

PENINSULA VOLUNTEERS, INC.

# Newsletter and Program Guide

*Little House • Rosener House • Nutrition Services  
Ride PVI • Volunteer Opportunities • Concierge Care*



NOVEMBER 2023



PVI 75th Anniversary Community Event- August 2023

## PVI Monthly Program Guide Has a Fresh New Look!

Welcome to the first issue of the newly-designed monthly PVI Newsletter and Program Guide! We hope that you will find the information within informative and interesting. Learn more about all of the PVI programs and services: Little House Activity Center, Rosener House Adult Day Services, PVI Nutrition Services, Ride PVI transportation services, Aging Life Solutions concierge care program, and much more! We look forward to showcasing all of the programs and services that PVI offers in its mission to enable older adults to age in place!

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# Welcome to a Wonderful Autumn at PVI!

In September, PVI hosted its annual BBB fundraising event. This year's theme was "**Bourbon, Boots, and Barn**" and took place at Runnymede Farm in Woodside. Special guest, **Luke Grimes**, actor from the TV show, *Yellowstone*, and country singer, captivated guests with a live concert at the event. Thank you to all the donors and supporters of PVI at this and other fundraising events throughout the year!



PVI Adult Day Services at **Rosener House** hosted its **Autumn Open House** in October. The event was a great opportunity to meet the Rosener House team, take a tour of the center, learn more about the day program, and get questions answered! Attendees also sampled some of the daily activity offerings, including exercise/movement, art, and music therapy, and learned more about what makes Rosener House such a special place for its participants and their caregivers.

PVI was proud to host a **Vaccine Clinic** in October. *Walgreens Pharmacy* administered over 90 flu and COVID vaccinations during the clinic. As a service to our members and friends from the community, the vaccine clinic helped to promote health and wellness and contributed to keeping the older adults in the community healthy and well during this season. Thank you to Walgreens Menlo Park for their partnership in providing this community service event.



In October, PVI Little House was happy to host its first monthly **member birthday party** since the pandemic! October birthday celebrants enjoyed a complimentary lunch in the Little House Cafe, birthday treats, and a celebration with PVI friends. We are excited to welcome back this wonderful tradition! Thank you to Little House Committee members, CJ and Ginny, who provided the decorations, birthday treats, and supplies for the party!



**PVI will be closed on the following dates in observance of the Thanksgiving holiday.**  
**There will be no PVI programs or services on these days.**

**Thursday, November 23**  
**Friday, November 24**





# Giving Thanks and Celebrating Blessings at the Annual Little House Thanksgiving Lunch

Join PVI Little House for our annual Thanksgiving luncheon. Come together as a community and give thanks. We look forward to celebrating this holiday with you on ***Tuesday, November 21, at 11:00am*** at Little House. The cost is \$15 for members, and \$20 for non-members.

### Menu:

Roasted Turkey w/Stuffing  
Gravy  
Green Beans  
Dinner Roll  
Pumpkin Pie

**Register by November 9.**  
(650) 326-2025 *or* [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)



# Celebrate the Holidays with Your PVI Friends



# Holiday Luncheon

**Tuesday, December 19, 11am to 12:30pm**

Save the date! Come celebrate the magic of the holiday season with your friends here at Little House for our winter wonderland-themed annual Holiday Luncheon. The cost is \$15 for members, and \$20 for non-members.

**Register by December 4.**  
**(650) 326-2025 or [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)**



## New Year's Eve Brunch

**Friday, December 29, 11am to 12:30pm**

Join us as we ring in the New Year in style with an elegant brunch and musical entertainment. We will celebrate and toast (early) the arrival of 2024 with champagne! The cost is \$15 for members, and \$20 for non-members.

**Register by December 15.**  
**(650) 326-2025 or [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)**



# PVI Little House Membership Information

PVI Little House currently offers two membership options: **Social Basic** membership and **Premium** membership. At Little House, we strive to empower older adults with the freedom to stay active in their community. We offer a variety of programs and services that enrich the lives of seniors through fitness classes, health and wellness workshops, social programs, educational lessons, and more.

## Program Highlights:

**Fitness/ Health & Wellness Programs** - The fitness programs combine socialization with health and wellness to help adults maintain and improve their physical fitness and function. All programs are led by certified instructors. Our programs include group exercise classes and mind-body programs. Members of all ages and mobility are welcome. **In-person, virtual, and hybrid options are available.**

**Life Enrichment Programs**- The Life Enrichment programs stimulate the intellectual, social, cultural, creative, and recreational interests of adults to enhance quality of life. Specific emphasis is placed on ongoing education and addressing social isolation. The broad range of programs include the arts, technology, games, social clubs, and monthly lectures and discussion groups on topics such as history, current events, science, and aging.



### Social Basic Membership

The **Social Basic Membership** allows access to all free social events, clubs, games, and activities and use of the Technology Center during open hours.

**\$7 per month**  
**\$85 annually**



### Premium Fitness Membership

The **Premium Fitness Membership** allows unlimited monthly fitness classes and access to Video-on-Demand. This level includes the Social Basic Membership and Open Gym.

**\$97 per month**  
**\$1083 annually**

If not a Premium Member, you may attend any fitness class by paying a **Fitness Class Drop-In Fee: \$13 per class (member) or \$24 per class (non-member)**

To learn more about PVI Little House membership, Day Pass and Drop-In options, please visit Little House for a tour or contact us at [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or 650-326-2025.

## PVI Little House Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am <b>Lifetime Fitness</b> In Person / Virtual* Roya		8:30 am <b>Non-Traditional Mat Pilates</b> In Person Fran		9:00 am <b>Lifetime Fitness</b> In Person / Virtual * Anna
9:45 am <b>Tai Chi for Balance</b> Virtual Jason	9:30 am <b>Fun with Fitness</b> Virtual Vicky	9:00 am <b>Lifetime Fitness</b> In Person / Virtual* Roya	9:30 am <b>Fun with Fitness</b> Virtual Vicky	9:30 am <b>Walk &amp; Be Fit</b> Virtual Vicky
10:00 am <b>Active &amp; Fit 20/20/20</b> In Person/Virtual * Roya	10:30 am <b>Strong for Life</b> In Person Stanford Health Care F/CH - R	9:45 am <b>Tai Chi for Balance</b> Virtual Jason	10:00 am <b>Qi Gong</b> In Person Jiin	10:00 am <b>Active &amp; Fit 20/20/20</b> In Person/Virtual * Anna
	11:00 am <b>Active &amp; Fit 20/20/20</b> In Person/Virtual * Anna	10:00 am <b>Active &amp; Fit 20/20/20</b> In Person / Virtual* Roya	11:15 am <b>Chair Yoga</b> In Person Jiin	<b>New!</b> 11:00am <b>Acupressure and Meditation</b> In Person Patty
	12:00 pm <b>Tai Chi for Balance</b> In Person Jason	11:15 am <b>Moving Strong</b> In Person Jenni	10:45 am <b>Strong for Life</b> In Person Stanford Health Care F/CH - R	<b>Class Experience Types</b> In Person - in person only Virtual - virtual via PVI Mindbody portal In Person / Virtual - in person or virtually
	12:15 pm <b>Line Dance</b> In Person Evelyn	3:00 pm <b>Taijiquan Tai Chi</b> In Person Lisette	12:00 pm <b>Tai Chi for Balance</b> In Person Jason	<b>Key</b> F/CH = Free Community Health R= Pre-registration required * Virtual and In Person



## Moving Strong

**Instructor: Jenni Castaldi**

This class focuses on strength and toning the whole body, while focusing on balance, flexibility, posture, and stability. It's a great way to elevate your heart rate with low impact aerobic exercises and develop strength for daily living, such as carrying groceries, lifting, bending, and reaching in a safe way that prevents injuries. Class involves hand weights, resistance bands, and floor work. All levels welcome.

