

Welcome Spring



Avenidas

NEWS

March/April/May 2022

SAVE THE DATE!

Call (650) 289-5400 for event details

**The Avenidas Wise Owl Players presents...
The Women of Lockerbie
by Deborah Brevoort
Platform TBA**

Sat. & Sun., March 19 & 29, 3pm

Live, Community Theater TBA

Sat. & Sun., June 4 & 5, Time TBA

Details and tickets available soon!



ACCC Incredible World Food Tour: Mother's Day Virtual Afternoon Tea

Special bilingual event, RSVP by 4/27

Wednesday, May 4, 2 to 3pm

ACCC Virtual Cinco De Mayo and Mother's Day

Special bilingual event, RSVP by 5/1

Thursday, May 5, 10 to 11am

ACCC Dragon Boat Festival Cultural Learning Virtual Event

Special bilingual event, RSVP by 5/25

Thursday, May 5, 10 to 11am

Holiday Closures

May 30, 2022—Memorial Day

It's Not the End, It's Just the Beginning

The Avenidas Rainbow Collective is a pilot program that focuses on LGBTQ older adults in our community. With the support of Santa Clara County Office of LGBTQ Affairs and Supervisor Joe Simitian, Avenidas has been able to offer many opportunities for socialization, access to LGBTQ focused social services, and a sense of community to many people over the past two years.



More participants have joined in the variety of fun and interesting events hosted by Avenidas for older adults in the LGBTQ community.

In 2021 we offered 108 events/groups to the community with a total of 651 people participating. In December, the funding for the pilot program was scheduled to end, but the county recognized the value of the Avenidas Rainbow Collective and has granted a six-month extension of funding to continue our program, with an opportunity to get permanent funding beginning in July of 2022.

Avenidas Rainbow Collective is growing and evolving to meet the needs of LGBTQ seniors. A survey in 2021 conducted by Santa Clara County revealed that we have over 3,000 LGBTQ older adults in the area who are looking for support. Avenidas Rainbow Collective has taken the data from that survey and has evolved to answer the call. We are reaching more LGBTQ Older adults through collaborations with local senior centers and agencies to expand the collective beyond Avenidas.

Avenidas Rainbow Collective is now offering programming that meets participants "where they're at" in terms of being comfortable with publicly expressing their identities as members of the LGBTQ Community, as well as offering social supportive services through case management. We have many great new programs such as the LGBTQ Community Café/Movie night, Cell Phone Photography workshops, meet-ups and social groups in 2022 and we hope that you will join us in community.

Avenidas Wins 2022 Community Partnership Award from Stanford

For more than four decades, Stanford faculty, staff, and students have supported and collaborated with Avenidas programming including the Avenidas Rose Kleiner Center, Avenidas Care Partners, Avenidas Chinese Community Center, Volunteer Corps, and Door to Door program.

During the pandemic, however, the deep foundation of the relationship between Mona Hartmann, Manager of the Stanford WorkLife office, and Avenidas Care Partners Manager Paula Wolfson allowed both to quickly pivot to meet the sudden and unprecedented need to care for hundreds of older adults and their caregivers with programs for frail and disabled seniors, family caregivers, monolingual Chinese, and older adults seeking social connection.

Do you care for an aging loved one?

Consider attending the Avenidas Caregiver Conference for helpful information and support.



Dave Iverson

The keynote speaker is NPR and PBS journalist Dave Iverson, who was diagnosed with Parkinson's disease in 2004, at the same time he became the caregiver for his mother.

"Being a caregiver means you experience anger and joy, loss and love, usually when exhausted and often on the same day," Iverson reports. "But it is a choice I'd make again!"

The conference will take place on April 30 at the Mountain View Senior Center from 9am-3pm. Lunch is provided as well as free specialty coffees from a mobile cart and tours of Avenidas Rose Kleiner Center throughout the day. For more information and to buy tickets, please visit www.avenidas.org or call (650) 289-5400.

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From the President

Dear Avenidas Supporters,

As we transition from the cold and dreary Winter months into the promise of new beginnings that Spring brings, I've seen our staff also go through some transitions. One of our long-tenured employees, Mary Hohensee, who served as our Vice President of Fund Development for 13 years, decided to retire and move to New Orleans with her husband. Mary helped us raise over \$20 million dollars for our capital campaign and her untiring efforts kept us serving seniors during Covid. Mary also ran our signature fundraising event, Avenidas Lifetimes of Achievement, for many years, and we are so grateful for all that she did for us.

