be replanted, and the concrete walkway affected by the construction will be repaired. These final repairs will help return the surrounding area to a natural and attractive condition.



A temporary walkway is now in place to allow access along the Hobby Building. Please use caution in this area.

# Welcome New Neighbors!

Our Newcomers' Dinner was held Saturday, August 22<sup>nd</sup>. About 80 neighbors gathered for a cheerful potluck to welcome the newest residents to the community. A large buffet was filled with homemade dishes, easy snacks, salads, and desserts giving everyone plenty to sample. The atmosphere was relaxed and friendly, with people introducing themselves, swapping local tips, and sharing stories over plates of food. *(cont'd, p.12)*

*(l-r): Denise Freeman, Karri Korte, Nancy King, Jill Bagley, Carol Eaton and Randy Rowe. not pictured: Doug King and John Bagley*





*cont'd from p. 11*

# Newcomers' Welcome

It's always fun to listen to each of our newbies speak about their past and learn what brought them to Vineyard Valley. Long-time resident Jean Martin recited her original poem, *Welcome to the Neighborhood*, echoing the warm feelings in the room.

A big thank-you to event chairperson Chris Killion, and kudos to Audrey Ward, Bernie Casey, and Vivian Pirchner who helped with setup and organization. Please consider reaching out to all our new residents and welcoming them to our little community!

*(l-r): Wendy Phelps, Ellen Dooley, Carol and Dennis Brandt, Patti Brundige; poet Jean Martin*



Photography by Mae VanNett

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**B I N G O**

# BINGO NIGHT

**Fri, SEPTEMBER 11**

**DOORS OPEN: 6:00PM**  
**GAMES START: 6:30PM**

**\$15 ENTRY INCLUDES 3 X 6 GAMES, DAUBER, AND DINNER (OR BRING YOUR OWN DINNER, IF DESIRED). BYO BEVERAGE.**

**CASH PRIZES!**

**AUGUST BINGO winners**

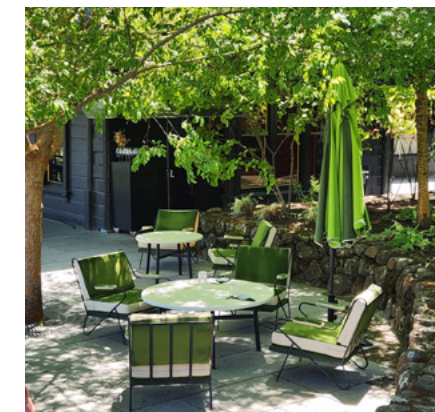
(l-r): Ann Sorenson, Chris Killion, Henk Brok, Ed Smith, Phipps Moran and Alma, Colleen Gillaspay, Lori Zumwalt




## Faust Winery

Faust Winery sits above highway 29, just past Deer Park Road. It's the black house on the hill, the old St. Clement Winery. I've been thinking about tasting at Faust for a while. The striking building has intrigued me since their remodel. The Huneeus family bought the winery in 2016 and set about remodeling. In 2020 they opened the new tasting room. The severe black exterior is also part of the first floor's look with deep blue furniture and highlights. As you follow the mural up to the second floor the color changes to white (The Ascension) and light tans.

The wines of Faust all come from their property in Coombsville. This newer AVA is in the Southeast corner of Napa, with volcanic soils, a cooler growing climate and more wind. The family looked to the area to provide a distinctive Cabernet Sauvignon. All the wines produced come from 112 acres. 96 acres are planted to Cabernet, and the rest is Merlot, Syrah and Sauvignon Blanc. In 1998 the vineyard was planted and 2002 saw the first vintage of Cabernet Sauvignon. The winemaker is David Jelinek, who likes to keep individual lots separate and blend as vintages proceed.



We were cordially greeted by Troy, who turns out to be the son-in-law of Vineyard Valley's Sharon Slayton. He poured us a little Sauvignon Blanc to begin and showed us to our table. We sat outside with a great view looking down valley towards Charles Krug winery. Nicely shaded by an array of umbrellas, we were quite comfortable. A little snack of crackers, cheese and humus was provided. The SB was very dry and crisp in style, with citrus flavors.

