Seas the day.

SAVE THE DATE!
Call (650) 289-5400 for event details

Empower 101 Workshop
Avenidas@450 Bryant
Personal safety and self-defense workshop
Friday, June 9, 3 to 4:30pm, $50/$65
Space is limited. Call (650) 289-5400

Summer PRIDE events with Avenidas Rainbow Collective
San Mateo: Saturday, June 10
Silicon Valley: Sunday, August 27
Stay tuned for details.
Email lgbtq@avenidas.org for more info.

AARP Smart Driver (full course)
Avenidas@450 Bryant Street
Saturday, June 17, 8:30am to 4:30pm
$20 AARP members/$25 non-members
Email register@avenidas.org

President’s Letter:
Happy Summer!
The carefree, lazy days of summer are here! Or maybe you are like us here at Avenidas and are busier than ever this time of year. Either way, Avenidas has something for you this summer.

Thank you to everyone who made our annual Avenidas Lifetimes of Achievement event such a success. Many of our volunteers, board, and staff pitched in to make this once-a-year fundraiser happen and we are so grateful to everyone who attended to celebrate our accomplished honorees. A special appreciation goes to the Lifetimes Sponsors; your generous donations make a huge difference to our community, and I thank you for your ongoing support.

We have some fun things coming up this summer! ACCC will be hosting a Dragon Boat Festival and the 3rd anniversary of the “Learning Chinese Culture in America” class on June 22. See page 2 for more info.

Back by popular demand, our annual Caregiver Conference is taking place on June 24th. Anyone who is helping a loved one, whether near or far, or who might be thinking ahead about how to plan for your parents or your own needs in the future will benefit from this event. More info in the article below.

We are excited to announce our upcoming caregiver conference, “Creating Networks of Support: A Caregiver’s Journey,” which will be held on June 24, 2023 from 9am to 3pm at the Mountain View Senior Center and the Avenidas Rose Kleiner Center.

This conference is designed to support and educate family caregivers, solo agers, healthcare and social service professionals, and community members about both the challenges, as well as the opportunities in their journeys of providing care.

With three tracks available, attendees will have the opportunity to focus on their specific caregiving needs. Participants can stay in one track or mix and match sessions to customize their experience.

The first track, “Caregiver Skills Workshops,” is perfect for anyone new to caregiving. Participants will learn how to design a daily practice of self-care, enhance their communication skills, and strategies for keeping a frail and confused loved one feeling comforted and affirmed. A session on fall prevention will also be offered.

“Everyday name something you are grateful for, call a friend to check in, identify today’s challenge and a goal, celebrate a small victory.”
—Avenidas Caregiver Support Group Member, Family Participant, Rose Kleiner Center.

18th Annual Avenidas Caregiver Conference
Creating Networks of Support: A Caregiver’s Journey

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“Navigate Change & Plan for the Future” is the second track and is ideal for those responsible for providing care to loved ones with long-term or advanced care needs. Sessions will focus on developing contingency plans for when the family caregiver is ill or unable to provide care, the impact of caring for a frail relative on family, crucial support networks for when a loved one lacks competency, and the role of palliative and hospice care teams.
Bring some PRIDE into your summer!

This summer, the Avenidas Rainbow Collective is excited to announce our upcoming events and a new partnership with the Billy DeFrank LGBTQ+ Community Center in San Jose. In June, we will be attending the San Mateo Pride event to celebrate our community’s diversity and resilience. We will participate in the Silicon Valley Pride Parade in August, where we will showcase our commitment to LGBTQ+ older adults’ social and emotional well-being.

Our partnership with the Billy DeFrank LGBTQ+ Community Center aims to build a stronger community for LGBTQ+ older adults by providing inclusive and affirming social activities and support services. Together, we strive to create a space that promotes connection, belonging, and wellness.

We invite you to stay informed about our upcoming events and activities including the Poetry Potluck for Singles, Song Appreciation, our monthly meet-ups, and more! Go to our website https://www.avenidas.org/programs/lgbtq-seniors-initiative/ or email LGBTO@avenidas.org, to receive updates on all that is happening in the Avenidas LGBTQ+ older adult community, including news about our partnerships, programs, and events.

The Avenidas Rainbow Collective believes that celebrating PRIDE in community is a powerful way to honor our history, embrace our diversity, and promote social justice. We are excited to continue our work in creating a safe and welcoming space for LGBTQ+ older adults and allies in Santa Clara County. We hope to see you at our upcoming events!

