



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

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www.avenidasvillage.org

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Are You Prepared? Winter Storm Emergency Tips

By Bruce Heister

'Tis the season...storm season! Will you know what to do in the case of extreme weather, power cuts or flooding? Review the tips below to get on top of emergency preparedness.

- Sign up for emergency alerts sent to your phone and email via AlertSCC at www.alertscc.org.
- Put together a family emergency plan and decide on a meeting spot in case you get separated. The Red Cross has a helpful Flood Safety page for more information and resources.
- Make sure that everyone in your household knows where and how to turn off the utilities (gas, water and electricity) in your home.
- Make an emergency kit for your home and your car, and keep a full tank of gas in your car.
- Replace the batteries in your flashlights and portable radio; have your cell phone charged.
- Enter emergency telephone numbers into your cell phone contacts and post a list near your home telephone.
- Stay informed about weather conditions by tuning your radio to KCBS 740 AM/ 106.0 FM, KZSU 90.1 FM or KQED 88.5 FM (preset these stations on your radio).
- Know the locations of your neighborhood streams and drainage.

Bruce Heister, a member of Avenidas Village and a trained civilian emergency responder in Palo Alto, is available to provide a complimentary home emergency preparedness review for Village members. For information or to schedule, call (650) 289-5405.

Emergency Supply Kit Check List

Food and water:

- ___ Drinking water-1 gallon per person per day for 3-7 days
- ___ Tools and utensils-Non-electric can opener, and forks, spoons and knives
- ___ Food-Nonperishable and easy to prepare without power, e.g. energy bars, almonds, dried fruit, canned meats
- ___ Baby/pet food-Be sure to include for all members of your household

Equipment:

- ___ Flashlights such as long-lasting LED
- ___ Radio-Battery-powered or a hand-crank weather radio
- ___ Extra batteries-Include two extra sets
- ___ Mobile phone-Including a portable charger

Health and personal supplies:

- ___ Basic first aid kit-From antibiotic ointments and bandages to cold packs and more
- ___ Blankets and clothing-Blankets (or foil space blankets), warm clothes, sturdy shoes, heavy gloves and rain gear
- ___ Activities for children (and you)-Toys, books, games and cards
- ___ Important documents-Copies of IDs, medical records, insurance information, key phone numbers, pet vaccinations, and family photos
- ___ Medication and eyeglasses-Prescription and non-prescription
- ___ Toiletries-Soap, toothbrushes, toothpaste, toilet paper, etc.
- ___ Cash and credit cards-Have at least \$100 in small bills
- ___ Other useful items-Paper towels, trash bags, multipurpose tool that includes a knife

Avenidas Village Annual Meeting, January 16th at 450 Bryant St

The Avenidas Village Annual Meeting is open to all Village members and we encourage you to attend! This is the time for you, the members, to meet the members of the Village Advisory Council and learn about all the work they are doing to make Avenidas Village a success. We will review the past year's activities and programming, and announce initiatives and goals for the current year. Most importantly, the Annual Meeting is a time for you to share feedback, ask questions, and make suggestions for future programming or improvements.

The afternoon will begin with a brief reception at 2:30 pm. At 3:00, the meeting will start with introductions of Village staff, Avenidas staff and the Village Advisory Council members. We will report on membership numbers, cluster activities, Village partnerships, vetted vendors, Village programs and benefits, finances, and more. There will be time for questions and discussion following the reporting.

Avenidas Village belongs to its members, and we want and need to hear from you in order to create programs that meet your needs. Your participation in the Annual Meeting will ensure that you are well informed about Village activities and that we have the opportunity to hear from you. We look forward to seeing you there!

AVENIDAS VILLAGE ANNUAL MEETING
Thursday, January 16th, 2:30—5:00 PM
Avenidas Art Room (2nd Floor)
ALL MEMBERS WELCOME—RSVP Online or call (650) 289-5405

Village Neighborhood Clusters: A Key Ingredient of Village Membership

By Dick Smallwood, Chair, Cluster Leads Committee

From its early days, a major objective of Avenidas Village has been to create a sense of community among its members. Many of us have relationships with our direct neighbors that is best expressed as “neighbors helping neighbors.” One mechanism for accomplishing this within the Village is to have an extensive set of services that are delivered by Village member volunteers, and we are working on this approach with benefits such as the Med-Pal program.

