



Avenidas  
Village

# VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

[www.avenidasvillage.org](http://www.avenidasvillage.org)

July-August 2020

## Welcome New Advisory Council Members: Molly Agras, Ralph Cahn, Janet Constantinou, Margaret Weil

*The Avenidas Village Advisory Council is the governing body for the Village. It meets regularly to discuss Village needs, issues and challenges, and works to propose and plan Village programs and benefits. We're excited to welcome four new members to the Advisory Council, who will serve 2-year terms starting July 2020.*



### MOLLY AGRAS

Hello all: my name is Molly Agras. I have been living in the same house on the Stanford Campus since 1972. William and I are both British and grew up during the war. I trained as a nurse in London and met my husband there training to be a Doctor of Medicine. He did his post graduate work in Montreal—so off we sailed with a baby had a wonderful time there. Bought an old farm in Vermont for 8 years, then on to Mississippi for 4 interesting years! At last over to Stanford!!!! We had 4 children. When they grew up I decided to open a shop, The Courtyard Collection, on Ramona Street for 10 years. We featured furnishings, Textiles Rugs and Jewelry imported all from all over the world, and I travelled a lot and met so many people from Palo Alto. I still design and make jewelry and work in my garden too, and enjoy our 8 grandchildren and 5 great-grand ones!

I look forward to helping Avenidas Village in any way I can to broaden its offerings!!

**RALPH CAHN** *Clever name, "Advisory Council." It's not called the "Giving Advice Council" - I know that being on it will involve getting more advice than I give. That's probably best.*



Avenidas and the Village are simply the right community fit for those of us who want to remain independent, connected and supportive of one another in all our differences and journey. I'm happy to join the Council because I really admire the great people who I've learned to know who are working with and for the Village. I'm getting to know the 24 people in Cluster 2S who are fascinating individuals whose accomplishments in life and stories are amazing; they are funny, smart...I am made more awake and alive by having a chance to meet and be with great mature people!

Born in SF, grew up in Palo Alto, went through all 16 years of school here and except for the U.S. Army, I've lived in Palo Alto or nearby, married, upsized, raised family (2 daughters, 4 granddaughters), downsized, really downsized to now. Was avid photographer in school, sports photography & journalism, Paly '52 & Stanford Daily, English Lit, Plays, Sang, Guitared, Skied, Hiking still. I worked in retail management for 20 years, then founded a small business providing computer consumable and printing products 12 years; retired @ 67 phew! Traveled. My dear 2nd wife Sue Hall died last year from a form of Parkinson's. She forced me to join the Village that I saw no need for. And left me her warm family.

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## New Advisory Council Members *(continued from front page)*



### JANET CONSTANTINO

I grew up in a small country village in the Cotswolds in England. I attended the village schools and enjoyed a very happy childhood with my parents, a brother and sister, and dozens of relatives.

After high school I moved to Oxford and studied nursing at the Wingfield Orthopaedic Hospital. I met my future husband, a Greek Cypriot, in Oxford. This did not meet the expectation of either of our parents. So, on completing my nursing studies I was encouraged to go to Toronto, Canada for a year where I lived with a school friend from my village and worked in a doctor's office. On returning to England in 1964 I was married twice on the same day in the same church, once by a Church of England Minister followed by a Greek Orthodox minister. A week later we departed on the Queen Mary for New York. We visited the Worlds Fair and then flew to San Francisco and on to Stanford where we planned to spend one year. Fifty-seven, very eventful years later, we still live on the campus. I have worked at the Stanford Medical School on and off for 40 years. Interrupted by the arrival of two children, a break to attend the College of Notre Dame, Belmont and much later Mills College, Oakland, and finally earned a Ph.D. for my work at Stanford in the Neonatal Nursery in conjunction with the University of Wolverhampton in England. In retirement I studied at the Asian Art Museum to become a volunteer docent. Two grandchildren are now my greatest joy. Both live in San Francisco.

I joined Avenidas a year ago, but felt rather on the fringe of activities, so I thought serving in some capacity would cause me to be more engaged with the group and provide an opportunity for me to contribute to the Organization. I hope to be able to share my interest in gardening.



