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Knitters' Gift of Love and Warmth

A group of knitters from the non-profit agency called Alice's Embrace visited our Avenidas Rose Kleiner Center in Mountain View, which offers adult day health care. They brought with them hand-knit lap blankets for all of our participants, even the ones not there that day. Each participant got to pick out a blanket of their choosing. Susan Lam, Avenidas Clinical Outreach Specialist, connected the two groups after Diane Lewis, the Founder and Executive Director of Alice's Embrace, spoke at the Circle of Care Conference.



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Bill Lee, Chess Club Coordinator, Rick Phillips, 2018 Champion, Cole Erskine, Tournament Director, Tracy McCloud, Avenidas Center Director

Avenidas Chess Club Continues to Wow with Wins!

The Avenidas Chess Club has been busy these past few months! In September, Rick Phillips won his way through five rounds of matches in our 4th annual chess tournament to be named Champion. This is Rick's second win in as many years. Congratulations, Rick!

Also in September, Chess Club Coordinator Bill Lee reached out to the Chess Club at Willow Glen Senior Center in San Jose, and the centers have started playing inter-center matches. A team of six Avenidas players has outplayed Willow Glen in two meetings: 8 ½ to 3 ½ in September and 5 ½ to 2 ½ in January.

In fact, during the recent games, Rick Phillips beat USCF Life Master Mike Splane, who has beaten six-time US chess champion Grandmaster Walter Browne in a USCF tournament game as well as several Grandmasters and International Masters over the course of his chess career. But he couldn't beat our Avenidas champion Rick Phillips! Congratulations to Rick and the Avenidas Chess Club!

For more information about the Avenidas Chess Club, please contact Bill Lee: williamylee@sbcglobal.net or 650-325-7744.

Avenidas' Newest Offering: The Wise Owl Players

Avenidas' Wise Owl Players second production, *Deleted*, was performed on two dates in November to full houses and rave reviews. This comic play, written and directed by our own Enid Davis, is a literary romp and mystery about a group of fictional characters who form a support group after their authors delete them from their manuscripts and was performed as a dramatic reading.

Following the performances, The Wise Owl Players received a gift from Ray Rothrock, of RedSeal Inc., to support the growth of the troupe and bring the performances to the larger community. As a result, a committee was created that formulated the mission statement, scheduled upcoming performances, and planned classes to instruct and support anyone interested in joining the troupe.

Deleted, will be performed at the Mountain View Center for Performing Arts (Second Stage) September 14-15, 2019. Please check the Spring class catalogue for information on auditions, rehearsal classes, and other Wise Owl Player offerings.

Avenidas Wise Owl Players Mission

The Wise Owl Players, a senior theater group, offers adults 50+ the opportunity to act before live audiences by producing dramatic staged readings, and offering classes needed to create these performances. As part of the Avenidas organization, our mission is to encourage social connections, personal growth, and self-esteem. The plays and classes are a cultural benefit to the greater community and demonstrate the richness that older adults bring to our society.



Gari Gene, Stage Manager, Renie Quinn, Sandra O'Neill, Dudley Kenworthy, Marc Vicenti, Enid Davis, author and Director, Graceann Johnson, Sanford Davis, Katherine Chappelle, Erica Vener, Mary Jo Lomax, Jane Staefani, Ellin Klor, Larry Cuban.



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News



SAVE THE DATES!

Open House

Avenidas@450 Bryant Street
March 9, 9am-11am *Avenidas Members*
1-2pm *open to the public*

Avenidas Village Coffee Chat

Tuesday, March 19 at 2pm
Tuesday, April 9 at 2pm
Thursday, April 25 at 10am
Avenidas@450 Bryant Street

Cubberley Day

Saturday, March 23, 11am-1pm,
Avenidas@Cubberley

Financial Conference

March 30, 8:30-3:30pm
Mitchell Park Community Center
For tickets, visit www.avenidas.org

Lifetimes of Achievement Garden Party

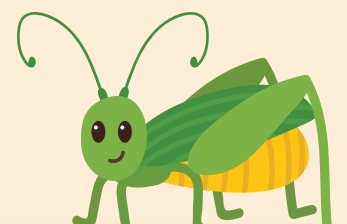
Sunday, May 19, 3-5pm
Location to be announced
For tickets, visit www.avenidas.org

Dragon Boat Festival

Thursday, June 6, 10:30am to Noon
Avenidas@Cubberley

Musical Jam Session 8th Anniversary Party

Thursday, June 20, 2:00 to 4pm
Avenidas@450 Bryant Street



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 Launches "Care Forum" to Help Give Family Caregivers Practical Solutions

Avenidas is collaborating with two pioneers from the front lines of aging services in Santa Clara County--Dr. Ellen Brown, former Medical Director of Pathways Hospice, and Dr. Rita Ghatak, Director of Aging 1.0 and former Director of Aging Adult Services at Stanford, to bring empowering information and resources to families struggling with caregiving. Along with Avenidas Care Partners Manager Paula Wolfson, they developed a "Care Forum," which is a series of free monthly lectures for family caregivers running April through December, 2019.

