



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

650-289-5405

www.avenidasvillage.org

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January-February 2024

Avenidas Village Annual Meeting January 8th

One of the key concepts of the Village is that it belongs to its members. The Village Advisory Council, made up of Village members, meets regularly throughout the year to develop the programs and strategies that will help support you to live independently in your home. But in January each year we hold an Annual Meeting open to all members. This special meeting is your chance to meet your representatives on the Advisory Council and Village staff, to review existing Village activities and programs, and to ask questions or provide your input on current or potential Village offerings and benefits.

This year's Annual Meeting will be of particular interest. We will review the Village programs and benefits that have been used and promoted over the past year. We will discuss our membership and marketing efforts and strategies, and will review areas of growth and member engagement such as our Special Interest Groups.

We look forward to reviewing all of this with you and looking ahead together to the coming year. And of course we have accomplishments to

celebrate as well!

The Annual Meeting will be held in-person at 450 Bryant Street in the Blue Room (formerly Senior Planet). We will also provide an option to view the meeting remotely via Zoom to enable those who don't wish to gather to participate as well. Please note that if attending remotely you will have limited ability to interact/contribute to the discussion but will be able to type in questions or comments.

Those attending in person will also be able to enjoy a wine and cheese social hour following the meeting!

There will be ample time during the session for you to ask questions or give your feedback about your Village experience. This will be an important time of conversation that will help the Village leadership team learn more about how the Village can continue to support you and help you stay healthy, connected and engaged no matter what is going on outside. We look forward to seeing you there!

(For full details, please go to the Events Listing on p. 8 or click [here](#) to register)

AVENIDAS VILLAGE ANNUAL MEETING
Monday, January 8 at 3 pm
The Blue Room at Avenidas or watch on ZOOM
Followed by Wine & Cheese Reception

Open to All Members—Please Join Us!
Call (650) 289-5405 or email Kay Evans kevans@avenidas.org

A Special Gift to Village Members—Limited Time!

A local business is offering free power washing service to Village members this winter!

iPowerWash Bay Area will clean your home exteriors including roof, gutters, windows, driveways and walkways at no cost, to help keep you and your home safe during the winter months.

Owner Lena Kelley founded iPowerWash Bay Area in 2018 and does the work herself. “During this time of the year when it gets a little wet outside, walkways get slippery from accumulation of dust, dirt, moss. It definitely creates a fall risk for older adults,” she says. “I’m excited about doing something for our seniors that will help them stay independent and safe.”

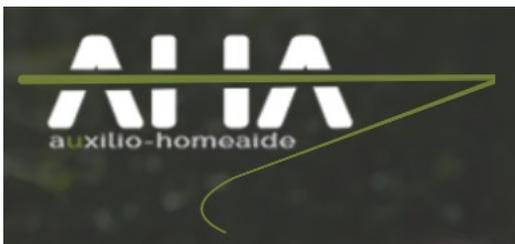


iPowerWash Bay Area is licensed and insured, and is currently going through our screening process to be added to the Village Vendor List.



This gift to the Village is available January 1 2024 – March 1 2024. To schedule service, contact Lena directly at 650-464-0209 or email her at abundancenowllc@gmail.com. Please be sure to let her know you are a member of Avenidas Village, as this offer is exclusively for Village members!

New Vendor Added to Screened Vendor List: AHA Auxilio HomeAide



With so many home care vendors already on our list, we don't often agree to screen new providers in this category. However, in addition to standard home care services, AHA Auxilio HomeAide offers “Personal Concierge Service” for personal assistance tasks such as running errands, organizing a closet, helping to manage paperwork, arranging travel, putting up/taking down holiday décor, and more. It was founded in 2016 by Canan Sonuk, who has 30 years of experience in the health field and senior care. They offer competitive rates and flexible scheduling (minimum 4 hours).

AHA AUXILIO HOMEAIDE

408-489-9674

Website: www.ahaindeed.com

Email: canans@ahaindeed.com

Village News & Updates

Welcome Back, Dawn!!

