

July-August 2019

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

Inside this issue:

Spreading the Word: Targeted Recruitment for the Village **2**

New-Village Transportation Initiative **3**

New-Benefits Overview & Member Handbook

Med-Pal Training **4**

Cluster Highlights

ICYMI: May-June Village Event Highlights **5**

Member News **6**

Village Programs @Avenidas: Coming Up! **7**

JULY Events Listing **8**

AUGUST Events Listing **9**

Welcome to our New Advisory Council Members: Judy Goodnow, Magda Grant, Sandra Weiss

The Avenidas Village Advisory Council is the governing body for the Village. It meets regularly to discuss Village needs, issues and challenges, and works to propose and plan Village programs and benefits. We're excited to welcome three new members to the Advisory Council, who will serve 2-year terms starting July 2019.

Judy Goodnow in her own words:

"A long-time resident of Palo Alto (since 1965), I joined Avenidas Village in 2014 - wanting to age in place. For over 25 years, I developed educational software and wrote mathematical problem-solving materials for teachers/students in grades 1-8. I worked for Creative Publications and then co-wrote two series for McGraw Hill.

After retiring, I took up duplicate bridge and long-distance hiking. Am probably doing more "short"-distance hiking of late! I believe Avenidas Village is a valuable resource for those of us wanting to age in place. I look forward to working with the Advisory Board to promote Avenidas Village."



Magda Grant is a longtime writer who recently published a novel, *Choices*, dealing with long term care and end of life challenges. *"My special interest has always been self-determination when it is time to bid farewell to heroic medical treatments and ask for Home Hospice. I look forward to joining Dick Scott's committee to foster advancing options in the realm of aging and dying peacefully at home."*



Sandra "Sandy" Weiss joined the Village with her husband Leonard just a few

months ago and is eager to get involved. *"We came to Palo Alto in 2006 for my husband's one-year stint as a Science Fellow at Stanford University. We so enjoyed the year, we decided to stay on even though the fellowship had ended. We traveled back and forth to our home in the Maryland suburbs of the District of Columbia for the next six or so years until finally selling our house and settling here for good in August 2013.*

During most of my professional life I engaged in psychology studies at the National Institute of Mental Health and the Johns Hopkins University School of Medicine. I participated in research related to infant learning, development of children's formations of concepts, and eating disorders, namely, bulimia in normal weight women and anorexia nervosa.

The rich cultural and intellectual activities afforded by Stanford University and the nearby theater and music venues, as well as the wonderful friends we have made, make for a full and satisfying life. We enjoy the fresh California produce and (aside from the 100+ degrees days), perfect weather. I also am an avid political junkie.

Our two adult children and pretty much adult granddaughters reside in the bay area—another reason for our attraction to this place.

I look forward to participating in Avenidas activities and meeting more members."

Debbie Rosenberg and **Dody Lee** have completed their current terms and will continue on the Council for another term. Also in July, current AVAC member **Chuck Sieloff** will take over as Chair for a 2-year term. Outgoing Chair Dick Smallwood will be supporting him as he moves into this role. Chuck's top priorities will be to help build Village membership, increase awareness of the Village movement in the community, and to continue to offer programs to enhance the engagement and quality of life of both current and future Villagers. We look forward to an active and productive Advisory Council!

Spreading the Word About Avenidas Village: New Approaches

by Chuck Sieloff, Incoming Advisory Council Chair

Gradually declining membership and an increasing age profile are not good trends for the long-term sustainability and affordability of the Village. A healthy Village needs a steady influx of new members, which means, quite simply, finding new ways to spread the word about the Village concept in general and about Avenidas Village in particular.

Although “aging in place” is a growing demographic trend, the Village concept is not widely known or understood, and our role within the broader Avenidas community is often confusing to outsiders. Public Coffee Chats have been our main mechanism for reaching potential new members, and those will continue, but we also need to explore new, more targeted approaches.

