



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

650-289-5405

www.avenidasvillage.org

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Avenidas Village Advisory Council: Annual Call for Nominations

Have you ever wondered how Avenidas Village programs and activities are determined? You can become a part of that process by serving on the Village Advisory Council! The Advisory Council provides leadership and guidance to the Village. All of our initiatives, including programs and activities, originate with the Council. It is a working body whose members chair or serve on the various Village committees, neighborhood cluster groups, and task forces. Belonging to the Council provides members with a broad overview of the full range of Village activities and with a significant opportunity to impact the program.

Members of the Village Advisory Council are expected to:

- Attend bi-monthly council meetings to receive Village updates and give input on any decisions on programs or activities
- Be active participants in their neighborhood clusters as well as a special interest group or Village committee
- Represent the Village and share information with prospects during recruiting events or individually as requested
- Have good general understanding of the various Village programs, activities and benefits

Annually, we call for nominations for new Council members who can help to provide direction and support to the Village program. Nominations for membership in the Advisory Council are due on May 17 for a two-year term beginning July 1. We have included the nomination form with this newsletter, and you can use it to volunteer (nominating yourself) or nominate another member to serve. Just complete the form and return it by mail, or drop it off at the Village office, or email it to Erika Thomas at ethomas@avenidas.org. We invite each of you to step forward and join us in charting and creating our future development. Take the opportunity to share your ideas for the Village and help bring them to life!

Vendor Updates: Four New Vendors Added to Our List

The Vendor List has recently been updated with the addition of four new vendors in various categories. Each of them was recommended by a Village member who has worked with them and received excellent service. Next, members of our Vendor Committee reached out to the vendors to invite them to be screened for our list. After completing their screening applications and providing references which were checked by Committee members, the vendors were approved for our list.

Please remember to go online and leave reviews for any vendors you use from the Village Vendor List. Real feedback from our members is one of the most valuable ways to know if a provider's services will be right for you. Also, if you have an issue with service from one of our vendors, please let the Village Office know. We will ask Vendor Committee members to follow up with you and the provider. This process may help us to decide whether to keep a vendor on the list if problems were reported by a member. Our ongoing goal is to make sure the vendor list is up to date and useful!



Referred by Lucile Spurlock

Buri Buri Plumbing is a full service plumbing company with one thing in mind, THE CUSTOMER. Our mission is to bring QUALITY and efficient workmanship to the plumbing industry backed by HONESTY and INTEGRITY. Whether you live in a home or establishment that was built 100 years ago, or built in the recent years Buri Buri Plumbing is here for you. We pride ourselves on customer service and offer 24 hour emergency services.

Contact: 650-681-2874/rich@buriburiplumbing.com

Website: <http://www.buriburiplumbing.com>



Referred by Bill & Marilyn Bauridel

There truly is no place like home! Let us help you upgrade your home into the gem of your neighborhood. Our home renovation company will ensure you will have a beautiful home built strong and meant to last for decades to come! When it comes to complete home renovation, we've got you covered on everything, from A to Z! Our business has been family owned and operated for 26 years.

Contact: 408-560-0319

Website: <https://www.wisebuilders.org>



Referred by Bill & Marilyn Bauridel

In business since 2003, Smith Electric offers electrical work in residential, commercial and industrial areas of construction. Our wide array of expertise varies from million-dollar electrical developments to small residential projects. Free estimates are available!

Contact: 408-910-7619/smith@seansmithelectric.com

Website: <https://www.seansmithelectric.com>



Maggie Hair

Referred by Frank Ingle

Hairstylist Maggie Truong has provided hair services for men and women since 1988, including cut, color, permanents, and more! Maggie works out of a salon in Mountain View, but is also available to come to your home to provide services, and can be called for emergency/after hours appointments. She also offers a senior discount.

Contact: 510-589-7867/maggienhi@yahoo.com

Avenidas Announces New CEO *by Amy Yotopoulos*

What a busy few months! I shared in late January that I was transitioning from Avenidas. I'm now thrilled to share that we have named our new President & CEO, Kristina Lugo, who will start on May 1.

