

MARCH
2024

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



800 Middle Avenue, Menlo Park, CA 94025



(650) 326-2025



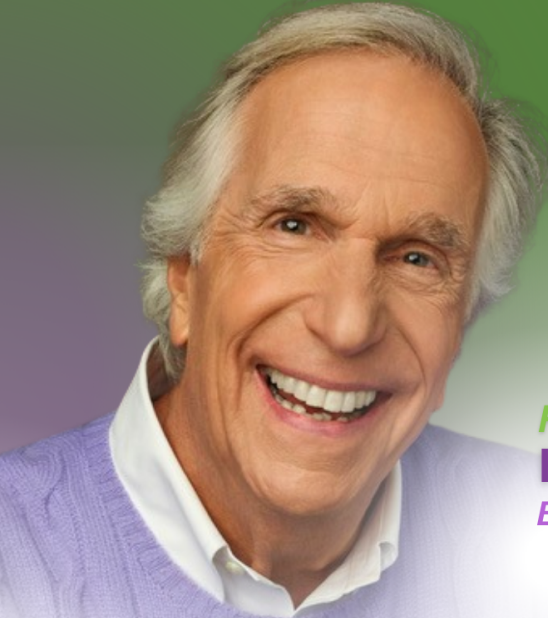
www.1pvi.org

TABLE OF CONTENTS

1	PVI Save The Date <hr/>	
	What's New at PVI	3-10
2	PVI Little House <hr/>	
	Membership Information, Events at a Glance, Fitness Schedule, Gym and Personal Training, Health & Wellness, Social Clubs, Cultural Arts & Learning, Movies, and Technology	11-22
3	PVI Rosener House <hr/>	23-24
	PVI Adult Day Services	
4	PVI Nutrition Services <hr/>	25-27
	Little House Cafe, Meals on Wheels, Got Groceries	
5	RIDE PVI <hr/>	28
	Ride PVI Transportation Services	
6	Aging Life Solutions <hr/>	29
	Aging Life Solutions Concierge Care Program	
7	Special Feature <hr/>	30-31
	Volunteering at PVI Stephanie's Recipe of the Month	



PVI Presents the 33rd Annual
AUTHORS
Salon



Sunday, April 21, 2024
Rosewood Sand Hill

Featuring
HENRY WINKLER
BEING HENRY...The Fonz and Beyond

Join PVI for the 33rd annual Authors Salon. A literary journey featuring New York Times Best Selling Author, actor, producer, and director, Henry Winkler. Guests will enjoy a delicious lunch at the beautiful Rosewood Sand Hill in Menlo Park as well as an exciting silent auction.

FOR MORE INFORMATION AND TICKETS VISIT US ONLINE
1pvi.org
or scan the QR code below



SCAN WITH YOUR SMARTPHONE.

PVI
Enabling Seniors to Age in Place
Peninsula Volunteers Inc.



PVI's Annual
St. Patrick's Day Luncheon



March 15th | 11:00 am
Irish Dancers at 12:30pm

Join PVI for our annual St. Patrick's Day Luncheon. We're celebrating early on March 15th at 11 am. We'll be serving a traditional Irish meal of corned beef, braised potatoes, cabbage & carrots.



\$15 members | \$20 non members

Call or email to register

RSVP BY March 8th





Middle Avenue Pilot Project

As we prepare for an exciting phase of our pilot project on Middle Avenue, the City of Menlo Park would like to reach out to engage with our community members like you!

We invite you to join us for another informative Presentation and Listening Session. This session will provide an excellent opportunity for you to share your thoughts, concerns, and ideas regarding the pilot project.

Your input will shape the future of Middle Avenue!



Thursday, March 21st, 2024 at 12:00noon



**PVI Little House
800 Middle Ave, Menlo Park, CA 94025**



BRING YOUR SHREDDING TO PVI!
SHRED IT EVENT

MARCH 28TH 1:30PM - 3:30PM

A **quick and easy** way to **protect yourself** from fraud! Shred confidential documents that you no longer need at PVI's Little House. PVI is hosting a no-cost shred-it event on March 28th between 1:30 and 3:30 pm.

