SAVE THE DATES!
Call (650) 289-5400 for event details

Mother’s Day Tea and Bingo!
Join us for afternoon tea and bingo to celebrate Mother’s Day! Wednesday, May 6th, 1:30 to 3pm, Avenidas Chinese Community Center @Cubberley. Free for members! Call (650) 289-5409 to reserve your space. This event will be offered bilingually in English and Mandarin.

Avenidas Choir Inaugural Concert!
The Avenidas Choir, under the direction of Michael Strello-Smith, will perform in their first concert Friday, March 27 at 3pm. The performance will take place at the Community School of Music and Arts. Call (650) 289-5400 for more info and to reserve your seat!

New and Returning for Spring!
Check out the class catalog for these new classes:
• Yoga for Balance, Vitality, and Health
• History as Biography
• Basic Ballroom Dancing
• East Meets West Healthy Cooking Demos with Instant Pot
• Introduction to Chinese Culture in America
• ACTivate!
• Creating Your Own Website
• Free Your Photos!

Avenidas Village Coffee Chats:
Space is limited so call (650) 289-5405 to reserve your spot! All will be held at 2pm @450 Bryant from the “Think Tank” room
Thurs., March 12
Tues., March 24
Tues., April 7
Thurs.; April 23
Thurs., May 7
Tues., May 26

The cast from Deleted is back with a new show!
Join us for a dramatic staged-reading of Ten-Minute Plays and 100 Laughs as performed by Avenidas’ Wise Owl Players. Performances Tuesday, March 24, 3pm & Friday, March 27, 7pm, at Avenidas. Tickets $10. Call (650) 289-5400 or purchase at the door. Seating is limited.

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Avenidas Re-Invents Conference Programming
On Saturday, March 21, Avenidas will launch its first-ever “Re-Inventing Aging Fair” @450 Bryant from 10am-2pm. It will be a combination of an Avenidas open house—where people can meet our instructors and see class demonstrations—and an Avenidas conference, with several workshops being presented by experts on topics such as Affordable Housing, How to Purge and Declutter, and New Health Trends. (Note: these are subject to change.) Stretching and exercise demos will take place in between each workshop, and light refreshments will be available.

This fun and informative event will be open and free to the public—there are no tickets to purchase or any registration required—people can just drop in at any time between 10am and 2pm and see what’s happening. At the open house, we will be offering membership discounts and a free gift with any class registration.

So if you’ve ever wondered what a particular Avenidas class would be like, or you want to see the new building, or simply enjoy a day of learning, mark March 21 on your calendar and then we’ll see you there at Avenidas!

Time Well Spent at Adult Day Health Program
By: Emily Farber, MSW, and Susan Lam, RN, Avenidas Rose Kleiner Center

Adult day health programs provide care and companionship in a safe, nurturing and stimulating environment. They are a resource for those with physical limitations who need additional assistance and for those with limited cognitive functioning who need supervision during the day, as well as a source of respite for the families and caregivers who love them. It’s a supportive environment to engage with peers in a safe setting.

In a Participant’s Words...
After breakfast with my wife, a van picks me up at my home. Arriving at the Center at 9:30, I am greeted at the door; I get my nametag and hang up my coat. A staff member escorts me into the activity room where she brings me a cup of warm fresh coffee, exactly how I like it with cream and sugar, and I sit down with a few other men to read the newspaper. The nurse comes by and takes my blood pressure and vital signs.

Shortly after 10:00, I can either listen to a lecture on current events or work on an art project. I choose the current events option and enjoy a lively discussion, led by a Foothill College instructor.

Each day, an exercise class meets in our gym at 11:15. The rehab aide leads us in strength, balance, and stretching exercises which helps me maintain my independence. Everyone meets back in the dayroom for lunch together. Before I eat, one of the nurses gives me my medication. While music is playing in the background, I enjoy a lunch of soup, chicken and rice, vegetables, and always dessert!

In the afternoon, there is a live music performance, or I can play board games. On Wednesdays, I join the ‘brain fitness’ group and on Fridays, I enjoy a gardening project outside on the patio area. I attend 3 days/week, and I don’t always have to choose the same schedule. Before I started attending the Center, I spent most of my days sitting at home watching TV. Now that I am attending the Center 3 times a week, I look forward to getting out of the house, to seeing my new friends, and enjoying the variety of activities available at Avenidas Rose Kleiner Center.
From the President

Dear Friends,

Today’s seniors are more active, independent, engaged, and healthier than ever. Avenidas is striving to keep it that way by offering opportunities, activities, and connections for seniors in our community, as well as the supports they and their families will need for tomorrow. As we celebrate our 50th year of serving the community, we are growing our mission to be more inclusive and diverse, and to that end, we are proud to be expanding our offerings to focus on LGBTQ seniors through an exciting new partnership with the County of Santa Clara.

While the U.S. Census has never measured how many LGBTQ people live in America, reports estimate that there are currently around 3 million LGBTQ adults over the age of 50, and that number is expected to grow to approximately 7 million by 2030. LGBTQ seniors face unique challenges as they age. For instance, they are twice as likely to be single and live alone; four times less likely to have children; far more likely than their heterosexual peers to have faced discrimination, social stigma, and the effects of prejudice; and more likely, therefore, to face poverty and homelessness, and to have poor physical and mental health.

But LGBTQ seniors are incredibly resilient. They were pioneers who stood up and pushed back against the Stonewall uprising. Overall, they have gained acceptance and rights that were unimaginable in the dark days when they were labeled criminals, or mentally ill. We have seen huge gains in Federal rights in the areas of marriage and adoption, and nearly half of U.S. states have passed legislation to eradicate discrimination in employment and housing.