### MARGARET WEIL

At this point I can almost claim to be a California native, having moved here in 1968 from Chicago. I vividly remember getting into our dark green Volvo, heading west, and barely looking in the rear view mirror. We were determined to rent an apartment

to learn the ropes of Palo Alto but walked into a glass and light-filled Eichler and promptly fell in love. I'm so glad we did.

My most recent work experience was in development, specifically for the Career Action Center and Stanford University's Office of Medical Development. Unfortunately, the CAC is no longer with us but Stanford's development efforts most assuredly continue. One of my former colleagues at the CAC memorably stated that to be successful in retirement three elements were necessary: structure, purpose, and community. I think Avenidas Village provides them all in full measure.

I live in Palo Alto's Community Center neighborhood (Cluster 5) with my husband, Curt, and our three rescue cats. I enjoy reading, the movies, talking about good books and movies, cooking (and eating), walking with the AV walkers group and other friends, traveling and attending concerts when we are able to do so, and right now watching our garden grow. I am a breast cancer survivor and sometime volunteer with Bay Area Cancer Connections. I also work with Upward Scholars where I have the privilege of tutoring a young woman from Guatemala with her English.

By contributing, I believe one receives far more in return. For that reason I am excited about volunteering for the Advisory Council. I will have the opportunity to contribute to an organization in which I believe, learn much more about it, all while making new friends — a win, win, and win.

***Joining the Village Advisory Council is a great way to get involved with Avenidas Village but there are many other ways, too! Consider:***

- ***Attending your neighborhood cluster group or even helping to coordinate***
- ***Starting an Interest Group to share a favorite hobby or activity with friends***
- ***Volunteering as a Med-pal, social caller, or driver (social distancing permitting, of course)***
- ***Helping out on a Village committee or task force such as Marketing, Expanding Choices, etc.***
  - ***Leading a workshop or giving a lecture to share your knowledge with others***

## Meet HomeSmiles: A New Village provider for home maintenance



Do you have home maintenance tasks you've been putting off? Not sure who to call to get your checklist completed?

HomeSmiles is a unique home maintenance service provider that offers an 18-point package of basic interior and exterior maintenance items that many homes need on an annual or periodic basis. Gutter cleaning, exterior window washing, garage door inspection, drains, smoke alarms and more are included in the service. Cost is based on the size of your home, and service packages can be customized according to your specific needs. HomeSmiles has been tried by Village member Dick Smallwood, who was pleased with the work done in his home. HomeSmiles has been successfully screened and added to our Providers list. They will offer a 10% discount to Village members. Please review the listing by logging in at [www.avenidasvillage.org](http://www.avenidasvillage.org) or visit the HomeSmiles website at [www.homesmiles.com](http://www.homesmiles.com).

## Make the Most of your Membership: A New Handyman Benefit Coming Soon! *by Chuck Sieloff*

Over the past year, an important Village priority has been to build value for members in the area of home services and maintenance. We believe that "Living Better At Home" should include support to get your maintenance or small home tasks taken care of. We're doing this by screening more home services vendors for our providers list, but also in another new way.

At our March meeting, the Village Advisory Council approved a new **Handyman Benefit** to add to the list of Village benefits. Originally, we had planned a partnership with Avenidas Handyman Service to provide one free handyman visit per year with each Village membership to help with those outstanding home maintenance tasks. We were in the process of finalizing this benefit when Avenidas was forced to close due to Covid-19.

We were disappointed to learn that Avenidas Handyman service will be suspended for the foreseeable future so the partnership we had initially planned will not be possible. However, home maintenance issues wait for no pandemic to pass, and may even become more urgent as we are forced to spend more time in our homes. Therefore, **we have decided to move ahead with the implementation of the new Handyman Benefit**, using an independent contractor who comes highly recommended by Nancy Goldcamp, who has worked with the Village on

many other home-related issues and is an active member of our Advisory Council.

We are still working out the details of scheduling and payment for this service, but it will be structured along the same lines as we originally envisioned:

- **One free handyman visit of up to two hours per year included in your Village membership**
- **The initial time up to two hours will be charged to the Village, any additional time or material costs will be paid by the member**

To make optimum use of this valuable resource, we will provide you with a simple checklist to use as a reminder to consolidate minor tasks that could be efficiently dealt with in one 2-hour visit, such as checking smoke alarm batteries or changing inaccessible light bulbs. For those of you who still use incandescent or compact fluorescent light bulbs, we will even throw in up to three super-efficient LED replacement bulbs at no additional cost.

