

A Resource Guide for Adults 50+



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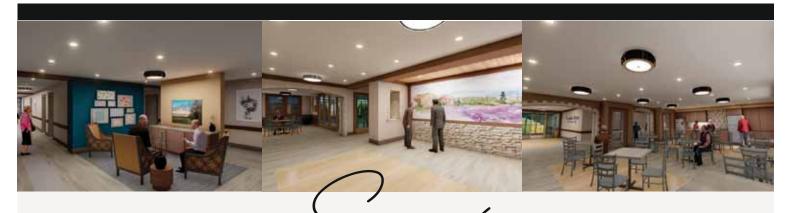
ABOUT THE COVER: A dancer performs at the Lunar New Year celebration hosted by Avenidas Chinese Community Center at Cubberley Community Center in Palo Alto in January. Photo by Magali Gauthier.

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Center's celebration of Chinese culture fosters



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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; 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; 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; 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; 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; 650-968-0836

Ecumenical Hunger Program Emergency food, clothing, household essentials, furniture, support programs and referral services to families in need; women's support group and programs for children. 2411 Pulgas Ave., East Palo Alto. ehpcares.org; 650-323-7781



La Comida clients sit down for lunch at Stevenson House in Palo Alto. Photo by Magali Gauthier.

La Comida This nonprofit provides nutritious weekday lunches, served at Stevenson House and Avenidas. **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. 1pvi.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; 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; 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**; 650-988-7558

SENIOR CENTERS

Avenidas@450 Bryant Center at 450 Bryant St., Palo Alto, includes a fitness room; a tech center where entrepreneurs work with seniors to create new seniorfriendly 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

Avenidas Village A membership program that provides 24/7 concierge support, transportation assistance, cultural outings and more. avenidas.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. epaseniorcenter.org; 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; 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; 650-947-2797

Menlo Park Senior Services Older adult services, including nutritious meals, educational programs and social opportunities, are currently offered. Arrillaga Family Recreation Center: 700 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. mountainview.gov/our-city/departments/communityservices/recreation/senior-center; 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

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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 from about 8 a.m. to 3:30 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

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

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

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 at a reduced rate 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. 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)

Aging and Adult Services, San Mateo County
(from outside California)

YWCA Domestic/Sexual Violence Crisis Line

408-975-4900
800-414-2002
800-573-3900
800-675-8437 (TIES)

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

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



For over 75 years, Peninsula Volunteers, Inc. has enabled seniors to age in place, driven by a profound legacy of caring and our core values of respect, commitment, trust, dedication, and compassion. Our core programs serve over 6,000 households and address the most pressing issues of aging adults by offering critical services to sustain their daily physical, nutritional, emotional, and mental health while achieving dignity and independence in their lives.

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- Technology assistance
- Educational and cultural programs
- Ceramics and other crafts

PVI's Adult Day Services at Rosener House

Adult day program for adults living with dementia and cognitive impairments

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- Providing respite for families and caregivers

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- Transportation to the doctor, dentist, grocery stores, pharmacies, and to our senior activity center Little House

PVI's Nutrition Services Nutritious and affordable meals

- Meals on Wheels: home-delivered meals for homebound individuals
- Little House Cafe: Affordable in-person dining Monday - Friday 11:30 am - 1 pm
- **Got Groceries:** No-cost weekly grocery pickup program

PVI Aging Life Solutions Comprehensive caregiver support

- Providing coordinated concierge support and resources for the caregiver and care receiver
- Weekly in-person visits to support with household and wellness tasks

CALL (650) 326-2025 OR VISIT US ONLINE AT 1PVI.ORG FOR MORE INFORMATION



Above: Attendees watch and record a dance performance at the Lunar New Year celebration hosted by Avenidas Chinese Community Center at Cubberley Community Center in Palo Alto in January. Right: People dance to "Gong Xi Gong Xi", which translated to "Congratulations, Congratulations", at the Lunar New Year celebration.