Another method for building a sense of community is to take advantage of geographical proximity and invite Village members who live close to one another to build a neighborly spirit of friendship and cooperation. With this in mind, the Village divided its catchment area into 11 distinct geographical regions, each consisting of a cluster of some number of neighborhoods. The table below shows the definition of each cluster.

(Originally there were 10 clusters, but we recently divided Cluster 2 into two more compact clusters, 2N and 2S.)

Each cluster has a leadership team of two or more members who help plan and organize regular cluster meetings. The purpose of the cluster meetings is to encourage a spirit of friendship and cooperation between and among Village members. The content of the cluster meetings is varied and dynamic, ranging from friendly conversations about recent travels or health issues to speakers on local topics such as recycling, flood control, or transportation. Cluster leaders from each neighborhood group meet every other month to exchange ideas about meeting topics and cluster strategies for local services.

Neighborhood cluster meetings are an important benefit to you as a Village member and we encourage you to attend. It is a small time investment with the possibility of high downstream returns in terms of new friendships, local help in difficult situations, and a positive sense of working as a team on issues and concerns in your own geographical area. Working on a cluster leadership team presents an

even wider array of new friends and interesting challenges. It's an easy and important way to help support Avenidas Village!

Avenidas Village Neighborhood Clusters

Cluster #	Neighborhood
1	Los Altos
1	Los Altos Hills
2N	Barron Park
2N	Charleston Meadow
2N	Fairmeadow
2N	Green Acres
2S	Charleston Garden
2S	Greenmeadow
2S	Mountain View
2S	Walnut Grove
3	Adobe Meadow
3	Meadow Park
3	Palo Verde
3	South of Midtown
4	Leland Manor
4	Midtown
4	Triple El
5	Crescent Park
5	Community Center
5	Duveneck
5	St. Francis
6	Downtown North
6	North Palo Alto
6	Professorville
6	University South
6	Willows
7	College Terrace
7	Evergreen Park
7	Old Palo Alto
8	Atherton
8	Felton Gables
8	Menlo Park
9	Stanford
10	Portola Valley
10	Woodside

Meet Your Vendor: Anny Beideler-Pfister, Professional Nail Technologist

Anny is a Licensed nail technologist, with extensive training and over 19 years of experience. She offers professional treatment for all nail conditions and concerns: deformity due to fungal infections, thickness, calluses or corns. Quality nail care will help to avoid more serious issues such as ingrown toenails. Anny's services include cleaning, trimming and smooth-edging nails as well as moisturizing. Plain pedicure - no polish. Medical diagnoses & prescriptions are referred to a specialist. Anny can come to your home or you can come to Avenidas—just call the Front Desk at (650) 289-5400 for an appointment. Village Members receive one free Wellness treatment at Avenidas per year with their membership so please mention this when you call for your appointment if you want to use the benefit.



Anny is offering a special presentation “Why Care About Foot Care?” to give you insights on why it is important to keep our feet healthy as we age.

Tuesday, February 11th at 10:00 AM

Avenidas Lounge (1st Floor)

Village Member Reviews of A+Mobile Pedicure & Anny Beideler-Pfister

“Annie was here today for a great pampering. She is skilled, talented and has a wonderful manner. I give her an A++.”

“What an experience - it was wonderful and I will certainly return and recommend to others (and I am a man).”

“Annie's excellent health care pedicure included working on ingrown toenails, calluses plus nail cutting. Her work is more extensive than simple nail cutting.”

How Is Medical Aid in Dying Working in California?

Presentation by the Avenidas Village Expanding Choices Task Force

Christina Goodwin, California State Manager of Compassion & Choices, will provide an update for the Village on the End of Life Options Act. She will share statistics, successes and obstacles from recent months.

A special feature of this presentation will be the first-hand experience shared by Avenidas Village member Ralph Cahn. He has generously agreed to discuss the experience that he and his late wife had with using medical-aid in her death.

A time for questions and answers will also be included.



Christina Goodwin is the California and Hawai'i State Manager for Compassion & Choices, an organization dedicated to improving care and expanding options at the end of life. She has worked to pass medical aid in dying laws across the country and was an integral member of the campaign to pass California's End of Life Option Act.

