



Avenidas

News

June 2021 • Volume 48 • Number 2

SAVE THE DATE!

Call (650) 289-5400 for event details

Dragon Boat Festival Virtual Food Tour

**Bilingual Event in Mandarin
and English**

Wednesday, June 9, 2 to 3pm,
free #8205

Dragon Boat Festival Cultural Learning Event

**Zoom Bilingual Event in
Mandarin and English**

Thursday, June 10, 10 to 11am,
free #8204

Grand Reopening Celebration!

Avenidas Rose Kleiner Center

Saturday, August 28 from 10am-2pm
270 Escuela Avenue, Mountain View
RSVP to (650) 289-5499

Avenidas is taking a class by class look at what we will be able to restart in person and when. Our two other facilities, Avenidas@450 Bryant and Avenidas Chinese Community Center @Cubberley, will remain closed to the public for the time being to ensure the health and safety of staff and participants.



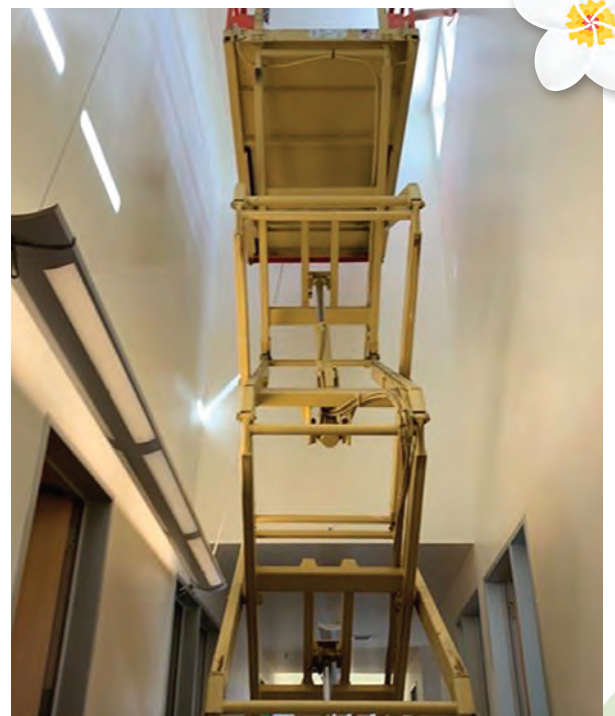
Center Shows Off New Look at Grand Reopening Celebration

Please mark your calendars for the Grand Reopening Celebration of the Avenidas Rose Kleiner Center, our adult day program located in Mountain View. While we were closed due to COVID-19, we took the opportunity to make some great improvements to our center and now we can't wait to show it off!

We look forward to welcoming the community to our center on Saturday, August 28 from 10am-2pm. We will be offering tours, refreshments, and hosting a raffle! More information to follow. Please email Kristina Lugo to sign up for a tour at klugo@avenidas.org.



The Avenidas Rose Kleiner Center got new paint, flooring, and a brand new HVAC system to prepare for participants to return to the center.



Lots of heavy machinery was put to good work updating the Avenidas Rose Kleiner Center. Staff were hoping to get a ride on the scissor lift!

New Procedures Put in Place to Safely Welcome Back Participants

Even though we had to close the doors to our Mountain View day health care facility due to COVID-19, the team at Avenidas Rose Kleiner Center has continued to support our participants and families at home over the last year. We've been offering Zoom classes, social calls, and socially distanced visits throughout the week.

At the same time, our building underwent some major improvements (see pictures). Additionally, our leadership team has been working on putting new processes in place to reopen safely. By the time we reopen in early Summer, all staff and participants who are planning on returning to the center will be fully vaccinated. We are working on our processes for participants to come into the building with health and safety being a top priority.

Participants and staff will wear protective equipment such as masks, and tables will be physically distanced and have sneeze guards to mitigate any further risk of exposure. When possible, we will provide opportunities for programming on our back courtyard. As our center tends to serve older adults who are more at risk in the community, our team of professionals is eager to work with them in person again to help improve their quality of life (and that of their caregivers!). This year was hard on everyone but especially those who have had limited opportunities to socialize and move around. We are all ready and anxious to open our doors and welcome everyone back!



Serving the Greater San Francisco Bay Area • No charge to families

Make Your Next Move, the Best Move

Let Senior Seasons help find the best senior housing for you. We've "been there" and can advise families at every step of the process to evaluate and choose a retirement community or home.

Everyone should enjoy the Senior Seasons to the fullest—call now.

