



Avenidas
Village

VOICE

May-June 2019

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

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Looking at Light Through Flowers with Joanne Koltnow



Joanne Koltnow

Avenidas Village is made up of so many accomplished members! This month it is our pleasure to highlight Village Member Joanne Koltnow whose photography will be on display through May 31st at the Carnegie Institution for Science at Stanford. Joanne's work is in collections in the US and Europe, and if you have ever visited Channing House, you may have seen her photographs decorating the dining room there. In her own words, Joanne explains how she came to create her exquisite floral photography:

"I've been making art since I was a child, working in various media but always coming back to photography. I love the opportunity it gives me to distill a moment in time. For about 20 years I photographed people and made dark, often mysterious, images.

In 2003, wanting to digitize some negatives my father had made

during the 1930s, I bought a flat-bed scanner. And then one day I put a flower on the glass. The resulting image—magnified and transparent—took my breath away.

For several years I used the scanner to explore plant material, making work that was first reminiscent of botanical paintings and later of laboratory specimens. Later, without the scanner, I used botanical material to create monotypes that explore themes of repetition and boundaries, inclusion and exclusion."

In addition to her exhibition at Stanford, Villagers will have a special opportunity to view some of Joanne's work up close and hear her share personally about her artistic process. On Tuesday, May 14th, Joanne will display some of her photographs here at Avenidas and demonstrate how they were created.

**Meet Joanne
& view her
work up
close at
Avenidas!**

**Tuesday,
May 14th at
1:00 PM
450 Bryant
St.**

**"Think Tank"
(2nd Floor)**

**Please RSVP
(650) 289-
5405**

Looking at Light Through Flowers

Photographs by Joanne Koltnow
Carnegie Institution for Science
Department of Plant Biology
260 Panama Street
Stanford, CA 94305

Exhibition
February 1 through May 31, 2019
Monday through Friday, 9 to 5



A Legacy Fund for Avenidas Village *by Dick Smallwood, Chair*

Avenidas Village has been operating for over ten years. During that time it has had the amazing benefit of functioning as a program under the benevolent umbrella of Avenidas. Now is the time to use its position as an enduring and successful example of the "Village Movement" to solidify its financial sustainability and create a platform for future expansion and development.

Recently the Village has set up the "AV2.0" Operating Fund to use for supporting social events and exploring new services for Village members. The key to this program expansion is to build an

increased "sense of community" within the Village that will cause members to place a high intrinsic value on their membership.

As part of this program expansion we have created a Village Legacy Fund that can accept longer term financial gifts from Village members via bequests and other major investments. This will be a special fund within the existing Avenidas endowment and will be used exclusively for Avenidas Village activities and programs. Periodically, funds can be transferred into

the Operating Fund for current plans. Possible uses of these funds include financing additional Village staff and/or recurring expenses for new programs.

As you revise your legacy plans, please consider including Avenidas Village. If you have any questions or would like to make a contribution, please contact Mary Hohensee, Avenidas Vice President of Avenidas Donor Engagement at **(650) 289-5446** or **mhohensee@avenidas.org**.

Avenidas Village Advisory Council Call for Nominations

Dick Scott (Chair), Bruce Heister, Tom Reese—Avenidas Village Nominating Committee

Have you ever wondered how Avenidas Village programs and activities are determined? You can become a part of that process by serving on the Village Advisory Council! Annually, we call for nominations for new Council members who can help to provide direction and support to the Village program. This year, nominations for membership in the Advisory Council are due on May 15 for a two-year term beginning July 1. Ballots have been mailed to all members, but if you have not received one and would like to apply, please contact the Village

office as soon as possible. Please consider volunteering (nominating yourself) or encouraging another member to serve.

The Advisory Council provides leadership and guidance to the Village. All of our initiatives, including programs and activities, originate with the Council. It is a working body whose members chair or serve on the various Village committees and task forces. Belonging to the Council provides members with a broad over-

***Avenidas Village
Belongs to the
Members!
Help Build the Village
Program as a
Member of the
Advisory Council!***

view of the full range of Village activities and with a significant opportunity to impact the program.

We invite each of you to step forward and join us in charting and creating our future development. Take the opportunity to share your ideas for the Village and help bring them to life!

2 New Village Vendors Provide Service in Your Home

Welcome—New Vetted Vendors Kendra Bronstein and AnewVista Technology Services

Kendra Bronstein is a personal trainer through NASM (National Association of Sports Medicine). She has extensive experience working with seniors and understands their needs and challenges in keeping fit.

