



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

www.avenidasvillage.org

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January-February 2022

Avenidas Village Annual Meeting 2022—Join Us!

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

This year's Annual Meeting will be of particular interest. We will look at the unique challenges of operating through the continuing changes of the pandemic situation and the ways the Village has responded to them and to members' needs that we could not have anticipated previously. We have learned and grown in unexpected ways and even discovered new strengths both as individuals and as an organization.

We look forward to reviewing all of this with you and looking ahead together to the coming year. And of course we have accomplishments to celebrate as well!

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

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

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

Avenidas Village Annual Meeting
Monday, January 10th at 3:00 pm on Zoom
Open to All Members—Please Join Us!
Call (650) 289-5405 or email dgreenblat@avenidas.org

Geriatric Healthcare: A New Village Special Interest Group is Launched by Bob Shaw

Way back in October 2020, Avenidas Village featured renowned geriatrician Dr. Louise Aronson as our Vistas Lecture speaker. Louise is the author of "Elderhood", "an essential, empathetic look at a vital but often disparaged stage of life" and also a plea for recognition and respect of geriatric doctors and their role in healthcare for seniors. It is an excellent book. Geriatricians are doctors who specialize in the care and treatment of seniors, particularly watching for the changes in our body systems, changes in the effects of medicines and other similar medical aspects of aging.

Louise's talk resulted in about 24 Village members expressing interest in forming a discussion group on the topic, Geriatric Healthcare. The group has met 4 times, experiencing wide-ranging discussions. A primary topic has been the frustration with local medical service agencies, such as Kaiser, Stanford and PAMF, over trying to arrange appointments with geriatricians and the challenges involved in arranging for a geriatrician to be a primary care physician for us seniors. Current health issues has been another featured topic, ranging from defibrillators to hip replacement to eye care. Discussions of how to keep ourselves healthy included an assortment of activities and practices and frustrations, primarily emphasizing lack of will power.

As we move into 2022 we are arranging for outside speakers and will continue to discuss our "geriatric healthcare", and how to control and improve it. Come join us in this enjoyable effort.

The Geriatric Healthcare interest group meets twice a month with 2022 dates/times still to be determined. If you would like to be part of this group, please contact moderator Bob Shaw to be added to the group email list: shawrobert@comcast.net

A Word from the Village Vendors Committee by Judy Goodnow

The Avenidas Village Vendors list is a real treasure! This list of screened vendors is filled with providers who were recommended by Village members. When you need help, you often ask friends for recommendations. Think of the vendor list as recommendations by friends in the Village.

Using the list is easy! Go to the Avenidas website and log in as a member. On the left side of the opening screen, under the picture is a sentence that says: **Find Vendors - Click here for Vendor Listings or to submit a review**. Click the "here" that is highlighted in green.

Choose from the many categories of services. For each vendor listed, you can see if there are reviews - and be sure to leave one, if you use a service. This helps keep the list relevant. We try to update the list every 2 - 3 years, checking to see that all the information is up-to-date.

Feedback on the Vendors List is always welcome! Many Village members join because they know we have this important resource and we want it to work its best to help you get the trusted, quality services you need. And if you've had a great experience with a provider who's not on our list, please let the Vendor Committee know so that we can invite them to become a screened provider.

Social Events Update: Coordinator Role is Open Again

We all know things do not always go according to plan... our recently hired Social Events Coordinator, Lisa Schroeder, joined the Village staff just a couple of months ago but has not been able to continue past December 2021. A combination of issues including needing to help care for her grandchildren, the continuing uncertainty of Covid, and finally an unexpected and serious family situation that arose just before Christmas led to her deciding that she couldn't be available to assist the Village as we'd planned. We appreciate the time she was able to support our Social Events planning, and of course will continue our scheduled programs and activities while continuing our search for a new candidate. In the meantime, we welcome members' feedback and suggestions. While the Coordinator role is open, a member committee may be formed to help with our social program. Anyone who would be interested in helping out should contact us at (650) 289-5405.

Med-Pal Volunteer Training: Wednesday 2/9 at 12 pm

The Village Med-Pal volunteer program provides a "second set of eyes and ears" at doctors' appointments. A 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 requested. Med-Pals can also attend a Televisit appointment with you, if desired.

Many new Villagers have expressed interest in becoming Med-Pals, so we've scheduled a volunteer training session open to all members!

This training session will be on Zoom, led by RN Zsandra Garcia of the PAMF Community Health Resource Center. Anyone who is interested is welcome to join!

**Med-Pal Training Zoom Session:
Wednesday, February 9, 2022 at 12:00 pm**

Register online or email
dgreenblat@avenidas.org.