**In-Person**  
**Wednesdays**  
**11:15am to 12:15pm**

## Qi Gong

**Instructor: Jiin Liang**

Qi Gong, pronounced "Chi Gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using gentle exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health, well-being, and mental focus. With Qi Gong's long tradition, the movements evolved into various styles. Class is suitable for beginners to intermediate.

**In-Person**  
**Thursdays**  
**10:00am to 11:00am**

## Chair Yoga

**Instructor: Jiin Liang**

Chair Yoga is a specific style of yoga that uses traditional yoga postures performed in a seated position in a chair or standing using the chair as support. This class is ideal for individuals who are unable to get up and down from the floor easily or those with balance issues. All levels are welcome.

**In-Person**  
**Thursdays**  
**11:15am to 12:15pm**



## Line Dancing

**Instructor: Evelyn Khinoo**

Line Dancing is a fun way to stay fit and meet friends. Line dancing increases endurance and balance along with enhanced memory and awareness. Each class is choreographed by song and taught so the group is dancing in unison. No partners needed, and all levels are welcome!

**In-Person**  
**Tuesdays**  
**12:15pm to 1:15pm**



## Tai Chi for Mobility and Balance

**Instructor: Jason Chan**

Tai chi is proven to improve balance and has the potential to restore the physical functioning of our bodies. Performing tai chi regularly is a great way to improve one's posture and balance. The movements are easy to learn and a joy to practice. All levels are welcome.

**Virtual**  
**Mondays and Wednesdays**  
**9:45am to 10:45am**

**In Person**  
**Tuesdays and Thursdays**  
**12:00pm to 1:00pm**

## Non-Traditional Mat Pilates

**Instructor: Fran Philip**

This is not your traditional Mat Pilates class! This class offers a fusion of several different modalities to give you the best in one class. You will learn concepts from traditional Pilates, yoga, and body movement patterns. This class is structured around your body's powerhouse - it includes the abs, pelvic floor, hip joint, and lower back. Please bring your own mat. All levels.

**In Person**  
**Wednesdays**  
**8:30am to 9:30am**



## Chen-Style Tai Chi

**Instructor: Lysette Yung**

Chen-style tai chi (Taichiquan) is a set of linking movements that help develop balance, body coordination, and strength. Cultivate life energy (chi) through a movement meditation that relaxes the muscles, calms the mind, and reduces stress. The slow movements and subtle shifting of weight develop flexibility and extremely good balance, making it ideal for all ages young and old. All levels are welcome.

**In-Person**

**Wednesdays**

**3:00pm to 4:00pm**

**20/20/20**

**Instructor: Roya Hamadani**

**Instructor: Anna Aliota**

This class incorporates 20 minutes cardio moves, 20 minutes of strength and abdominal exercise, and 20 minutes of stretching and flexibility exercises. The holistic approach addresses cardiovascular health, muscular strength, and flexibility and helps to maintain an active and independent lifestyle! Beginner to intermediate level.

**In-Person/Virtual**

**Mondays, Wednesdays,  
and Fridays**

**9:00am to 10:00am**

## Walk and Be Fit

**Instructor: Vicky Cruz**

Join us for a virtual walk that includes marching, walking in place, and light stretching to activate your neuromuscular system. Walking can lower your risk of heart disease, stroke, cancer and diabetes, strengthen your bones, and prevent osteoporosis. All levels welcome.

**Virtual**

**Fridays**

**9:30am to 10:30am**



## Lifetime Fitness

**Instructor: Roya Hamadani**

**Instructor: Anna Aliota**

Stay mobile for life! Learn to strengthen, stretch, and shape specific muscle groups as well as body mechanics while building strong bones and accelerating your metabolism. The goal is to support your lifetime of fitness! All levels are welcome.

**In-Person/Virtual**  
**Mondays, Wednesdays,  
and Fridays**

**9:00am to 10:00am**



## Strong for Life

**Community Health**

**Partnership with Stanford**

**Adult Aging Services**

Strong for Life (SFL) is a free exercise program offered through Adult Aging Services at Stanford Health Care. SFL is an easy-to-follow exercise routine designed to improve strength, function, and balance in older adults with or without limitations. SFL targets specific muscles that are important in everyday life, with such movements as getting out of a chair, walking, and picking up a grandchild.

**Participants must submit a health history form prior to attending.** For more information on this, contact Stanford Adult Aging Services at 650-723-1303.



\*Pre-registration is required. Registration is limited to one class per week.

**This class is free. However, a PVI Little House membership is required.** To learn more about membership, contact us at 650-326-2025 or email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)

**In Person**

**Tuesdays at 10:30am**

**Thursdays at 10:45am**







### ***New Class!***

## **Acupressure & Meditation for Stress & Pain Management**

**Fridays, beginning November 10**

**11:00am to 12:00pm**

**First class is free to all members.**

**Class is free for Premium members.**

**Drop-In Fee: \$13/member, \$24/non-member**

Relax and rejuvenate with ancient therapeutic techniques to improve health, relieve pain, stress, insomnia, headaches, muscle tension along with strengthening the immune system. While seated, you will learn some of the most potent acupressure points on your hands, arms, legs and faces. With the instructor guidance, you will learn to use your own touch to press the points to alleviate pain and stress in the body. Breathing techniques and guided meditation are also taught.

**About the Instructor:** Patty Mayall has 35 years of experience teaching acupressure, guided meditation and Hatha yoga.



## **Blood Pressure Screening**

**Tuesday, November 14, 10:30am -12:00pm**

Free monthly drop-in blood pressure screenings are provided by Sequoia Healthcare District nurse, Suzanne Lim. Screenings will be administered on the second Tuesday of each month and are free of charge.

**Sponsored by the Sequoia Healthcare District**



## **Get Strong to Prevent Falls**

**Tuesday, November 14, at 10:30am**

Learn fun and creative ways you can incorporate exercises into your daily routine to help improve your balance and coordination to continue living independently. This workshop will provide the latest information on why good balance is the leader in longevity. Learn how to move through life confidently. These workshops will be held monthly and taught by Tammie Trambitas, CPT.

