



Avenidas
Village

AVENIDAS VILLAGE

450 Bryant Street

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www.avenidasvillage.org

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Avenidas Village Turns 14: Founders' Reflections

by Bruce Heister, Tom Reese & Dick Smallwood

In early 2006, articles appeared in the New York Times and AARP magazine about Beacon Hill Village in Boston, the first Village in the US. Tom and Carolyn Reese hosted an exploratory meeting with "aging" friends and Avenidas members to discuss the formation of a village in the Palo Alto area. After a series of planning meetings and an agreement with Avenidas to provide infrastructure support, Avenidas Village was launched in October 2007 during national Aging in Place week. At this point, 147 members had already joined the Village, the membership increased rapidly to 300+. For many years the main elements of the program were Lunch-Bunch, Med-Pal, transportation via volunteers, Vistas, and an annual holiday party. Marketing was mainly via monthly Coffee Chats. Eventually, through surveying the members we identified the need for interest groups and additional services. Around 2017 we also consolidated our founding funds and other donations into an operating fund to finance new program activities and services. Today, we can be proud of a Village that was built on a strong foundation by a committed group of founders, and which has endured to become more dynamic, able and open try new things, and more responsive to its members' needs.



Dick Smallwood, Tom Reese, Lisa Hendrickson (former Avenidas CEO) and Bruce Heister

Welcome New Social Events Coordinator, Lisa Schroeder

Lisa officially started with the Village on Monday, October 25th and we are very happy to have her with us! You will see her soon at our upcoming activities!

Lisa has been planning events both professionally and personally for over 30 years. Originally from the East Coast, she has recently settled in the Bay Area. Due to numerous relocations she has had to "reinvent" herself multiple times. She has been certified and has experience as a fitness instructor, Conference Coordinator, Special Education and History teacher, Tour and Travel Coordinator, Annual Fund and Special Events Coordinator for multiple non-profits. Lisa has experience in the corporate (Wall Street) as well as non-profit sectors and has found her passion to be in the nonprofit sector where she has remained for over 25 years. One of her most recent and fun filled events was planning a "Frozen" themed birthday party for her granddaughter, characters and all. When she is not working, Lisa enjoys painting, gardening, cooking, travel (pre- COVID). She especially enjoys playing with her 3 grandchildren (Robbie and Tommy, 6 months old and Gabby, 4 years old). Her greatest joy is when all of her

children and grandchildren are in the same time zone.



Lisa is looking forward to meeting Village members and hearing from you! She is available to join your future Cluster meetings or other gatherings. You can email Lisa at lschroeder@avenidas.org.



Palo Alto Awning joins the Village Screened Vendor List

Need some shade? Palo Alto Awning may be able to help!



Palo Alto Awning has been serving the Bay Area for over 100 years, having been originally founded in Palo Alto under the name F. W. Sherman Company in 1893. Palo Alto Awning has prospered through the years by providing the highest standards of quality and customer service. The company has provided

awnings, canopies and patio covers to many of the area's most recognizable commercial and residential projects. Palo Alto Awning remains committed to providing the Bay Area with the finest products and service found in the awning industry. Call (650) 968-4270 or visit www.paloaltoawning.com.

Have you used a provider from the Village Screened Vendor Listing?

If so—please leave a review online! Just log in at www.avenidasvillage.org and find your provider on the online vendor listing. Scroll down and you will find a section where you can give the provider a star rating and write something about your experience.

Member reviews help everyone so add yours today!

Village Benefit Highlight: 1 Free Tech Support Session per Year!

Receive 1 hour of in-home support or 1 1/2 hours of remote support!

Avenidas Village works with our screened vendor, AnewVista, to provide you with one free tech support session per year to get help in your home or remotely with a wide range of tech related services.

Your benefit includes 1 hour of In-Home Support or 1 ½ hours of Remote Support. Any additional time, supplies or materials are to be paid for by the member.

