



Avenidas
Village

VOICE

September-October 2019

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

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Meet Senior Planet: Your New Technology and Learning Space at Avenidas

You've heard about it... maybe you've peeked in on your way to a class, meeting or activity... but you might still be wondering, "What is Senior Planet anyway?"

Avenidas and Older Adults Technology Services (OATS) have partnered to launch this award-winning, unique program where people 60+ who are interested in technology can connect, learn, and grow. Located in Avenidas' facility at 450 Bryant Street, this innovative resource is set to become a critical part of Silicon Valley's aging, technology, and entrepreneurship scenes.

Senior Planet was designed to empower local seniors to learn to use technology to achieve their goals—employment, entrepreneurship, or acquiring better skills to navigate the current landscape which increasingly relies on apps and online services. Additionally, Senior Planet is committed to providing special programs and learning opportunities exclusively for the Village. One-on-one tech tutoring sessions and special workshops will be offered throughout the year at no cost to you.

In September we will kick off this partnership with a special open house for the Village at Senior Planet. Here you can enjoy light refreshments and learn more about Senior Planet. Director Ryan Kawamoto will be there to answer your questions about the program and its offerings. Don't miss this chance to learn about Senior Planet and programs designed exclusively for Village members to learn and explore together.



Ryan Kawamoto, Director, Senior Planet @Avenidas

**Senior Planet Presents
Exclusive Programs for
Avenidas Village This Fall!**

Village Open House@Senior Planet

-Enjoy light refreshments and learn about Senior Planet classes and offerings -Meet Director Ryan Kawamoto
**Thursday, September 19th
3-5 PM**

1:1 Tech Help@Senior Planet

-Bring your Apple or Android tech device for 1:1 tutoring
-Get your tech questions answered by experts
**Tuesday, October 15th
4-5 PM**

New Members Only Website “Going Live” in September

Increased interaction, more online options to keep you up-to-date with the Village

It's nearly here! For months we have been working to transition over to a new software package, Helpful Village, to manage our member and vendor data and streamline many processes. As part of this transition, we have also been working on a new members-only website that features more options for you to access Village information online.

Among other features you will enjoy:

- **Up-to-date vendor listings with the latest feedback attached**
- **The ability to post a review and star rating for your vendor experience**
- **Vetted and non-vetted (member recommended) vendors in the same category listed together**
- **Current listing of Village events and activities, and the ability to RSVP online**
- **“Village Talk” feature for online conversations with members**

- **Links to videos of Village programs**
- **Member benefits list and member handbook available online to read or download**
- **Maps showing the location of your neighborhood group members**

The website format is flexible enough to add features and update as needed, so we can keep it fresh and relevant. Our hope is that you will enjoy the new features and that the website will be your go-to for keeping up to date with Village activities and programs.

Currently, the site is being tested by member volunteers, and will soon be available to all members. On Tuesday, October 22nd, we will offer an information session to all interested Villagers to explore the site together and answer your questions. Please take the time to attend!

Introduction to the NEW Members-only Website Information Session

Tuesday, October 22nd at 10:00 AM

Avenidas Wellness Classroom (2nd Floor)

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

Can't Make it to a Village program? The Village Can Bring it to You! *By Chuck Sieloff, Advisory Council Chair*

New Initiative: Remote access to Village programs via Live Webinar or YouTube

In July, we introduced the Transportation Initiative to encourage Village members to attend more events and programs at the Avenidas site. With Avenidas' Door-to-Door service or the GoGo Grandparent commercial service, members can arrange free rides to and from 450 Bryant Street, without worrying about driving, traffic, parking, etc.

However, we recognize that transportation may not be the only thing preventing your participation in a particular program. You may be unable to leave your home at that time or you may have a schedule conflict. To help with these situations, we are introducing remote access to some of the talks and presentations in the comfort of your own home. By simply clicking on a link provided in an email invitation, you will be able to hear and see the live presentation, and you will even be able to submit questions in the form of written messages to the presenter. If you are not able to participate in the live event, you will also have access to a link that allows you to watch a video recording of the event any time you like.

This approach will not work for activities that are highly interactive or group oriented, but will add new options for events such as our regular Vistas lectures, presentations about new programs, talks by outside experts on various topics, and perhaps even some forms of training about how to use new tools or services. In your newsletter events listing, those programs featuring remote access will be highlighted, and you will also receive the access links and instructions for these programs ahead of time by email.

