Save the Date!
Call (650) 289-5400 for event details

ACCC Moon Festival Virtual Food Tour
Wednesday, September 7, 2 to 3:15pm
FREE Raffle! Welcome 50+ to join RSVP by 8/24
accc@avenidas.org

ACCC 中秋節網上美食之旅
9 月 7 日，星期三，下午 2 至 3 時
15 分
免費抽獎! 歡迎50+參加 | 8/24 前
RSVP accc@avenidas.org

Mapping Palo Alto Together—Art Workshop
Wednesday, September 14, 9:30 to 11am, free
register@avenidas.org

Pole-Walking Workshop
Friday, September 23, 9 to 11:30am, $45/$60
650-289-5400

Flu Shot Clinic
Wednesday, October 5, 9 to 11:30am
ACCC@Cubberley Community Center, Room H5, free
650-289-5400

Button Bracelet Workshop
Thursday, October 27, 1:30 to 4pm, $20/$25
650-289-5400

Avenidas News
Autumn 2022

President’s Corner:
Sayonara Summer and Aloha Autumn!
How was your summer? My family and I braved the wild world of air travel to see our extended family (carry-on only!), enjoyed backyard cookouts with friends, and then Covid got me! It wasn’t quite the carefree summer we were hoping for, but we felt lucky we had been able to stretch our wings a bit.

And now, while the end of the summer is always a sad time, I am looking forward to Autumn. For me it means back to school, with my son heading back to college and my daughter driving herself to high school, and regular schedules.

Here at Avenidas, we have our new fall lineup of classes and activities for you to check out! And while my kids are not looking forward to tests and report cards, I have to say Avenidas recently received a new “report card” of sorts. The market research firm Impacts Research conducted three surveys (one in 2017, one in early 2020, and the last one in late 2021) to study how Avenidas is perceived in our community and what older adults and family caregivers need and appreciate about our programs and services.

I’m pleased to let you know that Avenidas shares the same level of high awareness and respect as the Mayo Clinic and the Metropolitan Museum of Art. Our community is more likely to agree with the statement “Avenidas is an asset to our community” than “I love my mother.” And when asked “What is the best part about Avenidas?” the answer is overwhelmingly “the staff.” So of course, I have to brag a little bit and say how proud I am of Avenidas and all of our employees. We continue to work hard to meet the changing needs of our community, especially during the ongoing pandemic.

As for this coming year, we want to do even more! We held our first in-person staff retreat in several years, kicked off our new strategic planning process and are launching a new needs assessment in the coming weeks. All with the goal of learning more about what YOU want and need and setting goals for the future.

I wish you all a wonderful Autumn and hope to see you in any or all of our three locations!

Amy

Gaining Friends and Going Places with Avenidas Village
One of the most immediately appreciated benefits of joining Avenidas Village is the vast new network of people to get to know, befriend and go on outings and do activities with. Avenidas Village offers a wide variety of social events so that there is something for everyone. Members enjoy pot lucks and happy hours and even pot luck happy hours!

Members also get to experience activities such as guided meditation, educational lectures, and docent-led museum tours. They have even taken day trips to San Francisco to view “The Jim Henson Exhibition: Imagination” at the Contemporary Jewish Museum, and to Salinas to see the Steinbeck House and Steinbeck Center.

To see some other recent gatherings that you could enjoy if you joined Avenidas Village, turn to page 2.

Avenidas Village has an intergenerational Task Force, and they put together a glass blowing demo for members with enthusiastic Paly Art students.
Day Program Welcomes New Activity Manager

The position of Activity Manager at the Avenidas Rose Kleiner Center in Mountain View sets the daily/weekly/monthly schedules, develops interesting and enjoyable offerings, oversees all the activity aides and the kitchen coordinator, and truly functions as the “heartbeat” of the organization.

Candi Warren started as the new Activity Manager in July and she jumped in immediately to promote participation, create an upbeat atmosphere and increase community bonding. Candi has over eight years of experience as an Activity Manager and Activity Leader working in Senior Residential Care Communities and Memory Care programs. In addition, she has experience managing a team of Activity Leaders and developing an engaging and fun activity program.

“[To work with participants, you need] patience, compassion, and excellent communication skills,” states Avenidas Rose Kleiner Director Nancy Keegan. “Candi has proven she has all those necessary abilities and can provide that steady rhythm that keeps our day health center going strong!”

Candi Warren

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Avenidas Village Going Places... continued from page 1

Members can attend several “Lunch Bunch” gatherings a month at local restaurants for tasty food and good conversation.

Another perk of membership is getting to go on private docent tours arranged especially for Avenidas Village members, such as the one folks had at the Palo Alto Art Center.

Phone “Foto-Fun” Photography Group began in March and alternates teaching and photography review sessions on Zoom with field trips to various photogenic spots in the neighborhood.

One of Candi’s fun new activities was celebrating 70’s week with staff dressed up in costumes for a groovy party!
New Social Worker Returns to Her Roots Working with Seniors

“I’m excited to welcome Sam Bennett-Garcia, MSW, not only to her new role as a social worker at Avenidas but also to her new home in Palo Alto, along with her husband Keith and their dog Evey, and their new life on the West Coast,” states Avenidas Care Partners Manager Paula Wolfson.

“Sam is the staff social worker, and her responsibilities include monitoring the Information and Assistance telephone referral line, providing case management and consulting services to older adults and their significant others, and eventually, facilitating new topic-related support groups,” Paula notes.