***This is a members-only event.
Registration required***

**SCAN WITH YOUR
SMARTPHONE OR
CALL TO REGISTER.**

The event will be hosted in PVI's Little House parking lot. We'll destroy documents as you watch. Shredded materials will be recycled. No need to remove staples or small fasteners. Bring up to 3 banker-size boxes of material in paper (*not plastic*) shopping bags or boxes. Plan to take your empty bags or boxes home to reuse or recycle.

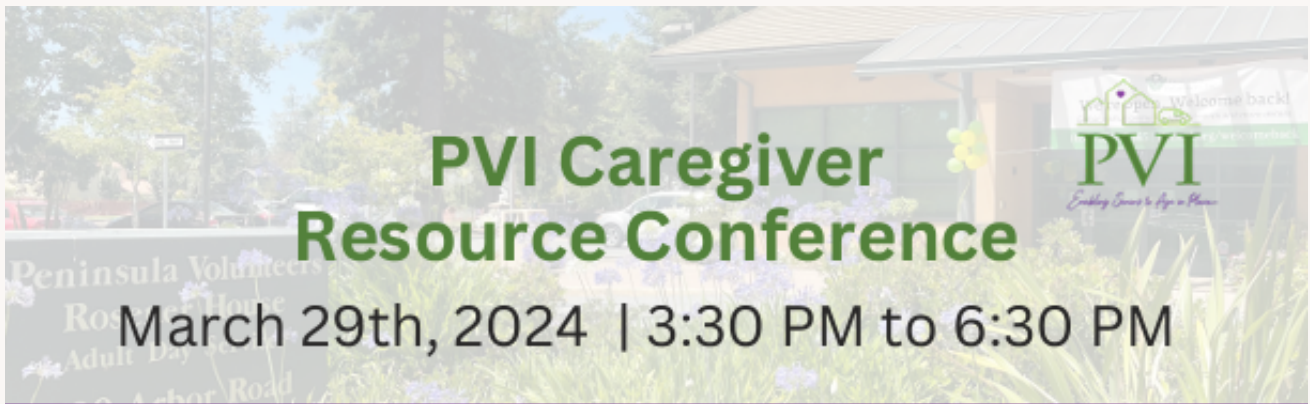
Please no magazines or junk mail.



Peninsula Volunteers, Inc.
800 Middle Ave. Menlo Park CA 94025
(650)326-2025 | 1pvi.org

Sponsored by
Nancy Goldcamp,
Seniors Real Estate Specialist
with Coldwell Banker Realty

Rosener House - Save The Date



Join PVI for the Caregiver Resource Conference at Rosener House. Family members, community members, and professional caregivers are encouraged to attend. **This event is open to the public.**

Expert consultants will present two topics:

- **"Fork in the Road: Navigating Mealtime Challenges in Dementia"** by Adria Thompson, MA, CCC-SLP, CEO of Be Light Care Consulting.
- **"Family Caregiver Planning (Through the Stages of Dementia)"** with Tami Anastasia, MA, CSA Alzheimer's and Dementia Counselor and Educator.



Adria Thompson, MA, CCC-SLP
 CEO of Be Light Care Consulting
 Dementia consultant, Speech Language Pathologist



Tami Anastasia, MA, CSA
 Alzheimer's and Dementia Counselor
 Educator.
 Author of *Essential Strategies for Dementia Caregiver*
 (*Learning to Pace Yourself*)

GUEST SPEAKERS

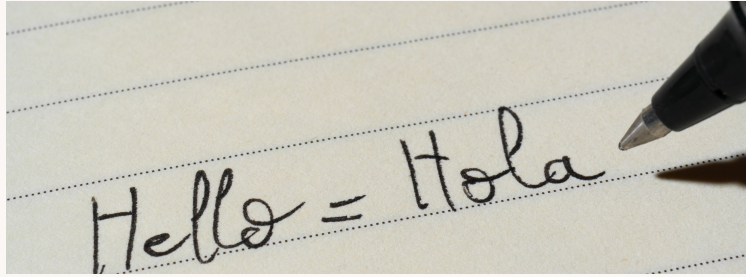
SCAN TO REGISTER

REGISTER TODAY!