650-851-5284
www.SeniorSeasons.com

Senior Seasons
Home Referrals and Resources

No matter whether you are:

- seeking an active retirement community
- in need of a caring, comfortable home with assistance for some of life's daily chores
- are helping your loved one find senior housing that will maximize their well-being, care and happiness

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

Editor: Kari Martell, (650) 289-5427

Printing & Production: Zoom Media,
(916) 939-8025

SENIOR PLANET

@ Avenidas

FROM AARP

NEW! Senior Planet @Avenidas program focuses on online banking

Senior Planet @Avenidas will soon be launching a 2-week virtual course called Ready, Set, Bank! for Remote Learners. Participants will meet twice a week over Zoom and learn the basics of online and mobile banking, how to navigate a bank website, manage accounts, set up alerts, send money digitally, and more! This course will be available starting on May 17. To register, visit www.seniorplanet.org/capitalone.

Call the Senior Planet @Avenidas Tech Hotline!

Have tech questions, like how to log into Zoom or download an app on your cell phone? You can call the Senior Planet @Avenidas Hotline for free tech help. The hotline is open Monday–Friday from 9am–5pm ET at **920-666-1959**.

Aging Connected

Earlier this year, OATS and the Humana Foundation launched the Aging Connected initiative to bring 1 million older Americans online by 2022. The Aging Connected: Exposing the Hidden Connectivity Crisis for Older Adults report found that almost 22 million seniors don't have internet at home, with Blacks, Latinos and rural Americans being the most internet deprived. Aging Connected aims to remedy that lack. If you know anyone who needs help getting connected, please tell them help is available and give them this number to call for more info: **1-877-745-1930**.



New Workshop Series Boosts Caregivers' Knowledge and Spirits

Given the staggering disruption the pandemic had on the lives of older adults, Avenidas decided to resume the popular Care Forum monthly lecture series from April to September, free of charge to the public. This virtual, interactive 90-minute series features two elder care experts, Dr. Ellen Brown, the former Medical Director of Pathways, and psychologist Dr. Rita Ghatak, (founder of Aging 1.0.) in conversation with participants to help everyone their health care, through the final months of the pandemic.



Moderated by Avenidas Care Partners Manager, Paula Wolfson, LCSW, this series will present a unique opportunity for our community to share their concerns and questions with a geriatrician, a geri-psychologist, and a geriatric social worker. All three members of the Care Forum team have over 30 years of experience in direct client clinical services, hospital, hospice and outpatient care, community organization, family caregiver support, counseling, and public speaking.

The Avenidas Care Forum team will provide information and to help family caregivers prepare for medical appointments, emergency admissions to the hospital, and how to hire home care.

Additionally, they will walk through a discharge planning meeting and discuss relocation to a care community or skilled care facility for rehabilitation, or palliative care and hospice. The featured speakers know the importance of having access to professional and personal support teams, while mediating crucial conversations with loved ones on legal and financial matters, treatment options.

During these informative sessions, the hosts will hold the chat line open for participants to post questions. Each session will be recorded and posted on the Avenidas web site. You may register for as many of these free sessions as you'd like by visiting www.avenidas.org.



Avenidas Chinese Community Center Provides Full-Time Enjoyment to Retired Engineer

by Adlai "A.J." Jew

While formally retired from my full-time profession as a civil engineer, I am now only part-time retired and part-time involved in many activities. I consider my current status as full-time enjoyment of life and helping others to also achieve a happy retirement!

I first heard about Avenidas Chinese Community Center (ACCC) through Andrew Siu, who teaches Chinese Brush Painting, and I take his classes online. When ACCC offered a special membership, I joined and participated in some free sessions for members like Cantonese classes and virtual multi-cultural food tours. I also registered for a new activity—virtual karaoke. The program will include both English and Mandarin songs. I am looking forward to participating in that and many other programs offered by ACCC.

I am also involved in many other activities in addition to ACCC, such as the Toastmasters Club (public speaking), Lions Club, Parliamentary Club, Chinese American Democratic Club, the Odd Fellows, and a church bible study group. I am also taking classes in financial education, watercolor painting and sketching, ukulele, and stage play acting. I am a promoter of financial education classes for young adults and seniors, and I also teach basic drawing to kids.

It seems like I am busier now than before I was retired, but I enjoy it very much. I have a passion for continuous learning and helping others. I encourage others, especially seniors, to take advantage of what ACCC has to offer. I believe it will enrich people's lives through continuous learning and engaging with others with similar or different cultures and interests.

My favorite quotes are, "Happiness is when what you think, what you say, and what you do are in harmony" and "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."



Retired engineer Adlai Jew keeps his brain sharp by attending multiple classes, and he encourages others to learn more about what Avenidas Chinese Community Center can provide by visiting www.avenidas.org.