This special workshop is free to all members.



# PVI Little House Fitness Gym



## Open Gym

Open Gym in the PVI Little House Fitness Gym is a monthly fee-based program ideal for individuals preferring to workout on their own. It gives you unlimited gym visits during open hours throughout the month.

The Little House Gym caters to individuals who would like to work out in a small, supportive, and safe gym environment. The gym is supervised at all times during open hours and is a wonderful alternative to a larger, noisier, and more intimidating Big Box Gym!

The **Gym Only Membership** allows unlimited gym access during open gym hours. This level includes the Social Basic Membership.

**\$43 per month**  
**\$240 bi-annually**  
**\$420 annually**

## Open Gym Hours:

**8:30am to 2:30pm**  
**Monday to Friday**

Current Personal Training and Premium Members have access to the gym.

Closed-toe shoes are required while using the gym.

During peak times, staff may impose a 30-minute time limit on cardio machines.

## Free Fitness Assessments By Appointment Only

Fitness assessments are required for anyone interested in our Personal Training program, including those who choose to use our open gym. Assessments are free and by appointment only. Each 30-minute appointment includes an orientation to the gym as well as an evaluation of your personal fitness goals. For questions or to schedule your appointment, call 650-326-2025 or email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)





# PVI Little House Personal Training Program



PVI Little House's Personal Training program is a customized exercise session tailored to each individual's physical abilities. It benefits all fitness levels, including those with physical limitations and those needing post-physical therapy training. Our Personal Training staff members are adept at working with the older adult population and are certified by nationally accredited organizations.

The Personal Training program is a unique option for older adults looking for fitness training in a supportive, specialized, and motivating environment. The first appointment with the trainer will involve a comprehensive assessment of fitness level and ability, restrictions or health concerns, and fitness goals. The trainer will use the information from the assessment to design a specialized and custom personal training routine for each client.

**To schedule an appointment with a Personal Trainer,  
or to learn more about our Personal Training program:**  
[littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or 650-326-2025

## PVI Little House Personal Training Packages

	Member			Non-Member		
	1 Session	5 Sessions	10 Sessions	1 Session	5 Sessions	10 Sessions
<b>30-Minute One-on-One Session Packages</b>	\$46.00	\$195.00	\$350.00	\$52.00	\$218.00	\$400.00
<b>60-Minute One-on-One Session Packages</b>	\$80.00	\$375.00	\$680.00	\$85.00	\$400.00	\$750.00



## Current Events & Coffee

Are you passionate about local and world affairs? Join our current events group, where we discuss all things past, present, and future over a nice cup of coffee. Topics range from the state of the world, public education, healthcare, music, and what's trending socially. This moderated weekly forum will use your ideas as the backdrop for the weekly topics. Come with an open mind or some topics you are eager to chat about or to learn!

This is a non-judgmental, open forum where all opinions are welcome and respected.

**Wednesdays**

**11:15am to 12:15pm**

**Free to LH Members**



**About The Moderator:** David Klausner holds degrees from Brooklyn College in Mathematics and Physics, and from Polytechnic Institute of Brooklyn in Electrical Engineering. He has worked as a testifying expert witness for over 20 years in Federal and State courts and has taught at the City University of New York, Golden Gate University, as well as Stanford University. He has been a guest speaker at IBM, AT&T, and Stanford University. He holds two U.S. patents, and his interests are current affairs, history, archeology, geology, astronomy, classical music, and live theater.



## Little House Book Club

The Little House Book Club is a wonderful opportunity for members to meet and enjoy interesting reads and lively conversations over the monthly book selection.

This is a non-judgmental, open forum where all opinions are welcome and respected.

**November 1**     *The Mitford Affair* by Marie Benedict  
**December 6**     *Horse* by Geraldine Brooks

**First Wednesday of the Month**  
**Zoom Option Available**  
**1:00pm**

For more information about the Zoom option, email us at [mmacuil@1pvi.org](mailto:mmacuil@1pvi.org) or call (650)326-2025.







## Cultural Lecture- *The American Veteran: Duty, Honor, Country*

Friday, November 17

11:00am

Free to all members

Join Rick Deutsch for a special cultural lecture in honor of Veteran's Day! The United States has honored its returning soldiers since the Revolutionary War. Veterans are the backbone of the country. Originally, it recognized the "Armistice Day," of World War 1, On November 11, we celebrate the service of all U.S. military veterans. Today, to be eligible for Veterans benefits, with some exceptions, a soldier must have completed two years of service. An Honorable Discharge is required. Many celebrities are veterans including: Elvis, Humphrey Bogart, Clint Eastwood and Jimmy Stewart.

**About the Presenter:** Rick Deutsch is an accomplished and professional speaker. He holds a degree in Aerospace Engineering, an MS and an MBA. After serving in the US Air Force, he worked in Silicon Valley for defense contractors, Intel Corp and Sun Microsystems in marketing positions. Rick is an adventurer. He is also a histophile – a lover of history and gives speeches the "average" audience enjoys: the Great Wall of China, Aviation, the Renaissance, Napoleon, Genghis Kahn, the Titanic and even UFO's. The list includes 70+ image based talks – no "death by PowerPoint" here!

## Documentary & Discussion

### "Dear..."

Weekly Series on Fridays

No program on November 10 and 24

2:00pm

Free to members



This docu-series features celebrities reading letters by people "whose lives have been changed through their work." Each episode focuses on one celebrity "Dear..." presents letters written by those whose lives have been changed by the work of iconic trailblazers. The letter writers are people who were inspired to become a college president, to run for elected office, to start a movement, to change the system, to push past racial and gender boundaries, and to accomplish other groundbreaking feats. Each 30-minute episode will be followed by a discussion moderated by David Klausner.

**About The Moderator:** David Klausner holds degrees from Brooklyn College in Mathematics and Physics, and from Polytechnic Institute of Brooklyn in Electrical Engineering. He has worked as a testifying expert witness for over 20 years in Federal and State courts and has taught at the City University of New York, Golden Gate University, as well as Stanford University. He has been a guest speaker at IBM, AT&T, and Stanford University. He holds two U.S. patents, and his interests are current affairs, history, archeology, and geology.





## Afternoon Tea

**Mondays, November 6, 13, 20, 27**

**2:00pm to 3:30pm**

**Free for members/\$5 for non-members**

Come gather with us together outside in our beautiful courtyard (weather permitting) or inside the cozy and warm Jane West Room, and enjoy a cup of tea and sweet treats with friends! Just bring your friends for some laughter and conversation. This weekly social gathering is a popular way for Little House members to reconnect with friends while enjoying a cup of tea.

