



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

www.avenidasvillage.org

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Looking Ahead: How will the Village Move Forward Post-Covid? *by Chuck Sieloff, AVAC Chair.*

We're not there yet, by any means, but the numbers are headed in the right direction and many of our members are at least part way through the process of completing their vaccinations. So, it's time to start thinking about what the Village will look like as we progress through this transition period and eventually emerge into a post-pandemic world.

I think it's safe to say that **we won't simply return to the way things were** before the pandemic. We have been forced to question some of our old assumptions, to invent some new ways of doing things, and to acquire some new skills. As a community, we have become more resilient and more flexible, adding some new benefits and broadening the opportunities for participation in many of our activities, even while other activities had to be curtailed.

There are **some things that actually work better with remote access** and will likely continue to rely on Zoom. For example, our bi-weekly Social Hours have provided a wonderful opportunity for casual social interaction, regularly attracting an audience of 30-40 members. Our extended holiday Zoom sessions offered a way for housebound members to connect with each other. Some routine committee meetings have actually seen increased levels of participation once the need for a special trip to Avenidas was removed.

Other activities clearly depend on in-person interaction to be effective. The weekly walking group is an obvious exam-

ple, which has actually grown in popularity as members felt an increased need for outdoor exercise. The monthly Lunch Bunch gatherings at local restaurants and our major holiday social parties are other activities that will return to their traditional format as soon as possible.

A number of our programs and activities will probably evolve into **a new kind of hybrid model**, creating opportunities for both in-person and remote participation. We will be looking for ways to structure Vistas talks and other presentations to support both in-person attendance and remote viewing (in addition to later access to recorded versions). While we are eager to resume local excursions to cultural and educational attractions, Cassandra has also expanded our horizons to take advantage of the remote access opportunities that many cultural institutions now offer. Our neighborhood cluster meetings and special interest group meetings may also find ways to expand overall participation by alternating formats between in-person and remote gatherings. The hybrid model, in particular, will require some creativity and experimentation, but we remain committed to expanding the number of ways you can get value from your membership.

What changes and adaptations would you like to see the Village make as we move into the next phase? Please share your thoughts with me:
chuck.sieloff@gmail.com

Village Transportation Benefit—Bigger discounts on rides with GoGo Grandparent!

During the pandemic our **transportation benefit** offering a \$5 discount on rides through GoGo Grandparent has continued. Previously this benefit also included unlimited free transportation to/from 450 Bryant Street to encourage your participation in Village and Avenidas activities at the site.

Since the Bryant Street site will continue to be closed for awhile still, we have adjusted our Transportation Benefit for this interim period. Now, all Villagers can receive a discount of \$20 off up to 10 rides per month when using GoGo Grandparent! You can use it for rides to medical appointments, shopping, and to get to Village activities as we are able to schedule more in-person gatherings in the future months. **All you need to do to access your discounted rides is call GoGo Grandparent at (855) 464-6872.**

GoGo Grandparent coordinates rides using Lyft and Uber on your behalf so that you don't have to deal with the app or a smartphone. You just call them to schedule your ride, either in advance or right when you need it. So if you need to get somewhere and prefer not to drive, please remember that the Village transportation benefit will make these rides affordable as well as easily accessible. If you have any questions, please reach out to Village Member Services at dgreenblat@avenidas.org or call (650) 289-5405.

Avenidas Village Annual Meeting Summary—January 11, 2021

We enjoyed a great turnout of about 50 Villagers plus the members of the Village Advisory Council for our 2021 Annual Meeting in early January. We covered a number of important points including:

- **Village financial situation and membership numbers**
- **Village activities during COVID and our flexible approach to adding and adjusting services during this time**
- **Special reserve funding made up of donations over the lifetime of the Village that allow us to fund new initiatives and benefits (Avenidas Village 2.0 Fund)**
- **Use of this special reserve funding to defer a membership fee increase until Avenidas re-opens**
- **The need for all members to help spread the word to friends and neighbors about the Village and its benefits to help build up our membership**

- **A review of member-driven committees which have re-activated in the past year including Membership & Marketing and the Vendor Committee**

- **A review of new activities and programs during COVID and since Cassandra has joined us as our Social Events Coordinator**

Time was provided for questions and answers from the members. Overall, we were proud to note that despite the challenges of the past year, we have observed greater engagement and involvement of many members both in our activities and in our committees. We've also seen an overall increased sense of connection among the members as we have found new ways to support one another through the difficulties and uncertainties of 2020. Thanks to all attendees for listening in and for your positive feedback on all the Village has been doing over the past year!

