



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

www.avenidasvillage.org

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Dealing With Crises Close To Home: Stay Safe, Be Prepared by Bruce Heister

Pandemics, wildfires, earthquakes and hurricanes—what do all these emergencies have in common? YOU can prepare for them with a few common steps.

Establish a communications plan:

Register for emergency notifications from your county

Santa Clara: www.sccgov.org/sites/oes/alertscc

San Mateo: hsd.smcsheriff.com/smcalert

Notifications can be sent by phone, text, email or multiple ways.

Set up a family communications plan: The FEMA website www.ready.gov has fill-in forms to lead you through the process

Equipment needs: A portable radio with extra batteries and a mobile phone with portable charger

Set up a GO bag with the following:

- Flashlights with extra batteries
- Food and water
- Drinking water-1 gallon of water per person per day for one week
- Tools and utensils including non-electric can opener
- Food-Nonperishable and easy to prepare without power
- Pet food
- Health and personal supplies

- Basic first aid kit-antibiotic ointments and bandages, cold packs and more
- Blankets and clothing including sturdy shoes and heavy gloves
- Extra face masks and hand sanitizer
- Important papers-copies of IDs, medical records, pet vaccinations and family photos
- Medications and eyeglasses
- Toiletries including extra soap and toilet paper
- Cash and credit cards including at least \$100 in small cash
- Other useful items-paper towels, trash bags and a multipurpose tool that includes a knife

Planning to Go: Plan two ways to escape your home-confirm emergency exit locations if you are in a multiunit housing
Learn how to turn off electricity, gas and water to your home

Locate fire extinguishers and learn how to use them-at least one in your kitchen
Keep pets in mind when planning for emergencies

Establish a location where your family and household members can reunite after evacuating

Register with the American Red Cross "Safe and Well" website

As if the ongoing COVID restrictions were not enough, recent wildfires add another level of anxiety and stress to all of our lives. You may have friends or family whose lives and homes have been threatened. It's one thing to see this on the news; now, though, it is our reality. Villager Barbara Carlitz shared: **"My stepson's two story home near Santa Cruz was reduced to a neat rectangle of rubble less than eighteen inches high."** They were able to evacuate safely, but the emotional cost of such a loss takes a serious toll on all those affected. Even those less directly impacted are left feeling anxious and uncertain about what might happen next or what we should do in the present. In these times of such uncertainty, please remember you are not alone! Even if it feels like there is little you can do, there are a few things:

Plan Ahead – Check city and county resources regularly to stay up to date on current situations. If you start to feel overwhelmed, take a step back and create a simple plan so you know you will be ready to act if you need to.

Be Kind to Yourself – You may feel "There must be something more I can or should do!" Go easy on yourself. Stay hydrated, eat, rest. Ask for help if you need it. Take moment to read or listen to something that reminds you to hope.

Stay Connected – If you feel anxious, reach out to a friend or family member or to the Village office or email group. We can help find an answer or connect you to a resource that can provide support.

Meet Your New Screened Vendor, Handyman Al Tate



Allan Tate was recently screened and added to our vendors list. He is also the handyman who will be scheduled for the free Handyman Benefit which we recently added to our list of Village benefits. In his own words: "I have been a contractor since I graduated from Chico with a construction management degree in the mid-90s. I specialize in handyman/carpentry services, but also build decks, kitchens, bathrooms and install windows and doors. I've also been known for building a chicken coop or two. For several years, I've assisted Nancy and Rick Goldcamp as they focus on selling houses for seniors."

Vendors for All Seasons & Reasons by Margaret Weil, AV Vendor Committee

After a hiatus of several years, the Village Vendor Committee has re-formed! Several Villagers have decided that they would like to volunteer some of their time to help organize and maintain our screened vendors list, manage referrals for new vendors, and explore ways that the Village can strengthen our relationship with our valued service providers. Below, committee member Margaret Weil describes the importance of the vendor directory and its value as a resource for Villagers to find trusted providers for various types of services you may need.