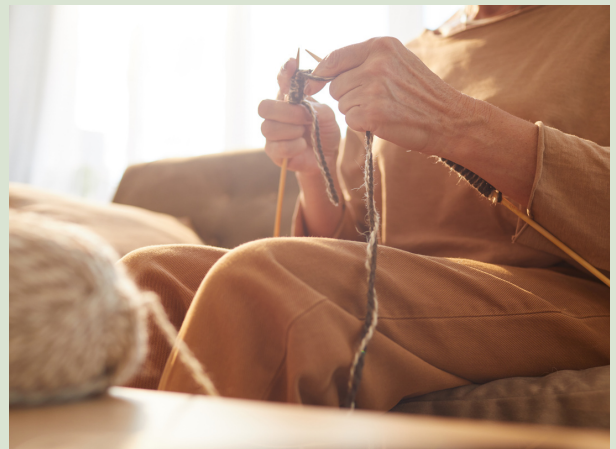
## Knitting Club

**Wednesdays**

**10:00am to 12:00pm**

**Free for members/\$5 for non-members**

Bring your knitting needles and projects and be a part of the popular Little House Knitting Club! All skill levels are welcome to join! Weekly get-togethers are intended to be relaxed knitting sessions with good company.



## Coffee and Keys

**Fridays**

**10:30am to 11:30am**

**Free for members/\$5 for non-members**

Join us on Fridays for a musical journey. We will serve coffee and pastries and host a special concert for members. Each week will feature different musicians and performers.

**November 3**

**November 10**

**November 17**

*Lu Yujuico on Piano*

*Charles Wubbels (12 years old)  
on Piano*

*Aline Young and Jenny BG*

*with Hawaiian Music and Dance*







## Social Games

**Mahjong, Bridge, Cribbage,  
Canasta, Pinochle, and Others**

**Mondays - Fridays**

**8:00am to 4:00pm**

**Free for all members**

**\$5 for non-members**

Looking to play card games? Join an existing group looking for more players or form your own. Play times and type of games are decided by you— we provide the cards and mahjong sets! We offer a variety of game opportunities to keep you engaged.

**We are interested in better coordinating the Social Games at Little House!**

If you are interested in participating in any of the social games but need some coordination assistance, please contact Mariella Macuil at [mmacuil@1pvi.org](mailto:mmacuil@1pvi.org) or 650-326-2025 (Ext. 5018).

## Little House BINGO Returns!

Due to popular demand, Bingo returns this month to Little House! Come join us for this fun and social activity with your friends! Bingo is free to all members, and \$5 fee for non-members.

**Fridays, November 3 and 17**  
**1:30pm**



## Interactive Play

**Table Tennis, Billiards, Cornhole**

**Mondays - Fridays**

**8:00am to 4:00pm**

**Free for all members**

**\$5 for non-members**

Come play with us! Are you interested in Table Tennis, Cornhole, or Billiards and looking for partners or a tournament? Let us know, and we can help connect you with others. Games are available on a first come, first serve basis and are included with Little House membership.

**We are interested in better coordinating the Interactive Play at Little House!**

If you are interested in participating in interactive play but need some coordination assistance, please contact Nettie Azoulay at [nazoulay@1pvi.org](mailto:nazoulay@1pvi.org) or 650-326-2025 (Ext. 5008).







## ***Dia de Los Muertos Ofrenda*** **On Display in Jane West Room** **November 1-3**

Visit our traditional "Ofrenda" at Little House! An Ofrenda is a beautiful, cultural homage to the Day of the Dead, an annual holiday celebrated all across Latin America. You'll be able to learn more about it's components, elements, and the meaning behind this tradition.

## **November Member Birthday Party** **Tuesday, November 14** **11:30am**

If you are a member and have a birthday in November, please join us for lunch, birthday treats, and great company! Celebrate with your PVI friends!

Reserve your spot by November 10:  
[littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or 650-326-2025



## **Declutter Workshop** **Thursday, November 9** **1:30pm**

Clear your clutter, clear your mind! This workshop is designed to help you clear out the things that don't matter anymore and make it easy to prepare for a move or to create a safer space without trip hazards. Presented by The Move Alliance and hosted by Liliana Perazich and Beth Leathers-Senior Real Estate Specialists with Coldwell Banker Realty.

## **Waffle** **Wednesday** **November 8** **9:00am to 10:30am**

Welcome to autumn, when leaves start to fall, the chilly weather arrives, and nothing is more enjoyable than a freshly-made waffle or a cup of hot apple cider! Join us this month for the monthly Waffle Wednesday and/or our Apple Cider Social (with Brain Games)!

## **Apple Cider Social** **+ Brain Games** **Wednesday, November 29** **2:30pm**





## Let's Go To the Movies

Enjoy a matinee movie with popcorn and friends! The Monday movie theme is drama, and the Thursday movie theme is comedy. **Please note that the comedy movie is now on Thursdays, not Wednesday.** Have a movie suggestion? Let us know!

**Mondays and Thursdays**

**1:00pm**

**Free for LH Members/\$5.00 for Non-Members**

### Monday Movies - Drama

#### *Cruella* (November 6)

The story of the Infamous Cruella DeVile. Estella is a young and clever grifter who's determined to make a name for herself in the fashion world. She soon meets a pair of thieves who appreciate her appetite for mischief, and together they build a life for themselves on the streets of London.

#### *The Lovely Bones* (November 13)

14-year-old Susie Salmon watches from heaven over her grief-stricken family - and her killer. As she observes their daily lives, she must balance her thirst for revenge with her desire for her family to heal.

#### *Squanto: A Warriors Tale* (November 20)

It's the 17th century, and Native American Squanto roams free in the New World until he's captured by visiting sailors who take him back to England. Monk Brother Daniel teaches him social customs, but other Englishmen aren't as kind. Squanto becomes the unwilling star of performances that highlight his fighting skills, but he eventually engineers a return trip to America.

#### *Atomic Blonde* (November 27)

Sensual and savage, Lorraine Broughton is the most elite spy in MI6, an agent who's willing to use all of her lethal skills to stay alive during an impossible mission. She teams up with an embedded station chief to navigate her way through the deadliest game of spies.

### Thursday Movies - Comedy

#### *The Starling* (November 2)

After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.

#### *The Money Pit* (November 9)

A couple's relationship is tested when they need to buy a house in a hurry, and the beautiful old mansion they buy for a suspiciously low price requires extensive renovations.

#### *Poms* (November 16)

Life got in the way of Martha's youthful dream of becoming a cheerleader, but her fondness for the sport remains through her older years. After a grim diagnosis of cancer, Martha sells off the bulk of her belongings and sets off from New York City to a retirement community in Georgia. Among the many arbitrary rules of her new home, Martha must find a club to participate in, so she at last forms her cheerleading squad.

#### *Hook* (November 30)

Peter Pan has grown up to be a cut-throat merger and acquisitions lawyer, and Captain James Hook kidnaps his children, Jack and Maggie, and Peter returns to Neverland with Tinkerbell. With the help of her and the Lost Boys, he must remember how to be Peter Pan again in order to save his children by battling with Captain Hook once again.