A Love Letter to Avenidas Village by Jerry Smallwood via Dick Smallwood, 2/19/2021

Dick and I joined the Village in 2013 after my back surgery had caused a decrease in my mobility. We wanted the assurance that the Village would be there to help us if we needed it. Little did we know, at the time, the many different ways our membership would change our lives.

Dick started volunteering for various activities within the Village and this was a great relief for me. He had retired 3 years earlier and had increasingly focused his energies on “optimizing” some of the routine operations of our household, i.e. my household. So I was pleased to have him devote his considerable energies elsewhere. More than that, as we met other members of the Village we formed friendships and embraced a range of activities that we otherwise would have missed. Our lives were somehow larger, more exciting, and complete.

As my health deteriorated we continued to engage in many Village activities, especially day trips to exciting locations such as John Steinbeck’s home, restaurants in Berkeley, and different museums. Our Village friends were exceptionally attentive to my mobility problems and went out of their way to ensure that I enjoyed each event. I was not a special case, just a Village member that needed a little help. This sense of being among friends who really care was, for me, the highlight of each trip.

One of the things I noticed about the Village is that it is always changing, always striving to find the next best activity, program or service. The staff are continuously trying new ideas. Some work and some don’t, but the process is dynamic and focused on adapting to our changing world. A good example of this is the way the Village adapted to the pandemic. Within a few days, Erika and her staff were out there delivering groceries to locked-down Village members and looking for other ways to help them. Village members also found new ways to connect with one another through their neighborhood cluster groups and social activities on Zoom. That “helping each other” attitude is a key component of Village membership.

This is my heart-felt “thank-you” to the Village and to all of you who helped make my final years so pleasant and worthwhile. You are great! Keep up the good work.



Dick & Jerry Smallwood in 2016

Village Social Events—Changing with the Times

Think back to a year ago, when life was “normal.” Did you ever imagine the way relating to others could change so drastically? We have gone from taking for granted the idea of getting together with friends to enjoy lunch or a cup of coffee, to taking for granted a weekly schedule of Zoom programs. Like it or not, things have come a long way!

One of the most important facts that the pandemic has revealed to all of us is that staying socially connected is not a mere “perk” of the Village program, but can at times be a lifeline. Many of the newer members who joined during the shutdown specifically mentioned their need to connect with others through a structured social program such as the Village strives to provide. Throughout this past year, we have worked hard to adapt to the changing requirements of the pandemic to help you stay connected.

It soon became clear when shelter-in-place began that we would need to use whatever tools we had available to bring members together to encourage one another. Zoom socials and lectures soon became an essential part of our activity program. We’ve been able to maintain in-person Walking Group and continued other in-person activities whenever it has been deemed safe and appropriate.

We were lucky to have Cassandra, our part-time Social Events Coordinator, join the Village team in November. She immediately got started with member surveys to find out what kinds of activities you would enjoy. By January she has taken the lead in offering many creative new programs such as “Village Artist Showcase” on Zoom featuring 3 Village artists who showed and talked about their work. She coordinated two museum tours on Zoom for members—the Guggenheim Klimt exhibit in January and the Levi Strauss exhibit from the Jewish Contemporary Museum in February. These two programs were offered free to Villagers and were very popular. Cassandra has also coordinated past and upcoming science lectures on Zoom, as well as “Lunch Bunch at home” with special themes each month until we are able to meet in person once again.

As we look ahead to spring and potentially resuming some in-person programming, she’s diligently seeking out appropriate venues for lunches, local tours and more. Keep on watching your email and our online events listing to see what is coming up next!

Do you belong to a local service organization (Rotary, Kiwanis, etc.)? If so, Avenidas Village can use your help! By Chuck Sieloff, AVAC Chair

Why is Avenidas Village such a well-kept secret in our community? We know that most older adults would prefer to stay in their own homes as long as possible. We also know that Avenidas Village offers a wide range of services and activities that make it easier, safer, and more enjoyable to follow that chosen path. **Yet the vast majority of those who might benefit from Village membership are completely unaware of its existence and its offerings.**

It’s clear that we need to do a much better job of building awareness and establishing connections with groups that are actively involved in addressing broad societal issues and strengthening community bonds. **If you are a member of one of these local service organizations, we would like your help in understanding how we could reach a wider audience with our message.** This might take the form of a general presentation about the broader societal implications of supporting an aging population’s need for increased community support, or it might just be a brief informational overview of the Village Movement and the role of Avenidas Village.

