

Avenidas NEWS

December 2019 • Volume 46 • Number 5

SAVE THE DATES!

Call (650) 289-5400 for event details

A Workshop for Family Caregivers!

Practicing Wellbeing—Working with Our Mind

By Jim Mulvaney, Director of Training and Education for Kara.

Friday, December 13, 2019, 9:30am to 12:30pm, \$25 suggested donation will go to support both KARA and Avenidas Care Partners. *Location: Avenidas 450 Bryant Street.* Register with KARA at (650) 321-5272

Avenidas Village Coffee Chats

January 9th and 21st, 2pm
February 6th and 25th, 2pm
Location: Avenidas @450 Bryant
Call (650) 289-5405 to reserve your space!

Holiday Musical Jam Session

Location: Avenidas@450 Bryant
Thursday, December 19, 2 to 4pm, free

Lunar New Year Celebration

Location: Avenidas@Cubberley
Thursday, January 30, 2:30 to 4:30pm, free

"Love is Love" Valentine's Party

Location: Avenidas@450 Bryant
Friday, February 14, 3 to 5pm, free

Cubberley Day and Avenidas Chinese Community Center Open House

Location: Avenidas@Cubberley
Saturday, February 22, 11am to 1pm, free

Avenidas closed:

Dec. 25, Jan. 1st, 20th, and 21st., Feb. 17

Downtown Palo Alto Farmers' Market/Now Open Saturday Mornings Year Round!

Located on Gilman Street in Palo Alto, between Hamilton & Forest. Proceeds benefit Avenidas!



This issue sponsored by **Care Indeed**

Care Indeed's mission is to help create a better world for our seniors and caregivers. Founded by nurses with extensive caregiving experience, we offer a wide range of home care services across the Bay Area and King County, Washington. For more information, call (877) 504-3822 or visit us at www.careindeed.com.

The Gift that Keeps on Giving

—by Paula Wolfson, Avenidas Care Partners Manager

I was in the lobby of Avenidas when a new visitor walked up to the front desk, made eye contact with all of the staff, and proclaimed, "I have never been here before. I've lived locally over 50 years. I guess I am old. What can you do for me?"

As the Manager of the Avenidas Care Partners program, which provides social work services, and as a newly minted 65 year old myself, I smiled and said, "I can answer that. We are the gift that keeps on giving. Follow me."

After we toured the building and reviewed all the listings of the recreational, health, and wellness courses Avenidas offers, plus our transportation, aging-in-place and handyman services, and the adult day health center we run in Mountain View, we had a private conversation in my office. I asked, "What brings you here today? Has something changed?"

She said, "Yes. I am active and enjoy people but my husband is slowing down. He seldom wants to be with others. He might be changing. And I might need help but I am not yet a caregiver. I have heard for years about how helpful Avenidas is, but I don't know if I belong here."

"Everyone belongs here!" was my answer. We encourage members to bring their



Paula Wolfson, Avenidas Care Partners Manager, visits with clients at a local care community.

families to our events because we support and promote inter-generational dialogue. We have an array of inclusive programs, innovative courses and events, plus counseling services, volunteer opportunities, and strategies to help you stay independent and to secure needed help when challenged by changes in your health.

We do not believe that aging means giving up. All you have to do is just walk through our doors and let us know what you need. We will help you and your family, and that is our gift.

Avenidas Village: Helping Seniors Live Better at Home Since 2007

People join Avenidas Village for a variety of reasons. Some members love the way their social calendars get filled up with trips to museums, "Lunch Bunch" gatherings, holiday parties and more. Others find the "Med-Pal" feature extremely helpful, as a trained volunteer goes with them to their doctors' appointments and takes notes for them. A 106-year old member greatly enjoys the daily phone call she receives from Avenidas Village staff. Still others find the network of vetted vendors very useful. One member estimated that the Avenidas Village discount she receives on home health care saves her \$20,000 a year!

Transportation is another way Avenidas Village makes life easier, as members now receive unlimited free transportation to and from Avenidas@450 Bryant Street, for classes, wellness services, Avenidas Village programs or just to meet up with friends for lunch in the new Redwood café at Avenidas, where Avenidas Village members enjoy a 20% discount!

Additionally, Avenidas Village members receive \$5 off up to 10 additional one-way rides per month to any destination and for any purpose.

For more information on how Avenidas aging-in-place might work for you, contact (650) 280-5405 or visit www.avenidasvillage.org.



Avenidas Village members enjoyed a docent tour of the Foster Museum in Palo Alto as one of the many social and cultural outings offered by the program.