Use this benefit to get help when you have a problem, or be pro-active and use it for a security checkup to make sure your system and data are safe!

General Tech Help: • Troubleshooting and resolving computer hardware/software issues • Your home internet connection • Choosing and setting up a new computer, smartphone or tablet • Setting up home security cameras • Setting up your Smart TV or other entertainment systems

Online Security Checkup: • Analyze technical infrastructure & make recommendations uniquely based upon your usage scenarios • Analyze device security setup. All technology devices from smartphones to computers to IoT devices require adjustments to their privacy and security settings. • Analyze usage workflows including items such as password management, connected devices and systems, online payment methods and best practices, online usage and more.



To access this benefit, call AnewVista at (650) 300-0688 or email them at info@anewvistacs.org to schedule your appointment!

Village “Lite Hikes” Group Has Launched! *by Chuck Sieloff*

Looking for something a little more strenuous than our popular Wednesday Walking Group, but not as exhausting as a serious all-day hike?

The new Lite Hike Group may be just the thing for you. We are scheduling Lite Hikes for the first Tuesday of each month at 9:30 AM. You can expect a Lite Hike to last about two hours (3-4 miles), with moderately hilly terrain and typically unpaved paths. The specific route is chosen by a rotating volunteer leader, who will send out a description and directions a few days before the hike to our email distribution list. Our first hike was on Oct. 5th at the Arastradero Preserve, and future hikes are already scheduled for November through January.

If you are interested in learning more, please email dgreenblat@avenidas.org to add your name to the distribution list. You will receive some additional background information and the upcoming schedule of Lite Hikes, but, of course, there is no obligation or expectation to participate in every hike. You can make that decision on a hike-by-hike basis. Keep fit, spend time with friends and be refreshed by nature on a Village Lite Hike!

Get Involved! - Village Special Interest Groups

Village Walkers

Meet weekly on Wednesdays at 10 AM for neighborhood walks

For information email Ralph Cahn

ralphgc66@gmail.com



NEW—Village Lite Hikes

Meet 1st Tuesday of each month at 9:30 AM

For information email Dawn Greenblat

dgreenblat@avenidas.org

TeleVisit—Phone Only Conversation, Games & More!

Tuesdays & Fridays at 10 AM

A phone-based activity and conversation program!

For information email Dick Smallwood

rdsmallwd35@gmail.com

NEW—Village Social Bridge

Meet every other Monday at 12:30 PM at 450 Bryant St

For information email Nancy Martin

nmartin67@gmail.com



Current Events Discussion Group on Zoom

1st and 3rd Mondays at 2:00 PM Moderated by Dick Smallwood.

Email Dick Smallwood

rdsmallwd35@gmail.com

Video Discussion Group on Zoom

4th Tuesdays at 3:30 PM Moderated by Dick Smallwood.

Email Dick Smallwood

rdsmallwd35@gmail.com

AV Listeners Group on Zoom

1st Wednesday of each even-numbered month 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

ICYMI: Village Events & Activities in September & October

Lunch Bunch at Coupa Café at Stanford Golf Course— September 14th & 22nd



Group 1 (pictured);

Len & Sandy Weiss, Bruce & Ellie Heister with their daughter, Kris & Bob Stanfield, Gee-Gee Lenhart, Deborah Clark, Chuck Sieloff, Judith Fields, Jeannie Siegman, Alice Kozar, Chris Holt, Richard Johnsson, Sarah Pribble, Deborah Plumley

Group 2:

Carol Kenyon, Ginny Turner, Katherine Pering, Cindy Patrick, John Doidge, Kayleen Miller, Diana Collins, Tom Reese, Jane Zuckert, Avy Nielsen, Maie Herrick

Lunch Bunch at Steins Beer Garden, Mountain View—October 12th & 19th



Sunny Fall weather and the excitement of “getting out” led to double Lunch Bunches in both September and October! Each month, we scheduled 2 groups of up to 15 at each venue to avoid overcrowding while accommodating the number of members wanting to join.