Village “Expanding Choices” Task Force Upcoming Presentations

By Dick Scott, Chair, Expanding Choices Task Force

The Expanding Choices Task Force, involving 8-10 Village members, has operated for more than 10 years and has been responsible for planning and implementing one of the most active programs of the Village. Our mission is to provide information and insight into the life—and death—choices that we all must confront, and to help members identify options and resources of which they may not be aware. Our committee members believe that this is one of the most important services that a senior village can perform for its members. The Expanding Choices team has developed a rich schedule of informational presentations starting this fall and extending into next year. *(Please note: specific dates are still being worked out for some programs)*

- **September 11th:** Officers from the Bay Area Funeral Consumers Association will describe the extensive information they provide to the public, benefits available to members and how Village members can join at a discount.
- **September 24th:** Richard Adler, an expert on future scenarios, will discuss changes in aging and in technology—and their potential connections
- **November 2019:** A presentation on vital documents—such as Advance Health Care Directives—which officially record our choices to guide critical decisions regarding our preferences for treatment options, with expert assistance available to members in preparing or updating these documents
- **January 2020:** The non-profit advocacy group, Compassion and Choices, will present on the current status of and improvements needed in California’s law on aid-in-dying
- **March/April 2020:** A tour of the handsome Stanford Health Library where we will hear from librarians about the extensive services and health information resources available to all members of the public
- **TBD, 2020:** An opportunity to learn about and perhaps participate in a “Death Café”: an informal, guided discussion group that explores the meaning of, and concerns about, death for each of us

Please watch for more details on these upcoming programs and plan to attend!

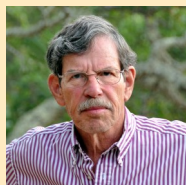
Expanding Choices September Presentations

Bay Area Funeral Consumers Association: BAFCA is a nonprofit organization which provides information and educational materials about funeral and burial options, and planning documents to authorize our choice of final arrangements. Members are provided with a list of negotiated, discounted prices from cooperating mortuaries, permitting cost comparisons by consumers. BAFCA have informed us that membership prices are being raised at the end of September. As a special benefit to Village Members, they have decided to offer the current, lower membership price to Village members signing up now. Please join us to learn about a set of services we all will need but don’t like to think much about—until, perhaps, it’s too late.

Wednesday, September 11th at 2:30 PM

Avenidas Think Tank (2nd Floor)

Richard Adler: “The Age Wave Meets the Tech Wave” It has frequently been noted that “older adults are the fastest growing age group” for adopting various new technologies. Yet, they continue to lag behind younger people in adopting these technologies. Why? In this talk, Richard will reflect on his two decades of experience in introducing new technologies to older adults and will describe what he has learned about how they learn to use them and some of the distinctive ways they use them. He will also discuss the challenges of keeping up with the rapidly expanding world of new digital technologies -- smart phones and apps, smart wearables, smart homes, even robots and self-driving cars.



Richard Adler is a Distinguished Fellow at the Institute for the Future and Principal of People & Technology. In the early 1990s, Richard helped launch SeniorNet, a pioneering effort to introduce older adults to computers and the internet. Since then, he has continued to work at the intersection of aging and technology. Starting in 2015, he led the research and planning that led to the creation of Senior Planet@Avenidas.

Tuesday, September 24th at 3:00 PM

Avenidas Lounge (1st Floor)

Vistas Lecture Series: September—October

September Vistas: “What is Art History? What does it Teach Us?” with Village Member Brigid Barton

Anybody seen the Andy Warhol exhibit at SFMoMA? What did you learn about us from the exhibit? Art History as a subject emerges in ancient times and comes into prominence in the Renaissance and Enlightenment. It can tell us a lot about the societies in which the work was created. We will talk about modern examples of works art historians analyze to discover social, economic, scientific, theoretical, and gender issues, among others, in different societal contexts. Think Andy Warhol!



Brigid Barton

Brigid Barton is a professor emerita from Santa Clara University who lives in Palo Alto. She teaches now in many different outreach programs--Stanford, Santa Clara University, The Jewish Community Center, and elsewhere. She and her husband are Village members and participants in Neighborhood Cluster 7.

Friday, September 27th at 11:30 AM

Avenidas Lounge (1st Floor)



Cindy Hofen

October Vistas: “Downsizing to a Simpler Life” with Village Vendor Cindy Hofen
Join us for an informative presentation with Cindy Hofen, Founder and President of Managing Moves & More. Cindy is a Certified Move Manager and will share how to de-clutter and simplify your life! You’ll learn how to manage the stress, get started on a plan and how to start a conversation about distributing your cherished items to family.