Given the goals of Avenidas Village to allow people of a certain age to safely and securely remain in their homes while effectively navigating the world in which we live, it makes perfect sense to provide a list of qualified vendors, many offering discounts and member reviews, to Village members, to do just that. From automobile repair and maintenance services to technology know-how, and everything in between, you'll likely find just the help you need in the Avenidas Village member website Vendor Directory. I've always believed that the best recommendations come from trusted friends and family — this is like that, only better. Please have a look at the list if you have not done so already. I'm sure you'll be glad you did.

Avenidas Village has a list of more than 180 service providers that have gone through a screening process to ensure they are trusted and will provide quality service to members. You can find it online when you log in at www.avenidasvillage.org or you can call the Village office for help if you need to find a service provider.

Just a reminder: in July, Avenidas Village introduced a new Handyman Benefit for all members providing **one free handyman service visit per year of up to two hours**. Handyman Al Tate came to our home very recently and fixed a sagging gate and installed new slides in a forty-year-old drawer. These "small" improvements have made a huge difference! This Village benefit is absolutely too good to pass up. What jobs need doing in your home?

Your Village Handyman Benefit Summary

- **One FREE visit per year of up to two hours for handyman help in your home**
 - **Create a list of tasks you need done to fill in two hours of service**
 - **Up to 3 free LED lightbulbs to replace old style bulbs**
 - **Member pays for any time over 2 hours & any supplies or materials**
- **To schedule your free annual benefit, call the Village office at (650) 289-5405**

Making the Most of your Membership: Our Members' Only Website *by Chuck Sieloff*

I'm always a little surprised to see how few members are regular users of our members-only website www.avenidasvillage.org. Especially in this time of reduced personal interaction and closed physical facilities, the website is a critical resource for accessing the latest information about Village activities and programs. Because of the amount of information available, it can seem a little overwhelming at first, but if you take the time to explore the various features of the website, you will discover many hidden gems that can be very useful to stay informed and connected with the Village.

Are you still using the printed vendor directory in the Village resource binder you received when you joined the Village, perhaps many years ago? The online vendor directory has been totally reorganized to group vendors into higher level categories, making it much easier to find what you are looking for. Member reviews and ratings are integrated into the online directory and are visible right next to the information about the vendor's services. It is now very easy for you to enter your own reviews after using a listed vendor. Most importantly, new vendors and new reviews are being added all the time, so if you want timely and accurate information, you need to use the online directory.

Are you still using the paper-based member directory you received when joining? The online member directory is kept up-to-date to reflect the latest changes in membership. It also offers new features that are only available online. You can search by name or partial name for any member. You can view all the members of a particular Cluster, complete with a map showing where they live. You can add a brief biography and a photo of yourself to share with other Village members, and you can view what others have already shared about themselves.

Do you have trouble keeping track of all the events and activities offered by the Village? An online calendar shows everything in one place and enables you to register for an event and receive an automatic reminder the day before the event. You can even review all the events for which you have already registered.

If you are not a regular user of the Village website, you are missing out on some significant benefits of Village membership. To help you get started, Erika and Dawn are scheduling several open Zoom sessions over the next few weeks that will walk you through the features and show you how to use them. I considered myself an experienced user of the website, but I learned several new things when I attended their recent Zoom session. I'm betting that you will, too.

Village Website Tutorials on Zoom

Learn how easy it is to create a password and log in to the Village members' website! We will walk you through the login process and show you how to access online member and vendor directories, register for events and more! If you have never logged in to the members' only website this tutorial is for you!

Wednesday, September 2nd at 11 AM

Monday, September 21st at 2 PM

Monday, October 12th at 2 PM

Register Online to receive the Zoom invitation or email dgreenblat@avenidas.org

Village Members Share—Vacations, Stay-cations

For most of us, this summer was not the time to travel. While some were able to visit with family, many of us had to cancel or postpone vacation plans. So members have shared some of their past adventures plus a few shots of home...



Kayleen Miller: In March right before the shutdown, with family in Newport Beach



Dawn Greenblat & her husband Keith enjoyed a quick getaway to the Oregon coast in August



Cindy Patrick: Road Scholar musical trip to Northern Italy, June 2019



Shirley Finrock: 2003 visit to Cambodia—"We stayed in the same hotel with Angelina Jolie and her adopted Cambodia son and her entourage and saw her and spoke with her in the dining room at an evening meal."