I'm proud to have worked alongside Kristina for nearly three years, including her current role as Vice President of Programs. I have seen her commitment to our community and team, and I couldn't be more delighted about her promotion.

Since late January when I announced my transition until now, the Board-comprised Search Committee received several hundred applicants. It was Kristina's mix of deep experience, glowing references, track record with Avenidas, and her leadership style that made her the best and right choice for this role.

To ensure a smooth transition, I will consult with Kristina and Avenidas leadership during May. My last day with Avenidas will be on May 23, 2024. During this time, we will immediately begin a search for a new Vice President of Programs and hope to staff this key role as quickly as possible. Please join me in congratulating Kristina, who can be reached by email at klugo@avenidas.org!

Village Geriatric Healthcare Interest Group: Focus on Fall Risk and Prevention *by Chuck Sieloff, Group Lead*

April's Zoom session of the Geriatric Healthcare interest group focused on one of the biggest healthcare issues we all face: the risk of falls and how to prevent them. We first heard from Dr. Jason Bae, an urgent care physician at PAMF, who helped us understand why older adults are more susceptible to fall risks and why the consequences are likely to be more severe. While the statistics are sobering, Dr. Bae left us with the positive message that "falls are preventable." The second part of the session was led by Villager Ron Lambert, who teaches an extensive course in fall prevention for the Avenidas Senior Center. Ron's course is based on the principles of SAIL (Stay Active & Independent for Life), "an evidence-based strength, balance and fitness program for adults 65 and older."

A recording of the 55-minute session, along with other related information, has been posted to our Online Resource Guide, which is easily accessible from the Welcome page of the Village members' website. While the Resource Guide is available to all members, if you want to receive advance notification of future sessions and recaps of past sessions, please contact Chuck Sieloff at chuck.sieloff@gmail.com to be added to the group's distribution list.

Village Survey *by Marcie Brown, AVAC Co-Chair*

At the end of March, the Village Executive Team conducted a member survey asking Village members about physical or health-related limitations that could impact their participation in Village activities. We designed the survey to help us understand the nature of those limitations and, perhaps, to identify ways of minimizing the impact of those limitations.

We specifically asked those that did not have limitations to not respond to the survey. Also, we asked members if they were responding for themselves or for a member in their household.

After we closed the survey, we had 43 responses. We are in the process of analyzing the results, which we will discuss at the next meeting of the Advisory Council on May 13th. Thank you to those that participated and to those that did not.

ICYMI: Village Social Events in March & April

Peninsula Symphonic Band, March 3

13 Villagers attended the performance, featuring our very own Bob Shaw, followed by dinner together at Gott's Roadside.



Attended by: Chuck Sieloff, Lynne and Eric Stietzel, Regina Silbert, Kathleen Gordon, Lucile Spurlock, Carol Kenyon, Karl Schmidt, Carol and Stu Hansen, Merele McClure, Rita Mundis, Mary and Bob Shaw

Lunch Bunch at The Village Pantry, Los Altos, March 5 & March 28



March 5: Judy Morley, Mary & Jacques Fossourier, Sandy & Len Weiss, Boo & Jim Bullis, Miriam Jacob, Kathleen Gordon, Fred Kahn, Jessie & Chris Holombo, Carol Kenyon, Anita & John Mitchell



March 28: Deborah Plumley, Richard Johnsson, Miriam Teeter, Carol Hansen, Bonnie and Bob Packer, Ginny Turner, Eleanor Willemsen, Jeanette and Harold Guthart, Rosalind Cready

Shredding Event sponsored by Nancy Goldcamp, March 20



Getting rid of old stuff feels great—and safe disposal of sensitive documents brings peace of mind! Realtor Nancy Goldcamp, one of our screened vendors and a longtime supporter of Avenidas Village, generously sponsored a shredding event just for the Village. The free service was used by 30+ members and guests.

ICYMI: Village Social Events (continued)

Lunch Bunch at Vida Tapas Mountain View, April 9 & April 18



April Lunch Bunch featured Spanish Tapas at Vida Tapas Y Cocteles in Mountain View—a lively Spanish restaurant and cocktail bar that brings the flavors of Spain to the San Francisco Bay Area.