The first step is to simply understand the relationships that our members already have with some of the key service organizations in our area. **Please contact me directly** if you belong to such an organization and are willing to share your thoughts about how that connection might be used to increase the visibility of the Village. (chuck.sieloff@gmail.com or 650-888-3410)

ICYMI: Village Events & Activities in January & February

In Case You Missed It...

Here is what the Villagers have been up to!

While we've all been sheltering-in-place, we've discovered a silver lining- the internet provides us with the opportunity to travel anywhere and see anything in a matter of minutes! Better yet, we can do so together. In January alone, The Villagers took trips to New York by touring the Guggenheim, and Greece by having a Greek-themed virtual Lunch Bunch complete with trivia.

We heard from a biomedical data scientist about his work and we also had the opportunity to see art showcased by very talented Village members!

In February, the Village had its first ever craft hour. A few members got together virtually and shared their projects and hobbies. We celebrated the Lunar New Year by having a Chinese food-themed Lunch Bunch. We ended the month by seeing a virtual presentation about Levi Strauss through the Contemporary Jewish Museum in San Francisco.

There are many events in the coming weeks for which I am very excited! Including more chats with scientists, meeting some zoo animals, and maybe even some in-person events now that many of our members have their vaccinations. While we've had a very adventurous year so far, the hope is that we will be able to continue adventures in person in the months to come!



February "Lunch Bunch at Home" featured a Chinese theme in honor of Chinese New Year. "What could Richard have been saying that had all of us in such a pensive mood? I remember more laughter at the lunch bunch. But for what it's worth, here's my screenshot." - Barbara Carlitz

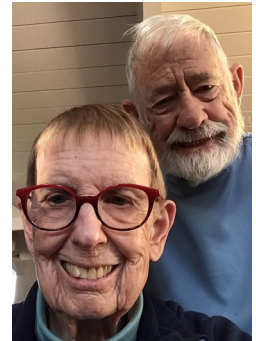
The Village Walkers never miss a chance to get out and socialize safely outdoors and the group continues to grow! This photo of the 2/17 walk was provided by Alice Kozar.



Vistas Lecture Series—Join our Upcoming Programs on Webinar!

March 19th Vistas: “Interesting cases in Psychology and Law: Sex, Violence, Racism, and More” with Villagers Mike & Eleanor Willemssen

Seven legal cases with prominent Psychological content will be reviewed. For each case, Mike will present the facts and the judicial opinion deciding the case. Eleanor will discuss relevant Psychological research and/or prevailing professional views at the time. Cases will cover interesting issues including racism, therapists’ duties outside the consulting room, the recovered memory controversy, battered women who murder, and punishment for adolescents who murder. Michael drafted two of the judicial opinions to be discussed. QUESTIONS AND DISCUSSION ARE WELCOME!



Michael and Eleanor Willemssen met at Stanford where they each earned three degrees. Michael has B.A. and M.A. in Economics and a law degree. Eleanor has her B.A., M.A., and Ph.D. in Psychology. They were married after Mike graduated in 1959 and continued their studies for the first four years of marriage. Mike spent most of his career as a staff attorney for the California Supreme Court, directing the legal staffs of three different justices. He also practiced appellate law during periods between justices. Eleanor taught at Santa Clara University for 45 years, retiring in 2014. They have one “child,” a teacher married to another teacher and one granddaughter, all in Seattle.

Friday, March 19th at 11:00 AM on ZOOM—Register online or email dgreenblat@avenidas.org

April 30th Vistas: “Tales from the Campaign Trenches” with Sheila Normile Thompson



Sheila will share her experience working on national political campaigns including Hillary Clinton’s in 2016 and Biden/Harris in 2020. She will discuss her experience organizing volunteers, working in battleground states, and most recently how campaigning was forced to adapt to the unprecedented challenges of the COVID pandemic.

