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**Avenidas** *News*

Winter 2017 • Volume 45 • Number 4

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**Avenidas Activities**



Roy Remer of Zen Hospice led a thoughtful afternoon session on mindfulness at the 14th Annual Avenidas Caregiver Conference.



Conference attendees broke out into smaller groups for some deep discussions about the joys and challenges of caregiving.



The Avenidas Generations Lab and Aging 2.0 (Palo Alto) hosted an event focused on integrating digital technology to solve real problems facing older adults.



A group from the Avenidas pole walking workshop tested their new skills around town.



Avenidas had a table at the Midtown Ice Cream Social and provided information to local residents.



Our participants at the Avenidas Rose Kleiner Center in Mountain View had fun modeling hats with our staff.

**UPCOMING EVENTS**

Visit [www.avenidas.org](http://www.avenidas.org) for more details

**Avenidas Coffee Chats**  
 Learn about Aging-in-Place

- Dec 5 at 10:00 A.M.
- Jan 4 at 2:00 P.M.
- Feb 13 at 10:00 P.M.



Free but RSVP required. Please call (650) 289-5405 or email [rmccaughan@avenidas.org](mailto:rmccaughan@avenidas.org) to reserve your seat.

**VTA Workshop Series**

Presented by: *Jolene Bradford, VTA Public Communication Specialist II*

Space is limited and pre-registration is required for each workshop. Call (650) 289-5400 or visit [www.avenidas.org](http://www.avenidas.org) to reserve your spot. All help at Avenidas at Cubberley. **FREE**

**Workshop 1: Introduction to Bus & Light Rail Travel**  
 Monday, Dec 4 at 1 to 2 P.M.

**Workshop 2: Safety in Travel on Public Transit**  
 Wednesday, Dec 6 at 1 to 2 P.M.

**Workshop 3: Trip Planning – How to plan your trip**  
 Monday, Dec 11 at 1 to 2 P.M.

**Workshop 4: Technology Tools in Transit**  
 Wednesday, Dec 13 at 1 to 2 P.M.

This issue sponsored by

**Care Indeed**

Care Indeed provides lifestyle assistance to seniors in private homes and retirement communities across the Bay Area. We offer hourly and live-in care and 24/7 phone support.

The owners of Care Indeed are experts in senior care; they are licensed health care professionals who have been caregivers too. One of the things they learned from being caregivers is the importance of teaching, supporting and encouraging their caregivers to enjoy their role, and do it well.

**Avenidas Announces Partnership with Tech-Enhanced Life**

The mission of the Avenidas Generations Lab is to Explore, Engage and Shape technology for older adults, and progress has been made in this direction thanks to a new partnership with Tech-Enhanced Life, a Public Benefit Corporation, that was formed to improve the quality of life of aging adults and their families. Tech-Enhanced Life has built a collaborative community called the Longevity Explorers, and their focus is to identify, try, review, and evaluate better solutions to overcoming the challenges that come with growing older.

The Longevity Explorers are now coming to Avenidas, and all are welcome to join this unique sharing, evaluation, and ideation community—made up of older adults (in their '60s-'90s), and their friends, families, and caregivers. This community leverages the insights and years of accumulated wisdom of older adults to accelerate the emergence of novel technology solutions.



With regards to technology, the Longevity Explorers:

- Explore unmet technology needs related to growing older
- Engage with companies and entrepreneurs to help them develop products and services that older adults will actually want, need, and pay for
- Shape the market by comparing and engaging with competing and complementary products, and providing valuable input to the next generation of products

The Avenidas Longevity Explorers is now open to all who have interest in technology, and there is no need to be an "expert" on anything other than being yourself! Explorer circles will be professionally facilitated and all are welcome to join and attend. Sign up today by visiting or calling the Avenidas Front Desk at (650) 289-5400.



**Building Project Progress Report**

On September 7, friends and supporters of Avenidas joined together one last time for a groundbreaking ceremony and party at 450 Bryant. Folks got to mingle, enjoy food and wine, and listen to '50s rock and roll. Then after some moving speeches, the shovels hit the dirt! A few days later, a visit to that same site would show the progress Vance Brown has made.



Key contributors grabbed shovels and made the dirt fly!



Performers from the musical "Million Dollar Quartet" recreated the sounds of Elvis and friends.



Avenidas CFO Maureen Breen and President and CEO Amy Andonian donned hard hats to explore the newly demo'd site.

Be a Part of Tomorrow.... Today!  
 Buy a Brick!

See insert for details on how you can buy a brick!



### From the President

A few months ago, I found myself in a Hallmark store searching for the perfect birthday card for my 56-year-old mother. I was depressed by my options. One card had a picture of an ice cream sundae covered in colorful pills that read, "Sprinkles for People Your Age." Another had a picture of an elderly woman pushing a walker and passing a large cloud of gas. The caption read, "At least you know I'm still breathing?" And, perhaps my favorite was the card with a picture of a birthday cake with so many candles that the entire cake was going up in flames.

You have to laugh – or do you? Why does this rampant ageism persist, even though we will become a "super-aged nation" by 2030... meaning that 1 out of 5 individuals will be over the age of 65? My mother is a Baby Boomer, a term used to describe individuals born between 1946 and 1964. She is divorced and dating an older man who just bought a Harley, still working full-time, and spends every free weekend exploring the Bay Area or playing with her grandchildren. She is far from slowing down, but she is already receiving over-the-hill cards. My in-laws, who are in their early 70's, are also very independent, healthy, and engaged... and their recent retirement has led to a more active social life.

