

PALO ALTO WEEKLY

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Living Well

A Resource Guide for Adults 50+

2023



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This annual publication is provided to the community as a resource guide to services for older adults. It is produced by the Palo Alto Weekly.

PALO ALTO WEEKLY
Living Well

A Resource Guide For Adults 50+

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Community

Our community resource list is curated annually to help seniors find everything from transportation to food programs and more.

FRIENDS, MEALS & MORE

ADULT DAY CARE

Avenidas Rose Kleiner Center Adult day care and health care for less-independent older adults. 270 Escuela Ave., Mountain View. [avenidas.org/programs/care](https://www.avenidas.org/programs/care); 650-289-5499

Golden Castle Adult Day Health Care Center Physical and occupational therapists, nurses, social workers, psychologists, activity coordinators; multilingual staff. 3803 E. Bayshore Road, Palo Alto. [goldencastlecenter.org](https://www.goldencastlecenter.org); 650-964-1964

Rosener House Adult Day Services Operated by PVI, formerly known as Peninsula Volunteers, the facility supplies structured activity programs for adults with Alzheimer's disease and other functional or cognitive impairments. The weekday program assists participants through health, social and support services. Fees based on costs and families' ability to pay. 500 Arbor Road, Menlo Park. [1pvi.org/rosenerhouse](https://www.1pvi.org/rosenerhouse); 650-322-0126

EDUCATION

Seniors Savvy Run by Curtis Golden, this company assists seniors, disabled persons and others in learning about and using computers, phones and other technology. [seniorssavvy.com](https://www.seniorssavvy.com); 650-776-8395

FOOD & NUTRITION

Community Services Agency Food & Nutrition Center CSA's Food & Nutrition Center distributes food three days a week to registered, low-income residents of Mountain View, Los Altos and Los Altos Hills. The agency's Senior Nutrition Program also serves lunches on weekdays at the Mountain View Senior Center. Check the website for updates. 204 Stierlin Road, Mountain View. [csacares.org/services/food-nutrition-center](https://www.csacares.org/services/food-nutrition-center); 650-968-0836

Ecumenical Hunger Program Emergency food, clothing, household essentials, furniture, support programs and referral services to families in need; hot meals every Wednesday at St. Francis of Assisi Church on Bay Road; women's support group and programs for children. 2411 Pulgas Ave., East Palo Alto. [ehpcares.org](https://www.ehpcares.org); 650-323-7781

LA COMIDA The nonprofit serves weekday lunch at Stevenson House and First United Methodist Church. La Comida is a nonprofit program that provides nutritious hot lunches. Currently serving takeout only. [lacomida.org](https://www.lacomida.org); 650-322-3742

Meals On Wheels This PVI program delivers meals to homebound seniors and people with disabilities in San Mateo County who cannot cook for themselves. Many can have the program completely or partially subsidized. 800 Middle Ave., Menlo Park. [penvol.org/mealsonwheels](https://www.penvol.org/mealsonwheels); 650-272-5041

Downtown Streets Team Downtown Streets Team employs unhoused men and women, thereby helping them to rebuild their lives and prepare for long-term employment. 555 Waverley St., Palo Alto. [streetsteam.org](https://www.streetsteam.org); 408-438-2180

Second Harvest Food Bank The food bank works in Santa Clara and San Mateo counties to combat local hunger by providing nutritious food to over 450,000 people each month, an 80% increase over pre-pandemic levels. 750 Curtner Ave., San Jose. [shfb.org](https://www.shfb.org); 408-266-8866

LONELINESS SUPPORT

Tele-Care Service Free program for older adults who live alone. Volunteers from El Camino Hospital Auxiliary call participants daily at a pre-arranged time to check on their well-being. [elcaminohealth.org/community/tele-care](https://www.elcaminohealth.org/community/tele-care); 650-988-7558

SENIOR CENTERS

Avenidas@450 Bryant Center includes a fitness room; a tech center where entrepreneurs work with seniors to create new senior-friendly products; additional multipurpose rooms for more programs; and a kitchen for nutrition classes. Avenidas also operates a center at 4000 Middlefield Road, Bld. H5, **Cubberley Community Center**. For more information about activities and programs, call 650-289-5400, or go to [avenidas.org](https://www.avenidas.org)

Avenidas Village A membership program that provides 24/7 concierge support, transportation assistance, cultural outings and more. [helpfulvillage.com](https://www.helpfulvillage.com); 650-289-5405

East Palo Alto Senior Center Inc. Free activities include games, language study fitness exercises, dancing, tai-chi classes, music appreciation and brown-bag food giveaway. The center also serves daily nutritious breakfast. 560 Bell St., East Palo Alto. 650-329-5900

Little House Activity Center PVI's (formerly Peninsula Volunteers) Little House is a multipurpose activity center that offers classes in arts and crafts, languages, health and wellness, fitness, computer use and on cultural topics. 800 Middle Ave., Menlo Park. [1pvi.org/littlehouse](https://www.1pvi.org/littlehouse); 650-326-2025

Los Altos Senior Programs The city's programs organize classes, day trips and special events, and offer tax preparation, a resource center and referrals. These programs are offered at two sites. **Los Altos Community Center:** 97 Hillview Ave., Los Altos. **Grant Park Community Center:** 1575 Holt Ave., Los Altos. [losaltosca.gov/parksrec/page/adult-50-program](https://www.losaltosca.gov/parksrec/page/adult-50-program); 650-947-2797

Menlo Park Senior Services Older adult services, including nutritious meals, educational programs and social opportunities, are currently offered at two sites. **Arrillaga Family Recreation Center:** 700 Alma St., Menlo Park. **Menlo Park Library:** 800 Alma St., Menlo Park. menlopark.gov/Government/Departments/Library-and-Community-Services/Older-adult-services; 650-330-2287

Mountain View Senior Center Programs and services for adults 55 and older. 266 Escuela Ave., Mountain View. senior.center@mountainview.gov; 650-903-6330

Oshman Family Jewish Community Center Weekly virtual and in-person programs as well as day trips are offered through the center. 3921 Fabian Way, Palo Alto. paloaltojcc.org; 650-223-8700

GETTING AROUND

DOOR-TO-DOOR TRANSPORTATION

Avenidas Door-to-Door Rides by volunteers to and from appointments in private cars. Staff can also arrange Lyft rides. Fees charged. 450 Bryant St., Palo Alto. avenidas.org/programs/door-to-door; 650-289-5411