Sheila Normile Thompson is the Co-Founder of Hiring Guild, a boutique hiring consultancy helping startups design better hiring practices and attract top tier design, research and marketing talent. Sheila spent six years at Facebook leading marketing and research teams. Prior to Facebook she held strategy roles at eBay, Gap, Inc, Landor and AKQA. She holds a bachelor’s degree in Art History and Psychology from Vanderbilt University. Sheila is dedicated to electing women to public office. She lives in San Francisco with her husband Eric.

Friday, April 30th at 11:00 AM on ZOOM—Register online or email dgreenblat@avenidas.org

This Vistas is open to guests of the Village—if you know someone who would enjoy this lecture and who may be interested in joining the Village, please invite them!

Welcome New and Returning Village Members!

Our newest member is **Jo Gilbert (Cluster 4)**, a resident of Midtown in Palo Alto: "Born and raised in South Dakota (excepting several years in San Diego with relatives); BS University of Oregon, Eugene where I married. Moved to Bay Area. Attended UC for graduate study. Lived in Bay Area since the fifties. Worked as a Deputy Probation office for 32 years. Widowed past 17 years. No children. Until several years ago, I have been a traveler visiting eighty-some countries, volunteered with the U of Bristol's Arab Revolt Project. I have been active in the arts community, a longtime dance student and a board member of the Palo Alto Mid-Peninsula Arts Council. Not a computer person which does limit me. But a reader! Covid has really limited my activities."



We also welcome **Stuart Brewster (Cluster 5)**, a resident of Crescent Park. He's a friend of Villagers Cindy Patrick and Tom Reese, who encouraged him to join! (No photo available)

In the past months we have also been privileged to welcome back former members **Linda and Garry Thomas (Cluster 7)** and **Lee Kanner (Cluster 7)**. We're delighted that you decided to rejoin and look forward to seeing you at some of our future programs!

Member Birthdays—March

Kathleen Elkins	3/2	Sue Kemp	3/16	Mary Ashley	3/24
Kenneth Tucker	3/2	June Bowman Miles	3/16	Linda Thomas	3/24
Yoshiko Amemiya	3/3	Lee Kanner	3/18	Lesley Samuels	3/25
Richard Pering	3/5	Richard Johnsson	3/19	Phyllis Snow	3/25
John Page	3/9	Judith Wasserman	3//19	Bob Huggins	3/26
Richard Bialek	3/10	Arthur Bienenstock	3/20	Ann Lieberman	3/26
Leonard Weiss	3/14	Laurie Jarrett	3/20	Takeshi Amemiya	3/29
Robert Gee	3/15	Jo Moore	3/23	Shirley Storke	3/30

Member Birthdays—April

Edith Moore	4/2	Ellie Heister	4/11	Alice Kozar	4/19
Joseph Berger	4/3	Paul Vadopalas	4/11	Don Ryan	4/19
Mary Shaw	4/5	Edel Young	4/12	Gary Conway	4/20
Jerry Silverberg	4/5	Barbara Newman	4/13	Margaret Berger	4/22
Sharon Ingle	4/6	Sophie Stallman	4/15	Catherine Cerny	4/22
Barbara Carlitz	4/7	Margaret Yung	4/14	Carl Jacobsen	4/24
Charlotte Galina	4/7	Gertrude Franklin	4/15	Ernest Vigdor	4/25
Jane Glauz	4/9	Barbara Klein	4/15	James Madison	4/27
Edward Rice	4/9	Rudy Dyck	4/17	Curt Weil	4/29
Frederic Storke	4/9	William Corcoran	4/19		

In Memoriam: Alma Silverthorn 1/2021

Thursday, March 4

Chat with a Climate Scientist with Ella Weber, Ph.D—Zoom Presentation

Join us to talk with Ella Weber about her work as a Climate Scientist focusing on the health benefits of green spaces - both for humans and the environment.

Thursday, March 4th at 2:00 PM

Register Online or email dgreenblat@avenidas.org

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

Register Online or email dgreenblat@avenidas.org

Monday, March 8 & Monday, March 22

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, March 8th & Thursday, March 22nd at 10:00 AM

Register Online or email dgreenblat@avenidas.org

Saturday, March 13

Special Event—Oakland Zoo Animal Meet & Greet on Zoom

Join your Village friends and a Zookeeper for a private Village-only presentation and live video chat! A Zoo educator will present two ambassador animals and share some facts about their biology and conservation. There will be time for questions and answers at the end. This program is specifically tailored to seniors!.