Tom Reese celebrated his 80th birthday in Provence: "Dinner at Hotel les Florets above village of Gigondas, Provence. Great dinner; Gigondas red wine, great too."



Meanwhile, at home... mama duck & ducklings visited **Katie Dunlap**, while **Jeannie Siegman's** strawberries are thriving!



ICYMI—Village Activities in July & August

Programs continue both on Zoom and in person (with social distancing)

Members Meet up for Walking Group and a Modified Lunch Bunch



8/19/2020 Walkers: Ralph Cahn with 6 faithful walkers along a path on the Stanford campus plus a special guest, his granddaughter Natalie who was visiting from Texas.

Walkers include: Janet Constantinou, Curt Weil, Donna & Jerry Silverberg, Chuck Sieloff, Barbara Carlitz, & Gary Conway.

7/20/20: Villagers Venture Out! BYO Picnic Lunch Bunch in the Park At California Street

Attended by: Richard Johnsson, Bruce & Ellie Heister, Dick Smallwood, Chris Holt, Kayleen Miller, Alice Kozar, Jane Zuckert, Ginny Turner, Kathy Kermit, Chuck Sieloff, Bill Damon



Zoom helps us keep connected for safe, casual socializing



8/14/20: Friday Happy Hour Social

Our Friday Socials take place every other week and are a time to virtually visit friends at home and chat about whatever is on your mind!

On August 14th, 30 Villagers joined in from their offices or living rooms. We were also joined by a special guest, John Gerber of HomeSmiles—a recently added vendor that offers a home maintenance services package to help keep your home in good shape.

Most importantly, Friday socials are a chance to see old and new friends and catch up with one another.
(Photo provided by Alice Kozar)

Vistas Lecture Series—Join our Upcoming Programs on Webinar!

September 18th Vistas: “Supreme Court Vistas” with Barbara Creed

Barbara Creed’s reflections on the October 2019 term of the Supreme Court will include a look at the role of Chief Justice John Roberts, the surprises from Justice Gorsuch, the triumph of religion, insights into Court statistics, the impact of COVID 19 on the Court, the possibility of changes on the Court, the significance of the “shadow docket,” and a review of cases to be heard in the October 2020 term.



Barbara Creed has practiced law in San Francisco for over 40 years, specializing in employee benefits. She recently retired as chair of the board of trustees of the Church Pension Fund, a \$12B diversified financial services organization providing pensions, health coverage and other benefits to clergy and lay employees of the Episcopal Church in the United States, and several other countries. Barbara has provided programs on the United States Supreme Court for many groups, including International Women’s Forum NorCal.

Friday, September 18th at 11:00 AM on ZOOM—Register online or email
dgreenblat@avenidas.org

October 2nd Vistas: “Medical Cannabis—Questions Answered” with Dr. Teresa Nauenberg



A detailed look at the history, politics, pitfalls and the prevailing medical evidence for the use of cannabis for various medical issues. The discussion will address its use and possible effectiveness in the treatment of pain and other symptoms.

Dr. Teresa Nauenberg, internist with PAMF, enjoys skiing, gardening, and travel. Her professional interests include advance healthcare planning, preventative medicine and women’s health.

Friday, October 2nd at 11:00 AM on ZOOM—Register online or email
dgreenblat@avenidas.org

Can’t make it to a scheduled Vistas Lecture or other Village program? Or would you like to review a program you attended?

Vistas Lectures and other Village presentations are recorded and can be viewed at your convenience just by visiting the Village Members’ Website at www.avenidasvillage.org! Click the “Events” tab at the top of the page, then select “Village Programs on Video” from the dropdown menu.

You will find a collection of our previously recorded presentations—just click to watch!