REGISTRATION REQUIRED. SPACE IS LIMITED

500 Arbor Rd, Menlo Park, CA 94025 | (650) 322-0126 | 1pvi.org



Spanish Conversation Group

Wednesdays
1:30 PM - 2:30 PM

Whether you are learning, wanting to practice or just chat in a different language, this group is for you! Join us in our new Spanish conversation groups at PVI's Little House. There will be a new discussion topic every session, led by a bilingual speaker!

Free for members. \$5 for non-members.

Music with Kris

Thursdays

3:00 PM - 4:00 PM

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.

3/7: Name that Tune

3/14: American Folk Tunes

3/21: Changing of the Seasons

3/28: Tribute to Women's History Month

Promotional Rates:

Members: Free

Non-members \$5 per session

Complimentary session



Botanicals with Bonnie

Monday, April 8th

10:00 AM

Create a lovely bouquet,
with a theme of love and friendship!

\$15 for members & non-members
Sign up now! Only 12 spots available.

March & April Member

Birthday Luncheon

TUESDAY

APRIL 16TH, 11:30 AM

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

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



FOR YOUR HEALTH



Blood Pressure Screening

TUESDAY

March 12TH, 10:30 AM - 12:00 PM

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

Tech Connect Program: iPad Class

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:

April 16 to June 4
Tuesdays 10:00 AM - 12:00 PM

April 17 to June 5
Wednesdays 10:00AM - 12:00 PM

To register, please contact Debi Suslow at dsuslow@1pvi.org.



The Housing Forecast

TUESDAY
MARCH 5TH, 11:30 AM

What's happening in Real estate - come hear about the latest market trends
and the 2024 market forecast

Free for members. \$5 for non-members.

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



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
\$1,083 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 or 650-326-2025.



Little House Events At-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Activities are subject to change * Additional fees may apply			Current Events Music with Kris	Keys and coffee <i>Friday Movie: The Man Who Knew Too Little</i> Cribbage
4	5	6	7	8
Botanicals with Bonnie* Monday Movie: <i>The Boy Who Harnessed the Wind</i> Bridge	The housing forecast Sustainable living series pt. 1* Tax with AARP Mahjong Bingo Mandarin Group	Book Club: <i>Hula By Jasmine Iolani Hakes</i> Spanish Group Knitting Group GOT Groceries Mahjong Pinochle	Current Events Music with Kris "Dear..." Documentary & Discussion	Keys and coffee Distinguished Lecture Series* Friday Movie: <i>Foul Play</i> Cribbage Sustainable living series pt. 2*
11	12	13	14	15
Monday Movie: <i>F.T.A.</i> Bridge	Tax with AARP Mahjong Bingo Mandarin Group Blood Pressure Screening	Waffle Wednesday Book Club Spanish Group Knitting Group GOT Groceries Mahjong Pinochle	Current Events Music with Kris	St. Patrick's Day Luncheon * Keys and coffee Friday Movie: <i>That Old Feeling</i> Cribbage
18	19	20	21	22
Afternoon Tea Monday Movie: <i>The Electric Horseman</i> Bridge	Tax with AARP Mahjong Bingo Mandarin Group	Book Club Spanish Group Knitting Group GOT Groceries Mahjong Pinochle	Middle Avenue Pilot Project <i>Presentation & Discussion with City of Menlo Park</i> Current Events Music with Kris	Keys and coffee Friday Movie: <i>The Sting</i> Cribbage
25	26	27	28	29
Monday Movie: <i>Beethoven</i> Bridge	Tax with AARP Mahjong Bingo Mandarin Group	Book Club Spanish Group Knitting Group GOT Groceries Mahjong Pinochle	Current Events Music with Kris	Keys and coffee Friday Movie: <i>Stand by Me</i> Cribbage

Group Fitness Schedule

Helen will be teaching the Lifetime Fitness and Active & Fit 20/20/20 classes on Friday, March 1st and 15th.

