



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

www.avenidasvillage.org

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September-October 2022

Cheers for 15 Years of Avenidas Village!

Our 15th anniversary is coming up in October and we will have a celebration!

What do you remember from the year 2007? It was the year the first iPhone was introduced... Nancy Pelosi became the first female Speaker of the House... and here in the Mid-Peninsula, a new concept for aging-in-place support was launched! Inspired by Beacon Hill Village in Massachusetts which launched in 2000, a group of Palo Alto residents and Avenidas staff set out to create a Village that would fit the needs of our community.

Kari Martell, Avenidas VP of Marketing, was deeply involved in the planning and marketing in those early days and remains involved to this day by supporting our marketing and outreach efforts. She remembers: *"I'm proud to say I served with former Avenidas CEO Lisa Hendrickson and VP of Programs John Sink on a task force with a group of Palo Alto residents, including Tom Reese, who served as the Chairman. We met for an entire year fleshing out all the aspects of an aging-in-place program. As one of the first five of these in the country, and the only one on the West Coast, there weren't many role models we could look to for guidance, and Beacon Hill Village was so geographically condensed that it just didn't match the wide swatch of nine cities on the mid-Peninsula that Avenidas covered. So, we hosted focus groups to ask the community what services they might want, we debated whether or not to use "Village" in the name as not every new group was using that, we developed a list of member benefits and we hired our very first Avenidas Village employee, Vickie Epstein, as our new Director. Then I got even busier planning and publicizing our Launch event In October of 2007, which was wildly successful! We attracted over 400 people that night, a standing room only crowd, and we ran out of every last crumb of food we served. Many people joined on the spot, or immediately after, as they could see how this program would make their lives better!"*

John Sink, Avenidas VP of programs, adds: *"I am so pleased to congratulate Avenidas Village and its leadership on its 15 year milestone. We can now look back and say proudly that Avenidas Village has consistently fulfilled its original vision over the years—not only to provide a sustainable and flexible support system for local seniors aging in place, but also to enable Avenidas as an agency to connect with a new segment of the senior population in this area which we had not reached before."*

Come and Celebrate with Us!

Avenidas Village 15th Anniversary Party at 450 Bryant Street

Thursday, October 20th, 4:30—7 pm

Enjoy Food, Music, Door Prizes and Happy Memories!

Village Members, their guests, and community members are all invited to celebrate the occasion!

RSVP REQUIRED—Register Online or email dgreenblat@avenidas.org

New Vendors added to the Village Screened Vendor List—Check them out Online!

Dr. Marisa Walker, DDS—
Recommended by Nancy Goldcamp
150 Middlefield Rd, Menlo Park



MARISA WALKER, DDS
 GENERAL DENTISTRY

Dr. Walker moved to California in 2008, where she was an associate Dentist in Palo Alto and a clinical instructor at Foothill College for 5 years. She continues to teach in the dental hygiene clinic as well as lecture in nitrous oxide sedation and oral pathology. She will also be part of the school's faculty as it brings the first BS in Dental Hygiene to Foothill College here in Northern California. In 2014, Dr. Walker was honored to be chosen by Dr. Rich Jensen to carry on his practice and to welcome her own patients to the newly designed and built dental facilities on 150 Middlefield Road in Menlo Park. Dr. Walker is a proud member of the American and Australian Dental Associations, the California Dental Association and the Mid-Peninsula Dental Society. She is on the advisory board of the dental hygiene program at Foothill College and on the New Dentist Welcoming Board of the Mid-Peninsula Dental Society. *10% Discount for Village Members.*

Contact: (650) 328-2072, website <https://marisawalkerdentist.com/>



Shelton Roofing—Recommended by Villager Pamela Hardy

We are a family business, owned and operated by the same family since 1942. Our goal is to give our customers the best experiences and products available in the roofing industry. We aim to uphold our reputation for excellence with every roof we install. Our customers can count on us to do quality work that's on time, on budget, and completed with regard to the safety of everyone involved. Services include roof maintenance & repair, gutter and roof cleaning, leak repairs, and re-roofing. Free estimate is offered.

Contact: (650) 961-7699, website <https://sheltonroof.com/>

CleanSide Cleaning Service—Recommended by Villager Katie Dunlap

Owner Mateo A. Morales has been providing cleaning service for over 4 years. Services include: Window Cleaning Inside and Outside, Screen Cleaning, Gutter Cleaning, Pressure Washing, Solar Panel Cleaning.

15% discount offered to Village Members!

