

PENINSULA VOLUNTEERS, INC.



# Newsletter & Program Guide



WELCOME TO OUR

## Monthly Newsletter

Dive into the diverse world of PVI as we proudly unveil our comprehensive range of programs and services. From the vibrant activities at the Little House Activity Center to the specialized care at Rosener House Adult Day Services, nourishing solutions from PVI Nutrition Services, seamless journeys with Ride PVI transportation services, and the personalized support of our Aging Life Solutions concierge care program — the possibilities are endless! This is just a glimpse of what we offer, and we're thrilled to showcase how our programs and services align with our mission of empowering older adults to age in place.

**Little House · Rosener House · Nutrition Services · Ride PVI · Concierge Care**



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(650) 326-2025

[www.1pvi.org](http://www.1pvi.org)

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## Little House - Save The Date

### Early Detection of Alzheimer's & The Promise of New Treatments With Ray Dolby Brain Health Center

THURSDAY  
JANUARY 18TH, 4:00 PM - 5:30PM

The search for an Alzheimer's cure is always evolving, and we're excited to spread news of every step forward. So please join us as Dr. Armen Moughamian of the Ray Dolby Brain Health Center shares the latest advancements in care and treatment. Learn how early detection and groundbreaking medications like Leqembi are shaping a brighter future for individuals and families affected by Alzheimer's. Presentation topics include:

- How Leqembi fights amyloid plaques in the brain.
- Progress in the first six months after FDA approval.
- What Leqembi means for individuals, families and caregivers.
- Medicare coverage and eligibility requirements.

*Armen Moughamian, MD Director of the Ray Dolby Brain Health Center Dr. Moughamian leads a multi-disciplinary team of physicians, nurse practitioners, neuropsychologists and social workers in the evaluation and treatment of patients with cognitive impairment.*

In partnership with:



### Aging In Place Part I (Two Part Series)

FRIDAY  
JANUARY 12TH, 1:30 PM

Join us for an enlightening lecture on "Aging in Place" and learn how to embrace the comforts of home while aging gracefully. Explore the secrets to maintaining independence, adapting your living space, and ensuring a fulfilling quality of life. Don't miss this opportunity to discover the keys to a happier and healthier future right in your own space. We will also discuss key components in regards to planning for your future."

This will be part one in a two part series. In February part two will cover 'Aging in a New Place'. Overview of different choices in living environments such as senior living communities, assisted living and more.

Sponsored by Liliana Perazich and Beth Leathers  
*Coldwell Banker Realty Senior Real Estate Specialists*

### Foothill College Online Courses Music Appreciation Art Appreciation

Winter Quarter begins January 3

ART APPRECIATION  
WEDNESDAYS 1:00 PM - 2:50 PM

In this intellectually stimulating class, we will explore past and present artists and trends through viewing and discussion of varied works.

MUSIC APPRECIATION  
THURSDAYS 10:00 AM - 11:50 AM

Increase your enjoyment of different music and learn the art of listening. Learn about different composers, varieties of music as well as the core elements and historical foundations of music.

OPEN TO AGES 18+  
REGISTRATION REQUIRED

## Sonrisas Dental Screenings

TUESDAY

JANUARY 30TH, 9:00 AM - 3:00 PM

Sonrisas Dental Health is a non-profit dental center that provides resources and dental services to community members who face challenges accessing health care. They recently received grant funding to provide free oral health screenings (primarily for people 65 and older but will serve any age that day), that include:

- Visual assessment of teeth and mouth, using a disposable mirror (does not take the place of a full exam, but they can check for obvious dental problems i.e., cavities, infections, gum problems, mouth cancer, etc.)
- Blood pressure check and health history review
- Individualized oral health homecare advice
- Referrals to dental insurance or providers, if they do not have a dental home
- Free home care kit (toothbrush, floss, toothpaste)

*No cost. Space is limited.*

*Call 650-326-2025 for an appointment.*

*Deadline to sign up is 1/26*

## Chinese-taught Tai Chi

TUESDAY

JANUARY 23RD, 11:00 AM - 12:00 PM

Discover the art of Tai Chi with Authentic Chinese Guidance! I am excited to share that we are launching a pilot class for Chinese-taught Tai Chi.

Deadline to sign up for the class is 1/12

## Music with Kris

Thursdays in January

3:00 PM - 4:00 PM

We will be bringing more music to Little House. Come join our new once-a-week Music Therapy session with Music Therapist, Kristopher Hong, MT-BC. We will be doing a variety of musical things each week that will focus on building and maintaining physical and cognitive strength. Every week our session will be a mix of movement to music, songwriting, lyric analysis, drum circles, musical games, group singing, musical improvisation, and more. There will be weekly musical themes like “All About the Beatles”, “A Day for Crooners”, “Hits from the 50s”. If you love music and fun, this is the right group for you. No musical experience is required!