People today are living longer than ever, and beyond just adding more years to their lives, they are adding more life to their additional years. I find this exciting and inspiring, and I wish more people would get on board with the freedom, happiness, and new adventures that can come with aging.

I am proud that we are building a pioneering new facility that we hope will become a national showcase for age-friendly design and positive aging – a place where lifelong learning, creativity, health and wellness, and staying connected to others can be celebrated.

Flashing back to the Hallmark store, I finally found the perfect birthday card for my mother that day. It had a picture of an older woman playing hopscotch, and the caption read: "Growing OLD is inevitable; growing UP is optional."

Sincerely,

*Amy*

Amy Andonian  
President/CEO

*Happy Holidays!*

### Family Appreciates Benefits of Avenidas Rose Kleiner Center

When Avenidas asked me to say a few words about what the Avenidas Rose Kleiner Center has meant to our family, I jumped at the chance! My husband, Ray diagnosed with Alzheimer's, has been going to the center three days a week for over a year, where he stays engaged and active.

The socialization is fantastic and his doctor says this is critical to Ray's well-being.

I personally attend the Family caregiver support groups the Center offers at no cost, and this helps me know I am part of a bigger community.

It's wonderful to see Ray excited when his ride comes because he thinks of the Center as his "home away from home." I think of it as a life saver!

Thank you for your support of Avenidas and helping to make its services, such as the Avenidas Rose Kleiner Center, available to so many in our community.

Warm wishes,

*Janet*

Janet Ague-Kennedy



### Avenidas Village Celebrating 10 Years of Success!

Launched in October of 2007, Avenidas Village was one of the nation's first five Villages and the first on the West Coast. Now there are 70 Villages in California, 200 in the US and 150 more being developed. This milestone, along with National Aging in Place week, was celebrated at a well-attended party in October.



Over 100 members gathered to share stories and laughter.



A panel of the early grassroots group, including Dick Smallwood, Tom Reese, Lisa Hendrickson, and Bruce Heister, recalled their efforts to get the concept off the ground.



Barbershop quartet "The Good Guys" sang songs to the delight of the crowd.



Members Fran and Bryce enjoyed the tasty catered dinner.



Several members of our Village Vendor committee, Steve Sharbrough, Judy Schwartz, Cindy Hofen and Kaye Sharbrough, were instrumental in making the evening a success!

### Door to Door Highlights!

Avenidas welcomes our new Door to Door Transportation Program manager, Erika Thomas.

Erika has worked in the senior community in a variety of capacities: as a Program Manager for Hope Rehabilitation Services in San Jose, and the Activities Director at a senior residential community working with all levels of care.

"We are excited to have Erika join the Avenidas team and bring all of her wonderful experience to expand and enrich the Door to Door Transportation Program to serve our senior community," states Volunteer Manager, Jyllian Halliburton.



Whether our clients need to go to a medical appointment, the hair salon, shopping or just want to get out, Avenidas Door To Door will take them wherever they want to go! Our drivers, who may be supplemented by drivers from Lyft, will take them anywhere within an eight mile radius of Avenidas. That includes the cities of San Carlos, Redwood City, Atherton, Woodside, Menlo Park, Portola Valley, East Palo Alto, Palo Alto, Los Altos, Los Altos Hills and Mountain View.

What makes the Avenidas Door to Door program unique? It's the volunteer drivers who are so much more than just drivers.

#### Avenidas Door to Door



Drivers at Your Service

They take a personal interest in the older adults they escort around town and they are often asked to go above and beyond because these Avenidas riders need a bit of additional help to stay mobile and independent.



Sometimes they lend a hand by carrying groceries, helping someone to the door, or waiting for those who need a little extra time getting into the car. They are there to help others make their way on their daily journey and at the same time do something that feels meaningful to them as a volunteer.

Rick Stern is both a board member at Avenidas and a volunteer driver for the Avenidas Door to Door program. He shares his thoughts on this experience:

*Since retiring, I've been volunteering with Avenidas Door to Door for the last couple of years and it's been a great experience. Besides providing an important service, I get to meet interesting people.*

*My "regulars" tell me the reason they use Door to Door is the independence, the way the drivers take special care, and it lets them have control of when and where they go.*



*I do it to "pay it forward." I know someday I will need it too. – Rick Stern*

If you or a loved one needs transportation assistance, please call us at (650) 289-5411 or visit [www.avenidas.org](http://www.avenidas.org) for more information.

## Changing Home Care Through Kindness

More than anything, how we treat each other is what matters the most.



"To me, kindness is having a deep understanding of what our clients need: the need to be cared for, with love and compassion. It's knowing what our caregivers want: a workplace where they can continue to grow and be treated like family."

Vanessa Valerio,  
RN, CMC  
COO and VP for Patient Care



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#### Programs

Lifelong Learning & Leisure  
(650) 289-5400

Health & Wellness  
(650) 289-5400

Door to Door Transportation  
(650) 289-5411

Handyman Services  
(650) 289-5426

Volunteer Opportunities  
(650) 289-5412

Avenidas Village  
(650) 289-5405

Avenidas Rose Kleiner Center  
(650) 289-5499

Avenidas Care Partners  
(650) 289-5438

Information & Assistance  
(650) 289-5433

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Visit our website at  
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