## Fall Art Workshop

### Paper Art

#### *Paper Centerpiece Birds*

Thursday, November 9

10:30am

**\$10/member**

**\$15/non-member**

Get hands-on this fall at our Paper Art Workshop – it's all about making beautiful Paper Centerpiece Birds! (Please see the project photo below.) No fancy art lingo here, just good times with paper and scissors as we turn basic paper into quirky bird centerpieces. No need to stress about your crafting skills – the instructor has got you covered. She will walk you through the steps, from folding to cutting, so you can create your own seasonal masterpiece.

This workshop isn't just about art; it's about connecting with other members, sharing a few laughs, and enjoying a laid-back creative session. Whether you're an art pro or just trying it out, everyone's welcome!

Register in advance. To reserve your spot, contact us at 650-326-2025 or [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org).

Instructor: Jorel Thomson



## Clay and Chardonnay

### Tuesdays

6:00pm to 8:30pm

**\$35/member**

**\$40/non-member**

Enjoy a night out with your friends and let your inner artist free in our Clay and Chardonnay workshop. As you sip on wine, the instructor will guide you on a step-by-step artistic adventure to create your own clay masterpiece. Whether you are a seasoned artist or a complete beginner, the instructor will ensure that you feel comfortable and confident throughout the entire creative process.

Supplies, aprons, and wine are all part of the deal!

Clay and Chardonnay is a great option for a teambuilding activity. Groups are welcome!

Registration is required at least one week in advance. To reserve your spot, contact us at 650-326-2025 or email us at [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org).

Instructor: Janelle Gibson







## Ceramics at PVI Little House

Find the artist in you in our ceramics studio. We offer open studio time for those who are confident working on their own as well as instructor-led class options for those needing more hands-on assistance and instruction. To attend open studio hours, the participant must be oriented and approved by the ceramics instructor beforehand.

Advance reservations and instructor approval is required.

Bring your own clay or purchase some from us.

**Open Studio**  
Tuesdays and Wednesdays  
9:00 am - 4:00 pm

**Instructor- Led Class**  
Thursdays and Fridays  
10:00 am – 3:00 pm

For questions about the program, contact [mmacuil@1pvi.org](mailto:mmacuil@1pvi.org)  
To reserve your spot, contact Guest Services at 650-326-2025

Ceramics Class Pricing	Member			Non-Member		
	Drop In	5 Class Pass	10 Class Pass	Drop In	5 Class Pass	10 Class Pass
Ceramics Class Pass	\$29.00	\$125.00	\$175.00	\$33.00	\$140.00	\$195.00
Open Studio Pass	\$18.00	\$60.00	\$90.00	\$22.00	\$70.00	\$100.00
Intermediate Pottery	\$22.00	\$90.00	\$165.00	\$26.00	\$105.00	\$180.00

## PVI Little House Technology Center

**Mondays-Thursdays: 9:00am - 4:00pm**

**Fridays: 9:00am - 3:00pm**

**\*Closed during select times for program/classes**



The PVI Little House Technology Center is open for independent computer use or one-on-one sessions with a Tech Tutor (by appointment and with extra fee). The annual Little House membership includes unlimited access to the Technology Center during hours of operation. You may also purchase a Day Pass for \$5.

### Personalized One-on-One Tech Tutoring Pricing:

#### Single Session:

\$12/member, \$15/non-member

#### 5 Sessions:

\$50/member, \$65/non-member

#### 10 Sessions:

\$85/member, \$115/non-member

To schedule an appointment, contact us at 650-326-2025 or [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)

## Upcoming Technology Classes

The PVI Technology Program is currently finishing up its two Fall classes: Tech Connect's iPad class and the new iPhone class. Both classes have been well-received by students, and we are excited to offer more classes beginning in January 2024.

### Upcoming technology classes:

- TechConnect iPad class (see next page for details)
- iPhone Basics
- Using Social Media
- What's New in iOS 17?

We will provide more information about these upcoming classes in the next program guide. If you would like more information about the technology programs at PVI Little House, please contact Debi Suslow, Program Coordinator, at [dsuslow@1pvi.org](mailto:dsuslow@1pvi.org) or contact us at 650-326-2025.



PVI Technology sponsored by:





## Tech Connect Program: *iPad Class*

Are you frustrated with technology?

Want to learn to be more independent and enjoy using an iPad?

PVI welcomes you to join our Tech Connect Program. Participants will receive iPads, which will allow you to access visual apps such as Zoom or FaceTime, explore the Internet, email, and more.

Over the course of an 8-week class, we will teach you the basics of using the iPad including email, internet safety, and taking photos, all in a safe, small group environment here at PVI Little House.

The iPad will be available to you as a 12-month complimentary rental, and training materials will be provided. There is no charge for this program.

### NEXT SESSION DATES ARE:

January 9 – February 28, 2024

### SCHEDULED CLASSES (select one):

Tuesday 10:00am – 12:00pm

Wednesday 10:00am – 12:00pm

To register, please contact Debi Suslow at [dsuslow@1pvi.org](mailto:dsuslow@1pvi.org).

PVI Technology sponsored by:





## November 2023 Little House Events At-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <ul style="list-style-type: none"> <li>Knitting Club</li> <li>Tech Connect: iPad class</li> <li>Pinochle/Mahjong</li> <li>Got Groceries?</li> <li>Book Club</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Hand and Foot Canasta</li> <li>Current Events/ In the News</li> <li>Thursday Movie</li> <li>Ceramics*</li> <li>Tech Connect: iPhone Class*</li> <li>Dia de los Muertos</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Keys &amp; Coffee</li> <li>Ceramics*</li> <li>BINGO!</li> <li>Bridge</li> <li>Cribbage</li> <li>"Dear.." Documentary Discussion Series</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>Monday Movie</li> <li>Bridge</li> <li>High Tea</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Mahjong</li> <li>Blood Pressure Screening</li> <li>Tech Connect: iPad class</li> <li>Clay &amp; Chardonnay*</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Knitting Club</li> <li>Tech Connect: iPad class</li> <li>Pinochle</li> <li>Waffle Wednesday</li> <li>Mahjong</li> <li>Got Groceries?</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Hand and Foot Canasta</li> <li>Ceramics*</li> <li>Thursday Movie</li> <li>Tech Connect: iPhone Class*</li> <li>Paper and Fabric Art Workshop</li> <li>Declutter Workshop</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Keys &amp; Coffee</li> <li>Acupressure &amp; Meditation Workshop</li> <li>Veteran's Day Luncheon</li> <li>Ceramics*</li> <li>Bridge</li> <li>Cribbage</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>Monday Movie</li> <li>Bridge</li> <li>High Tea</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Mahjong</li> <li>Blood Pressure Screening</li> <li>Tech Connect: iPad class</li> <li>Get Strong to Prevent Falls</li> <li>Clay &amp; Chardonnay*</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Knitting Club</li> <li>Tech Connect: iPad class</li> <li>Pinochle</li> <li>Mahjong</li> <li>Got Groceries?</li> <li>Member Birthday Party/Lunch</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Hand and Foot Canasta</li> <li>Ceramics*</li> <li>Thursday Movie</li> <li>Tech Connect: iPhone Class*</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Keys &amp; Coffee</li> <li>Ceramics*</li> <li>Cultural Lecture: <i>The American Veteran</i></li> <li>BINGO!</li> <li>Bridge</li> <li>Cribbage</li> <li>"Dear.." Documentary Discussion Series</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>Monday Movie</li> <li>Bridge</li> <li>High Tea</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Mahjong</li> <li>Tech Connect: iPad class</li> <li>Thanksgiving Luncheon</li> <li>Clay &amp; Chardonnay*</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>Knitting Club</li> <li>Tech Connect: iPad class</li> <li>Mahjong</li> <li>Pinochle</li> <li>Got Groceries?</li> </ul>	<b>23</b> <p><b>Thanksgiving Holiday</b> <b>PVI Closed</b></p>	<b>24</b> <p><b>Thanksgiving Holiday</b> <b>PVI Closed</b></p>
<b>27</b> <ul style="list-style-type: none"> <li>Monday Movie</li> <li>Bridge</li> <li>High Tea</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Mahjong</li> <li>Tech Connect: iPad class</li> <li>Clay &amp; Chardonnay*</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Cider Social + Brain Games</li> <li>Knitting Club</li> <li>Tech Connect: iPad class</li> <li>Mahjong</li> <li>Pinochle</li> <li>Got Groceries?</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Hand and Foot Canasta</li> <li>Ceramics*</li> <li>Thursday Movie</li> <li>Current Events/ In the News</li> <li>Tech Connect: iPhone Class*</li> </ul>	<p>*Additional fees apply.</p>