Kendra provides private one-on-one sessions individually designed to focus on stability, balance and mobility to help you move and feel better. You will increase muscle strength using light hand weights, increase range of movement by stretching and breathing, and practice exercises designed to improve your balance and stability.

All activities will help improve your daily living. The movements taught

in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time.

A chair is used for seated exercises and standing support exercises to increase flexibility, balance and range of movement. Restorative breathing exercises will promote stress reduction and mental clarity.

Kendra is available to come to your home to work with you to achieve your fitness goals. You can email her at kendrabronstein@aol.com or reach her by phone at **(650) 245-1080**.



Kendra Bronstein



AnewVista In-Home Tech Support

We help with all devices in the home PC's, Mac's, printers, Networking, Smart TV's, TV providers, Wireless sound systems, Smart Homes, Smartphones, providers and much more.

Our technicians are specifically trained to address the need of older adults.

Our rates are ½ the cost of other providers. Flat rate of \$75 after the 1st hour charged on the quarter hour.

Contact us at info@anewvista.com

Or call at 650-995-4002



Have you ever needed someone to come to your home to deal with a computer issue or help set up your Smart TV or home wireless network? Do you usually just wait for kids or grandkids to come around and help? Now, a professional service provider has joined our Vetted Vendors list and is available to serve you!

AnewVista is a new company you can call on to provide this help for you at a much lower cost than the big box technology stores. Founder Eric Gee was formerly the manager of Avenidas' Generations Lab and is already known to many Village members who have previously worked with him. Eric and his team understand how important it is to have trusted technology help at home and they can help with most technology needs, large or small! Avenidas Village members will be offered a discount of \$10 off the standard hourly rate for service.

Village Community Partners: PAMF Community Health Resource Center Spring & Summer Programs

The Palo Alto Medical Foundation Community Health Resource Center is offering new spring/summer programs that are open to all. For your convenience, these programs have been scheduled in the early afternoons and are held at PAMF Palo Alto in the third floor conference center. Please see the flyers on this page for details on the upcoming programs. **To RSVP, please call the PAMF CHRC at (650) 853-4873.**



Community Health Resource Center Dr. Tom McDonald Memorial Lectures

How to Talk to Your Doctor

How well you and your physician talk with one another is one of the most important predictors of getting good health care. Join Zsandra Garcia, R.N., BSN, to hear tips from the National Institute on Aging that can help you take an active role in your health care, helping you live well.

This lecture is free and open to the community.

Date and Time

May 6, 2019
1 to 2:30 p.m.

Location

PAMF Palo Alto Center
Third Floor, Jamplis Building
795 El Camino Real
Palo Alto, CA 94301

Speaker

Zsandra Garcia, R.N., BSN
PAMF Community Health Resource Center



Registration

For more information or to reserve your space, call 650-853-4873.

2019 DEMENTIA AND ALZHEIMER'S EDUCATION SERIES

Education programs presented by the Alzheimer's Association®

Legal Planning for Alzheimer's Disease Thursday, May 30th

This is an interactive program where you will have a chance to learn about important legal issues to consider, how to put plans in place, and how to access legal resources near you.

Financial Planning for Alzheimer's Disease Thursday, July 25th

This is an interactive program where you will have a chance to learn about important financial issues to consider, how to put plans in place, and how to access financial resources near you.

Effective Communication Strategies Thursday, September 26th

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

Understanding and Responding to Dementia Related Behaviors Thursday, November 14th

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.



All programs are on
Thursdays from 1:30-3 p.m.

Palo Alto Medical Foundation
Jamplis Building
3rd Floor Conference Center –
Rooms BCDE
795 El Camino Real
Palo Alto, CA 94301

REGISTER ONLINE:
www.sutterhealth.org/pamf-alzheimers

For questions or to register by phone,
please call 650.853.4873.

Hosted by:



The Palo Alto Medical Foundation Community Health Resource Center (CHRC) is a valuable resource open to all community members. CHRC is staffed with nurses and health educators who can provide health related information by phone or in-person (walk-in or appointments).

They will help you research diagnoses and procedures recommended by your doctor, health and wellness topics, as well as give referrals for community resources and support agencies. CHRC also offers provides free, individualized consultations for patients and families to prepare Advanced Health Care Directives and POLST forms. CHRC staff are informed about and supportive of our partnership and will welcome inquiries from Village members.

The CHRC also coordinates lectures on topics of potential interest to Village members. At our request, they have changed the timing of many programs from evenings to afternoons.

alzheimer's association®

Visit alz.org/CRF to explore additional education programs in your area.