These info-packed events will be held the first Saturday of the month, from 11am-2pm at the Avenidas Rose Kleiner Center in Mountain View (270 Escuela Ave) which houses an adult day health center during the week. There will be a lecture on a critical topic with a question and answer period, then a Caregiver Café will be held in which participants are divided into small group discussions to problem-solve using design-thinking strategies.

Each free event will conclude with a fun and unique "Caregiver Shower" to celebrate the positive side of caregiving. Like a baby shower, several lucky participants will get to enjoy various gifts and wellness services donated by event sponsors, including Home Instead Senior Care, honor, and Pathways, who will also sponsor coffee and lunch for all.

"We are excited to launch this rich, interactive experience for caregivers to gain distinctive insights into ways of learning, adapting and healing," states Avenidas CEO and President Amy Andonian. "Dr. Brown and Dr. Ghatak will help us help our caregivers look at complex situations with a fresh perspective."

Care Forum Schedule

| | |
|-------------------|--|
| April 6 | Pro-Active Planning for Adult Children and Concerned Loved Ones |
| May 4 | From Chaos to Confidence: Navigating Home, ER, Hospital, & Rehab |
| June 1 | Caregiving Conversations About Quality of Life and Treatment Options |
| August 3 | The Emotional Work Inherent Within Caregiving |
| October 12 | The Cost of Caregiving: Budgeting for Respite Resources |
| November 2 | Caregiver Health and Wellness Strategies |
| December 7 | Caregiver Empowerment and Advocacy: Your Voice, Your Vision |

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Avenidas 2019 Financial Conference: Knowledge Pays Dividends!



Wherever you are on the retirement continuum, whether it is still a few years away, or you already have some years of retirement under your belt, the Avenidas Financial Conference on Saturday, March 30, is for you!

Avenidas has pulled together top experts such as Alan Zafran, Senior Managing Director and Wealth Manager at First Republic Private Wealth Management, who will kick off the conference with a Financial Market Update and help us make sense of the stock and bond markets.

This will be followed by three sets of three concurrent work-shops. You'll learn how to get the most bang for your buck from your retirement accounts, discover strategies for managing your investments and cash flow in retirement, and understand some smart tax moves and key points of the new tax law.

For those of you planning to retire soon, you can learn about Medicare and Social Security claiming strategies and how to assess whether you can afford to retire and do what you love.

There will be workshops of interest to both seniors and their adult children, so consider attending

together. One workshop will help you and your family plan for the management of your finances if/when you cannot or do not want to do it yourself. The second will explore intergenerational issues to consider when developing a long-term care plan.

Needs evolve as one ages and it helps to be on the same page so you can be proactive, not reactive.

Finally, Avenidas will offer a session on "Living your Legacy and Sharing the Wealth." We will show you ways to combine the powerful benefits of time and tax-free growth to magnify the benefits to help people in your life. If charitable giving is important to you and

your family, learn about how you can use Donor Advised Funds as a Family Giving Vehicle and other ways to make tax-smart gifts to charity.

This Financial Conference will be held on Saturday, March 30 from 8:30am-3:30pm at the Mitchell Park Community Center in Palo Alto. Tickets are \$45 for Avenidas members, \$55 for non-members, and \$60 at the door, and include a box lunch. Purchase yours online at www.avenidas.org or call (650) 289-5445.



Keynote Speaker
Alan Zafran

From the President

Dear Friends of Avenidas,

We have some delightful surprises in store for you over the coming months! We look forward to welcoming all of you to our beautiful new Enrichment Center at 450 Bryant Street in downtown Palo Alto. After several years of dreaming about this renovated and expanded facility, it has finally come to fruition, and it is truly spectacular. Indeed, this is a place where Avenidas will be proud to “age in place” as we celebrate our 50th anniversary in the fall of 2019 and look ahead to what the next decades have in store.

