

**"Tour & Toast" invites the community to preview Aroha Memory Care on Nov. 21**

A new dementia care community is taking shape in Oakmont Village, bringing a fresh approach to supporting older adults living with memory loss. Aroha Memory Care, a longevity community by MD Senior Wellness, founded by Drs. Raj and Nisha Kalra, is scheduled to open later this year, with construction nearing completion at 6575 Oakmont Dr. in Santa Rosa.

The project converts a former medical-dental building into a 22-suite residential community designed specifically for people living with dementia. Each suite includes a private bath, and a shared garden, café, salon, and patio will foster connection and engagement. The layout follows what the founders call evidence-based design, intended to promote independence, reduce stress, and support residents' sense of familiarity and calm.

“Our approach is rooted in evidence and compassion,” said Dr. Raj Kalra, a physician specializing in lifestyle and rehabilitation medicine. “By blending lifestyle medicine with the latest dementia research, we hope to help residents live healthier, more fulfilling lives.”

According to Kalra, “Aroha is the first memory care community in the nation informed by lifestyle medicine — an approach that integrates medical, dental, and wellness

Sonoma Valley's early vintners (the majority also being growers) decided that if both the vintners and the growers were united under one banner, everyone would be better aligned in their goal of making world-class wines. The merger of the two groups officially took place on Dec. 3, 1991, at a joint meeting of Sonoma Valley Vintners and the Sonoma Valley Grape Growers Association, held at Gloria Ferrer Winery. A new (unusual) entity was formed: Sonoma Valley Vintners & Growers Association (SV-VGA), which would oversee our Valley's five separate AVAs: Sonoma Valley, Los Carneros, Sonoma Mountain, Bennett Valley, and Moon Mountain, each with different growing conditions, microclimates, and soil types.

The GlenLyon Vineyard sign.

In 1992 (one year after uniting) it was decided to change one word in our moniker and “Association” became “Alliance” (SV-VGA became SVVGA). To this day, SVVGA is still one of the only groups to align the vintners with the growers, mutually recognizing that the goals are the same: great fruit = great wine.

practices.” Technology will also play a key supporting role, with tools designed to enhance safety, engagement, and independence. “It’s not a replacement for human care,” Kalra said. “It allows our team to focus more on relationships and prevention rather than just reacting to crises.”



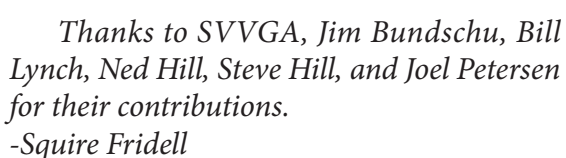
Dr. Raj Kalra holds board certifications in physical medicine & rehabilitation, pain management, lifestyle medicine, and obesity medicine, with more than 15 years of experience caring for adults with complex medical needs. His wife and collaborator, Dr. Nisha Kalra, will lead Aroha Oral Care, providing on-site concierge dental services aimed at preventing oral inflammation, improving nutrition, and supporting overall systemic health — an often-overlooked component of dementia care.

The community will also offer a range of concierge wellness services designed to simplify daily living and enhance residents' comfort, dignity, and engagement.



Sonoma Valley has been continuously making wine for the past 200 years (1825–2025), longer than any other region in the US. We growers and vintners are proud of our Valley, enough so that we prominently display our allegiance! Celebrate our 200 years tonight (along with Suzy and me) with a glass of fine Sonoma Valley wine!

*Slàinte 'hath!*



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Even before opening, Aroha attracted national attention. Dr. Raj Kalra recently received the 2025 Senior Housing News Memory Care Innovation Award, which recognizes leaders advancing person-centered dementia care. He will speak about Aroha's model at the BUILD and BRAIN Conference in Dallas on Nov. 6.

“This award honors our team’s commitment to redefining what memory care can be,” Kalra said.

Aroha recently welcomed Juliet Holt Klinger, who will oversee operations and program development. “Juliet brings a rare blend of expertise and empathy,” Kalra said. “She knows how to turn evidence-based principles into meaningful daily experiences.”

Construction is nearly complete, and families have already begun reserving rooms.

Aroha will host a “Tour & Toast” event on Friday, Nov. 21, at 3 p.m., giving neighbors and community members a first look at the new facility. Visitors can meet the care team, preview resident suites, and tour the activity garden. The event will be held at 6575 Oakmont Dr., Santa Rosa. Space is limited; RSVP at [www.arohamemorycare.com](http://www.arohamemorycare.com).



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