SAVE THE DATES!

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

**Avenidas Wise Owl Players Present The Oldest Profession by Paula Vogel**
Live streamed performances December 19 and 20, 2020, 2pm. Tickets available at ShowTix4u.

**Incredible World Food Tour: Lunar New Year Pre-celebration**
Wednesday, February 10, 2021, 2 to 3pm #7893

**Lunar New Year Virtual Celebration: The Year of the Ox**
Thursday, February 18, 2021, 10 to 11:30am #7892

No mail or delivery service.
Items are available for pick-up only.

and under the “DONATE” tab, choose “SHOP.”

blankets, and more! Go to www.Avenidas.org and browse our beautiful handmade scarves, toys, other local charities! Visit our NEW online shop and click on our YouTube channel.

Your own home while supporting Avenidas and

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Do your holiday shopping from the comfort of your own home while supporting Avenidas and other local charities! Visit our NEW online shop and browse our beautiful handmade scarves, toys, blankets, and more! Go to www.Avenidas.org and under the “DONATE” tab, choose “SHOP.” Items are available for pick-up only.

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A Recipe for Success

The holiday season is all about eating, celebrating, and family. While this year may be different than years past, family and friends are still important to connect with. Maybe you’ll be seeing your grandchildren or are helping to care for a senior family member who is no longer independent. Being in the kitchen is a great time to reminisce and spend quality time together.

Keep it Stress-Free

Before starting to cook or bake with your loved one, set up ingredients...it’s okay if something doesn’t go to plan; sometimes we have to go with the flow! Setting up the ingredients helps guide your loved one.

Keep Talking

Talking about past holidays, favorite recipes, and memories is a great way to spend time with those you love. Cooking activates all of our senses. What are they smelling, have they smelled that before? What does it remind them of? Did they cook with their parents or children? What was their favorite dish to make? Play a favorite song and sing along! Don’t forget to taste the dish, that’s the best part!

Here is a recipe idea shared by Eileen Melton, Program Aide, Avenidas Rose Kleiner Center. You can see more cooking demos and other fun videos—just visit www.avenidas.org/care and click on our YouTube channel.

Brownie in a Mug

Mix together, in a coffee mug:
2 Tbsp butter, melted
2 Tbsp milk (non-dairy milk works too)
1/4 tsp vanilla
Dash of salt
2 Tbsp white sugar
2 Tbsp cocoa powder
4 Tbsp flour
Once ingredients are mixed, microwave the mug for 60 seconds! Be careful, it’s very hot! Add ice cream or other toppings like chocolate fudge!

Coping with Loss and Grief During the Holidays

While some folks truly enjoy the holidays, there are those who don’t. For them, every emotion is intensified by past experiences and expectations of romanticized joy.

If this is the case for you, be gentle on yourself. Acknowledge your feelings to trusted friends, clergy or professional mental health providers. Let yourself cry. You are not protecting anyone by not expressing your sadness.

Take care of your health. Eat, rest, and avoid excessive alcohol consumption. This can slow your moving forward through the grief process and may cause multiple problems in your work, family and personal relationships.

Be proactive. Involve yourself in a cause or neighborhood activity that you find of personal value.

Take a walk outside and stick to an exercise routine—Rest. Talk to friends on the phone at night. Turn off the news.

Who to Call for Help

If you are providing support to a bereaved friend, listen and ask what they need in the moment. We have many resources in this local area for help. Call KARA for grief support at (650) 321-5272, or visit their website at www.kara-grief.org.

Call your health provider—Kaiser, PAMF, and the Stanford Senior Care Clinic all have staff available to assist you. The Santa Clara County Suicide Prevention number is 1-(855) 278-4204.

Also, keep in mind that Avenidas Care Partners staff continue to serve members and the public, facilitating family caregiver support groups, managing a crisis intervention line, and conducting elder care consultations. Additionally, case management, and information and referral services are also available. Contact Paula at (650) 289-5438 for help.

Happy Holidays!

The Avenidas Rose Kleiner Center team wishes everyone

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A Legend of Chinese New Year

Like all traditional festivals in China, Chinese New Year is steeped with stories and myths. One of the most popular is about the mythical beast Nian (“year”), who ate livestock, crops and even people on the eve of a new year. To prevent Nian from attacking people and causing destruction, people put food at their doors for Nian. It’s said that a wise old man figured out that Nian was scared of loud noises and the color red. So then people put red lanterns and red scrolls on their windows and doors to stop Nian from coming inside.

(From www.chinahiglights.com)

Chinese Zodiac History

Legends and mythology are a big part of Chinese culture, especially in relation to the Chinese Zodiac. The 12 animals that appear on the Chinese Zodiac calendar include a rat, buffalo (ox), tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig. It’s an unusual combination of animals for sure, and their appearance on the Chinese Zodiac is the topic of countless legends and is deeply embedded in Chinese mythology. The most well-known of the Chinese zodiac legends states that Buddha invited the animals to participate in a race. The prize was a coveted position on the Chinese Zodiac calendar. The first 12 animals to cross the river would appear on the Chinese Zodiac calendar in the order in which they completed the race.

This year, we welcome The Year of the Ox!

(From www.chinesezodiac.com)

Avenidas Chinese Community Center (ACCC) Keeps People Moving Through Pandemic

Our ACCC staff go the extra mile to keep community members active and connected. It’s letters like these, which show just how much our efforts are appreciated, that keep us motivated to find new ways to engage our members.

