



Avenidas
Village

VOICE

AVENIDAS VILLAGE

November-December 2019

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

www.avenidasvillage.org

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Avenidas Village Celebrates at Avenidas' 50th Birthday Bash



In October, Avenidas celebrated its 50th birthday and Avenidas Village celebrated its 12th year as the West Coast's first Village.

Avenidas' 50th birthday celebration on October 19th featured activities and displays throughout the building at 450 Bryant Street to highlight its many programs and services. Members of the public were invited to visit and encouraged to tour the site and learn how Avenidas supports older adults in Palo Alto and surrounding areas.

The Village took advantage of this occasion to educate the public about the Village concept and to show off the accomplishments of many of its members. Village artists, photographers and authors graciously shared their work for a "Village Rockstars" display.

On the patio, visitors of all ages were invited to "Help build a Village" by folding origami houses to represent the Village concept of "Living Better At Home." Two teen vol-

unteers helped visitors with this activity.

At the same time, our wonderful Village member volunteers shared with visitors all about the resources and social opportunities the Village provides to and through its members.

Over 25 Villagers contributed to the event either by providing something for the display or coming out to help and chat with visitors. It was a fun and successful day!

(Continued on p. 2)

Meet Your Village Med-Pal Team!

What is a Med-Pal?

This Village 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 followup is required. Med-Pals may also drive you to/from the appointment if this is re-

quested.

Village Med-Pal Team has grown!

In August we held a training session for Villagers interested in serving as Med-Pal volunteers. Three members stepped up to attend the training which was presented by PAMF Health Educator Zsandra Garcia, R.N., with help from longtime Village Med-Pal, Nancy Tune.

We now have a team of 4 Med-Pals available to help any Village member who needs this extra support! Many thanks to Diane Means, Gee Gee Williams, and Margaret Rosenbloom for volunteering to provide this important service to our members.

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 all four of our



Front: Nancy Tune, Margaret Rosenbloom
Back: Diane Means, Gee-Gee Williams

Med-Pals, and when one of them lets us know they can help, we will get you connected with her.

Med-Pal is a FREE Village benefit you can use as often as needed.

With our team of four Med-Pals, you can feel confident that someone will be ready to help when you need it.

“Being a Med-Pal is the best volunteer work I have done.”
-Nancy Tune,
Avenidas
Village
Med-Pal

Avenidas’ 50th Birthday Bash *(Continued from p. 1)*



“Village Rockstars”
shared their
books, art-
work, pho-
tography,
jewelry and
more

Gene Zukowsky
with one of his
watercolor land-
scapes on display



Joy Scott talks with visitors
about her jewelry creations



Advisory Council Chair
Chuck Sieloff shares Village
information with visitors

New Vendors Coming Soon! Ready2Nurse Home Health Care and MainStreet Financial Planning, Inc.

Avenidas Village understands the importance of our Vetted Vendor List to our members. We are always looking for new providers and services to add to the list. These new vendors are currently being vetted to join our list of trusted service providers.

Ready2Nurse Home Health Agency is an ACHC accredited, Medicare and Medi-Cal certified home health agency located in San Jose, CA. It was founded in 2017 and is owned and operated by a Nurse Practitioner/Physician Assistant with over 25 years of primary care and high acuity hospital inpatient management experience.

Ready2Nurse provides home health services including skilled nursing, infusion therapy, physical therapy, occupational therapy, speech therapy, respiratory therapy, medical social work, registered dietitian services and home health aide. They can easily manage a post-acute event or simply set annual health maintenance longevity goals for patients. They are on call 24 hours a day and provide immediate response to referrals. Nurse practition-

ers perform all initial patient assessments, develop and oversee the plans of care and they also act as liaisons between doctors and case managers, promoting efficient and comprehensive quality of care outcomes. Staff is culturally sensitive and can offer care in English, Mandarin, Vietnamese, Spanish, Tagalog, and Taiwanese. Ready2Nurse services are paid by Medi-Cal/Medicare when prescribed by a physician.

MainStreet Financial Planning, the nation's largest fee-only, hourly project-based financial planning business, is on a mission to help both private and institutional clients make "Smart Financial Decisions." Over 50% of their clients are seniors so they understand the needs and concerns of this age group. Founder and CEO Anna Segurnina and her team of advisors are all Certified Financial Planners. MainStreet Financial Planning will offer Village members 10% off their normal hourly rates and 5% off flat fee packages.