We start the New Year with some great news from Dawn! Here's her message to everyone:

After 6 long months your trusty Member Services Manager is finally back to work! My journey fighting Triple Negative Breast Cancer has been a bumpy ride, but I am one stubborn gal and won't let it get me down. If you would like more info about my journey please visit www.whatscookingwithdawn.com/cancer-picked-the-wrong-girl.html. My team of doctors have found a treatment that is working well and has me almost back to my old self. While doctor appointments and chemo treatments are still in my future, doing normal things—like working—are important for my mental health. I have started back to work on a part time basis for now. As I develop a routine, hopefully more hours can be added on. Please feel free to call or email me with any questions or comments. Any urgent matters should be directed to Erika until I am back in the office full time. I look forward to speaking or seeing you all soon!

NEW—Village Variety Show, February 9 2024

We are very excited to announce the first ever **Avenidas Village Variety Show** as a feature of our February In Person Social. Starring our own talented Villagers, the show promises a potpourri of entertainment including humor, choral numbers, instrumental pieces and more. Following the performance, we'll enjoy refreshments and socialize with friends in the "Blue Room" at 450 Bryant Street (formerly Senior Planet). Mark your calendar to join the fun at 3 pm on Friday, February 9. This is a show and gathering you won't want to miss. For questions, please contact Sue Dinwiddie or the Village office.

Village Membership Update: 360 and going strong!

As of December 2023, the Village member count was over 360 members! This is a net increase in membership of more than 40 over the year and it has been delightful to add many wonderful new members to our community.

Many thanks and much credit for our successful year goes to the Village Membership and Marketing Committee as well as our Advisory Council. The Committee members, supported by Avenidas VP of Marketing, Michelle Shinseki, have devoted their time to coming up with new and effective strategies for promoting the Village in the Avenidas email blasts and with various types of prospect events. Members of the Advisory Council have served as ambassadors at our prospect events, sharing their own experience of Village membership and answering the questions of prospective members. What better way to represent the Village than the personal experience of active, engaged members! It has certainly been effective this past year.

ICYMI: Village Social Events in November & December

Lunch Bunch at Gott's Roadside—November 9 & 14



November 9: Miriam Teeter, Bonnie Packer, Bob Raymakers, Carol and Stu Hansen, Charles Sieloff, Margaret and Curt Weil, John and Anita Mitchell, Lois Cardinal, Carol Kenyon



November 14: Carolyn Curtis, Rick Kaplowitz, Geri Spiel-er, Sandy and Len Weiss, Fred Kahn, Cindy Patrick, Richard Johnsson, Diana Collins, Mary and Jacques Fossourier, Gretchen and Ed Hillard

Bird Stroll at the Baylands, November 30



Matthew Dodder of Santa Clara Valley Audubon Society took us to Palo Alto Baylands this time. His infectious enthusiasm and wealth of knowledge made it a memorable and educational experience for all!

Attended by: Bonnie Packer, Bob Raymakers, Richard Glendening, Ralph Cahn, Fred Kahn, Betsy Bechtel, Charles Sieloff, David Hoexter, Judie Siddall, Carol Marshall, Jeanette and Harold Guthart, Linda LaCount, Judith Stewart, Dolores Gallagher Thompson, Carolyn Curtis

Holiday Concert: Davina & the Vagabonds at Bing, December 10

Davina and the Vagabonds treated us to an unforgettable night of soulful holiday cheer. Their brilliant jazz instrumentation and Davina's charming vocals created pure magic. A standout moment was Davina's rendition of "Have Yourself a Merry Little Christmas," bringing tears to the audience. It was a concert filled with joy and enchantment!



Attended by: Bev Benson, Merele McClure, Jeanette & Harold Guthart, Judi Keyani, June Schiller, Marilyn Smith, Karl Schmidt, Arlene Leslie, Mary & Jacques Fossourier, Chris Holt, Shelley Hatfield

Photos by Kay Evans

ICYMI: Village Social Events (continued)

Lunch Bunch at Courtyard Long Bar & Bistro, December 19

We enjoyed the inviting ambiance and California-inspired meals at Long Bar & Bistro at Marriot Courtyard. The rain added a touch of magic, transforming our lunch into an experience reminiscent of a relaxing afternoon at a Hawaiian spa.



Attended by: Sandy & Len Weiss, Diana Collins, Jessie & Chris Holombo, Miriam Jacob, Rick Kaplowitz, Geri Spieler, Christine Holt, Susan Downs, Ralph Cahn, Bonnie Packer, Bob Raymakers



The Village Holiday Party, December 7

Without question, the social highlight of our year was the Holiday Party, with an impressive turnout of more than 90 attendees! Delectable appetizers by Chef Julien added a touch of magic to the celebration, and we also enjoyed a display of photos taken by the Foto-Fun group. It was a heartwarming moment to enjoy the company of our wonderful community!