ACCC Dragon Boat Festival Commemorates the Death of Qu Yuan

The Dragon Boat Festival is a traditional holiday in China that is celebrated on the fifth day of the fifth lunar month, usually falling in May or June. The festival is famous for its dragon boat races and delicious zongzi, a glutinous rice dumpling filled with various ingredients, wrapped in bamboo or reed leaves and steamed or boiled.

The origins of the Dragon Boat Festival date back over 2,000 years, to the time of the Warring States period in ancient China. The festival is in honor of the famous Chinese poet and statesman Qu Yuan, who drowned himself in the Miluo River in Hunan Province in 278 BCE to protest the corruption and oppression of the ruling elite.

The local people, who admired and respected Qu Yuan, raced their boats to the site of his drowning and tried to retrieve his body. They beat drums and threw rice into the river to distract the fish from eating his body. The tradition of dragon boat racing and eating zongzi during the Dragon Boat Festival is believed to have originated from this story.

Today, the Dragon Boat Festival is celebrated not only in China but also in many countries around the world. The festival has become a significant cultural event that showcases the Chinese tradition and promotes social harmony and cultural exchange.

You are invited to learn more about this annual festival with the Avenidas Chinese Community Center! Sign up today for our bilingual celebration, offered in-person and on Zoom, and be one of the first 50 participants to receive a small prize in-person (must be age 50 or over for prize).

Dragon Boat Festival Cultural Learning Event

Avenidas@450 Bryant Street and Zoom

All ages welcome | ages 50 and over must RSVP by June 1
Space is limited.

Thursday, June 22, 10am to 11:30am, free In-person #9394, RSVP by June 1, Zoom only #9388, RSVP by June 6

Avenidas Rainbow Collective at the Silicon Valley PRIDE parade 2022.

Caregiver’s Journey

Continued from page 1

Our third track is “Customizing Your Support Network” and targets anyone looking for information for their own aging journey as well as those caring for aging loved ones. During these sessions, participants will meet elder care providers from adult day health care, home care, residential referral resources, and care management. Speakers will answer your questions regarding costs and coverage, applying for services, and navigating transitions to higher levels of care.

There will be time during the day to connect with over 20 vendors to help attendees build their networks. Vendors include organizations that provide respite care, transportation services, home-based care, long-term care, and more.

We hope to see you at our 18th Annual Caregiver Conference in June! Registration and more details (including lunch options) are available at www.avenidas.org or via email at klugo@avenidas.org. Don’t miss our early bird pricing!
Joe Keever has been volunteering at Rose Kleiner Center for over a year. He brings his experience as a physician to help support our participants through his creativity, kindness, and with his passion for community service. He started out simply helping to serve lunches. This evolved into deeper connections with our participants, and now he helps in a wide variety of ways including working closely with Lee Safran, our Physical Therapist, and Jackie Liang, our Occupational Therapist. Joe helps with exercise, cognitive and memory games, ping pong, “golf”, and dominos, as well as small group manual dexterity and fine motor skills activities.

In Joe's own words, “In each circumstance, the rewarding part is knowing who I am helping, who I am connecting with, and how I am allowed to flourish as a volunteer”.

Mark has been volunteering at ARKC since 2018 when his mother, Connie enrolled as a participant. At the time Mark volunteered one day a week. After his mother passed away in the summer of 2021, he started volunteering twice a week. Mark increased his volunteer time at Avenidas because of the connections and the friendships he made at the center.

### Our Wonderful Volunteers, Avenidas Rose Kleiner Center

Every volunteer at Avenidas Rose Kleiner Center makes a difference and changes the lives of our participants and staff for the better in countless ways.

Mark previously worked as a technical writer in Santa Clara and overseas in England and Holland. In 2015, he decided to go back to school to study Food Policy because he wanted to move away from the tech world and work more closely with the community. He received his degree from the City University of London in their online course program. Mark brings his interest and knowledge of food policy to Avenidas in gardening craft activities and a discussion group on food culture in the Bay Area based on short films.

Mark enjoys seeing the individual creativity each participant brings to the activities. He says that the participants have so much experience and personal history that they bring to his discussions. He sees Avenidas as a destination for individuals, as a place to honor them as educated participants who have value that they bring to the center.

He is grateful that Avenidas allowed his mother to complete her life in a manner that was emotionally and physically compatible with her wishes. In turn, he has honored his goal of being a part of his community and providing enriching programs to others.

From the bottom of our hearts, thank you to Joe, Mark, and all the wonderful Avenidas volunteers!

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### Unexpected Ways to Show You Love Your Brain

Everything starts with “You”,

• You will like outdoors,
• You will like to go to places you haven’t been to before,
• You will like to have fun,
• You will like good food,
• You will like to hang out with others,
• You will like to learn something new,
• Then, “You” will like your life to the end...

