



Avenidas  
Village

# VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

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

## Inside this issue:

Meet New Vendors 2

Vendor Committee Update

Making the Most of Your Membership 3

Avenidas Care Partners: Here for You in Difficult Times 4

ICYMI: November & December Village Activities 5

January & February Vistas Lecture Series Webinars 6

Member News 7

JANUARY Events Listing 8

FEBRUARY Events Listing 9

January-February 2021

## **Avenidas Village Annual Meeting January 11th 2020 Review, Future Plans and More...All Members Welcome!**

One of the key concepts of the Village is that it belongs to its members. The Village Advisory Council, made up of Village members, meets regularly throughout the year to develop the programs and strategies that will help support you to live independently in your home. But in January each year we hold an Annual Meeting open to all members. This special meeting is your chance to meet your representatives on the Advisory Council and Village staff, to review existing Village activities and programs, and to ask questions or provide your input on current or potential Village offerings and benefits.

This year's Annual Meeting will be of particular interest. We will look at the unique challenges over the past year and the ways the Village has responded to them and to members' needs that we could not have anticipated a year ago. We have learned and grown in unexpected ways and even discovered new strengths both as individuals and as an organization. We look forward to reviewing all of this with you and looking ahead together to the coming year.

ward to reviewing all of this with you and looking ahead together to the coming year.

Of course, this year the Annual Meeting will be held on Zoom and we are hoping that the convenience of Zoom meetings will make it easy for as many of you to join us as possible. Attendees will even be entered in a drawing to win prizes—but you must be present to win!

There will be ample time during the session for you to ask questions or give your feedback about your Village experience. This will be an important time of conversation that will help the Village leadership team learn more about how the Village can continue to support you and help you stay healthy, connected and engaged no matter what is going on outside. We look forward to seeing you there!

**(For full details, please go to the Events Listing on p. 8 or click [here](#) to register)**

**Avenidas Village Annual Meeting  
Monday, January 11th at 3:00 pm on Zoom  
Open to All Members—Please Join Us!  
Call (650) 289-5405 or email [dgreenblat@avenidas.org](mailto:dgreenblat@avenidas.org)**

## Meet Your New Screened Vendors—Menlo Flooring & Design, Stress-Free Auto Care

In October, 2 new vendors were successfully screened and added to our listing, both recommended by Village members! Find their details in the online Vendor Directory and don't forget to leave a review if you use their services!



**Menlo Flooring & Design** has over 50 years of combined experience in flooring and installations. They offer many different flooring types, from many name brand manufacturers. Avenidas Village members will receive a 20% discount. Visit their website at [www.menloflooring.com](http://www.menloflooring.com).

**Stress-Free Auto Care:** With over 50 years of experience between us, we will provide excellent service for your automotive repairs and maintenance needs. All work is done in our facility by certified technicians and they are currently offering contact-free dropoff and payment. Avenidas Village members will receive a 10% discount. Website: [www.stressfree.com](http://www.stressfree.com)



**Stress-Free  
Auto Care**

## Check out the New, Improved Online Vendor Directory!

*by AV Vendor Committee*

Has it been awhile since you looked up a vendor in our online listing? Are you still relying on the printed copy of the Vendor Directory you received when you joined Avenidas Village a few years ago? Even if you don't need help right now, you really should check out our improved and updated online Vendor Directory.

You may recall that in the past, the Village would update the vendor listing once every year or two. But a lot can happen in a year, so listings could go out of date without anyone realizing it. Now, our new Vendors and Services Committee has taken responsibility for maintaining up-to-date listings for all our vendors, and it is an amazing improvement!

Committee members Kayleen Miller, Margaret Weil, Larry Phelan, Chris Holt and Judy Goodnow deserve much credit for taking on the task of contacting and updating each of our 175 screened vendors to make sure everything is correct in each listing. Prior to this project, this diligent team reorganized the listing with main categories and sub-categories so it is much easier to find the service you need.

The Committee estimates they will have completed this revision of the directory by January 11th. In the meantime, any changes they learn about when they contact the vendors are immediately updated in the online listings. They will continue to meet regularly on Zoom because they have lots of ideas on how to increase services to our members and make sure our vendor directory gets better and better.