The PAMF Community Health Resource Center: A Village Partner

Did you know that Palo Alto Medical Foundation has Community Health Resource Centers (CHRC) in various locations on the Peninsula including Palo Alto? The Community Health Resource Center is a valued partner of Avenidas Village, providing our Med-Pal training as well as periodic workshops on future planning and the Advance Healthcare Directive.

Staffed by health educators, the centers are open to all community members—you don't have to be a member of PAMF. The Health Resource Center provides free services to assist you in finding information and resources to help you make informed decisions about your health and wellness. They can perform detailed research on specific medical conditions or diagnoses for you, provide information on navigating treatments, or help you to complete your Advance Healthcare Directive with personalized appointments.

Due to Covid, in-person services are currently suspended but they can assist you by phone at (650) 614-3200.

ICYMI: Village Events & Activities in November & December

Lunch Bunch at The Patio & Harry's Hofbrau — November 16th & December 14th



At The Patio: Jane Zuckert, Len & Sandy Weiss & Guest, Chuck Sieloff, Richard Johnsson, Ginny Turner, John Doidge, Bruce & Ellie Heister, Gee-Gee Lenhart, Chris Holt, Alice Kozar

At Harry's Hofbrau: Bruce & Ellie Heister, Linda Anderson, Arlene Klainer, Larry Phelan, John Doidge, Bob Aulgur, Mary & Jacques Fossourier, Len & Sandy Weiss, Chuck Sieloff, Barbara Carlitz, Kathleen Gordon, Ralph Cahn, Cindy Patrick, Tom Reese, Ginny Turner, Marita O'Reilly, Marty Rayl, Richard Johnsson



Los Altos History Museum Tour, December 7 2021

Former Villager Ellen Gonella led our group on a tour of the museum gallery, grounds and historic Smith House decorated for the holidays!

Members attending: Bruce & Ellie Heister, Ann Varady, Gary & Eileen Ruppel, Chuck Sieloff, Kate Mouton, Kayleen Miller, Bob Shaw



Village Holiday Party, December 17 2021

The Holiday Party must go on! And it did with over 50 Villagers enjoying our celebration on the Village patio complete with food, friends and of course—patio heaters!



Village Walkers Stroll Christmas Tree Lane, December 22 2021



13 Village Walkers gathered at the start of their tour of Christmas Tree lane and the decorated homes nearby



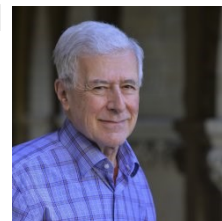
Villager Peter Danner shared some history of the neighborhood during the walk

Photos by Alice Kozar

Vistas Lecture Series—Join our January & February Webinars!

January 14 Vistas: “Working with John Glenn on Nuclear and other issues 1976-99” with Villager Len Weiss

Len will review his 2+ decades working with Senator John Glenn as the staff director of both the Senate Subcommittee on Energy and Nuclear Proliferation and the Committee on Governmental Affairs, and his work as the chief architect of the Nuclear Nonproliferation Act of 1978 and legislation that created the Defense Nuclear Facilities Safety Board.



Villager Len Weiss retired from the Senate staff in 1999 and since then has published numerous articles on nonproliferation issues for the Bulletin of Atomic Scientists, Arms Control Today, and the Nonproliferation Review. His current research interests include an assessment of the impact on the nonproliferation regime of nuclear trade with non-signers of the Nuclear Nonproliferation Treaty, and more generally the relationship of energy security concerns with nonproliferation.

Friday, January 14th at 11:00 AM on ZOOM—Register online or email dgreenblat@avenidas.org



January 28 Vistas: “A New Stanford School Focused on Climate and Sustainability” with Kathryn Moler

Stanford is designing a school focused on climate and sustainability that will draw on the considerable expertise that exists across academic units, aligning those efforts around research, education and impact, which will help the university address the urgent challenges facing the planet. Kathryn will lead an inclusive process designing the school's structure.

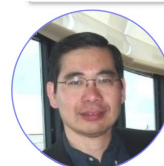
Kathryn Ann Moler is Vice Provost and Dean of Research at Stanford university, Professor of Applied Physics and multi-year Sapp Family University Fellow in Undergraduate Education, among many other accomplishments. She is also the daughter of Villager Nancy Martin.

Friday, January 28th at 11:00 AM on ZOOM—Register online or email dgreenblat@avenidas.org

February 25 Vistas: “Aging in Place Technology Update” with Wesley Cheng and Andrew Lekashman

There has been a lot of innovation for aging in place technology recently. Two long-time executives in the aging technology industry will present an update on the latest trends and examples of new innovations.