Welcome New Members: Larry Phelan, Gary Conway & Kathy Kermit



Larry Phelan (Cluster 2S): Born August 12, 1944 in Miami, Florida to Jack and Loraine Phelan. Parents were born and raised in San Francisco. Dad flew for Pan American Airways so we moved a lot during my early years – Miami, San Francisco, New York (Long Island), England, New York, Seattle...all before starting high school in San Jose. Graduated from Los Altos High School, into the U.S. Navy for four years, Foothill and De Anza Community Colleges, and then graduated from Cal Poly, San Luis Obispo with a degree in Architecture. Entire professional career on the Peninsula between San Francisco and Watsonville. Hobbies have included running (several marathons), Backpacking, Skiing, Swimming, Music (guitar– 60s folk, country, singing). Dancing on a County Exhibition Line Dance Team, performed at rest homes, street fairs, etc. I have two “kids”, son living in San Francisco with wife and daughter, and a disabled daughter living in Palo Alto with her mother.



Gary Conway (Cluster 10): The flavor of my history in California goes back to the gold rush; my great grandfather arrived in 1850 and settled in the Mendocino area in 1852. I was born and raised in a somewhat less picturesque spot: Oakland. After graduating from UCLA, I entered the US Navy as a preflight trainee in Pensacola, Florida, ultimately becoming an instructor navigator in C-130s. During Christmas leave in 1962, I married my college sweetheart, Susan, and we spent the next four years in Mountain View where I was stationed at Moffett Field. We decided that the Peninsula offered amazingly better weather than Oakland did, so by 1972, we bought our home in Portola Valley, where I live today. Sue passed away last year, but during our 56 years together we raised three lovely daughters and now have six grandchildren. My career was in investment management before retiring from Sand Hill Global Advisors, which I cofounded back in 1982. During fourteen of those years, I was perhaps better known as the on-air business and investment reporter for KGO Radio. My interests include tennis at Alpine Hills Tennis and Swim Club, hiking, and painting.



Kathy Kermit (Cluster 2S): I am one of the original baby boomers, born in January of 1946 to a couple who met while in the Navy in Oklahoma. My dad stayed in the Navy after WWII, so my childhood saw many moves. I grew up thinking that I was shy because I had to make friends over and over. Nowadays, I feel confident making friends, and have attended Avenidas Village walks and zoom sessions to meet many of you. I married in college, and have a daughter who just turned 50 as a result of that union. That marriage lasted 10 years and landed me back in California, where I lived in Sacramento for a few years then moved to the Bay Area in 1979. I love it here! I worked as a computer programmer (COBOL) at Stanford, but eventually went back to school and got a PhD in psychology. I practiced as a psychologist until I retired, using neurofeedback (EEG bio-feedback) to help people overcome migraines, ADHD, mood and anxiety disorders. Spiritually, I have taken many paths as well. Raised a protestant, I converted to Judaism and later added Zen Buddhism to my practice. It's all good. My interests include gardening at the Mountain View Senior Garden and playing piano.

Member Birthdays—September

Sally Herrick	9/1	Phyllis Browning	9/12	Frances Adams	9/22
Pamela Heller	9/2	Masayo Duus	9/12	Tom Reese	9/23
Donald Thomas	9/2	Mary Ann Kvenvolden	9/14	Bill Courington	9/24
Michael Willemsen	9/2	Trudy Reagan	9/18	Alzora Carlstrom	9/26
Katherine Pering	9/5	Mary Huber	9/19	Bruce Heister	9/26
Masako Toribara	9/8	Mary Taylor	9/20	Helen Young	9/30

Member Birthdays—October

Diane Rolfe	10/2	Dick Smallwood	10/9	Frank Perlaki	10/26
Joan Bialek	10/4	David Bunker	10/12	Eleanor Willemsen	10/26
Robert Shaw	10/4	Mary Ripley	10/14	Cathy Dolton	10/27
Paula Schwartz	10/6	Joy Scott	10/14	Linda Williams	10/28
Lilian Lum	10/7	Neil Foley	10/15	Barbara Bunker	10/30

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 changes in local requirements or other developments.

Please review the events listing at www.avenidasvillage.org for the most current event schedule.

