President & CEO Letter: 
Appreciating Abundance in All Forms

Amy Yotopoulos

What did you do on your summer vacation? I can say that I feel refreshed and rejuvenated after quality family time. My husband, kids, and I traveled to Greece together to stay with family, and, along the way, we shared stories and had adventures. In particular, I am finding that as my kids grow into their college selves, and take on new tasks and responsibilities, I am thrilled by all the ways they are “adulting.” And that’s a good lesson for us all. Here at Avenidas, we are also taking on new challenges and highlighting critical issues in our community. From our recent Community Assessment Survey for Older Adults (CASOA), compared to a national sample, we know that our region’s older adults rated lower the availability of affordable quality housing and housing options. On October 14, we will be hosting the 12th Avenidas Housing Conference at Mitchell Park Community Center, to help address those concerns.

As we work together, I’m also so grateful to the extraordinary people who safeguard and support our aging adults. November is National Family Caregivers Month and in my 30 years in this industry, I’ve had the privilege of knowing some of the strongest and kindest caregiving individuals. Experts note that approximately 40 million family caregivers are providing a significant amount of care, with an estimated value of $500 billion a year. See page three for more information.

Here’s to appreciating abundance in all its forms—to the people in our lives, the work that energizes us, and the communities that sustain us.

With thankfulness,

Amy

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

ACCC Moon Festival Cultural Learning Event
ACCC中秋節文化學習活動
Avenidas @450 Bryant Street and Zoom
In-person space is limited. RSVP to ACCC@avenidas.org by Sept. 7.
Thursday, Sept. 28, 11 am to 12:30 pm, free
Event will be presented in English and Chinese

“Age of Love” Movie Screening
Avenidas @450 Bryant Street
Thursday, Oct. 12, 2 pm, free

“Age of Love” Speed Meeting Event
(Members only)
Friday, Oct. 27, details TBA, free

Poles Walking for Balance, Exercise, & Maintaining Mobility
Avenidas @450 Bryant Street
Friday, Oct. 13, 9 am to noon, $75/$85
Call 650-289-5400

AARP Smart Driver
Avenidas @450 Bryant Street
Refresher course: Thursday, Oct. 19, 2 pm to 6 pm
Full course: Saturday, Oct. 28, 8:30 am to 4:30 pm
$20 AARP members/$25 non-members
Email register@avenidas.org

Day of the Dead Events
Avenidas @450 Bryant Street
Altars, art projects, open mic, and more!
Oct. 23 to Nov. 23, times TBA, free

12th Avenidas Housing Conference
Make Housing Decisions with Confidence: Create Your Housing Blueprint for Successful Aging

According to the recent Avenidas Community Assessment Survey of Older Adults™ (CASOA), 29% of local older adults report that they pay more than 30% of their income to housing costs. Are you looking to make informed decisions about your home and future living arrangements? Mark your calendars for October 14 at Mitchell Park Community Center, for the Avenidas Housing Conference, in cooperation with the City of Palo Alto.

What to Expect?
Our conference aims to provide attendees with valuable insights and solutions for various housing concerns, ensuring you can make well-informed choices about your living situation. The event will feature Andy Robin, author of “The Tapas Life: A Rich and Rewarding Life After Your Long Career”; expert speakers; interactive workshops; and engaging vendor tables, providing a holistic approach to your housing needs.

Topics Covered
1. Home Safety: Discover practical strategies to enhance the safety and security of your home. Learn about smart home technologies, safety inspections, and essential upgrades to protect yourself and your loved ones.
2. Affording to Stay in Your Home: Explore creative financial solutions to maintain your current living situation comfortably. Topics include Accessory Dwelling Units (ADUs), reverse mortgages, and other innovative options to ease financial burdens.
3. Downsizing and Estate Planning: Learn effective strategies and how to navigate estate planning to ensure a smooth transition while safeguarding your assets for the future.

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Givers of Care

National Family Caregivers Month in November is an opportunity to honor the givers of care, individuals who dedicate their time, energy, and resources into supporting their loved ones. Their invaluable— but often unheralded— contributions have an emotional and financial toll. Experts note that approximately forty million family caregivers are providing a significant amount of care, with an estimated value of $500 billion a year.