Redi-Wheels SamTrans paratransit services include Redi-Wheels, prearranged curb-to-curb rides for individuals with disabilities in San Mateo County who are unable to independently use regular bus service all or some of the time. 1250 San Carlos Ave., P.O. Box 3006, San Carlos. samtrans.com/accessibility/paratransit.html; 650-366-4856

RoadRunners Transportation Service Senior transportation for medical-related and personal appointments within 10 miles of El Camino Hospital; pickup services: Mon.-Fri. 7:15 a.m. to 4 p.m. 2500 Grant Road, Mountain View. elcaminohealth.org/community/roadrunners-transportation; 650-940-7016

PERSONAL FINANCE

MONEY MATTERS

Fiduciary Services This Jewish Family and Children's Services program helps seniors with their day-to-day financial management, including paying bills, filing tax forms, budgeting, balancing bank statements and health insurance management. Conservatorships are also available. **Koret Family Resource Center**, 200 Channing Ave., Palo Alto. jfcs.org; 415-449-3700

Utilities Financial Assistance The City of Palo Alto Utilities offers programs to reduce utilities bill costs for individuals on a limited income, experiencing financial hardship or with medical conditions that increase use of utilities. Programs can provide discounts on gas and electricity, help make utility use more efficient, equalize payments or offer one-time assistance. cityofpaloalto.org/utilities; 650-329-2161

» CONTINUED ON PAGE 10

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» CONTINUED FROM PAGE 9

TAX ASSISTANCE

Trained volunteers aid in preparation of income tax returns at a handful of Mid-Peninsula locations.

Avenidas 650-289-5400

Menlo Park Senior Center
(Arrillaga Family Recreation Center)
650-330-2283

Mountain View Senior Center 650-903-6330

Little House 650-326-2025

LEGAL & MEDIATION SERVICES

Advance Care Planning Stanford Health Care's Palliative Care team can assist patients in identifying the most important aspects of an individual's quality of life, discuss care plans with family members, coordinate between medical teams and document decisions in an advance directive. **Stanford Hospital, Palliative Care, 900 Blake Wilbur Drive, Palo Alto.** stanfordhealthcare.org; 650-723-4000

ADR Program This Palo Alto Area Bar Association service provides 90 minutes of mediation time for a \$90 fee with one of several private attorneys specializing in a variety of areas, including trusts, wills, estate planning, landlord-tenant disputes, family law and many more. **855 El Camino Real, Suite 13A #309, Palo Alto.** paaba.org; 650-326-8322 or info@paaba.org

Senior Adult Legal Assistance (SALA) Provides free legal assistance and education to Santa Clara County residents ages 60 and older on public benefits, housing and landlord-tenant issues, consumer complaints, elder abuse and nursing home difficulties. SALA's office is currently closed because of the COVID-19 pandemic, but attorneys are working from home to assist current and new clients by phone. **1425 Koll Circle, Suite 109, San Jose.** sala.org; 408-295-5991

Senior Advocates Program The Legal Aid Society of San Mateo County program offers advice, advocacy and representation for San Mateo County residents ages 60 and over involving government benefits, legal abuse, consumer law, estate planning, advanced health care directives and more. Home appointments are available. **330 Twin Dolphin Drive, Suite 123, Redwood City.** legalaidsmc.org; 650-558-0915 

CRISIS/EMERGENCY ASSISTANCE**In the case of a medical emergency, call 9-1-1****24-HOUR HOTLINES**

Santa Clara County Alcoholics Anonymous	408-374-8511
National Suicide and Crisis Lifeline	988
Rape Trauma Services 24/7 Crisis Line	650-692-7273

ABUSE: PHYSICAL/MENTAL/ECONOMIC EXPLOITATION OR DEPRIVATION

Adult Protective Services, Santa Clara County (from outside California)	408-975-4900 800-414-2002
Aging and Adult Services, San Mateo County (from outside California)	650-573-3900 800-675-8437 (TIES)
YWCA Domestic/Sexual Violence Crisis Line	800-572-2782

EMERGENCY FOOD/HOUSING ASSISTANCE

Community Services Agency	650-968-0836
LifeMoves	650-685-5880
Jewish Family and Children's Services	650-688-3030
American Red Cross Silicon Valley	877-727-6771

COVID-19 INFORMATION & EMERGENCY SERVICES

State Hotline 833-422-4255

Seniors can access the latest information about the coronavirus pandemic and services available to them. aging.ca.gov/covid19/

Avenidas Care Partners Information and Assistance telephone line 650-289-5433

Free service that seniors can call for information, resources, support or just a friendly voice.

Horizon Networks thehorizonnetwork.org

A free online service that connects at-risk seniors, who may be living in isolation, to high school volunteers for one-on-one online video chats.

The program also connects seniors to activities such as interactive yoga, meditation sessions and music performances.

MEAL DELIVERY**Meal on Wheels**

Meals on Wheels delivers meals to seniors in San Mateo and Santa Clara counties.

San Mateo County:	go to 1pvi.org/mealsonwheels
Santa Clara County:	go to mysourcewise.com/meals or call 408-350-3200

CORONAVIRUS SCAMS

Aging and Adult Services, San Mateo County (from outside California)	650-573-3900 800-675-8437 (TIES)
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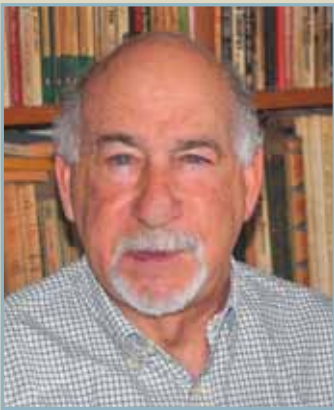
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- Probate and Trust Administration

Peter S. Stern is a graduate of Stanford Law School (1981) and has served on the State Bar's Trusts and Estates Section Executive Committee as Chair. He is a member of ACTEC, the American College of Trust and Estate Counsel, and chaired ACTEC's Elder Law Committee from 2018 to 2021.

He has been chosen as a Northern California SuperLawyer in Elder Law since 2005.

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Melva Davis participates in the Aqua Fit class at the Menlo Swim and Sport pool in Burgess Park in Menlo Park on Oct. 4.

Making a splash

Burgess Pool aqua programs provide gentle workout for seniors looking to stay fit

STORY BY EMILY MARGARETTEN
PHOTOS BY MAGALI GAUTHIER

Undeterred by stiff joints, swollen feet and other chronic ailments, 24 water-aerobic enthusiasts bopped and swayed to Michael Jackson's "Beat It" on a recent sunny weekday morning at Menlo Park's Burgess Pool.