Ralph Cahn joined Avenidas Village with his wife in 2010 and is a resident of Greenmeadow neighborhood. He is currently active in the Village Walkers and will be helping to coordinate his neighborhood cluster group.



**“How Is Medical Aid in Dying working in California” with Christina Goodwin
Featuring Village Member Ralph Cahn
Friday, January 17th at 10:00 AM, Avenidas Wellness Classroom (2nd Floor)
FREE—RSVP Online or call (650) 289-5405**

Avenidas Village Holiday Party, December 2019 at Stanford West

Friends, Festivity & Fun!



Left: Bruce Heister, Tom Reese & Kayleen Miller managing the beverage station



Right: Los Altos members— Dot Long, Cheryl Holt & Fred Van Aken



Villagers enjoyed a variety of delicious appetizers and festive holiday décor at Stanford West



Left to Right: Jane Zuckert, Gee-Gee Lenhart, Ellie Heister, Avy Nielson & Maie Herrick

Keep Family & Friends up-to-date on Avenidas Village with a Courtesy Newsletter Subscription *by Chuck Sieloff, AVAC Chair*

Many of us have adult children or other family members who might appreciate a way to stay loosely connected to Avenidas Village and its many activities. There is no easier way to do that than to browse through our **Village Voice** Newsletter every other month. If your family members aren't sure what Avenidas Village does or why you joined, the **Village Voice** newsletter provides a great overview that can help them understand our various programs, activities and benefits.

As a new service to members, we would like to offer a courtesy email subscription to the Village Voice Newsletter to any of your family members who are interested. Simply provide us with a name and email address, and we will send a current copy of the newsletter, along with a message offering to add them to our regular email distribution. Even though the newsletter is only published six times a year, we are also sensitive to the fact that some people will not want to receive additional email of this sort, so we will, of course, make it very easy to opt out of the subscription.

If you have family members who might enjoy receiving the **Village Voice**, please pass the contact information along to Dawn (dgreenblat@avenidas.org), who will send out the initial message to each recipient. Or, if you prefer, you can ask them yourself and if they are interested, provide their email to the Village office to add to the newsletter email list.

Vistas Lecture Series: January-February

January 24th: "Home Wellness: Maintaining a Healthy House for Aging in Place" with Russ Hume



When opting to age in place in one's own home, the homeowner should stand back and look at the property with fresh eyes - with eyes a lot like a new buyer - seeing the home as a fresh start. As we enter a new phase of life we look at how our house will meet our needs into the future. What does your home require to stay healthy as the house and the owner proceed with a healthy life?

Russ' presentation will cover:

- *Identifying and prioritizing maintenance and safety issues that should be addressed.*
- *Regular maintenance - what to do monthly, seasonally, annually.*
- *List of most common deficiencies found in homes*
- *Highlight areas of the home that are most vulnerable and what can be done to avoid problems*
- *Typical expenses associated with "keeping up"*

The session will include time for questions and answers, and handouts will be provided.

Russ Hume is a licensed termite inspector and ASHI certified home inspector with over 20 additional years experience and 15,000 home inspections. After 18 years in construction as a Plumbing and Solar contractor, Russ is currently a field manager for HomeGuard, handling quality assurance with inspectors and contractors. Russ uses his knowledge to help homeowners and home buyers understand the conditions and needs of a house.

Friday, January 24th at 11:00 AM

Avenidas Lounge (1st Floor)

February 21st: "Research, Writing and Observations — China in the 1930s, 1980s and Now" with Helen Young

Helen will give an overview of her book, Choosing Revolution, including visuals. Then she will discuss changes in China, contrasting life for men and women in the 1930s when the Long March took place, the 1980s when she lived in Beijing, and what she heard and saw on her most recent trip to China.



Helen Young is currently a Distinguished Practitioner with the Center for East Asian Studies, Stanford University and author of Choosing Revolution: Chinese Women Soldiers on the Long March. Her academic interests center on modern Chinese women's history.

Helen has been a member of Avenidas Village since it began in October 2007 and has lived in Palo Alto since 1955, except for the years in China. She and her husband lived in Beijing from 1979 to 1992 where she taught at the Beijing Communications University and the Beijing Foreign Studies University. She was recently in Beijing to discuss publication of her husband's World War II memoirs, which she edited, and to see friends, colleagues and former students.