Vistas Lecture Series—January & February Webinars!

January 26 Vistas: “Olderpreneurship and Innovations for the 100-Year Life” with Susan Wilner Golden



The increased health span of older adults has created massive needs and opportunities for innovation. This “longevity economy” is currently valued at over \$8.6 trillion in the US and \$22 trillion worldwide. There is a need for more innovation to address the many needs for a 100 year life, including new types of education and upskilling; opportunities to work longer; addressing social isolation and loneliness; and different types of housing. Susan will discuss the growth of this entrepreneurial ecosystem, and how older adults should not be defined by their age, but rather which stages of life they are in. Examples of companies that are innovating based on Stage and their success will be showcased. We will also discuss how Avenidas Village has an opportunity to help create and advise on these needs and solutions and become “Olderpreneurs,” create multigenerational innovation teams, and contribute their experience and wisdom.

Susan Wilner Golden is the author of *STAGE (Not Age): How to understand and serve people over 60*. She is a leading expert on the innovations needed for healthy aging, and the burgeoning longevity economy and entrepreneurship opportunities, and lectures on this subject at leading business schools and companies. Susan serves as an advisor to companies on their longevity strategies, and develops new impact initiatives for the Stanford Distinguished Careers Institute. She received a doctorate in science from the Harvard Chan School of Public Health, attended Harvard Business School, and was a 2016 Stanford DCI Fellow.

Friday, January 26 at 11:00 AM on ZOOM—Register online or email Kay Evans

kevans@avenidas.org

February 23 Vistas: “Forensic Archaeology in Southeast Asia: My Time Spent Recovering MIAs from the Vietnam War” with Samuel Connell

This talk will explain the mission of the DPAA (Defense POW/MIA Accounting Agency) for which Sam worked in the early 2000s. Several cases that he worked on will be described for the audience.

Samuel Connell is an anthropologist now teaching at Foothill College. He came to the Bay Area from Hawaii where he was a Forensic Archaeologist specializing in the recovery and identification of Missing In Action U.S. service members from past wars. He mostly worked in Vietnam and Laos excavating plane crashes. He studied in Belize until in 2000 when he began researching with his wife, Ana, in Ecuador. They are part of a special project that has been ongoing in the highlands north of the capital Quito, conducting excavations high in the Andes - on the edge of the Amazon at the equator. In addition to his work in Latin America and taking students on the field projects, Sam is involved partnerships with local archaeologists at institutions like Stanford and CA State Parks. Currently they are helping to survey and document portions of the Santa Cruz Mountains with the Midpeninsula Regional Open Space District.



Friday, February 23 at 11:00 AM on ZOOM—Register online or email Kay Evans

kevans@avenidas.org

Member Birthdays—January

Jane Stone	1/1	Robert Ruether	1/18	Kay Culpepper	1/26
Ron Wilensky	1/3	Isobel Scher	1/18	Alexandra Klein	1/26
Jo Mintzer	1/5	Ann Rando	1/19	Eric Stietzel	1/26
Scotty Martinson	1/9	Mary Awbrey	1/20	Rosemary McGuire	1/27
Peter Danner	1/10	Richard Glendening	1/22	Bob Raymakers	1/27
Tom Sanders	1/10	Tashia Morgridge	1/23	Cheryl Holt	1/29
Sarah Pribble	1/13	Geri Albers	1/24	Alan Herzig	1/30
Stanley Samuels	1/15	Maria Bartelt	1/24	Harry Turner	1/30
Lou Fried	1/18	Judi Keyani	1/25	Cindy Patrick	1/31

Member Birthdays—February

Kathleen Gordon	2/1	David Feldman	2/8	Kathleen Dugan	2/17
Frank Ingle	2/1	Pat Landman-Herriot	2/9	Sherry Langbein	2/18
Ingrid Kallman	2/1	Anne Colby	2/10	Chuck Sieloff	2/18
Karl Kuhlmann	2/3	Barbara Franklin	2/11	David Fryberger	2/22
Betty Linden	2/3	Gwen Sweeney	2/13	Jeannie Siegman	2/22
Shirley Finfrock	2/4	Bonnie Packer	2/14	Sue Althouse	2/24
Kathryn Mouton	2/6	Marc Abramson	2/15	Maxine Tucker	2/26
				John Varady	2/26

Welcome New Members!

