



Erika Thomas, Director

Introducing our New Director: Erika Thomas

Hello Avenidas Villagers—
I'm Erika Thomas, and as of June 1, 2018, I have joined the Village as your new Director. I'm a Bay Area native, raised in Fremont and now living in Sunnyvale. I went to Occidental College in Los Angeles and UC Irvine before choosing a first career in overseas humanitarian service. In Djibouti, East Africa, I spent over 10 years 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, I returned to the US to help support my aging parents. Helping my family members really opened my eyes to the importance of seniors being able to choose their own lifestyle even as they start to need extra support to remain at home. At the same time, I began my career in Senior services as Community Life Director for a continuing care residence for seniors in San Jose. Five years later, I moved to Hope Services in San Jose to manage day programs for seniors and persons with developmental disabilities. I first learned about Avenidas about 8 years ago and became an admirer of the agency—which is why I eagerly applied to join Avenidas last August and was thrilled to be hired as Transportation Program Manager.

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With Vickie Epstein's retirement this spring, moving into the role of Director of Avenidas Village is truly an amazing and inspiring next step for me, and I'm honored to have been selected. The Village has accomplished so much in its first 10 years, and I am eager to move forward with you in the future!

In the next months I plan to attend social events and Cluster group meetings as invited, so that I can meet as many of you individually as possible. I'm eager to hear from members how your participation in the Village has impacted your life and learn more about what other needs you may have that the Village could help to address. I will be asking you as members, how you might contribute to future efforts to expand our programming and our membership and what ideas, talents or abilities you can bring into the Village to enrich the experience for all.

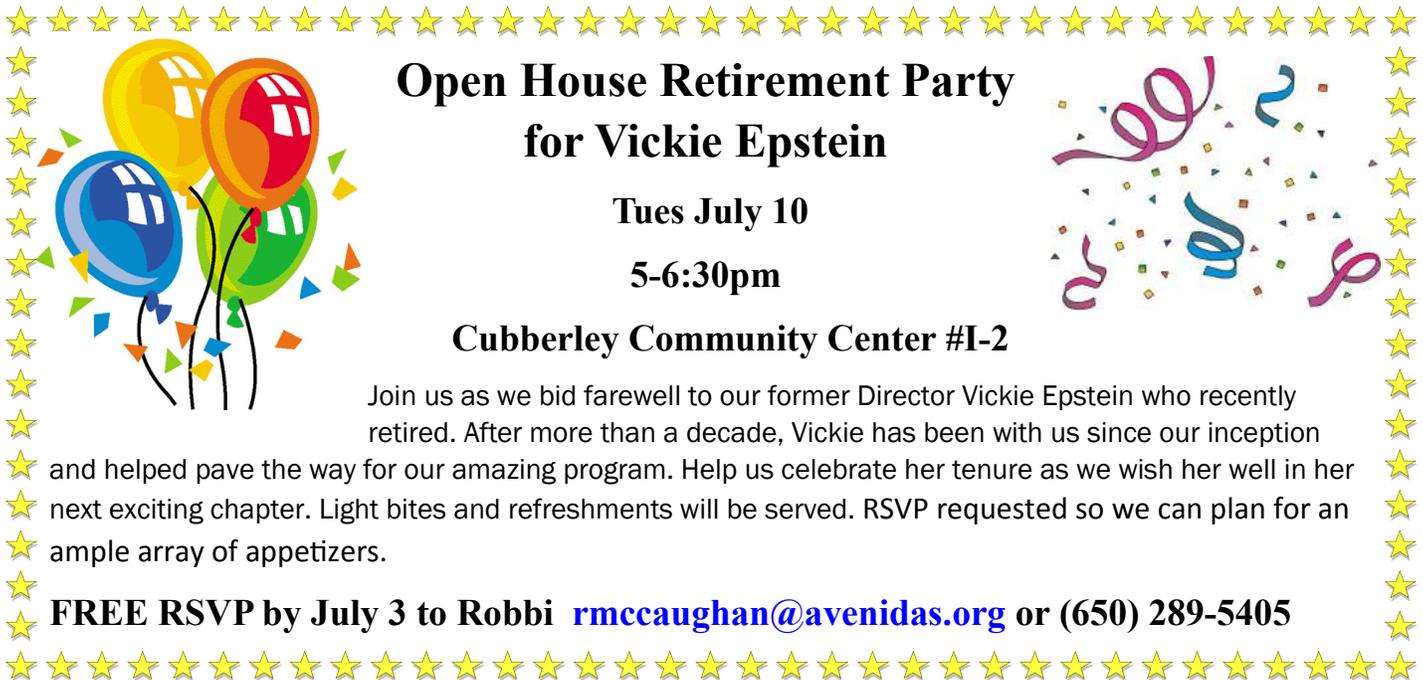
I want to thank Vickie for all her gracious help and training to get me started, and both Trina and Robbi for their strong and deep commitment to the program and supporting each one of you. As you know, Trina has moved over to manage Door to Door for Avenidas, but she is still accessible anytime you would like to stop by Cubberley and say Hello! Robbi is providing exceptional support as I get oriented, and I'm grateful to join her on the Village team. Many thanks to all of you whom I've met and who have shown such kindness and support to the "new kid". I look forward to serving you as we continue to build a vibrant and growing Village for years to come!

