Lunar New Year will be celebrated starting February 10, 2024, through the Lantern Festival on February 24. Dragons are revered in Chinese astrology. They are known for their power, wisdom, and success. The year of the Wood Dragon will be a year of transformation, growth, and abundance bringing about positive changes and opportunities for everyone.

Join our celebration, which will include lion dancers, activities, and more, in person or via Zoom on Thursday, February 15, 12:30 to 2 pm at Avenidas@450 Bryant Street. Email ACCC@avenidas.org for more information or to register.
Monthly Drum Circles Come to Avenidas Rose Kleiner Center

On a sunny Wednesday afternoon, Avenidas Rose Kleiner Center participants gathered in the courtyard to make music with their hands and form connections with their hearts. Led by drum facilitator Jane Gerughty of Music Mends Minds, along with Activity Lead Polly Peterson and Floor Lead Dina Caceres, two dozen participants harmonized sounds on drums, shaker eggs, maracas, and rain sticks. Music Mends Minds—a nonprofit founded by Carol and Irwin Rosenstein that creates musical support groups for individuals with neurological disorders like dementia and Parkinson’s—partners with Avenidas Rose Kleiner Center each month to bring drum circles to life. Michael, a Rose Kleiner participant and enthusiastic drummer, says he “never misses it!” Even for participants who feel shy or nervous to join the drum circle, Jane Gerughty says, “They can participate by watching if that’s where their comfort level is, or try a shaker egg, which can feel a little less intimidating.”

“We are all born with rhythm, our heartbeat.”
— Jane Gerughty, Drum Facilitator

Music Mends Minds

Numerous studies have shown that music can unlock skills and memories. Peterson has seen that firsthand with her participants, “Drum Circle has engaged folks who are sometimes reluctant to participate in other activities. For seniors who may have otherwise lost the words to communicate, music unlocks lyrics.” Judging by the facial expressions on the drum circle music makers, drumming can be a language of its own. Gerughty reminds us that in drum circles—and in life—not every moment has to be filled with sound. “Try to create some space so that other people can fill it.”

If you’d like to join this monthly event at Avenidas Rose Kleiner Center, please email Activity Manager Candi Warren at cwarren@avenidas.org.

You Power Our Mission

We all have the superpower to Listen and to Care! And for years, you have been using YOUR superpowers to make sure that our programs and services stay resilient for the senior adults in our community. Whether through your volunteering, membership, generous donations, or simple words of encouragement, you show how much you care for those we serve. Thank you.

As we gear up for the holiday season, we hope you will use your superpowers again to show older adults and their families that they are not alone. Please consider making a gift today to support our community of adults age with dignity, care, and joy. We wish you a season full of love, laughter, family, and friends!

To donate, please visit www.avenidas.org/donate, scan the QR code, or contact Nisha Koul, Vice President of Development.

Challenge Your Ideas about Aging

Aging doesn’t have to be the “same old, same old” (pun intended)!

Join our second Reinventing Aging after 50 Conference on January 20, 2024, from 9:30 am to 4 pm at our modern 450 Bryant Street location to learn how you can ensure your most meaningful, joyful, and healthful years are just ahead!

Confirmed speakers and hot topics include:

- Keynote speaker Julianne Kanzaki (The Kanzaki Method™) who will set the tone by reminding us of all the gifts in the “middlessence” of life
- Author and sexologist, Dr. Carol Queen, Ph.D.
- Sessions on self-defense from IMPACT Bay Area, artificial intelligence, functional medicine, and more!

Attendees will also be invited to try something new in a variety of fun, interactive demonstrations of fitness, technology, and more! Lunch is included and we’ll end the day relaxing and chatting with new friends at a wine and cheese reception.

Check out www.avenidas.org in mid-December for more details. $30 to register.

Give Yourself the Gift of Wellness

Wellness involves more than just physical health—it involves the body, mind, and spirit. Wellness Services at Avenidas can help you to de-stress, become more centered, and feel healthier. We offer:

- Therapeutic Nail Care with Anny Beideler-Pfister
- Massage with Rebecca Zhou
- Reiki with Sara Chong von Guggenberg

We can proudly say all our providers get rave reviews from their clients! Services are provided in private rooms at Avenidas@450 Bryant.

Appointment only. Rates vary and Avenidas members receive a discount on all services.

Call Harriet Topczewski at 650-289-5429 to book your appointment.

“Avenidas News” is published in February, April, August, and November.

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Is It Time to Ask Your Parents for the Car Keys?

As the population ages, seniors are becoming an increasingly important group that merits special attention with regard to health and social issues. Most older Americans today will end their lives with a valid driver’s license in their wallets because they tend to keep it longer and drive more miles than ever before. There is a growing need to help older drivers sharpen their skills as well as recognize their changing abilities and adapt their driving practices appropriately.