From the President

Thank you to everyone who came out to help us celebrate our 50th birthday on October 19th. Our dedicated staff, volunteers, and participants spent many months planning a wonderful event for the community to enjoy, and all that hard work paid off—we couldn't have asked for a more successful day! In the words of one attendee:

"I am one of the uke players from Saturday and just wanted to let you know what a great job you did in organizing the event. There were so many things to do for adults as well as children. But nothing was over choreographed. The Stanford band was just genius. They really revved everyone up. I didn't see anyone who wasn't smiling and moving to their music. And people came over from University Avenue to check out what was happening. I've been to many celebrations like this over the years, but yours takes the cake! Well done!"

Also in October, I celebrated my fifth anniversary as President and CEO of Avenidas, and I am proud to look back and marvel at all that we've accomplished over the past five years. When I was hired, we were just embarking on what we thought would be a \$12M capital project and campaign for Avenidas. Over the next few years, that project evolved into a \$20M undertaking, a fundraising goal we were able to hit due to the generous support of so many community donors. This ultimately led to the beautiful new

state-of-the-art, age-friendly facility at 450 Bryant Street, which we can now fill with dozens of more programs and services.

At the same time, we have grown to nearly full capacity at our Avenidas Rose Kleiner Adult Day Health facility in Mountain View, and we have held on to space at Cubberley to expand our new Avenidas Blooms and Avenidas Chinese Community Center programs. In 2020, we will focus on expanding Avenidas Transportation Services. We will ramp up our partnership with Catered Too by offering healthy cooking demonstrations and nutrition classes in The Redwood café. And we will grow the number of tech-related classes and activities being offered at Senior Planet@Avenidas. Our growth has been phenomenal, and it will continue in the months and years ahead as we gear up to serve even more older adults in the community.

Thank you for being part of this exciting journey with us! Have a joyous holiday season, and we'll see you in the new year.

Warmly,

Amy

Amy Andonian
President & CEO



People of all ages enjoyed the various activities offered at the Avenidas 50th Birthday Bash, from the historical corner with old photos to the food tasting at the café, and the karaoke and hula hooping to the balloon animals and face painting! To see more photos from this fun fest, please visit our website (avenidas.org) or our Facebook page.

LGBTQ Community Café Schedule of Events

Location: 450 Bryant St. Palo Alto, Ca 94301

The LGBTQ Community Café: "White Elephant Dinner Party"

December 14, 2019 4-6 pm

You do not have to be alone for the holidays. Join us for a free holiday dinner and a white elephant gift exchange. Food will be provided but bring a gift valued at \$25 or less to participate in gift exchange.

The LGBTQ Community Café: "Bridging the LGBTQ Generation Gap"

—a film by Ivan Cash

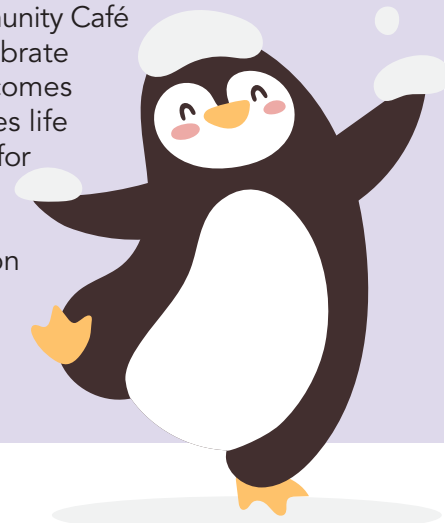
January 18, 2020 2:30-4:30pm

Come join us for an insightful short film that brings members of different generations in the LGBTQ community together to discuss how it has evolved over the last 50 years since the Stonewall uprising. Light snacks will be available to enjoy during the discussion after the film.

The LGBTQ Community Café: "Love is Love Event"

February 14, 2020 3-5pm

Avenidas and the LGBTQ Community Café invites you to join us as we celebrate the all inclusivity of love. Love comes in many forms and is what makes life joyful. The love for your spouse, for your parents, for your siblings, for your friends, and or for your pets are all worthy of recognition and celebration. Bring your loved one with you if you'd like and celebrate with us.



Got Stock?

Do you have stocks that you have owned for over a year that are worth more now than when you purchased them? That's a good thing—until you go to sell them and you may be subject to capital gains tax for the increased value.

Would you like to make a year-end gift to Avenidas, but cash gifts are out of the question for you?

By giving appreciated stock to Avenidas, you can turn problems into benefits for seniors such as rides to the grocery store and hot lunches at the Avenidas Rose Kleiner Center, while helping yourself at the same time.

What can a gift of stock do?

1. You won't be subject to capital gains tax on the increased stock value.
2. You will receive a deduction on your tax return if you itemize.
3. You aren't using cash to make your gift which helps if you live on a fixed income

Be sure and check with your tax preparer to see how this applies to your personal tax situation and start the process earlier than the last week of December to assure that the transaction can be completed in this calendar year.