Wednesday, September 2 at 11 AM & Monday, September 21 at 2 PM

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Wednesday, September 2nd at 11 AM & Monday, September 21st at 2 PM

Register Online to receive the Zoom invitation or email dgreenblat@avenidas.org

Friday, September 11 & Friday, September 25

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, September 11th and Friday, September 25th at 4:00 PM

Register Online to receive the Zoom invitation or email dgreenblat@avenidas.org

Monday, September 14

Current Events Discussion Group (Special Interest group)

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

Monday, September 14th at 1:30 PM

Email Dick Smallwood to request the Zoom invitation
rdsmlwd35@gmail.com

Saturday, September 12 at 10 AM & Saturday, September 26 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!

Saturday, September 12th at 10:00 AM, Saturday, September 26th at 4:00 PM

Register Online to receive the Zoom invitation or email dgreenblat@avenidas.org

Wednesday, September 16

Lunch Bunch is Back!—Social Distance Lunch Stanford Center

Join Village friends at Stanford Shopping Center for lunch in the fresh air! We'll order lunches for all from one of the nearby restaurants. More details will be provided when you register.

Wednesday, September 16th at 11:45 AM

Stanford Shopping Center

\$25-30/person, cash only please

Register Online or email dgreenblat@avenidas.org

Friday, September 18

Vistas Lecture Series—Zoom Webinar: "Supreme Court Vistas" with Barbara Creed (Details on p. 6)

Friday, September 18th at 11:00 AM

Register Online to receive the Zoom invitation or email dgreenblat@avenidas.org

Tuesday, September 22

Video Discussion Group (Special Interest group)

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

Tuesday, September 22nd at 3:30 PM

Email Dick Smallwood to request the Zoom invitation
rdsmlwd35@gmail.com

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Please review the events listing at www.avenidasvillage.org for the most current event schedule.

Friday, October 2

Vistas Lecture Series—Zoom Webinar: “Medical Cannabis” with Dr. Teresa Nauenberg
(Details on p. 6)

Friday, October 2nd at 11:00 AM

Register Online to receive the Zoom invitation or email dgreenblat@avenidas.org

Friday, October 9 & Friday, October 23

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, October 9th and Friday, October 23rd at 4:00 PM

Register Online to receive the Zoom invitation or email dgreenblat@avenidas.org

Monday, October 5

Current Events Discussion Group (Special Interest group)

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

Monday, October 5th at 2:00 PM

Email Dick Smallwood to request the Zoom invitation
rdsmallwd35@gmail.com

Saturday, October 10 at 10 AM & Saturday, October 24 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. Experience it for yourself and see where you go!

Saturday, October 10th at 10:00 AM, Saturday, October 24th at 4:00 PM

Register Online to receive the Zoom invitation or email dgreenblat@avenidas.org

Monday, October 12

Village Website Tutorial on Zoom

If you have never logged in to the website this tutorial is for you! See September listing for more details.

Monday, October 12th at 2 PM

Register Online to receive the Zoom invitation or email dgreenblat@avenidas.org

Wednesday, October 14

Lunch Bunch—Location to be determined!

Save the Date for Lunch! Details for this event will be released closer to the date due to possible changes in COVID restrictions/social distancing.

Wednesday, October 14th at 11:45 AM

Watch this space for details to come!

Register Online or email dgreenblat@avenidas.org

Tuesday, October 27

Video Discussion Group (Special Interest group)

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

Tuesday, October 27th at 3:30 PM

Email Dick Smallwood to request the Zoom invitation
rdsmallwd35@gmail.com



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Avenidas
Village
Office Closed

Monday,
September 7
Labor Day

Village Voice

September-October 2020

Do you need help with tech issues?

Senior Planet is a great resource offering 1:1 help by phone!

You can call the Senior Planet Tech Hotline at (650) 918-5570. Leave a message with your name, phone number and question and someone will get back to you within 24 hours (excluding the weekend).

Senior Planet also offers regular classes on how to use Zoom if you are still unsure or need some help.

Visit their website at

<https://seniorplanet.org/get-involved/online/>
for a full listing of tech related classes, fitness/wellness, and more!



SENIOR PLANET

Aging with Attitude