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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) 289-5404** or ethomas@avenidas.org.

Avenidas Lifetimes of Achievement 2018 Honorees Celebrate at a Garden Party!



Avenidas Village Members Enjoy Tour of the Anderson Collection & Lunch Bunch at Michael's Shoreline



Avenidas 2nd Annual Tech Conference Draws Big Crowd and Showcases Robots and VR



Avenidas NEWS

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UPCOMING EVENTS

MID-AUTUMN FESTIVAL

Join us to celebrate the Harvest Moon at this intergenerational, multi-cultural party. Activities will include traditional music played on the Ehru and other instruments, cultural arts & crafts, storytelling, a raffle, and more! The event will be presented in English and Chinese.
Friday, September 21, 3 to 5pm, free at Avenidas.

DRAMATIZED STAGE READING

The Wise Owl Players and director Enid Davis present a dramatized staged reading of "Deleted." – a new original play by Ms. Davis about rejected fictional characters and their struggles to thrive in the zany literary world they live in. This is not your usual staged reading and will feature costumes and scenery. Last year's production of Animal Farm closed to rave reviews. This will be a not-to-be-missed performance!
Tickets available in late September. Friday, November 2, 7:30pm Saturday, November 3, 2:00pm

Club Avenedles' Annual Craft Sale

The Avenidas needlework club, "Club Avenedles," has been hard at work since last December creating handmade items for the annual craft sale. The selection this year is going to be amazing...all kinds of hats, scarves, wraps, necklaces, and more!
Friday, November 16, 10am to 3pm, Lobby, Building I-2
Proceeds benefit Avenidas, the InnVision Shelter Network and the Peninsula Humane Society.

Visit www.avenidas.org for more details. Call (650) 289-5400!

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 Caregiver Conference: "Creating Your Master Plan!"



The keynote speaker will be Dr. Philip Choe, Stanford Geriatrician

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 Cutcher, 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**.



From the President

Dear Avenidas friends,

It is hard to believe that just one year ago, we were packing up 450 Bryant Street and getting ready to move to Cubberley! The time has flown by, and we are now less than six months away from completing our capital project. The new building is going to be absolutely stunning, and we are even more excited about all the new programs and services it will house.

At the same time, we have grown very fond of our second home at Cubberley. Despite the dated facilities, this campus is bustling and full of life! We love all the intergenerational activities happening here: the Avenidas and Senior Friendship Day offerings for older adults; the after-school programs, karate and dance classes for children of all ages; and the colorful art and maker studios. In the mornings, the Avenidas staff and participants enjoy hanging out with Sequoia, the bald eagle from the Palo Alto Junior Museum and Zoo who sunbathes in the courtyard every morning. There is truly something for everyone here! And the City staff who run this place are top-notch.

We have attracted many new participants and members to Avenidas' programs at Cubberley and services over the past year, and this has solidified our decision to maintain a presence at Cubberley even after we return to 450 Bryant Street. Avenidas will continue to offer fitness classes, health & wellness services, activities tailored to the Chinese older adult population in Palo Alto, its new Avenidas Blooms flower program, and much more out of our current space in the I-2 building. We look forward to continuing to strengthen our relationships and partnerships with the other Cubberley tenants and local nonprofits, too, especially the Oshman Family JCC and Palo Alto Family YMCA.

In the meantime, please stay tuned for more updates regarding our upcoming grand reopening and 50th anniversary celebration at 450 Bryant Street! 2019 will be a year to remember for sure!



Happy Labor Day,

Amy

Amy Andonian
President/CEO, Avenidas

Avenidas Blooms 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 ahed 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.



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.

Of course, each individual's situation is different, so be sure to contact your tax professional for help. For more information about making a stock gift to Avenidas, contact **Mary Hohensee** at (650) 289-5446 or mhohensee@avenidas.org.

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, \$65 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!



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, getting 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



Volunteer (and board member) Rick Stern, driver with the Door to Door program, is shown helping one of his riders get safely into his car.

"The Door to Door program provides personalized transportation that clients can rely on to get them to appointments and services on a timely, direct and friendly basis. For repeat customers, it also provides a pleasant social interaction. In our increasingly hectic and complex mid-Peninsula area, these touches set Door to Door apart, and can provide a welcome sense of caring to older people struggling to cope with the changing world."

— 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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Dee Bustos, LVN CEO
Vanessa Valerio, RN, CMC COO and VP for Patient Care

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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

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