For more detail on new and long-term members, log into the Village members' website and access the member directory. Many members have added their personal information and photos so you can learn more about them! If you have not yet added your own bio and photo, please do so, or contact the Village office for assistance.

Welcome to...

Jennifer Bestor (8/Menlo Park)
 Lois Cardinal (8/Menlo Park)
 Rosalind Creasy (1/Los Altos)
 Anne Rutherford & Karl Kuhlmann (8/Menlo Park)
 Ellen Turbow (5/Crescent Park)
 Irene Scher & Shoshanna Kaplinsky (8/Menlo Park)
 Judy Morley (8/Menlo Park)
 David & Diane Feldman (9/Stanford)
 Jeff Gray & Sharon Dickson (6/Downtown)

Reason for Joining

Resources, future planning
 Social opportunities, vendors
 Social opportunities, future planning
 Resources, social opportunities
 Resources, future planning
 Social opportunities, future planning
 Social opportunities, resources
 Future planning, social connections
 Vendors, future planning, social activities

Monday, January 8 & Monday, January 22 at 10 am

Guided Meditation on Zoom led by Sabrina Huang

Join Sabrina for a 30 min guided meditation session. Relax and de-stress!

FREE—Register online or email Kay Evans kevans@avenidas.org

Monday, January 8 at 3 pm

AVENIDAS VILLAGE ANNUAL MEETING—In Person at 450 Bryant Street or on Zoom

Join us to review the past year and share your thoughts about Village programs! Enjoy a wine & cheese social following the meeting.

The Blue Room at Avenidas (formerly Senior Planet), 450 Bryant Street

OR watch on Zoom

FREE—Register online or email Kay Evans kevans@avenidas.org

Tuesday, January 9 at 11 am

IN-PERSON EVENT—Ceramics Workshop with Villager Kathleen Gordon

Kathleen is a ceramics teacher at Palo Alto Art Center. Join her for a fun workshop and create your own personalized mug!

Palo Alto Art Center, 1313 Newell Rd, Palo Alto

\$25 per person, please bring cash! 15 spots available—register online by January 5 or email Kay Evans kevans@avenidas.org

Wednesday, January 10 at 1 pm

Zoom Special Presentation “Climate Change at Sleeping Bear Dunes”

by Sleeping Bear Dunes National Lakeshore *A park ranger discusses the effect of climate change on this unique and beautiful area on the coastline of Lake Michigan.*

FREE—Register online or email Kay Evans kevans@avenidas.org

Thursday, January 11 & Tuesday, January 23 at 11:45 am

(Please choose ONE date)

IN-PERSON EVENT—Lunch Bunch at Mama Coco’s Cocina Mexicana

Enjoy delicious Mexican cuisine at this local favorite! Covered outdoor patio seating with heaters. View menu: <https://mama-coco.com/menu/>

1081 El Camino Real, Menlo Park

\$30-\$35/person, please bring cash!—Register online or email Kay Evans kevans@avenidas.org

Friday, January 12 at 4 pm

Friday Happy Hour Social on Zoom

Pour a glass of wine or a cup of tea and toast your Village friends! Enjoy an hour of relaxed, casual conversation and perhaps a thought-provoking question or two.

FREE—Register online or email Kay Evans kevans@avenidas.org

Tuesday, January 16 at 10 am

IN-PERSON EVENT: Bird Stroll with Matthew Dodder of Santa Clara Valley Audubon Society

It’s a lovely time to see some wintering waterfowl and shorebirds! Join Matthew at the Palo Alto Baylands for an approximately one-mile stroll. The preserve has a substantial resident population of birds as well as being a major migratory stopover on the Pacific Flyway.

Meet at the Lucy Evans Nature Center, 2775 Embarcadero Rd, Palo Alto

A \$10 donation per person is requested, please bring cash

14 spots available—Register online or email Kay Evans kevans@avenidas.org

Friday, January 19 at 11 am

Village Book Group on Zoom: “Of Women and Salt” by Gabriele Garcia

This is a DROP-IN BOOK CLUB, Village members can come to any meeting. There are no dues, no requirement to participate. We hope those interested in joining will read the book beforehand and be ready to engage in a lively discussion.

FREE—Register online or email Kay Evans kevans@avenidas.org

Wednesday, January 24 at 2 pm

Village Website Tutorial on Zoom

Join a Zoom session to learn about the Village website—from logging in for the first time to updating your member profile!