Help with Household Tasks: Exciting Opportunity for Village Members

Need help with certain tasks around your home? Coming this fall, we're excited to announce a special opportunity for Village members to get help with a variety of household tasks they couldn't otherwise do on their own.

The Realtor Service Volunteer Program (RSVP) is a community outreach project offered by the Silicon Valley Association of REALTORS. Small teams of realtors and affiliate volunteers work to keep seniors safe by performing a variety of necessary tasks. Some of the tasks include: changing furnace filters, flipping mattresses, washing single story windows, and replacing smoke detector batteries. Brought to us by longtime, Village council member Nancy Goldcamp, **this special program will be offered this fall to Village members residing in Menlo Park and Palo Alto!** Stay tuned for further details in the September/October newsletter and upcoming email notifications.



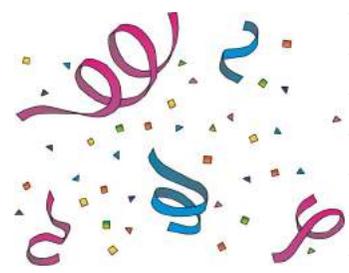


Open House Retirement Party for Vickie Epstein

Tues July 10

5-6:30pm

Cubberley Community Center #I-2



Join us as we bid farewell to our former Director Vickie Epstein who recently retired. After more than a decade, Vickie has been with us since our inception and helped pave the way for our amazing program. Help us celebrate her tenure as we wish her well in her next exciting chapter. Light bites and refreshments will be served. RSVP requested so we can plan for an ample array of appetizers.

FREE RSVP by July 3 to Robbi rmccaughan@avenidas.org or (650) 289-5405

New Member Corner



Henry & Millie Goltz

Henry and Millie Goltz have lived in their Mountain View home for 41 years. Henry is a retired accountant, and Millie was a tumor registrar at the VA Hospital. The Goltz's collectively enjoy dining with friends, computers, gardening, and quilting. They reside in Cluster 2.

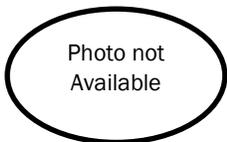


Tom Slanger and his granddaughter Maggie

Tom Slanger (left) and **Diane Means** (right) live in the Midtown neighborhood of Palo Alto. Tom describes himself as a retired "rocket" scientist from SRI, and Diane is a retired school district administrator and currently, an educational consultant. Tom and Diane enjoy travelling and dining with friends. They reside in Cluster 4.



Diane Means with her grandson Robert



Carol Wilkinson

Carol Wilkinson has lived in her Stanford home for 45 years. Carol is a retired teacher and enjoys gardening, reading, walking and cooking. She resides in Cluster 9.



New Additions to the Village Program by Dick Smallwood, Chair

The following activities and services are either in progress or have recently been made available to Village members. Avenidas is currently recruiting a part-time Social Events Coordinator to lead the development of these new program elements. If you'd like to participate in any of them, contact Robbi at rmccaughan@avenidas.org or 650-289-5405.

Current Events Discussion Group. Twenty-five Village members have signed up and have already had a very active discussion of immigration policies for the U.S. The next meeting is on July 2nd and will deal with "Charter Schools versus Public Schools."