Amy Yotopoulos

The good news is that we have hired Dwane Anderson, a fundraising professional with 25 years' experience, to step into Mary's shoes as our new VP of Fund Development. He started his career in donor relations and annual giving at Johns Hopkins University and later served for over 13 years at Stanford University where he participated in its last two capital campaigns, helping to lead its most recent Campaign for Stanford Medicine. He also served as a director of development, assistant vice president, and vice president of development at the Leukemia & Lymphoma Society, private and public universities, and a K-12 private school. Along the way, he held key roles at educational and cultural institutions in Baltimore and San Diego.

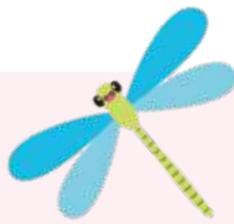
All told, he has personally raised or managed staff responsible for over \$100 million towards new biomedical research buildings, construction of the new Stanford Hospital, endowed professorships, as well as numerous clinical, research, and community programs. We hope you join us in welcoming Dwane to Avenidas and this wonderful community we serve.

On a sadder note, we lost a beloved co-worker, Loretta Austin, who served as the Activity Director at Avenidas Rose Kleiner Center. *(Please see her tribute on page 3.)*

In happier news, John Sink celebrated his 40th year of service at Avenidas! John originally ran our adult day health center in a church for over 20 years and oversaw its relocation to a \$5 million-dollar custom-built facility in Mountain View in 2005. He now serves as Vice President, Enrichment Services, and oversees a variety of Avenidas programs including Lifelong Learning & Leisure, Health & Wellness, Door to Door Transportation and Volunteering. He was also part of the committee that launched Avenidas Village in 2007 and the Avenidas Chinese Community Center in 2018, and they both operate under his direction today.

We approach the Spring with new faces and new anticipation for all the programs and services we can bring forth for the older adults on the mid-Peninsula.

Amy



Dwane Anderson



John Sink

Celebrating Year of the Tiger with Surprise Gifts

by Kim Rogers, ACCC volunteer

In celebration of Chinese New Year, "fú" goody bags, red envelopes, gold chocolate coins, and other surprise gifts awaited those who visited the Avenidas Chinese Community Center (ACCC) on Friday, Feb 4, 2022. For two wonderful hours, we gathered in person to enjoy each other's company, meet Avenidas executive staff, sponsors, teachers, students, and volunteers. We were showered with Chinese New Year goodies, such as cute pins, and a red diamond-shaped "fú" character to hang on a door. Instructor Ingrid told us to hold it upside down. Then happiness will arrive to this household.



Seniors shared laughter, gifts and fun during a recent Chinese New Year's gathering.



Avenidas Chinese Community Center (ACCC) Director Pinki Fung, Avenidas President and CEO Amy Yotopoulos, and ACCC Task Force board member Debra Cen, also an event sponsor (along with Julie Lau, not pictured) were all on hand to help out at and enjoy the festivities.

Community Partnership Award continued from page 1

Avenidas and the Stanford WorkLife Office supported family caregivers through phone consultation and online resources, including guidance and advice for Stanford employees, retirees, and students. Campus caregiver groups provided support and built community among neighbors.

Another pivot happened when Avenidas joined Stanford in a collaboration they had with PAMF called "Operation PPE" designed by geriatricians to get vital equipment to local care facilities and agencies who otherwise had no access. Paula brought in Avenidas employees Jyllian Halliburton, who oversees two Avenidas programs—Volunteers and Transportation—and Margaret Bennett, Avenidas driver, to handle the warehousing, inventory and distribution of over 100,000 units of PPE.

On a related note, Paula has kept in touch with several Stanford students who served as Avenidas Fellows, and they told her the perspective their experiences gave them.



Jyllian Halliburton of Avenidas and Dr. Albert Lam of PAMF worked together to unpack a large donation of equipment to be distributed into the community.

"When I was a Fellow at Avenidas, I studied senior nutrition and interviewed many family caregivers for my pre-med course on Population Studies. Now that I am in my second year of medical school, I have researched and initiated a project on the health of family caregivers."

Akua Nyarko-Odoom, Stanford Pre-Med Graduate, Second Year Medical Intern, University of Virginia School of Medicine

"My generation is immersed in a first world where everything is digitized, yet my experiences being a caregiver in the homes of clients have taught me that empathy, trust and companionship cannot be enabled with lines of software code or telemedicine. We need new options, and to rethink ways of engaging multigenerational support, empower and pay family caregivers, and create new models of care for healthy aging in place."

Nicholas Berhardt-Lanier, Stanford Longevity Fellow, Working Caregiver

"Joining the Avenidas Care Partners support group for several sessions helped me become aware of how challenging it is to care for your loved ones as they become frail. It helped me plan ahead. My parents are young, but I was able to assess financial, insurance, and legal options so that when the time comes to care for them, I'm fully prepared."

