



Avenidas

News

September 2020 • Volume 47 • Number 3

SAVE THE DATES!

Stay tuned for more detailed announcements and registration information for these upcoming events.

Gilfix Law at Home Series

Wednesdays, Sept 30, Oct 7 and Oct 14, 1 to 2pm

Moon Festival Virtual Food Tour

Wednesday, September 30, 2 to 3pm

Moon Festival Cultural Learning Workshop

Thursday, October 1, 10 to 11am

LGBTQ Conference (via Zoom) Free!

October 19, time to be determined.

Second Harvest Food Bank—Food Connections

Wednesdays, Sept 30, Nov 18 and Dec 16, 10:30 to 11:30am

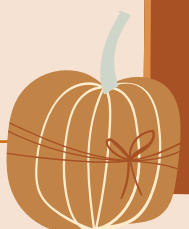
Club Aveneedles members have been knitting and knitting through the shelter-in-place. Stay tuned for exciting information about their new online shop coming later this fall!

Avenidas Village Coffee Chats:

Thursday, Sept. 10 at 10am
Tuesday, Sept. 22 at 2pm
Thursday, Oct. 8 at 10am
Tuesday, Oct. 20 at 2pm
Thursday, Nov. 12 at 10am
Tuesday, Nov. 24 at 2pm

Register for one of these upcoming live sessions via Zoom at www.avenidasvillage.org or call (650) 289-5405.

HARVEST TIME



AvenidasNews is published in March, June, Sept. & Dec.

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Day Health Program Flexes to Keep Participants Going Strong from Home

CBAS Saved!

On June 22, an agreement was reached on the 2020-21 State Budget by Governor Newsom, Senate President Atkins, and Assembly Speaker Rendon. They agreed to keep CBAS (Community-Based Adult Services) and many other senior services funded. CBAS is the program operating at the Avenidas Rose Kleiner Center (ARKC). Many of our participants, families, and advocates wrote letters of support and made calls throughout the months of May and June. Thank you all for your efforts!



Connecting with Participants

Each week, the Activities Team assembles and mails out over 90 Activity Packets to our participants to keep them connected during the pandemic. These packets include Current Events and Travel Class handouts, Arts and Crafts project instructions and step-by-step photos to do at home, crossword puzzles, Sudoku, Dot-to-Dot puzzles, Mazes, and lots of coloring pages. We personalize the packets based on feedback that we receive during our Zooms and our social and reassessment phone calls.



Cecelia C. showcases her coloring talent—two months worth!

Keep on Zooming

We are “Zooming” at our day health center. Our participants are enjoying Loretta’s “Coffee and Chat” on Tuesday mornings, Live Exercise Class with Eileen on Thursday afternoons, and Dina’s “Zoom for Spanish-speakers” on Friday afternoons. Emily will soon be adding a “Men’s Group” Zoom to the calendar. The participants love to see each other, along with the ARKC staff members who “pop” in weekly. We’re tailoring our Zooms to fit our demographic and individual needs...and adjusting as we go. In addition, we are scheduling one-on-one Zooms for participants who don’t fare well (or are not appropriate) on a group Zoom. The participant gets 1:1 uninterrupted attention AND it provides a brief respite for the spouse/caregiver. Our Physical Therapy/Rehab team has also been doing 1:1 exercise sessions via Zoom.



Last week on our Spanish-speakers’ Zoom, Luz A. took us on a Zoom tour of her vegetable garden.



Steve F. works on some puzzles sent from ARKC and has his Reminisce magazine ready for some light reading.

Story continued on page 3



Shape Shifting in Literacy Program

The Early Literacy Program (ELP), in operation at Avenidas since November 1996, is about to undergo shape-shifting as we respond and adapt to the challenges faced by schools about how and when to reopen this fall. The ELP, as it has functioned for over 23 years, is a win-win experience for our participants: children’s reading improves over the course of the school year, and tutors return to volunteer year after year. Tutors are recruited, vetted, trained, and placed at school sites where each volunteer is expected to work with two 1st-, 2nd, or 3rd graders who are struggling readers.



Our goal is to help students improve their reading fluency and comprehension in order to achieve grade-level proficiency by the end of third grade. The program works directly with the students’ teachers who provide the reading materials and brief instructions about what the child is expected to accomplish in each half-hour session. As successful as that has been, our m.o. is about to change.