The Committee welcomes new members so if you'd like to help out, please contact Kayleen Miller at [kayleen10bh@gmail.com](mailto:kayleen10bh@gmail.com).

Even if you are not a committee member, you can help to improve our vendor directory, just by leaving a review! Whenever you use a service provided by one of our listed vendors, please go online and leave your review and star rating in the vendor's listing. It's easy to do and really helps other members when you share your experience. If you're not sure how, or don't know how to access the vendor directory through the Village members' website, just call Dawn at (650) 289-5405 for help!

## Making the Most of your Membership: The Light at the End of the Tunnel? *by Chuck Sieloff, AVAC Chair*

For a community focused on reducing social isolation, the pandemic and its associated restrictions have been a major challenge. A situation initially expected to last a few weeks or months is now approaching a year in duration. Many of our normal activities had to be suspended, while others were redirected towards the use of Zoom.

While it would be foolish to suggest that everything is fine, I do believe that **the Village has responded well to the challenges it has faced**, and has demonstrated a remarkable degree of resilience and flexibility. As members grew more comfortable with Zoom and other online capabilities, we have seen a significant increase in the level of remote participation in social and educational activities and an increased use of our website. We have even been able to add some popular new benefits, like the Handyman and Tech Support services.

With the recent **approval of two effective vaccines** and more on the way, we can begin to see the light at the end of the tunnel. Many of us are understandably anxious to gain access to the vaccine as soon as possible, but the reality is that it will take some time (months, not days or weeks) for the vaccine to reach most of us. Although our demographic is statistically more vulnerable to the virus, we are also, in some ways, better able to protect ourselves through social distancing than the front-line healthcare workers, the nursing home residents, the first responders, and the essential service providers who cannot avoid public contact. Our turn will come, but the scope of this worldwide vaccine rollout is truly unprecedented and there will be unexpected bumps along the way.

**On January 11th at 3:00, we will be having our Annual Meeting** (on Zoom of course). This will be an opportunity to reflect in more detail about how the Village has responded to the pandemic, as well as an opportunity to start thinking about the next phase. Some things will not go back to the way they were before. For example, we will need to find ways to blend the increased access and convenience of Zoom with the social benefits of in-person activities. We will probably need to adapt to gradually reduced restrictions on things like group size and shared transportation options, rather than expecting everything to spring back to normal. I urge everyone to try to attend the Annual Meeting so we can collectively begin to explore the paths forward for our community.

## The New Face of Village Marketing: Could it be Yours?

During COVID, Avenidas Village has had to come up with new ways to promote the Village and recruit new members. Our Membership and Marketing Committee has been working on a variety of new approaches including videos about the Village, linked through our website and online ads, to replace our in-person Coffee Chats. We're focusing on sharing the real experiences of our members which we believe is the best selling point for the Village! To support this, we're building a photo collection featuring our own members which can be used to create more relatable and attractive ads both online and in the local weeklies. Many thanks to photographers Christ Holt and Alice Kozar who have offered to do photo shoots with members who would like to be featured in future ads. Member Judy Goodnow recently posed with her family members for a Gift Membership promotion which you may have seen in some of the local papers and posted around town.



*Judy Goodnow poses with family for a Village photo shoot (photo by Chris Holt)*

## Avenidas Care Partners—Partnering with the Village to Support You through Life Transitions

*Caregiver Support, Consultations & Counseling, Hospital Discharge Planning & More*

In uncertain times, changes in our health needs or living situations can seem even more challenging to navigate than before. Separation from family members may make it more difficult for them to support you or check in on how you're doing, or even lead to frustration as you plan for future needs. **Avenidas Care Partners** can help you work through these challenges with a variety of services to help you or your loved one age in place, connect to the community, resolve any crisis and most importantly, pro-actively plan for changes in your lifestyle.