Group 1:

Bruce Heister, Ginny Turner, Katherine Pering, Ralph Cahn, Katie Dunlap, Chris Holt, Barbara Carlitz, Arlene Klainer, Ellie Heister, Cindy Patrick

Group 2:

Richard Johnsson, Chuck Sieloff, Nadine O'Leary, Larry Phelan, Kris & Bob Stanfield, Ken Gielow, Diana Collins, Kayleen Miller, Len & Sandy Weiss



ICYMI Continued: “Beyond Van Gogh” Day Trip to San Jose

Villagers enjoyed a bus ride to San Jose for lunch at Scott's Seafood, followed by a visit to the immersive Van Gogh exhibit...



Attended by: Ken & Joan Gielow, Sophie Ladenla, Ginny Turner, Nancy Martin, Kathleen Gordon, Ingrid Kallman, Chris Holt, Betty Cohen

Villagers Out and About! Planned and Spontaneous Gatherings



A happy crowd of Village Walkers, September 2021



After a Zoom Friday Happy Hour, a group of Villagers met up for in-person Happy Hour at Los Altos' First Friday event, where Bob Stanfield's accordion band was performing!

Vistas Lecture Series—Join our November Webinar!

November 19 Vistas: “Mediation and Arbitration” with Villagers Tom Reese & Jim Madison

Jim Madison and Tom Reese will illuminate Mediation & Arbitration as they are employed to resolve many types of disputes, big and small. We will discuss consumer, employment, vendor, insurance, FINRA, medical/legal malpractice and international arbitration, as well as construction, landlord, house buy/sell and estate distribution mediation.



Tom Reese & Jim Madison are both attorneys and graduates of Stanford Law School and volunteer with the Village Legal 411 program. They have been mediators and arbitrators for over 25 years. Tom has been a civil trial lawyer in SF, Menlo Park and Palo Alto where he was a founding partner of Lakin Spears. Jim was a partner in the San Francisco office of the now-international law firm Orrick, Herrington & Sutcliffe



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

Be a Med-Pal! Volunteer Training Coming Up in February 2022

What is a Med-Pal?

This Village volunteer program supports you with a “second set of eyes and ears” at doctors’ appointments. Med-Pals are trained volunteers who will work with you before, during and after your doctor visit to make sure you get all the information you need to understand your situation or treatment plan.

Your 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 follow-up is required. Med-Pals may provide transportation to/from the appointment if this is requested. Med-Pals can also attend a Televisit appointment with you, if desired.

How can I access a Med-Pal if I need one?

It’s easy! Just call the Village with your request and appointment details. We’ll share it with our Med-Pal volunteers, and when one of them lets us know they can help, we will get you connected with him/her. Med-Pal is a FREE Village benefit you can use as often as needed.

I love this idea and want to help! How can I become a Med-Pal?

The Village periodically schedules trainings with RN Zsandra Garcia of PAMF. ***Our next Med-Pal training will be on February 9, 2022 at 12:00 pm*** and anyone who is interested is welcome to join! Please go online to register or [email dgreenblat@avenidas.org](mailto:dgreenblat@avenidas.org).

Member Birthdays—November

Charlotte Turner	11/1	William Damon	11/10	William (Rob) Robinson	11/15
Carole Price	11/2	Kenneth Gielow	11/11	Betty Cohen	11/16
Larry Thompson	11/2	Martin Molloy	11/11	Barbara August	11/18
Bill Young	11/2	Martin Rayl	11/12	Benjamin Hammett	11/18
Barbara Jacobson	11/4	Linda Anderson	11/13	Teddy Wilson	11/20
Penelope Bowen	11/5	Berin Fank	11/13	Charles Bonini	11/22
Janet Constantinou	11/7	Bonnie Stein	11/13	Judith Larsen	11/23
Barbara Riper	11/7	Pat Bashaw	11/14	John Doidge	11/24
Garry Thomas	11/8	Christina Holloway	11/14	Edward Hillard	11/24
Anne Page	11/9	Nancy Tune	11/15	Judith Andrews	11/28