FREE—Register online or email Kay Evans kevans@avenidas.org

Friday, January 26 at 11 am

Vistas Lecture Series—Zoom Webinar: “Olderpreneurship and Innovation for the 100-Year Life” with Susan Wilner Golden (Details p. 6)

FREE—Register online or email Kay Evans kevans@avenidas.org

Please Note: Registration Is Required for All In-Person Events

Thursday, February 1 & Thursday, February 15 at 11:45 am (please choose ONE date)

IN-PERSON EVENT: Chinese New Year Banquet at Chef Chu's

Start your Lunar New Year right with a delicious Chinese feast at historic local favorite Chef Chu's!

1067 N San Antonio Road, Los Altos

\$46/person, please bring cash! Includes tax, tip and non-alcoholic beverages

Register online or email Kay Evans kevans@avenidas.org

Friday, February 9 at 3 pm

IN-PERSON EVENT: Avenidas Village Variety Show!

It's our first ever Variety Show featuring the musical and performing talents of several of our own Village members! Followed by a champagne/dessert reception.

The Blue Room at Avenidas (formerly Senior Planet) 450 Bryant St, Palo Alto

FREE—Register online or email Kay Evans kevans@avenidas.org

Monday, February 12 & Monday, February 26 at 10 am

Guided Meditation on Zoom led by Sabrina Huang

Join Sabrina for a 30 min guided meditation session. Relax and de-stress!

FREE—Register online or email Kay Evans kevans@avenidas.org

Wednesday, February 14 at 1 pm

Zoom Special Presentation: "Glacier Detective"

by Kenai Fjords National Park, Alaska

A park ranger will share Kenai Fjords National Park's incredible beauty and impressive glacial features with you, and inspire a sense of wonder and stewardship for the ice that continues to shape our planet.

FREE—Register online or email Kay Evans kevans@avenidas.org

Friday, February 16 at 11 am

Village Book Group on Zoom: "Our Voices, Our Stories" by the Avenidas memoir writing group

Members of the Avenidas Writing Workshop published a memoir collection which is available to purchase on Amazon: [click here to buy](#). This is a DROP-IN BOOK CLUB, Village members can come to any meeting.

There are no dues, no requirement to participate. We hope those interested in joining will read the book beforehand and be ready to engage in a lively discussion.

FREE—Register online or email Kay Evans kevans@avenidas.org

Friday, February 23 at 11 am

Vistas Lecture Series—Zoom Webinar: "Forensic Archaeology" with Samuel Connell (Details, p. 6)

FREE—Register online or email Kay Evans kevans@avenidas.org

Friday, February 23 at 4 pm

Friday Happy Hour Social on Zoom

Pour a glass of wine or a cup of tea and toast your Village friends! Enjoy an hour of relaxed, casual conversation and perhaps a thought-provoking question or two.

FREE—Register online or email Kay Evans kevans@avenidas.org

Saturday, February 24 at 4 pm

IN-PERSON EVENT: San Francisco Day Trip—Lunch at Doppio Zero and SF Ballet "Swan Lake"

Enjoy a day in the City with lunch at Doppio Zero followed by a performance of one of the greatest ballet classics! Lunch is individual pay \$35-45 per person, please bring cash! View menu [here](#). Visit our online listing for more details [here](#).

Meet at 10:30 am at Cubberley Community Center

4000 Middlefield Road, Palo Alto

\$170/person, includes ballet ticket & bus transportation

6 spots remaining—Register online [by January 8](#) or email Kay Evans kevans@avenidas.org

Wednesday, February 28 at 2 pm

Village Website Tutorial on Zoom

Join a Zoom session to learn about the Village website—from logging in for the first time to updating your member profile!

FREE—Register online or email Kay Evans kevans@avenidas.org

450 Bryant Street
Palo Alto, CA 94301
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Erika Thomas, Director
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Village
Office
Closed

January 15
MLK Day

February 19
Presidents'
Day

January-February 2024

Village Walkers—Holiday Lights Walk and Caroling 2023

Although this Village tradition had to be rescheduled due to rain, around 24 Villagers joined the festivity on Thursday, December 21, walking Christmas Tree Lane to enjoy the holiday lights. Our own band of Village Carolers, organized by Deborah Clark, added even more beauty and joy to the evening!



Photos by Ralph Cahn