### Avenidas Care Partners can help:

- Reduce Stress
- Cultivate Resilience
- Support family caregivers' health and wellness
- Age in place with referrals to adult day health and home care
- Navigate emergency room admissions and discharge planning resources
- Understand insurance coverage for skilled care and costs for custodial care
- Understand patients' rights and the Medicare Appeal Process
- Secure resources for housing transitions
- Create your Caregiver Support Team

**Paula Wolfson, LCSW, Manager of Avenidas Care Partners** has over twenty-five years of full time geriatric social work experience. Paula consults with older adults and their significant others to help proactively plan for aging in place or transitioning to higher levels of care. She works closely with clients to help them assess strategies and resources for navigating health care systems, including hospital discharge planning and end of life care options. She also leads a number of caregiver support groups.



**Avenidas Care Partners is currently offering FREE 30-minute consultations to Village Members!**

**Contact Paula Wolfson at (650) 289-5438 for information or to join a Caregiver Roundtable on Zoom!**

**Watch Paula's Video Presentation: "Turning Chaos into Confidence" <https://youtu.be/l6EtSiG-BY8>**

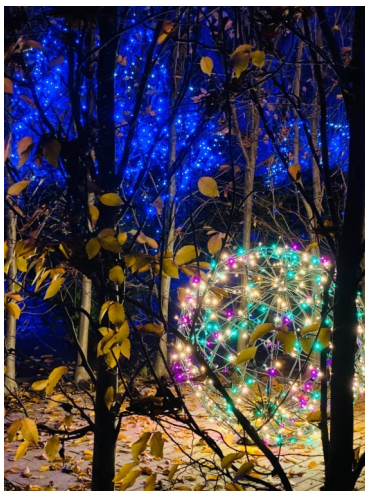


## ICYMI: Village Events & Activities in November & December

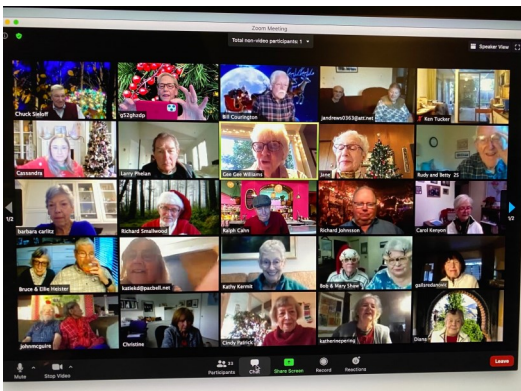
Keeping the Holiday spirit alive was a challenge this year with lockdowns returning mid-November. Still, our Villagers made the most of every opportunity!



November Lunch Bunch at American Bistro at Shoreline, attended by Kayleen Miller, Bruce & Ellie Heister, Barbara Carlitz, Ginny Turner, Diana Collins, Larry Phelan, Cynthia Hanson, Chuck Sieloff, Jim & Alma Phillips



In December, gatherings were restricted but the Village Walkers continued to safely distance outdoors for walking together. Dick Smallwood organized a special evening walk to enjoy neighborhood holiday lights! (Photo courtesy of Alice Kozar)

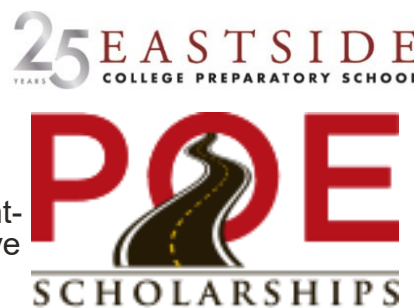


Our Village Holiday Celebrations moved to Zoom, and we still had fun! Left: 40 members joined our Holiday Happy Hour to enjoy treats and some festive games, hosted by Cassandra! Right: Christmas Day featured a Zoom drop-in open house with flute music by Chuck Sieloff's grandson, Chris (lower left square).



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

### January 29th Vistas: “Access to Education” with Chris Bischof and Carol Mullin



This Vistas will focus on a critical issue for our society: providing access to quality education for the next generation of families in our community who have historically lacked the means, the awareness, or simply the role models so many of us take for granted. We will hear from two remarkable local organizations that have compiled a decades-long track record of success in innovatively attacking this problem: **Chris Bischof**, the founder of Eastside College Prep in East Palo Alto, and **Carol Mullin**, the president of Pursuit of Excellence, which was established 35 years ago by Carol's parents, Dick and Jerry Smallwood.