And here began the story of Faust and how the winery embraces the tale. The next three wines were named 'The Lure', 'The Hour' and 'The Pact'. These were the three stages of Faust's seduction and agreement with Mephistopheles. The Lure is 100% Merlot from 2022. Smooth and very approachable with bright fruit flavors of dried cherry and hints of tobacco and leather. A light tannic structure helps complete this appealing Merlot. It was paired with The Hour, which is a 2022 Syrah. This is big Syrah with a good tannic bite at the front of dark berry and blueberry flavors. Both wines are not generally available outside the winery.

Next up was The Pact, a 2023 Cabernet Sauvignon. This is a fairly bold red with smooth but persistent tannins. Rich dark fruit was full with notes of sweet tobacco and subtle spice notes. This was from a classically cool growing season and has great aging potential. We were then treated to two older vintages, 2021 and 2019. The Pact 2021 is nicely approachable with softening tannins. The fruit is more forward and pronounced with an herbal note rounding out the palate. The Pact 2019 is dense with grippy tannins and well-developed dark cherry flavors: delicious and quite drinkable. The Pact 2019 has more leather and tobacco notes but is continuing to soften and show its age-ability.

Our tasting was informative and fun. Troy spun a fun tale of



the Faustian legend and how it influenced the wines and style of the winery. The Act I tasting is \$75. There are two other tastings available; Act II is \$125 and Act III is \$175. Each includes seasonal offerings from the kitchen and is focused on the reserve and vintage tiers. On warmer days, inside tastings are available. Be aware that there is a slight trek up the hill from the parking lot and some stairs. There is a place to park and avoid the hill up to the winery. Please inquire if needed.

# Beyond Google Search: Get More from Your Computer

A FREE workshop for residents and their friends!

Wednesday, September 23 from 1-3PM in the Clubhouse

You know how to use Google to search for a recipe or the weather.  
Now, learn a simple new trick to make your computer do even more of the work for you—no fancy skills required!

In this hands-on class, we'll show you how to:

- **Turn an idea into a plan:** Need to plan a trip to see the grandkids? We'll show you how to instantly create a full, suggested itinerary, including hotels and local activities.
- **Simplify complicated documents:** Tired of wading through long articles or dense emails? Learn a simple way to get a quick summary of the main points in just a sentence or two.
- **Write with ease:** Stuck on what to write for a thank-you note, a retirement speech, or a letter to the editor? We'll show you how to get a perfect first draft in seconds.
- **Brainstorm and get creative:** Need ideas for a birthday party theme, a new garden layout, or even a different way to cook chicken? Ask the computer to be your instant idea-generator!

You already know how to search—now learn how to create and simplify. And it is free!

Bring your laptop, iPad or SmartPhone to play along!

Sponsored by  
Vineyard Valley Homeowner's Association

## RIANDA HOUSE SENIOR ACTIVITY CENTER

**Healthy Habits for Confident Aging | Anne Bernardin**  
Tuesdays, September 1 - November 17, 3:00-4:30, Rianda House

In this interactive 12-week series each week combines a brief wellness presentation with engaging group discussions designed to turn healthy ideas into everyday habits. The emphasis is on small changes to support aging with strength and confidence. Each week you'll choose one simple habit to practice before the next session. **RSVP**

**Music Travels in Finland | Laura Prichard**  
Wednesday, September 9, 4:15-5:15, Rianda House

The talk will supplement the upcoming Rianda cultural trip to Finland. All are welcome, as we explore ancient indigenous sounds, literary works, classical composers, and folk music/dance from this vibrant independent country. **RSVP**

**Crafting a Seashell Nightlight | Christopher Sullivan**  
Thursday, September 10, 10:30-12:30, Rianda House | **RSVP 12 maximum**

Join us for a painting workshop! We will begin with a demonstration, followed by a Q&A session. Create a lovely, decorative night light with glow in the dark features to use for yourself or as a gift for a friend. Come have relaxing fun as you enjoy a low-pressure space to unwind and play with color. All supplies are included.