9:00 am: Lifetime Fitness - Whole Body Beginner Chair Exercise
 10:00 am: Active & Fit 20/20/20 - Upper, Core, and Lower Body Routine

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Lifetime Fitness In Person/ Virtual Roya	9:30 am Fun with Fitness Virtual Vicky	8:30 am Non-Traditional Mat Pilates In Person Fran	9:30 am Fun with Fitness Virtual Vicky	9:30 am Walk & Be Fit Virtual Vicky
9:45 am Tai Chi for Balance Virtual Jason	10:30 am Strong for Life In Person Stanford Health Care F/CH - R	9:00 am Lifetime Fitness In Person /Virtual Roya	10:00 am Qi Gong In Person Jiin	
10:00 am Active & Fit 20/20/20 In Person/Virtual Roya	12:00 pm Tai Chi for Balance In Person Jason	9:45 am Tai Chi for Balance Virtual Jason	11:15 am Chair Yoga In Person Jiin	
	12:15 pm Line Dance In Person Evelyn	10:00 am Active & Fit 20/20/20 In Person/Virtual Roya	10:45 am Strong for Life In Person Stanford Health Care F/CH - R	
		11:15 am Moving Strong In Person Jenni	12:00 pm Tai Chi for Balance In Person Jason	
<u>Class Experience</u> In Person - <i>in person only</i> Virtual - <i>virtual via PVI</i> <i>Mindbody portal</i> In Person/Virtual - <i>in person or virtually</i>		3:00 pm Taiquan Tai Chi In Person Lisette		<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

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

Strong for Life

**Community Health Partnership with Stanford
 Adult Aging Services**

In Person
Tuesdays at 10:30am
Thursdays at 10:45am

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



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

March Gym Hours:

February 26 - March 8

Monday & Wednesday:
 9:00 AM - 2:30 PM

Tuesday, Thursday, & Friday:
 9:00 AM - 12:00 PM

Extended Hours Starting March 11

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



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 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
30-Minute One-on-One Session Packages	\$46.00	\$195.00	\$350.00	\$52.00	\$218.00	\$400.00
60-Minute One-on-One Session Packages	\$80.00	\$375.00	\$680.00	\$85.00	\$400.00	\$750.00

BINGO

Tuesdays

1:30pm - 2:45pm

Free for members

\$5 for non-members

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.

Afternoon Tea

Monday, March 18th

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.

Social Games / Interactive Play

- Mahjong, Bridge, Cribbage, Canasta, Pinochle
- Table Tennis, Billiards, Cornhole

Mondays - Fridays

8:00am to 4:00pm

Free for 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.

Keys & Coffee

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.

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.

Waffle Wednesday

March 13th

9:30 AM

Free for members

\$5 for non-members

Indulge in the delightful tradition of Waffle Wednesday with us! Join for a morning of delicious waffles, good company, and a midweek treat that's sure to sweeten your day.

Distinguished Lecture Series Costa Rica & Nicaragua –

Friday, March 8th

11:00am

\$10 members

\$15 for non-members

Join Rick Deutsch for a special lecture on Costa Rica & Nicaragua. With active volcanoes, rain forests, white sand beaches and the most diverse flora and fauna, Costa Rica is as close to ancient earth as we can get. Learn why it has become the #1 adventure vacation destination. Zip lines, canopy walks and waterfall rappels are just a sample of the diverse activities available. From hummingbirds, migrating butterflies and the Howler Monkeys, Costa Rica is a biologic wonder. Nicaragua has the 2nd largest Central American rainforest. It is a safe country, but among the poorest in the Americas. A string of dictators has held the country back from economic growth.

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...”

Last session on March 7th

Free for 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 12:00pm

Free for members

\$5 for non-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.

March 6 Hula
by Jasmine Iolani Hakes

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 or call (650)326-2025.



Let's Go To the Movies



Monday Movies

March 4:

The Boy Who Harnessed the Wind (2019)

A 13-year-old boy is thrown out of the school he loves when his family can no longer afford the fees. He sneaks into the library and learns how to build a windmill to save his village from a famine.