NEW! House Sharing Program Office Hours

Beginning December 11, Catholic Charities representative Heather Pham will be on-site at Avenidas@450 Bryant from 12 to 4pm every Wednesday. She will be available to answer all your questions about Santa Clara County's House Sharing Program, as well as to screen applicants, assist with applications, and collect eligibility documents. Whether you're a home owner looking for some extra income or a renter looking for shared housing, Heather can help. Stop by to say hello to her in the Consultation Office behind the Lounge on the 1st floor.

*Services are available for home owners or those seeking housing in Santa Clara County.

How Adult Day Programs Serve Seniors and Caregivers

It's no secret that older adults overwhelmingly want to remain in their homes for as long as possible. Due to high housing costs and other considerations, more families than ever are living in multi-generational homes. While this can be beneficial to all involved, adult children work outside the home and grandchildren are at school, often resulting in the older adult being left alone during the day.

In the Bay Area, we are lucky to have a plethora of social, cultural, and engaging activities for all ages. However, due to physical decline or cognitive loss, many older Bay Area adults are no longer able to participate in the activities they previously enjoyed. For those who have lost their ability to drive or are at risk if left alone, there are many benefits from the structured and supportive environment of an Adult Day Program and Adult Day Health Program.

Adult Day Programs and Adult Day Health Programs provide care and companionship in a safe, caring, and stimulating environment. They are a resource for those with physical limitations who need additional assistance, for those with limited functioning due to memory loss who need supervision during the day, and they are also a source of respite for the families and caregivers who love them. Participants also receive varying levels of medical supervision by RN's and Social Workers. Activities are therapeutic and recreational, daily exercise class is provided, and nutritional meals are served.

Families in diverse situations benefit from utilizing Day Health Services:

Nancy, 91, a retired teacher, lives with her husband in their Palo Alto home. Their adult children are scattered throughout the United States. Nancy has increasing health needs—she now uses a walker, needs assistance in the bathroom, and she is experiencing vision loss. Being creative and social, Nancy could find an outlet for these needs by participating in an Adult Day Program.

John, age 84, a former attorney, lives with his daughter's family in Santa Clara. He was diagnosed with Alzheimer's Disease several years ago. John's family are not home during the day; it is no longer safe for John to be left alone for long periods of time, and caregiving costs can be expensive. In an Adult Day Program John would be safe, enjoy peer support, and have supervision during the day.

Bill, age 73, a navy veteran and retired engineer, lives in a subsidized senior housing complex in San Jose. He stays home all day watching television and has become more depressed, anxious, and lonely. By participating in an Adult Day Program Bill could enjoy socialization, daily exercise, and enhanced independence.

Advantages of participating in Adult Day Programs include:

- Additional stimulation can delay or prevent loved ones from needing to move to a long-term care facility.
- Enhanced peace of mind for caregivers leading to a reduction of stress, anxiety, and guilt.
- Create space for caregiver respite enabling you to care for your loved one at home for longer.
- Daily exercise programs contribute to enhanced mobility and fall reduction.
- Professional staff of RN's, OT's, PT's, and Social Workers can provide rapid interventions which can help stabilize medical conditions resulting in a reduction in Urgent Care and ER visits.
- Create opportunities for peer support and emotional connection leading to decreased loneliness and isolation.
- A well-balanced noontime meal can improve nutrition.
- More daytime stimulation leads to an improvement of overall quality of health and well-being, better sleep at night, and less depression.



It's a Dance off! Folks at our Avenidas Rose Kleiner Center in Mountain View love cutting the rug and dancing up a storm to the rocking music that entertainer "Rockin' Regi Rockinelli" provides on piano and vocals.

Avenidas Rose Kleiner Center has been providing quality Adult Day Services and Adult Day Health Services for over 40 years. Visit us at www.avenidas.org/care or call (650) 289-5481.

— Advertorial —

Preparing for the Holidays 4 Ways to Bring More Merry to the Season

As the years pass by, times change, especially when the holiday season rolls around. You may find that it's not as easy to prepare for the holidays as it used to be, and this may cause some of that merry cheer to dissipate. The holidays can be a difficult time for seniors, but there are many ways to maintain positivity even when plagued with ailments, pain, and mobility challenges.

If you've found that preparing for the holidays can lead to a feeling of being overwhelmed, depressed or even confusing, consider these four ways to bring more merry to the season.

- 1. Plan Ahead:** While you don't have to start playing holiday songs in October to prepare for the holidays, there are some things you can do to plan ahead. Check-in with family members and make a schedule of all the activities and celebrations you want to attend. Ensure that there will be quiet places for you to escape commotion or loud noises and write down individuals you would like to connect with over the holidays. Create a calendar so that you can easily track all activities and prioritize the celebrations you want to attend.