Friday, February 21st at 11:00 AM

Avenidas Lounge (1st Floor)

ICYMI (In Case You Missed It): November-December Events Recap

Lunch Bunch, holiday celebrations and more!

(Additional photos on back page)

Salinas Day Trip: National Steinbeck Center & Steinbeck House



This outing included a docent tour of the National Steinbeck Center in Salinas, followed by lunch at the historic Steinbeck House, John Steinbeck's actual childhood home.



L-R: Carol Marshall, Rick Peterson, Ralph Cahn, Kayleen Miller, Christine Holt, Avy Nielsen, Kathleen Elkins, Gee-Gee Lenhart, Dick and Jerry Smallwood

Fall Dessert Social & Lunch Bunch at Bistro Vida



Village Members and guests enjoyed a potluck dessert buffet and social time to celebrate the Fall season



Bistro Vida Lunch Bunch: Phil & Sophie Ladenla, Elmer Reist, Marty Malloy, Gee-Gee Lenhart, Kayleen Miller, Bruce & Ellie Heister, Jane Zuckert, Maie Herrick, Gerry Gilchrist, Richard Johnsson, Dick & Jerry Smallwood

West X Southwest Exhibit at Cantor



Thirteen Villagers braved the inclement weather on December 2nd to join an excellent docent-led tour of the Cantor Museum's special photography exhibit, West x Southwest, featuring the works of Ansel Adams and Edward Weston.

The two were friends and occasional collaborators, both based in the Bay Area, who pushed the artistic boundaries of photography to capture dramatic shapes and textures found in the world around them. The exhibit highlighted their contrasting styles, even when they were dealing with similar subject matter. It also features a portrait of each man taken by the other.

Following the tour, most of the group stayed to enjoy lunch in the Museum's Jesse Cool Cafe.

Welcome New Members! Jo Mintzer, Janet & Chris Constantinou, Chris Berka & Rebecca Akers, Katherine Pering & Diane Collins

Jo Mintzer is currently a resident of Mountain View. She came to California from New York in 1991 after working as a proofreader with the New York Typographical Union. She also worked as an editor with other companies. Jo loves art, reading, classical music and has traveled to Switzerland several times. She is looking forward to connecting with other Village members and going on some cultural outings. *(No photo available)*



Janet and Chris Constantinou came to Stanford in 1964. Chris grew up in Cyprus under British colonial rule and Janet hailed from the Cotswolds in England, making them political enemies but matrimonial lovers. Both worked and studied at Stanford Medical School until retirement. A sab-

batical residence in Japan sparked Janet's interest in Asian culture and religions and she became volunteer docent at the SF Asian Art Museum. This led to many more return visits to Asia. Participation in a delegation to El Salvador resulted in volunteer work with South Bay Sanctuary Covenant to support migrants and refugees. Chris transited from biomedical engineering to become a student of the classics and arts at Stanford to fill in gaps left vacant by a life in the sciences. Together they are biking the SF Bay Trail in short segments, about

200 miles done and 300 more to go. Interests: ballet, biking, book club, gardening, opera, singing, travel, music, Investment Club, and movies.

Chris Berka & Rebecca Akers are second-generation Village members who joined in part to support Chris' mom, Village member Paula Berka, and help her make the most of Village services. Chris is a semi-retired attorney while Rebecca is a high school math teacher at Menlo School. They are looking forward to engaging more with the Village when they have time. They live in Portola Valley. *(No photo available)*

Katherine Pering settled in Palo Alto in the 60's after graduate work in UC Berkeley. Her early life included time in Alaska, Texas and California, where she developed an early fascination with chemistry and geology. While working at NASA, her daughter was born and was named Celine in honor of the 1969 lunar mission. She earned her Doctorate in Geology in 1971, right before her son Trevor was born. Now with two grandchildren in Palo Alto schools, Katherine has settled in Mountain View and looks forward to Village social opportunities.