We will make a special announcement when we have finalized the details of this new benefit. In the meantime, start making a list of all those little (and not so little) maintenance tasks that have been accumulating over the last few months or years!



## Vistas Lecture Series Returns—Join our Upcoming Programs on Webinar!

The Avenidas Village Vistas Lecture series is back! When Avenidas@450 Bryant Street was forced to close in March, we also had to put this popular program on hold. But now that we've become accustomed to Zoom, we are moving Vistas to Webinar format for you to enjoy at home. As we had been doing before, we will continue to record our Vistas lectures and post them on our website so you can watch later if you're not able to attend. As we move through summer and into the fall, you can look forward to topics such as **Telemedicine, Medical Cannabis, IRA & Estate Tax Law updates, and November election commentary with Joe Simitian**. In July, we resume our series with a presentation on the Marine Arctic Peace Sanctuary, a project working to preserve arctic ice to maintain the health of the planet and its inhabitants.



**Rina Barouch-Bentov**

### July 24th Vistas: “Marine Arctic Peace Sanctuary” (MAPS) with Rina Barouch-Bentov, PhD.

The Arctic Ocean ice is our planet's air conditioning system. Its ice balances weather patterns globally so that we have the food and resources we need to survive. Pathogens such as Smallpox, Anthrax, the plague and other germs are buried frozen in the Arctic Ocean. But the ice is melting fast, leaving open waters vulnerable to exploitation that further destroys what's left of the rapidly melting sea ice and increases our risk of exposure to these pathogens. What happens in the Arctic Ocean affects all life because we are all inherently and inescapably interconnected. The Arctic sea ice is a gift of life for the entire world.

The all-volunteer Parvati.org, founded and led by the award-winning Canadian musician and author Parvati, took the unprecedented step to create the MAPS Treaty. The MAPS Treaty transforms this key and vulnerable region into the world's largest preservation area, stopping all activity that harms the cooling sea ice. World leaders are signing the MAPS Treaty to protect their citizens and the world.

*Ms. Rina Barouch-Bentov currently lives with her family in Palo Alto, CA. She is a research scientist with expertise in Immunology and Virology. Over the last 20 years she worked in Academic and Research institutes in Israel and in the US, and currently works as a consultant scientist at Rimom Research. She has been studying Immunology and microbiology, focusing on interactions between host and pathogens. Experiencing the nature of interconnection between all creatures and objects has been her favorite topic in life.*

**Friday, July 24th at 11:00 AM on ZOOM—Register online or email [dgreenblat@avenidas.org](mailto:dgreenblat@avenidas.org)**

## Goodbye to Sabrina—We will miss you!

In November 2018, Sabrina Huang stepped into the role of Social Events Coordinator for the Village. She has been instrumental in helping to create and implement a varied and appealing social activity schedule for all of us to enjoy and quickly became the “face” of our improved social program!

We're sad to announce that Sabrina will be leaving us as of July 31. However, the great foundation she has laid for our social programs will remain for us to build on, as our community re-opens. In her own words:



*One of Sabrina's first outings at Cantor with Mary Lorey and Ellie Heister*

***“By the end of July, I will have worked at the Village for 21 months. It was my pleasure to be your Social Events Coordinator because with you I got to do so many fun things that I wouldn't have done otherwise. I've really enjoyed getting to know some of my “regular” members who have attended many events with me. I plan to continue to do the Sound Bath on Monday afternoon when the Avenidas resumes group classes and the Guided Meditation twice a month on Zoom while we are still under Shelter-In-Place. I wish everyone to be healthy and happy. Please stay in touch. Love, Sabrina.”***



## Village Members At Home—Member Photos from May & June



**Personal Care At Home—for People & Pets!**  
 Right: Curt Weil gives a home haircut to Ralph Cahn  
 Left: Jeannie Siegman's dog Raven gets a "pawdicure":  
 "I just love having my nails done!"

