**SAVE THE DATE!**

Call (650) 289-5400 for event details

**ACCC Dragon Boat Festival Cultural Learning Virtual Event**
Thursday, June 2, 10 to 11am – Zoom

**The Avenidas Wise Owl**
**Players presents…**
**The Women of Lockerbie**
Live, on-stage
Tickets $18. Call 650-289-5400

**Wednesday, June 8, 2pm**

**$45/$60**

**Virtual Event**
Monday, June 6, 2pm
Friday, June 17, 9am to noon,
Players presents…
**Pole-Walking Workshop**
Friday, June 17, 9am to noon, $54/$560

**Bloomday**
Live, public reading of *Ulysses* to celebrate the 100th anniversary of its first printing.
June 16, 10am to 4pm, free

**Pole-Walking Workshop**
Friday, June 17, 9am to noon, $54/$560

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**From the President**

There is something about this time of year that makes me itch for novelty. Somehow my brain remembers from school days that summer is time to do something different and new. It’s the time for a change of pace, change of scenery…get out of our usual routines and shake things up! We know from research that trying new things is good for us: it increases our brain plasticity and makes us happier.

One of my favorite icons for being fearless and bold is Julia Child. You may have noticed she is having a moment (again!) through new shows on HBO Max and the Food Network. She famously claimed she was a bad cook until she decided to take a cooking lesson…and look what happened after that!

Julia Child said: “This is my invariable advice to people: Learn how to cook — try new recipes, learn from your mistakes, be fearless and above all have fun!”

So what do you want to do this summer that is different, or would be a stretch for you? I invite all of you to be as fearless as Julia Child, do something different this summer, and come join us in trying something new, together!

Amy Yotopoulos

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**Avenidas Serving Its Own—Coming Full Circle**

by Jyllian Halliburton, Avenidas Director of Community Engagement

It’s a beautiful thing to get a call from a client or volunteer you find out has deep connections to Avenidas. It has happened a few times over the years I’ve been at Avenidas, and it was a particularly special occasion when David and Sherrie Vick reached out to the Door to Door program to ask for weekly grocery deliveries last month.

The couple, recently married in 2017, are both on chemotherapy and therefore immunocompromised, so they cannot go out except for medical appointments. While much of the world has gone back to a new normal enjoying outings, there are many people like the Vicks, who still need to observe the lockdown rules we all experienced through 2020 and much of 2021.

The Door to Door program has continued the grocery delivery service for this population, as well as other seniors who need to limit outings due to mobility or cognitive issues and stay safe at home.

In the course of taking the grocery order from the Vicks, I learned that David had ties to Avenidas that dated back to 1972, when he began his career as a social worker for the Family Services of the Mid-Peninsula non-profit on Cambridge Ave.

The agency’s Director asked David to meet with four seniors who wanted to stay in their homes and not move to a facility. He was tasked with finding services for them to do this safely, eventually starting an older adult program.

This led him to find Diana Steeplees, who worked out of the downtown library on the grass roots beginning of the Senior Coordinating Council of Palo Alto, now Avenidas.

In the 1990’s, after David retired, he reconnected with a lot of the offerings that he had earlier found for his clients. He enjoyed piano concerts, the G. Derwood Baker lecture series, the chess club, sewing and computer classes in the new Mac and PC labs, mindful meditation and ping pong, where he found friends and longtime connections he still has today.

“If people can feel stimulated and part of the group, join activities and classes together, it increases socialization and reduces the effects of isolation,” he observed from the experience.

Fast forward to the 2000’s, David entertained the thought of moving to a facility and even tried one out short term, but found he wasn’t suited to the lifestyle and returned to living at the home he has owned for 50 years in Palo Alto after marrying Sherrie. Their goal is to continue to try to stay in their home, despite the challenges of finding care and services at times.

They have love and a new marriage on their side, and shared common medical challenges to get through the tough times. They voice the need for more support for seniors locally and globally to achieve what David once helped others do: stay in their homes, safely.

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**Ahoy, Summer!**

**June/July/August 2022**
The Silent Killer
By Susan Lam, RN, Avenidas Rose Kleiner Clinical Outreach Specialist

Nearly half of all adults in the United States have high blood pressure. Many people have few, if any, symptoms, and do not know that they have it. It is for this reason that high blood pressure is often called “The Silent Killer.”

As we age, our vascular system changes and one of those changes causes our arteries to become stiffer, causing blood pressure to go up. Uncontrolled blood pressure can lead to many other health issues including stroke, heart failure, kidney disease, vascular dementia, hearing loss, and eye problems. In addition, there are also health problems that can lead to high blood pressure including metabolic syndrome, thyroid problems, and kidney disease.