Go online to learn more about our Vetted Vendors or leave feedback!
www.avenidasvillage.org

Keep Fit at Home with Fitness Instructor Kendra Bronstein

Kendra is a personal trainer through NASM (National Association of Sports Medicine). She has extensive experience working with seniors and understands their needs and challenges in keeping fit. Since she joined our Vetted Vendors list a few months ago, members working with Kendra have shared their appreciation:

"I can't recommend Kendra enough, after working with her once a month for 4 months. She tailors workouts to your level and has made a huge difference in my flexibility. She is a joy to work with!"

- Judy, Avenidas Village Member

Kendra Bronstein has been my parents' personal trainer for almost a year now and it is going spectacularly! I had spent years trying to get my parents on a regular exercise program when it dawned on me that we might be more successful if I could get someone to meet them at their house. Kendra has been amazing! She is extremely well qualified, certified personal trainer who works beautifully with older clients. She works on flexibility, balance and cardiovascular health. She is very reasonably priced and best of all my parents love working with her and have completely stuck with it! - Gideon, son of Village members



If you are ready to improve your fitness at home, contact Kendra today at kendrabronstein@aol.com or (650) 245-1080.

Village “Expanding Choices” Presents Advance Health Care Directive Workshop

By Dick Scott & Kinga Perlaki, Expanding Choices Task Force

As a series of events planned by the Expanding Choices Committee, we present “Documenting Choices for End of Life Care.” This workshop will provide an explanation of the Advance Health Care Directive and POLST (Physician’s Orders for Life Sustaining Treatment). Our guest expert presenter is Zsandra Garcia, R.N., Health Educator at the PAMF Community Health Resource Center. During the workshop the planning documents will be explained and you will receive guidance in completing them to fully express your preferences and wishes in a way that will be easily understood. After an hour-long

general presentation, Zsandra will remain for another half hour for questions and 1-to-1 consultation regarding the forms.

Members are invited and encouraged to bring guests who would benefit from this presentation. If possible, it may be helpful to bring a family member, especially one who may be designated as a health care agent. We also encourage members who have already completed these forms at an earlier time to attend, as new information is becoming available and because members may wish to review and revise earlier choices.

***“Documenting Choices for End of Life Care” Workshop & Consultations
Tuesday, November 12th, 11:00 AM-1 PM, Avenidas Wellness Classroom (2nd Floor)
FREE—RSVP Online or call (650) 289-5405***

Celebrate the Holidays with Avenidas Village! Fall Dessert Social and Annual Holiday Party

Join your Village friends and neighbors for two special social occasions this holiday season!

Friday, November 15th—VILLAGE FALL DESSERT POTLUCK

Bring a guest and a dessert to share to the Village Fall Dessert Potluck at Avenidas. Beverages will be provided!

Friday, November 15th, 3-5 PM Avenidas Art Room (2nd Floor)
RSVP by November 12th online or call (650) 289-5405

Thursday, December 12th—VILLAGE HOLIDAY OPEN HOUSE

Don’t miss the Village event of the Season! Our Holiday Open House will be held in the lovely and cozy Stanford West community room and will feature tasty hot and cold appetizers, desserts, beverages and holiday cheer! Catch up with your Village friends and neighbors, challenge your brain with holiday trivia, and more!

Thursday, December 12th, 4-6 PM Stanford West, 700 Clark Way, Palo Alto
RSVP by December 4th Online or call (650) 289-5405

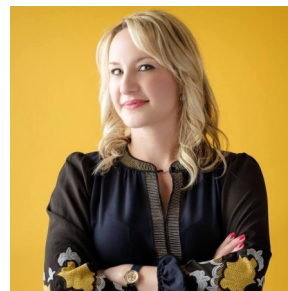
Vistas Lecture Series: November-December

November 8th Vistas Special: "How to Think About Your Insurance" Workshop with Anna Sergunina

Are you ready to learn more about how to insure your home and your assets? In retirement, insurance may feel like a confusing part of your financial plan. Luckily, Anna Sergunina, CFP®, is here to help! During this workshop, Anna will discuss:

- *What type of coverage you need and why*
- *How much you should look to pay for coverage*
- *How to audit your insurance company*
- *The best ways to review your coverage to make sure it's meeting your needs.*

She will be covering a variety of insurance types, including Homeowner's Insurance, Condo Insurance, Renter's Insurance, Auto, Umbrella Policies, Long Term Care, and more. As part of this session, Anna will help participants review their existing policies - so make sure you bring yours with you!