Center's celebration of Chinese culture fosters diversity, sense of belonging

Avenidas builds connections through bilingual classes, group activities

STORY BY CHRIS KENRICK · PHOTOS BY MAGALI GAUTHIER

On any given day, Avenidas Chinese Community Center in Palo Alto is abuzz with older adults learning how to speak Mandarin, trying their hand at Chinese paint brushing, practicing tai chi or enjoying Lunar New Year festivities.

The center, which celebrates Chinese traditions and culture, has become a go-to destination for a growing number of seniors throughout the community.

Many participants are Chinese immigrants who speak little English; others are Chinese Americans wishing to explore their roots; and some just have an interest in Chinese language and culture.

Palo Alto resident Joan Beit-Zuri is among those who frequently use the center. She said she feels "very included" there even though she is not Chinese and does not speak Mandarin or Cantonese.

Beit-Zuri discovered the community center while looking for a class in Chinese brush painting. Now, she's hooked on learning more about Chinese culture.

She not only takes the painting class, but she's enrolled in an "Everyday Cantonese" course, as well as a baduanjin exercise class at the center.

Providing a space for the area's aging Asian population to connect with others who share a similar heritage was one reason that Avenidas



launched the center in 2018. In Palo Alto, 15% of the aging population currently identifies as Asian, and in neighboring Mountain View, Asians represent over 20% of the senior population, according to data from Avenidas.

That was not the only reason, however, the nonprofit opened the center: Bringing together people of different backgrounds was a high priority, Tracy McCloud, Avenidas director of programs, said.

The center hired Hong Kong-born Pinki Fung, who is fluent in English, Mandarin and Cantonese, to make sure bilingualism was integrated into all aspects of the center.

"It was 100% by design that all activities are offered in English and Mandarin," McCloud said. "The idea is to expose people to each other so they understand each other and get along better."

Before the center opened, Fung organized focus groups in both Mandarin and English to learn what would draw seniors to a Chinese cultural program.

"People said they wanted tai chi, health and wellness, but that language was the most important thing," Fung said.

A tai chi class came first, followed by singing and karaoke. Later, a group of seniors asked Fung to add conversational Cantonese so they could bargain while shopping in San Francisco's Chinatown. Fung recruited longtime community volunteer Ingrid Lai to teach the class, which has since become a popular offering at the center.

"We want people to mingle, have fun, make some more friends and not feel any barriers because of the language or culture or anything," Fung said.

Currently, more than 900 people receive the center's monthly newsletter, and more than 250 seniors are typically enrolled in classes at the center. Fung said about a quarter of the center's current participants are Chinese-speaking with limited English.

In interviews translated by Fung, several of those who use the community center said the programs have boosted their mental and

physical health, especially the online classes that were offered during the pandemic.

"The scariest thing for elderly is being home alone," said 81-year-old Ruby Liu of Palo Alto. "This helps us reduce chances of getting depressed. I feel I am a happy senior, and even my kids are happy with no worry about me."

For Kim Rogers, a retired engineer from Sunnyvale, the center has helped her reconnect with her Chinese roots. Born in Hong Kong, Rogers was adopted by an American family and spent her childhood in the Midwest where, she said, there was no opportunity to learn about Chinese history and culture.

Rogers said she appreciates the inclusiveness and tech-friendliness of the program. As an Asian who could not understand the Chinese language, Rogers said, "I often felt like I didn't quite belong."

She soon realized she had much in common with other Chinese Americans who had never learned to speak Chinese.

"Their parents might have spoken it, but growing up in the U.S., they didn't, so they also felt that same feeling of not quite belonging," she said.

Additionally, Rogers said, "Pinki holds inperson events around every Chinese holiday, and they have made me feel so included."

Palo Alto resident Ellen Wallace, a student in the "Chinese Culture in America" class taught by retired engineering manager Andrew Chang, said Chang's bilingual approach is "seamless."

"He's either showing slides in Chinese and speaking in English, or vice-versa," Wallace said. "It just works."

Wallace, who said she's been studying Mandarin for years, though is not fluent, has continued in Chang's class for at least two years.

"I see several non-Chinese faces on Zoom in the class who are obviously enjoying it as much as I am — and learning a lot in a very entertaining fashion," she said. •

For more information about the Chinese Community Center at Cubberley Community Center, go to avenidas. org/programs.