**Taking Care of our Homes:**  
 Bill Courington preps for a painting project



**Janet Constantinou & Granddaughter**  
 perform outdoor Yoga



**Carol Kenyon joined neighbors for a peaceful & safe demonstration**



**Gee Gee Williams and the Village Walkers**  
 toured the Silverbergs' rose garden in  
 Stanford for their May 22 walk



**Katie Dunlap's Nocturnal Visitor**



## Welcome New Members: Liza Taft, Bob & Patty Huggins



**Elizabeth "Liza" Taft** joined the Village in hopes of increased social engagement. Liza is a longtime friend of Avenidas who has served on the Avenidas board and the board of the Rose Kleiner Center. She is a registered nurse and worked at Stanford Hospital as a discharge planner. She has lived in her home in Midtown (Cluster 4) since 1973. She is an avid hiker and hikes regularly with the Avenidas hiking group.



**Bob & Patty Huggins** live in the Stanford home Bob bought in 1958 when he came to work at Stanford as Professor of Material Science. Patty has had a career in commercial real estate and also worked at Symantec. They married in 1994 and have 6 adult children between them. Bob has enjoyed rowing, biking, running and other athletic pursuits. Patty loves art and recently retired from volunteering as a docent at Cantor Arts and the Anderson.

### Member Birthdays—July

Doris Wilson	7/1	Nancy Cohen	7/14	Alma Silverthorn	7/19
Zita Zukowsky	7/5	Keith Kvenvolden	7/16	Chris Constantinou	7/21
Walter Cannon	7/6	Phil Ladenla	7/16	Bob Aulgur	7/22
Debbie Rosenberg	7/10	John McGuire	7/16	Ruth Foley	7/28
Jane Zuckert	7/10	<b>Virginia Luna (107)</b>	<b>7/17</b>	Jan Murphy	7/29
				Alma Phillips	7/30

### Member Birthdays—August

Diana Collins	8/1	Carolyn Kennedy	8/19	Joyce Crosby	8/27
Patricia Vadopalas	8/3	Philippa Strahm	8/20	Carol Marshall	8/27
Stephen Walton	8/3	Anita Olkin	8/21	Robert Rosenzweig	8/27
Rachel Vasiliev	8/6	Ralph Cahn	8/22	Harley Stallman	8/28
Philip Bencivenga	8/8	Kayleen Miller	8/23	Betty Dyck	8/29
Carl Finrock	8/11	Maie Herrick	8/24	Elmer Reist	8/29
Edgar Williams	8/13	Patricia Einfalt	8/25	Oscar Rosenbloom	8/29
Marcie Brown	8/15	Barbara Foley	8/25	Marilyn Williams	8/30
Chris Holt	8/15	Dot Long	8/25	Dana del Norte	8/31



**In Memoriam:**  
**Marjorie Rose \* Bryce Perry \* Jerry Smallwood**  
**June 2020**

*Bryce Perry passed away very unexpectedly on June 2, 2020.*

**Please Note—Events are listed for July 2020 only**

***Due to the current circumstances, events and programs are subject to change. We may add activities not listed in the newsletter or make other adjustments based on social distancing requirements.***

***Please review the events listing at [www.avenidasvillage.org](http://www.avenidasvillage.org) for the most current event schedule.***

**Friday, July 3, Friday, July 17 & Friday, July 31**

**Friday Happy Hour Social hosted by Chuck Sieloff**

*Pour a glass of wine or a cup of tea and toast your Village friends! Enjoy an hour of relaxed, casual conversation and perhaps a thought-provoking question or two.*

Friday, July 3rd, Friday July 17th and Friday, July 31st at 4:00 PM

**Register Online to receive the Zoom invitation or email [dgreenblat@avenidas.org](mailto:dgreenblat@avenidas.org)**

**Monday, July 6**

**Current Events Discussion Group (Special Interest group)**

*Join in to share your thoughts on the latest happenings! Moderated by Dick Smallwood.*

Monday, July 6th at 2:00 PM

Email Dick Smallwood to request the Zoom invitation  
[rsmallwd@pacbell.net](mailto:rsmallwd@pacbell.net)

**Tuesday, July 7 at 10 AM & Thursday, July 23 at 4 PM**

**Guided Meditation led by Sabrina Huang**

*Meditation's purpose is to give you perspective and clarity on your internal issues. Please join Sabrina for a 30 min guided meditation. You might find yourself feeling more present, less stressed, and more self-aware. Experience it for yourself and see where you go!*

Tuesday, July 7th at 10:00 AM, Thursday, July 23rd at 4:00 PM

**Register Online to receive the Zoom invitation or email [dgreenblat@avenidas.org](mailto:dgreenblat@avenidas.org)**

**Monday, July 20**

**PICNIC Lunch Bunch—Box lunch in the park! Hosted by Sabrina**

*We'll meet at the parklet at the end of California Avenue by the Caltrain station. Bring lunch from home or order your lunch to go from one of the many California Ave. restaurants or Mollie Stone's and join us for socially distant socializing!*

Monday, July 20th at 11:45 AM

Meet at the end of California Ave. with your box lunch!