Anna Sergunina is a Certified Financial Planner and President & CEO at MainStreet Financial Planning Inc., the nation's largest fee-only, hourly project-based financial planning business. She and her team are on a mission to help both private and institutional clients make "Smart Financial Decisions" through one-on-one work and financial planning as an employee benefit.

Anna has been involved in the financial services industry since 2003. She's both a CFP®, and holds her ChFC designation. Her long-term goal is to grow MainStreet into a household brand for financial planning.

Anna was named "A Virtual Force" by Morningstar, and recognized by Financial Advisor Magazine as a Top 10 Young Advisor To Watch in 2017.

Anna is an advocate for financial education, writing about financial education topics for publications in Business Insider, Forbes, USA Today, Nasdaq, and WSJ. She also teaches her flagship personal finance management course: Money Flow System and engages with followers during her weekly Facebook Live show: Money Date Show.

Special Time: Friday, November 8th at 10:00 AM

Avenidas Lounge (1st Floor)

December 6th: "Supreme Court Vistas" with Barbara Creed

Barbara's program focuses on three cases currently pending before the US Supreme Court. She will give some background on the court. For each case, she will describe the facts and issues, lead a discussion of the case and then have the group vote on how the Court should decide the case. After the cases have been decided, Barbara will send a memo to participants on how the Court decided the cases. The three cases this year involve the following issues:



- *Whether non-unanimous criminal juries are unconstitutional*
- *Whether a participant in a retirement plan who received information from the plan sponsor can claim he did not have "knowledge" of a breach of fiduciary duty because he failed to read the information*
- *Whether a State's program to use public funds to pay students' fees at private religious schools violates the First Amendment free exercise clause.*

Barbara Creed has practiced law in San Francisco for over 40 years, specializing in employee benefits. She recently retired as chair of the board of trustees of the Church Pension Fund, a \$12B diversified financial services organization providing pensions, health coverage and other benefits to clergy and lay employees of the Episcopal Church in the United States, certain countries in Central and South America, the Caribbean and Liberia. In recent years, Barbara has provided programs on the United States Supreme Court for many groups, including International Women's Forum NorCal.

Friday, December 6th at 11:00 AM

Avenidas Lounge (1st Floor)

ICYMI (In Case You Missed It): September-October Events Recap

Lunch Bunch, Gamble Gardens, SF Symphony & More!

(More pictures on Back Page)

Gamble Garden Tour



Marty Malloy, Betsy Fryberger (Docent), Carolyn Kennedy, Adelle Rosenzweig, Kayleen Miller, Gerry Gllchrist & 2 docents

October Lunch Bunch at Cibo



L-R: Richard Johnsson, Ellie Heister, Kinga Perlaki, Gee-Gee Lenhart, Elmer Reist, Debbie Rosenberg, Tom Reese, Jerry & Dick Smallwood, Keith & Mary Ann Kvenvolden

The Village@Senior Planet



Village Members "Meet Senior Planet" and its director, Ryan Kawamoto at a special lecture and reception



Villagers receive individual help on their tech questions from Senior Planet tutors

San Francisco Symphony with Lunch at Hayes St. Grill



A perfect Fall day in the City shared by: Len & Sandy Weiss, Ralph Cahn, Kayleen Miller, Shirley Finrock, Christine Holt, Carl Finrock & Chuck Sieloff



Welcome New Members! Takeshi & Yoshiko Amemiya, Lee Ferguson & Pamela Heller



Yoshiko & Takeshi Amemiya

are originally from Japan and lived in the US for over 50 years. We have lived in the same Stanford campus house since 1974

and raised two children who were born at Stanford Hospital. They went through Palo Alto Unified School district till they graduated from Gunn High School. Yoshiko enjoyed being a bilingual tutor, music docent and a classroom aid at PAUSD as well. They enjoy music, museums, travel, and playing the beginning level recorders. Takeshi is interested in Ancient Greece, Ancient China, Haiku and Chinese poems. He's looking for someone who wants to play GO game (black stone/white stone) with him. They also look forward to attending classes and meeting new circles of people at Avenidas Village.