Amid all the gloom and doom in the news these days, you will leave this session inspired and hopeful for the future.

Friday, January 29th at 11:00 AM on ZOOM—Register online or email [dgreenblat@avenidas.org](mailto:dgreenblat@avenidas.org)

### February 26th Vistas: “The First 12 Steps Toward Emergency Preparedness” with Villager Bruce Heister



*Concerned about how to prepare for the next disaster? PANDEMIC, EARTHQUAKE, POWER OUTAGE, WINTER STORM OR FOREST FIRES! Learn the first twelve steps to prepare you for all of these disasters. Steps will include show 'n tell on establishing a communications plan for your family, what to keep under your bed, what goes in a “Grab and Go” kit, how to sign up for community communications, assembling emergency supply kits, and what to do with Fido and/or Tabby during an emergency.*

After retiring to Palo Alto, **Bruce Heister** trained in the city's Community Emergency Response Team (CERT) program. The curriculum included disaster management, first aid, search and rescue, and light firefighting. Bruce taught search and rescue techniques in the CERT program. He learned that you need to prepare yourself and your family first, before responding to the community needs. Bruce and his spouse Ellie lived around the world where they have experienced earthquakes (Canada, Japan and California), winter storms (Switzerland, Canada, Georgia, Missouri, Ohio and California) and pandemics (Canada, Japan and California). Fortunately, they have not yet experienced a forest fire nor war.

Friday, February 26th at 11:00 AM on ZOOM—Register online or email [dgreenblat@avenidas.org](mailto:dgreenblat@avenidas.org)

***Avenidas Village Members are eligible for a FREE, personalized emergency preparedness review conducted by Bruce in your home when the current pandemic has ended (or by telephone before then). For an appointment, call (650) 289-5405.***

## Welcome New Members: Debbie Clark, Renie Quinn, Frank & Sharon Ingle, Lynne Smart

**Debbie Clark (Cluster 8):** I returned to Palo Alto after living 16 years in a tiny rural village in Devon, England with my late husband, Peter Craske (who went back to his roots in England after retiring as Director of Development at Avenidas!). Starting my new chapter in Palo Alto during the pandemic has been frustrating—one reason to join the Village. I worked in the Palo Alto School District, then at the Chamber of Commerce, and later as Director of RSVP at Avenidas, where I met Peter. My great passion is singing in and directing choirs. Even in that English village, I had wonderful opportunities to do both. Here in Palo Alto, I directed wonderful choirs in the elementary schools and sang with the San Francisco Chamber Singers, The Dowland Consort, and Lyric Faire—all very small groups. I grew up in Boulder, Colorado and became the oldest of six siblings, all still living in Colorado. I graduated with a BA from the University of Colorado, and moved to Palo Alto in 1974 with my first husband. I have two sons, Nicholas and Jason. Jason and family still live in Palo Alto.



**Renie Quinn (Cluster 2S):** Renie was a professional harpist until her retirement and still enjoys playing. She lives near family in Mountain View and joined the Village for increased social opportunities. She has already attended her Cluster group meeting and some other Village social events and, although busy with various activities, hopes to meet more Villagers in time.

**Frank & Sharon Ingle (Cluster 2S):** Frank is a retired medical device advanced development biomedical engineer, prolific inventor, prior academic, and cofounder of consulting engineering company, married to Sharon, an artist, for 43 years.

“With 3 children and a cat, in 1979 we relocated here from Charlottesville, VA to enjoy a more diverse community. Our earlier years were spent on raising the children and work, including Sharon’s graduate studies plus involvement with the children’s schools, Scouts, soccer, etc. and Frank’s 2nd place award in the 4th of July Chili Contest! We also cared for elderly parents - Frank’s in NC and mine on Maui. I had the wonderful privilege of having a studio in the Cubberley Artists program for 24 years, making 3-dimensional objects from a variety of materials. Our open studios several times a year were wonderful times to connect with the community. Frank and I now have a joint workspace in our converted garage/storage space. This is one of the reasons we joined the Village - like others, we are finding house maintenance and management now require more time and effort. Currently, we love being with our two granddaughters and their two cats, who live next door and are part of our “pod”. Gardening, reading and birdwatching are other interests, but I’m reserving them for my “later years.” :-)