## ROSENER HOUSE PVI Adult Day Services

Are you caring for your loved one?  
PVI Adult Day Services at Rosener House offers a positive, care option for older adults in need of support and their family caregivers.

Our goal is to help families remain together, both by active therapeutic intervention for the participant and by reducing the emotional and physical demands on the caregiver.

We promote health, independence, and dignity for individuals living with Alzheimer's disease, dementia, early memory loss, stroke, Parkinson's disease, and other chronic conditions.

### Rosener House Office Hours:

9:00 am - 4:30 pm (M-F)

### Client Participation hours:

9:00 am- 4:00 pm (M-F)

Want to learn more about how we can help you and your family? Schedule a tour by contacting Yolanda Chavez, Outreach Specialist, at 650-322-0126 or [ychavez@1pvi.org](mailto:ychavez@1pvi.org)

## When is your family member ready to use our PVI Rosener House Adult Day Services?

If you answer "yes" to *more than 3* of the following questions:

- Does your family member have difficulty planning their own activities?
- Does your family member have significant difficulty staying focused and initiating on activity e.g. - reading, conversation, hobbies?
- Would your family member benefit from social engagement?
- Can your family member no longer be safely left at home?
- Would your family member benefit from exercise & therapies to maintain strength and balance?
- Do the actions of your family member require your attention so much so that it's interfering with your own health, happiness, or causing anxiety, frustration or depression?



# November is Caregiver Appreciation Month

“There are four kinds of people in the world: those have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”

*-Rosalyn Carter*

## Statistics about Caregivers:

- \* About 30% of caregivers are 65 and older
- \* Alzheimer's takes a devastating toll on caregivers. Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial, and physical difficulties.
- \* Of the total lifetime cost of caring for someone with dementia, 70% is borne by families — either through out-of-pocket health and long-term care expenses or from the value of unpaid care (Source: Alzheimer's Association)

## How PVI Rosener House Can Help:

- Weekly Caregiver Support Group
- Monthly Caregiver Connection & Resources with Rosener House Support Staff
- Respite Time from Full-Time Caregiver Responsibilities
- An Affordable, Long-Term Care Option for Your Loved One

## Caregiver Appreciation Events Happening at Rosener House:



### Caregiver Luncheon

**Thursday, November 9, 11:30am to 1pm**

Walk down from Rosener House together (arrive at Rosener by 11:00am if walking) or meet us at Little House (800 Middle Ave) – We will treat you to lunch! Our meals are cooked fresh by PVI's Nutrition Services Kitchen Team. We will have lunch together in the Little House Cafe.

Spaces are limited, please register today:  
650-322-0126



### Coffee with Caregivers

**Tuesday, November 14, 9:30am to 11am**

Join us for a morning of conversation and connection. You're doing a great job and you're not alone in your caregiving journey. This month we will be discussing ways to promote your own **personal self-care**. We welcome family and friends who are providing unpaid caregiving to their loved one.

Location: PVI Rosener House, 500 Arbor Road, Menlo Park.





## Caregiver Well-being Workshop and Book Giveaway with Dementia/Alzheimer Educator Tami Anastasia

We invite you to a special workshop by Tami Anastasia, an Alzheimer and dementia counselor and educator. Tami's workshop will focus on **caregiver well-being**. She believes, "Your mental health matters! The demands of dementia caregiving can limit a care partner's ability to take care of themselves, putting them at risk for physical and emotional distress." Tami will discuss self-assessments for stress, burnout, and depression and provide COMFORT strategies to better cope with caregiving demands.

**Date:** Tuesday, November 7

**Time:** 3pm-5pm

**Location:** PVI Rosener House, 500 Arbor Road, Menlo Park

This event is open to anyone, please consider registering first for a chance to win Tami's book!

Call today for your spot: 650-322-0126



About the Speaker: Tami Anastasia is an Alzheimer's and dementia counselor and educator, providing one-on-one caregiver support, guidance and strategies to help make the dementia journey easier on the caregiver. Tami holds a master's degree in counseling and has Certificates in Gerontology and End-of-Life. She is the author of *Essential Strategies for the Dementia Caregiver: Learning to PACE Yourself*.



### Caregiver Appreciation Gift

**During Week of November 6-10**

PVI wants to show our huge gratitude with a small token of our appreciation. THANK YOU for all you do for your loved ones! Please note this gift is only available to caregivers of participants currently enrolled in PVI's adult day program at Rosener House. Thank you to the PV Volunteer Committee for sponsoring this special appreciation gift event.

### Annual Rosener House Thanksgiving Feast Wednesday, November 22

PVI Adult Day Services at Rosener House will hold its **Annual Thanksgiving Feast** on Wednesday, November 22, for our clients and their families. Please RSVP at 650-322-0126.



# Join us for daily lunch in the Little House Cafe!



We invite you to have lunch at PVI Little House Cafe! Our cafe is a wonderful dining option for our members or friends from the community! Lunch is served Monday to Friday, from 11:30am to 1:00pm. Each day, there are two entree options, and lunch includes coffee/tea/milk and fruit. **The cost of each meal is only \$5.00!** See a few of the delicious cafe options in the photos on the left.

Come and enjoy a hot lunch with your friends! Since re-opening in August, PVI Little House Cafe has been a great meeting place for friends, old and new. Diners have enjoyed the socialization, great company, and delicious meals. Join us today for lunch at the Little House Cafe!