*January 11th, 2024*

*The Beatles*

*January 18th, 2024*

*The Crooners*

*January 25th, 2024*

*Hits from the 50's*

For more details or to enroll in classes, please reach out to us at 650-326-2025.

**Little House will be closed:**

**Monday, January 1st**

**Monday, January 15th**





# 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.



## Little House Events At-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>CLOSED</b>	<b>2</b> <ul style="list-style-type: none"> <li>• Mahjong</li> <li>• Blood Pressure Screening</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Knitting Club</li> <li>• Book Club</li> <li>• Pinochle</li> <li>• Mahjong</li> <li>• Got Groceries?</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Hand and Foot</li> <li>• Canasta</li> <li>• Current Events</li> <li>• Dear..” Documentary Discussion Series</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• Keys &amp; Coffee</li> <li>• Acupressure &amp; Meditation Workshop</li> <li>• Bridge</li> <li>• Cribbage</li> <li>• Friday Comedy Movie</li> </ul>
<b>8</b> <ul style="list-style-type: none"> <li>• Monday Movie</li> <li>• Bridge</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Mahjong</li> <li>• Blood Pressure Screening</li> <li>• Tech Connect: iPad class *</li> <li>• BINGO</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Waffle Wednesday</li> <li>• Knitting Club</li> <li>• Tech Connect: iPad class *</li> <li>• Pinochle</li> <li>• Mahjong</li> <li>• Got Groceries?</li> <li>• Members Birthday Lunch</li> <li>• Art Appreciation</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Hand and Foot</li> <li>• Canasta</li> <li>• Current Events</li> <li>• Dear..” Documentary Discussion Series</li> <li>• Music Appreciation</li> <li>• Music with Kris</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• Keys &amp; Coffee</li> <li>• Distinguished Lecture: Napoleon Bonaparte</li> <li>• Bridge</li> <li>• Cribbage</li> <li>• Aging in Place Lecture</li> <li>• Friday Comedy Movie</li> </ul>
<b>15</b>  <b>CLOSED</b>	<b>16</b> <ul style="list-style-type: none"> <li>• Mahjong</li> <li>• Blood Pressure Screening</li> <li>• Tech Connect: iPad class *</li> <li>• BINGO</li> </ul>	<b>17</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>• Art Appreciation</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Hand and Foot</li> <li>• Canasta</li> <li>• Current Events</li> <li>• Dear..” Documentary Discussion Series</li> <li>• Special Event: Talk on early detection of Alzheimer’s</li> <li>• Music Appreciation</li> <li>• Music with Kris</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• Keys &amp; Coffee</li> <li>• Bridge</li> <li>• Cribbage</li> <li>• Friday Comedy Movie</li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>• Monday Movie</li> <li>• Bridge</li> <li>• High Tea</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Mahjong</li> <li>• Tech Connect: iPad class *</li> <li>• BINGO</li> </ul>	<b>24</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> <li>• Art Appreciation</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• Hand and Foot</li> <li>• Canasta</li> <li>• Current Events</li> <li>• Dear..” Documentary Discussion Series</li> <li>• Music Appreciation</li> <li>• Music with Kris</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• Keys &amp; Coffee</li> <li>• Ceramics*</li> <li>• Bridge</li> <li>• Cribbage</li> <li>• Friday Comedy Movie</li> </ul>
<b>29</b> <ul style="list-style-type: none"> <li>• Monday Movie</li> <li>• Bridge</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• Mahjong</li> <li>• Tech Connect: iPad class *</li> <li>• BINGO</li> </ul>	<b>31</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> <li>• Art Appreciation</li> </ul>	<b>1</b>	<p style="text-align: center;">Subject to change *Additional fees apply.</p>



## 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	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	
<u>Class Experience</u>  In Person - <i>in person only</i> Virtual - <i>virtual via PVT Mindbody portal</i> In Person/Virtual - <i>in person or virtually</i>	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	<u>Key</u>  F/CH = Free Community Health R= Pre-registration required  Subject to change



## 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: Lisette 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**

**10:00am to 11:00am**

## 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**



# 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



## Acupressure & Meditation for Stress & Pain Management

**Fridays, 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



## Blood Pressure Screening

**Tuesday, January 9, 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



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.

## Senior Mobility Resource Talk

**Thursday, January 25, 1:00 PM**

**Mobility and Independence: Transportation Resources in San Mateo County**

Come join us and learn about different transportation options in San Mateo County. Information presented will be beneficial to individuals who prefer not to drive, are unable to drive, or just want to be prepared for future transition. We will cover options available through public transit (including free 1-on-1 training on how to ride by trained Mobility Ambassadors), local shuttles, free or low-cost transportation programs available through senior centers and community groups, as well as private services. We will be distributing the latest issue of the Senior Mobility Guide.