Since mid-March, volunteers have not been allowed on school campuses, so our in-person, one-on-one student-tutor relationships came to an end. A number of ELP volunteers actually managed to continue tutoring their students, with the help and guidance of the children’s teachers. Most tutors, however, had to curtail their volunteering and expressed frustration that, just as the tutoring stopped, students were beginning to “see the light” and make marked progress in their reading.

At a zoom meeting of ELP volunteers held at the end of June, tutors shared their individual experiences and their collective sadness that they were no longer able to work with the children. It was clear that everyone wanted to continue the tutoring in any way possible, and we are now exploring ways to make that happen.

When district personnel return to work later this month, we will engage administrators and site ELP coordinators in conversations about what is possible and what is doable and what works best for students engaging in distance learning. We know that, at least for the foreseeable future, we won’t be engaging in on-campus in-person tutoring, but, given the commitment of our ELP volunteers, we can be sure that our tutors will continue to make a difference in students’ lives.



“PRIDE from Inside” Online Event a Virtual Success

On June 20th, 50 years after the first Pride, Avenidas LGBTQ Seniors Initiative hosted its first Pride event on Zoom. Pride is an important event in the community as it commemorates the Stonewall Riots which was the tipping point for the LGBTQ community and the beginning of their organized fight for equal rights and justice in our society. In these times of uncertainty, many people were not sure if they would be able to celebrate this year. The shelter in place and social distancing orders prohibit the usual celebrations that most people have come to expect. After all, we cannot go to a parade, gather in large crowds, or enjoy the sunshine together like we usually would. However, we were able to come together and share some fun, laughs, and connections.



Avenidas commemorated Pride online this year. Meeting on Zoom, Avenidas welcomed participants and invited them to play games and win Prizes (congratulations Connie and Cindy), enjoy LGBTQ Comedy (thank you of Jesus U. Betterwork and his Comedy Fiestas cast), as well learn a little about LGBTQ Pride history and how it relates to the current BLM movement and protests.

We commemorated Pride together as a community in a virtual space this year.

Sheltering in place does not mean we have to be alone or that we cannot support our community. Participants were able to laugh, learn, celebrate legal victories, and feel happy together in a time when we need to stay apart. The first Avenidas Pride event was a success!

Avenidas Staff Going the Extra Mile to be Helpful

To help seniors during this pandemic, the Avenidas Door to Door program now provides:

- **Free** delivery of your purchased groceries, prescriptions & essential toiletries
- **Free** friendly check-in phone calls
- **Free** library book pick-ups/returns
- Monitored LYFT rides for medical appointments
- **Free** Personal Protective Equipment (PPE)

Please call us at (650) 289-5411 with your requests and discover all the ways the Avenidas Door to Door team will go the extra mile to help you!



Surprise! Surprise!

Since April, the Avenidas Monday Caregiver Group has met by Zoom to share the challenges of caregiving while observing the shelter in place mandates. A constant theme in our group involves a revised discussion on self-care and how to combat anxiety and depression while we are isolated in our homes.

This is especially difficult for caregivers who are at home full time providing support and have no other help. Our group members, many of whom have known each other for years, miss meeting in person, hugging one another, laughing and crying together. We miss being together while mourning the death of our loved ones. Life has changed in profound ways that none of us expected, and yet with these challenges we rediscover the power of simple gifts.

What we in our group have discovered is the simple and most precious gift of self during a surprise birthday parade outdoors. We have become inspired by watching our neighborhood college and high school seniors share their joy during drive by celebrations. And so our group members, despite sore joints, arthritic knees, and neck braces, have taken to the great outdoors to share birthday

celebrations on the sidewalk, the front yard, lawns, backyards, masked and safely distanced from one another. We now share elbow bumps, and bring gifts of fragrant hand sanitizers, flowers, cake and cookies. For these “senior moments” the masks come off for the birthday photo shoot.



Diane Claypool, (left) the “Baker and Cookie Lady” of Avenidas Care Partner’s Group, surprises Mary Carlson during her 85th backyard Birthday celebration.