While the link between high blood pressure and Alzheimer’s disease is currently unclear, research has shown that elevated blood pressure poses an increased risk for developing vascular dementia and contributes to faster cognitive decline.

With high blood pressure, insidious damage is occurring to vessels all over the body, including blood vessels that carry blood to the ears. Studies have shown that people with high blood pressure are at higher risk for hearing loss.

Obesity: This can lead to increased blood pressure. Sometimes even a modest weight loss can make a big difference in blood pressure. If your weight is not at goal, lose weight.

Exercise: A good goal is to aim for 150 minutes of moderate exercise per week, such as walking, biking, or swimming. Always check with your doctor prior to embarking on a new exercise plan.

Diet: The DASH diet (Dietary Approaches to Stop Hypertension) emphasizes foods high in fiber, potassium, magnesium, and calcium, including fruits, vegetables, nuts, whole grains, and low-fat dairy. This healthy dietary plan also promotes low salt, moderate portion size, along with limited sugar and alcohol consumption. The DASH diet is affordable and scalable. Read food labels and eat simple foods that are minimally processed.

Smoking: Smoking constricts our blood vessels and contributes to plaque buildup in your arteries. If you smoke, quit now!

Managing your stress and getting a good night’s sleep are also helpful steps to take. It is our wish, at the Avenidas Rose Kleiner Center, that you live fully, and be happy, healthy and well!

Blood Pressure Categories

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>SBP</th>
<th>DBP</th>
<th>LVPI</th>
<th>HVPI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120</td>
<td>&lt;80</td>
<td>&lt;1.3</td>
<td>&lt;1.2</td>
</tr>
<tr>
<td>Elevated</td>
<td>120-129</td>
<td>80-89</td>
<td>1.3-1.4</td>
<td>1.2-1.3</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>&gt;129</td>
<td>&gt;89</td>
<td>&gt;1.4</td>
<td>&gt;1.3</td>
</tr>
<tr>
<td>High Blood Pressure (Stage 2)</td>
<td>&gt;160</td>
<td>&gt;110</td>
<td>&gt;1.6</td>
<td>&gt;1.5</td>
</tr>
</tbody>
</table>

Enjoyable and Meaningful Activities

Fill Your Days with Enjoyable and Meaningful Activities
Summer is here, the weather is warmer, and the daylight hours are longer. This can be a wonderful time of year. However, sometimes family caregivers are at a loss of how to spend their time with someone living with dementia. Every day can be a new day, so don’t rule out an activity if it doesn’t go well the first time.

In a reflection from “Still Alice”, the author with early-stage dementia shares, “My yesterdays are disappearing, and my tomorrows are uncertain, so what do I live for? I live for each day. I live in the moment.”

Here are ideas to fill your days with enjoyable and meaningful activities.

Cognitive Stimulation:
- Listen to short stories
- Simple trivia questions
- Word search, crosswords, sudoku
- Enjoy Readers Digest
- Put together a puzzle
- Play cards or checkers

Lending a Helping Hand:
- Wipe off tables
- Fold clothes or clothing
- Set the table for a meal
- Sort socks
- Water house plants
- Sweep the patio or room

Get in Touch with Your Creative Side:
- Arrange fresh flowers in a vase
- Make a fruit salad or lemonade
- Read or write a poem
- Color, paint or draw
- Sing songs or have a dance party
- Make a collage from magazines

Lending a Helping Hand:
- Go for a walk
- Take a drive
- Put seed in bird feeder
- Watch dogs at the park
- Plant bulbs or weed the garden

Reminiscing:
- Sing childhood songs
- Smell familiar scents
- Create a family tree
- Look at photographs
- Remember famous people
- Create a “memory box”

Avenidas Serving Its Own— continued from page 1

“A chance for seniors to get calls can be a very beneficial service from volunteers,” David observes from his experience as a social worker and from his own knowledge of aging in his retirement years. We here at Avenidas couldn’t agree more!

If you are interested in reading more about David’s story, visit www.avenidas.org/doortodoor

If you would like to contribute your own memories of Avenidas and share your experiences as part of a new oral history project, please contact me at jhalliburton@avenidas.org

Thank you Avenidas Door to Door Drivers!
We wish to thank our incredible volunteers, not only for their years of providing amazing ride service to Door to Door clients but also for serving other important roles during the pandemic: outreach calls, grocery and medicine delivery, and resuming the program rides since July 2021!