"Forward block, jab block, check yourself, you got it!" instructor Jenny Roost called out to the Aqua Fit class, all of whom gamely followed her aerobic moves in the warm pool.

A long-standing program at Burgess, Aqua Fit runs four to five days a week year-round with certified instructors and eager participants.

"It's for anybody in the community who wants to do exercise in the water," said Tim Sheeper, who took over the management of Burgess from the city of Menlo Park in 2006 and also operates swim programs at Palo Alto's Rinconada Pool.

Although the Burgess Pool serves all ages, it provides an ideal setting for workout routines for seniors. Aqua Fit uses the natural resistance



Above: Aqua Fit class instructor Sandy Bardas demonstrates an arm exercise for her students working out in the Menlo Swim and Sport pool in Burgess Park. Below: Aqua Wellness class instructor Juliet St. Germain, far right, leads her students through exercises.

and buoyancy of water to provide a workout that is gentle on the body while set to music that promotes cardiovascular movement.

“At my age, this is about what I can handle,” Redwood City resident Pete Romfh, 77, joked. He and his 76-year-old wife, Peggy, have been coming to Aqua Fit since last September.

“We were walking 6 to 8 miles a week to stay fit during COVID, but it wasn’t strengthening our arms or core muscles.” Peggy Romfh said. “This program strengthens every muscle group. It helps with flexibility, balance, endurance, you name it.”

Although not specifically targeted for seniors, the program appeals to an older demographic, an industrywide trend for water aerobics.

“It’s much safer than other kinds of classes,” Aqua Fit instructor Sandy Bardas said. “You can’t fall down in a pool.”

Bardas, 72, has been swimming at Burgess since 2006 and instructing for five years. “If I didn’t swim, I wouldn’t be able to move,” said the Menlo Park resident, referring to her chronic arthritis.

Palo Alto resident Lyn Chambers, 74, said she’s not an early riser by nature, but Burgess’ Aqua Fit, which she regularly attends at 8 a.m. with a friend, gives her “a reason to get up and go” in the mornings.

Sheeper said the mechanics of water aerobics lends itself to social interactions.

“It’s a vertical sport,” he said. “Heads and sometimes shoulders are above the water. They’re able to look at each other, talk and converse with each other, carry on conversations while still moving and exercising.”

In addition to Aqua Fit, Burgess Pool offers an Aqua Wellness class, focusing on physical therapy and rehabilitation.

“It’s helping people who have knee replacements, hip replacements, shoulder injuries or they’re recovering from heart attacks, strokes or any number of different ailments,” Sheeper said.

Juliet St. Germain, a physical therapist from Mountain View athletic and physical therapy center Revolutions in Fitness, described Aqua Wellness as an inclusive form of treatment for the community that accommodates everybody, no matter their fitness level or ability.

The highly individualized instruction, where St. Germain gets in the pool to lead the exercises, has prompted Bardas to bring her 95-year-old father to the class so he can benefit from the rehabilitative and strength-training exercises. For Bardas, Aqua Wellness is what keeps her father mobile.

Sheeper noted the uniqueness of the program, which he described as the only municipal pool in the Peninsula with a physical therapist leading a water-therapy class.

The Romfhs meanwhile have not needed the Aqua Wellness program, but it is something to keep in mind for future use. “Knees, hips, something always gives out when you’re older,” Peggy Romfh said.

And she would know, as she broke her hip over the summer. But Romfh’s recovery was swift and uncomplicated. She credited Aqua Fit with her quick rebound. “It’s the best,” Romfh said. “If there’s something you can’t do on land, you can do it in water.” **LW**

Editorial Intern Emily Margaretten can be emailed at emargaretten@paweeekly.com.



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Avenidas Rainbow Collective

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Wellness

Our wellness resource list is curated annually to help seniors find everything from fitness and care management programs to grief support and more.

FITNESS

Avenidas The local nonprofit coordinates a variety of fitness classes and activities, covering areas such as walking, qigong, feldenkrais, yoga, dance, meditation, pilates, tuina zumba, and strength, movement and balance classes. Avenidas senior center holds classes and programs downtown at its 450 Bryant St. site and at Cubberley Community Center. **4000 Middlefield Road H-5, Palo Alto.** avenidas.org/programs/health-wellness; 650-289-5436

Bay Area Senior Games Mostly held in late spring, these events encourage men and women ages 50 and older to choose healthy and active lifestyles. Athletes compete in about 20 different sports and activities. Volunteer opportunities are also available. **2450 Agnes Way, Palo Alto.** bayareaseniorgames.org; 650-323-9400

City of Menlo Park Community Services Department Menlo Park offers wellness classes on weekdays at the Arrillaga Family Recreation Center, including yoga, dancing, mind exercises and more. **700 Alma St., Menlo Park.** menlopark.org/235/Activity-Guide-and-registration; 650-330-2200

City of Palo Alto Community Services Department Boost! adult fitness program includes fitness programs updated quarterly including easy aerobics, low-impact exercise classes, yoga and zumba classes. **Lucie Stern Community Center, 1305 Middlefield Road, Palo Alto.** bit.ly/3rKS6hm; 650-463-4900

Little House fitness programs Fitness classes at PVI's Little House lead participants in various fitness classes, including dance, tai chi and more. Little House also has an open gym available to members. **800 Middle Ave., Menlo Park.** 1pvi.org/littlehouse; 650-272-5000

Silicon Valley Biking Coalition A non-profit organization based in San Jose, the Silicon Valley Biking Coalition aims to make biking more safe and accessible for everyone around the Bay Area, and one way it works toward this goal is by hosting Social Rides. Consistently taking place on the first



Yoga instructor Lily Anne Hillis, left, guides Ann Cripps, right, at Moldaw Senior Residences in Palo Alto. Photo by Marvin Fong.

weekend of every month with an additional second ride, these free rides are casual and designed to be accessible for anyone, no matter their age or level of experience. The coalition also has local teams with their own rides periodically, including teams in Redwood City, Palo Alto, East Palo Alto, Mountain View and others. For more information about the organization and to find the next ride, visit the coalition's website! **155 S 11th St., San Jose.** bikesiliconvalley.org/programs/social-rides; 408-287-7259

Stanford Cycling Stanford University is home to one of the most competitive cycling teams in the country, but Stanford Cycling's club is open to all who want to get out and ride with their local community. Anyone with a bike and a helmet is welcome to join the team on rides around the Stanford area, and even if you don't have those, the club has bikes and helmets available to loan as long as they are given notice 24 hours ahead of a ride. Visit their website to join their mailing list and see when and where the next ride will be! **615 Serra St., Stanford.** cycling.stanford.edu.