Vistas Lecture Series

May 2019

May Vistas: "African Carnivores and their Prey" With Doug Cheeseman

Doug and Gail Cheeseman have been leading African safaris for 41 years. Doug is also a professional wildlife photographer capturing the exciting behaviors of predator/prey action and the amazing diversity of predators and their prey. In Africa it's a whole different world with cats chasing dogs, eagles attacking mammals, reptiles drowning equids and much more. This past year Doug and Gail led three safaris to East Africa and marveled at all the new behaviors they witnessed, especially interactions among predators who come up with new techniques of survival as they adapt to ever changing conditions. Many issues are playing their roles, including climate change and even shy mammals becoming more habituated to safari vehicles.

Doug Cheeseman is famous for delivering programs featuring all the wildlife rich areas of the world from the Arctic to the Antarctic where he has guided tours. Not only a wildlife photographer and safari guide, he taught zoology and ecology for biology majors at De Anza College for over thirty years. In 1980 he and Gail founded **Cheesemans' Ecology Safaris** and have led safaris each summer to various rich wildlife areas of the world.

In 1998 when Doug retired from De Anza's Biology Department their son Ted Cheeseman joined them and is now at the helm of their safari company with a focus on the polar regions. Gail and Doug are delighted to continue to lead their safaris to East Africa, Madagascar and India.



Gail & Doug Cheeseman

This Vistas lecture is open to the public so bring a friend!

Friday, May 31st at 11:30 AM

450 Bryant St. (Lounge)

FREE – Please RSVP at shuang@avenidas.org or (650) 289-5405

Document Shredding Event Sponsored by Vendor Realtor Nancy Goldcamp

Is your sensitive paperwork starting to pile up? Now is the time for spring clearing! InSite Shredding will bring mobile shredding equipment to the Little House parking lot on Wednesday, May 8th for free secure shredding! This event is open to Nancy's friends, clients and members of Little House and Avenidas. Village members are welcome! Bring up to 3 banker size boxes of material in paper shopping bags or boxes.

Wednesday, May 8th, 1:00-3:30 PM

Little House, 800 Middle Rd, Menlo Park

Free—No RSVP Required

Need to relax? Try a Sound Bath! Thursday, June 20th at 3:30 PM

Join our own Sabrina Huang, who will lead you in a meditative relaxation session featuring the music of Tibetan Singing Bowls. *"By using particular combinations of rhythms and frequencies, it is possible to shift our normal beta state (alert, concentrating, reacting) to an alpha (creative, relaxed), and even theta (meditative state) and delta (deep sleep; where restoring and healing can occur)."* This experience is helpful for anyone who wants to give themselves a moment of relaxation or gain the benefits of meditation in a guided group setting. Learn more at <https://www.sixsenseshealing.com/sound-bath>

Thursday, June 20th, 3:30 PM

Avenidas Exercise Room (3rd Floor)

FREE – RSVP at shuang@avenidas.org or (650) 289-5405

April Vistas— “My War, My Life” with Sophie Stallman



Villager Sophie Stallman presented our first Vistas program in the renovated “Lounge” at 450 Bryant Street, sharing her incredible stories of living through WWII in Poland as a determined young woman, risking her life to join the Resistance and pursue her life dreams. Her talk was both moving and deeply enthralling!

March & April Lunch Bunch: Pacific Catch and La Boheme



Left: Marty Molloy, Gerry Gilchrist, Bob Aulgur

Right: Tom Reese, Mary Ann Field, Richard Johnsson, Kate Lorig



Left: Jane Zuckert, Avy Nielsen, Kayleen Miller, Ellie Heister, Mary Ann Field, Kinga Perlaki

Right: Gee Gee

Lenhart, Dick & Jerry Smallwood, Marty Molloy, Richard Johnsson, Tom Reese (not pictured)

Hakone Gardens Tour and Lunch, March 21st



Village Open House, April 11th



Over 30 Villagers came out to view the new Village space, enjoy the patio and fountain, and tour the entire renovated site!

Welcome New Members! Arthur & Frances Adams, Wally McMillan, Leonard & Sandra Weiss, Paula Berka, June Miles

Fran and Art Adams have been Palo Alto residents for over 55 years and live in Duveneck/St. Francis. Art is a retired Electrical and Mechanical engineer, a graduate of the University of Illinois. Fran is a former teacher, and alumni of San Francisco State. Fran is an artist and has acted as a docent for the Stanford Art Museum, the DeYoung Museum of Art in San Francisco, the Palo Alto Art Center, and the Monterey Bay Aquarium. Art is a veteran and is active in the Museum of American Heritage and an avid restorer and collector of antique radios. Both like to dance and enjoy the theater. They enjoy



a son, a daughter and four grandchildren.