March 11:

F.T.A. (1972)

This documentary follows the 1972 tour of the theatrical troupe Free Theater Associates as they perform in various locations around the Pacific Islands. Led by a handful of socially conscious performers that includes actors Jane Fonda and Donald Sutherland, comedian Paul Mooney and folksinger Len Chandler, the group collectively protests the Vietnam War via humorous skits, sing-alongs, dramatic readings and first-person testimonials from a number of military veterans.

March 18:

The Electric Horseman (1979)

A former champion rodeo rider is reduced to using his saddle skills to promote a breakfast cereal in a gaudy Las Vegas show. When he's asked to perform with a \$12 million horse that he discovers is being doped to remain docile, he flees into the desert astride the beast in an act of defiance. A story-hungry female reporter gives chase. Includes actors Jane Fonda, Robert Redford, & Willie Nelson.

March 25:

Beethoven (1992)

A slobbering St. Bernard becomes the center of attention for a loving family, but must contend with a dog-napping veterinarian and his henchmen.

Mondays and Fridays

1:00pm

Free for members

\$5.00 for non-members

*Enjoy a matinee movie with popcorn and friends!
Have a movie suggestion? Let us know!*

Friday Movies - Comedy

March 1:

The Man Who Knew Too Little (1997)

Wallace Ritchie is mistaken for a spy and must stop a plot to assassinate international leaders at a banquet.

March 8:

Foul Play (1978)

A San Francisco librarian picks up a hitchhiker whose car has broken down, which leads to her being stalked and hunted by shady individuals. A cop she briefly met during a function eventually comes to her rescue.

March 15:

That Old Feeling (1997)

A bride's divorced parents find their old feelings for each other during the wedding reception and over the course of the next few days upsetting the newlywed's honeymoon.

March 22:

The Sting (1973)

Two con men team up to avenge the murder of a mutual friend by pulling off the ultimate big con and swindling a mobster.

March 29:

Stand by Me (1986)

Over a long holiday weekend in 1959, four boys who are inseparable friends set out to find a dead body deep in the woods that they've heard rumors about. Wil Wheaton, River Phoenix and Kiefer Sutherland star in this classic drama.



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

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

Coffee with Caregivers

Tuesday, March 12, 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!

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Menu is subject to change				Jerk Chicken, Coconut Rice, Caribbean Style Blend. Special of the day
4	5	6	7	8
Mac and Cheese, Broccoli Special of the day	Chicken Teriyaki, Ginger Rice, Edamame Special of the day	Pork Loin w/gravy, Herb Roasted Potato, Brussel Sprouts Special of the day	Fish and chips, peas Special of the day	Greek Chicken, Turmeric Rice, Spinach Special of the day
11	12	13	14	15
Chana Masala, Spinach Special of the day	Swedish Meatballs, Mashed Potato, Green Beans Special of the day	Chicken Curry Rice, Broccoli Special of the day	Sausage and potato Obrienne, Succotash Special of the day	LH CAFE CLOSED FOR ST. PATRICKS DAY LUNCHEON
18	19	20	21	22
Meatball Marinara, Spaghetti, Mixed Vegetable Special of the day	Chicken Cordon Bleu, Mashed Potatoes, Green Beans Special of the day	Sweet & Sour Meatballs, Rice, Vegetable Blend Special of the day	Beef Bolognese, Pasta, Mixed Vegetables Special of the day	Beef Bourguignon, Potato, Peas Special of the day
25	26	27	28	29
Mac and Cheese, Broccoli Special of the day	Chicken Fajitas, Spanish Rice, Mixed Peppers Special of the day	Brazilian Fish Stew w/ Garbanzo, Peas and Carrots Special of the day	Chicken Teriyaki, Rice, Edamame Special of the day	Beef Ravioli w/ Marinara, Italian Mixed Vegetable 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 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.

Where do I pick up my groceries?

Call 650-326-2025 to confirm pick up location.