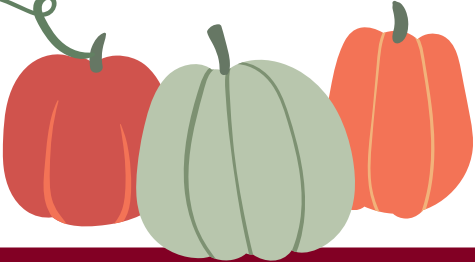
Avenidas Village Introduces New Handyman Benefit for Members

During the COVID crisis, Avenidas Village has successfully continued and adjusted its programming to support local seniors in their homes and keep them connected and secure. In July, we even introduced a new Handyman Benefit available to all our members. Avenidas Village members will now receive up to two FREE hours of handyman help per year.

Avenidas Village members can use these free hours to take care of all those smaller jobs one tends to put off—from changing out old lightbulbs to more efficient ones, or fixing broken gates, or clearing out clogged gutters. To access these two hours of free handyman help, Avenidas Village members need only call the Avenidas Village office to schedule at (650) 289-5405. If you think you could benefit from helpful assistance like this, please visit us at www.avenidasvillage.org.



One of our members, Bill Courington, enjoys working on his own home project, but if you don't, you'll love this new benefit of being an Avenidas Village member!



"1968 Black Lives Matter"

Our Avenidas Nurse Navigator Connie, along with our Registered Nurse Angelica, took Avenidas Rose Kleiner Center participant Carlee and his caregiver to see the sculpture of the 1968 Olympics Podium with athletes Tommie Smith and John Carlos on the campus of San Jose State.

In 1968 these athletes were awarded Gold and Bronze in the 200 meter race. They had planned to boycott the Olympics but decided to make a statement on the podium upon receiving their medals during the national anthem. They are featured with raised arms and fists as a salute to unity, strength and resistance to protest treatment of blacks in America. The Sculptor fashioned the 22 foot high statue from the iconic photograph taken that day.

Rigo 23, the young sculptor, recreated the exact images from that photograph. The men are pictured in black socks with shoes off at the side. This represented black poverty. John Carlos wore a necklace of beads representing all blacks who were lynched or killed. His tracksuit top was unzipped to show solidarity with blue-collar workers. Tommie Smith carried a box with an olive branch representing unity for all people. Unfortunately these athletes were ostracized, unable to find work and their families were the subject of harassment and intimidation for many years.

During the 1960's, San Jose State was known as "Speed City" because of all the world class runners coming out of their Track and Field Program. It was an exciting time. Carlee knew Lee Evans, another Olympic Champion from SJSU at that time. He really enjoyed the outing and talking about San Jose history.



Kleiner Center Stronger *Continued from page 1*

Well Deserved Promotion

On July 1, Kristina Lugo, Avenidas Rose Kleiner Center Director, became our new VP of Individual & Family Services. She will oversee ARKC, Avenidas Care Partners, Avenidas Care Forum, and the LGBTQ Seniors Initiative from now on. John Sink, who formerly oversaw the ARKC, is now the VP of Enrichment Service in charge of Center Programs,



Avenidas Village, Door to Door, Volunteer Services, ELP, and the OATS/Senior Planet partnership moving forward. Congratulations!

Enrollment Now Available

ARKC continues to provide remote services and is taking new enrollees at this time. Please contact Emily Farber at efarber@avenidas.org or Susan Lam at slam@avenidas.org, visit our website at www.avenidas.org/care or call (650 289) 5499 for further information on current offerings.

Advertorial

4 Tips to Remain Positive During COVID Uncertainty



A large part of anxiety can stem from a sense of what we think we should be able to control but might not be able to. Studies show that although COVID-19 is infectious, stringent social distancing measures and community shelter in place measures have been effective in curbing the spread of the virus. Many of us have found safety spending more time at home; however, isolation can also start to take a toll on our mental health.

In times like this, it is vital to remember that you are not alone—and there are many healthy ways to refocus your thoughts to alleviate stress and create inner peace. If you are struggling, here are a few suggestions you can incorporate into your daily routine to prioritize your mental health in the face of uncertainty.