Walton (Wally) Bruce McMillan was born in Palo Alto. He has two children and 2 grandchildren. Wally is a retired civil engineer and worked the Offshore construction business for 30 years doing structural engineering. He also worked at Lockheed Sunnyvale for 6 years. Wally's interests are now in eastern philosophy and the investigation of cultural stories past, present and future. He is also an avid backgammon player. Wally lives in University South and plans on continuing there with his wonderful gardens.



Leonard and Sandra Weiss came to Palo Alto from the Washington DC area in 2006 and became permanent residents in 2013. Len is a retired former professor and retired U.S. Senate Committee Staff Director, and Sandy is a retired researcher at the National Institutes of Mental Health. Both enjoy attending seminars at Stanford, concerts, cultural events, and good company. They have two children and grandchildren who live in the Bay Area. *(No photo available)*

Paula Berka is a returning Village member. She first joined the Village in 2012 but took some time off until re-joining in March. Paula lives in Menlo Park. *(No photo available)*

June Bowman Miles is also a resident of Menlo Park although she grew up in Palo Alto. She has joined the Village to access resources she may need in the future. Her hobbies have included sewing, knitting and painting and she has also enjoyed swimming for fitness. *(No photo available)*

Member Birthdays—May

| | | | | | |
|--------------------|------|-----------------------|------|--------------------|------|
| Ted Carlstrom | 5/1 | Margaret (Peg) Kosek | 5/13 | Analee Nunan | 5/24 |
| Charles Botsford | 5/1 | Alexander Florence | 5/14 | Phil Smaller | 5/24 |
| Marianne Ida | 5/4 | Katie Dunlap | 5/16 | Bonnie Borton | 5/24 |
| Betsy Fryberger | 5/7 | William Agras | 5/17 | Paula Berka | 5/25 |
| Anna Parks | 5/8 | Margaret Rosenbloom | 5/17 | Yvonne Lenbergs | 5/26 |
| Roslyn Bienenstock | 5/10 | Naomi Levinson | 5/22 | Luella (Lu) Isaacs | 5/27 |
| John Pierce | 5/10 | Dorothy Lloyd | 5/22 | Charles Holloway | 5/28 |
| John Couch | 5/10 | Irene Plattner Cannon | 5/23 | Wally McMillan | 5/28 |
| | | | | Dorothy Anderson | 5/31 |

Member Birthdays—June

| | | | | | |
|------------------|-----|-------------------------|------|-----------------------|------|
| Brigid Barton | 6/1 | Adelle Rosenzweig | 6/10 | Gail Sredanovic | 6/15 |
| Rob Robinson | 6/1 | Brenda Miller | 6/10 | Judith (Judy) Goodnow | 6/16 |
| Susan Gould | 6/2 | Gerry Gilchrist | 6/11 | Aldora (Dody) Lee | 6/18 |
| Donna Silverberg | 6/2 | Sandra Weiss | 6/11 | Robert Williams | 6/21 |
| Margaret Weil | 6/2 | Lynne Toribara | 6/11 | Gee-Gee Lenhart | 6/21 |
| William Gould | 6/4 | Stanley Finkel | 6/12 | Marjorie Rose | 6/21 |
| Mary Schaefer | 6/4 | Frances Perry | 6/12 | Elizabeth Wolf | 6/23 |
| Sylvia Wildmann | 6/7 | Molly Agras | 6/13 | Beth Lyons | 6/24 |
| Joe Rolfe | 6/9 | Virginia (Ginny) Turner | 6/13 | Lowell Price | 6/25 |
| | | Lorrie Walton | 6/14 | Molly Meschke | 6/29 |

In Memoriam:

Donald Flanigan, 3/2019 - Nancy Teater, 3/2019 - Susan Hall, 3/2019

Nancy Goldcamp's Shredding Party at Little House (details on pg. 5)Wednesday, May 8th, 1:00-3:30 PM

800 Middle Road, Menlo Park

Free—No RSVP Required**"Looking at Light Through Flowers" Photography Display and Talk with Joanne Koltnow (details on front page)**Tuesday, May 14th at 1:00 PM

Avenidas, 450 Bryant St "Think Tank"

Free—RSVP to Sabrina at shuang@avenidas.org or (650) 289-5405**"A La Mode Au Monde with Musica Pacifica" - Concert and Buffet Lunch at Palo Alto JCC**Tuesday, May 21st at 11:30 AM