Diane Collins is another Mountain View resident. She is determined to remain in her home as long as possible and joined the Village for support and social connections. *(No photo available)*

Member Birthdays—January

Barbara Wong	1/2	Ruth Hammett	1/12	Ernest Lieberman	1/21
Katherine Philips	1/3	Lewis Silvers	1/12	Avy Nielsen	1/24
Arthur Adams	1/4	Robert Brown	1/13	Peggy McFall	1/25
Jean Thompson	1/4	Sarah Pribble	1/13	Jim Phillips	1/26
Jo Mintzer	1/5	Jerry Einfalt	1/14	Rosemary McGuire	1/27
Kate Lorig	1/6	Ronald Lyon	1/15	Bryce Perry	1/27
William Snow	1/6	Stanley Samuels	1/15	Cheryl Holt	1/29
Mary Martinson	1/9	John Perry	1/16	Alan Herzig	1/30
Charles Thompson	1/10	Mary Ann Field	1/1/21	Harry Turner	1/30
				Cindy Patrick	1/31

Member Birthdays—February

Ingrid Kallman	2/1	Gwen Sweeney	2/13	Chuck Sieloff	2/18
Shirley Finfrock	2/4	Wilma Milligan	2/14	David Fryberger	2/22
Pat Landman-Herriot	2/9	Ellen Ehrlich	2/15	Jeannie Siegman	2/22
Anne Colby	2/10	Isabel Peterson	2/16	Verne Rice	2/25
				Ruth Terrill	2/25

In Memoriam:
Tom Slanger, November 2019
Richard Ripley, November 2019

Thursday, January 9**SF Day Trip: James Tissot: Fashion & Faith at the Legion of Honor & Lunch at Beach Chalet**

Tissot consistently defied convention in both his professional and personal life. This exhibition explores his multifaceted career with a fresh perspective and original scholarship and will also question where and how Tissot should be situated in narratives of the nineteenth-century canon.

Beach Chalet Brewery & Restaurant features steaks, seafood, sandwiches and more in a historic building overlooking the ocean. www.beachchalet.com

Thursday, January 9th at 9:00 AM

Meet at Cubberley, 4000 Middlefield Rd

\$70 per person includes Museum Docent Tour & BusTransportation

Lunch—\$25-30 per person (cash only, please)

Minimum 10 People—RSVP by January 3 Online or call (650) 289-5405

Tuesday, January 14**Katie's Lunch Bunch at Mama Coco Cocina Mexicana**

Tuesday, January 14th at 11:45 AM

1081 El Camino Real, Menlo Park

Village Member Katie Dunlap hosts this month's Lunch Bunch at Mama Coco's! Enjoy fresh, flavorful Mexican food in a festive setting.

\$25-30 per person (cash only, please)

RSVP by January 10th Online or call (650) 289-5405

Wednesday, January 15**Village Exclusive—1:1Tech Tutoring Session @Senior Planet!**

Bring your Apple or Android device and your questions—Senior Planet tutors will help you find the answers!

Wednesday, January 15th 12-2 PM

Senior Planet@Avenidas (1st Floor)

FREE 8 30-minute sessions available – RSVP Online or call (650) 289-5405

Thursday, January 16**AVENIDAS VILLAGE ANNUAL MEETING (details, p. 2)**

Catch up on Village happenings and goals for the coming year, meet your Village Advisory Council and get questions answered! Enjoy light snacks ahead of the meeting.

Thursday, January 16th at 2:30 PM

Avenidas Art Room (2nd Floor)

FREE—RSVP Online or call (650) 289-5405

Friday, January 17**“How Is Medical Aid in Dying Working in California?” Panel Discussion with**

Christina Goodwin & Ralph Cahn (details, p. 4)

Friday, January 17th at 10:00 AM

Avenidas Wellness Classroom (2nd Floor)

FREE – RSVP Online or call (650) 289-5405

Friday, January 24**Vistas Lecture Series: “Home Wellness: Maintaining a Healthy Home for Aging in Place” with Russ Hume (details, p. 5)**

Friday, January 24th at 11:00 AM

Avenidas Lounge (1st Floor)

FREE – RSVP Online or call (650) 289-5405

Village Special Interest Groups at Avenidas

Current Events—Meets the first Monday of each month at 2 PM

Contact: Dick Smallwood (650) 322-9417

Monday, January 6th & Monday, February 3rd

Avenidas “Den” (2nd Floor)

Video Discussion Group—Meets the 4th Tuesday of each month at 3:30 PM. Watch and discuss a short video. Participants take turns sharing thought-provoking videos of various genres.