Over the last two months, we have experimented with some new approaches that seem promising. In the first case, I identified 11 households in my immediate neighborhood that were occupied by long-time senior residents who were “aging in place.” I sent a personal email to all 11, briefly explaining the Village concept and inviting them to a dedicated event at Avenidas that would include a tour of the new facility, an informational presentation, and an informal social time with wine and refreshments to continue the discussions. 8 of the 11 households responded positively (and no

one objected to receiving the email). 3 had schedule conflicts, but the other 5 all attended and enjoyed the event.

The second experiment involved an active club for Bay Area retirees of Hewlett-Packard, of which I am also a member. I submitted an article to the Club’s bimonthly newsletter inviting members to a dedicated event following the same format that we used for the neighborhood event. 12 people attended this event, most of whom had known little or nothing about the Village movement.

What can we learn from these experiments? We are all members of multiple social networks, whether they are formal (like the retiree club, a service organization, a church group, an alumni association, a homeowners’ association, etc.) or informal (like a neighborhood cluster, a bridge club, a reading group, a hiking group, etc.) We can use our personal involvement in these social networks to identify people who might benefit from learning more about an organization like Avenidas Village. By creating informational events tailored to these individuals and groups, we can introduce them to the Village in a relaxed and informal social setting where most of the at-

“If we want the Village to thrive and grow, we must all do our part to get the word out through our personal connections.”

tendees will already know each other.

The importance of the personal touch cannot be emphasized enough. While Village staff can be instrumental in organizing the events, your personal involvement is what makes this approach work. It’s not some kind of sales pitch that might make you uncomfortable, but rather a genuine effort to share with friends and acquaintances information that you think they might find valuable. We cannot leave these outreach efforts up to just a few people. If we want the Village to thrive and grow, we must all do our part to get the word out through our personal connections.

Do you have an idea that might work for such an event? I would be happy to discuss the idea and to share with you sample email messages and newsletter articles that might give you a running start. Please contact me: chuck.sieloff@gmail.com

Village Transportation Initiative: Benefit Update

FREE Rides To or From 450 Bryant Street —and more!

One of the most common problems faced by those of us who have chosen to "age in place" is the need for flexible, on-demand transportation services to minimize the hassles of dealing with traffic, parking, night driving, etc. The Village Transportation Initiative, therefore, has two primary objectives:

- To encourage broader participation in the programs offered at Avenidas by providing **free transportation** to and from 450 Bryant Street for Village members.
- To increase the transportation options available to Village members by offering **discounted rates for personal transportation needs** to other destinations.

These objectives will be met by a new Village program offering free and discounted rides using two existing services, Avenidas Door to Door and GoGo Grandparent.

Avenidas Door to Door has been serving Palo Alto seniors for over 15 years. Relying on experienced volunteer drivers, it operates between 8:15 and 4:00 on weekdays, and usually requires 1-2 days advance notice to schedule a requested ride. Door to Door provides personalized service such as a knock on your door from the driver or help walking to the car or carrying groceries. The friendly volunteer drivers are dedicated to helping seniors get around. So if you need a ride between 8:15 and 4, the Village can help you arrange your rides with Door to Door whether scheduled ahead of time or on-demand. The Village

will automatically pay the costs of all rides to and from 450 Bryant St., and will offer \$5.00 off the regular cost of rides to other destinations for up to 10 one-way rides per month.

Outside Door to Door operating hours, GoGo Grandparent will provide your transportation solution.

GoGo Grandparent uses ridesharing services Lyft and Uber to help seniors solve their transportation needs. Rather than directly using the rideshare apps, the client calls GoGo Grandparent to set up their rides with a live agent. The representative contacts Lyft or Uber to arrange the ride and to communicate any special needs that the rider may have, such as having the driver come to the door to assist the client. After hours, Villagers will receive the same benefit of free rides to/from Avenidas as well as \$5.00 off up to 10 one-way rides to other destinations per month with GoGo Grandparent.

We encourage all Village members to take advantage of this new benefit, and especially to use it to increase your level of engagement with the wide variety of programs offered by Avenidas and Avenidas Village.

Starting in July, we will begin a 3-month trial of this new benefit to see how it is utilized by members. If you like it, we will continue longer term. To get started, just call the Village! (650) 289-5405

New Information on Your Village Benefits Now Available

Help to make the most of your Village Membership & Benefits!

