



Avenidas NEWS

Summer 2019 • Volume 46 • Number 3

SAVE THE DATES!

Call (650) 289-5400 for event details

Avenidas Care Forum

“Caregiving Conversations About Quality Of Life and Treatment Options”
June 1, 10:45am-2pm
@Avenidas Rose Kleiner Center in Mountain View

First Friday Open Tour Avenidas Rose Kleiner Center

Friday, June 7
10am-11am—Tour and information
11am-12noon—Attend Free Caregivers Support Group (optional)

Avenidas Village Coffee Chats

Thursday, June 13, 2pm
Thursday, June 25, 2pm
Call (650) 289-5405 to reserve your space!

Musical Jam Session 8th Anniversary Party

June 20, 2pm
Avenidas@450 Bryant

Launch Event

 Senior Planet @Avenidas
June 27, 3-5pm
Avenidas@450 Bryant

United Nations Film Festival Association

Special screenings and discussion
Thursday, July 11, 5pm. *Tickets are required.*



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 Unveils New Technology Program

“It is with great pleasure that I am announcing Avenidas’ partnership with Older Adults Technology Services (OATS), a leading non-profit based out of New York that creates programs to help harness the power of technology to change the way we age,” states Avenidas President & CEO Amy Andonian. “We will host a *Launch Event* for their innovative Senior Planet programming on Thursday, June 27, from 3-5pm at Avenidas@450 Bryant Street, and then classes will start in July,” Andonian adds.

Running the program for Senior Planet@Avenidas will be Regional Director Ryan Kawamoto, the former Executive Director of Yu-Ai Kai Japanese American Community Senior Service of San Jose and the former Chair of the Aging Services Collaborative of Santa Clara County.

“I’m incredibly excited to enhance this newest partnership using all my previous experience and education,” explains Kawamoto. He has an undergraduate degree in political science and visual arts from the University of California, San Diego, and a Master in Public Affairs from



Regional Director Ryan Kawamoto

 Senior Planet @Avenidas

Princeton University’s Woodrow Wilson School of Public and International Affairs. He also wrote and published a 372-page graphic novel and worked in the California State Legislature for over five years.

Be sure to attend our free event on June 27 so you can check out Senior Planet and how they promote “Aging with Attitude!”

Avenidas Partners with Local Company to Run Café at Flagship Center

Catered Too is a full-service catering and event company that provides daily food service to large businesses and manages four cafes along the Peninsula and in the South Bay.

One of those cafes is called the Cloud Bistro, which Catered Too runs for the non-profit Computer History Museum. If you attended the last Avenidas Technology Conference at the Museum, or the Gala Party @450Bryant, you would have sampled their delicious food.

Catered Too will run a Café at Avenidas@450 Bryant Street. Catered Too has received praise and recognition for their creative cuisine and stellar service since first starting out in 1992.

“We are honored to partner with Avenidas, and excited to be serving tasty and healthful food and beverages to the community,” states Trina McManus, Catered Too Community Manager.

Stay tuned to hear more about the name of the Café, the menu, pricing and the operating hours!



From the President

Dear Friends of Avenidas,

"Old ideas CAN sometimes use new buildings. New ideas must use old buildings," stated Jane Jacobs, an American-Canadian journalist, urbanist, and activist. I love this quote because of its emphasis on the intricate balance between the new and the old, the past and the future. Indeed, this has been a balance that we have painstakingly tried to follow as we rebuilt and expanded the historical Birge Clark building at 450 Bryant Street, using it as both the foundation and backdrop for the "New Avenidas" that we're envisioning over the next 50 years.

From the very beginning, this building has been all about the PEOPLE who will be using it, and the purpose they will bring to it. When you walk through the front entrance, you will reconnect with all your beloved "classic" Avenidas programs: Door to Door Transportation, Avenidas Care Partners, Handyman Services, Avenidas Village, and many of our most popular lifelong learning & leisure classes and health & wellness offerings. But as you navigate your way around the new building—which will be MUCH easier and more delightful to do now—you will encounter some splendid surprises.

Wherever possible, we have promoted personal choice and the freedom to explore within the building...from private reading nooks to shared common spaces where you can gather with friends. Come for an early morning yoga or tai chi class in our new Health & Wellness Center and then stay for a cup of coffee and a nutrition class at our new Café.

Or drop into the Senior Planet Exploration Center, run by Tom Kamber and his talented team from the internationally renowned OATS program out of New York, to learn how to build your own website and set up a shop to sell your handcrafted goods on Etsy. Get ready for a new lecture series with distinguished Stanford professors on topics that are sure to grow your minds! And, attend an expert-led Avenidas Care Forum session to find resources and support for your aging parent.