Contact: (650) 318 1305, email Cleansidecleaning@gmail.com

Geriatric Healthcare Group Expands Efforts to Share Useful Resources *By Chuck Sieloff*

The Geriatric Healthcare Interest Group continues to meet monthly on Zoom, normally on the second Tuesday of the month at 3:00. The email distribution list for this group has grown to nearly 50 members, and attendance at the meetings is usually around 15-20. The main focus of the group is ***"To educate ourselves and other Village members about healthcare issues."*** We are learning from each other, as well as from external experts and resources, in a truly collaborative effort.

While much of the initial learning takes place during our meetings, such meetings are not an effective way of capturing and sharing what we are learning with non-attendees, with other Village members not on the distribution list, and with future Village members. To address these needs, we are pursuing two new initiatives, an online Geriatric Healthcare Resource Guide and a physical library of recommended books.

- **The Geriatric Healthcare Resource Guide** is a living and constantly evolving document that uses Google Docs to capture and share the information we are accumulating. It includes information about past meetings, member recommendations for external resources, links to resources that are available online, and comments from members about their personal experiences with our local healthcare providers. As the Interest Group continues to explore new topics, the Resource Guide will continue to grow, but it has reached a point where we would like to make it available to all interested Village members. The link is now posted on the Welcome page of our members-only website, or you can access it by clicking [here](#).

- **The Geriatric Healthcare Library** will be located in the Village office space at 450 Bryant and will contain a small selection of books focusing on aging-related topics such as healthcare, end-of-life, caregiving, etc., that have been highly recommended by members of the group. This is still very much an experiment, but we plan to have two copies of many books, one to remain physically in the office area available for browsing and the other to be available for short-term borrowing for 1-2 weeks. We also plan to document how to access the much more extensive collections maintained by our local healthcare providers such as the Stanford Health Library and the PAMF Community Resource Library. If there is sufficient interest, we may also set up something similar to the Little Free Libraries that have popped up in many neighborhoods, where members can both contribute and take away healthcare-related books in an unmanaged way.

If you would like to become an active participant in the Geriatric Healthcare Interest Group and receive all of our direct communications, please ask Dawn to add your name to our email distribution list. Otherwise, please check out the Resource Guide and the Library when you have a chance and let us know what you think.

450 Bryant Street and Village On-Site Office Hours

The Avenidas Center at 450 Bryant is now open Monday-Friday from 9 am to 3 pm.

The Village Office is open to drop-in on Mondays from 10 am to 4 pm. If you need to visit us at another time, please call to make an appointment
(650) 289-5405

ICYMI: Village Events & Activities in July & August

The July and August calendars were filled with so many fun in-person events! We had an incredible turn out in August with 21 members attending the Moffett Field Historical Society Museum. We traveled to San Francisco and Salinas for day trips, and I got to know members I had only seen on Zoom. In September and October, we will be staying local visiting Gamble Garden and Cantor Art Center, and in October we celebrate Avenidas Village's 15th Anniversary! Looking ahead, many of you have expressed great interest in Diego Rivera's America Exhibit at San Francisco Museum of Modern Art so we'll have it on the schedule in a future month! It's been wonderful having more members sign up for trips and lunches and I'm looking forward to the coming months. Keep the wonderful suggestions coming! - Ashley Hyso, Social Events Coordinator

San Francisco Day Trip: Jim Henson Exhibit at JCM, July 8



Attended by: Curt & Margaret Weil, Brigid Barton, Terry Moore, Diane Posnak, Pat & Tom Sanders, Bruce & Ellie Heister, Shelly Hatfield, Penelope Bowen

Computer History Museum, Tour, July 24



Attended by: Mary & Jacques Fossourier, Stuart Brewster, Bob Shaw, Tom & Pat Sanders, Bob Aulgur

ICYMI, Continued: August Events & Outings

Lunch Bunch at Café Borrone, August 4 and August 16



Moffett Field History Museum Tour, August 11



John Steinbeck Center and Steinbeck House Day Trip, August 25



Attended By: Larry Phelan, Bonnie Stein, Geri & Don Albers, Bruce & Ellie Heister, Shelley Hatfield, Ingrid Kallman, Diana Collins, Kathleen Gordon

Vistas Lecture Series—Join our September & October Webinars!

September 16 Vistas: “Manage Your Online Passwords” with Eric Gee of AnewVista

We are inundated with passwords! Every time we go online we seemingly need to have a new and more complicated password. But passwords are the first line of defense of online privacy and security. In this session Eric will provide tips, tools and a methodology to easily more manage your passwords.

Eric Gee is the founder of AnewVista, a company specializing in supporting seniors with their technology needs through 1:1 help, education and much more.