Wesley Cheng is the Founder and Executive Director of Televisit.org and COO of Stack Care. Andrew Lekashman is a cofounder of Daylacare.com, an AI Care Manager tool that supports aging in place with daily check-ins to monitor health and safety.



Wesley Cheng
Televisit.org + Stack.Care



Andrew Lekashman
DaylaCare.com

Friday, February 25th at 11:00 AM on ZOOM—Register online or email dgreenblat@avenidas.org

Member Birthdays—January

Ron Wilensky	1/1	Marita O'Reilly	1/13	Ernest Lieberman	1/24
Renie Quinn	1/4	Sarah Pribble	1/13	Avy Nielsen	1/24
Jean Thompson	1/4	Jerry Einfalt	1/14	Kay Culpepper	1/26
Jo Mintzer	1/5	Jennifer Liu	1/15	Eric Stietzel	1/26
Kate Lorig	1/6	Stanley Samuels	1/15	Rosemary McGuire	1/27
William Snow	1/6	Kathy Kermit	1/16	Deborah Rose	1/27
Mary Martinson	1/9	Robert Ruether	1/18	Cheryl Holt	1/29
Peter Danner	1/10	Mae Tinklenberg	1/18	Alan Herzig	1/30
Suzanne Holland	1/10	Mary Awbrey	1/20	Jackie Scandalios	1/30
Tom Sanders	1/10	Tashia Morgridge	1/23	Harry Turner	1/30
Charles Thompson	1/10	Geri Albers	1/24	Cindy Patrick	1/31
Robert Brown	1/13	Maria Bartelt	1/24		

Member Birthdays—February

Kathleen Gordon	2/1	Pat Landman-Herriot	2/9	David Fryberger	2/22
Frank Ingle	2/1	Anne Colby	2/10	Virginia Siegman	2/22
Ingrid Kallman	2/1	Gwendolyn Sweeney	2/13	Verne Rice	2/25
Shirley Finrock	2/4	Stephen Krasner	2/15	Ruth Terrill	2/25
Elizabeth Fisher	2/5	Kathleen Dugan	2/17	Maxine Tucker	2/26
Kate Mouton	2/6	Charles Sieloff	2/18	John Varady	2/26

Welcome New Members!

For more detail on new and long-term members, log into the Village members' 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...

Kate Mouton (Cluster 3)
 Bente Palouda (Cluster 2S/1)
 Henry "Ed" & Pearl Karrer (Cluster 7)
 Scott & Sandra Pearson (Cluster 9)
 Jack & Susan Thomas (Cluster 7)
 Jacques & Mary Fossourier (Cluster 1)
 Steve Krasner (Cluster 9)
 Miriam Jacob (Cluster 2N)
 Peggy McCurdy (Cluster 6)

Reason for Joining

Social connections, Vendor list
 Social connections, future support
 Future planning, social events
 Home services, future planning
 Social connections, home services
 Future planning, social connections
 Support to stay independent at home
 Future planning, resources
 Social connections, future planning

In Memoriam
Lew Silvers * Judith Orasanu

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

Wednesday, January 5

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!

Wednesday, January 5th at 2:00 PM **FREE—Register Online or email dgreenblat@avenidas.org**

Monday, January 10 & Monday, January 24

Guided Meditation on Zoom led by Sabrina Huang

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

Monday, January 10th & Monday, January 24th at 10:00 AM

FREE—Register Online or email dgreenblat@avenidas.org

Monday, January 10

AVENIDAS VILLAGE ANNUAL MEETING on Zoom (See details on front page)

Monday, January 10 at 3:00 PM **FREE—Register Online or email dgreenblat@avenidas.org**

Wednesday, January 12

“The Building of the Transcontinental Railroad”—Zoom Special Presentation by the Durham Museum, Omaha NE

Hear about successes, blunders and the characters involved in the 6-year project that helped to shape the west!

Wednesday, January 12th at 1:00 PM **FREE—Register Online or email dgreenblat@avenidas.org**

Thursday, January 13

IN-PERSON EVENT: Palo Alto Junior Museum & Zoo

The museum is open after a complete rebuild and redesign of the facility. At 15,085 total square feet, our new footprint is nearly double that of the old, with much needed visitor amenities, fully accessible exhibits, and additional program space.