These volunteers include Kristin Smith, Mary Dodge, Bill Young, Dan Rudolph, Rick Stern, Larry Cuban, Stu Karlinsky, Les Ezrati, Andrea Smith, Pat Jones, Gordon Hughes, Jean Pressley, Steve Johnson, and a special shout out to former Avenidas CEO Lisa Hendrickson for joining the grocery delivery effort from 2020-21. You are all amazing and do so much for the Door to Door clients!

Thank you!

Door to Door is more than rides!
During the pandemic, volunteers and staff (thank you, Trina and Margaret!) began adding more features to the program such as grocery, prescription and other deliveries. We also partner with an organization called Friendly Voices (www.friendlyvoices.org), who can help you connect with a weekly phone buddy. We are now restarting our friendly visitor program for isolated seniors in need of support. We are also rolling out a laptop giveaway to connect low income, isolated seniors with donated laptops from the Palo Alto Library with volunteers to help deliver the laptops and get the seniors up and running on them.

If you are interested in any of these programs, please contact Jyllian Halliburton at 650-289-5412 or jhalliburton@avenidas.org

Enjoy the Outdoors:
- Go for a walk
- Take a drive
- Put seed in bird feeder
- Watch dogs at the park
- Plant bulbs or weed the garden

Reminiscing:
- Sing childhood songs
- Smell familiar scents
- Create a family tree
- Look at photographs
- Remember famous people
- Create a “memory box”
Folks from Cluster 2S brought in a teacher to show them some Improv.

Avenidas Village Asks “Won’t You be My Neighbor?”

By Erika Thomas, Director, Avenidas Village

With Avenidas Village membership now at 350 and still growing, Neighborhood Clusters connect members who live near each other. This spring, we have seen many Clusters enjoy gatherings at someone’s home where they can chat in person and build their friendships.

Cluster 1 (Los Altos)—After "incubating" for a few months meeting jointly with Cluster 2S, Cluster 1 started its own monthly Zoom meetings in January. In April, 14 members, many who are new to Avenidas Village, met in Kris and Bob Stanfield’s yard for a “BYOB & Appetizer” Party.

“What fun it was to meet folks we had only visited with on Zoom for the past year! The appetizer offerings were amazing, I doubt that anyone bothered with dinner after our party! The weather couldn’t have been more perfect! We came together as "sort-of-familiar" people, and departed as friends. We look forward to our next get-together in May.”

—Kris Stanfield, Co-Lead

Cluster 2S (South Palo Alto/Mountain View)—Avenidas Village, met in Kris and Bob Stanfield’s yard for a “BYOB & Appetizer” Party.

Cluster 2N (Barron Park/Charleston Meadows)—

Cluster 2S (South Palo Alto/Mountain View)—

Cluster 1 members had a good time at a BYOB (& Appetizer too!) Party.

Cluster 25 (South Palo Alto/Mountain View)—After meeting faithfully every month on Zoom, this group has now met in person several times. Most recently in April, 11 villagers from this Cluster met at the home of Debbie Rosenberg and tried “Improv” led by teacher Carolynn Kwiatek. In their meetings, whatever topics are discussed, time is always taken for members to check in with one another to see if anyone needs help that someone in the group can provide.

Folks from Cluster 25 brought in a teacher to show them some improv.

Cluster 2N (Barron Park/Charleston Meadows)—In January, Marcie Brown volunteered as Cluster Lead and has been helping the group get more connected. She started with phone calling to meet everyone, then surveyed members to learn what activities they might enjoy. In March they got together in person for the first time since 2019.

“Our gathering for tea & cookies at the home of Pat & Tom Sanders on March 30 was a big success. About 15 Cluster members came. Erika (Thomas) was there as well as Dick Smallwood & Chuck Sieloff who spoke about the Village movement and our Village.

—Marcie Brown, Lead

Cluster 3, 4 & 5 (“East Village Super Cluster”)—Clusters 3, 4, and 5 have been meeting together via Zoom, during the various COVID waves. Typical attendance has been 10-20 villagers, with attendees dividing roughly equally among the three clusters. We would like to have more members join us, but we have formed friendships over a wider area; we think of our expanded group as a “Super Cluster” or as the “East Village People.”

—Ken Tucker, Lead

Cluster 6 (Downtown North/University South)—This group has been meeting in-person monthly since February! They enjoy inviting guest speakers—most recently it was Kay Shanda, Environmental Outreach Coordinator at Greenwaste of Palo Alto to review how/where to properly dispose of various waste materials. A special activity of Cluster 6 is their Movie Discussion group which takes place monthly in addition to the regular cluster meetings.