Contact: Dick Smallwood (650) 322-9417

Tuesday, January 28th & Tuesday, February 25th

Avenidas “Den” (2nd Floor)

Walking Group—Meets every Wednesday at 10 AM, various neighborhood locations. Walks adapted to walkers' abilities/needs.

Contact: Kayleen Miller (650) 325-3636 / email kayleen823@aol.com

Friday, February 7

CHINESE NEW YEAR'S BANQUET AT CHEF CHU'S

Celebrate with Village friends and delicious Chinese specialties!

Friday, February 7th, 11:45 AM

1067 N. San Antonio Road, Los Altos

\$35 per person (cash only, please) - RSVP by February 3 Online or call (650) 289-5405

Tuesday, February 11

"Why Care About Foot Care?" With Anny Beideler Pfister, Nail Technologist (details, p. 3)

Learn why foot care for seniors really matters and how you can keep your feet in good shape!

Tuesday, February 11th at 10:00 AM

Avenidas Lounge (1st Floor)

FREE—RSVP Online or call (650) 289-5405

Friday, February 14

Richard Diebenkorn at the Cantor Arts Center-Docent Tour with Lunch at the Cantor Café

See an intimate and interactive installation of famed Bay Area artist Richard Diebenkorn's paintings and sketchbooks that shed light on the artist's process, including his shift from figurative to more abstract work. Meet for lunch at the Café and then enjoy the exhibit together! Or join the group at 1:30 PM for the docent tour.

Friday, February 14th at 11:45 AM

Cantor Arts Center, 328 Lomita Drive, Stanford

Free—RSVP Online or call (650) 289-5405

Lunch—\$15-20 per person (cash only, please)

Friday, February 21

Vistas Lecture Series: "Research, Writing and Observations — China in the 1930s, 1980s and Now" with Villager Helen Young (details, p. 5)

Friday, February 21st at 11:00 AM

Avenidas Lounge (1st Floor)

FREE—RSVP Online or call (650) 289-5405

Monday, February 24

Edible Excursions "North Berkeley Food Tour"

The birthplace of California Cuisine and farm-to-table eating, North Berkeley is home to both long-established culinary icons and emerging edible enterprises. Our knowledgeable guides - award-winning food writers, chefs, food TV alumni, and restaurant workers - will lead you to the neighborhood's iconic destinations, such as the Jewish deli and restaurant, Saul's, the Peet's Coffee flagship location, the historic The Cheese Board Collective, The Local Butcher Shop, and more.

Monday, February 24th at 9:45 AM

Meet at Cubberley, 4000 Middlefield Road

\$165 per person includes Tour, Food & Transportation—RSVP Online or call (650) 289-5405

Friday, February 28

Village Exclusive—Tech Lecture @Senior Planet: "The Internet of Things"

The "internet of things" refers to a network of devices that are connected to the internet so they can send and receive information. These devices are often used for security and energy saving purposes and can be accessed remotely, usually via a smart phone or smart speakers such as Amazon's Alexa and Echo and Google Assistant. See how a house can be "smartened up" and how entire cities are incorporating the internet of things to increase security, expedite transactions, and be more environmentally friendly..

Friday, February 28th at 10:00 AM

Senior Planet @ Avenidas (1st Floor)

FREE—RSVP Online or call (650) 289-5405



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Avenidas Village Office Closures:

**Thursday,
January 1st
New Years
Day**

-

**Monday,
January 20th
MLK Day**

-

**Tuesday,
January 21st
Avenidas
Staff Retreat**

-

**Monday,
February 17th
Presidents
Day**

View and Register For
Upcoming Events
& Programs on the
Avenidas Village
Website:

www.avenidasvillage.org

Village Voice January-February 2020

Vistas Lectures in November & December



**November 2019
"How To Think About Insurance"
with Anna Segurnina**



**December 2019
"Supreme Court Vistas"
with Barbara Creed**

**If you missed these programs or would like to review
them, you can watch them online!
Simply log into the Village members website at
www.avenidasvillage.org to access links to these and
other Avenidas Village programs on video!**