Western Wheelers Bicycle Club This recreational road-cycling club is focused on serving the Peninsula by organizing rides and connecting cyclists. The group hosts regular rides on weekday mornings, evening rides during the summer and year-round weekend rides. Although becoming a member to support this non-profit organization is encouraged, almost all of the club's rides welcome non-members to join and ride along. To find the next ride you can join, sign up for the club's newsletter and find more information, visit the club's website! westernwheelersbicycleclub.wildapricot.org; 408-314-3769

» CONTINUED ON PAGE 20



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YMCA of Silicon Valley Local YMCA branches teach group courses in yoga, Pilates, Zumba, cardio, and low- and high-impact water exercise. ymcasv.org; **Palo Alto Family branch:** 3412 Ross Road, Palo Alto. 650-856-9622 **El Camino branch:** 2400 Grant Road, Mountain View. 650-969-9622 **Sequoia branch:** 1445 Hudson St., Redwood City. 650-368-4168 **East Palo Alto Family branch:** 550 Bell St., East Palo Alto. 650-328-9622

HEALTH

CARE MANAGEMENT

Avenidas Care Partners Clinical social workers with Avenidas are available to make home assessments with older adults and create a geriatric care plan to discuss with the family. The plan can be implemented by the family or through Avenidas Care Partners. Avenidas also offers a service for low-income, homebound Santa Clara County residents, evaluating what services might be needed for them to remain at home. **450 Bryant St., Palo Alto. avenidas.org/care-partners; 650-289-5433**

Community Services Agency As part of the Senior Case Management program, geriatric social workers and case managers are available to give in-home assessments, counseling and referrals to community resources to assist older adults in living independently. A specialized social worker and registered nurse can also provide intensive care management in partnership with El Camino Hospital for those with chronic health conditions. Volunteers can also help with transportation and shopping. **204 Stierlin Road, Mountain View. csacares.org; 650-968-0836**

Multipurpose Senior Services The county of San Mateo Health System has a program administering social and health care management to adults ages 65 and older who are Medi-Cal eligible, with the goal of keeping seniors living independently in their homes and communities. **225 37th Ave., San Mateo. smchealth.org/aas; 800-675-8437**

Nursing Registry Nursing Registry works closely with each patient's healthcare team to provide the most appropriate level of care. Their nurses hold certifications in a variety of specialty areas, and care is tailored to the patient's unique needs. **125 University Ave., Palo Alto. nurseregistry.com; 650-462-1001**

Seniors At Home Part of Jewish Family and Children Services, the program offers, among other services, care management to assist seniors in leading safe, healthy and independent lives in their homes. Geriatric care managers visit homes to assess conditions and needs and develop a care plan. Care managers also help in implementing plans by providing counseling, choosing and arranging housing and care options, working on finances and applications, coordinating volunteer visitors and more. **Koret Family Resource Center, 200 Channing Ave., Palo Alto. seniorsathome.jfcs.org; 650-931-1860**

CAREGIVER SUPPORT

Avenidas caregiver support programs Through Avenidas Care Partners, the nonprofit serves the families of aging adults through consultations with adult children and spouses, as well as free weekly support groups for spouses and partner caregivers. **450 Bryant St., Palo Alto. avenidas.org/care-partners; 650-289-5433**

EMERGENCY RESPONSE SYSTEMS

Lifeline In-home 24-hour emergency response system for older adults that summons immediate help. **El Camino Hospital: 650-940-7016 Stanford Health Care, Aging Adult Services: lifeline@stanfordmed.org; 650-723-6906**

GRIEF SUPPORT

Center for Grief & Loss This program of the Hospice of the Valley provides support to those grieving the loss of a loved one. Services include individual and group support, educational programs and workshops, loss-specific support groups and offerings for children and teens. **4850 Union Ave., San Jose. sutterhealth.org/find-location/facility/sutter-care-at-home-san-jose-hospice-of-the-valley; 408-559-5600**

Kara Provides grief support for children, teens, families and adults. Its vision is to see people of all ages compassionately supported on their journey through grief so they can move toward renewed hope and meaning. Services are made possible by the generosity and donations of the community. **457 Kingsley Ave., Palo Alto. kara-grief.org; 650-321-5272**

HEALTH INFORMATION

Aging Adult Services Stanford Health Care has a variety of services and resources for aging adults and their families, including inpatient services, home care programs, community support, technological resources, caregiver tools and end-of-life support. **300 Pasteur Drive, HC034, Stanford. stanfordhealthcare.org/agingadultservices; 650-723-1303**

Alzheimer's Association The Northern California and Northern Nevada Chapter serves hundreds of families dealing with Alzheimer's disease through a 24/7 helpline, individual care consultations and educational resources and events. **2290 N. First St., Suite 101, San Jose. alz.org/norcal; 408-272-9900**

Avenidas Health & Wellness The Avenidas Health & Wellness program offers an array of health-related services, including free health screenings, flu shots, health insurance counseling, help with Advance Health Care Directives, a loan closet of durable medical equipment, podiatry, nail care, meditation, reflexology, reiki, acupuncture and therapeutic massage. **450 Bryant St., Palo Alto. avenidas.org/programs/health-wellness; 650-289-5436**

Community Health Resource Center Staffed with nurse health educators and specialists, these Palo Alto Medical Foundation centers supply visitors free of charge with information on community resources and access to health information websites, health reference textbooks, medical textbooks, educational videos and more. Health education events are currently limited to online offerings. **795 El Camino Real, Jamplis Building, Second Floor, Palo Alto. sutterhealth.org/find-location/facility/palo-alto-community-health-resource-center; 650-614-3200**

Deaf Counseling Advocacy & Referral Agency (DCARA) The nonprofit social service agency serves deaf and hard-of-hearing individuals with information and referrals, communication assistance, advocacy, social events, outreach and education, peer counseling and more. Senior programs are available. **950 S. Bascom Ave., Suite 1010, San Jose. dcara.org; 510-343-6670**

Health & Wellness Center at Sequoia Hospital The center offers health screenings, wellness programs, community resources and support groups. Services offered on a low-cost or no-fee basis, open to all. **749 Brewster Ave., Redwood City. dignityhealth.org/bayarea/locations/sequoia/services/health-wellness-center; 650-367-5998**