Saturday, March 13th at 11:00 AM

FREE—Register Online or email dgreenblat@avenidas.org

Thursday, March 18

Lunch Bunch is Back! Outdoor Lunch at Dinah's Poolside!

Join Village friends for lunch together outdoors at Dinah's—a favorite!

Tuesday, March 19th at 11:45 AM Dinah's Poolside, 4261 El Camino Real, Palo Alto, 94306

\$20-25/person, individual pay - Register Online or email dgreenblat@avenidas.org

Friday, March 19

Vistas Lecture Series—Zoom Webinar: "Interesting Cases in Psychology & Law" with Villagers Mike & Eleanor Willemssen (Details on p. 6)

Friday, March 19th at 11:00 AM

Register Online or email dgreenblat@avenidas.org

Monday, March 22

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!

Monday, March 22nd at 3:00 PM

Register Online or email dgreenblat@avenidas.org

Wednesday, March 24

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!

Wednesday, March 24th at 2 PM

Register Online or email dgreenblat@avenidas.org

Friday, March 26

"Rocky Through Time" - Zoom presentation by National Parks Service

Join a virtual tour showcasing the Rocky Mountain National Park and its rich history in a program created specifically for seniors!

Friday, March 26th at 10 AM

Register Online or email dgreenblat@avenidas.org

Due to current circumstances, events and programs are subject to change. Please review the events listing at www.avenidasvillage.org for the most current event schedule.

Friday, April 2, Friday, April 16 & Friday, April 30

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, April 2nd, Friday April 16th and Friday, April 30th at 4:00 PM

Register Online or email dgreenblat@avenidas.org

Monday, April 5

In Person Event—Filoli Garden Walk-through

We'll meet at the entrance and go on a walk together through the grounds, masked and socially distanced. Prefer not to drive? Use our Village Transportation Benefit!

Monday, April 5th at 10:00 AM Filoli Garden, 86 Canada Rd. Woodside

\$22/person—Register Online or email dgreenblat@avenidas.org

Monday, April 12 & Monday, April 26

Guided Meditation led by Sabrina Huang

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

Monday, April 12th & Monday, April 26th at 10:00 AM

Register Online or email dgreenblat@avenidas.org

Tuesday, April 13

"Birds of the South Bay Area" Zoom photography exhibit by Judy Kramer

Whether migrating or living here year round, each kind of bird has its own story. In this illustrated talk, Judy will tell some of the stories she has witnessed while photographing during the pandemic and share an animated slide show with music. Judy started her serious photography work in 2005. She is a past president of the Palo Alto Camera Club and a member of Gallery House in Palo Alto. She has been in local exhibits and her images have been used by California and national nature organizations.

Tuesday, April 13 at 2:00 PM **Register Online or email dgreenblat@avenidas.org**

Monday, April 19

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.

Monday, April 19th at 11:45 AM **Register Online or email dgreenblat@avenidas.org**

Friday, April 23

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!

Friday, April 23rd at 10:00 AM **Register Online or email dgreenblat@avenidas.org**

Friday, April 30

Vistas Lecture Series—Zoom Webinar: "Tales from the Campaign Trenches" with Sheila Normile Thompson (Details on p. 4)

Friday, April 30th at 11:00 AM **Register Online or email dgreenblat@avenidas.org**



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**Do you have a
special
interest or
hobby to
share?**

**The Village
can help you
start a new
interest or
conversation
group!**

**Contact us at
(650) 289-5405
to learn how!**

Village Voice **March-April 2021**

Village Special Interest Groups in March-April

Village Walkers

Meet weekly on Wednesdays at 10 AM for neighborhood walks

For information email Ralph Cahn

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

Current Events Discussion Group on Zoom

Monday, March 1 & Monday, April 5 at 2:00 PM *Moderated by Dick Smallwood.*

Email Dick Smallwood

rdsmallwd35@gmail.com

Video Discussion Group on Zoom

Tuesday, March 23 & Tuesday, April 27 at 3:30 PM *Moderated by Dick Smallwood.* Email Dick Smallwood

rdsmallwd35@gmail.com

NEW—AV Listeners Group on Zoom

Wednesday, April 7 at 2:00 PM

A conversation and sharing group focusing on challenges and solutions to hearing impairment! *Moderated by Dick Smallwood*

Email Dick Smallwood

rdsmallwd35@gmail.com