Cluster 7 (Old Palo Alto/College Terrace)—A role model for Clusters, Cluster 7 has maintained a regular schedule of three weekly meetings on Zoom plus one in-person outdoor potluck gathering per month, weather permitting! Their model gives everyone a way of staying connected however they feel most comfortable. At each meeting they share information on topics of interest ranging from future planning (whether to move, how to sell your home), community resources (classes, food delivery, various types of services)—plus they enjoy sharing fun conversation, games, jokes and cartoons.

Cluster 8 recently welcomed three new members to a lunch at Chef Chu’s in April.

Cluster 8 (Menlo Park, Atherton, Woodside, Portola Valley)—“We have a core of happy, active members who participate in many monthly functions and may get together as small impromptu groups at other times. Other members are less active, but we check in with them from time to time by phone to keep them connected. We continue to have monthly meetings, usually on the 3rd Thursday of the month. We had luncheons in December at LaBoheme and in March at Mama Coco’s. Each had about 10 members. We had Zoom meetings in January (a general discussion and introduction of members) and one in February called “Celebrate the Arts” in which members shared a work they created (paintings, photos, writings, knitting) or items they have collected.

—Alice Koozer & Marita O’Reilly, Co-Leads

Cluster 9 (Stanford)—Meeting faithfully each month on Zoom, Stanford Cluster has hosted a few in-person gatherings in recent months. In March, Cluster 9 had a joyful celebration to honor several members’ birthdays. We had 17 attendees including two 11 year old guests who played an active role in decorating the patio deck with streamers, balloons and HAPPY BIRTHDAY messaging. Both girls are current ballet students and they performed a short piece from Swan Lake thanks to ALEXA, who played the music and also sang Happy Birthday. The intergenerational aspect was appreciated, and the attendees were generous with their gifts of food and wine. The weather was kind to us and a good time was had by all.

—Janet Constantinou, Co-Lead

The weather was kind to us and a good time was had by all.

Clusters 3, 4 and 5 have been meeting together via Zoom during the COVID waves. Typical attendance has been 10-20 villagers, with attendees dividing roughly equally among the three clusters. We would like to have more members join us, but we have formed friendships over a wider area; we think of our expanded group as a “Super Cluster” or as the “East Village People.”

—Ken Tucker, Lead
Volunteer Opportunities Are Back!

Now that many Avenidas programs are regaining traction after COVID, we are ramping up the Avenidas Volunteer Corps program! So if you’re a former volunteer wanting to return or someone looking for a new adventure with Avenidas, we need you!

We are looking for volunteers in the following areas:

• Assist Avenidas staff at 450 Bryant Street Center
• Make social phone calls with our partner organization, Friendly Voices
• Offer rides and grocery deliveries for our Door to Door Program
• Work with our Rainbow Collective staff to run activity groups, outreach and events
• Help staff at conferences, fundraisers, etc.
• Provide services, entertainment, or one-on-one engagement with our participants during activities at Avenidas Rose Kleiner Center
• Tutor kids in reading for our Early Literacy Program (ELP starts in the fall)
• Teach classes, support staff and help with events at our Avenidas Chinese Community Center at Cubberley (ACCC)

Please contact Jyllian Halliburton at jhalliburton@avenidas.org or 650-289-5412 about how to get started!

Caregiver Conference

What attendees had to say about the day:

“THANK YOU!”

“It was GREAT to see old and new friends at long last!”

“I loved gathering with other caregivers in person, sharing stories and challenges.”

“Conference was very informative and self-affirming.”

“Thank you for all your efforts.”

“Thank you and Avenidas for putting together the Caregivers Conference this past weekend. It was really beneficial to hear all of the various presenters and the topics related to caregiving. Thank you and the Avenidas team for doing all that you do for the community!”

Journalist Dave Iverson of NPR and PBS fame, who wrote “Winter Stars, an Elderly Mother, an Aging Son and Life’s Final Journey,” was the Keynote Speaker at the 17th Annual Avenidas Caregiver Conference. He is shown here with Paula Wolfson, Avenidas Care Partners Manager, Sinai Latu, a family caregiver for his mother Adelaide Iverson, and his wife, Lynn Fuller.

Serving Mid-Peninsula Communities:

• Palo Alto • Mountain View • Stanford • Woodside • Los Altos
• Menlo Park • Atherton • East Palo Alto • Portola Valley • Los Altos Hills

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