This program is open to members and guests! Please feel free to invite someone who may be interested in joining the Village!

Friday, September 16th at 11:00 AM on ZOOM—Register online or email dgreenblat@avenidas.org

October 28 Vistas: “Supreme Court Vistas 2022” with Barbara Creed



Each Court term starting on the first Monday in October, Barbara selects three cases the Court will consider during that term. These are not the cases that are front-page news, but they involve important and discussable issues. During the session Barbara briefs the group on the facts and issues involved in each case and leads the group in discussion of the case. After discussion the group votes on how it believes the Court should decide the case. When the Court has issued its rulings in all three cases (usually the end of June) Barbara will send an update on what the Court decided and how the Court's decisions compare with the group's votes. The cases to be reviewed will be posted on Barbara's website in October: <https://scotuscreed.com/>

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 and several other countries. Barbara has provided programs on the United States Supreme Court for many groups, including International Women's Forum NorCal.

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

Village members - Share your expertise or your passion as a presenter for a future Vistas lecture!

For information or to schedule your talk, contact Tom Reese: tom_reese@att.net

Member Birthdays—September

Sally Herrick	9/1	Ann Gila	9/11	Deborah Plumley	9/20
Michael Willemssen	9/2	Phyllis Browning	9/12	Thomas Reese	9/23
Patricia Sanders	9/4	Carl Spetzler	9/13	Bill Courington	9/24
Katherine Pering	9/5	Theresa Presser	9/18	Alzora Carlstrom	9/26
Greg Pickrell	9/5	Trudy Reagan	9/18	Bruce Heister	9/26
Lynne Smart	9/6	Mary Huber	9/19	Katherine Bryant	9/30
				Helen Young	9/30

Member Birthdays—October

Roger Ashley	10/1	David Bunker	10/12	Eleanor Willemssen	10/26
Drew Oman	10/2	Judith Fields	10/14	Cathy Dolton	10/27
Diane Rolfe	10/2	Joy Scott	10/14	Anita Mitchell	10/28
Joan Bialek	10/4	Neil Foley	10/15	Diane Posnak	10/28
Robert Shaw	10/4	Jan Henrotin	10/16	Barbara Bunker	10/30
Paula Schwartz	10/6	Nancy Martin	10/17	Joan Hancock	10/30
Sanford Lewis	10/9	Erika Scherer	10/22	Lynette Skelton	10/30
Richard Smallwood	10/9	Cynthia Hanson	10/24	Larry Cuban	10/31
Gale Olson	10/9	Frank Perlaki	10/26		

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...

Nancy Moss (Old Palo Alto)
 Richard Glendening (Midtown)
 Vic & Sue Althouse (Los Altos)
 Nancy Kramer
 Arthur Stern (Los Altos)
 Evelyn Richards & Greg Pickrell (Old Palo Alto)
 Jefferson Bender (Menlo Park)
 Jeanette & Harold Guthart (Los Altos)

Reason for Joining

Social connections, resources
 Social activities, future planning
 Resources, future planning
 Future planning, social connections
 Social activities & connections
 Social connections, future planning
 Aging in place resources/support
 Social activities, home services

In Memoriam:

***Alex Florence 7/2022 * Mary Lorey 8/2022
 Joseph Manganaro 8/2022 * Berin Fank 8/2022***

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

Thursday, September 8 & Tuesday, September 20 at 11:45 AM

(Please choose ONE date)

IN-PERSON EVENT—Lunch Bunch at Dinah's Poolside

Savor a delicious meal and your favorite cocktail with Village friends in a relaxed and intimate setting overlooking the hotel's tropical pool. 4261 El Camino Real, Palo Alto

\$25-30/person—Register online or email ahyso@avenidas.org

Friday, September 9 at 4:00 PM

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" or member home for in-person Happy Hour!

FREE—Register online or email dgreenblat@avenidas.org

Monday, September 12 & Monday, September 26 at 10:00 AM

Guided Meditation on Zoom led by Sabrina Huang

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

FREE—Register online or email dgreenblat@avenidas.org

Tuesday, September 13 at 10:30 AM

IN-PERSON EVENT: Gamble Garden Docent Tour

Explore this lovely garden in the heart of Palo Alto with your Village friends!

1431 Waverley Street, Palo Alto

\$10/person, please bring cash, 15 spots available—Register online or email

ahyso@avenidas.org

Friday, September 16 at 11:00 AM

Vistas Lecture Series—Zoom Webinar: "All About Online Passwords" with Eric Gee of AnewVista (Details p. 6)

FREE—Register online or email dgreenblat@avenidas.org

Wednesday, September 21 at 1:00 PM

Zoom Special Presentation "Human Rights in Central Asia " by Inner Asian & Uralic National Resource Center, Indiana University

A look at the human rights situation in Central Asia and discussion of the causes of and solutions to human rights violations.

