Avenidas Lifetimes of Achievement 2018 Honorees

Kristine & John Erving
James Gibbons
Christina Holloway
Ellie & Dick Mansfield
Nancy Mueller

You are welcomed to join us on Sunday, May 20 from 3-5pm as we celebrate our 2018 Lifetimes of Achievement Honorees.

You’ll enjoy wine, delectable appetizers, music by the Jazz Connection, and the awards presentation. Tickets are $75 and are available at www.avenidas.org or by calling (650) 289-5445.

Avenidas Holiday Jam 2017 featured ukuleles and fun!

The Chess Games drew quite a concentrated crowd!

Bring Your Own Device (BYOD) Day featured intergenerational tutoring.

UPCOMING EVENTS
Visit www.avenidas.org for more details

3rd Annual Avenidas Open House and Cubberley Day
Saturday, March 24th
10A.M.–1:00 P.M.

9th Annual Housing Conference
Saturday, March 31st
8:30 A.M.–3:30 P.M.
Mitchell Park
Community Center

Avenidas Village Coffee Chats
Learn about Aging-in-Place
March 14 at 10:00 A.M.
April 20 at 2:00 P.M.
May 18 at 10:00 A.M.
RSVP at (650) 289-5405

Avenidas Lifetimes of Achievement Garden Party
Sunday, May 20
3:00 PM – 5:00 PM
For tickets, visit www.avenidas.org

Avenidas Housing Conference 2018

Same people feel house-rich but cash-poor, and don’t know how to change that equation. Others would like to sell their homes but aren’t sure how to manage the capital gains tax. Still others would like to know what kind of housing options even exist.

Conference goers can choose nine different workshop sessions out of three tracks: “Should I Stay?” “Should I Go?” and “What Else Should I Know?” Registration is a $50 value. A tasty box lunch is provided and attendees have a chance to enter into a door prize drawing as well. Tickets are only $40 per person if purchased before 3/13/18, $45 after that date and $50 purchased at the door. To get your tickets, call (650) 289-5445 or visit www.avenidas.org.

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.

As a new tenant at Cubberley, Avenidas will be joining in the fun of the 4th Annual Cubberley Day for the first time ever! This free event, on Saturday, March 24, features something for everyone: kid’s activities, performances and demos, food and snacks, art exhibits, information tables by Cubberley renters and tenants to share and discuss their programs, and volunteer opportunities. This year “Canopy” will be organizing tree planting and mulching projects.

Avenidas will have a general information table at this event and one of our dance classes will be performing.

If you’re lucky, you’ll catch some of our talented ukulele players as they roam the premises while playing popular songs for people to sing along with!

Then, we will also be opening the doors to Building I-2 that day one hour earlier at 10am to host our own Open House for people to visit. We will have instructors and wellness providers here for people to meet, and we’ll demo our art classes and other fitness offerings in our classrooms.

Plan to bring a friend and join the fun!
From the President

Happy Spring!

Spring is here and Avenidas is starting to see the effects of the seeds we planted earlier. Due to several events and trends, we undertook a strategic planning process over the past six months:

- It has been clear for some time that the needs and desires of aging Baby Boomers will have profound implications on how organizations like ours structure their programs and services in the future.
- We engaged IMbACTS Research to conduct a robust market research study and learned a lot about people who are currently engaging with Avenidas, but, more importantly, a lot about people who are not currently engaging with us.

With our move to temporary facilities at Cubberley Community Center and the renovation of our downtown Palo Alto headquarters well underway, we believe this is a perfect time to rethink our goals and strategies for the future. This planning work has engaged our board, our leadership team, and a number of experts and thought leaders in our field.

We’ve come up with a strategic plan that charts an exciting course for the future of Avenidas. Significantly, it will immensely benefit the wide diversity of communities and clients we serve as we reach out further and broader in terms of programs, geography, and inclusiveness.

We have posted an executive summary of our strategic plan on our website to inform and enhance our Foothill College discussion groups, gardening and our music appreciation classes.

One option that has helped many Bay Area families is the Avenidas Rose Kleiner Center in Mountain View, which is licensed by the state of California to provide two levels of daytime care—the social model of adult day care and the medical model of adult day health care.

We schedule a visiting day and you’ll first notice how attractive, clean and inviting the Center in Mountain View, which is licensed by the state of California to provide two levels of daytime care—the social model of adult day care and the medical model of adult day health care.

Participants are entertained, energized and assisted in transitioning from one activity to another all day. We get to know participants well and tailor activities based on their preferences and capabilities. There are two different tracks of activities each hour for participants to choose from, such as watercolor and we only use our TV to inform and enhance our Foothill College discussion groups, gardening and our music appreciation classes.

Families are thrilled at how the variety of therapies offered—occupational, speech and physical therapy, as well as the daily group exercise sessions—help their loved ones keep up their strength and flexibility.

The Center also provides transportation from participants’ homes and back again, along with a nutritious hot lunch. There are many ways to pay for the service, including Medi-Cal, VA, Long-Term Care Insurance and a sliding scale for private pay. To learn more, visit our website at www.avenidas.org or schedule a free visiting day by calling us at (650) 289-5499. Your whole family will benefit!

Sincerely,

Amy Andonian
President/CEO

Avenidas Explorer Circle kicked off in January!

We held our first meeting of the Avenidas Explorer Circle in January and the good news is, it’s not too late to join the group if you are interested. You don’t have to be a “techie” to participate, you just have to be curious about new things, like to ask questions, or have ideas that can make your daily life better with new products or services. Join this fun and interactive group today. (See contact info above.)

Cyber Security in the News!

Over the past year, there have been some highly publicized security issues in our digital world: Equifax breach, Yahoo, Meltdown and Spectre. (Visit the Avenidas Generations Lab page on our website for more info: www.avenidas.org.) In today’s world, we all need to be careful with our personal information and take the necessary precautions to avoid being an easy target. To help folks understand how to do so, Avenidas is holding several Cyber Security classes at different locations, not just at Avenidas but also including the Palo Alto Library system, the Mountain View Senior Center and the Redwood City Senior Center.

1st Tech Talk of 2018

The first Tech Talk of 2018 featured a fireside chat with Dr. Manjula Waldron and Dr. Richard Adler. In this lively discussion, they talked about the role of robotics for aging at home. They also touched on the impact of technology on intergenerational values and engagement. If you missed the session, please check out the video on the GenLab webpage.

Avenidas News

Editor
Kari Mantell
(650) 289-5427

Design
Pooja Desai

Sponsorships
Monica Davis
(650) 289-5445

Visit our website at www.avenidas.org