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Avenidas Chinese Community Center

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Avenidas Rainbow Collective

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Caregiving Support & Resources



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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.gov; 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 nonprofit 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



Members of Avenidas Village chat while on their weekly promenade in Palo Alto in 2021. Launched more than 15 years ago, Avenidas Village serves as support network to help those aging at home combat isolation. Photo by Magali Gauthier.

on the first 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. 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. 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 nonprofit organization is encouraged, almost all of the club's rides welcome non-members to join and ride along. westernwheelersbicycleclub.wildapricot.org; 408-314-3769



Making Spirits Bright This Holiday Season at Kensington Place Specialty Caregiver Resources

sense of wonder, the warmth of family hugs and the splendor of traditions are making spirits bright. And so are we! All year long, our doors and hearts are open to you and yours. Now, as the pace of the holiday season picks up, we welcome you to share in the joy of our Kensington family and let us help you care for an older adult you love.

We know that amidst the holiday festivities with those who matter most, caring for an older loved one can be stressful and overwhelming. So, as you prepare for

cherished times ahead, please keep in mind that our bighearted, family-loving team can bring lightness and cheer your way. We are ready and willing to offer support, tips and guidance that will help make the holidays brighter and easier for all to enjoy.

We promise to love and care for your family as we do our own. Join us as we share knowledge and insights, designed with your holiday caregiving needs in mind. For more information, contact Amber at abrooksher@kensingtonsl.com or (650) 363-9200.

KENSINGTON SENIOR LIVING HOLIDAY RESOURCES FOR CAREGIVERS

Home for the Holidays: Healthy Recipes for Happy Gatherings

with Chef Annie Fenn, MD of Brain Health Kitchen Wednesday, December 6th 3:00pm • via Zoom

Breakthrough Innovations in Parkinson's Treatment

with Steven Russell of Stanford Parkinson's Community Outreach Wednesday, December 6th 5:30pm-7:00pm • On-site

Navigating the Holidays with Your Loved One with Dementia

A Roundtable Discussion with Our Caregiver Coaches & Experts Wednesday, December 13th 3:00pm • via Zoom



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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

NurseRegistry NurseRegistry 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: elcaminohealth.org/community/lifeline; 650-940-7016.

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-qrief.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/aqingadultservices; 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. 795 El Camino Real, Jamplis Building, Second Floor, Palo Alto. sutterhealth.org/pamf/find-location/facility/palo-alto-health-education-resource-centers; 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

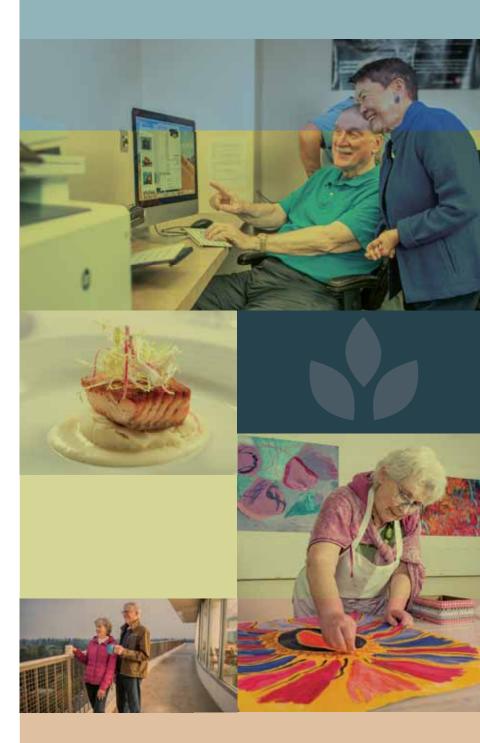
Health & Wellness Center at Sequoia Hospital The center offers health screenings, wellness programs, community resources and support groups. Services offered on a low-cost or no-fee basis, open to all. 749 Brewster Ave., Redwood City. dignityhealth.org/bayarea/locations/sequoia/services/health-wellness-center;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

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» CONTINUED FROM PAGE 20

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. Mountain View Center: 701 E. El Camino Real, Mountain View. Palo Alto Center: 795 El Camino Real, Palo Alto. sutterhealth.org/pamf/services/healtheducation; 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. healthlibrary. stanford.edu; 650-736-7157