**Lynne Smart (Cluster 2S):** Lynne recently moved from Redwood City back to Palo Alto, where she lived and raised her children since 1966. She joined the Village for increased social interaction since COVID has reduced many opportunities. Lynne is an avid volunteer and has worked with Bay Area Cancer Connections as an information specialist and served on its board. She enjoys book clubs, cooking and baking. (No photo available)

### Member Birthdays—January

|                  |      |                  |      |                  |      |
|------------------|------|------------------|------|------------------|------|
| Arthur Adams     | 1/4  | Sarah Pribble    | 1/13 | Jim Phillips     | 1/26 |
| Jean Thompson    | 1/4  | Jerry Einfalt    | 1/14 | Eric Stietzel    | 1/26 |
| Jo Mintzer       | 1/5  | Ronald Lyon      | 1/15 | Liza Taft        | 1/26 |
| Kate Lorig       | 1/6  | Stanley Samuels  | 1/15 | Rosemary McGuire | 1/27 |
| William Snow     | 1/6  | Kathy Kermit     | 1/16 | Deborah Rose     | 1/27 |
| Mary Martinson   | 1/9  | Mary Ann Field   | 1/21 | Cheryl Holt      | 1/29 |
| Charles Thompson | 1/10 | Carla Gwosden    | 1/21 | Alan Herzig      | 1/30 |
| Lew Silvers      | 1/12 | Ernest Lieberman | 1/24 | Harry Turner     | 1/30 |
| Robert Brown     | 1/13 | Avy Nielsen      | 1/24 | Cindy Patrick    | 1/31 |

### Member Birthdays—February

|                     |     |                   |      |                  |      |
|---------------------|-----|-------------------|------|------------------|------|
| Frank Ingle         | 2/1 | Anne Colby        | 2/10 | David Fryberger  | 2/22 |
| Ingrid Kallman      | 2/1 | Gwendolyn Sweeney | 2/13 | Virginia Siegman | 2/22 |
| Shirley Finrock     | 2/4 | Isabel Peterson   | 2/16 | Verne Rice       | 2/25 |
| Pat Landman-Herriot | 2/9 | Chuck Sieloff     | 2/18 | Ruth Terrill     | 2/25 |
|                     |     |                   |      | Maxine Tucker    | 2/26 |

**Wednesday, January 6**

**Avenidas Village Art Showcase on Zoom**

*Enjoy the artwork of 3 talented Village painters and hear their commentary on their work!*

Wednesday, January 6th at 3:00 PM

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

**Friday, January 8 & Friday, January 22**

**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, January 8th and Friday, January 22nd at 4:00 PM

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

**Monday, January 11**

**AVENIDAS VILLAGE ANNUAL MEETING on Zoom— All Members Invited (details on front page)**

Monday, January 11th at 3:00 PM

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

**Thursday, January 14 & Thursday, January 28**

**Guided Meditation led by Sabrina Huang**

*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!*

Thursday, January 14th & Thursday, January 28th at 10:00 AM

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

**Friday, January 15**

**Special Event—Guggenheim Docent-led Virtual Tour on Zoom**

*This exhibit is a recap of the historic 2018 exhibition of work by the pioneering artist Hilma af Klint (1862–1944), a long under-recognized innovator of abstract art- and one the Guggenheim's most popular exhibitions.*

Friday, January 15th at 2:00 PM

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

**Tuesday, January 19**

**Lunch Bunch on Zoom!**

*Join Village friends for lunch together remotely with a special theme! More details to come!*

Tuesday, January 19th at 11:45 AM

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

**Monday, January 25 at 11 AM**

**Village Website Tutorial on Zoom**

*Learn to create a password and log in to the Village members' website!*

Monday, January 25th at 11:00 AM

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

**Monday, January 25 at 2 PM**

**Biomedical Data Scientist Presentation by Dr. Krishna Choudhary**

*Join your Village friends for a private presentation via Zoom from Dr. Krishna Choudhary, a biomedical data scientist at the Gladstone Institutes in San Francisco.*