April 9 (not pictured): Bonnie Packer, Bob Raymakers, Joy Rewick, Judith Morley, Katie Dunlap, Rimma and Saul Gutnik, Carol and Gordon Cruikshank

April 24: Kathleen Gordon, Sandy and Len Weiss, Beverly Benson, Jessie and Chris Holombo

Guided Tour of SLAC, April 10



Built in 1962, the Stanford Linear Particle Accelerator is now a multi-program lab leading the world in X-ray and ultrafast science. We explored SLAC's diverse scientific research areas, including cosmology, materials science, and energy research.

Attended by: Peggy McCurdy, Ralph Cahn, Judith Fields, Bonnie Packer, Mary Murphy, Ginny Turner, Chuck Sieloff, Dick Smallwood, Pearl & Ed Karrer, Penelope Bowen, Alice Kozar, Margaret Weil



Happy Hour Social on the Village Patio, April 26

There's something special about being together in person, swapping stories, and catching up. Our first patio social of 2024 was attended by 35 members enjoying drinks, snacks, sunshine, and good company!



Photos by Kay Evans

Vistas Lecture Series—May & June Webinars!

May 24 Vistas: “You’ve Been Hacked... Now What?” with Eric Gee



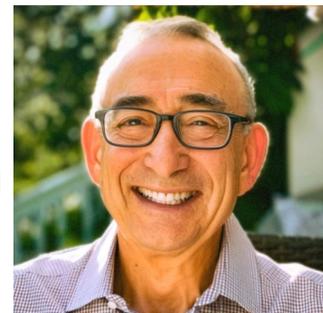
Have you ever received a suspicious email or noticed unusual activity on your computer? You might be the target of a cyberattack! Don't panic—Eric will guide you through the essential steps to take if you suspect your device or accounts have been compromised.

- Learn how to recognize red flags like unauthorized login attempts, strange emails, or changes to your account settings.
- Immediate actions to minimize the impact, such as changing passwords and securing your accounts.
- Discover steps to regain control of hacked accounts and secure them for the future.
- Best practices to protect yourself from future attacks, including strong password creation and security software.

Eric Gee is the founder of AnewVista Community Services, which provides computer and technical support services specializing in the needs of seniors. AnewVistaCS offers direct support as well as classes and informational sessions on a variety of technical topics.

Friday, May 24 at 11:00 AM on ZOOM—Register online or email Kay Evans kevans@avenidas.org

June 28 Vistas: “Psychedelic Medicine 2.0” with Frank Annis, M.D.



Can psychedelics have a therapeutic benefit as psychiatric treatments? Dr. Annis will review some of the latest work being done to study their uses and potential effects on patients. He'll provide real information on what is useful to know currently about this fascinating and at times controversial topic. There will be plenty of time for questions and answers!

Frank Annis, M.D. is a psychiatrist trained at Johns Hopkins and UCLA, researching chemical and behavioral effects of psychiatric medicines. His specialization is in Psychopharmacology and clinical psychiatry. Dr. Annis is now studying the potential of newly available medicines for psychiatric treatment. He has also been working to help develop DeepBow, a new non-profit organization dedicated to deepening our relationships to ourselves and the world through a lineage of Zen Buddhism.

Friday, June 28 at 11:00 AM on ZOOM—Register online or email Kay Evans kevans@avenidas.org

Member Birthdays—May

Charles Botsford	5/1	Katie Dunlap	5/16	Joy Rewick	5/24
Robert Mindelzun	5/5	Gretchen Hillard	5/16	Harold Lips	5/25
Anna Parks	5/8	William Agras	5/17	Yvonne Lenbergs	5/26
Lynne Stietzel	5/8	Kaye Crawford	5/17	Lu Isaacs	5/27
Roslyn Bienenstock	5/10	Harold Guthart	5/17	Charles Holloway	5/28
John Couch	5/10	Shelley Hatfield	5/22	Lois Cardinal	5/25
Jon Klein	5/10	Irene Cannon	5/23		
Candace Simpson	5/13	John Huntzinger	5/23		
Courtney Bryant	5/14	Nancy Kramer	5/23		