Sam is originally from Plano, Texas, a suburb outside of Dallas. She attended The University of Texas in Austin, where she studied both Sociology and Biology, and then she went on to graduate school at The University of Texas at San Antonio where she obtained her MSW degree. Next, Sam served as a school social worker with Grant Wood AEA.

She credits her grandparents for making a lasting impact on the person she is today and her clients with impacting her work as a social worker.

One of her favorite projects was when she assisted in implementing a Music and Memory program that provided iPods filled with familiar music to patients.

“I never tired of the number of times I witnessed patients with diagnoses of Alzheimer’s and Dementia suddenly be transported back to a memory of a high school prom, days on the naval boats or running around their local Italian village just by listening to a song,” Sam recalls. She enjoyed learning about her clients from their taste in music and connecting with their families over an unlocked memory that they assumed was gone forever.

“I started my social work student career working with the elderly and I loved every minute of it,” Sam says. “I have and continue to learn so much from the older generation—their wisdom is invaluable. Returning to my roots in this role means I can hopefully implement programs that inspire creativity, movement, community and continued learning for Avenidas’ clients,” she states.

Author Book Signing at Avenidas

Dave Iverson, author and journalist with NPR and KQED, will read excerpts from, answer questions about, and sign his new book Winter Stars: An Elderly Mother, an Aging Son, and Life’s Final Journey at a free event at Avenidas on Sept. 13 from 2-4pm. This is a hybrid event, with in-person availability for 25 people and Zoom for all other interested people.

Books Inc. will have copies of Dave’s book available for sale at their Palo Alto store (74 Town & Country Village) and they will also be selling them at Avenidas at the event.

Kensington Place Redwood City—North Atherton is sponsoring this special Avenidas event and not only will they provide light refreshments, but they are also offering a free copy of Dave’s book to the first 15 registered attendees to arrive, on a first come, first served basis. Please note that Dave will be generously donating a portion of the proceeds to Avenidas.

To register, visit www.avenidas.org, email register@avenidas.org, or call (650) 289-5400.

Reflections on the Holiday Spirit

2022 has been another reminder of the power of the collective spirit, the importance of community and the exquisite joy of giving and loving. Autumn ushers in the holiday season, which we approach with high hopes and a renewed lust for life. Let us remember to have understanding and empathy for all. Hold your loves ones tighter than ever before, savor the reunions and the virtual connections from afar.

With all the uncertainty in the world right now, the new season seems the perfect opportunity to look towards growth and to choose peace and healing. With adversity comes change and an opportunity to grow and create something bigger and brighter.

The end of summer is the time when many of us pause to reflect on the memories we created with our loved ones, friends and community members. This process can be a powerful thing. Being able to learn from our mistakes, celebrate our triumphs and look back on how far we’ve come can often be the catalyst for growth and change. Let’s embrace it, harness it and use it to heal.

Avenidas fall classes are starting soon. Before the holidays begin, let’s learn new skills and confidence to live well, even with any health problems we all may have due to aging. Physical activities such as walking, swimming, dancing, standing strong classes, or even getting involved with music or drama or arts classes improves function, mood, and quality of life. We should move more and sit less throughout the day.

As we adjust to the changes of Autumn, let’s take action to ensure the safety and wellness of ourselves and our loves ones. It is time to control the internal temperature in our homes, be ready for fall fashion with layering. Seasonal illnesses can be avoided by washing our hands and, oh well, you know the drill after all what we all went through since 2020…But on the bright side, take advantage of the harvest with many healthy and delicious fruits and vegetables. And definitely check your smoke and carbon monoxide detectors. Change batteries in these devices and test them as we may spend more time indoors.

As we get ready to welcome the fall, we want to leave you with a quote from the poet Yung Pueblo’s book Clarity and Connection. It’s something we hope you will take with you into the new season:

We wish you warmth, peace, joy, and rest, and look forward with great hope and anticipation to fall season.

From Our Family to Yours,

Thank you,
Canan Sonuk
Founder Principal, MA, OMPH
Auxilio HomeAide

AHA
AHA Auxilio-HomeAide "When You Can’t, Together We Can"

AHA was the winner of this year’s Bocci Ball event by Villa Sienna’s yearly fundraiser event. We always have so much fun and enjoy all the community events to support senior care.

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Thank you, Club Aveneedles!

Stop by Avenidas@450 Bryant Street center any Friday afternoon and you’ll find Club Aveneedles members busy creating one-of-a-kind, handcrafted items in our Lounge. They knit, crochet, and do needlepoint while sharing ideas, news, and, on occasion, birthday cake! One member even joins from Colorado via Zoom. This “tightly knit” group believes in giving back to their community. Over the years, their annual sale has raised money for Avenidas as well as other local charities including LifeMoves and the Peninsula Humane Society. They regularly donate practical items, such as scarves and hats, to homeless programs. This past year’s sale resulted in over $2500 raised for Avenidas.

We would like to wrap our “Aveneedlers” in a big hug and say THANK YOU! We are inspired by your care for the community and are grateful for your support over the years.

Stay tuned for information on upcoming sales at the center and online. For more information on joining Club Aveneedles, email register@avenidas.org.

Row 1: Elaine, Eileen, Jim, Janis; Row 2: Sheila, Ann, Donna.
Not present for photo: Bette, Carol, Connie, Danielle, Kaye, Maria, and Mary.