**Your Pledge to End Alzheimer’s**

Our brains love variety so challenge yours whenever you can. Increased social interaction helps, as does learning a new skill or language. Small, quirky tweaks to your routine can help anyone looking to keep their brain healthy as they age.

To create the ultimate brainpower workout, use this 7-day plan to wake up above the neck. The twist: simple tweaks such as choosing scenic walking routes, closing your eyes during strength activities, and even playing catch activate areas of your brain that regular exercise does not challenge.

Follow this 7-day plan then either repeat the 7-day plan or incorporate the techniques into your own routine.

**Day 1: Take a nature walk**

Your memory and attention improve 20 percent when you walk in a park versus an urban environment. Natural settings have a restful effect which tends to fade with age. Improved sensation can help you thread a needle, savor hugs from loved ones, or react quickly to a hot stove, as well as help prevent falls. [www.seattle-times.com/pacific-nw-magazine/tai-chi-for-seniors-focuses-on-slow-fluid-movements](www.seattle-times.com/pacific-nw-magazine/tai-chi-for-seniors-focuses-on-slow-fluid-movements)

**Day 2: Connect with your senses**

Tai chi improves balance. But it may also protect the area of the brain responsible for the sense of touch, which tends to fade with age. Improved sensation can help you thread a needle, savor hugs from loved ones, or react quickly to a hot stove, as well as help prevent falls. [www.prevention.com/fitness/power-walking-blast-fat](www.prevention.com/fitness/power-walking-blast-fat)

**Day 3: Add in speed**

Doing two 3-minute sprints might help you memorize new words faster. Cardio exercise increases blood flow and triggers cell growth in the area of the hippocampus. Pretend you are late…[www.ahaindeed.com](www.ahaindeed.com)

**Day 4: Challenge your balance**

There is a link between toning your muscles and toning your brain. Lifting weights along with your walking and balance exercises can help improve your decision-making abilities. Adding balance and coordination challenges to standard strength moves may magnify the benefit. Complex movements force your mind to work harder by engaging multiple parts of the brain. “It is not a race to finish.” [eldergym.com/elderly-balance.html](eldergym.com/elderly-balance.html)

**Day 5: Toss a ball while walking**

Bouncing, throwing, or passing ball with alternate hands for just 10 minutes can help increase your attention and concentration. “Pay attention, pleaseee.” [livehealthy.chron.com/can-sniors-keep-balance-walking-standing-8979.html](livehealthy.chron.com/can-sniors-keep-balance-walking-standing-8979.html)

**Day 6: Repeat day 3 with a friend**

Beefing up your social calendar can decrease your chances of memory loss. Exercising with a friend will slash your risk of dementia and also encourage others to exercise. “How is that? Not a bad idea, right?” [eldergym.com/elderly-endurance.html](eldergym.com/elderly-endurance.html)

**Day 7: Repeat day 4 with eyes closed**

When you take away visual cues, you push your brain to use circuits that aren’t normally engaged. Your brain relies on a combination of sensory information from your limbs, joints, and eyes to coordinate movements. By closing your eyes, you force your brain to adapt. “When should your stop doing the exercise.” [wws.jw.org/articles/51b001420452702304275304579397233452586894](wws.jw.org/articles/51b001420452702304275304579397233452586894)

When a sedentary person jogs for 30 minutes a few times a week for 12 weeks, their memory and ability to juggle tasks improves by 30 percent. However, inactivity stops this process. When the person returns to their couch ways, they can lose 10 percent of the gain after only 6 weeks. [www.prevention.com/health/surprising-ways-boost-brain-health-and-memory](www.prevention.com/health/surprising-ways-boost-brain-health-and-memory)

It is a challenge to change our habits and it can be overwhelming. However, you can start with one or two changes and build on them. You can pick and choose what activities you do like to the most but along the way zest it up and add them one-by-one into your daily activities. In taking care of your brain health, you challenge yourself, have fun, and enjoy the company of others more than ever before as much as they enjoy being around you.

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**Canan Sonuk**

Founder Principal

Auxilio HomeAide

[www.ahaindeed.com](www.ahaindeed.com)
Thank you for making this year’s Lifetimes of Achievement celebration a smashing success! The food was delicious, the setting was beautiful, and, as they say, a good time was had by all. It’s always a privilege to celebrate the honorees and this year’s group was extra special. We appreciate all the hard work from staff, board members, committees, and volunteers that went into planning and hosting this year’s event. We offer deep gratitude to everyone who attended and donated in honor of the award winners. From the bottom of our hearts, thank you! See you next year!