Member Birthdays—June

Brigid Barton	6/1	Suzanne Rankin	6/5	Lorrie Walton	6/14
Sara Botsford	6/1	Ed Karrer	6/6	Gail Sredanovic	6/15
Terry Moore	6/1	Martha Chan	6/9	Judy Goodnow	6/16
Ram Ramasamy	6/1	Joe Rolfe	6/9	Ellen Turbow	6/19
Rob Robinson	6/1	Adelle Rosenzweig	6/10	Bruce Ackermann	6/20
Beverly Brockway	6/2	Saul Gutnik	6/11	Marilyn Benefiel	6/23
Susan Gould	6/2	Sandy Weiss	6/11	Elizabeth Wolf	6/23
Donna Silverberg	6/2	Fran Perry	6/12	Elizabeth Lyon	6/24
Margaret Weil	6/2	Molly Agras	6/13	Lowell Price	6/25
William Gould	6/4	Ginny Turner	6/13	Jack Thomas	6/27

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...

Josephine Magnuson (6/Downtown)
 Randy & Judy Cook (4/Midtown)
 Kate Godfrey & Rob Colley (5/Duveneck)

Mary Yotopoulos (6/Downtown)
 Estelle Stephens (8/Menlo Park)

Peter & Marian Egbert (9/Stanford)
 Lisa Miao & Wing Wong (9/Stanford)

Reason for Joining

Social support, resources, activities
 Future planning & resources
 Resources for current & future needs, community of peers
 Future support and resources, social activities
 Proactive planning, resources, meet interesting people
 Resources, future planning, activities
 "It's Time" - resources for future needs

In Memoriam:

***Ofelia Harrison * Michael Willemsen * Barbara Foley
 June Bowman Miles * Maxine Tucker * Bob Herriot***

Sunday, May 5 at 2 pm

IN-PERSON EVENT—Palo Alto Players “The Music Man”

By turns wicked, funny, warm, romantic, and touching, THE MUSIC MAN is family entertainment at its best. Meredith Willson’s six-time, Tony Award-winning musical comedy has been entertaining audiences since 1957 and is a family-friendly story to be shared with every generation.

Lucie Stern Theater
1305 Middlefield Road, Palo Alto

REGISTRATION IS CLOSED—For information, email Kay Evans at kevans@avenidas.org

Monday, May 6 & Monday, May 20 at 4:30 pm

Guided Meditation on Zoom led by Sabrina Huang—NEW TIME is 4:30 pm

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

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

Wednesday, May 8 at 2:15 pm

Zoom Special Presentation “Virtual Tour of National Center for Atmospheric Research ” by UCAR Center for Science Education

The National Center for Atmospheric Research (NCAR) Mesa Laboratory in Boulder, CO, is an amazing architectural landmark designed by I.M. Pei. The world-class research laboratory focuses on an understanding of Earth system sciences including atmosphere, weather, climate, and the Sun. Explore the NCAR Mesa Laboratory and the importance of Earth systems to our society with a live NCAR guide on this interactive, virtual tour.

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

Thursday, May 9 & Tuesday, May 21 at 11:45 am

(Please choose ONE date)

IN-PERSON EVENT—Lunch Bunch at Anatolian Kitchen

Enjoy soups, salads, wraps and more at this Turkish/Mediterranean restaurant!

View menu: <https://anatoliankitchen.com/lunch/>

340 California Ave, Palo Alto

\$25-\$35/person, individual pay—Register online or email Kay Evans at kevans@avenidas.org

Friday, May 10 & Friday, May 24 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 at kevans@avenidas.org

Tuesday, May 14 at 10 am

IN-PERSON EVENT: SF MOMA Day Trip featuring the Yayoi Kusama “Infinite Love” Exhibit and Lunch at Tropisueno Taqueria

Kusama’s first solo presentation in Northern California encompasses two Infinity Mirror Rooms, including her newest room, Dreaming of Earth’s Sphericity, I Would Offer My Love (2023), a cosmos of dancing color and light. Our tickets include access to this special exhibit and we will have time to explore the other galleries as well. Our trip will start with a delicious Mexican lunch at Tropisueno, just a few blocks from SF MOMA.

