



4000 Middlefield Rd #1-2, Palo Alto CA 94303

May Vistas: John Muir Trail with Bruce Heister

On Friday, May 25 at 11:30am, our Vista’s speaker will be Avenidas Village member Bruce Heister. Bruce and some of his fellow hikers



Bruce and his fellow hikers. From left to right: Ted Dolton, Mike Sartor, Peter Holland, Ruth Kasel Graham, and Bruce Heister.

will take you along the backbone of California on the John Muir Trail. You will view some spectacular scenery of the High Sierra backcountry along the 220 miles from Yosemite Valley to the top of Mount Whitney and beyond. Trail Snacks will be provided to enjoy along your visual way. Here’s a sneak peak...



Sunrise on Mount Whitney-The End of the John Muir Trail



On top of the world after 23 days—Mount Whitney

Meet the “New” Healthcare Providers

Thursday, May 3

3pm to 4:30pm

Cubberley Community Center, #1-2

Palo Alto, CA 94303



What is a “Hospitalist”? Do I need one? What kinds of services or treatments do they provide? What is palliative care? When do I need it and how would I get it? I’ve heard about hospice care, but what exactly do they do and where?

In recent years, a number of new types of healthcare occupational specialties have developed, which we all will at some point probably turn for help. A panel of physicians and nurses will help better understand what they do and when their help is needed. The panel consists of:

Dr. Elizabeth Arias, Hospitalist Physician, Palo Alto Medical Foundation

Dr. Maureen Dudgeon, Hospice/Palliative Care Specialist, Mission Hospice and Health Care

Christine Ritzo, RN, BSN, Clinical Outreach Nurse, Mission Hospice and Health Care

Program organized by the Expanding Choices Task Force, Avenidas Village

RSVP Required. To reserve your space, contact the Avenidas Front Desk at 650-289-5400

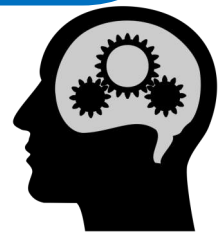


Follow up: Documenting End-of-Life Decisions

We are pleased over forty members turned out for an Avenidas Village-sponsored seminar in March on preparing end-of-life decisions documents. Thanks to Dr. Steve Lai and Missy Ghiselli, RN of the Palliative Care department of the Palo Alto Medical Foundation (PAMF) for leading and hosting the seminar. Members of the Expanding Choices Task Force, which planned this seminar, subsequently visited the Community Health Resource Center, on the second floor of PAMF, a health library and educational facility open to the public. The Center is staffed by a collection of friendly, informed, and capable nurses. They informed us that any Avenidas Village member is welcome to meet them to receive help filling out documents such as the Advanced Health Care Directive or the POLST (Physician's Orders for Life Sustaining Treatment). They are able to meet with individual members or to host group meetings with families. To schedule such an appointment, or to obtain further information, members are invited to call 650-614-3200. Center hours are Monday-Friday 9am to 4:30pm. We regard the Community Health Resource Center as an important partner for our Village.

Upcoming Meeting for Longevity Explorers at Avenidas Village

The newly formed Longevity Explorers group will have its inaugural meeting at 2:15pm on Thursday, May 3rd in Room I-1. The group will meet once a month to consider various alternative devices or methods for dealing with specific problems or needs of seniors. The various interactions among group members as they work on the problems allows the group to develop its own atmosphere of friends working together. **If you are interested in joining this group and have not done so already, please send an email to Dick Smallwood at rsmallwood@pacbell.net**



Cluster Corner: Cluster 9



Cluster 9 includes all Village residents on the Stanford University campus. We currently have over 60 members and have been active since the beginning of the Village. We meet every other month in one or another faculty home and our meeting attendance typically ranges from 15 to 25 residents. Because we (mostly) live on the campus, we share a number of interests in common and have taken advantage of this in our programming. We typically host a speaker and have included a number of folks who are able to discuss with us in depth some topic of interest, such as the current housing policies, the public safety program, and the programs of the Longevity Center. We have, as well, included more general topics/speakers including AV member Bruce Heister on home safety, Paula Wolfson on Avenidas' senior care services, and speakers from the Santa Clara County Social Services Agency, Adult Protective Services.