**PWR! Moves | Denise Henquet Sprengers**  
Mondays, September 14, 21 & 28, 2:00-3:00, American Legion Hall | **RSVP**

PWR! Moves is designed primarily for Parkinson's disease, but its high-effort, large-amplitude principles are also used for other neurological conditions. If you suffer from stiffness, slowness, or balance issues, this class is right for you. Other conditions this class will benefit: Atypical Parkinsonism, Stroke & Other Movement Disorders.

**Grief Support Workshop | Therese Fischer & Anne House**  
Mondays, September 14 - November 2, 2:15-3:45, Rianda House

This 8-week support group provides a compassionate space for those navigating grief after the loss of a loved one. Through a combination of gentle education and shared conversation, participants will explore the experience of grief, learn practical coping tools, and connect with others who understand. Each session builds on the content of the previous class and includes time for reflection, support, and healing at your own pace. Due to the nature of this class, we will not allow late registration. **RSVP**

**Talk on AI | Osias Encarnacion**  
Tuesday, September 15, 3:30-5:00, Rianda House | **RSVP**

Curious about AI? Discover how artificial intelligence is changing our world. Learn how it works, its impact on jobs, society, and the environment, which concerns are real, which are myths, and what the future may hold.

**Fall Harvest Salad & Nutrition Workshop | Beth Brown & Amanda Cole**  
Friday, September 18, 1:00-3:00, Rianda House

Healthy eating; nutrition tips and fall harvest salad! Join us for a two-hour workshop to learn about the benefits of eating in season, decoding a food label and creating and tasting a delicious fall harvest salad filled with nutrient-dense ingredients. **RSVP**

**SoulCollage® Workshop | Anne House**  
Wednesday, September 23, 3:00-4:30, Rianda House | **RSVP 6 people maximum**

SoulCollage® involves intuitively creating small collage cards from meaningful images and reflecting on them through journaling and dialogue. You may bring an image of your deceased loved one to use in a card if desired. You do not have to be an artist to enjoy this powerful practice. All materials are provided.

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# Know Thy Neighbor



by Suzanne James

"I love living here and look forward to getting to know the community," says our new neighbor this month in her pristine, light-filled home, surprisingly well settled in for the short time she has been here. She quickly accepted the invitation to be interviewed as an avenue to becoming known and meeting others in our community.

She was born and raised in San Francisco, raised by her grandmother until she was five years old. At that time she moved with her mother and stepfather to what is now known as Pacifica where her half sister was born six and a half years later. Her stepfather was a salesman and her mother later worked for Pacific Bell for many years.

When she was nine the family moved to Westlake until her parents divorced when she was twelve and going into the sixth grade. She then returned to San Francisco to live again with her grandmother who had a large mansion. "I loved my grandmother, she asserts. "Thank God for grandmothers!"

Our neighbor attended Mercy High School her first year and then transferred to Lowell High School for more advanced academics. Following high school graduation she enrolled in the College of Marin but a serious car accident interrupted that first year. When she recovered, she began waitressing her way through college, taking classes at San Francisco State University, and completing courses to become a paralegal.

*"After the COVID shutdown I was ready for some fun!"*

Following graduation, she went to work for the San Francisco Public Defenders Office where she met her future husband, who worked as a Public Defender. A year and a half later the couple moved to Santa Rosa. "It was half the size it is now", she said. The couple had two children thereafter: a daughter, Sunny, who is now 46, living in San Rafael with her husband and their 12 year-old daughter, where she works as a psychotherapist. A son was born four years later, named Gray. Now 42, Gray is an attorney who lives with his Columbia-born wife in Marina Del Ray, where they run a non-profit for street children in Columbia.

When her son started kindergarten, our neighbor returned to school at Sonoma State where she earned her Bachelor's degree in Psychology. This was followed by completing her Master's degree in Clinical Psychology with a major in Marriage and Family Counseling. Her marriage gradually dissolved during these years. On achieving her Master's, she opened a general practice in psychotherapy which she continued for 30+ years until COVID forced her to retire.