Thursday, January 13th at 1:00 PM

1451 Middlefield Rd, Palo Alto

\$10/Person, 10 spots available—Register Online or email dgreenblat@avenidas.org

Friday, January 14 & Friday, January 28

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, January 14th at & Friday, January 28th at 4:00 PM

FREE—Register Online or email

dgreenblat@avenidas.org

Friday, January 14

Vistas Lecture Series—Zoom Webinar: “Working with John Glenn” with Villager Len Weiss (Details on p. 6)

Friday, January 14th at 11:00 AM

FREE—Register Online or email dgreenblat@avenidas.org

Tuesday, January 18

IN-PERSON EVENT Lunch Bunch at Mama Coco Cocina Mexicana, Menlo Park

Join Katie Dunlap and Village friends for a fiesta! Outdoor, covered patio with heaters. View menu:

<https://www.mama-coco.com/>

Tuesday, January 18 at 11:45 AM

1081 El Camino Real, Menlo Park

\$30-35/person, please bring cash! - Register Online or email dgreenblat@avenidas.org

Friday, January 28

Vistas Lecture Series—Zoom Webinar: “New Stanford School of Sustainability” with Kathryn Moler (Details on p. 6)

Friday, January 28th at 11:00 AM

FREE—Register Online or email dgreenblat@avenidas.org

Wednesday, February 2**IN-PERSON EVENT: Met Opera Verdi's "Rigoletto" Encore at Cinemark Redwood City**

Tony Award-winning director Bartlett Sher offers a bold new take on Verdi's timeless tragedy, re-setting the opera's action to 1920s Europe, with Art Deco sets by Michael Yeargan and elegant costumes by Catherine Zuber.

Wednesday, February 2nd at 1:00 PM

Cinemark Redwood Downtown
825 Middlefield Rd, Redwood City

\$25/person, 15 spots available—Register by 1/20/2022 or email dgreenblat@avenidas.org

Monday, February 7**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!

Monday, February 7th at 11:00 AM

FREE—Register Online or email dgreenblat@avenidas.org

Wednesday, February 9**MED-PAL TRAINING ON ZOOM with Zsandra Garcia, RN**

(Please see details, p.—)

Wednesday, February 9th at 12:00 PM

FREE—Register Online or email dgreenblat@avenidas.org

Friday, February 11 & Friday, February 25**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, February 11th and Friday, February 25th at 4:00 PM

FREE—Register Online or email dgreenblat@avenidas.org

Monday, February 14 & Monday, February 28**Guided Meditation on Zoom led by Sabrina Huang**

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

Monday, February 14th & Monday, February 28th at 10:00 AM

FREE—Register Online or email dgreenblat@avenidas.org

Tuesday, February 15**IN-PERSON EVENT Chinese New Year Lunch Bunch Banquet at Chef Chu's**

Celebrate Chinese New Year with the Village in Chef Chu's private banquet room!

Tuesday, February 15th at 11:45 AM 1067 N San Antonio Rd, Los Altos

\$45/person, cash only please—Register by 2/8/2022 or email dgreenblat@avenidas.org

Wednesday, February 23**"National Center for Atmospheric Research" Zoom Tour**

Explore the NCAR Mesa Laboratory in the Colorado Rockies with a live guide. In addition to being an amazing architectural landmark designed by I.M. Pei, this world-class research laboratory focuses on an understanding of Earth system sciences including atmosphere, weather, climate and the Sun.

Wednesday, February 15th at 1:00 PM

FREE—Register Online or email dgreenblat@avenidas.org

Friday, February 28**Vistas Lecture Series—Zoom Webinar: "Aging in Place Technology Update" with Wesley Cheng & Andrew Lekashman (Details on p. 6)**

Friday, February 28th at 11:00 AM

FREE—Register Online or email dgreenblat@avenidas.org



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Avenidas
Village
Office
Closed

January
17
Martin
Luther King
Day
-
February
21
Presidents
Day

Village Voice January-February 2022

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

Village Lite Hikes

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

For information email Judy Goodnow

wandjgoodnow@comcast.net

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

Meet 4th Tuesday of each month at 3:30 PM Moderated by Dick Smallwood.

Email Dick Smallwood

rdsmallwd35@gmail.com

NEW- Geriatric Healthcare Discussion Group on Zoom

Meet every other week, day and time TBD

Group discussion and invited speakers focusing on healthcare topics specific to older adults and how to meet changing needs Moderated by Bob Shaw

Email Bob Shaw

shawrobert@comcast.net

AV Listeners Group on Zoom

Wednesday, February 2nd at 2:00 PM

A bi-monthly conversation group focusing on challenges and solutions to hearing impairment! Moderated by Dick Smallwood

Email Dick Smallwood

rdsmallwd35@gmail.com

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