Member Birthdays—December

Sophie Ladenla	12/1	Arlene Klainer	12/10	Eugene Zukowsky	12/20
Stuart Brewster	12/2	Carol Schultz	12/14	John Schaefer	12/22
Mary Lorey	12/2	Kendall Dinwiddie	12/15	Jean Gee	12/23
Kinga Perlaki	12/3	Margaret Herte	12/15	Carol Dondick	12/24
Ed Haertel	12/4	Byron Reeves	12/17	Joan Mansour	12/24
Magda Grant	12/6	Gerald August	12/18	Carol Huntzinger	12/25
Carol Kenyon	12/7	Richard Scott	12/18	Peter Duus	12/27
Melanie Wilensky	12/8	Marilyn Smith	12/18	Martin Engel	12/27
				Gee Gee Williams	12/28

Welcome New Members!

For more detail on new and long-term members, log into the Village member website and access the member directory. Many members have added their personal information and photos so you can learn more about them! If you have not yet added your own bio and photo, please do so, or contact the Village office for assistance.

Welcome to...

Kathleen Gordon (Cluster 5)
 Ram Narayanan & Candace Simpson (Cluster 2N)
 Deborah Plumley (Cluster 7)
 Jan Henrotin (Cluster 2S)
 Ed & Gretchen Hillard (Cluster 4)
 Peter Danner & Jane Stender (Cluster 7)
 Penelope Bowen (Cluster 8)
 Ken & Sue Dinwiddie (Cluster 5)
 Martin Engel & Judith Orasanu (Cluster 8)
 Guadalupe Valdez & Bernard Gifford (Cluster 5)
 Anna Jeans (Cluster 8)
 John & Jackie Scandaloios (Cluster 8)

Reason for Joining

Home services, social opportunities
 Vendor listings, future planning
 Social opportunities & activities with peers
 Tech support, access to resources
 Social connections, future planning
 Home services, future planning, transportation
 Vendor listing, future planning, social activities
 Social opportunities, future planning
 Vendor listings, resources for downsizing
 Vendor listings, social opportunities
 Future planning, volunteering
 Future planning, vendors & resources

In Memoriam

Jim Phillips 9/2021 * Traudy Poppa 10/2021

Please Note: Registration is Required for all In-Person Events

Monday, November 8 & Monday, November 22

Guided Meditation on Zoom led by Sabrina Huang

Join Sabrina for a 30 min guided meditation session. Relax and de-stress!

Monday, November 8th & Monday, November 22nd at 10:00 AM

FREE—Register Online or email dgreenblat@avenidas.org

Tuesday, November 9

IN-PERSON EVENT: Docent Tour of the Los Altos History Museum

Meet at this excellent local museum for a docent-led tour of the museum galleries featuring the “Annie Fitz Paints” exhibit, plus the historic Smith House! www.losaltoshistory.org

Tuesday, November 9th at 1:00 PM

Los Altos History Museum

51 S. San Antonio Rd, Los Altos

\$5 donation per person at the museum—Register Online or email

dgreenblat@avenidas.org

Wednesday, November 10

“A House Divided: Art from the Civil War”—Zoom Special Presentation by the Smithsonian American Art Museum

The Civil War tested and consumed the country for more than four years. Explore how this great conflict and subsequent Reconstruction period are depicted through the traditional mediums of painting and sculpture, as well as the then new medium of photography.

Wednesday, November 10th at 1:00 PM

FREE—Register Online or email dgreenblat@avenidas.org

Friday, November 12

Friday Happy Hour Social on Zoom

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. Afterward, members may gather at a local “watering hole” for in-person Happy Hour!