We're going BIGGER, BETTER, and BOLDER. We're ready to take all our programs—old and new, big and small—to the next level...and beyond. We'll max every additional square inch of space that we have here at 450 Bryant, while continuing to grow and expand our offerings at Avenidas Rose Kleiner Center and Cubberley, where we will maintain a presence. As we work to maximize our own spaces, we'll simultaneously continue our efforts to create a robust, collaborative, and impactful Avenidas Without Walls, bringing our programs and services out into the broader community to serve the increasingly diverse older adults all around us.



They say, "We shape our buildings. Thereafter, they shape us." This is one exquisite and extraordinary building that Avenidas will be proud to call home for decades more to come as we continue to help older adults in our community be as active, engaged, and healthy as possible throughout their lives. Thank all of YOU for giving shape to our vision!

Warmly,

Amy

Avenidas Village Members Enjoy New Gathering Space @450 Bryant Street

Three weeks after moving into the newly renovated space at 450 Bryant, the Avenidas Village staff held a special reception for members and their guests to inaugurate the new office and program area.

Over 30 Avenidas Village members and guests arrived to enjoy wine and cheese while socializing in the office and on the patio. Members who were visiting the renovated building for the first time enjoyed touring all three floors to see all the new amenities.

One Village member, Gene Zulkowski, enthusiastically remarked, "This facelift was long overdue and turned out wonderfully!" Other members were pleased that Avenidas Village now has its own space for gatherings and meetings which can be an alternative to meeting in members' homes.

"It's always been nice to get together with neighbors in our homes, but now we have a new place to come together that is just for us, inside Avenidas," concluded one pleased member.



Avenidas Village members chat over snacks during the open house and tour of the new Avenidas Village office.

New tax law & charitable giving strategies

Tax reform means new strategies for charitable giving

First and foremost, people give to a good cause like Avenidas because they believe in its mission and want to make the world a better place. This primary motivation for charitable giving has not changed with recent tax reform.

What the Tax Cuts & Jobs Act of 2017 has changed is how traditional charitable giving strategies can be redesigned to continue to produce tax benefits for donors:

- **Bundle your giving:** If higher standard deductions won't allow you to itemize every year, consider "bundling" your giving. Instead of making annual gifts of \$2500, it may be that giving \$5000 every other year allows you to itemize in the year you make your gifts.
- **Give appreciated assets:** Donating appreciated assets, like securities you've held for more than one year, continues to produce significant tax benefits. You'll be able to deduct the full fair-market value of the asset and you'll avoid paying capital gains taxes.

- **Make an IRA gift:** If you're 70 ½ or older, making an IRA gift to charity will count toward your required minimum distribution. By reducing taxable income, a qualified charitable contribution made directly from your IRA to a charity may put you in a lower income tax bracket and help you avoid Medicare surcharges.
- **Give through a DAF:** A donor-advised fund is a charitable investment account that grows tax-free and allows you to recommend grants to charitable causes. You'll receive a deduction for contributions to your DAF that can help you itemize and save on taxes.

To learn more about tax-wise ways to support Avenidas, contact Mary Hohensee, VP for Development, at (650) 289-5446 or mhohensee@avenidas.org and of course, check with your personal tax advisor before implementing any plans.

Free Seminar

June 13, 2pm

"Make your charitable gifts count under the new tax law"

The Tax Cuts and Jobs Act (TCJA) has implications on giving to charity. Should you change your charitable giving plans?

In this seminar, we'll rundown the changes, review how these changes can effect both donors and nonprofits, and look at strategies you can use to maximize the benefits of your philanthropy. **Call (650) 289-5400 to register.**

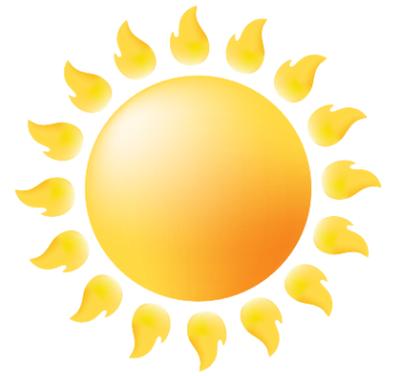


Avenidas Rose Kleiner Center Hosts Lively Open House

Over 75 people attended a recent open house at the Avenidas Rose Kleiner Center in Mountain View, which is licensed by the State of California to provide two levels of adult daytime care. The Center offers transportation, group exercise, therapies, a hot lunch, and fun activities such as gardening, music appreciation and more.

People who have chronic conditions such as COPD, Parkinson's, or dementia enjoy their days being active and engaged, and their families can enjoy some down time from caregiving.

Avenidas Rose Kleiner Center partnered with Leadership MV and Community School of Music and Art (CSMA) to bring this to event to the community. The LMV performers and the Google dance team wowed the crowd with their moves, and tours and refreshments were also enjoyed.



Music, dancing and laughter filled the rooms at Avenidas Rose Kleiner Center during a recent Open House.

Advertorial

Care Indeed Virtual Reality Dementia Training

I've always believed that training must be a top priority for any type of company. Whether you are guiding customer service specialists or offering advice and tips to caregivers, as we do, you must think about the most innovative ways to inspire and train your staff.