Have you ever felt unsure what services or benefits Avenidas Village has to offer, or how best to access them? Last January, we distributed to all members a list of Village benefits along with the notes from our Annual Meeting, to remind you of the variety of ways the Village can support you. While many members appreciated this list, some asked for more detail. In response to this request, we created a memo describing each listed benefit, which we have distributed to the leaders of each Neighborhood Cluster to share with their groups. We have also created a new Member Handbook, which we hope will be a helpful resource that potential, new, and long-term members can refer to for a quick review of what the Village offers and how you can find support when you need it. The Member Handbook was also distributed to the Cluster leads to share and discuss with their groups as desired. These items will also be accessible online when we launch our renovated website.

If you have not received copies of the Member Handbook or the Benefits Overview, we will be happy to provide you with a printed or electronic copy at your request. **Contact your Cluster leader or Village Member Services at (650) 289-5405.**

Become a Med-Pal! Volunteer Training Scheduled for August 27th, 10:00 AM

Avenidas Village Med-Pal Program is one of your Village benefits which depends on trained volunteers. A Med-Pal can provide you with extra support for important medical appointments if you would like help getting the information you want. The Med-Pal will meet with you ahead of the appointment to help you make a list of questions you may have for the doctor and will accompany you at the appointment to help make sure you get those questions answered. Following the appointment they will take time with you to make sure you have all the information you need or if other followup is required. Med-Pals may also drive you to/from the appointment if this is requested.

Our next Med-Pal training is scheduled for Tuesday, August 27th at 10:00 AM, at Avenidas. Zsandra Garcia, RN, of the PAMF Community Health Resource Center, will provide the training for anyone interested in joining our corps of Med-Pal volunteers. Being a Med-Pal is a great way to support the Village and doesn't require a large time commitment. After completing your 1-hour training, you may receive a call requesting the service once every few months. But even if not frequently used, it delivers incredible peace of mind to members needing this support. Join the Med-Pal Volunteer Corps!

Tuesday, August 27th at 10:00 AM Avenidas Den (2nd Floor)

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



What's Happening in your Neighborhood? - Cluster Highlights

Has your Cluster held a special activity or invited an interesting speaker? Let us know! Clusters provide an important and accessible way for Village neighbors to meet and connect, often over topics important to their specific neighborhoods. We will periodically highlight Cluster activities that you share with us to spread the inspiration and ideas!

What is a "Cluster" anyway? Neighborhood Cluster Groups are simply groups of near neighbors who are Village members. The Cluster system was created to put members in touch with others nearby. But they can do much more! Your Cluster group can also be a source of help, information, sharing about neighborhood issues, and ongoing friendship. Read on to learn about what some of our neighborhood clusters have been doing!

- Cluster 5 (Northeast Palo Alto) held their May meeting at Tom Reese's home, and enjoyed sharing conversation and photos taken by members from their experiences on African Safaris, ahead of the Vistas presentation on that same topic presented by safari guide Doug Cheeseman.
- Cluster 6 (Downtown) held their May meeting at Avenidas and enjoyed getting together in the renovated building. A smaller cluster, they usually succeed in bringing together the majority of their members when they meet!
- Cluster 8 (Menlo Park) also brought their meeting to Avenidas and featured Dawn Greenblat, Member Services Manager as their guest.
- Cluster 9 (Stanford) met at Barbara and Chuck Bonini's home and participated in a discussion with the Chair of Stanford's Emeriti Council about plans and activities of current interest to Stanford emeriti faculty and staff.
- Cluster 3 (Palo Verde/South of Midtown) met for lunch at Green Elephant and Dawn was able to join them as well. They have scheduled their next meeting at Avenidas.
- Cluster 7 (Old Palo Alto) enjoys meeting monthly to discuss aspects of the Village program or other topics. Their next meeting will be held at Avenidas and will feature a guest speaker from the City of Palo Alto who will share information on recycling and where all your waste items should go.