"After the COVID shutdown I was ready for some fun!" In 2022 she moved to Mexico for six months then to Palm Springs in 2023, followed a few years later by her return to this area. She wanted to be closer to her daughter and family in San Rafael so she started looking at manufactured home parks in the Bay Area. When she saw an ad that listed Vineyard Valley, she came up "and fell in love with the Park!" She purchased a home this past May and moved in a month later.

During COVID when she was home-bound, she developed what she calls "Art Journals", which are collections of colorful images and words in a variety of journals she stores in bookshelves

in her living room. She welcomes anybody to join her and learn to make their own journals which would be great repositories for favorite sentimental items. She is also interested in developing other art projects such as painting.

She has several plans on her ‘bucket list’, including purchasing a small camper van for travelling and is open to starting caravans with others. In addition, she plans to visit Paris for a week in October and wants to adopt a puppy on her return.

Join me in giving a warm welcome to our newly arrived, energetic, and friendly neighbor, Denise Freeman, who is delighted to be living at 14 San Lucas.



*Referrals and volunteers for this column are encouraged and welcome!*

SEPTEMBER 26  
5:30PM IN THE  
CLUBHOUSE LANAI

*Friday Night  
Social*

*Join friends for relaxation and camaraderie. Bring a beverage and an appetizer to share!*

# St Helena Chiropractic

## What is StemWave®?

StemWave® is an FDA listed medical device that utilizes harmless, yet powerful acoustic waves to activate the body's natural healing mechanisms. This non-invasive treatment option was designed to help patients dealing with musculoskeletal conditions related to pain and inflammation. It's a drug-free, surgery-free option for those struggling with chronic joint pain.

## How Does it Work?

When these waves penetrate damaged tissue or areas of inflammation, it activates a natural response within the body as if a new injury has occurred. This immediately kickstarts the biological healing process by sending healing agents to help reduce inflammation and repair damaged tissue in the injured area. Ultimately, the goal of this treatment is to “awaken” dormant cells that are critical for healing – without the need for invasive procedures or medication.

## What Patients Say...

“I can honestly say this changed my life... I recommend this to everybody.”  
- **Malcolm (Knee Pain)**

“Before my StemWave treatment I wasn't able to walk even 100 yards... now I walked 8 miles last week.”  
- **Joan (Foot Pain)**

“I couldn't go up and down the steps before treatment. Now I can run up and down them. I'm just amazed with the improvement my body has had from StemWave.”  
- **Loreen (Knee Pain)**

“As a nurse I thought I would need to have surgery for my carpal tunnel. Since having StemWave done it's been awesome. I have very little pain and don't feel like I will need surgery. It's been wonderful.”  
- **Shannon (Wrist Pain)**

## Treatment Benefits

- Non-invasive & drug-free
- Promotes natural healing
- Decreases inflammation
- Increases circulation
- Relieves aches and pain
- 5-10 minute treatments
- No recovery time
- No negative side effects

## Common Treatment Areas:

Neck and Back

Upper Extremities

Lower Extremities

Soft Tissue

\*paid content

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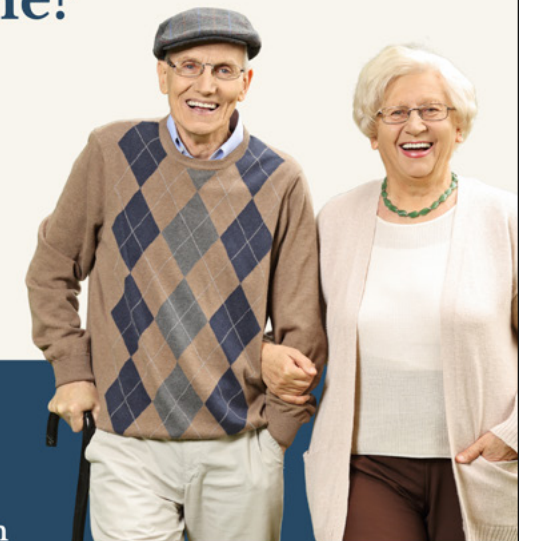
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[viva.vineyardvalley@gmail.com](mailto:viva.vineyardvalley@gmail.com)

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