From the beginning, we have attempted to help our members with transportation, identifying a subset of our members who are able and willing to drive others to the store or appointments. We think that tackling transportation issues within neighborhoods makes it easier for all. Currently, as a part of the Village's new volunteer initiative, we are attempting to create a "buddy" system, linking more active members with less active ones. We want to be sure that all members are aware of and taking advantage of the services the Village provides.

- Dick Scott, Cluster 9 coordinator

New Member Corner

Phil Smaller and Magda Grant

Phil Smaller and Magda Grant have lived in their Palo Alto home for over 18 years. Phil is a retired physicist and enjoys politics, computers, and movies. Magda is a writer. Her most recent novel, “*Choices: A 2 Family Love Story*”, is available on Amazon. Phil and Magda reside in Cluster 2.

Dorothy Lloyd

Dorothy Lloyd resides in the Crescent Park neighborhood of Palo Alto. Aside from being an active tennis player, Dorothy enjoys poetry and doing volunteer work. Dorothy is in Cluster 5.

William and Mary VanderMarck

William and Mary VanderMarck have lived in their Menlo Park home for the past four years. William is a retired professor and Mary an educator for primary and junior high students. William’s interests include research, and Greek and Roman classics. Mary enjoys knitting, reading, and exercise. The VanderMarck’s reside in Cluster 8.

New Vendors

Computer Doctor, Sue Kayton

(650) 853-1711

kayton@alum.mit.edu

www.suekayton.com

Complete technical services for home and small businesses. Sue does computer repair, de-virusing, installation, upgrade, data recovery, password recovery, backups, integration with TV and phone, WiFi, security, etc. Standard rate is \$25 for 15 minutes, no charge for brief phone calls.



Mission Hospice and Home Care, Inc.

Anthony Lupian, Director of Clinical Outreach

1670 Amphlett Blvd., Suite 300

San Mateo, CA 94402

(650) 554-1000 (answered 24/7)

alupian@missionhospice.org

www.missionhospice.org

A charitable nonprofit organization providing quality, compassionate programs for every stage of a life-limiting illness, especially throughout the last year of life. Programs include Transitions (providing emotional support and nurse consultation for patients who don't medically qualify for Advanced Care or Hospice), Advanced Care (palliative home health care prescribed by a doctor) and Hospice (with doctor's consent offers medical care, pain management, comfort and emotional and spiritual care for patients at end of life).



Recap: Café Pro Bono Lunch Bunch



A wonderful time was had by all! From left to right counterclockwise: John McGuire, Sally Dudley, Chuck Sieloff, Gee-Gee Lenhart, Bob Aulgur, Marilyn Walter, Alice Kozar, Rosemary McGuire, Kinga Perlaki, Tom Reese, Ellie Heister, Avy Nielsen, Jane Zuckert, Maie Herrick, Richard Johnsson, and Nancy Teater.

Members conversed as they anticipated the delicious traditional Italian cuisine. From Left to right: Sally Dudley, Chuck Sieloff, Gee-Gee Williams, Bob Aulgur, Marilyn Walter, and Alice Kozar.

Recap: Vistas with Dr. Jerry Silverberg



Our April Vistas session featured member Dr. Jerry Silverberg who shared his journey from brain surgeon to bench scientist. Dr. Silverberg (pictured right) and his wife, Donna Silverberg (pictured left).



Members listened intently to Dr. Silverberg's professional transformation and his extensive knowledge on Alzheimer's research.



Game Night

at Avenidas Village

On April 5th, eleven members of Avenidas Village assembled at Cubberley to test their knowledge (and memories) of show tunes for American musicals and past slogans for popular products. The players were assigned to three teams and each team filled in its scoresheet with its best guess at the 32 different questions. Out of a maximum possible score of 72, the scores from the three teams were 66, 67, and 68, so it was a very competitive competition. The winning team was Bruce Heister, Joy Scott, and Jan Murphy.



If you are interested in participating in future Village Game Nights, please notify Robbi at rmccaughan@avenidas.org or 650-289-5405, so we can send you an individual invitation to the next event.