# PVI

## LITTLE HOUSE CAFÉ

## NOVEMBER 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Entrée 1:</b> Sweet and Sour Meatballs, Rice, Vegetable Blend <b>Entrée 2:</b> Special of the Day	<b>2</b> <b>Entrée 1:</b> Sausage and Kale Soup, White Beans <b>Entrée 2:</b> Special of the Day	<b>3</b> <b>Entrée 1:</b> Chicken Fajitas, Spanish Rice, Peppers & Onions <b>Entrée 2:</b> Special of the Day
<b>6</b> <b>Entrée 1:</b> Minestrone Soup, Green Beans <b>Entrée 2:</b> Special of the Day	<b>7</b> <b>Entrée 1:</b> Chicken Noodle Soup, Corn <b>Entrée 2:</b> Special of the Day	<b>8</b> <b>Entrée 1:</b> Beef Ragu, Spaghetti, Italian Blend Vegetables <b>Entrée 2:</b> Special of the Day	<b>9</b> <b>Entrée 1:</b> Chicken Chow Mein, Stir Fry Vegetables <b>Entrée 2:</b> Special of the Day	<b>10</b> <b>PVI LITTLE HOUSE VETERAN'S DAY LUNCH</b> <b>Little House Café Closed</b>
<b>13</b> <b>Entrée 1:</b> Tofu Curry, Rice, Spinach <b>Entrée 2:</b> Special of the Day	<b>14</b> <b>Entrée 1:</b> Hamburger Soup, Mixed Vegetables <b>Entrée 2:</b> Special of the Day	<b>15</b> <b>Entrée 1:</b> BBQ Chicken, Baked Beans, Corn Succotash <b>Entrée 2:</b> Special of the Day	<b>16</b> <b>Entrée 1:</b> Roasted Turkey w/ Gravy, Stuffing, Green Beans <b>Entrée 2:</b> Special of the Day	<b>17</b> <b>Entrée 1:</b> Beef Goulash, Butternut Squash <b>Entrée 2:</b> Special of the Day
<b>20</b> <b>Entrée 1:</b> Vegetable Chowder, Peas <b>Entrée 2:</b> Special of the Day	<b>21</b> <b>PVI LITTLE HOUSE THANKSGIVING LUNCH</b> <b>Little House Café Closed</b>	<b>22</b> <b>Entrée :</b> Chicken Cordon Bleu Casserole, Green Beans (Due to the Thanksgiving holiday, the café will offer only 1 entrée selection today.)	<b>23 Thanksgiving</b> <b>PVI HOLIDAY</b> <b>Little House Café Closed</b>	<b>24</b> <b>PVI HOLIDAY</b> <b>Little House Café Closed</b>
<b>27</b> <b>Entrée 1:</b> Vegetable Enchilada Casserole, Spanish Rice <b>Entrée 2:</b> Special of the Day	<b>28</b> <b>Entrée 1:</b> Chicken Fried Rice, Boy Choy <b>Entrée 2:</b> Special of the Day	<b>29</b> <b>Entrée 1:</b> Cajun Chicken, Rice Pilaf, Zucchini/Peppers <b>Entrée 2:</b> Special of the Day	<b>30</b> <b>Entrée 1:</b> Beef Chili, Corn <b>Entrée 2:</b> Special of the Day	



## PVI Meals on Wheels Home-Delivered Meal Service

PVI is proud to be a Meals on Wheels provider. The PVI Meals on Wheels home-delivered meal service prepares and delivers meals to residents of North San Mateo County (excluding Coastside, Pacifica, and North Country) who meet the criteria.

### Meals on Wheels Criteria for Older Adults:

- Over the age of 60
- Predominantly homebound
- Unable to shop or cook due to medical condition
- Lack of consistent caregiver assistance with daily tasks

In addition to serving meals to homebound older adults, PVI Meals on Wheels also has a program for adults aged 18-59 with disabilities.

### Meals on Wheels Criteria for Individuals with Disabilities:

- Be an adult (18-59 years old) with a disability and primarily homebound
- Be incapacitated due to disability/illness and at risk of institutionalization
- Lack of needed caregiver assistance from family or other resources that can aid in the provision of meals
- Be able to live at home if meals are provided, but unable to prepare or obtain nutritious meals
- Be a resident of San Mateo County

All of the PVI Meals on Wheels freshly-prepared meals are also available to anyone, even if they do not meet the above criteria, for five days a week for a reduced rate. Please contact us for more information.



If you, or anyone you know,  
would benefit from the  
PVI Meals on Wheels program,  
please contact the MOW office:

**Mondays to Fridays**  
**650-323-2002**





# PVI *Got Groceries?* Free Grocery Pick-Up



## Wednesdays at PVI Little House 11:30am to 1:30pm

Are you experiencing food insecurity? Do you wish you had access to a more nutritious, healthy range of ingredients and fresh produce to feed your family? The PVI *Got Groceries?* program is here to help. Thanks to our partnership with Second Harvest Food Bank, we are able to offer a free weekly grocery pick-up program for our community.

## Frequently-Asked *Got Groceries?* Questions

### Do I need to be a member of PVI to participate in the program?

This program is open to all adults 55+ in the community.

### Do I need to qualify to participate?

Just register and get your name on the list. Registration is free. One grocery bag per household.

### How do I register?

Contact us at [cclaassens@1pvi.org](mailto:cclaassens@1pvi.org) or call us at 650-272-5042. You may also register in person at PVI Little House, 800 Middle Ave, Menlo Park. Our current sign-up is full, but we are registering households for the waitlist.

### How often will I receive groceries?

*Got Groceries?* is a weekly pick-up program.

### When do I pick up my groceries?

Pick-up takes place on Wednesdays at PVI Little House between 11:30am and 1:30pm.

*Got Groceries?* is made possible by the PVI-Second Harvest of Silicon Valley Partnership.



## Ride PVI Transportation Services

Ride PVI is committed to helping you get where you need to go safely. If you need a ride from your home to Little House, the doctor or dentist, grocery stores, and pharmacies, just call our transportation hotline during open hours. We will arrange for a Lyft Driver to pick you up from your home within a few minutes. When you're ready to return, call us back and we will get you a safe, comfortable ride home. No cell phone needed!



### Ride PVI Hours of Operation:

**Monday, Tuesday**  
9:00am - 5:30pm

**Wednesday, Thursday, Friday**  
9:00am - 4:00pm

**Ride PVI Hotline: 650-272-5040**

## Frequently-Asked Ride PVI Questions

### How do I register?

All participants must register before first ride. Register by calling the Ride PVI at 650-272-5040. Registration only takes a few minutes.

### What is the service area?

We serve San Mateo County (except for the Pescadero region) and all of Santa Clara County. Standard Lyft rates apply for riders outside the program area.

### What is cost/rate for each ride?

Rates vary by residence. Please call 650-272-5040 for current rate information. Any subsidized ride is only available through Ride PVI. If you request your own ride, you will pay the full price.