## January & February Member Birthday Luncheon

**Tuesday, February 13**  
**11:30am**

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

Reserve your spot by February 9  
littlehouse@1pvi.org or 650-326-2025

## 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.

## 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.

## Afternoon Tea

**Monday, January 22nd**  
**2:00pm to 3:00pm**

**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.

## 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.



## Napoleon Bonaparte – General, Dictator, Emperor

Friday, January 12

11:00am

Free to members

\$5 for non-members



Join Rick Deutsch for a special lecture on Napoleon Bonaparte. The French Empire under Napoleon controlled most of Western Europe. Only Great Britain escaped his grasp. His strategic sense allowed him to dominate on the battlefield. Once called the Little Corporal, his size was irrelevant to his success. Winning battle after battle, the Battle of Waterloo was his downfall and led to his eventual confinement by the British on the island of Saint Helena.

**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 Thursday at 2:00pm*

*Free to members*

*\$5 for non-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.



## Current Events in The News

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.

### Weekly on Thursdays

10:00am to 12:00n

Free to LH Members

\$5 for non-members

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## 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.

January 3 *Becoming,  
The Light We Carry,  
or American Grown*  
by Michelle Obama

February 7 *Fear of Flying*  
by Erica Jong

March 6 *Hula*  
by Jasmine Iolani

April 3 *The Awakening*  
by Kate Chopin

**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.





## Let's Go To the Movies

Enjoy a matinee movie with popcorn and friends! The Monday movie theme is Sci-Fi, and the Friday movie theme is comedy. **Please note that the comedy movie is now on Fridays!**

Have a movie suggestion? Let us know!

**Mondays and Fridays**

**1:00pm**

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

### Monday Movies - *Sci Fi*

#### **Bladerunner 2049 (January 8)**

Officer K new blade runner for the Los Angeles Police Department, unearths a long-buried secret that has the potential to plunge what's left of society into chaos. His discovery leads him on a quest to find Rick Deckard, a former blade runner who's been missing for 30 years.

#### **Rogue 1 a Star Wars Story (January 22)**

Former scientist Galen Erso lives on a farm with his wife and young daughter, Jyn. His peaceful existence comes crashing down when the evil Orson Krennic takes him away from his beloved family. Many years later, Galen becomes the Empire's lead engineer for the most powerful weapon in the galaxy, the Death Star. Knowing that her father holds the key to its destruction, Jyn joins forces with a spy and other resistance fighters to steal the space station's plans for the Rebel Alliance.

#### **Cloud Atlas (January 29)**

Actors (Tom Hanks, Halle Berry, Jim Broadbent) take on multiple roles in an epic that spans five centuries. An attorney harbors a fleeing slave on a voyage from the Pacific Islands in 1849; a poor composer in pre-World War II Britain struggles to finish his magnum opus before a past act catches up with him; a genetically engineered worker in 2144 feels the forbidden stirring of human consciousness -- stories of re-incarnation, they renew their bonds to one another throughout time.

### Friday Movies - *Comedy*

#### **Elsa & Fred (January 5)**

In New Orleans, a feisty retiree (Shirley MacLaine) and her new neighbor, an uptight widower (Christopher Plummer), discover that it's never too late for true love and romance.

#### **Breakfast at Tiffany's (January 12)**

A young New York writer sponsored by a wealthy woman falls in love with the charming, impulsive and eccentric call girl that lives next door.

#### **My Best Friend's Wedding (January 19)**

A writer discovers she really loves her long-time male best friend when he calls about his impending marriage - now she's got four days to wreck the wedding and win her man!

#### **My Big Fat Greek Wedding (January 26)**

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.





**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:







# 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@lpvi.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?

## Rosener House Programs At-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Welcome	Morning Welcome	Morning Welcome	Morning Welcome	Morning Welcome
Exercise Group	Exercise Group	Exercise Group	Exercise Group	Lu's Relaxation Techniques/ Exercise
Specialized Music/Music Therapy	Specialized Music/Music Therapy	Specialized Music/Music Therapy	Dance and Movement Specialized Music/Music Therapy	Specialized Music/Music Therapy
Art Group	Bible Study (2 <sup>nd</sup> Tuesday)	Art Group	Art Group	Art Group
Current Events	Art Group	Current Events	Current Events	Current Events
Games Group	Current Events	Games Group	Games Group	Games Group
Sensory Group	Occupational Therapy	Occupational Therapy	Speech Therapy	Occupational Therapy
	Games Group	Sensory Group	Sensory Group	Speech Therapy
	Sensory Group	Walk in the Park	Walk in the Park	Walk in the Park
	Walk in the Park			

### Coffee with Caregivers Tuesday, January 9, 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.





# 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!**

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!