Ezequiel Halac, Stanford Graduate School of Business, Senior Director, Virtual Care, Rightway, NYC.



Ezequiel Halac, Alumni, Stanford Graduate School of Business, (now Director of Virtual Care Services for Rightway, NYC) and Avenidas Care Partners Manager Paula Wolfson attended Aging 2.0 conferences to research technology and caregiving.



Avenidas Village Members Connect through Interest Groups

Over the past year, Avenidas Village has added over 100 new members—more than the previous three years combined! Most of these new members have joined to rebuild social connections post-pandemic and find peers who share their interests. The result has been the formation of many new interest groups started by members, with even more in the works.

New groups started in this past year include Social Bridge, Lite Hikes, Writers Group and even a Geriatric Healthcare discussion group. Groups are started by members who invite others to join. Avenidas Village provides virtual or in-person meeting space and other support, but the members decide what activities their group will pursue. With 300+ members in Avenidas Village, interest groups make it easier to develop a new set of friends while doing something you already enjoy.

One newer member recently remarked: "You can be busy every day with Avenidas Village... sometimes it's just hard to choose which of the many activities to do!"

Learn more about Avenidas Village: www.avenidasvillage.org



Avenidas Village members enjoy groups centered around a common interest, such as this group playing Bridge.



In Tribute to Loretta Austin

January 17, 1964–
December 22, 2021

Loretta Austin, the Activities Manager at Avenidas Rose Kleiner Center, passed away in December. Loretta left a very successful career in finance to pursue a more fulfilling profession working with older adults. She went back to school, earning a Bachelor's degree in Health Science and a minor in

Gerontology, graduating Magna Cum Laude. While pursuing her degree, she began volunteering and completed an internship with Avenidas Rose Kleiner Center in Mountain View.

Loretta made quite an impression and was hired as the Activities Coordinator after graduation. During the past seven years, which saw her being promoted to Activities Manager, she developed a robust person-centered program, cultivated a dedicated team and embodied the mission of Avenidas Rose Kleiner Center. Loretta was admired and loved by staff, participants, families, volunteers and the entire Avenidas family. She had an incredible gift for making each individual feel important and welcome at the Center. She was a fierce advocate for the participants and families we serve and was passionate about providing the best program and services.

"There were very few times when I picked up Larry that he and Loretta were not engaged in some lively, interesting conversation. She knew exactly how to bring out the best in him and make him feel happy. An extraordinary woman who touched so many deeply. I will miss her, she taught me a lot," said Beverly, former participant's wife.

Carol, the wife of another participant, stated that "Loretta was so much fun. John just loved her quick wit, and the comebacks were always hilarious. And with all of that, she had such a kind heart."

Loretta put her heart and soul into everything she did. She was remarkably funny and made everyone smile and laugh daily. Her beautiful smile, love of selfies with participants, passion for her vocation and sense of humor shined at the Center. She was completely devoted to Avenidas Rose Kleiner Center. We will strive to uphold her legacy and she will always be a part of the work we do here every day.

Advertorial

Prepare for Spring: Skincare Tips for Mature Skin

How is your skin feeling? As we look forward to Spring, chances are your skin is ready for some special attention.

Spring is the traditional season of renewal. After a long winter, it's time to refresh your skincare routine and think about how the changing seasons affect your skin. First, evaluate the condition of your skin now.

How does it feel? Are your lips dry or chapped? Does your skin feel moist and supple or is it flaky and dehydrated?

Winter skin is often dry and itchy. This may be due to cold weather, medications, indoor heating, or stress. Throughout the winter months, you probably focused on shielding your skin from the cold. Your skincare routine was protective and nurturing.

Spring brings the promise of warmer weather, fresh air, a sense of renewal, birds chirping, trees developing buds and leaves, and flowers beginning to bloom. Ready to spend more time outdoors? It's time to prepare your skin for the arrival of Spring and the warmer weather months.

As you assess the condition of your skin, consider switching your heavy moisturizing cream for lighter products such as lotions. Skin hydration is important, but your skin will feel better with lightweight moisturizers that contain hyaluronic acid. Wash your skin with a gentle, moisturizing cleanser.

Allergies are common, especially in Spring. Itchy skin and rashes are signs of allergic reactions to topical products, medications, or seasonal pollen. Avoid heavily scented items. Instead, opt for fragrance-free, non-comedogenic skincare and makeup products.

Allergies are common, especially in Spring. Itchy skin and rashes are signs of allergic reactions to topical products, medications, or seasonal pollen. Avoid heavily scented items. Instead, opt for fragrance-free, non-comedogenic skincare and makeup products.