Cindy Hofen is a Certified Relocation Specialist and founder of Managing Moves & More, specializing in helping older adults with de-cluttering, downsizing and relocation. Since 2009 she has worked with over 2,000 individuals and families throughout the Bay Area. Cindy’s team of Professional Move Managers understand the challenges of moving and manage each project with care and compassion. Managing Moves & More is Nationally A+ Accredited by the Association of Senior Move Managers and a member of their Circle of Service Diamond Society. Cindy is also a past member of the Avenidas Board of Directors.

Friday, October 25th at 11:30 AM

Avenidas Lounge (1st Floor)

Neighborhood Cluster Activities: Information, Conversation, Fun, and Friends! By Dick Smallwood, Chair, Cluster Leads Committee

Neighborhood clusters are an easy way to enjoy your Village membership and connect with other members. Each cluster is defined by a group of adjacent neighborhoods or outlying communities and meets regularly (or occasionally irregularly) with a defined program. These programs run the gamut from conversations on specific topics (e.g., best ever vacation) to local speakers (e.g., caregiver tips) to interesting activities such as lunch outings, game nights, or joint meetings with other clusters. This is a great opportunity to meet your neighbors in a very friendly environment.

Like all groups, in order to function well each cluster needs a team of 1 to 3 leaders who will organize regular meetings and develop programs. This is almost always a very simple task because the cluster leaders meet to exchange program ideas and experiences, as well as recommendations for invited speakers. Most cluster meetings are held in the home of one of the cluster members, but the Village patio, Redwood Café at Avenidas, or other Avenidas rooms may also be available for meetings. When meeting at Avenidas, members can use the

Village Transportation benefit to enjoy free transportation to/from the site.



If you are interested in helping to support your Cluster as an individual or co-lead, please see Erika or me and we can tell you more about the experience. It is a great way to have fun while contributing a few volunteer hours to the Village, and it will certainly enrich your circle of friendships with nearby members!

Janet Cook shares with Cluster 3 about her experience as an executor of an estate in shambles and the lessons in planning ahead she learned from it (August 8, 2019)

ICYMI (In Case You Missed It): July & August Events Recap

It's been a busy summer for the Village with Lunch Bunches, outings and tours plus our summer celebration. Read on for highlights of our many events in July and August!

July & August Lunch Bunch: Café Pro Bono & Dinah's Poolside



Café Pro Bono: Carol Dondick, Kinga Perlaki, Richard Johnsson, Eleanor & Mike Willemssen, Kayleen Miller, Chuck Sieloff, Tom Reese, Dot Long, Cheryl Holt, Linda Williams



Dinah's Poolside: Bruce & Ellie Heister, Fred van Aken, Cheryl Holt, Dick Scott, Michael & Eleanor Willemssen, Chuck Sieloff, Tom Reese, Linda Williams, Kayleen Miller, Maie Herrick, Jane Zuckert, Bob Aulgur, Ginny Turner, Richard Johnsson, Dot Long

Half Moon Bay & More: Village Outings and Tours



A hidden Palo Alto Gem, the Foster displays intricate water-color depictions of Tony Foster's nature excursions

Louise & Stuart Beattie and guest, Jane Zuckert, Debbie Rosenberg and Avy Nielsen at Broadway San Jose "Wicked"



In Half Moon Bay, Villagers toured Ouroboros Aquaponic Farm and enjoyed lunch in town with a special stop at "Sweet 55" Swiss Chocolate shop

ICYMI (In Case You Missed It) *Continued...***Village Summer Celebration on the Village Patio, August 13th**

Villagers and Guests came out on a hot August afternoon to socialize with old and new friends and enjoy the afternoon with snacks and drinks. A fun, casual time for just getting together!



Sandra Weiss and Zita Zulkowsky who recently learned they attended the same high school in New York



Chuck Sieloff and Dick Scott greet Village members



Right to Left: New member Christ Holt, Dorothy Lloyd, and guest Barbara Thurston

Coming up at Avenidas-Two Special Programs Open to All**AVENIDAS ANNUAL CAREGIVER CONFERENCE**

“Caregiving Reimagined”

Saturday, September 28th, 8:00 AM—3:30 PM

Mountain View Senior Center

266 Escuela Avenue, Mountain View *Parking is Free*

Morning Coffee & Lunch Included—Village special price \$35 per person

Register online at

<https://www.avenidas.org/conferences-events/2019-caregiver-conference/>
or call (650) 289-5445

AVENIDAS 50th BIRTHDAY BASH

“Free Intergenerational Fun Family Festival”

Saturday, October 19th, 10:00 AM—1:00 PM

Site Tours, Games, Music, Food and Fun! Bring your kids and grandkids!