Meet at Cubberley Community Center, 4000 Middlefield Rd Palo Alto

\$115 per person, check payment only! Includes museum entry and bus transportation; lunch is individual pay/15 spots available—Register online by **May 6** or email Kay Evans at kevans@avenidas.org

Friday, May 17 at 11 am

Village Book Group on Zoom: “O Pioneers” by Willa Cather

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 at kevans@avenidas.org

Wednesday, May 22 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 at kevans@avenidas.org

Friday, May 24 at 11 am

Vistas Lecture Series—Zoom Webinar: “You’ve Been Hacked, Now What?” with Eric Gee of AnewVista (Details on page 6)

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

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

Monday, June 3 & Monday, June 17 at 4:30 pm

Guided Meditation on Zoom led by Sabrina Huang

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

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

Thursday, June 13 & Tuesday, June 25 at 11:45 am (please choose ONE date)

IN-PERSON EVENT: Lunch Bunch at Crepevine

Tasty sandwiches, salads, egg dishes, and of course, crepes! Outdoor seating is available. View menu: <https://crepevine.com/locations/palo-alto/>

367 University Ave, Palo Alto

\$20-35/person, individual pay

Register online or email Kay Evans at kevans@avenidas.org

Friday, June 14 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 at kevans@avenidas.org

Thursday, June 20 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 at kevans@avenidas.org

Friday, June 21 at 11 am

Village Book Group on Zoom: “West With Giraffes” by Linda Rutledge

In 1938, two giraffes are brought to the U.S. from Africa for the San Diego Zoo. Their cross-country journey from New York to California is a beautiful story of resilience, bravery, love, dedication, and patience over 3200 miles across America.

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 at kevans@avenidas.org

Wednesday, June 26 at 1 pm

Zoom Special Presentation: “Arctic Animals” by the Toledo Zoo

What animals call the Arctic region home? This program includes a live tour of our Arctic exhibit with plenty of time to ask and answer questions from your zoo guide.

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

Friday, June 28 at 11 am

Vistas Lecture Series—Zoom Webinar: “Psychedelic Medicine 2.0” with Frank Annis, M.D. (Details on page 6)

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

Friday, June 28 at 3 pm

IN-PERSON EVENT: Happy Hour Potluck Social on the Village Patio!

Bring a snack or drink to share and enjoy social time with old and new Village friends!

The Village Patio at Avenidas, 450 Bryant Street, Palo Alto

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

450 Bryant Street
Palo Alto, CA 94301
650-289-5405

www.avenidasvillage.org

Erika Thomas, Director
ethomas@avenidas.org

Dawn Greenblat, Member
Services Manager
dgreenblat@avenidas.org

Kay Evans, Social Events
Coordinator
kevans@avenidas.org

Marcie Brown, AVAC Co-
Chair
marciska@gmail.com

Ed Hillard, AVAC Co-
Chair
edhillard@gmail.com

Village Office
Closed

Monday
May 27
Memorial Day

Wednesday
June 19
Juneteenth

May-June 2024

Hiking Season Is Here! Join the Village Lite Hikers for Spring and Summer Adventures



Photo by Ed Hillard

For our April 2 hike, the weather was perfect, and the views spectacular, approaching the Stanford Dish from Alpine Road, giving us a more gentle ascent. We walked almost four miles in an hour and 45 minutes.

The grass was a vibrant rich lush green and was dotted with many wildflowers. We saw deer grazing and lots of birds, some carrying twigs for their nests.

Hikers: Gretchen Hilliard, Sharon Dixon, Chuck, Diane Feldman, Beth Lyons, Letitia Lai, Jeff Gray, Janet Constantinou

On Tuesday, March 5, we had a good hike on a cloudy, cool day in Arastradero Nature Preserve. Eight Lite Hikers followed a route through hilly areas, across grasslands and on woody trails along two creeks. We enjoyed the view across the Bay, as well as each others' company.

The hikers were Janet Constantinou, Co-Chair, Sherry Dickson, Diane Feldman, Ed Hillard, Gretchen Hillard, Co-Chair, Jeffrey Salzman and Chuck Sieloff.



Photo by Janet Constantinou