Change has been the major theme for us during this period, but as the saying goes, “The more things change, the more they stay the same.” One thing that has not changed at Avenidas—that has been affirmed and strengthened as we have experienced this metamorphosis—is our values. They continue to guide everything we do, and they are the barometer by which we measure the merit and success of both our new and continued endeavors. As part of our strategic planning process last year, we articulated those values as the following:

- We respect our clients, our donors, our staff, and our volunteers.
- We embrace diversity in clientele, volunteers, and staff.
- We welcome all aging adults, especially those most in need.
- We emphasize caring and compassion for all.
- We maintain the highest levels of professionalism and quality in everything we do and strive to be a leader in our field.
- We believe in working closely with each other and our business, government, and agency partners.
- We conduct ourselves to the highest standards of honesty and integrity.
- We advocate tirelessly on behalf of our constituents.

When your values are clear to you, making decisions becomes so much easier. And we believe that Avenidas’ value to the community is the sum of all these values. Thank you for being part of this amazing journey with us. The best is yet to come.



Warmly,
Amy
Amy Andonian
President & CEO



Easy Ways for Everyone to Leave a Legacy

Leaving a legacy isn't just for the wealthy, and it is simple, too!

You can help older adults receive critical services with the stroke of a pen by naming Avenidas as a beneficiary of your IRA, 401(k), life insurance policy, donor advised fund or bank account. Beneficiary designations are quick and simple to arrange, cost nothing to make now and remain under your control during life. There’s no easier way to enrich the lives of older adults who will one day benefit from the programs and services delivered by Avenidas.

Here’s an example...

“Carolyn would like to help Avenidas continue to serve older adults in the future but depends on her current income and savings for living expenses. As she does not have children, Carolyn decides to leave her IRA to Avenidas.

She requests a beneficiary designation form from her IRA administrator and names Avenidas as the primary beneficiary. She is pleased to arrange this future gift today without having to dip into her income or savings—and to know her IRA gift will pass to Avenidas tax-free.”

As IRA’s and 401(k)’s are taxed differently than other assets, they can carry significant tax liability when passed to heirs. Leaving a percentage of your IRA or 401(k) to Avenidas, and other less tax-vulnerable assets to loved ones can reduce this liability for heirs. You can also name Avenidas as the full or partial beneficiary of a life insurance policy you no longer need, your donor advised fund or bank account.

To learn more about how easy it is to arrange a legacy gift by designation, contact Mary Hohensee at (650) 289-5446 or mhohensee@avenidas.org.

“Care Forum” continued from page 1

Dr. Ellen Brown is a pioneer in developing the role of the hospice physician in the Bay Area. She has served our community by providing care in the home to thousands of hospice patients and their families in her 20 years at Pathways Hospice. She has trained countless Stanford Palliative Medicine and Geriatrics Fellows who now provide care throughout the United States. Her favorite part of the job is conversing with families and patients to help them achieve their goals and treatment options for end of life care. She feels it is a privilege to be welcomed into someone’s home and be present during these inspiring and intimate moments.



Dr. Brown cannot express enough her deep appreciation for the dedicated, invaluable work of family caregivers, who need both attention and resources from the health care systems. She believes the Avenidas Care Forum will provide family caregivers direct access and “face time” with area experts and with one another to promote peer support, community networking, and understanding of resource allocation. For more info, visit www.ellenbrownmd.com.

Rita Ghatak, PhD, psychologist, was struggling for answers regarding her father’s illness in India, when she arrived at Stanford to balance research findings with relevant services for older adults. She was the CEO of Rose Kleiner’s company which started the first wave of looking at the continuity of care for adults. She is the founder of the aging program at Stanford, now the founder of Aging 101, and focuses on changes in the caregiver as the older adults pass through different transitions from wellness to illness. Her research led to the efficacy of home visits and developing home-based protocols to support caregivers and patients with dementia.



According to Dr. Ghatak, “A rapidly aging population has led to younger and older adults becoming caregivers as well as increasing number of frail older adults. Many in the “Sandwich Generation” are grappling with childcare, eldercare and their own aging. Factoring in wages lost, uncertainties, emotional burden and prohibitive costs of care, awareness, planning and relevant information becomes paramount!” For more info, visit www.aging101.org.

There are no sessions in July or September. Registration is limited to 70 for each session. Participation is free, and the public is welcome to attend. Simply call (650) 289- 5400 to register for one or as many of the lectures as you’d like.



Avenidas Village Welcomes Two New Staffers

Sabrina Huang joined Avenidas Village in November of 2018 as the Social Events Coordinator. Originally from Taiwan, Sabrina moved to the Bay Area in 2000, and here is where she calls home now. She likes exploring and learning new things. She loves gardening, Chinese Calligraphy, woodworking, photography, food and travel, just to name a few. Sabrina is a certified hypnotherapist, sound therapist, and medical qigong therapist. She is also an architectural photographer by trade.



You can see her work at www.SabrinaHuangPhotography.com.