Leland Ferguson and Pamela Heller "Lee and Pam, Friends and Allies" - Pam or Pamela, named for the heroine of the noteworthy novel, was recently active in Zumba Gold and Cal and Stanford Alum clubs, and she is an artist who has managed her apartments for many years. An avid outdoor adventurer and believer in Buddhist philosophy, she met Lee at Tassajara, where their teacher Reb Anderson held a course on the eight-fold path to the end of suffering. She has lived with Lee in Palo Alto since 2001. Lee (known to students and friends as Jido Lee) is a therapeutic yoga teacher and leads four classes at Stanford venues. He also teaches yoga at local non-profits and the VA hospital. He says, "I've written my way through life: school, degrees, a non-profit, a Master's, then 28 years in Semi Con Valley." He recently completed studies to become a thousand-hour trained yoga therapist. Currently he studies at YogaX, a Stanford initiative toward increasing the number of yoga teachers available to lead classes in healthcare settings. *(No photo available)*

Member Birthdays—November

Diane Means	11/1	Linda Anderson	11/13	Don Killam	11/19
Charlotte Turner	11/2	Berin Fank	11/13	Charles Bonini	11/22
Carole Price	11/2	Bonnie Stein	11/13	Lisa Ahorner	11/23
Barbara Jacobson	11/4	Christina Holloway	11/14	Shirley Eaton	11/23
Barbara Riper	11/7	Nancy Tune	11/15	Jerry Smallwood	11/23
Anne Page	11/9	Albert Cohen	11/16	Joe Andrews	11/28
William Damon	11/10	Betty Cohen	11/16	Judith Andrews	11/28
Marty Molloy	11/11	Barbara August	11/18	Fred Van Aken	11/30
Romesh Mehra	11/11	Benjamin Hammett	11/18		

Member Birthdays—December

Sophie Ladenla	12/1	Gerald August	12/18	Judy Leahy	12/24
Kinga Perlaki	12/3	Dick Scott	12/18	Joan Mansour	12/24
Becky Morgan	12/4	Gene Zukowsky	12/20	Stuart Beattie	12/25
Magda Grant	12/5	John Schaefer	12/22	Peter Duus	12/27
Margaret McKinnon	12/8	Jean Gee	12/23	Gee Gee Williams	12/28
Ralph Richart	12/14	Carol Dondick	12/24	Judy Brigham	12/31

In Memoriam:

Bonnie Hagstrom, June 2019
Stanley Schrier, August 2019

Friday, November 8th

VISTAS Special Presentation: “How to Think About Your Insurance” Workshop with Anna Sergunina (details, p. 5)

Friday, November 8th at 11:30 AM

Avenidas Lounge (1st Floor)

FREE – RSVP Online or call (650) 289-5405

Tuesday, November 12th

Expanding Choices Presents “Advance Health Care Directive Workshop” with Zsandra Garcia, R.N. (details, p. 3)

Tuesday, September 24th at 3:00 PM

Avenidas Wellness Classroom (1st Floor)

FREE – RSVP Online or call (650) 289-5405

Friday November 15th

“Fall Celebration” Dessert Social! (details, p. 4)

Bring a dessert to share—beverages provided! Guests are welcome, so bring a friend!

Friday, November 15th at 3:00 PM

Avenidas Art Room (2nd Floor)

FREE—RSVP by November 12th Online or call (650) 289-5405

Monday, November 18th

Lunch Bunch—Bistro Vida

Monday, November 18th at 11:45 AM

641 Santa Cruz Ave., Menlo Park

Charming Parisian style bistro featuring staples like steak frites, oysters & onion soup served with wine in an intimate spot.