FREE—Register online or email dgreenblat@avenidas.org

Friday, September 23 at 3:00 PM

IN-PERSON EVENT: Pot Luck Happy Hour on the Village Patio at Bryant Street!

Bring a snack or drink to share and enjoy an outdoor patio social with your Village friends!

Avenidas, 450 Bryant Street, Palo Alto

FREE—Register online or email ahyso@avenidas.org

Friday, October 7 & Friday, October 21 at 4:00 PM

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" or member home for in-person Happy Hour!

FREE—Register online or email dgreenblat@avenidas.org

Monday, October 10 & Monday, October 24 at 10:00 AM

Guided Meditation on Zoom led by Sabrina Huang

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

FREE—Register online or email dgreenblat@avenidas.org

Tuesday, October 11 & Thursday, October 27 at 11:45 AM (please choose ONE date)

IN-PERSON EVENT: Oktoberfest Lunch Bunch at Ludwig's German Table

Traditional German selections and beers to celebrate Oktoberfest in a cozy Biergarten.

View menu: <https://www.ludwigsmv.com/online-ordering>

383 Castro Street, Mountain View

\$20-25/person—Register online or email ahyso@avenidas.org

Thursday, October 13 at 11:00 AM

IN-PERSON EVENT: Docent Tour of Cantor Arts Center

Explore the current exhibits at Cantor with a private docent tour!

328 Lomita Drive at Museum Way, Stanford

FREE—Register online or email ahyso@avenidas.org

Wednesday, October 19 at 1:00 PM

Zoom Special Presentation: "Spies & Disguise: American Women in the Civil War" by the Army Women's Museum

Follow the journey of American women in a variety of roles from nursing to spying for the Army, to even dressing up and impersonating men to help fight in both sides during the Civil War.

FREE—Register Online or email dgreenblat@avenidas.org

Thursday, October 20, 4:30—7:00 PM

IN-PERSON SPECIAL EVENT: Avenidas Village 15th Anniversary Celebration

A special occasion open to Village members, your guests, and community members to commemorate Avenidas Village's 15 years! Food, music, door prizes and more!

The Lounge at Avenidas, 450 Bryant Street, Palo Alto

FREE—Register online or email dgreenblat@avenidas.org

Friday, October 28 at 11:00 AM

Vistas Lecture Series—Zoom Webinar: "Supreme Court Vistas 2022" with Barbara Creed (Details p. 6)

FREE—Register online or email dgreenblat@avenidas.org

Avenidas Village Special Interest Groups

*For details on all of our currently active Interest Groups,
please visit our online listing:*

<https://avenidas.helpfulvillage.com/pages/10048>



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(650) 289-5405

www.avenidasvillage.org

Erika Thomas, Director
ethomas@avenidas.org

Dawn Greenblat, Member
Services Manager
dgreenblat@avenidas.org

Ashley Hyso, Social Events
Coordinator
ahyso@avenidas.org

Chuck Sieloff, AVAC Co-
Chair
chuck.sieloff@gmail.com

Marcie Brown, AVAC Co-
Chair
marcie@brown-family.com

Village
Office
Closed

Monday,
September 5
Labor Day

The Avenidas Village Screened Vendor List—A Valuable Resource! *By Judy Goodnow, Vendor Committee Member*

Our vendor list is a resource well worth consulting, when you need help. It was constructed by Village members as well as being regularly updated by Village members. The list consists of 11 categories such as Home Maintenance or Automotive Services. It's worth exploring the different offerings. For most of us still living in our homes, it is vital to have trusted resources.

One category is Caregiver Services—one that many of us may need to use at some point. I wish I had consulted this some years ago - as there is a service here that lends out wheelchairs, walkers and other equipment you might need at no cost! I could have used a number of these items.

In the midst of writing this article, I had a toilet backup - I went online to check the vendor list and found 3 listings for plumbers. I had an unpleasant experience with one listed some months ago, so I called another - Roto-Rooter (on the list). They came 1 hour later!! They found the usual problem with old houses—roots in the line. The plumber gave me several options—some more expensive than others. I chose the most reasonable one and when I mentioned AV, he gave me 10% off. He was clean, efficient, and delightful to deal with.

Now I have to enter a review online..... Remember we need to do that, to help the next Village member looking for help. If you're not sure how, contact the Village Office or a Vendor Committee member and we'll show you!