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National Aging-in-Place Week Celebrated Locally at Avenidas Village
Program first of its kind on West Coast helping keep seniors in their homes

Palo Alto, CA (October 6, 2009) Because dying is no longer the number one fear of older adults—they are more afraid of losing their independence and having to move into a nursing home (“*Aging in Place in America*,” August 2007, *Clarity and the EAR Foundation*-- more “aging-in-place” programs are springing up across the country. Avenidas Village, which has provided this new housing option on the Peninsula for two years, will celebrate National Aging in Place week on October 12-16 with an Open House from 10am-12 noon at 450 Bryant Street, Palo Alto. The public is invited to this event to enjoy free coffee, pastries and a gift for attending.

“When we started Avenidas Village in October 2007, we were the first on the West Coast, and today there are 48 fully operational “Villages” across the country, with 50 more in development,” notes Avenidas Village Director Vickie Epstein. “This trend indicates that people want more options and a better safety net as they age.”

For about \$3 a day, Avenidas Village members can get help from staff to solve any problem they might face, whether it be a serious matter such as arranging transportation, meals, and home care assistance after surgery, to more lighthearted concerns such as arranging trips to the opera.

Members also get access to over 120 vendors that have been qualified by Avenidas Village, with many offering discounts, as well as referrals from other members.

“Med-Pals” is an innovative free offering pioneered by Avenidas Village, in which members can enlist the aid of volunteers who will accompany them to a doctor’s appointment, take notes, and be an extra set of eyes and ears. “Legal 411” is another free service unique to Avenidas Village in which members can contact a group of lawyers to determine how best to proceed with legal matters.

Avenidas is a non-profit organization that provides support, information and community to enrich the lives of older adults and their families in the mid-Peninsula region. Visit www.avenidas.org or call 650-289-5400 for more information.

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