Dawn Greenblat joined Avenidas Village in January as the Member Services Manager and has brought an array of experience with her. Dawn spent eight and a half years working at the Peninsula Jewish Community Center in Foster City as a key member of the Member Services team. During her time there, she launched an incentive program and helped implement a new database.



A lifelong native of San Mateo County, Dawn has resided in San Carlos for almost 20 years. In her free time, you can catch her at a San Jose Sharks game or testing recipes in the kitchen for her blog at www.whatscookingwithdawn.com.

Care Indeed Launches Virtual Reality Dementia Training

Care Indeed, a leading home care provider, is pleased to launch Virtual Reality Dementia Training, powered by Strivr, for caregivers and community members. The 3-Dimensional Training environment provides many of the same benefits of training in a physical environment, but without the accompanying safety risks. Participants will be encouraged to explore at their own pace and learn from mistakes. Care Indeed believes that virtual reality training is more memorable than video or text-based learning materials and that the experience immerses learners into an environment that is safe, yet realistic.

A Focus on Cooperative, Caring Relationships

A large majority of Care Indeed’s clients live with dementia, and research shows that dementia is on the rise with the potential to affect nearly 14 million people by 2050. As a result, Care Indeed, in partnership with Strivr, has created a virtual reality dementia training program that focuses on developing cooperative, caring relationships with dementia patients.

The training provides what caregivers need to establish cooperative, caring relationships with dementia clients. “Our caregivers had expressed their desire for additional training for them to effectively map out the best possible dementia care, so we partnered with Strivr and created the VR Dementia Training,” said Dee Bustos, CEO of Care Indeed. “We are proud to be the first home care company to invest in a cutting-edge technology that teaches through practical simulation rather than theoretical concepts. Our goal is to empower every caregiver with the knowledge and skills they need as their client’s dementia progresses.”

An Unforgettable Training Experience

Participants in Care Indeed’s cutting-edge VR dementia training are guided through the process of how to approach, communicate and respond to dementia patients. For example, the training emphasizes the need for offering dementia clients manageable choices to prevent them from becoming frustrated or overwhelmed with too many options. Caregivers are also taught how to model physical movements to simplify difficult physical tasks.

For caregivers like Sameem Sadat, the training helped to show him how his interactions with dementia patients can be difficult, yet simplified with the right approach. “The VR training has by far been the most immersive learning experience for me. It allowed me to interact with dementia clients in virtual reality, a safe alternative to real life,” he said. “I learned from my potential mistakes and poor decisions without compromising the safety or well-being of both myself and the client.”

A Commitment to Continued Success

Care Indeed emphasizes the need for ongoing training for caregivers, which is what makes the company stand out. As a result, 88 percent of the employees have ranked Care Indeed as a great place to work, leading to a certification as a great place to work by the independent analysts at Great Place to Work.

At Care Indeed, the professionals realize that dementia develops in many forms, but one constant is that it affects three major areas of the brain: decision making, language skills and memory. The disease develops in three primary stages; however, each individual is affected in different ways. While caregivers can learn from traditional classroom and online training sessions, the most beneficial training method is to put themselves in real-life scenarios. Virtual Reality dementia training gives caregivers a chance to make mistakes in a safe space without affecting a client in real life.

Registration is now open for Care Indeed’s Virtual Reality Dementia Training powered by Strivr. Contact the Business Development Team at (877) 504-3822 to reserve your spot.



About Care Indeed:

Care Indeed is a leading provider of non-medical home care services in the Bay area. The company is owned and managed by nurses with extensive caregiving experience. Since 2010, Care Indeed has offered services that fall into these categories: personal care and hygiene, support with mobility, household chores, companionship and transportation. For more information about Care Indeed’s home care services and job opportunities, please call (877) 504-3822 or log in to www.CareIndeed.com.



Avenidas Announces 2019 Lifetimes of Achievement Honorees

This year’s slate of movers and shakers, Gloria Hom, Robert Kelley, Ginny Lear, Ward & Mary Paine, and Mike & Ellen Turbow, were announced at a private reception in January.

The annual fundraising event is held on May 19th at an outdoor garden party. This event is open to the public, and ticket sales go toward supporting Avenidas programs for positive aging.

Tickets are \$75 a person, and are available online at www.avenidas.org or by calling (650) 289-5445.

“Avenidas believes it is critical to tell the stories of those who have gone before us and paved the way,” states Avenidas President and CEO. “Our area is so rich with intelligent and innovative people who go out of their way to give back, and it is truly heart-warming,” she concludes.

To read their bios, visit www.avenidas.org/lifetimes.



Ward & Mary Paine, Ginny Lear, Robert Kelley, Gloria Hom, and Ellen & Mike Turbow.