» CONTINUED ON PAGE 22

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PAMF Health Education Palo Alto Medical Foundation organizes a plethora of classes and support groups. Classes cover weight management, mindfulness and mental health, diabetes, aging, nutrition and more. Classes are currently only offered online. **Mountain View Center: 701 E. El Camino Real, Mountain View. Palo Alto Center: 795 El Camino Real, Palo Alto. sutterhealth.org/pamf/services/health-education; 650-934-7000 (Mountain View); 650-321-4121 (Palo Alto)**

Pacific Stroke Association Nonprofit organization serving Santa Clara and San Mateo counties that provides stroke education for the community and support for stroke survivors and family caregivers. **3801 Miranda Ave., Bldg. 6, Room A162, Palo Alto. pacificstrokeassociation.org; 650-565-8485**

Stanford Health Library Resource library open to the public sharing a wide range of medical and health-related materials. Free research assistance provided. Locations at Stanford Hospital, Stanford Cancer Center, Liautaud Family Health Library. **875 Blake Wilbur Drive, Stanford. 650-736-7157; healthlibrary.stanford.edu.**

HOSPICE

Hospice of the Valley The organization provides pain and symptom management in Santa Clara County to patients with advanced illness, support to families who care for them, and grief and loss counseling for individuals and family members. A nonprofit, mission-driven organization, Hospice of the Valley is licensed by the State of California, Medicare, and is Medi-Cal certified. Care is provided in private homes, nursing homes, hospitals or assisted-living facilities and covered by most private insurance. **4850 Union Ave., San Jose. sutterhealth.org/find-location/facility/sutter-care-at-home-san-jose-hospice-of-the-valley; 408-559-5600**

Kaiser Hospice Program The program supplies palliative and end-of-life services to Kaiser members and bereavement support to families. The program's care strives to give patients physical, emotional and spiritual comfort, through services including physician treatment, nursing, social work and chaplain consultation. **900 Veterans Blvd., Suite 400, Redwood City. thrive.kaiserpermanente.org (Search for "Home Health Hospice"); 650-299-3970**

Pathways Home Health & Hospice Assists individuals through medical, nursing, emotional and personal care as they approach the end of life, helping them relieve symptoms. Accredited by the Joint Commission, the hospice also has a dementia program and extensive grief support with counseling, workshops, support groups and more. Pathways is affiliated with El Camino and Sequoia hospitals. **585 N. Mary Ave., Sunnyvale. pathwayshealth.org/hospice-topics/hospice; 888-978-1306**

Sutter Care at Home Hospice The hospice program strives to meet the physical, emotional and spiritual needs of individuals with short life expectancies and to support their families. Its services include nursing care, pain and symptom management, personal care, spiritual support, bereavement support and grief counseling, phone consultation, emergency visits and more. **1700 S. Amphlett Blvd., Suite. 110, San Mateo. sutterhealth.org/find-location/facility/sutter-care-at-home-san-mateo-hospice; 650-685-2830**

VA Hospice Care Program The Palo Alto VA Health Care System provides hospice care at home, in nursing homes and through dedicated inpatient programs to veterans nearing the end of life and seeking a palliative approach. **3801 Miranda Ave., Building 100, Unit 4A, Palo Alto. bit.ly/2moTMPb; 650-849-0176**

REHABILITATION

Cedar Crest Nursing and Rehabilitation Center The center offers skilled nursing for intensive stroke, cardiac and orthopedic rehabilitation, with care available 24 hours a day. Its rehabilitation therapy center is staffed by in-house therapists and nursing staff who help patients with occupational, physical and speech therapies. Other programs treat back strain, arthritis and tendonitis, and neurological conditions like Parkinson's disease and multiple sclerosis. **797 E. Fremont Ave., Sunnyvale. lifegen.net/location/cedar-crest-nursing-and-rehabilitation-center; 408-738-4880**

Covenant Care The company offers three sub-acute and rehabilitation centers in Los Altos, Mountain View and Palo Alto, which provide skilled nursing and rehabilitation services. Interdisciplinary staff members can provide physical, occupational and speech therapy for a wide range of conditions. **covenantcare.com. 1949 Grant Road, Mountain View. 650-968-2990; 809 Fremont Ave., Los Altos. 650-941-5255; 911 Bryant St., Palo Alto. 650-327-0511**

SPECIALIZED HEALTH SERVICES


Better Hearing Center At this clinic, community members can receive hearing evaluations by licensed audiologists and tinnitus treatments, as well as find custom molds, state-of-the-art digital hearing devices, assistive listening devices, hearing aid service and supplies and more. **695 Oak Grove Ave., Suite 200, second floor, Menlo Park. betterhearing.com; 650-241-3000**

The Byers Eye Institute at Stanford This state-of-the-art, patient-centered facility provides cataract surgery and intraocular lens implantation; ophthalmology and optometry services; neuro-ophthalmology; ocular oncology; and treatment for corneal and external eye diseases, glaucoma, uveitis, and vitreoretinal and macular diseases. **2452 Watson Court, Palo Alto. stanfordhealthcare.org/medical-clinics/byers-eye-institute.html; 650-723-6995**

Mid-Peninsula Dental Society Through the Dental Health Foundation, the society provides dental services to low-income and disadvantaged individuals, including seniors, immigrants, students and those from single-parent homes, at a significantly reduced cost. **220 Main St., Suite 208A, Los Altos. mpds.org; 650-328-2242**

Pacific Hearing Service At its two Midpeninsula locations, Pacific Hearing Service offers hearing evaluations, communication needs assessment, hearing aid selections and fittings, assistive listening devices, complimentary classes and ear wax removal. **3555 Alameda De Las Pulgas, Suite 100, Menlo Park; 496 First St., Suite 120, Los Altos. pacifichearing.com; 650-854-1980 (Menlo Park), 650-941-0664 (Los Altos)**

Pain Management Center Run by the Stanford University Medical Center, the multi-disciplinary clinic offers a comprehensive suite of services for patients suffering from acute and chronic pain. Though patients primarily receive outpatient services, inpatient treatment is available. **450 Broadway St., Redwood City. stanfordhealthcare.org/medical-clinics/pain-management.html; 650-723-6238**