Welcome New Members! 7 New Village Members in July-August

Lisa Ahorner & Helga Reed are new members of Cluster 4. Sisters originally from Germany, they now share a home in Midtown where Lisa has lived since 1989. Lisa previously worked as a technical translator, and Helga worked for many years as a draftsman and later a factory inspector for GM. Lisa and Helga enjoy exercise at the YMCA, reading/book club, and spending time with friends. They are looking forward to joining some of the Village social activities and outings. *(no photo available)*

Catherine Cerny of Menlo Park joined the Village to access the vendor network and 24 hour assistance. Cathy has advanced degrees from UC Davis and enjoyed her career teaching apparel design and merchandising on the East Coast. An expert and collector of textiles from around the world, she has also served on the board of the Textiles Council at San Francisco's De Young Museum of Fine Arts.



Kathleen Elkins & Rick Peterson are also Menlo Park residents and have lived in their home since 1983. Kathy is a former social worker who worked in adoptions/foster care in San Mateo County. Rick has had a wide ranging career including with the Djerassi Arts Residency program in Woodside. Kathy volunteers at the

Redwood City cat shelter and Kara, while Rick has enjoyed hiking and cave exploration and remains a member of the National Speleological Society. With many friends leaving the area, Kathy and Rick are interested in building new social connections within the Village. *(no photo available)*

Christine Holt lives in the Triple El neighborhood of Palo Alto. She moved from New Jersey to Palo Alto in 1981. Before moving to California she worked for major publishing houses in New York and New Jersey in educational publishing as a book designer. Her passions today are photography and cooking—she is also a member of Slowfood South Bay. For the last 10 years she has volunteered for the American Cancer Society at the Discovery Shop in Los Altos managing the book donations.



Romesh Mehra joined the Village to benefit from new activities, social connections, and the transportation benefit which he really appreciates. Romesh is a former professor of biology at Notre Dame in Indiana, and currently lives in a small cottage near his son, daughter-in-law and teenage granddaughter. He enjoys reading history and has worked in botanical gardens.



Member Birthdays—September

Sally Herrick	9/1	Mary Ann Kvenvolden	9/14		
Donald Thomas	9/2	Trudy Reagan	9/18	Frances Adams	9/22
Michael Willemsen	9/2	Mary Huber	9/19	Tom Reese	9/23
Masko Toribara	9/8	Louise Beattie	9/20	Alzora Carlstrom	9/26
Phyllis Browning	9/12	Tony Plutynski	9/20	Bruce Heister	9/26
Masayo Duus	9/12	Mary Taylor	9/20	Helen Young	9/30

Member Birthdays—October

James Eaton	10/2	Jack Brigham	10/8	Harold Sweeney	10/18
Diane Rolfe	10/2	Richard Smallwood	10/9	Frank Perlaki	10/26
Joan Bialek	10/4	David Bunker	10/1	Eleanor Willemsen	10/26
Robert Shaw	10/4	Mary Ripley	10/14	Cathy Dolton	10/27
Paula Schwartz	10/6	Joy Scott	10/14	Linda Williams	10/28
Lilian Lum	10/7	Neil Foley	10/15	Barbara Bunker	10/30

Lunch Bunch—Tommy Thai

Wednesday, September 11th at 11:45 AM 1482 W. El Camino Real, Mountain View
Delicious Thai food at a favorite Village lunch spot!

\$20-25 per person (cash only, please)

RSVP by September 6th shuang@avenidas.org or (650) 289-5405

Expanding Choices Presents “Bay Area Funeral Consumers Alliance” Presentation (details, p. 3)

Wednesday, September 11th at 2:30 PM Avenidas Think Tank (2nd Floor)

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

Gamble Garden Tour

Monday, September 16th at 10:00 AM 1431 Waverley St., Palo Alto
Docent Tour of the beautiful Elizabeth Gamble Garden, a Palo Alto gem! Villager Betsy Fryberger will be our docent!