We encourage Villagers to participate in Cluster meetings and get to know your Village neighbors. Join an Avenidas class together, plan a group outing or invite a guest speaker. **Social connection through Clusters is a valuable Village benefit! Need inspiration for your group? You can always reach out to another Cluster for some new ideas to try!**

Presentations: May Vistas and “Looking at Light through Flowers”



Joanne Koltnow

In May, the Village enjoyed two photographic presentations featuring different aspects of nature. Member Joanne Koltnow shared her adventures producing exquisitely detailed floral photographs using a scanner, and safari guide Doug Cheeseman presented a Vistas program on “African Predators and their Prey” with a wonderful photo collection taken from his many African safaris.



Safari Guide Doug Cheeseman

May & June Lunch Bunch: Michael's Shoreline & Allied Arts



Enjoying Lunch at Shoreline!

Dick & Joy Scott, Dick & Jerry Smallwood, Richard Johnsson



Wisteria Café at Allied Arts, following a tour of the buildings and garden

Jane Zuckert, Avy Nielsen, Kayleen Miller, Dick & Jerry Smallwood, Gee-Gee Lenhart, Marty Molloy, Tom Reese, Maie Herrick, Ellie Heister

Sound Bath Relaxation Session with Sabrina, 6/20

The soothing timbres of Tibetan Singing Bowls provided a unique relaxation/meditation experience for more than 10 Villagers attending this session, offered for the first time by Sabrina Huang. The sonorous tones produced by the bowls bathed the group in sound waves that promoted relaxation and sleep comparable to getting a massage! Afterward, members commented: “I feel so stress-free!”



USS Potomac “Bridges of the Bay” Cruise, 6/27



A beautiful day on the Bay! Villagers attending the historic bridges cruise on board FDR's former presidential yacht included Curt & Margaret Weil, Kayleen Miller, Avy Nielsen, Jane Zuckert, Gee-Gee Lenhart, Maie Herrick, and Dick & Jerry Smallwood.

Welcome New Members! 7 New Village Members in May-June

Guy & Barbara Wong joined the Village in April for access to trusted service providers and to build new social connections. They have already attended several Village activities and a cluster group meeting. They are spending time this summer in China to welcome a new grandchild. They live in Old Palo Alto and are members of Cluster 7. (No photo available)

Margaret "Maggie" McKinnon is originally from Canada, and currently lives in Stanford. She enjoys gardening, travel, theater/movies and is looking forward to broadening her contacts and activities as a Village member. She also feels her son will have extra peace of mind knowing she has nearby neighbors looking out for her. (No photo available)

Mary Taylor is a longtime resident of the St. Claire Gardens neighborhood and is a member of Cluster 3. Mary enjoys Avenidas classes such as Ukelele, Healthy Brain Series and Life Stories. She has a son living nearby and a daughter in Oregon. She loves walking with her beloved Labradoodle companion, Toby. (No photo available)

Peggy McFall lives in Midtown and will be a member of Cluster 4. She keeps fit with daily walking and enjoys reading and knitting. Her son lives nearby in Palo Alto, and she also has a daughter in Washington State. (No photo available)

Ken & Maxine Tucker live in Duveneck-St. Francis and have been friends with several Cluster 5 Villagers for many years. They've lived in Palo Alto for 57 years after having met at Cal. Ken was an engineer and continues with consulting; Maxine trained as a social worker and worked in mental health for many years. Ken enjoys amateur photography, DIY and has been a school volunteer; Maxine is an avid reader and also was in a bridge club. They have a son, a daughter and 5 grandchildren.