Village Walkers. This new activity has 13 members, meets Wednesday mornings at 10:00 am, and provides a range of walks for walkers of different capabilities.

Village Book Group. This group currently has 16 members and had an organizational meeting on June 22nd. The group will meet periodically to discuss capabilities.

Longevity Explorers. Approximately 20 seniors are participating in this activity with about half of them from the Village. They have had two meetings to discuss how technology and innovative products can contribute to better and longer lives for seniors. The next meeting will be on September 6th.

One-on-one Tutoring on Digital Devices. This service is currently waiting for the results of a recent survey to illuminate the Village demand for this type of tutoring. It will likely be part of a larger Avenidas service.



Members gathered for the first current events meeting to discuss immigration policies.



Tour for Village Members of the Rose Kleiner Center

Village members are invited to tour the Rose Kleiner Center, a program under the auspices of Avenidas and to hear from its director, Kristina Lugo, about its programs and offerings to seniors. The program will take place on Wednesday, August 22, 3:00-4:30pm at the facility, 270 Escuela Avenue in Mountain View. Ample parking is available on the site.

The Avenidas Rose Kleiner Center has provided day adult care services, both medical and non-medical, to older adults in the mid to lower Peninsula since 1979. Services include socialization with peers, activities, nursing care, rehab therapies, personal care, and lunch. When indicated, a nurse care manager will be assigned to help navigate complex health care needs. The Center also serves family caregivers, providing respite care and hosting a weekly support group.

This informational tour has been arranged by the Expanding Choices Task Force in an effort to provide Village members with information on community resources to assist with the problems of aging. Please RSVP to Robbi at rmccaughan@avenidas.org or 650-289-5405.



Cluster Corner: Cluster 4

Cluster 4 members had a wonderful time catching up at their April meeting. From right to left, top row: Trudy Reagan, Judith Wasserman, Jan Murphy, Jost Baum, and Keith Kvenvolden. From left to right, bottom row: Cliff Herndon, Paul Vadopalas, and Heidi Baum.

Recap: Vistas with Bruce Heister



Our May Vistas program featured member Bruce Heister who shared his adventures in hiking along the backbone of California on the John Muir Trail. Here Bruce poses next to a delectable array of homemade goodies that he made especially for members to enjoy during the presentation.

Recap: BYOD Event



Our BYOD event (Bring Your Own Device) was a huge success! Fifteen members were each paired up with a tutor to assist with whatever questions they had regarding their technological devices. Pictured above, Avenidas intern Evelyn (left) assisted member Mary VanderMarck (right) with her laptop.

Recap: Dinah's Poolside lunch bunch



Members had a lovely time at Dinah's Poolside for our May lunch bunch. Our group filled two tables that overlooked the beautiful poolside view. From left to right counter clockwise: Gee-Gee Lenhart, Anne Ercolani, Ginny Turner, Kayleen Miller, Ellie Heister, Bruce Heister, Bob Aulgur, Jane Zuckert, Avy Nielsen, MaryAnn Field, and Kinga Perlaki.

Recap: Dinah's Poolside lunch bunch



And our second table! From left to right counter clockwise: Nancy Teater, Richard Johnsson, Rosemary McGuire, John McGuire, Dorothy Lloyd, Tom Reese, Carol Dondick, Debbie Rosenberg, Jerry Smallwood, and Dick Smallwood.

EXPANDING CHOICES COMMITTEE

UPDATE on the California End of Life Option Act:

As of June 15th, the California End of Life Option Act is back in effect. The Appellate Court in California granted the petition to stay the Superior Court's decision in Ahn v. Hestrin to invalidate the End of Life Option Act. This means that while the Appellate Court considers whether to uphold the lower court's decision or reinstate the law, eligible Californians will be able to access medical aid in dying.



Meet the Chiefs:

Public Safety & Preparedness for Seniors

Join us for this special panel discussion and meet the people charged with keeping Palo Alto safe: Eric Nickel, Fire Chief; Robert Jonsen, Police Chief; and Ken Dueker, Director, Office of Emergency Services. A free community event with refreshments and information tables.

