New Director of Avenidas Village Takes the Helm

After 10 years serving as the Director of Avenidas Village, Vickie Epstein recently retired to spend more time with her family, travel, and volunteer in her community. Taking her place is Erika Thomas, a Bay Area native, raised in Fremont and now living in Sunnyvale. She attended Occidental College in Los Angeles and UC Irvine before choosing a first career in overseas humanitarian service. She spent 10 years in Africa as a community support worker, teaching English in various classroom and professional settings, and providing administrative support and oversight to a small service team. In 2009, Erika returned to the United States to help support her aging parents and started a new career in Senior Services as Community Life Director for a continuing care residence in San Jose. She joined Avenidas in August 2017 as Transportation Program Manager, and then moved into the role of Director of Avenidas Village on June 1, 2018. Erika can be reached at (650) 289-5400 or ethomas@avenidas.org.

UPCOMING EVENTS

Avenidas Caregiver Conference: "Creating Your Master Plan!"

Family caregivers are truly the backbone of the elder care system in America.

- Approximately 65 million older adults provide labor intensive and emotionally charged care for frail (and or) memory impaired loved ones, often for prolonged periods of time which prevent one from having "retirement" years.
- The Center for Disease control now defines the older family caregiver as an at-risk subgroup of elders.
- Family caregivers are at risk for becoming socially isolated, depressed and physically ill with auto-immune disorders, heart disease, chronic pain and fatigue.

These facts are why we are hosting our 15th Annual Avenidas Caregiver Conference “Creating Your Master Plan!” at the Mitchell Park Center on Saturday, Nov. 10 from 8am to 3:30pm.

Our nine session speakers have years of expertise in gerontology, social work, elder law, financial planning, respite services, adult day health care, assisted living, memory care, caregiving and technology. Speakers include Dennis Boyle, co-founder of IDEO, who will teach problem-solving and design-thinking strategies for family caregivers. Rita Ghatak, founder of Aging Adult Services at Stanford, will share the inside scoop on navigating a hospital or emergency room stay in support of continuity of care goals. Also with us for the day is Christina Irving, LCSW, Family Caregiver Alliance, Elder Estate Attorney Deb Radin and Minda Cutchin, Certified Money Manager.

Our conference vendors are trained elder care professionals who will patiently answer your detailed questions about their services. They have years of experience in the industry and work in collaboration with one another. They welcome the opportunity to meet with you.

The final event of the day is our very first “Caregiver Cafe” featuring chocolate, coffee and conversation. This is your chance to have a relaxed conversation with peers and professionals, share ideas and inspiration and create community over coffee and dessert.

Ticket Prices: Early Bird special $45 per person before 10/15/18. $55 per person after 10/15/18. $60 at door. Call (650) 289-5445 or visit www.avenidas.org for information or to purchase tickets.

450 Bryant Street Building Project Update

A full six weeks ahead of schedule, the renovation and expansion of Avenidas @ 450 Bryant Street Palo Alto continues. The original building has been redesigned to allow for a smooth flow throughout the space. Our new Café opens onto the lobby and seating area, and our new internal “pocket park” will be a place to get some work done, read a book or just chat quietly with friends.

Among the other new spaces on the first floor is the verandah. Envisioned as a gamers haven, we will have chess boards, puzzles and backgammon tables available for individuals or groups. There will be ample space for causal groups to meet, have coffee and talk at their leisure. We have added two balconies – one each on the second and third floors as well as a large outdoor deck on the third floor.

With sunset views, this will be a spectacular place to enjoy wine tastings, a quiet coffee after a morning workout, or to just enjoy the afternoon sun.

When the building re-opens, there will be twice as much space for everyone to enjoy, filled with both our classic core programs as well as many new offerings, including cooking classes in our new café and lecture series in our large lounge.

For a personal look and to learn more about additional opportunities to have your name be memorialized as part of the Avenidas journey, please contact Camille Kennedy, ckennedy@avenidas.org or (650) 289-5424.
Looking for tax-smart ways to support Avenidas programs that have impact in 2018?