New Member is Sold on Benefits of Avenidas Village!

by Nancy Martin

In my various companies, we would have what is called the “elevator” speech. You had to capture the essence of your purpose in a few short sentences that would captivate someone on the elevator with you. I’ve been trying to come up with some elevator speeches for Avenidas Village. But they all seem too stilted or boring. It is hard to capture the change that a community like Avenidas Village can make in your life, especially after being sequestered for a year!

I was first attracted to Avenidas Village by the people in the community. Thoughtful, active, engaging (older) folks with many diverse interests. This is a community that is immediately welcoming without being overbearing. I could find a friend or two here (and have). And, in case you are wondering, men, women and couples are all represented. You will be immediately placed in a “cluster” of folks living near you. The cluster has a variety of activities on its own. Some are very active, others have a monthly Zoom call.

My cluster decided at the last Zoom call to watch a movie and then discuss. Now, I normally don’t do movies, so I have two days to figure out how to watch this one so I can participate in the discussion. Getting stretched a bit is a good thing. The lunch group meets once a month, and for an hour or so you have lots of laughter, ideas, compassion when needed, and great support. Do you like to go for walks (not hikes) with friends? Every Wednesday you can do that with Avenidas Village members—whether you are fast or slow, someone will enjoy walking with you and getting to know you. In fact, at your second walk, they will greet you by name...(even though you might not remember theirs, no one will mind).



Avenidas Villager members at a recent "Lunch Bunch" are, clockwise, Chuck Sieloff, Ginny Turner, Nancy Martin, Richard Johnsson, and Gerry Gilchrist.

Maybe you like looking at pictures from someone’s travels or from their hobby—Avenidas Village has that via Zoom presentations. You can even find them on the website and see what has been done in the past. Or maybe you would like to hear a lecture on the current political situation or on the pandemic or on a favorite author. Yup, Avenidas Village has those too, currently by Zoom but soon both by Zoom and in person.

In six short weeks, two factors have made my life so much more pleasant and meaningful—the freedom that the COVID vaccination has given me, and Avenidas Village!



Memory Care Services Your Loved One Deserves

In service to individuals facing advanced cognitive challenges, we provide sensitive and respectful care tailored to your loved one’s needs. Our skilled and compassionate care teams develop trusted relationships with our residents and offer an engaging, safe environment with reassuring routines which include daily activities, healthy meals, and entertainment.



CRESCENT OAKS
Memory Care
License # 435202705

**Contact us to learn more about our
community and exceptional services**

408-730-4004 | crescentoaksmc.com

HOME CARE AND
HEALTH CARE

Solutions That Fit Your Unique Needs



We believe in a holistic approach to care — offering a wide range of customized support for any stage of your health journey.

- Companionship
- Transition & Discharge Care
- Hospital Sitting
- Specialized Care
- Concierge Services

We're here to help!



Serving clients throughout the Bay Area. Call (650) 514-6445 !

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](https://www.facebook.com/Avenidas)

[Twitter.com@Avenidas4u](https://twitter.com/Avenidas4u)

Intergenerational Postcard Project



Knowing that older adults have been especially isolated during the pandemic, the Palo Alto Art Center Teen Leadership group wanted to help. They decided to create original postcard paintings with inspirational messages which were then mailed to 30 students in Avenidas Art classes. The Avenidas artists were delighted by the surprise.

“I got my post card. I LOVE it. What a wonderful little painting! And the message, well it was a real day-brightener. James wrote: ‘You’re tough as nails. Remember, there is still a world outside.’ That post card has earned a spot on my desk. A reminder and a pick-me-up when I need one,” said Kristina Smith.

Myrtle Carey commented: “What a wonderful idea to send us senior artists these postcards from the teens! I am enjoying my little seascape, so nicely painted, and plan to put it on my bulletin board. Many thanks to the teen artist!”

What a fun way for artists of different generations to connect! Thank you to the PAAC Teen Leaders for helping to brighten the days of our seniors!



Usually, our Avenidas artists, (from top l-r Jim Stinger, Kristina Smith, and bottom, l-r Nancy Jensen and Norm Conradson and Myrtle Carey) are the ones sharing their painting prowess with others, but local teens switched things up on them!



Members of Avenidas Rainbow Collective celebrated the arrival of Spring together at Filoli Historic Estates and Gardens, where fellow member Robert Fisk gave an informative guided tour, sharing stories about the family, the house, and the historical context in which it was built. The day was spent among LGBTQ friends, family, and allies sharing fun, laughter, and sunshine. Visit www.avenidas.org to see the full calendar of LGBTQ senior events.

