

# Employment

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To place an ad or get a quote, contact **Kevin Legarda** at 650.223.6597 or email [digitalads@paweekly.com](mailto:digitalads@paweekly.com).



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# Senior Focus

**HELP WITH TAXES ...** The AARP Tax-Aide program is offering **tax assistance and electronic filing** on Fridays from Feb. 4 through April 15 at Avenidas, 450 Bryant St. The program is intended for low-to-moderate income tax-payers with special emphasis on those over age 60. The service is by appointment only and tax documents are required. To make an appointment, call 650 289-5400 and leave your name and phone number.

**UPDATING ESTATE PLANS ...** Los Altos estate planning, probate and trust lawyer Deborah G. Kramer Radin will discuss **considerations around freshening up estate planning documents** in a free, virtual presentation on Thursday, Feb. 10, at 1 p.m.. To register, go to [avenidas.org](http://avenidas.org), click on "classes" and search for "will and trust."

**VILLAGE POWER ...** Members of Avenidas Village will mark

the group's 15th anniversary on Tuesday, Feb. 15, with a free, virtual discussion of how **senior "villages" make it easier for older adults to remain in their own homes as they age**. The event coincides with National Villages Day, marking the 20th anniversary of the first "senior village" — Boston's Beacon Hill Village. The movement has grown to more than 300 community-based senior villages with more than 40,000 members nationwide. Avenidas Village, founded in 2007, is a dues-based organization of seniors living in their own homes in and around Palo Alto. The organization helps members coordinate daily living and social and recreational activities: home maintenance, health, transportation, social engagement, care giving, end-of-life concerns and other challenges that often confront older adults. To register for the free, online event, scheduled for 3 p.m., go to [avenidasvillage.org](http://avenidasvillage.org).

## MUSIC AND LOVE STORIES ...

The Community Tuesdays program at the Oshman Family Jewish Community Center will present **Romantic Passions: Classical Composers and Their Stories of Heartbreak** on Tuesday, Feb. 15, from 1 to 2 p.m. Pianist and host Ian Scarfe will be joined by clarinetist James Pytko and cellist James Jaffe as they share music and love stories centered around composers Mikhael Glinka and Johannes Brahms. The event will be offered via livestream and in person in the JCC's Schultz Cultural Arts Hall. Admission is \$20 at the door. Advance reservations suggested. Contact Michelle Rosengaus at [mrosengaus@paloaltojcc.org](mailto:mrosengaus@paloaltojcc.org) or 650-223-8616.

## RETIREMENT SAVINGS ...

Many adults approaching retirement age may not be financially prepared. According to the U.S. Census Bureau's Survey of Income and Program Participation, **49% of adults ages 55 to 66 had no personal retirement savings** in 2017. According to the survey, 22% of women have \$100,000 or more in personal retirement savings compared to 39% of men. The vast majority of the nation's 54 million adults 65 and over participate in Social Security (86%) and Medicare (93%). Among older adults getting both Social Security and Medicare in 2019, 16% received needs-based assistance from the government, such as rental subsidies or nutrition assistance, according to the survey. ■

*Items for Senior Focus may be emailed to Palo Alto Weekly Contributing Writer Chris Kenrick at [ckenrick@paweekly.com](mailto:ckenrick@paweekly.com).*

Kensington Senior Living is proud to sponsor

# HFC's 2nd Annual CareCon

A FREE, virtual event designed to educate, inspire and empower Alzheimer's and dementia family caregivers by offering support, knowledge and community

## Join Us on National Caregivers Day

Fri, Feb 18, 2022 • 12:00pm PST

A learning & support event hosted by **Lauren Miller Rogen of HFC**

**CareCon is back!** Join us for a free, live-streamed event that's packed with celebrity-hosted, expert-led panels and workshops for the comedy-loving caregiver. Connect with others around the globe as you learn tools for resilience and best practices to help ease the stressors that often come with the caregiving experience.

**This year, Kensington Senior Living is proud to sponsor The Scotty, an award in honor of Scott Miller, who was the caregiver for Lauren Miller Rogen's late mother Adele. Be sure to nominate an extraordinary unpaid caregiver you know, in recognition of their loving support during a challenging time, their patience and perseverance, and their creativity.**

We also encourage you to get acquainted with Kensington Place, where we make every effort to improve your loved one's quality of life to the greatest extent possible. And, we do the same for you. Your caregiving commitment is an extraordinary gesture of devotion, yet it is a demanding responsibility. So we offer support that gives you time to catch your breath, recharge without guilt and freely enjoy the pleasure of togetherness with your loved one.

To register, go to [bit.ly/hfccarecon](http://bit.ly/hfccarecon)



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