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



Ride PVI

On-demand, Concierge Ride Service

RIDE PVI is your convenient and dependable concierge transportation service. One call to our helpful, friendly ride coordinator gets you a Lyft or Uber driver to your home within minutes of your call (no smartphone needed). Your daily errands and essential appointments are now easy to get to, with the added security of knowing your rides are monitored from beginning to end.



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 **650-272-5006**. 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 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

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 Tutors/Mandarin Chinese Tutors/Spanish Tutors: Days and times vary.

Little House Movie Assistant: Movie set up/Make popcorn-Every Monday and Friday from 12:30pm-3:00pm

BINGO Assistant: Call numbers during game-Tuesdays from 1:30pm-3:00pm

Guest Services/Little shop attendants: Reception desk or store attendant- hours vary

Little House Café: Server Plater, Cashier. Mon-Fri 11:15-1:30pm

Musician: Volunteer to perform at Little House Keys & Coffee on Fridays from 10:30-11:30am. 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. Schedule varies, check availability.

Interested in Volunteering with PVI?

Please contact Idrina Sims, Volunteer Coordinator

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



Stephanie's Recipe: Farro & Bean Salad

Ingredients:

1.5 cups cooked cannellini or 1 can drained and rinsed well under cool water
2 cups cooked Farro
1 red bell pepper diced
1/4 cup pitted and chopped kalamata olives
1 cup chopped; loosely packed fresh parsley
1 cup chopped; loosely packed fresh mint
Zest of 1 lemon
1/4 cup fresh squeezed lemon juice
1/4 extra virgin olive oil
1/2 tsp sea salt
2 ounces crumbled feta (optional)



Assembly:

Put all of the ingredients in a bowl, reserving the feta cheese until ready to serve, and toss to incorporate all ingredients. Refrigerate for at least 1 hour letting the flavors blend together.

Salad can be made ahead and stored in the refrigerator for 5 to 7 days. Farro is a hardy grain and can be cooked and then frozen for a quick defrost and serve. Making it a great compliment to any meal or added into soups for a little extra depth.

Health Highlights:

Cannellini Beans loaded with fiber, folate iron and magnesium. A 1/4 cup serving contains 11 grams of protein. Bean consumption has been associated with lower risk of some cancers, improved blood sugar management, and reduced inflammation.

Farro is a grain lower in gluten than other complementary grains. Loaded with protein and fiber, along with magnesium, zinc and a host of B vitamins. Farro contains a wide range of healthy antioxidants which in observational studies suggest that long term consumption of diets rich plant polyphenols can protect against some cancers, heart disease, diabetes, osteoporosis, and neurodegenerative diseases.

Fresh herbs such as parsley and mint support digestion, improved blood flow and detoxification pathways as well as support reduced inflammation. Enjoy your herbs!

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





PVI Program Guide

Advertising Rates

PVI PROGRAM GUIDE COLOR DISPLAY AD SPECS RATES ARE PER ISSUE All ads printed in color (if provided in color)	MONTHLY RATES		
	Month to Month Price	6+ Months Prepaid Price	12+ Months Prepaid Price
INSIDE PLACEMENT			
QUARTER: 3.75" wide X 5.0" tall	\$45	\$35	\$30
HALF HORIZONTAL: 7.5" wide X 5.0" tall	\$75	\$65	\$55
FULL: 7.5" wide X 10.0" tall	\$100	\$90	\$80
INSIDE COVER PLACEMENT (contact for availability)			
QUARTER: 3.75" wide X 5.0" tall	\$60	\$50	\$45
HALF HORIZONTAL: 7.5" wide X 5.0" tall	\$100	\$90	\$80
OUTSIDE BACK COVER PLACEMENT (contact for availability)			
QUARTER: 3.75" wide X 5.0" tall	\$75	\$65	\$55
HALF HORIZONTAL: 7.5" wide X 5.0" tall	\$120	\$110	\$100

Please contact Artemis Rong if you are interested in advertising in the monthly PVI program guide.
Arong@1pvi.org

800 Middle Ave • Menlo Park, CA 94025 • 650-326-2025 • www.1pvi.org



Follow us



PeninsulaVolunteersInc



facebook.com/PeninsulaVolunteers



WWW.1PVI.ORG