January 2024

## LITTLE HOUSE CAFÉ MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 Entrée 1: Roasted Chicken, Potato, Green Beans Entrée 2: Special of the Day	3 Entrée 1: Huli Huli Chicken, Rice, Cabbage Entrée 2: Special of the Day	4 Entrée 1: Cajun Roasted Fish, Sweet Potato, Bell Pepper Medley Entrée 2: Special of the Day	5 Entrée 1: Meatloaf w/ Gravy, Mashed Potato, Green Beans Entrée 2: Special of the Day
8 Entrée 1: Carrots & Lentil Stew, Cauliflower Entrée 2: Special of the Day	9 Entrée 1: Montreal Pork Loin, Roasted Potato, Vegetable Blend Entrée 2: Special of the Day	10 Entrée 1: Herb Roasted Chicken, Rice Pilaf, Vegetable Blend Entrée 2: Special of the Day	11 Entrée 1: Chicken Pozole Soup, Cabbage Entrée 2: Special of the Day	12 Entrée 1: Spaghetti with Meatballs, Italian Blend Vegetables Entrée 2: Special of the Day
15 CLOSED	16 Entrée 1: Beef Ravioli w/ Marinara Sauce, Brussel Sprouts Entrée 2: Special of the Day	17 Entrée 1: Coq Au Vin, Roasted Potato, Carrots Entrée 2: Special of the Day	18 Entrée 1: Sausage Jambalaya, Corn and Peppers Entrée 2: Special of the Day	19 Entrée 1: Teriyaki Chicken, Rice, Edamame Entrée 2: Special of the Day
22 Entrée 1: Baked Ziti, Broccoli Entrée 2: Special of the Day	23 Entrée 1: Vegetable Chowder, Peas Entrée 2: Special of the Day	24 Entrée 1: Jerk Chicken, Coconut Rice w/ Red Beans, Caribbean Style Vegetable Blend Entrée 2: Special of the Day	25 Entrée 1: Arroz Con Pollo, Cilantro Rice, Carrots Entrée 2: Special of the Day	26 Entrée 1: Beef Stroganoff, Egg Noodle, Garden Vegetable Medley Entrée 2: Special of the Day
29 Entrée 1: Vegetable Fried Rice w/ Egg, Asian Vegetable blend Entrée 2: Special of the Day	30 Entrée 1: Chicken Burrito Bowl, Roasted Corn, Pepper Medley Entrée 2: Special of the Day	31 Entrée 1: Salisbury Steak, Mashed Potato, Green Beans Entrée 2: Special of the Day		

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Subject to change



## 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 San Mateo County (excluding Coastside, Pacifica, and North County) 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

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  
650-323-2022



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



**Wednesdays 11:30 AM - 1:30 PM  
at PVI Little House & Rosener House**

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.

**How do I register?**

Fill our registration form and provide form of ID upon submission.

**How often will I receive groceries?**

*Got Groceries?* is a weekly pick-up program. One grocery bag per household.

**When do I pick up my groceries?**

Call 650-326-2025 or visit [1pvi.org](http://1pvi.org)

*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 January Recipe: Quick and Easy Bean Chili

### Ingredients:

Avocado oil or ghee for sauté  
1 onion chopped  
4 carrots chopped  
4 ribs of celery chopped  
1 jalapeño de-seeded and diced (optional)  
2 to 4 cloves of garlic chopped  
2 Tbsp chili powder  
1 Tbsp cumin  
1 tsp turmeric powder  
3 cans of beans drained and rinsed I like to use a combination of black, kidney, white or pinto beans use what you like.  
1 28oz can diced tomatoes  
1 Tablespoon raw cacao powder (optional)  
2 to 4 cups mineral or vegetable broth  
1/4 cup chopped cilantro or more to taste (optional)  
Salt and pepper to taste



Garnish options green onion, sour cream, yogurt, lime wedges, nutritional yeast, avocado, toasted pumpkin seeds

### Assembly:

Sauté onion, carrot, celery, jalapeños, and garlic; begin in the order listed start with the onion and build with the remaining ingredients letting each cook into the other allowing the flavors to join. Once vegetables and peppers are sauté and tender stir in seasonings, add beans and diced tomatoes, cocoa powder, if using, and broth. Let simmer for 30 minutes or until heated through, stir in cilantro.

Serve with desired garnish. Enjoy!

### Health Highlights:

Beans are loaded with an array of B vitamins which are known to support memory and mood. In addition the vitamins and minerals in beans are linked to longevity, improved mental focus and less fatigue. Regular consumption of beans will keep the brain sharp and healthy.

Raw Cacao is high in antioxidants, 40 times more than blueberries, one of the highest plant sources of iron, loaded with magnesium that supports heart and brain, contains calcium, and has natural mood elevations and anti-depressant properties.

Stephanie Figeira, PVI Director of Nutrition Services, is a certified holistic nutrition consultant.