\$10 per person – RSVP by September 3 to shuang@avenidas.org or (650) 289-5405

“Welcome to Senior Planet” Village Exclusive Open House (details, p. 1)

Thursday, September 19th at 3:00 PM Senior Planet@Avenidas (1st Floor)

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

Expanding Choices Presents “The Age Wave meets the Tech Wave” with Richard Adler (details, p. 3)

Tuesday, September 24th at 3:00 PM Avenidas Lounge (1st Floor)

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

VISTAS Lecture Series: “What is Art History? What does it teach us?” with Village member Brigid Barton (details, p. 4)

Friday, September 27th at 11:30 AM Avenidas Lounge (1st Floor)

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

AVENIDAS CAREGIVER CONFERENCE “Caregiving Re-Imagined” (details, pg. 6)

Saturday, September 28th 8:30 AM-3:00 PM Mountain View Senior Center
 266 Escuela Ave, Mountain View

Village Special Price \$35 per person – Register online at <https://www.avenidas.org/conferences-events/2019-caregiver-conference/> or call (650) 289-5445

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, September 9th & Monday, October 7th Avenidas “Den”, 2nd Floor

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

Contact: Dick Smallwood (650) 322-9417

Tuesday, Sept 24th at 1:30 PM (Den) & Tuesday, October 22nd at 3:30 PM (Think Tank)

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

Contact: Kayleen Miller (650) 325-3636

Lunch Bunch—Cibo RestaurantWednesday, October 9th at 11:45 AM

3398 El Camino Real, Palo Alto

*Traditional American dishes in a cozy & casual setting***\$15-20 per person, cash only please****RSVP by 10/7 shuang@avenidas.org or (650) 289-5405****1:1 Tech Help at Senior Planet! Bring your Apple or Android device and questions! (details, p. 1)**Tuesday, October 15th at 4:00 PM

Senior Planet @ Avenidas(1st Floor)

FREE—RSVP shuang@avenidas.org or (650) 289-5405**AVENIDAS 50th Birthday Bash! (details, pg. 6)**Saturday, October 19th, 9 AM-1 PM

Avenidas, 450 Bryant St

*Celebrate 50 years of Avenidas programs and services! Open to all, bring your kids and grandkids! Games, site tours, entertainment and more.***FREE - No RSVP Required****“Introduction to the New Members Only Village Website” Information Session (details, p. 2)**Tuesday, October 22nd at 10:00 AM

Avenidas Wellness Classroom, 2nd Floor

*Village Staff and Executive Committee members will present a hands-on introduction to the new Members Only Website and its many interactive features! Come and get your questions answered! (details, p. 2)***FREE—RSVP dgreenblat@avenidas.org or (650) 289-5405****San Francisco Symphony Open Rehearsal: Prokofiev & Shostakovich's *Leningrad* With Lunch at Hayes Street Grill**Thursday, October 24th at 10:00 AM

Davies Symphony Hall,

Meet at Avenidas Cubberley

*Chief Conductor of the Netherlands Radio Philharmonic Orchestra Karina Canellakis makes her San Francisco Symphony debut in a presentation of music by two Russian heavy-weights: Prokofiev's ravishingly colorful and percussive Piano Concerto No. 1, played by the Ukrainian piano powerhouse Alexander Gavrylyuk (who also makes his SF Symphony debut at these concerts), and Shostakovich's defiant 1941 bombshell, the Leningrad Symphony.**Hayes Street Grill is a seafood restaurant minutes away from the Symphony Hall featuring grilled fish dishes and delicious desserts! Non-seafood options also available.***Group Transportation—Depart from Cubberley at 8:00 AM Sharp!****\$72 per person for Ticket & Transportation (15 pers. minimum)****Lunch \$25-30 cash only please****RSVP with payment by September 10th at shuang@avenidas.org or (650) 289-5405****Vistas Lecture Series: “Downsizing for a Simpler Life” with Cindy Hofen (details, p. 7)**Friday, October 25th at 11:30 AM

Avenidas Lounge (1st Floor)

FREE—RSVP shuang@avenidas.org or (650) 289-5405***Don't Miss Out on Village Activities and Events!******Free transportation to/from Avenidas is available so you don't have to drive or park, and remote access to selected programs will let you join from home, or watch later with a link to recorded programs!***



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

**Avenidas
Village
Office
Closed:**

**Monday,
September
2nd
Labor Day**

Village Voice

September-October 2019