- 2. Reminisce:** Allow yourself to explore memories from the past and the present to prepare for the holidays. For instance, consider family traditions that you may want to revive or look through some old photos to get into the holiday spirit. It's common to feel down or even depressed during the holiday season, but reminiscing can help you remember the joy of the season and holidays of the past. Ask others to share their favorite memories, too, so you can revisit them together.

- 3. Focus on the Positive:** It can be over-whelming when attending holiday festivities, but if you've prepared your body and mind for the journey, you can easily find the positive in every situation. Take in the bright lights, the sweet sounds of the season and the warm embraces from family members who know and love you. If you find yourself drowning in negativity, retrain your mind to recite your thanksgivings at the moment.

- 4. Ask for Help:** Although it's not easy to admit that you need help, requesting assistance from family and friends can significantly enhance your holiday celebrations. If you plan to venture to a relative's home, make sure they can accommodate your needs. Whether you need a wheelchair ramp, a de-cluttered space to navigate or a special menu, know that your loved ones will be happy to make these accommodations so that your holiday celebration is as joyous as it should be. You can also find solace in knowing that caregivers can also provide you with the assistance you need. From light housekeeping, meal preparations and transportation to companionship and assistance with wrapping holiday gifts, caregivers can ease your transition to and from the holiday season.

You deserve to enjoy a holiday season that produces long-lasting memories. If you are struggling with an illness that is preventing you from embracing the holiday spirit or joining in seasonal activities, let the professionals at Care Indeed offer you the assistance and companionship you need and deserve.



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CareIndeed.com



FREE! All ages welcome! 免費活動! 歡迎大人小孩!

LUNAR NEW YEAR CELEBRATION
農曆新年春節同樂日

Thursday (週四) 1/30/2020
Cubberley Community Center, M-4
4000 Middlefield Road, Palo Alto, CA 94303
下午 2:30pm - 4:30pm

Enjoy festive Lion Dances, traditional Chinese music performances, lucky raffles, and MORE! You don't want to miss it!
享受現場傳統中樂演奏、龍獅表演、新春賀年抽獎及更多精彩賀歲活動! 敬請不容錯過!

This event will be in both Mandarin and English. 活動將以國語及英語進行。

Avenidas 華人社區中心 AvenidasCubberley: 4000 Middlefield Road, Bldg. B, Room 6, Palo Alto, CA 94305
For questions, please call our Chinese/English hotline: (650) 289-5409

Serving Mid-Peninsula Communities:

- Palo Alto • Mountain View • Stanford • Woodside • Los Altos
- Menlo Park • Atherton • East Palo Alto • Portola Valley • Los Altos Hills

 Facebook.com/Avenidas

 Twitter.com@Avenidas4u

A Crowning Moment!

In an unexpected turn, Avenidas crowned dual Chess Champions in this year's annual tournament. After five grueling rounds of play, Al Rangole and Perci Adsuara were tied atop the standings. Tournament rules permit a one-game, winner-take-all match in the event of a tie. Four hours of intense play lead to a draw. Both names have been engraved on the perpetual trophy. Congratulations, Al and Perci!

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



Photo (left to right): Cole Erskine, Tournament Director, Perci Adsuara, Co-Champion, Al Rangole, Co-Champion, Bill Lee, Club Coordinator, Tracy McCloud, Center Director

SENIOR PLANET  Avenidas
Aging with Attitude

BINGO

Enroll into a class.	Play our PlayStation 4.	Come in for a free tech advising session.	Watch the news on our Apple TV.	Use our iMac Pro.
Ask to see our 3D printer.	Attend a free lecture.	Sign up for Avenidas' email blasts.	Listen to music on our Apple TV.	Go on safari using our virtual reality.
Borrow a Chrome-book.	Have a meeting (with friends or yourself) at one of our booths.	Visit Senior Planet @Avenidas.	Recommend a speaker for a workshop.	Mirror your iPhone or our iPad to see it on the TV screen.
Learn how to use our Apple TVs in our booths.	Play our Nintendo Switch.	Volunteer at our site.	Use one of our iPads to send an email.	Join our Trendy Tech Topics Discussion Group.
Borrow an ASUS Zenbook.	Visit the White House through our Oculus.	Attend a free event and eat some of our snacks.	Give our Amazon Echo Show a verbal command.	Take a selfie using one of our iPads.

Complete any 5 squares and receive a pen and a sticker.
Complete any 15 squares and receive a sticky clean wipe.
Complete all 25 squares and receive a t-shirt!*

*Please note all prizes are in limited supply and will be handed out based on a first come, first serve basis. Also please note that t-shirt sizes are limited.