This two-year pilot program at Avenidas will provide dedicated space and the delivery of specific services needed by our senior LGBTQ community. Simultaneously, these seniors will receive access to the existing breadth of programs and services offered by Avenidas. We look forward to increasing the availability and accessibility of culturally competent programs and services that can help to increase equity and improve outcomes.

Thank you, Supervisor Simitian and County of Santa Clara colleagues, for that can help to increase equity and improve outcomes. Thank you, Supervisor Simitian and County of Santa Clara colleagues, for that can help to increase equity and improve outcomes.

Warm Regards,

Amy Andonian
President & CEO

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Avenidas Early Literacy Program is a Win-Win Experience!

The Avenidas Early Literacy Program (ELP)—began as a pilot project at El Carmelo School in Palo Alto in November 1996, with a small group of tutors and teachers working together to help struggling readers—has thrived for over 20 years. And the program has grown—there are now almost 70 ELP tutors volunteering in 22 schools in eight districts from Campbell to Redwood City.

Every year, the ELP asks participating teachers to describe the progress students have made by comparing their reading levels in September at the start of the year and then again in May at the end. As one can see from the pie-charts, most children have improved over the school year. In the fall, most children sit below grade level while others are approaching, at, or even above grade level.

By the end of the year, however, most children perform at grade level while the number of children approaching grade level have increased since the fall. And though some are still below grade level at the end of the year, they have improved in ways not measurable by standardized testing: self-esteem, self-confidence, and the ability to interact comfortably with an older person.

Not only do the children improve every year, but tutors regularly return to volunteer for an experience that is both rewarding and useful. A win the children and their families and a win for our volunteer tutors.

If you are interested in having such an effective and rewarding experience, please contact Michael Kass, ELP Director, at mkass@avenidas.org or 650-289-5419, to find out more.
The Eligibility Requirements
While any veteran can request assistance through the Vet Assist Program, to qualify for the Veterans Aid and Attendance Pension Benefit, you must meet the following requirements, known as the 3 Ms:
- Medical: Patient has a medical condition that is non-service related and begs the need for daily living assistance.
- Military: Patient is either a veteran or a surviving spouse of a veteran. Also, the veteran must have an honorable discharge, served at least one day in a war, and was on active duty for a minimum of 90 days.
- Money: Applicants are also evaluated based on finances. Individuals with limited assets and income are prime candidates for assistance.

When evaluating wartime served, war periods are defined by the following dates:
- 1941-1946: World War II
- 1950-1955: Korean Conflict
- 1964-1975: Vietnam
- 1990-Present: Persian Gulf War

The Covered Assistance
Once a veteran is eligible to begin the application process, Veteran’s Home Care helps with gathering and processing documentation—including the coordination of interest-free loans so in-home care can start immediately.

While many people opt to process the paperwork individually, the purpose of the Vet Assist program is to ease these challenges. The experts affiliated with the program know the ins and outs of what type of roadblocks you may encounter and can help you qualify for maximum benefits. They will also coordinate with in-home care with agencies such as Care Indeed, to arrange assistance with personal and respite care, bathing, dressing, meal preparation, transportation, and more.

The application process can be time-consuming, and when coping with an illness, the last thing a veteran needs to be concerned with is a loss of income, funds, or stress navigating the VA system. If interested in learning more, reach out to Care Indeed’s dedicated professionals who can help guide you through the process at (650) 352-4007.

You’ve dedicated your life to this country. Now is your time to receive the care and nurturing you deserve.

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As a veteran, spouse, or caregiver of a veteran, you deserve to know what type of benefits you are entitled to as a former member of the armed forces. The Vet Assist Program is a comprehensive assistance resource to help veterans determine if they are eligible for the Veterans Aid and Attendance Pension Benefit.

The 411 on the Vet Assist Program
This program has allowed veterans to receive in-home care so that they remain comfortable and stress-free while recovering from illnesses, diseases, and injuries—even those not associated with wartime incidents. The pension plan has been around for more than 60 years and can offer much-needed funds for in-home care, assistance with transportation, dressing, bathing, and more.

- Help in determining if a veteran qualifies for the attendance pension benefit or VA aid
- Assistance with obtaining documentation and documents to apply for these programs
- Help with completing and submitting applications for pension benefits
- Establishing home care quickly and efficiently
- Interest-free loans to begin care while the VA processes applications for benefits
- Monitoring of the application process and assist with responses to VA

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We held our first ever “Introduction to Cantonese” class with Teacher Ingrid recently, and it was so well received that we will offer another Cantonese Class in Spring 2020. Don’t miss your chance; join us at Avenidas@Cubberley for this popular class. For inquiries, please contact our bilingual (English/Chinese) hotline at (650) 289-5409.

Avenidas Blooms volunteer Barbara shows off the bouquet she made from re-purposed flowers in front of the photo wall featuring all the volunteers in the program.

You Can Join in the Fun at Lifetimes!

For the past 32 years, Avenidas has been honoring a group of older adults for the contributions they make to the community with the Avenidas Lifetimes of Achievement Awards. The roster of 2020 honorees was announced at a private reception at Avenidas@450 Bryant Street in Palo Alto on Thursday, January 23, and includes: Fran Codispoti, Betsy Gifford, Gay & Bill Krause, Eliane & Armand Neukermans, Alma & Jim Phillips and Steve Player.

These honorees will be celebrated more in-depth at the annual fundraising event held on Sunday, May 17 at an outdoor garden party from 3-5pm. This event is open to the public, and ticket sales go toward supporting all of Avenidas programs that help re-invent aging. Tickets are $85 a person, and available online at www.avenidas.org or by calling (650) 289-5445.