Stanford/VA Alzheimer's Research Center Clinicians and researchers from the Stanford University Department of Psychiatry and the Palo Alto VA Health Care System provide information, referral services and diagnostic assessments for people with memory problems. The center is seeing participants by video conference and by phone. **Palo Alto VA Health Care System, 3801 Miranda Ave., Building 4, First Floor, Room C151A, Palo Alto. med.stanford.edu/svalz.html; 650-858-3915** 



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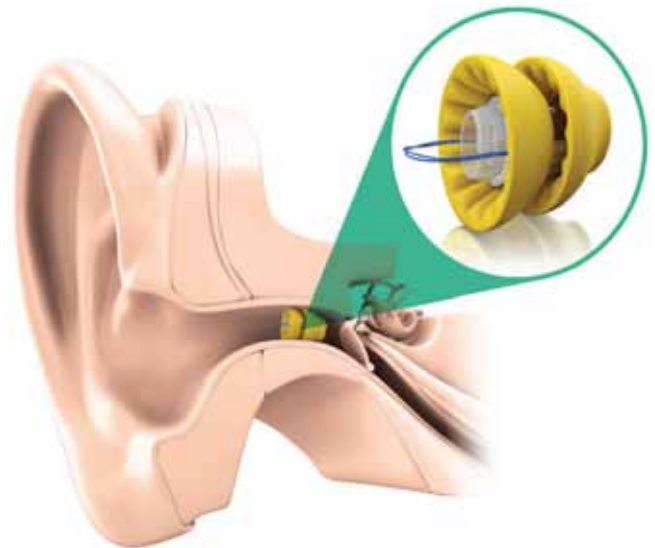
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Not-for-profit Hospice of the Valley treats patients and their families with comfort and dignity during one of life's most challenging times. End-of-life services include hospice care, grief counseling, and individualized support.

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A Division of Sutter Care at Home

Hospice of the Valley and Sutter Care at Home share a partnership promise to ensure continuity of care across Sutter Health's not-for-profit network of affiliated doctors, hospitals, medical groups, home care and hospice services.

Home

Our Home resource list is curated annually to help seniors find everything from home health care and support services to housing and more.

HOME CARE

HOME CARE COMPANIES

Alegre Home Care Caregivers assist individuals with light housekeeping, walking and exercise, meal preparation, bathing and dressing, getting to appointments, recovery from an illness and more. Short-term, 24-hour and live-in care are available. The agency does a complete review of references and credentials, and caregivers are screened, bonded, insured and employed by Alegre. alegrecare.com; South Bay office, 3033 Moorpark Ave., Suite 2, San Jose.; 408-335-6835 Peninsula office, 1670 S. Amphlett Blvd., Suite 220, San Mateo. 650-757-2000

Care Indeed The agency's caregivers help with independent living skills that allow seniors to remain at home and avoid institutionalized settings. Non-medical services include toileting and incontinence; hygiene, grooming and dressing; mobility and transportation; exercise; meal preparation and shopping; Alzheimer's and dementia care; light housekeeping; pet care; medication management; mental stimulation; fostering emotional well-being; and more. 890 Santa Cruz Ave., Menlo Park. careindeed.com; 650-328-1001

Helping Hands Home Care Services Professional caregivers and certified nursing assistants provide non-medical care for seniors, disabled individuals and those with special needs. Services include bathing, dressing, grooming, incontinence, meal preparation, exercise and mobility, housekeeping, companionship and escort service. Caregivers are screened and insured, and are CPR and first-aid certified. 1710 S. Amphlett Blvd. Suite 112, San Mateo. helpinghandshhealthcare.net; 650-286-9000

Home Instead Senior Care The company provides custodial care for seniors, with services including, but not limited to, companionship, personal care, meal preparation and care for those with Alzheimer's and other forms of dementia. 1006 Stewart Drive Suite A100, Sunnyvale. homeinstead.com/168; 650-262-3497

TheKey Formerly known as Home Care Assistance, TheKey aims to change the way the world ages by providing older adults with care that enables them to live happy and healthy lives at home. Its services are distinguished by the quality of its caregivers, the responsiveness of its staff and its expertise in live-in care. 480 S. California Ave. Suite 100, Palo Alto. homecareassistance.com/palo-alto; 650-535-3206

Institute on Aging Peninsula A licensed home health agency offering home care, personal care assistance, care management and consultation, all while preserving dignity and independence; offers specialized dementia care. 881 Fremont Ave., Suite A2, Los Altos. ioaging.org; 650-424-1411

NexGen Home & Senior Care NexGen offers caregiving in private homes and residential care settings. Available around the clock and on a live-in basis, caregivers help clients with walking and exercise; bathing, hygiene and dressing; light housekeeping; meal preparation and diet monitoring; errands; Alzheimer's and dementia care; companionship; escort service and more. The company's personnel is screened, bonded and insured. 2118 Walsh Ave., Suite 135, Santa Clara. nexgenhomeandseiniorcare.com; 408-988-7093

Rebuilding Together Peninsula Rebuilding Together Peninsula provides free home repair to income qualified homeowners living on the Peninsula. The service area ranges from Daly City to Sunnyvale and out to the coasts. They provide all kinds of home repair including: roofing, electrical and plumbing, ramp and handrail installation, appliance repair, debris removal, landscaping, flooring, etc. And their vision is a safe and healthy home for every person and our services are provided at no cost to the homeowners. 841 Kaynynne St., Redwood City. rebuildingtogetherpeninsula.org, info@RTPeninsula.org; 650-366-6597

Visiting Angels Sunnyvale Visiting Angels provides non-medical care services to help seniors remain independent and at home. Clients' needs are matched with a caregiver, who can provide hygiene assistance, meal preparation, diet monitoring, light housekeeping, errands or shopping, companionship, Alzheimer's care and more. The agency is bonded, licensed and insured, and the agency continuously monitors its caregivers. 922 W. Fremont Ave., Sunnyvale. visitingangels.com/sunnyvale/home; 408-735-0977

HOME CARE REFERRAL

In-Home Supportive Services This County of San Mateo Health System program offers home-care services to seniors, as well as to blind and disabled individuals, who are eligible for Medi-Cal. Social workers perform assessments, and then individuals find an independent provider for needed services. The program's Public Authority compiles a list of workers qualified to be independent providers. 222 W. 39th Ave., San Mateo. smchealth.org/home-supportive-services; 800-675-8437

HOME HEALTH CARE

Agility Health This private company provides full-service in-home skilled nursing, rehabilitation and therapy services, as well as non-medical care, in the Bay Area. Its programs include care management; nursing care and assistance following orders from clients' doctors; personal care; physical, occupational and speech therapy; social services; and counseling. 1660 S. Amphlett Blvd., Suite 116, San Mateo. agility-health.org; 650-453-5100