Dear Pinki and Rosie,

Wow, how can we fully express who you are, what you do and what you offer to so many of us. There is a wide variety of classes. There is something for everyone—Cantonese language classes, cooking classes, Chinese culture classes, line dancing classes, art classes, travel classes and so many more. Both of you, Pinki and Rosie, are consistently and amazingly friendly and upbeat. Given the language difference in our classes, you both support our classes by translating in both Mandarin and Cantonese. Of course, we are all participating by Zoom because of the pandemic which has its challenges. It’s clear that a great deal of work is done by the instructors and staff to roll out each class. Rosie, in particular, supports the Zoom courses for the instructors by managing videos, slides, cameras, muting and unmuting participants to produce a quality experience.

Beyond the class content, there is community. Seeing familiar faces regularly offers a sense of connection and normalcy during this unprecedented time. Thank you for providing a space for us to take a deep breath, laugh, learn and feel cared for. The program is incredible. Thank you—your efforts do not go unnoticed.

—E.S.

Good for You and Good for Avenidas

As the end of 2020 approaches (finally), many of you will think of making a gift to Avenidas and other favorite organizations.

If you are age 70 ½ or older, a great way to make a charitable gift to a non-profit such as Avenidas is from your IRA. Why is that, you ask?

That group can contribute up to $100,000 from their IRA directly to a charity and avoid paying income taxes on the distribution. This is known as a qualified charitable distribution. It is limited to IRAs, and there are other exclusions and considerations as well, but it can be a win-win for you and Avenidas.

If you want to make a year-end gift to Avenidas, but also don’t want to dip into your savings, think about donating appreciated stock. This strategy can eliminate capital gains taxes you’d incur if you sold the stock and donated cash. In addition, you receive a tax deduction.

This year, it is more important than ever that you contact your financial advisor early, because remote operations at many financial offices and Avenidas can mean it will take longer to process the gifts we outlined above.

If you have any questions about making a year-end gift or other ways to support Avenidas, contact mhensee@avenidas.org
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.

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.

Prioritize self-care
While staying at home, there are activities that we can 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.

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.

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!

Advertorial

4 Tips to Remain Positive During COVID Uncertainty

1. Limit your online media time
2. Prioritize self-care
3. Remember you are not alone
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Helpful Support from Avenidas Village Keeps Couple Happy in their Home

My husband Gene and I decided a number of years ago that we wanted to “age in place” in our home, rather than move to a retirement center. We joined Avenidas Village because we don’t have any family members in the area and we were impressed by the fact that should we need help, we would always be able to call on Avenidas Village on a 24/7 basis.

Avenidas Village has proven to be helpful in so many ways!

Some years ago, my husband was hospitalized for nine days. That left me trying to handle some of his chores, one of which was caring for our pool. I had no idea what to do, so I emailed our group of members for references for pool service companies and received at least a dozen responses within a few hours! I chose the first one that was able to come out immediately and that was a huge relief.

Then, we received notice that our primary care physician was changing his practice to a concierge one, but we didn’t want to go that route. Unfortunately, her letter didn’t come to us as early as it was supposed to, so we had very little time to find a new doctor.

Many of the primary doctors in our area who had a good reputation had closed practices. I emailed our members and received excellent suggestions. I didn’t know that Stanford had a group of geriatricians in a senior clinic practiced. That group was recommended by a member and we found an outstanding doctor who we use to this day.

A year and a half ago, both my husband and I had fallen. He fractured his spine and I fractured my wrist. We needed caregivers and used a company that didn’t work out for us at all. Avenidas Village helped us find a new company. This was extremely helpful at a very difficult time in our lives.

The vendors list has been useful. We’ve gotten very prompt and good results when we say that we’re Avenidas Village members and they’ve even given us discounts in some cases.

The most recent very helpful aspect of Avenidas Village is having staff shop for us. Erika has been shopping for me every other week at Trader Joe’s and does a wonderful job. Dawn is always cheerfully willing to answer all questions.

—Zita

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But Wait, There’s More!

There’s a lot more to the Avenidas Door to Door program than meets the eye these days, as we are constantly expanding to provide new, vital services for adults dealing with all the constraints of sheltering-in-place. We offer:

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

We are always trying to add more deliverables at home for seniors. Please let us know if there is something you need and we’ll see if we can help! Simply call us at (650) 289-5411 for help.

Senior Planet @Avenidas Offers Stuck @Home Guide

Reach Out
Sign up for a network, connect with friends (you might even discover some old friends) and enjoy the results.
- Facebook: Create an account for this free online network at www.facebook.com
- Skype: Create an account to enjoy face-to-face live-video visits via the Internet at www.skype.com/en/ and for instructions on how to use Skype: www.bit.ly/3kU0d6l
- Zoom: Use Zoom video conferencing at www.zoom.us

Listen to Music
- Pandora is free web service at www.pandora.com that plays musical collections based on your musical tastes. You can listen to Pandora on your computer or via a free downloadable app on your tablet. Click here to learn more about Pandora on Senior Planet: www.bit.ly/3kH4sS4

Get Educated
- Coursera is an online resource that partners with top universities and organizations offering online courses for free at www.coursera.com.

Get a Pet—or Just Watch One
- The Humane Society of Silicon Valley (www.hssv.org) is the first organization in the country to meet the guidelines put forth by the Association of Shelter Veterinarians for standards of care for shelter animals. They also offer special discounts for seniors adopting senior pets. Click here for further online resources for pet choice and care: www.seniorplanet.org/how-to-pick-a-pet-and-lower-your-blood-pressure/
- Can’t have a pet? Check out www.explore.org and view live webcams of cats, dogs, and wildlife.

Meditate
- Visit www.onlinemeditation.org for free online courses for the purest form of meditation through videos and audio guided meditations.