There is a growing need to help older drivers sharpen their skills as well as recognize their changing abilities and adapt their driving practices appropriately. However, adult children of elderly parents know that it can be agonizingly hard to get older drivers who are no longer capable to hand over their keys. Adult children who struggle to get their parents to hand over the keys can turn to the parent’s physician for help. Health professionals play an important role in recognizing when drivers show signs of cognitive impairment.

By the Numbers

In California, there are nearly 14 million drivers in 2020, with more than 1.4 million over the age of 70. According to the Department of Transportation data, drivers 70 and older made up 10.5% of all licensed California drivers. Nationally, in 2013, nearly 37 million licensed drivers were 65 or older. By 2020, according to the Department of Transportation, that number grew to almost 48 million drivers in this age group.

Dementia and Driving

Unless there are significant medical breakthroughs to prevent or slow Alzheimer’s dementia, the number of Americans living with Alzheimer’s dementia is expected to rise to 13.8 million by 2060, according to the Journal of Alzheimer’s Association. Many Americans will develop or know someone who will develop dementia. At some point, the person may need to stop driving. Knowing when and how to reduce and stop driving can be difficult to judge as the symptoms and progression of dementia are different for everyone. For drivers who have impaired insight this can be especially difficult. The ideal is when the driver can recognize that they should give up the keys. But often, it will be the support of a loving family and health professionals that leads the older person to accept it’s the end of the road.

Meet the Avenidas Care Partners team.

I would like to shine a spotlight on the two newest members of the Avenidas Care Partners team: Tracy Hughes, MSW, social worker, and Grant Guan, Case Manager. Both embody in their work and spirit the gift of presence to their clients, colleagues, and community partners.

Tracy is a career social worker with expertise in crisis intervention, as well helping clients access county benefits, transportation, and food resources during challenging times. Grant, a Mandarin and Cantonese speaker, has provided years of extensive enhanced case management to frail elders in need of compassionate and patient assistance navigating health systems, mental health care, county benefits, and medication management. Grant and Tracy’s dedication to their clients and work is a gift to Avenidas and the community.

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Contact Us

The Avenidas Care Partners staff welcomes referrals and the opportunity to serve elders and their significant others.

• For information and assistance call 650-289-5433. A staff member will call you back within 24 hours.
• Grant Guan, Case Manager. Email: oguan@avenidas.org | Phone: 650-289-5423
• Tracy Hughes, MSW, Case Manager. Email: thughes@avenidas.org | Phone: 650-289-5437
• Paula Wolfson, LCSW, Manager. Email: pwolfson@avenidas.org | Phone: 650-289-5438

Paula is a career medical social worker, with 40 years of expertise helping clients navigate transitions to higher levels of care. She facilitates multiple caregiver support groups and conducts community presentations on relevant and compelling topics. Her current lecture series, “Age Wisely,” will start again in person in January of 2024. Contact Paula for elder care consults, family caregiver support, and to coordinate a community presentation call.
Avenidas will be closed on:

- **Thursday, November 23, 2023**
  Thanksgiving Day
- **Friday, November 24, 2023**
  Day after Thanksgiving Day
- **Monday, December 25, 2023**
  Christmas Day
- **Tuesday, December 26, 2023**
  Winter Closure
- **Wednesday, December 27, 2023**
  Winter Closure
- **Thursday, December 28, 2023**
  Winter Closure
- **Friday, December 29, 2023**
  Winter Closure
- **Monday, January 1, 2024**
  New Year’s Day
- **Monday, January 15, 2024**
  Martin Luther King, Jr. Day
- **Monday, February 19, 2024**
  Presidents’ Day

Serving San Francisco Mid-Peninsula Communities:
- Palo Alto
- Menlo Park
- Mountain View
- Los Altos
- San Jose
- Stanford
- Sunnyvale
- Redwood City
- East Palo Alto
- Santa Clara

Facebook.com/Avenidas  X.com/Avenidas4u
Instagram.com/Avenidas4u

Are your ready to join the Avenidas Volunteer Corps?

Contribute your unique talents to the Avenidas Volunteers Corps! Whether you can teach Chinese culture, volunteer at our events, or drive our members to essential appointments and errands, we would love for you to join us.

- **ANDREW CHANG**
  Avenidas Chinese Community Center Teacher & Board Member
- **BOBBIE FULLERTON**
  Center Volunteer
- **ANDREA SMITH**
  Avenidas Door to Door Driver

Contact Director of Community Engagement Jyllian Halliburton at 650-289-5412 or jhalliburton@avenidas.org to be matched to the perfect volunteer opportunity for you.