3921 Fabian Way, Palo Alto

Members of Musica Pacifica are among the Bay Area's favorite period instrument stars, playing music that crosses historical and stylistic boundaries for no other reason than the pursuit of wild fun. The program will be a potpourri of medieval, Renaissance, traditional and world music, performed on a panoply of bowed, blown, plucked and hit instruments. These may include the recorder, clarinet, vielle, violin, harp, balalaika, harpsichord and multifarious percussion instruments! More information at <https://www.paloaltojcc.org/Events/a-la-mode-au-monde-with-musica-pacifica>

Ride Sharing Available—meet at Avenidas Cubberley for Carpool/Lyft **\$20 per person includes Concert and Lunch – RSVP by 5/14 to Sabrina Huang shuang@avenidas.org or (650) 289-5405**

Lunch Bunch— Michael's at ShorelineThursday, May 23rd at 11:45 AM

2960 N Shoreline Blvd, Mountain View

Enjoy salads, entrees and sandwiches with a beautiful waterfront view ! Order & pay individually.

\$15-20 per person – RSVP by — to Sabrina shuang@avenidas.org or (650) 289-5405

VISTAS Lecture Series: "African Carnivores & Their Prey" with Doug Cheeseman (details on pg. 5)Friday, March 29th at 11:30 AM

Avenidas, 450 Bryant St (Lounge)

Free – RSVP at shuang@avenidas.org or (650) 289-5405

***This program is open to all—guests are welcome!**

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, May 6th & Monday, June 3rd at 450 Bryant St (Think Tank)

Readers Group—Meets the 2nd Thursday of each month at 3 PM. Read and discuss short stories.

Contact: Dick Smallwood (650) 322-9417

Thursday, May 9th & Thursday, June 13th at 450 Bryant St (The Den)

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

AVENIDAS VILLAGE

450 Bryant Street
Palo Alto, CA 94301
Phone: 650-289-5405

**Avenidas
Village
Office
Closed:**

**Monday,
May 27
Memorial Day**

Do you have a special interest? You can start a group! It's a great way to connect with other Villagers to share activities you enjoy!

*Call Sabrina Huang
(650) 289-5405 or
Dick Smallwood
(650) 322-9147 to
share your ideas!*



JUNE VILLAGE EVENTS & ACTIVITIES

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Allied Arts Tour and Lunch Bunch

Thursday, June 6th at 10:30 AM

Allied Arts Guild

75 Arbor Rd, Menlo Park

Join Village friends for a tour of the complex and gardens, followed by lunch at Wisteria Café! Or just join us for lunch at 11:30 AM!

\$25 per person (cash only), includes \$5 donation for tour

RSVP to Sabrina by 5/31 shuang@avenidas.org or (650) 289-5405

Sound Bath Relaxation Session with Sabrina

Thursday, June 20th at 3:30 PM

Avenidas Fitness Room (3rd Floor)

Group session featuring Tibetan Singing Bowls (details on pg. 5)

Free—RSVP to Sabrina at shuang@avenidas.org or (650) 289-5405

USS Potomac Lunch Cruise “Bridges of the Bay”

Thursday, June 27th at 10:30 AM

Jack London Square,

Meet at Avenidas Cubberley

Cruise to the Golden Gate, Richmond/San Rafael and Bay Bridges and learn about their unique History, construction and points of interest. Find out where the troll is on the new Bay Bridge. Enjoy a box lunch on this 3-3 1/2 hour cruise on board the "Floating White House" of Franklin Roosevelt. For more information: <https://www.usspotomac.org/index.php>

Ride Sharing Provided—Depart from Cubberley at 10:30 AM

\$70 per person includes Cruise and Lunch (10 pers. minimum)

RSVP with payment by 5/23 at shuang@avenidas.org or (650) 289-5405

NEW—Help Support our Social Activities Program as a “Rideshare Captain!”

Do you enjoy Village outings? Are you adept with the Uber and Lyft smartphone apps?

The Village is exploring rideshare as a transportation solution and you can help! “Rideshare Captains” use their phone app to order a Lyft or Uber ride for a group of Villagers attending an outing together. As a “Captain” you will help provide better access to outings for members who can’t drive themselves, and you can make new friends, too! It’s easy—Social Events Coordinator Sabrina will work with you to ensure the process is smooth from start to finish, and the Village will cover the cost of the rides! **If you’d like to help, call today! (650) 289-5404**

Remember—If you need a ride to any Village event, we can help! Reach out via the Village Google Group email, contact your Cluster or call the Village office at 650.289.5405 and we will work with you to get you there!