**Register Online or email [dgreenblat@avenidas.org](mailto:dgreenblat@avenidas.org)**

**Friday, July 24**

**Vistas Lecture Series—Zoom Webinar: "Marine Arctic Peace Sanctuary (MAPS)" with Rina Barouch-Bentov (Details on p. 4)**

Friday, July 24th at 11:00 AM

**Register Online to receive the Zoom invitation or email [dgreenblat@avenidas.org](mailto:dgreenblat@avenidas.org)**

**Tuesday, July 28**

**Video Discussion Group (Special Interest group)**

*Watch a short video and join the discussion afterward! Moderated by Dick Smallwood.*

Tuesday, July 28th at 3:30 PM

Email Dick Smallwood to request the Zoom invitation  
[rsmallwd@pacbell.net](mailto:rsmallwd@pacbell.net)

**Don't Forget the Village Walkers!**

***Meet Wednesday mornings at 10 AM for Social Distance Walking in local neighborhoods.  
Email Kayleen Miller at [kayleen10bh@gmail.com](mailto:kayleen10bh@gmail.com) to receive updates on scheduled walks!***



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Avenidas  
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Office Closed

Friday,  
July 3  
Independence  
Day  
Holiday

Village Voice July-August 2020

## Neighborhood Clusters Going Strong

Since the COVID 19 shutdown there has been increased connection and activity among many of our neighborhood cluster groups. Clusters have connected through phone calling and many of them now meet regularly via Zoom or are considering trying it out. Here's recent activity from some of our Clusters:

- **2S**—"Twelve of us zoomed in and out of our screens last Sunday for a 90 minute visit that caught up on personal news, health conditions, surgeries (past & imminent), moves, cooking (or not), stairlifts, flag-making, recreation, family support, haircuts, and more. We are listening to one another. It seems we are strong and glad to be together." (*Ralph Cahn*)
- **4/5**—"Clusters 4 & 5, who meet together, have decided to meet once a month via Zoom. Our May and June meetings were well attended with approximately 10 members attending. The conversation for both meetings was spirited and covered many topics including grocery options, movies, coronavirus stats, and entertainment strategies for sheltering in place." (*Dick Smallwood*)
- **6**—"The leaders of Cluster 6 are considering a zoom session. No decisions made yet." (*Ellie Heister*)
- **7**—"Continues meeting weekly on Zoom with 10-15 participants sharing thoughts on current events, sharing resources, and providing support for one another."
- **8/10**—"In May we had five attending and in June three. In smaller numbers, it has been easier to get to know each other and to have interesting conversations. In May, Kayleen told us about a program that she has been involved with called "No Labels". Having the support of other cluster members who are also dealing with our "shelter-in-place" guidelines has been extremely helpful. Hearing about good restaurants to get "To Go" orders or that hair salons are now open in San Mateo County let me know I could finally make an appointment to get my hair done!" (*Ginny Turner*)
- **9**—"We had a first Zoom meeting on May 20, with 12 attending. We talked about our lives in the corona virus world. Fifteen of us joined the second meeting on June 14 to hear Cindi Kingsley of Stanford Campus Rental Leaseholders discuss important issues facing Stanford residents. Each time it felt good to get together. Several members were surprised how close they lived to other members. Thank heavens for Zoom!" (*Donna & Jerry Silverberg*)

## Introducing "TeleVisit"— A Telephonic Community

by *Dick Smallwood*

A group of Village members has joined a pilot project to create a community devoted to communicating together using only a regular telephone. The group meets via a moderated telephone conference for a half hour on Tuesdays and Fridays at 10 AM. During each meeting there are many options such as discussing travel or vacation experiences, plays, concerts, lectures, shopping options, gardening, health options, etc. If you would like to take a break from Zoom and are interested in joining, please call (650) 289-5405 to register or get more information.