Monday, January 25th at 2:00 PM

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

**Friday, January 29**

**Vistas Lecture Series—Zoom Webinar: “Access to Education” with Chris Bischof & Carol Mullin (Details on p. 4)**

Friday, January 29th at 11:00 AM

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



*Due to current circumstances, events and programs are subject to change. Please review the events listing at [www.avenidasvillage.org](http://www.avenidasvillage.org) for the most current event schedule.*

**Friday, February 5 & Friday, February 19****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, February 5th and Friday, February 19th at 4:00 PM

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

**Wednesday, February 10****NEW—Virtual Village Craft Hour hosted by Cassandra Wiselka**

*Cassandra loves crafting and if you do too, join Village friends for a fun and relaxing hour to craft together! Bring whatever you're working on and you can tell us about it as we make progress on our projects!*

Wednesday, February 10th at 2:00 PM

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

**Thursday, February 11 & Thursday, February 25****Guided Meditation led by Sabrina Huang**

*Join Sabrina for a 30 min guided meditation. Experience it for yourself and see where you go!*

Thursday, February 11th & Thursday, February 25th at 10:00 AM

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

**Tuesday, February 16****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.*

Tuesday, February 16h at 11:45 AM

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

**Monday, February 22****Village Website Tutorial on Zoom**

*If you have never logged in to the website this tutorial is for you! Learn all you can do online!*

Monday, February 22nd at 2 PM

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

**Friday, February 26****Vistas Lecture Series—Zoom Webinar: “The First 12 Steps Toward Emergency Preparedness” with Villager Bruce Heister (Details on p. 4)**

Friday, February 26th at 11:00 AM

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

**Special Interest Groups in January & February****Village Walkers—Meet weekly on Wednesdays at 10 AM for neighborhood walks**

For information email Ralph Cahn

[ralphgc66@gmail.com](mailto:ralphgc66@gmail.com)

**TeleVisit—Phone Only Conversation, Games & More! - Tuesdays & Thursdays at 10 AM**

*If you're tired of Zoom but would enjoy a friendly conversation group, try TeleVisit, a phone-based activity program! For information email Dick Smallwood*

[rdsmallwd35@gmail.com](mailto:rdsmallwd35@gmail.com)

**Current Events Discussion Group—Monday, January 4 & Monday, February 1 at 2:00 PM Moderated by Dick Smallwood.** Email Dick Smallwood

[rdsmallwd35@gmail.com](mailto:rdsmallwd35@gmail.com)

**Video Discussion Group—Tuesday, January 26 & Tuesday, February 23 at 3:30 PM Moderated by Dick Smallwood.** Email Dick Smallwood

[rdsmallwd35@gmail.com](mailto:rdsmallwd35@gmail.com)

**NEW—AV Listeners Group—Wednesday, February 3 at 2:00 PM Moderated by Dick Smallwood**

Email Dick Smallwood

[rdsmallwd35@gmail.com](mailto:rdsmallwd35@gmail.com)



Avenidas  
Village

450 Bryant Street  
Palo Alto, CA 94301  
(650) 289-5405

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

Avenidas  
Village  
Office Closed

Friday,  
January 1  
New Year's  
Day

-  
Monday,  
January 18  
MLK Day

-  
Monday,  
February 15  
Presidents'  
Day

Village Voice January-February 2021

## Village Walkers: Keep on Walking!



Distanced and masked, Village Walkers stay healthy and enjoy the outdoors and conversation with friends. A special shout-out to Curt Weil (lower right). Another walker reports: **"When we walk on Wednesdays Curt always collects any trash he finds along the way."** To join the Walkers, email Ralph Cahn at [ralphgc66@gmail.com](mailto:ralphgc66@gmail.com).  
(Photos courtesy of: Ralph Cahn, Alice Kozar, Jeannie Siegman, Janet Constantinou)



### In Memoriam:

Martin Packard 6/20 \* Wilma Milligan 8/20

Ruth Hammett 9/20 \* Doris Wilson 11/20 \* Saul Wasserman 12/20