Marie Highby, a writing coach and lecturer at San Jose State University’s College of Engineering and a devoted caregiver to her husband Paul, emphasizes the significance of a care provider network. “A couple of years ago, Paul’s neurologist very adroitly pointed out that it wasn’t just giving me respite time. But daycare support would be really good for Paul.” Marie acknowledges the value of organizations like Avenidas Rose Kleiner Center, where her husband is a participant, which provides Paul with artistic outlets like dancing and time for her own self-care, for which she remains grateful.

Gabriella Safran, a caregiver and associate dean at Stanford University, emphasizes the importance of seeking advice and not trying to shoulder the responsibility alone. After seeking resources and support from Avenidas Care Partners, “If there’s any advice I would give people, it would be to seek lots of advice. You kind of think, ‘This is something I should be able to handle on my own,’ but it’s really complicated.” Gabriella’s words remind us that caregivers need a network of resources to navigate the complexities of caregiving.

During National Family Caregivers Month, it is essential to honor caregivers and raise awareness about their challenges. At Avenidas, the annual Caregiving Conference, which took place in June, is an offering to the community, centering educational events, support groups, and respite care initiatives to give caregivers the knowledge and emotional support they need.

Please save the date and join us on November 4 at the Caregiver Appreciation and Open House at Avenidas Rose Kleiner Center. More information TBA.

La Comida Diners at 450 Bryant Street

On any given day at Avenidas in downtown Palo Alto, the sound of lunchtime laughter can be heard. Starting July 10—in a facilities use agreement between Avenidas, La Comida, and the City of Palo Alto—up to 100 daily diners enjoy lunches provided by La Comida in an indoor/outdoor space at Avenidas. “We are happy to temporarily share space with Avenidas, a senior center in a familiar location,” said John St. Clair III, vice president and board member of La Comida. “It gives seniors a space to connect with friends and learn more about other Avenidas programs.”

La Comida will operate its lunch program Monday through Friday 11:45 am to 12:30 pm, while they seek a permanent space for the program. In the meantime, diners can rely on the friendly atmosphere and good food. “This is a really welcoming place,” regular diner Deng Hai Sheng says, “When you eat here, it’s like eating at home.”

Studies show that older adults who interact beyond their usual social circles are more likely to have higher levels of physical activity, greater positive moods, and fewer negative feelings. “We are delighted to welcome La Comida diners to Avenidas,” said Amy Yotopoulos, president and CEO of Avenidas. “Social connection is a crucial part of a senior’s quality of life and that is something we strive to do with all our programming and services.”

Donor Profile:
Ann Olmsted Honors Her Mother’s Spirit and Values

Throughout the 2010s, as Ann Olmsted’s mother, Jean, was declining, Ann and her brother Warren reached out to Avenidas: seeking advice about nurses who could help administer her mother’s medicine; utilizing caregiver support with Avenidas Care Partners; and even touring Avenidas Rose Kleiner Center. And although Jean chose not to attend daycare services, Ann made a substantial gift to Avenidas after Jean passed in 2018, at the age of 93.

“My mother worked as a San Francisco Aid to Needy Children case worker, so she was very human services oriented,” says Ann, who values and honors her mother’s spirit. “I know the smart and generous mother who raised me would be pleased.”

Are you interested in making a tribute gift? For more information, please visit https://avenidas.org/donate.

Housing Conference

Continued from page 1

4. Below Market Rate Resources: Uncover valuable resources and programs that provide affordable housing options.

5. Tech Support for Aging in Place: Embrace technology as a means of facilitating aging in place. Discuss cutting-edge tools and services that enhance your quality of life and independence.

How to RSVP
Whether you’re a homeowner, a renter, or considering a change in your living situation, the Avenidas Housing Conference is designed to empower your journey in home living. Network with neighbors and professionals, gain practical knowledge and tools, and access essential resources that will guide you in making your housing decisions.

To RSVP, call Avenidas at 650-289-5400 or reserve your spot today at www.avenidas.org.

Correction
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Moon Festival Traditions & How to Celebrate

The Moon Festival, also known as the Mid-Autumn Festival, is a time-honored occasion celebrated by numerous Asian cultures, including Chinese, Vietnamese, Korean, and Japanese communities. The festival typically falls on the fifteenth day of the eighth lunar month, when the moon is at its fullest and brightest. The 2023 Moon Festival falls on September 29, where participants can embrace the spirit of the circle—circles of love, family, and gratitude as we are bathed by the brightness of the full moon.

