Ten years ago, when the aging-in-place program Avenidas Village was launched, it was the first on the West Coast and one of only five in the entire country! Now there are 200 Villages running and 150 more in development. Avenidas Village is one of the largest, averaging about 400 members a year, and boasts an 86% retention rate! Additionally, Avenidas Village is one of a very few attached to an existing non-profit. This has helped sustain the program, unlike others across the country who have had to close their doors.

To celebrate this success, Avenidas Village members will be treated to a special celebration in October.

Serving Mid-Peninsula Communities:
- Palo Alto • Mountain View • Stanford • Woodside • Los Altos
- Menlo Park • Atherton • East Palo Alto • Portola Valley • Los Altos Hills

Avenidas Taps Experts for Tips at Conference

“The Road to Resilience: Helping Families Thrive” is the theme of the 14th Annual Avenidas Caregiver Conference to be held on Saturday, October 21st from 8:30am to 3:15pm at the Mountain View Senior Center (266 Escuela Ave. in Mountain View).

To put things in perspective, Fred Luskin, PhD, Director of the Stanford Forgiveness Project, will discuss how to build resilience through forgiveness. Family caregivers will learn how to let go of hurt, helplessness, and anger while increasing confidence, hope and happiness.

Then attendees have their choice of six informative and interactive workshops:
- “Long Term Care and Elder Estate Plans”
- “Caregiving for Your Immune System”
- “What to Expect When You Call 911”

The variety of Tech Fairs, Tech Talks and Tech Conferences offered through the Generations Lab have all been very well attended. Now the Generations Lab has developed a new intergenerational program featuring teen tutors for Social Media. These one-on-one sessions run 50 minutes and are free of charge. They are designed to help people learn how to use Facebook, Twitter, Instagram, or any other app of their choosing.

Caregiving 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.

Financially, we are grateful for the $30,000 gift from the Walkerley Family Foundation, and $25,000 from MV Inspires. In addition, Google.org has given us a $15,000 grant to help deliver the next Avenidas Aging & Technology Conference.

To spearhead the effort, a new Program Manager, Erin Gee, has been hired to run the Generations Lab. He has a strong background in technology, having worked for Intel for 16 years.

Avenidas has its own, home-grown website, and Facebook page offering members a way to stay connected. Our community outreach is visible to the entire community.

Caregivers is the importance of teaching, supporting and encouraging their caregivers to enjoy their role, and do it well.

Generating “Technology for Higher Levels of Care”

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From the President

Avenidas recently hosted its 29th annual Lifetimes of Achievement event, and once again, I was blown away by the caliber of the individuals we honored. We are blessed to have such a rich and diverse community shaped by extraordinary men and women over the decades. Avenidas could not ask for a better “signature event” that resonates so deeply with our mission of being a leader in the creation of a community that supports and celebrates its older adults.

The local older adult population is projected to increase by 113% over the next 30 years, and Avenidas is actively preparing to meet their growing and changing needs. With the major expansion and modernization of our facility in downtown Palo Alto, we will set a new national standard for how a vibrant and innovative community center for older adults can help people live longer, healthier, more active and independent lives.

To learn more about this exciting project, and to check out our new redesigned website, visit www.avenidas.org. Giving to this project will be a long-term investment in the fabric of Palo Alto and the Mid-Peninsula.

A Village Daughter’s Thoughts

My parents have a Village! To you readers, I send the grateful, full-hearted greetings of a daughter of this Village. I have heard much about Avenidas Village over the past years. My folks, Joy and Dick Scott, are active, dedicated members. This spring, I had a chance to directly participate in an Avenidas Village event: the “Look Good, Do Good” benefit show featuring my Mom’s and Molly Agras’ astonishing jewelry creations. I was able to experience firsthand the kind, committed staff and many other enthusiastic Village people who came by to volunteer, shop, visit, kibitz, and celebrate.

From this Village daughter’s perspective, I see that my folks’ social world is not shrinking, it is expanding! New connections, good support, new friends, (and reconnecting with old acquaintances), less fear, more expansiveness, and a strong sense of interconnected community.

What a blessing! For our entire family, I say well done, Avenidas Village! Keep up the good work, and thanks!

Jennifer India Scott

The Avenidas Capital Project is Making Big Strides!

Over the last few weeks, Avenidas has received some large donations and a bequest which have propelled our fundraising campaign past the $16 million mark! While that still leaves close to $2 million left to raise, we have seen some exciting progress. We also have a fun and memorable new way for the community to be a vital part of this campaign through our “Buy a Brick” campaign.

Now you can leave your mark at Avenidas and create a lasting memory for yourself, or honor a loved one, or mark a special occasion by buying a brick for $250 to be placed in the new patio. For more information, call our Community Campaign Manager Julie Roche at (650) 289-5458 or jroche@avenidas.org.

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I was a young undergraduate student in Dr. Carol Winograd’s (one of this year’s Lifetimes Honorees) “Women and Aging” class at Stanford when I first learned about Avenidas twelve years ago. It is not just a local community treasure — it is a pioneering institution that is recognized nationally for its long history of developing innovative programs and services for older adults. Avenidas is an integral part of the fabric of Palo Alto and the Mid-Peninsula.

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Jennifer India Scott

From left to right: Bill Lee, Chess Club Coordinator; Rick Phillips, 2017 Avenidas Champion; Pearl Chow, Avenidas Chess Club Champion 2017

Congratulations to Rick Phillips of Redwood City, who was announced as the Champion of the 3rd Annual Avenidas Chess Tournament. Rick defeated Hugo Galeana in the final round match for a total of 4.5 points through the five round tournament. In all, 24 men and women ranging in ages from their mid-30’s to over 90 participated in this year’s tournament. Tournament Director Cole Eriske organized the tournament using the Swiss System format, which is a non-eliminating format that you kind of care that you deserve – because you’re worth it.

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