May & June Birthdays

William Agras	5/17
Dorothy Anderson	5/31
Georgina Bailie	5/6
Roslyn Bienenstock	5/10
Bonnie Borton	5/24
John Couch	5/10
Katie Dunlap	5/16
Alexander Florence	5/14
Betsy Fryberger	5/7
Charles Holloway	5/28
Marianne Ida	5/4
Lu Isaacs	5/27
Peg Kosek	5/13
Yvonne Lenbergs	5/26
Naomi Levinson	5/22
Analee Nunan	5/24
Anna Parks	5/8
John Pierce	5/10
Margaret Rosenbloom	5/17



Bruce Ackermann	6/29
Molly Agras	6/13
Brigid Barton	6/1
Stanley Finkel	6/12
Gerry Gilchrist	6/11
Judy Goodnow	6/16
William Gould	6/4
Susan Gould	6/2
Carol Hake	6/13
Dody Lee	6/18
Gee-Gee Lenhart	6/21
Beth Lyon	6/24
Molly Meschke	6/29
Brenda Miller	6/10
Frances Perry	6/12
Florence Pirofski	6/30
Lowell Price	6/25
Rob Robinson	6/1
Joe Rolfe	6/9
Marjorie Rose	6/21
Adelle Rosenzweig	6/10
Mary Schaefer	6/4
Donna Silverberg	6/2
Gail Sredanovic	6/15
Nancy Teater	6/8
Lynne Toribara	6/11
Ginny Turner	6/13
Lorrie Walton	6/14
Margaret Weil	6/2
Bruno Weiser	6/9
Sylvia Wildmann	6/7
Robert Williams	6/21
Elizabeth Wolf	6/23

In Memoriam

Buzz Zelditch

December 2017

Ed Kinderman

April 2018

Herb Kanner

January 2018

Betsy Scroggs

April 2018

Warren Goodnow

February 2018

Harold McIntyre

March 2018



May & June Events

Mozart Foundation Automobile Museum— Thurs May 3 1pm

1325 Pear Ave., Mtn View

This is a rare opportunity to tour the Mozart Foundation Automobile Museum in Mountain View. This world class private collection of automobiles including Bugatti, Alfa Romeo, Duesenberg, Pierce Arrow, Packard, Ferrari, and more is a dream come true for antique, vintage, and classic car enthusiasts. The museum is not open to the public, so it is a unique opportunity to see and learn about some of the world's rarest automobiles. Limited to 25.



FREE RSVP to Robbi rmccaughan@avenidas.org or (650) 289-5405



Lunch & Tour Gamble Gardens—Wed May 9 11:45am-1:30pm

1431 Waverley, Palo Alto

Our gracious host, member Laurie Jarrett, has kindly reserved 10 spaces for AV members for a luncheon and tour of the beautiful 2.5 acre gardens. This special luncheon must be prepaid. The Village office will be handling all reservations and collecting payments (checks made payable to Laurie Jarrett).

\$25 RSVP by May 7 to Robbi at rmccaughan@avenidas.org or (650) 289-5405

***Vistas – John Muir Trail with Bruce Heister* Fri May 25 11:30am Cubberley**

Bruce Heister and some fellow hikers will take you along the backbone of California on the John Muir Trail. See page 1 for further details.



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Lunch Bunch— Dinah's Poolside Wed June 20 11:45am
4261 El Camino Real, Palo Alto

Join us for this popular venue! Enjoy a delicious lunch with a beautiful view at Dinah's Poolside. Please bring \$23 cash only, collected upon arrival.

\$23 RSVP by to Robbi by May 23 at rmccaughan@avenidas.org or (650) 289-5405

BYOD— Bring Your Own Device Tues June 19 1-3pm
Cubberley

Do you have a device that's giving you a problem? Not sure how to do something that might be really quick and easy? Want to find those answers? Come to this special Bring Your Own Device session open to Village-members only.



FREE RSVP by June 15 to Robbi at rmccaughan@avenidas.org or (650) 289-5405

2018 Holiday Closure: May 28, Memorial Day