Friday, November 12th at 4:00 PM

FREE—Register Online or email dgreenblat@avenidas.org

Monday, November 15

Village Website Tutorial on Zoom

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

Monday, November 15th at 11:00 AM

FREE—Register Online or email dgreenblat@avenidas.org

Tuesday, November 16

IN-PERSON EVENT Lunch Bunch at The Patio @ Rudy’s, Downtown Palo Alto

Join Village friends for lunch featuring fresh and delicious sandwiches, salads and more! Outdoor, covered patio with heaters. View menu: www.thepatiopa.com/menus

Tuesday, November 16 at 11:45 AM

412 Emerson St., Palo Alto

\$25-30/person, please bring cash! - Register Online or email dgreenblat@avenidas.org

Friday, November 19

Vistas Lecture Series—Zoom Webinar: “Arbitration & Mediation” with Villagers Tom Reese and Jim Madison (Details on p. 6)

Friday, November 19th at 11:00 AM

FREE—Register Online or email dgreenblat@avenidas.org

Friday, December 3**Friday Happy Hour Social on Zoom**

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. Afterward, members may gather at a local "watering hole" for in-person Happy Hour!

Friday, December 3rd at 4:00 PM

FREE—Register Online or email dgreenblat@avenidas.org

Thursday, December 9**Village Website Tutorial on Zoom**

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

Thursday, December 9th at 2:00 PM

FREE—Register Online or email dgreenblat@avenidas.org

Tuesday, December 14**IN-PERSON EVENT Lunch Bunch at Harry's Hofbrau, Redwood City**

Enjoy a classic Harry's Hofbrau lunch featuring hand carved roasted meats and other traditional favorites in the private Trophy Room with Village friends!

Tuesday, December 14th at 11:45 AM 1909 El Camino Real, Redwood City

\$25-30/person, individual order & pay—Register Online or email

dgreenblat@avenidas.org

Wednesday, December 15**"Wolf Ecology" Zoom Presentation by the International Wolf Center**

Using the gray wolf as an example, we introduce you to the various interactions that these apex predators have with other animals. Gray wolves are just one animal in their ecosystem, but they can have a large impact on other creatures around them! Featuring live views via "Wolf Cam" from the International Wolf Center!

Wednesday, December 15th at 1:00 PM

FREE—Register Online or email dgreenblat@avenidas.org

Friday, December 17**IN-PERSON EVENT at Bryant St: "Holiday Happy Hour" on the Village Patio**

Bring your holiday spirit and celebrate the season with friends in our own special space. Enjoy holiday treats and festive fun!

Friday, December 17 at 4:00 PM Village Patio, 450 Bryant St Palo Alto

Free—Register Online or email dgreenblat@avenidas.org

*Happy Holidays to All
from Avenidas Village*



Avenidas
Village

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Avenidas
Village
Office
Closed

November
25-26
Thanksgiving
-
December 24
Christmas
-
December 31
New Year's
Day
(observed)

Village Voice November-December 2021

Village Voices: Wartime Memories by Peter Danner

I've been a Village member for a bit less than a month now, and so far have found this "community within a community" to be a wonderful and supportive experience. I never planned on living this long, but my house is several decades older than I am, and we're both still standing and planning to stay put.

May I share an early memory? Many of my earliest memories relate to World War II, as I'm sure they do with most of us in our 80s. I grew up in then sleepy Santa Barbara, where an earthquake in early September 1941 rocked my bed after dark and woke me. My mother reports in her diary that I said Hitler "probably" did it. We knew all about him!

I vividly remember December 7th that year, because I had the radio on early and complained to my parents when my kiddie program was interrupted by the news. They were still in bed and first thought I was exaggerating—until my father realized a five-year-old wouldn't know where Pearl Harbor was. He was up in a flash, a concerned look on his face.

He was even more alarmed two months later when a Japanese submarine famously fired a torpedo on Ellwood, an oil storage facility just west of town. Blackouts, rubber drives, ration stamps, troop trains, plane spotting—it was all part of growing up in wartime Santa Barbara.