1 Limit your online media time

It is so easy to become overwhelmed with news today. We are consumed with negative stories while trying to keep ourselves updated. Unconsciously, we may find ourselves stuck in a cycle of stress and anxiety. The CDC notes that it is crucial to take breaks from watching, reading, or listening to news stories since continuously

hearing about the pandemic without interruption can be upsetting. Although it is necessary to stay informed, people can become more distressed if they are viewing repetitive negative stories in the media. Know your limits and practice balance.

2 Prioritize self-care

While staying at home, there are activities that we can all do alone or with our family to take care of our bodies and protect our mental wellbeing. Free yoga and meditation videos are accessible on many platforms, including YouTube, Netflix, local cable networks, and wellness sites on the internet that can significantly help alleviate stress and anxiety. We should also eat healthy foods, well-balanced meals, exercise regularly, get plenty of sleep, and simply bond with our families either virtually or in our places of residence.

3 Remember you are not alone

The last few months can feel incredibly isolating, but you must remember there is a community of support ready to connect. *We are in this together.*

Write letters to your family and friends, text your loved ones, and FaceTime your friends.

A short yet happy conversation with someone can help ease your mind and focus on positivity. Reach out—guarantee someone is always out there willing to listen! *We are in this together.*

4 Above all, remember there's hope.

Researchers have made significant progress in understanding the virus, and according to WHO, more than 165+ vaccines are in development around the world. Scientists are pushing forward with efforts to develop treatments to slow the pandemic and are working around the clock.

We know that these are trying times, especially while we spend more time at home. Your emotional and physical health are equally important. If you ever feel isolated, alone, or need a friendly voice to talk to—we are here if you need us! Call or text our Wellness Number (650) 461-4554 or email Support@careindeed.com to chat!



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Avenidas Wise Owl Players

The Avenidas Wise Owl Players have been very busy this summer rehearsing and performing. This past June, they performed Arthur Miller's *An Incident at Vichy* for a live Zoom audience. They were even posted on the Arthur Miller Society's Facebook page. Please check out their late summer/fall schedule below and plan on "attending" a show. Zoom links will be emailed to registered attendees. Register online or by emailing register@avenidas.org.

The Senior Storybook— A Wise Owl Players Dramatized Reading

Five tellers give a dramatic presentation of six world-wide folktales about wise, brave, and tricky elders. The last story features all five tellers in a rollicking version of a famous Grimm tale about a band of older friends from Bremen. A performance for ages 8–108, a great international/inter-generational program.

The Avenidas Wise Owl Players dedicate their first Zoom performance to the Avenidas employees and patrons for supporting us both in good times and bad. Starring: Katherine Chappelle, Taffy Hoffman, Ellin Klor, Mary O'Connor, and Marc Vincenti. Director: Enid Davis.

Saturday, August 29, 2pm
Tuesday, September 1, 2pm

Upcoming performances:

Ten-Minute Plays and 100 Laughs
Friday, October 16, 2pm and
Sunday, October 16, 7pm

Play to be announced
Friday, December 18, 2pm and
Sunday, December 20, 7pm



Enid Davis, Wise Owls founder, playwright and director, put on a Zoom play with several others called "The Oldest Profession." This might be the second play our theatre group will tackle in the Fall.



 **SENIOR PLANET @ Avenidas**



Learn to host your own meetings on Zoom! Join us every Monday and Wednesday mornings from 10 am to 11 am!



For more information and how to log into the sessions, please visit:



seniorplanet.org/locations/palo-alto



Dear Pinki and Rosie,

I just wanted to say thanks to you and the Avenidas Chinese Community Center for providing such wonderful programs for us. It has really enriched my life to be able to learn about my heritage, culture, and language through your classes. I also feel lucky to connect with a new community. I've met new people and made new friends. I always feel that you and the instructors work very hard to keep us engaged and interested. It is obvious that you both care very deeply about us all. I appreciate that.

I love that the Field Trip class gives us jaw-dropping views and interesting information. I enjoy learning new dances from our line dance class. I write down new ones that I like, look them up on YouTube and practice them on my own.

Thanks to you two and Avenidas for continuing such a variety of classes via Zoom. I look forward to them and to seeing you. I'm afraid some people would feel very isolated if it weren't for this regular connection, so I think these are very valuable.

Looking forward to our next class,
L.M.



L.M. is enjoying this weekly Line Dancing Zoom class at her living room on every Tuesday morning.