2018 may be a peak year for the stock market, so it’s a great time to consider supporting Avenidas with a gift of stock. Under the new tax law, donating long-term appreciated securities, including stock, bonds and mutual funds, instead of cash still avoids all capital gains taxes regardless of whether you itemize or not. You can deduct the current value of these assets if you itemize up to 30% of adjusted gross income. And you still have up to six years to use charitable deductions before they are lost. Donating appreciated securities can be a tax-smart option for donors and a great way to help Avenidas provide beneficial services to older adults.

Avenidas Generations Lab Now Offering In-Home Tech Support

Just like the Geek Squad that Best Buy runs, now you can contact the Avenidas Generations Lab for assistance with all your home technology, at a drastically lower rate. For example, Best Buy will charge you $110 an hour, Computer Courage charges $150 an hour, and Geekonsite charges $180 for a two hour training. As a non-profit, Avenidas will only charge you $60 for the first hour, $55 for any additional hours, and a $25 travel fee.

You can get help with any devices, connectivity and WiFi issues, smart home gadgets, software, in-home computer training and any TV issues.

The service area covered is Palo Alto, Stanford, Los Altos, Los Altos Hills Menlo Park, Redwood City, Woodside and Mountain View. Appointments are available starting Sept. 4. Please call (650) 289-5409 to schedule!

Avenidas Bloom Spreads Good Cheer

Every Wednesday, eager volunteers gather at Avenidas Cubberley to take donated loose flowers and transform them into elegant, individualized bouquets that are then delivered to various seniors in the community. The smiles spread from the volunteers to the end recipients. This is the beauty of Avenidas Blooms, the newest Avenidas program. It utilizes community resources—the flowers from local floral shops, vases donated by the public, time and talent provided by kind-hearted volunteers—to spread good cheer to folks who could use a boost.

When the bouquets were delivered to the Avenidas Rose Kleiner Center in Mountain View recently, staff reported that “The participants oohed and ahhed and took quite a bit of time selecting the exact bouquet they wanted to take home. One fellow asked us why they were being so spoiled, and another participant said “I put these flowers in my room and they made me so happy.”

For more info on how to volunteer or donate to Avenidas Blooms, call (650) 289-5412 or jhalliburton@avenidas.org.

Volunteer Drivers Enjoy Helping Others

“I get a great feeling from helping people do the things they need and want to do by providing transportation to health appointments, grocery shopping, helping their hair done and many other trips. It is very rewarding for me to directly help these folks retain their independence and to treat them with care and respect. I look forward to my driving days and to seeing both my regulars and to meeting new people. Thank you Avenidas for making it happen for the passengers and the drivers!”

— Dan Rudolph

“I have been a volunteer driver for over four years and thoroughly enjoy the experience. Helping elderly people and hearing their stories and backgrounds, like how they lived in the Canal Zone or fought in the Korean War, is so interesting. Because I travel a lot, I appreciate the flexibility that volunteering for this program gives me.”

— Stewart Karlinsky

AVENIDAS FALL CLOSURES:

Thursday, Nov. 22 and Friday, Nov. 23: Thanksgiving

Thursday, Dec. 4: Employee Training

Tuesday, Dec. 25: Winter Holiday

Tuesday, Jan. 1: New Year’s Day

Serving Mid-Peninsula Communities:

• Palo Alto • Mountain View • Stanford • Woodside • Los Altos

• Menlo Park • Atherton • East Palo Alto • Portola Valley • Los Altos Hills

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Care Indeed is owned and operated by nurses who have been caregivers themselves. We understand what our clients need and what our caregivers want: the best care that has only come from competent training.

“Just like the Geek Squad that Best Buy runs, now you can contact the Avenidas Generations Lab for assistance with all your home technology, at a drastically lower rate. For example, Best Buy will charge you $110 an hour, Computer Courage charges $150 an hour, and Geekonsite charges $180 for a two hour training. As a non-profit, Avenidas will only charge you $60 for the first hour, $55 for any additional hours, and a $25 travel fee.”

— Steve Johnson

“I have been driving for Avenidas one afternoon a week for over three years. Being able to help the young and the old has been part of my adult life since coming to Palo Alto 37 years ago. Driving has given me the chance to meet some fascinating people with extraordinary stories to tell. For that I am grateful.”

— Larry Cuban

“I volunteered to drive for Door to Door as a way to pay forward to the time when I’m no longer able to drive. What I’ve found is a new way to meet people and learn about their lives and experiences. It has been a really great experience for me.”

— George Bechtel

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www.avenidas.org

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