Ken & Maxine
Tucker

Member Birthdays—July

Eleanor Rhoades	7/1	Nancy Cohen	7/14	Alma Silverthorn	7/19
Doris Wilson	7/1	Peggy Kleikamp	7/14	Bob Aulgur	7/22
Zita Zukowsky	7/5	Keith Kvenvolden	7/16	Jack Kozar	7/26
Walter Cannon	7/6	Phil Ladenla	7/16	Ruth Foley	7/28
Jane Zuckert	7/10	John McGuire	7/16	Janis (Jan) Murphy	7/29
Deborah Rosenberg	7/10	Virginia Luna	7/17	Alma Phillips	7/30

Member Birthdays—August

Steve Walton	8/3	Roy Presley	8/16	Patricia Einfalt	8/25
Patricia Vadopalas	8/3	Carolyn Kennedy	8/19	Barbara Foley	8/25
Rachel Vasiliev	8/6	Philippa Strahm	8/20	Joyce Crosby	8/27
Lee Pierce	8/7	Anita Olkin	8/21	Robert Rosenzweig	8/27
Carl Finrock	8/11	Ralph Cahn	8/22	Carol Marshall	8/27
Flora Morita	8/11	Kayleen Miller	8/23	Harley Stallman	8/28
Ed Williams	8/13	Maie Herrick	8/24	Elmer Reist	8/29
Pat Hukill	8/14	Clifton Herndon	8/25	Betty Dyck	8/29
Mary Thomas	8/16	Dorothea (Dot) Long	8/25	Oscar Rosenbloom	8/29
				Marilyn Williams	8/30

NEW!! “Netflix & Chill with the Village”- Wednesday, July 17 & Wednesday, August 21

Starting in July—A new monthly social opportunity at Avenidas!

Enjoy episodes of the acclaimed Netflix comedy-drama **Grace & Frankie**, starring Jane Fonda and Lily Tomlin, with Village friends! Popcorn & drinks provided!



For as long as they can recall, Grace and Frankie have been rivals. Their one-upmanship comes crashing to a halt, however, when they learn that their husbands have fallen in love with each other and want to get married. As everything around the ladies is coming apart, the only thing they can really rely on is each other.

Watch the trailer: <https://www.youtube.com/watch?v=CDv6PRi1SgQ>

Wednesday, July 17 & Wednesday, August 21, 4:00 PM Avenidas Lounge (1st Floor)
Free—RSVP at shuang@avenidas.org or (650) 289-5405

Summer Celebration Happy Hour—Tuesday, August 13

Why? Just because it's summertime! Join Village friends for an afternoon social with drinks and light snacks, on the Avenidas third floor deck. Enjoy music, conversation and a lovely view overlooking downtown Palo Alto! Guests are welcome! *This event is free to members and guests, but we will accept cash donations at the event to help cover the cost of refreshments.*

Tuesday, August 13th, 3:00 PM Avenidas Deck (3rd Floor)
FREE – RSVP at shuang@avenidas.org or (650) 289-5405

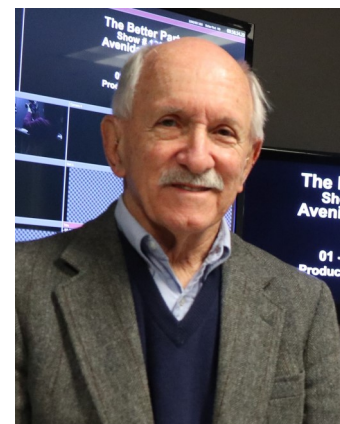
Vistas Lecture Series

Friday, August 30, 2019

**August Vistas: “Anatomy of an Acquisition”
With Villager Dick Smallwood**

The very personal tale of one person living through the ups and downs of selling his company to a major accounting firm—recounted with humor and passion by Village Member Dick Smallwood. Some relevant questions to be addressed:

- *Why would a successful small management consulting firm sell itself to a large consulting firm?*
- *What roles do personalities play in the negotiations and after-sale business arrangements?*
- *How do the ethical standards of the two parties affect the outcome?*
- *How does the legal framework governing business agreements help or hinder the parties involved?*
- *Who are the winners and losers in an acquisition like this one?*



Dick Smallwood

Friday, August 30th at 11:30 AM Avenidas Lounge (1st Floor)
Free—RSVP at shuang@avenidas.org or (650) 289-5405

Spend the Day in Half Moon Bay! Ouroboros Farm Tour and LunchFriday, July 12th, 9:30 AM

Meet at Cubberley, 4000 Middlefield Rd

Aquaponic Farm Tour and Lunch at It's Italia in downtown Half Moon Bay. For more info: www.ouroborosfarms.com

Ride Sharing Available—meet at Avenidas Cubberley to carpool!