### Can the driver help the rider get in/out of the car?

All riders must be able to get in and out of the car without assistance. However, the driver can help load any mobility devices the rider has, such as a cane, walker and wheelchair.

### Is Ride PVI safe?

All drivers undergo background checks, DMV checks, and vehicle inspections. Each ride is monitored by a Ride PVI team member to ensure you have been safely picked up and dropped off.

**Ride PVI is made possible by partial funding by and partnership with:**





## PVI Aging Life Solutions Concierge Care Program

PVI Aging Life Solutions is a specialized concierge service dedicated to providing compassionate, non-medical support to seniors. Our commitment is to deliver genuine care and assistance tailored to your unique lifestyle. The customized services aim to offer peace of mind to your loved ones while enabling you to maintain an independent, safe, and comfortable life in your own home.

**Are you overwhelmed caring  
for your aging loved one?  
Do you need support with  
everyday tasks to better care  
for your family and yourself?**

“Empathetic individualized in-home support for an aging relative can be a management, financial, emotional, and psycho-social burden for a family caregiver. PVI's program provides customized assistance to reduce that burden.”

*-Dick Levy, Family Caregiver*

A dedicated Program Manager oversees and provides support for the Aging Life Solutions program. The goal is to diminish the emotional and physical burdens on caregivers. The Program Manager will:

- Conduct a complimentary in-home assessment to qualify a client, determine the needs, and assess the safety of the home
- Create tools, such as non-medical care plans, in-home emergency binders, and comprehensive resource lists
- Perform conduct weekly in-person quality assurance visits, aid in managing household calendars, schedule doctors' appointments, and provide ongoing support for resources and referrals
- Monitor evolving needs through frequent reevaluations, making necessary adjustments, and continually assessing capabilities as time progresses.

### Program Fees:

**Starting at \$250/week membership (weekly visits included)**

**\$75/hour as-needed support**

**Contact us for a complimentary consultation:**  
**conciergecare@1pvi.org or (650) 272-5112**





## PVI Volunteer Opportunities

Volunteers are the heart of our organization. They support our mission in so many ways, whether from the headquarters in Menlo Park, remotely, or throughout the mid-Peninsula. Volunteer hours are typically held Monday through Friday, and most in-person volunteering ends by 3 p.m. We invite you to volunteer with PVI and support our mission to enable seniors to age in place.



### Current Volunteer Opportunities at PVI

#### PVI Nutrition Services

**Meal on Wheels Delivery Drivers:** *Tues, Weds, Thurs - 10am to 12:30pm*

A volunteer shift will consist of the following: Drivers arrive at one of two pick-up locations— Menlo Park or San Mateo. Delivering meals to clients.

#### PVI Little House

**Tech Connect Teacher's Assistant:** *Tues afternoons, Weds & Thurs mornings*

A volunteer shift will consist of the following: Assisting with the Tech Connect classes. Must enjoy working with seniors and be able to assist with basic navigation, email, Chrome, Zoom, taking pictures, etc. Various sessions throughout the year. Must be available once a week during the session.

**Guest Services/Little Shop Attendant:** *Hours vary.*

A volunteer shift will consist of the following: Assisting in the Little Shop as a cashier.

**Little House Café:** *Mon-Fri - 11:15am-1:30pm*

A volunteer shift will consist of the following: Assisting in the Little House Cafe as a server, food plater, or cashier.

**Musician:** *Fri - 10:30am-11:30am*

A volunteer shift will consist of the following: Performing at the weekly Little House Keys & Coffee program. Sign up for one performance or several!

#### Ride PVI

**Transportation Coordinator:** *Schedule varies, check availability.*

A volunteer shift will consist of the following: Ordering Lyft/Uber rides for seniors and code each ride in desktop program. Work from Little House or from home.

#### PVI Rosener House \* URGENT NEED!!

**Front Desk Volunteer:** *Mon-Fri - 10am-12pm; 12pm-2pm; 2pm-4pm*

A volunteer shift will consist of the following: answering PVI phone and take messages, complete over-the-phone intakes for interested prospective clients, assist with mailing and other office duties.

**Care Companions:** *Mon-Fri - 10:30am-2pm*

A volunteer shift will consist of the following: setting up for lunch (wiping tables, set up placemats), assisting activity leaders with morning activities, cleaning up after lunch, engaging in conversation with the participants

### Interested in Volunteering with PVI?

Please contact Idrina Sims, Volunteer Coordinator

isims@1pvi.org or 650-272-5015



## Stephanie's November Recipe: *Pumpkin Muffins*

### Ingredients (makes 12 muffins):

3 large pasture raised eggs  
3/4 cup almond butter  
1/2 cup dark maple syrup  
1/2 cup pumpkin puree (canned)  
3 Tbsp ghee or palm shortening  
2 tsp lemon juice\*  
1 tsp vanilla  
3 Tbsp coconut flour  
3 Tbsp arrowroot  
1 Tbsp Ceylon cinnamon  
1 tsp nutmeg  
2 tsp grain free baking powder  
1/2 tsp lemon zest\*  
1/2 tsp ginger  
1/4 tsp sea salt  
1/2 cup paleo chocolate chips (optional)



### Instructions:

1. Preheat oven to 350°. Line 12 cavity muffin tin with paper liners or grease with coconut oil
2. Using a high speed blender or food processor add eggs, almond butter, maple syrup, pumpkin puree, shortening, lemon juice, and vanilla. Purée for 30 seconds or until smooth and creamy.
3. Add flour, arrowroot, cinnamon, nutmeg, baking powder, lemon zest, ginger, and sea salt. Purée for additional 30 seconds or until well combined. Stir in chocolate chips, if using.
4. Divide batter among muffin tin, filling each cavity approximately 2/3 full. Bake 18 to 20 minutes or until toothpick inserted in the center of a muffin returns clean.
5. Remove pan from oven and let muffins cool for approximately 15 minutes, then transfer to a wire rack where they can rest and continue to cool.

Store in an air tight container in the refrigerator for up to 2 weeks or wrap and freezer for 6 months.

### Health Highlights:

- *Pumpkin* is a rich source of vitamin A, which supports vision, growth, cell division, reproduction, and immunity and is high in three important antioxidants; alpha-carotene, beta-carotene, and beta-cryptoxanthin. These strong antioxidants work to keep free radicals in check. When the body has excessive free radical activity this is where disease can start, such as chronic illness, heart disease and cancer.
- *Dark Maple Syrup* contains manganese an enzyme important for energy production and antioxidant defenses. One serving, 2 tablespoons, of maple syrup provides more than 35% of the daily value of this awesome trace mineral. Maple syrup also offers a good supply of zinc; supporting heart and skin health.
- *Ceylon Cinnamon* is the most studied of the cinnamon varieties. Known for its blood sugar balancing abilities, making it a super star. Cinnamon has a well established place in both Western and Eastern medicine used to ease arthritis, asthma, cancer, diarrhea, fever, heart problems, insomnia, menstrual problems, peptic ulcers, psoriasis, and spastic muscles.

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