» CONTINUED ON PAGE 28

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Nursing & Rehab at Home A sister company to Agility Health, the Medicare-certified, state-licensed agency offers skilled nursing care (diabetic care, disease management, medication management, wound/ostomy care) and a range of therapy services at private homes and residential care facilities. 1710 S. Amphlett Blvd., Suite 110, San Mateo. nursingandrehabathome.org; 650-286-4272

Seniors At Home, Koret Family Resource Center Comprehensive services to help seniors live more independent lives in their own homes. 200 Channing Ave., Palo Alto. seniorsathome.jfcs.org; 650-931-1860

HOUSING

HOUSING/RETIREMENT COMMUNITIES

Alta Torre Affordable apartments for very-low-income residents age 55 or older. 3895 Fabian Way, Palo Alto. bridgehousing.com/properties/santa-clara-palo-alto-alta-torre; 650-493-4700

The Avant Designed for active adults 60 years or older. 4041 El Camino Way, Palo Alto. 650-320-8626

BridgePoint at Los Altos Retirement community offering independent and assisted living with a residential feel. Services include three meals daily, housekeeping, scheduled transportation and a full calendar of activities. 1174 Los Altos Ave., Los Altos. kiscoseniorliving.com; 650-948-7337

Channing House Independent-living apartments with assisted living and skilled nursing. 850 Webster St., Palo Alto. channinghouse.org; 650-327-0950

Gordon Manor Facilities with a family atmosphere that help to transition individuals into assisted living. Alzheimer's and dementia care, short-term respite care and hospice care available. 1616 Gordon St., Redwood City. justlikefamily.com; 650-542-0578

The Hamilton Condominium complex for residents ages 55 and older. 555 Byron St., Palo Alto. thehamilton.net; 650-463-1400

Lytton Gardens Senior Communities Assisted-living and independent-living facility for residents age 62 or older. 649 University Ave.; 656 Lytton Ave.; 330 Everett Ave., Palo Alto. covia.org/living/senior-living/affordable-communities/lytton-gardens; 650-617-7373

Moldaw Family Residences Part of the Taube Family Campus for Jewish Life; independent living and continuing care with memory support, assisted living and skilled nursing for residents of all faiths age 62 or older. 899 E. Charleston Road, Palo Alto. moldaw.org; 650-433-3600

Palo Alto Commons Independent and assisted living for seniors 60 years or older; wing for residents with Alzheimer's Disease. 4075 El Camino Way, Palo Alto. paloaltocommons.com; 650-494-0760

Peninsula Volunteers Inc. (PVI) Operates two apartment buildings for seniors and adults with disabilities — Crane Place at 1331 Crane St. and Partridge/Kennedy Apartments at 817 Partridge Ave. in Menlo Park. Subsidized housing for those with low to moderate income. Need and time on waiting list are considered. 800 Middle Ave., Menlo Park. Crane Place: smc-connect.org/locations/crane-place; Partridge/Kennedy Apartments: smc-connect.org/locations/partridge-place-kennedy-apartments; Crane Place: 650-325-2442; Partridge/Kennedy Apartments: 650-324-3160

The Sequoias - Portola Valley A not-for-profit community part of Northern California Presbyterian Homes and Services, which offers a variety of apartment options, with assisted living and memory care. Skilled nursing is available at the on-site health center. Also available are activities and programs, a fitness center, swimming pool, full-service dining and buffet, housekeeping, linen

service, studios and a library. 501 Portola Road, Portola Valley. thesequoiaspv.org; 650-851-1501

Stevenson House A nonprofit apartment community for low-income and independently functioning adults 62 years and older. 455 E. Charleston Road, Palo Alto. stevensonhouse.org; 650-494-1944

Sunrise of Palo Alto Assisted living, continuing care; Alzheimer's and memory care; available, short- and long-term stays; no age requirement. 2701 El Camino Real, Palo Alto. sunriseseniorliving.com/communities/sunrise-of-palo-alto/about.aspx; 650-319-8643

The Terraces at Los Altos Wellness-focused assisted living and memory care, as well as skilled nursing services if needed. Modern amenities, including fitness classes and restaurant-style dining. 373 Pine Lane, Los Altos. <https://humangood.org/the-terraces-at-los-altos>; 650-209-6393


Vi at Palo Alto Independent-living apartments with access to assisted living, memory support and skilled-nursing care for residents 62 years and older. 620 Sand Hill Road, Palo Alto. viliving.com; 888-973-1550

Webster House Independent and assisted-living community in downtown Palo Alto for those age 65 or older. 401 Webster St., Palo Alto. covia.org/webster-house; 650-327-4333

