



## Independence Paramount to Palo Alto Nurse

With her wry sense of humor and zest for life, **Dawn Wilcox** is committed to staying active and connected to her community in Palo Alto. Because she is visually impaired, Dawn knew it was critical to have assistance available to her whenever necessary.

That's why she joined Avenidas Village soon after the program launched in 2007. "I live by myself, and my family is not in the immediate area. I have a home in Palo Alto, and I don't want to go anywhere else. I know how to get around in this area, and I want to be able to continue living here. Avenidas Village allows me to do that," Dawn points out.

"For example, if my garage door is squeaking, I'm not going to call my son in Seattle, I'm going to call Avenidas Village and they will help me take care of it," she says. "The staff is so friendly and takes good care of me."

Dawn fills her days with numerous activities, such as volunteering in the Health Library at the Vista Center for the Blind, and playing 1<sup>st</sup> clarinet in a local band. She doesn't let anything slow her down, not even multiple eye surgeries. She relied on Avenidas Village for help after each one, especially to arrange transportation.

Dawn recalls another dramatic event when she turned to Avenidas Village for help. "It was a few days after Thanksgiving and I got food poisoning, so I used Outreach to go see my doctor. I was close to passing out and she ordered that I get an IV immediately. I was in no shape for getting home on Outreach. It occurred to my rattled, blood pressure-deprived brain that I better call Avenidas Village. The caregiver drove me home, helped me shop for the prescribed full liquid diet (I recommend avoiding blue Jell-O) and she cleared out my freezer and more. Avenidas Village worked like a charm for me!"

Dawn also uses Avenidas Village's network of vetted vendors. "Turns out my freezer was sick, and that's what gave me food poisoning!" So she turned to Avenidas Village again.



This lover of life enjoys attending a variety of the social programs that Avenidas Village offers each month, such as lectures, theatrical performances and most recently the holiday party, and she likes meeting other Avenidas Village members.

Since Dawn is such a believer in the Village concept, she recently ran for, and received, a spot on the Avenidas Village Advisory Council. "I just had to be a part of it!"

This Registered Nurse (who served as Head Nurse at Avenidas Rose Kleiner Senior Day Health Center from 1987-1996) is pragmatic about the aging process. "Since we're all aging, we all should be planning for what we need now and in the future. I found I truly need Avenidas Village as part of my personal care plan."

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