Join the Avenidas Chinese Community Center’s Cultural Spectacular

On September 28, the ACCC will host the Annual Moon Festival Cultural Learning Event, an immersive day of performances, learning, and celebrating. This year, a special bonus will include tributes to Tai Chi Master Lee, who embarks on retirement. From storytelling to line dancing performances, free raffle and gifts, participants will get a glimpse into the heartwarming traditions that have been passed down through generations.

For more details on how to attend in person or on Zoom, please see the “Save the Date” section.

“Life List” from a Santa Clara Client with Dementia

In my eight years as a professional home aid, I know that my clients with Alzheimer’s disease and dementia are seeking comfort and love. We can do simple things, like holding their hands and listening to their words, but also consider their feelings and memories.

Currently, we can’t cure the disease, but we know that there are systematic actions that can keep people with Alzheimer’s disease in their homes longer, according to Betty S. Black, Ph.D., an associate professor of psychiatry and behavioral sciences at the Johns Hopkins University School of Medicine. Guided conversations, while patients are lucid, can bring about a treasure trove of life lessons.

Since founding Auxilio-HomeAide in 2015, I’ve had the privilege of knowing many clients who have shared their timeless wisdom with me. In particular, one Santa Clara client has a “life list” that is spot on, not just for my client, but for all of us.

PATIENCE
Please be patient with me. Remember that I have an organic disease over which I have no control.

CONVERSATIONS
Talk to me. Even though I cannot always answer you, I can hear your voice and sometimes understand your words.

KINDNESS
Be kind to me. Each day of my life is a long and desperate struggle. Your kindness may be the most special and important event of my day.

CONSIDERATION
Consider my feelings. They are still very much alive within me.

DIGNITY & RESPECT
Treat me with dignity and respect as I have treated you.

REMEMBER THE PAST
Remember my past. I was once a healthy, vibrant person full of life, love, and laughter with abilities and intelligence.

REMEMBER THE PRESENT
Remember my present. I am a fearful person who misses my family and home very much.

REMEMBER MY FUTURE
Remember my future. Though it may seem bleak to you, I am always filled with hope for tomorrow.

PRAYERS
Pray for me. For I am a person who lingers in the mists that drift between time and eternity. Your presence may do more for me than any other outreach of compassion you can extend to me.

LOVE
Love me. The gifts of love you give will be a blessing which will fill both our lives with light forever.

What is your loved one’s life list?
How would they fill in the blanks?
I encourage you to guide this conversation of the soul. Then, share the life list with your loved one’s circle and encourage them to share theirs as well.
Club Aveneedles members spend every Friday afternoon chatting, collaborating, and creating one-of-a-kind, handmade items, many of which will be available for purchase at our Annual Holiday Sale. Shop for cozy scarves and hats, exquisitely crocheted jewelry, adorable baby clothing, and unique items for the home.

Join the Avenidas Early Literacy Program as a Tutor!

Are you interested in helping a young student with reading? We are recruiting tutors for our Avenidas Early Literacy Program (ELP). One tutor shares, “I tutor as part of the ELP and I feel such a sense of purpose being able to help young kids become readers.”

What We Ask: One-on-one reading comprehension tutoring with students in grades 1-3, from local school districts. The commitment requires working with two kids, two hours a week, to help them advance up to their grade level and thrive in school.

How to Volunteer: Please contact Director of Community Engagement Jyllian Halliburton at 650-289-5412 or jhalliburton@avenidas.org.

Ready, Set...SHOP!

Club Aveneedles members spend every Friday afternoon chatting, collaborating, and creating one-of-a-kind, handmade items, many of which will be available for purchase at our Annual Holiday Sale. Shop for cozy scarves and hats, exquisitely crocheted jewelry, adorable baby clothing, and unique items for the home.

The Details

• A Sneak Preview Sale will occur on Saturday, November 4, 1 pm to 5 pm at the Imagination Lab School Fall Market and Open Studio Saturday at Cubberley Community Center.

• The Grand Opening for the annual holiday sale will start Friday, November 17, noon to 3 pm, at Avenidas@450 Bryant.

• Proceeds from the sales are donated to Avenidas, the Peninsula Humane Society, and LifeMoves.

Please check our weekly email newsletter for additional sale dates.

Shop early for the best selection!

For more information on joining Club Aveneedles, call our front desk at 650-289-5400.