\$25-30 per person (cash only, please)

RSVP by November 13th Online or call (650) 289-5405

Thursday, November 21st

Salinas Day Trip: National Steinbeck Center & Lunch at Steinbeck House

The National Steinbeck Center (NSC) is located in Salinas, the birthplace of Nobel Prize-winning author John Steinbeck. Since its opening in 1998, the NSC has served the community, region and nation by enhancing awareness of Steinbeck’s works and ideas as well as the value of the written word. The NSC has fostered discussions on issues relating to social justice, the environment, biological sciences, the “common good,” ethical action as well as ethnic and racial diversity.

John Steinbeck’s birthplace and boyhood home is a restored Queen Anne style Victorian built in 1897. It is now a charming restaurant located two blocks west of the National Steinbeck Center and also features a gift shop, The Best Cellar.

Thursday, November 21st at 9 AM

Meet at Cubberley for Ride Sharing

\$65 per person includes Museum & Transportation

Lunch—\$25-30 per person (cash only, please)—RSVP by November 14th Online or call (650) 289-5405

Friday, November 22nd

Village Exclusive—Tech Lecture@Senior Planet: “Protecting your Privacy Online”

This presentation will cover the ins and outs of how to protect your personal information online. We’ll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it’s OK—or not—to share your personal information online.

Friday, November 22nd at 10:00 AM

Senior Planet@Avenidas (1st Floor)

FREE – RSVP Online or call (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!

Monday, December 2

Cantor Arts Center Docent Tour with Lunch at the Cool Café

West X Southwest: Edward Weston & Ansel Adams Photography Exhibit—Explore landscapes, still lifes, nudes, and portraits created by Edward Weston in Mexico and Ansel Adams in the American Southwest. Afterward, enjoy lunch together at the Cool Café!

Monday, December 3rd at 11:00 AM

Cantor Arts Center,

328 Lomita Drive at Museum Way, Stanford

Free—RSVP Online or call (650) 289-5405

Lunch—\$15-20 per person (cash only, please) **Ride Sharing Available**

Thursday, December 5

Special Presentation “Clear Captions Free Phone Captioning Service”

ClearCaptions is a free phone captioning service that provides near real-time call captions of phone conversations for individuals whose hearing loss inhibits their phone use. This free captioning service is provided by ClearCaptions and paid through a fund administered by the Federal Communications Commission (FCC). There is no cost to qualified individuals whose hearing loss inhibits their phone use. Elli Tehrani of ClearCaptions will explain and demonstrate the service.

Thursday, December 5th at 10:30 AM

Avenidas Wellness Classroom (2nd Floor)

FREE—RSVP Online or call (650) 289-5405

Friday, December 6

Vistas Lecture Series: “Supreme Court Vistas” with Barbara Creed (details, p. 7)

Friday, December 6th at 11:00 AM

Avenidas Lounge (1st Floor)

FREE—RSVP Online or call (650) 289-5405

Thursday, December 12

VILLAGE HOLIDAY OPEN HOUSE AT STANFORD WEST

(details, p. 4)

Join your Village friends and neighbors for holiday cheer!

Thursday, December 12, 4:00-6:00 PM

Stanford West Community Room

700 Clark Way, Palo Alto

FREE—RSVP by December 4th Online or call (650) 289-5405

Friday, December 13

Village Exclusive—Tech Lecture @Senior Planet: “Connect with your Family & Friends on SocialMedia”

Social media sites make it easy to share content and connect with other people online. In this presentation, you'll get a general introduction to social media and learn about some of the more popular social media sites.

Tuesday, October 15th at 4:00 PM

Senior Planet @ Avenidas(1st Floor)

FREE—RSVP Online or call (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, November 4th & Monday, December 2nd

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, Nov. 26th at 3:30 PM (No December meeting)

Avenidas Think Tank (1st Floor)

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

Contact: Kayleen Miller (650) 325-3636



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www.avenidasvillage.org

**Avenidas
Village
Office
Closed:**

**Thursday &
Friday,
November
28th-29th
Thanksgiving**

**-
Wednesday,
December
25th
Christmas
Day**

**-
Thursday,
January 1st
New Years
Day**

Village Voice November-December 2019

Beach Blanket Babylon & Original Joe's!



Another fun day out: 26 Villagers caught a final performance of the iconic *Beach Blanket Babylon* and enjoyed lunch at San Francisco's famous Original Joe's