Farm Tour \$15, Lunch \$25 (cash only, please)

10 person minimum—RSVP with \$15 payment by July 8 shuang@avenidas.org or (650) 289-5405

Lunch Bunch— Café Pro BonoTuesday, July 16th at 11:45 AM

2437 Birch St, Palo Alto

Classic Italian food in an intimate setting

\$15-20 per person, cash only please

RSVP by — shuang@avenidas.org or (650) 289-5405

NEW—"Netflix & Chill" With the Village (details on p. 7)Wednesday, July 17th, 4:00 PM

Avenidas Lounge (1st Floor)

Kick off our new monthly "Netflix & Chill" with comedy-drama "Grace & Frankie" starring Jane Fonda and Lily Tomlin! Season 1, Episode 1. Popcorn and drinks provided.

Guests are welcome, bring a friend!

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

Don't want to drive later in the day? Worried about parking downtown? The new Village Transportation Initiative provides all Villagers FREE Transportation to/from activities and events at 450 Bryant Street. Call the Village today for more information (650) 289-5405

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, July 1st & Monday, August 5th at 450 Bryant St (Think Tank—2nd Floor)

Video Conversation Group—Meets the 4th Tuesday of each month at 3:30 PM. Watch and discuss a short video. Participants take turns sharing videos of various genres.

Contact: Dick Smallwood (650) 322-9417

Tuesday, July 23rd & Tuesday, August 27th at 450 Bryant St (Think Tank—2nd Floor)

Walking Group—Meets every Wednesday at 10 AM, various neighborhood locations.

Walks adapted to walkers' abilities/needs.

Contact: Kayleen Miller (650) 325-3636

AVENIDAS VILLAGE

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

**Avenidas
Village
Office
Closed:**

**Thursday,
July 4th
Independence
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!*



AUGUST VILLAGE EVENTS & ACTIVITIES

Page 9

The Foster Exhibition & Docent Tour

Friday, August 9th, 1:00 PM

940 Commercial St. Palo Alto

Enjoy the exquisite watercolor paintings of Artist & Adventurer Tony Foster with a guided tour!

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

“Summer Celebration” Happy Hour! (details, p. 7)

Tuesday, August 13th at 3:30 PM

Avenidas Deck (3rd Floor)

Snacks, drinks and socializing with new and old friends! Guests are welcome!

FREE (cash donations accepted at event)—RSVP to Sabrina at shuang@avenidas.org or (650) 289-5405

Wicked at Broadway San Jose

Thursday, August 15th at 2:00 PM

SJ Center for Performing Arts,

Meet at Avenidas Cubberley

“Wicked” looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another girl, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one “good,” and the other one “wicked.” For more information:

<https://broadwaysanjose.com/shows/wicked/>

Ride Sharing (Lyft)—Depart from Cubberley at 12:30 PM

\$62 per person (10 pers. minimum)

RSVP with payment by 7/16 at shuang@avenidas.org or (650) 289-5405

Lunch Bunch— Dinah’s Poolside Restaurant

Monday, August 19th at 11:45 AM

4261 El Camino Real, Palo Alto

Sandwiches, salads and American classics in a lovely poolside setting!

\$15-20 per person, cash only please

RSVP by 7/15 shuang@avenidas.org or (650) 289-5405

“Netflix & Chill” with the Village! (details, p. 7)

Wednesday, August 21st at 4:00 PM

Avenidas Lounge (1st Floor)

“Grace & Frankie” Season 1, Episode 2—popcorn and drinks will be served!

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

Med-Pal Volunteer Training Session (details, p. 4)

Tuesday, August 27th at 10:00 AM

Avenidas Den (2nd Floor)

1-hour training session prepares you to help other Village members as a Med-Pal Volunteer. Training provided by RN Zsandra Garcia of PAMF CHRC.

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

Vistas Lecture Series: “Anatomy of an Acquisition” with Dick Smallwood (details, p. 7)

Friday, August 30th at 11:45 AM

Avenidas Lounge (1st Floor)

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