Thursday, July 12th, 2 to 4pm

Mitchell Park Community Center

3700 Middlefield Road, Palo Alto

July & Aug Birthdays



Eleanor Rhoades	7/1	
Zita Zukowsky	7/5	
Linda Liebes	7/5	
Jane Zuckert	7/10	
Debbie Rosenberg	7/10	
Nancy Cohen	7/14	
Marguerite Moravcsik	7/15	
Keith Kvenvolden	7/16	
Phil Ladenla	7/16	
John McGuire	7/16	
Virginia Luna	7/17	
Allan Coleman	7/19	
Alma Silverthorn	7/19	
Bob Aulgur	7/22	Steve Walton 8/3
Richard Little	7/23	Pat Vadopalas 8/3
Jane Wassam	7/25	Rachel Vasiliev 8/6
Jack Kozar	7/26	Lee Pierce 8/7
Frances Kelleher	7/27	Art Leino 8/8
Ruth Foley	7/28	Flora Morita 8/11
Thomas Tebben	7/28	Carl Finfrock 8/11
Jan Murphy	7/29	Ed Williams 8/13
Alma Phillips	7/30	Charles Philips 8/14
Bonnie Hagstrum	7/31	Gaye Courtney 8/15
		Mary Thomas 8/16
		Roy Presley 8/16
		John Woodworth 8/16
		Carolyn Kennedy 8/19
		Philippa Strahm 8/10
		Anita Olkin 8/21
		Ralph Cahn 8/22
		Kayleen Miller 8/23
		Maie Herrick 8/24
		Clifton Herndon 8/25
		Dot Long 8/25
		Patricia Einfalt 8/25
		Barbara Foley 8/25
		Joyce Crosby 8/27
		Robert Rosenzweig 8/27
		Carol Marshall 8/27
		Jim Morgan 8/27
		Harley Stallman 8/28
		Elmer Reist 8/29
		Betty Dyck 8/29
		Oscar Rosenbloom 8/29
		Marilyn Williams 8/30

In Memoriam

However long the night, the dawn will break.

—African Proverb



Carolyn Reese

April 2018

Sally Dudley

May 2018

James DeiRossi

April 2018

Marilyn Walter

May 2018

July & August Events



Open House Retirement Party for Vickie Epstein— Tues July 10 5-6:30pm Cubberley

Join us as we bid farewell to our former Director Vickie Epstein. For further details, please see p. 3.

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“The Internet is Everywhere”—Mon July 23 1pm Cubberley

You’ve read about smart doorbells, internet-connected garage door openers, smart TVs, and Wi-Fi heater controllers—even internet-controlled appliances and watches. There are even internet-enabled bracelets that can monitor blood pressure and pulse rate. Internet blood glucose meters are on the horizon. Are these things helpful? What can they do? Will you need them in the future? Our presenter is Village vendor Sue Kayton, The Computer Doctor. Sue is an MIT-graduate engineer with 47 years of experience in the computer field.



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

Lunch Bunch—Michael’s Shoreline Thurs July 26 2960 Shoreline Blvd, Mountain View



A Village favorite! Enjoy a delicious lunch from your patio seat as you gaze at the amazing view of the golf course at Michael’s Shoreline in Mountain View. Order and pay when you come in and your food will be brought to your table.

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

Tour of the Anderson Wed Aug 8 10:45am 314 Lomita Dr, Stanford

It’s been some time since we’ve been to the Anderson– we hope you can join us! We have arranged for a free private docent-led tour of the Anderson Collection at Stanford. The group is limited to 15 people. We will meet at 10:45am for an 11am tour. The museum is at 314 Lomita Dr, next to the Cantor Arts Center. Parking is limited, so give yourself ample time to find a parking space.



FREE RSVP by Aug 1 to Robbi at rmccaughan@avenidas.org or (650) 289-5405

Lunch Bunch— Celia’s Tues Aug 14 11:45am 1850 El Camino, Menlo Pk

Join us for traditional Mexican cuisine—enchiladas, tacos, quesadillas, salads and more! Celia’s has easy access from El Camino and ample parking.



FREE RSVP by Aug 10 to Robbi at rmccaughan@avenidas.org or (650) 289-5405

Tour of Avenidas Rose Kleiner Center Wed Aug 22 3-4:30pm 270 Escuela, Mountain Vw

Learn about Avenidas’ Rose Kleiner Center, an adult day program that provides both medical and non-medical services. For further details, please see p. 2.

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

2018 Holiday Closure: July 4 - Independence Day