However, evaluating what your client base needs is even more important. At Care Indeed, our caregivers tend to the needs of clients with a variety of conditions and ailments. But, dementia is one of the most complex diseases to navigate as both a patient and a caregiver.

That's why we've launched virtual reality dementia training, powered by Strivr, based in Menlo Park. In fact, Care Indeed is the first leading home care provider to utilize this technology. And, we're seeing the benefits firsthand.

While most standard caregiver training relies heavily on role-playing and classroom instruction, we've determined that much more intensive training is necessary due to the complex nature of behaviors that arise with dementia patients. Our clients with dementia are struggling to control behavior, speech and physical challenges that are difficult to understand, especially if you're not in their shoes. We want our caregivers to understand how they react can significantly impact how a dementia patient responds. Virtual Reality dementia training offers that opportunity.

At this point, we've trained more than 50 caregivers using this innovative technology. Empathy training is a key focus. Our process starts by introducing caregivers to tips and techniques that can be successful with a dementia patient, but then we take the training a step further. Virtual reality dementia training gives our caregivers a chance to experience real-time scenarios. Our caregivers are put directly into a care situation and while wearing the VR headsets, our staff responds to see first-hand how their patients may react.

Because dementia develops in many forms and the severity of symptoms are different for every patient, virtual reality training helps to better prepare caregivers for the unexpected. A patient may be struggling physically, emotionally or both, and during the virtual reality training sessions, caregivers can see how their approaches are successful or need improvement.

We've focused on this type of technology to enhance our training because it gives caregivers a chance to enhance and improve their skills. This training was developed with core tenants from the Alzheimer's Association and Teepa Snow's Foundation—two of the trusted leaders in dementia training.

And, what we've found to be the most beneficial is that our caregivers are exposed to real-life scenarios in a risk-free environment. The caregiver learns to remain calm and collected and receives immediate feedback using this innovative technology.

Even though at Care Indeed, we make training a top priority, virtual reality training was developed to fill a gap. We realized that while workshops and classroom settings are beneficial, many studies show that learners lose 50 percent of the information within minutes of leaving a training session. Virtual Reality Dementia Training was developed to change that.

Simply put, it is the epitome of on-the-job training without being "on the job." We are seeing the success of the program first-hand. The pilot program alone resulted in the following:

- 100% of learners found the immersive training very interesting
- 98% felt they were very engaged in the training
- 98% felt immersive training was an effective way to gain exposure to real client interactions
- 98% stated they would recommend this training to others in the industry

Training is at the cornerstone of what we do. Our caregivers are highly-skilled, but we believe that professional development should be a top priority. It's inevitable that dementia patients will experience behavioral challenges, emotional outbursts, and even mood swings. We believe caregivers should be exposed to this type of behavior and learn how to respond in the most effective way.

The goal—for both caregivers and family members—is to ease the pain and improve quality of life for individuals with dementia. With the adoption of advanced technologies, Care Indeed is making this goal a reality.



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Free Monthly Caregiver Workshops

Avenidas is collaborating with Dr. Ellen Brown, former 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. Coffee and lunch will be provided. Registration at 10:45am, session ends at 2pm, free.

June 1—"Caregiving Conversations About Quality of Life and Treatment Options"

Presenter: Dr. Ellen Brown

August 3—"The Emotional Work Inherent Within Caregiving"

Presenter: Paula Wolfson, LCSW

Where: Avenidas Rose Kleiner Center, 270 Escuela Ave., Mountain View.

For more information call Paula Wolfson at (650) 289-5438. *Space is limited.*

Pre-registration is required for each session.

You can register by calling us at **(650) 289-5400**, visiting our front desk, or online at **www.avenidas.org**

Deleted. at the Center for the Performing Arts



The Wise Owl Players of Avenidas will be performing *Deleted.* at the Mountain View Center for the Performing Arts' Second Stage on Sept. 14 and 15. This comic play, written and directed by Enid Davis, and performed as a dramatic reading, 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. It's smart and funny, with a surprising twist. **Tickets will be available in early July through the MVCPA website or at the box office.**

Performances on Saturday, Sept. 14, 7:30pm and Sunday, Sept. 15, 3:00pm. Tickets are \$14 + applicable fees and surcharges.

For more information on the Wise Owl Players or how to join future productions, contact Enid Davis at eahdavis@yahoo.com

Volunteer Drivers needed!

The Avenidas Door To Door Transportation Program needs more drivers, especially Wednesdays and Fridays, to take seniors to medical appointments, grocery shopping, etc. Not only will you be providing an extremely valuable service to seniors who could otherwise not get around, you'll find this to be an extremely personally rewarding activity. You would drive your own car and mileage reimbursement is available. If you can spare two to four hours a week, please contact **(650) 289-5453.**