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/suttercare-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/suttercare-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. 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 viteroretinal and macular diseases. 2452 Watson Court, Palo Alto. stanfordhealthcare.org/medical-clinics/byers-eye-institute.html; 650-723-6995

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. pacifichearingservice.com; 650-854-1980 (Menlo Park), 650-941-0664 (Los Altos)

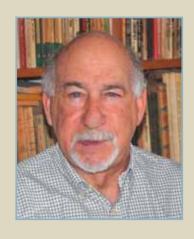
Pain Management Center Run by the Stanford University Medical Center, the multi-disciplinary clinic offers a comprehensive suite of services for patients suffering from acute and chronic pain. Though patients primarily receive outpatient services, inpatient treatment is available. 450 Broadway St., Redwood 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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- 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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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; 650-352-4007

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. helpinghandshealthcare.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

Institute on Aging Peninsula A licensed home health agency offering home care, personal care assistance, care management and consultation, all while preserving dignity and indpendence; offers specialized dementia care.

881 Fremont Ave., Suite A2, Los Altos. ioaging.org; 650-424-1411

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. 480 S. California Ave. Suite 100, Palo Alto. homecareassistance.com/palo-alto; 650-535-3206

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. nexgenhomeandseniorcare.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. 841 Kaynyne 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

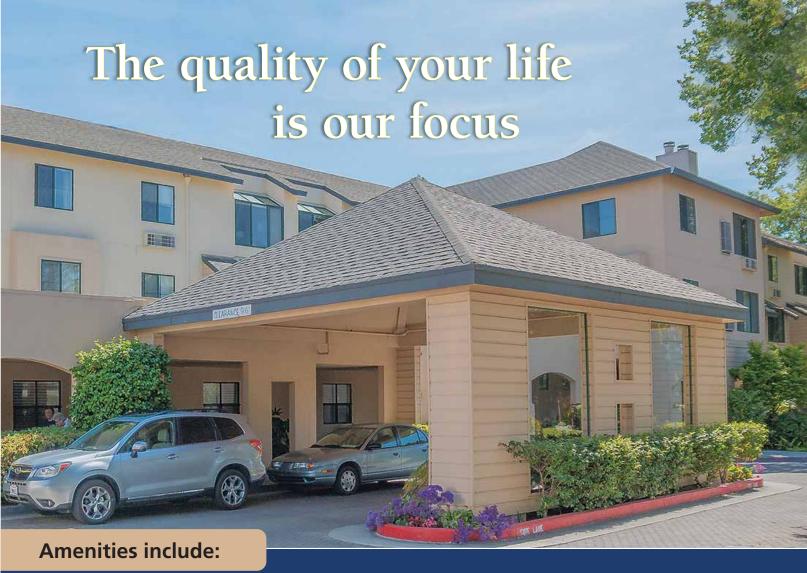
HOME CARE REFERRAL

In-Home Supportive Services This County of San Mateo Health System program offers homecare 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. 1710 S. Amphlett Blvd. Suite 110, San Mateo. agility-health.org; 650-453-5100

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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/senior-living/ca/los-altos/bridgepoint-at-los-altos; 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

Ivy Park at Palo Alto Senior housing with a range of services.

2701 El Camino Real, Palo Alto. ivyliving.com/paloalto; 650-719-5592

Kensington Place Memory-care community with expertise in support of residents with Alzheimer's and dementia, including those with extremely high care needs, and plentiful enrichment programming and activities. 2800 El Camino Real, Redwood City. kensingtonplaceredwoodcity.com; 650-822-6870

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 The Sequoias 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

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. 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/locations/ca/palo-alto; 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

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



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 ${\tt PaloAltoSeniorCommunityLiving.com}$





As a not-for-profit organization, Hospice of the Valley provides care for all, regardless of health plan, referring physician affiliation or ability to pay.

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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.

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From the moment I walked into GSHAV I knew my heart and I were in the right place. The care and staff were beyond exceptional. I am grateful for the care from Golden State Heart & Vascular.

- WILLIAM, AGE 81

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