Prepare your skin from the inside out. Cell turnover slows down as we age but treating your skin well by eating plenty of fresh fruits and vegetables encourages radiant skin.

Don't forget to regularly inspect your skin for unusual moles, growths, age spots, and scaly skin patches. It helps to remember the ABCDEs:

- Asymmetry (One side is different from the other side.)
- Border (The border of the mole is irregular or uneven.)
- Color (The skin growth is made up of more than one color or you notice a change in color.)
- Diameter (Is it larger than the size of a pencil eraser?)
- Evolving (If the mole is changing in texture, size, color, or shape, or if it bleeds, have it evaluated immediately.)

Contact your dermatologist if you have any concerns. Skin cancer can be treated when identified early.

Spring is a perfect time to get outside and enjoy the fresh air. Taking long walks is a wonderful way to stay active and enjoy the beauty of the season, but outdoor time also increases your exposure to the sun's rays. Protect your skin with an effective sun protection product with a Sun Protection Factor (SPF) of at least 30.

Your skin doesn't stop at your neck, so don't forget to apply sunscreen to any exposed skin on your arms, legs, the back of your neck, and even your feet if you're wearing open sandals. Our hair may thin with the passing years. A wide-brimmed hat can protect your head from sun exposure.

Spring is not the only season that it is necessary to stay hydrated, but activity levels tend to pick up. It's a good idea to monitor your water intake to ensure you don't become dehydrated.

Don't forget the power of your smile. If you suffer from chapped lips, try a lip balm that has sun protection built in. Smiling will make you feel instantly better, look radiant, and will improve the mood of everyone around you.

After a long winter, your skin is ready to celebrate the new season. Put the heavy creams aside and moisturize with lighter products. Don't forget the sun protection, sunglasses, and your hat. Hydrate your skin from the inside by drinking plenty of fluids. You and your skin are ready to safely enjoy Spring's warmer weather and sunny days!



Vanessa Valero, RN, CMC
VP, COO, Patient Care
890 Santa Cruz Avenue
Menlo Park, CA 94025
(650) 328-1001
VanessaV@careindeed.com
CareIndeed.com





Avenidas Re-Inventing Aging

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You're invited to join us
as we celebrate some
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in our community
at an afternoon

Garden Party

Sunday, May 15

3:00 to 5:00 pm.

For more information
and to purchase tickets,
please visit
www.avenidas.org



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Affordable Connectivity Program

The helpful folks with SeniorPlanet @Avenidas from AARP want everyone to know that the Affordable Connectivity Program (ACP) is a government program that replaces the Emergency Broadband Benefit Program (EBB Program) to help low-income households pay for internet service and connected devices. This new permanent program became effective on January 1, 2022, and expands the number of Americans eligible for discounted internet service. Eligible households can enroll directly through participating broadband providers or can learn more about the program and eligibility requirements at www.fcc.gov/acp. The Aging Connected initiative is working to bring more older adults online and is a great resource if you have questions about the ACP. You can visit www.agingconnected.org or call the Aging Connected hotline at (877) 745-1930 for more information.

For info on technology classes from Senior Planet @Avenidas, visit www.avenidas.org



There's No Stopping These Owls!

The Avenidas Wise Owl Players have not let a pandemic slow them down! Under the direction of Enid Davis, they have mastered performing live on Zoom and other streaming platforms. With three different online shows under their feathers, they know more now about "green screens" than they ever expected to know!

They are currently rehearsing *The Women of Lockerbie* by Deborah Brevoort:

"A mother from New Jersey roams the hills of Lockerbie Scotland, looking for her son's remains that were lost in the crash of Pan Am 103. She meets the women of Lockerbie, who are fighting the U.S. government to obtain the clothing of the victims found in the plane's wreckage. The women, determined to convert an act of hatred into an act of love, want to wash the clothes of the dead and return them to the victim's families. *The Women of Lockerbie*, an award-winning play, is loosely inspired by a true story, although the characters and situations in the play are purely fictional." (DPS website)

Actors love their audiences and the Wise Owls are hoping to offer two live runs this spring. They have tentatively scheduled limited-ticket performances at Avenidas for March 19 and 20. If COVID prevents live performances, the Owls will stream the March shows. The June 4 and 5 production will take place in a small, local theater TBA.

We hope you'll join us to watch our Wise Owls soar in what promises to be an emotional play and performance. Stay tuned to our website and e-newsletter for more details and ticket information.



Wise Owls cast and crew:

L to R: Bob Johnson, Graceann Johnson, Sanford Davis, Jane Stefani, Irene Holowchak, Enid Davis (director), Katherine Chappelle, Taffy Hoffman. Absent: Mary Bernstein, Marc Vincenti, Ellen Wallace, Gloria Burke.