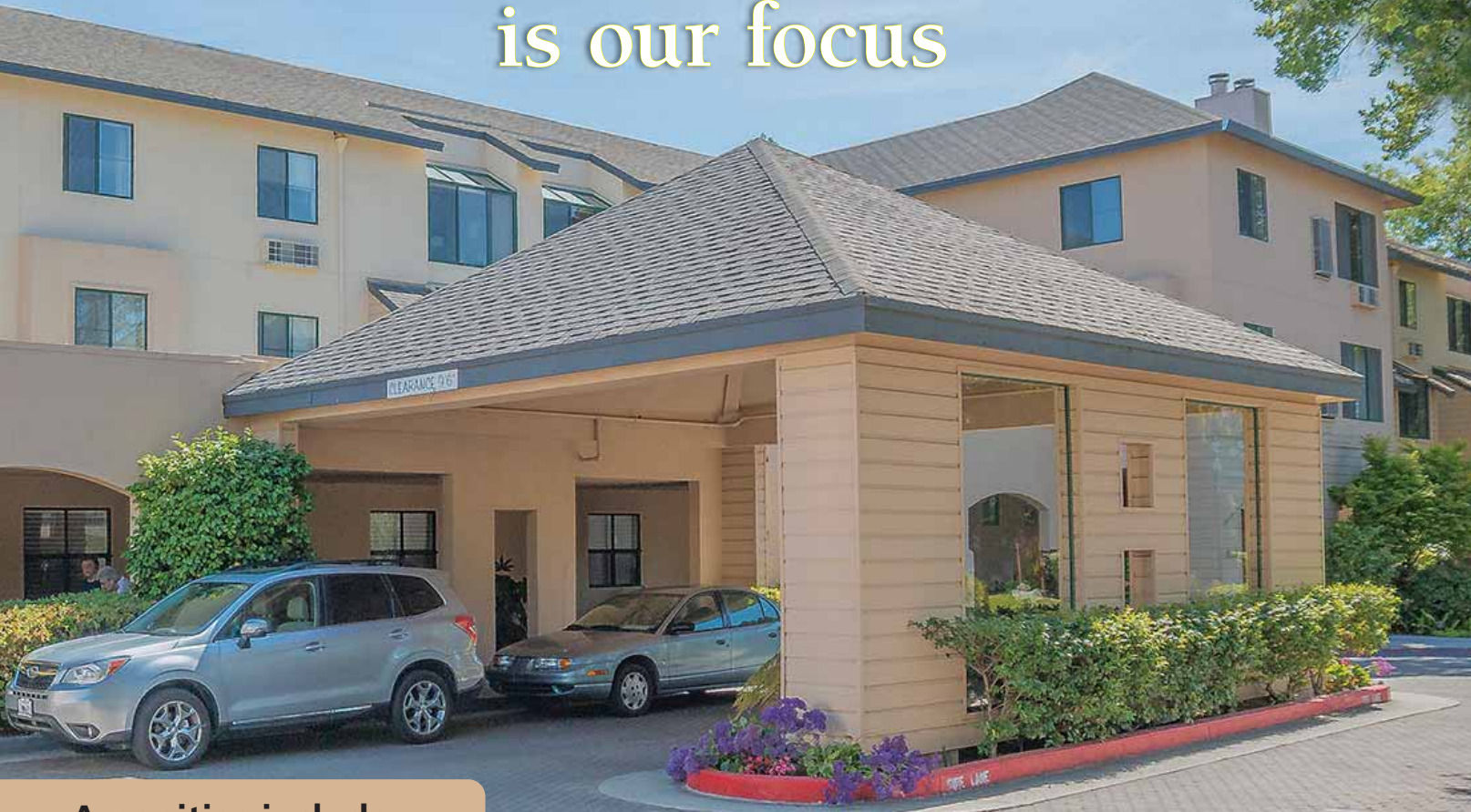
HOUSING REFERRAL

Avenidas Housing Guide Avenidas produces a detailed publication describing the many different housing options for seniors in San Mateo and Santa Clara counties. Options listed include retirement communities (rental and purchase), continuing care retirement communities, skilled nursing facilities and more. Cubberley Community Center, 4000 Middlefield Road, Building H5, Palo Alto. avenidas.org/care-partners; 650-289-5433

HIP Housing This private, nonprofit organization offers creative, affordable solutions to a variety of housing needs. The homesharing program links people who have housing to share with those seeking a place to live in San Mateo County. Each person has a private room and shares common living areas. HIP Housing interviews clients and makes referrals to match people in housing. 800 S. Claremont St. #210, San Mateo. hiphousing.org; 650-348-6660

Senior Seasons This free referral service helps seniors and their families evaluate and choose the best senior housing options available. Information is available for independent living, continuing care, assisted living, skilled nursing, board and care, Alzheimer's or dementia care, and affordable options. It serves San Mateo, Santa Clara, Alameda and San Francisco counties. seniorseasons.com; 408-737-2049 (San Mateo & San Francisco) 

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- All utilities except phone & cable.
- Chauffeured van and bus to all medical needs, personal errands, shopping, outings and excursions to San Francisco, Monterey, Santa Cruz, Sausalito, etc.
- Kitchenette with full size refrigerator and 2 cook tops.
- Full monthly calendar with activities, wellness program and daily exercise with instructor.

Chateau
Cupertino
Retirement Residence

Contact Marie Louise Cates,
Sales Manager,
408-446-4300 Office
408-210-7425 Cell
MarieLouise@chateau-cupertino.com

Chateau-Cupertino.com

10150 Torre Avenue, Cupertino Cross street: Stevens Creek Boulevard



**“I’ve survived
a heart attack,
a bear attack,
and a cyber attack.”**

A life well lived should continue at home.

Home Instead® offers customized services,
from personal care to memory care, so
older adults can stay safe at home.

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PALO ALTO COMMONS

A WellQuest Living Community



32 Years
— of —
Excellence

We invite you to experience our beautiful Community

At Palo Alto Commons you'll find a warm and vibrant environment with a loyal and committed long-term staff and management. Experience gracious living in our lovely residential setting and receive personalized assistance tailored just for you.

Each resident enjoys the comfort of a private apartment, three delicious meals prepared fresh daily, weekly housekeeping, linen service and transportation services. The individual Personalized Care Plan for assisted living residents provides support and services including assistance with dressing, showering, grooming, escort to meals and activities, and medication management.

Our caring well-trained staff is available to assist as needed, with **licensed nurse services available on-site 24 hours a day**, providing peace of mind for residents and families alike.

Take a stroll down our **walking paths** and lovely **landscaped gardens**

Tour our **spacious apartments** and enjoy the view from the **balcony** or **patio**

Take advantage of our many amenities and **concierge services**

Independent and assisted living options with **six levels of care**

650-494-0760

PaloAltoSeniorCommunityLiving.com

4075 El Camino Way
Palo Alto, CA 94306



CA RCFE #435200706

JOIN THE REVOLUTION

Electric vehicles are more popular than ever. If you're looking to make the switch to an electric car or e-Bike, go to cityofpaloalto.org/workshops to check out upcoming events about different models, incentives, charging and other resources to help you decide what EV will work for you!

ELECTRIC VEHICLES IN PALO ALTO

5,800 >>> 5 TIMES
EVs IN PALO ALTO AS MANY IN 2021 THAN IN 2014

CITY-OWNED CHARGERS IN PALO ALTO

120 CITY-OWNED PUBLIC CHARGING PORTS
5 CHARGERS PER SQUARE MILE ON AVERAGE

EV MILES DRIVEN

9,500,000 MILES
ENABLED BY CITY-OWNED CHARGERS
THAT'S EQUIVALENT TO DRIVING AROUND THE WORLD **382 TIMES**



CARBON REDUCTION

14,000 METRIC TONS OF GREENHOUSE GAS EMISSIONS AVOIDED BY PALO ALTO EVs
THAT'S THE EQUIVALENT OF FLYING FROM SAN FRANCISCO TO NEW YORK EVERY DAY FOR **50 YEARS**



PALO ALTO EV OWNERS

JOIN THE **1 IN 5** HOUSEHOLDS WHO HAVE ALREADY MADE THE SWITCH!

