

The West Valley OUTLOOK

a vision for our Age Friendly communities



JANUARY
Vol. 2024, Issue 01

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Empowering diverse minds: College of Adaptive Arts' trailblazing journey

By Tylor Taylor

Something extraordinary is unfolding at West Valley College, where the College of Adaptive Arts (CAA), a pioneering private nonprofit college, is redefining educational opportunities for people with intellectual and developmental disabilities.

Founded by Dr. Pamela Lindsay and her co-founder DeAnna Pursai in 2009, who share a deeply personal connection to their mission, CAA is celebrating 15 years of transforming lives, two of which have been spent on the campus of West Valley College.

Dr. Lindsay's journey began with her daughter, diagnosed with high-functioning autism, and Pursai's sister, who has



College of Adaptive Arts co-founder Dr. Pamela Lindsay (left) is honored at the AARP Purpose Prize Awards.

Photo by Stephen Voss

see **ADAPTIVE** pg. 3

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History Club of Los Gatos to hold 'Open House,' welcoming community

By the History Club of Los Gatos

For the first time since the pandemic, the History Club of Los Gatos is opening its doors to the community for an opportunity to see what's new at the 127 year old philanthropic organization.

The event takes place from 7-9p.m. on Thursday, January 25, at the History Club's Clubhouse located at 123 Los Gatos Boulevard, Los Gatos.

The focus of the Club has been to support women and children throughout Santa Clara County, and in recent times has helped local organizations including Cancer CAREPoint, the Bill Wilson Center, Pacific Clinics, Good Karma Bikes, SJSU Spartan Food Pantry, Next Door Solutions to Domestic Violence and Heritage Home. Support comes in the form of monetary donations and through hands-on volunteering from History Club members dedicated

to making a positive difference through their membership of the Club.

The History Club was an idea conceived by Elizabeth Urquhart, and started as a small group of just 5 women in 1897. Over the past 127 years, the Club has evolved and grown, but the consistent characteristic of women working together to achieve great things has endured. The founders of the Club were ahead of their time, determined to have independence, stability, and financial autonomy for the Club at a time when women had no right to vote and were typically expected to work only in the home looking after their husbands and families.

Their desire to build and own a dedicated Clubhouse to accommodate the growing number of women who wanted to be part of the Club required hard work to raise funds.



Community • Social • Philanthropy

Members were determined that they would not rely on the wealth of their husbands to achieve this. Although they could legally own property, they were not able at that time to secure financing or a mortgage, so they embarked on a fundraising campaign including growing and selling produce in local orchards and collecting dues of 50 cents per month from each member.

In 1908, the site of the

see **HISTORY** pg. 3

MARTIN LUTHER KING JR. DAY

SASCC & RYDE Operations will be closed on Monday, Jan. 15, 2024 in observance of Martin Luther King Day

Stay informed - January/February

City of Saratoga and Town of Los Gatos Council, Commission & Committee Meetings

Meeting places, Zoom links and call-in information are contained in each respective meeting agenda. Agendas are typically uploaded the Friday before the respective meeting. Please note, all council, commission, and committee meetings are subject to change or cancellation. Check the meeting links prior to each meeting or call your local town clerk for questions. Los Gatos Town Clerk's office: 408-354-6834 / Saratoga City Clerk's office: 408-868-1216



LOS GATOS

Development Review Committee: Jan. 16, 23, 30, Feb. 6, 10 a.m.
View agenda and meeting info at www.losgatosca.gov/188/Development-Review-Committee

Town Council: Jan. 16, Feb. 6, 7 p.m.
View agenda and meeting info at www.losgatosca.gov/16/Town-Council

Housing Element Advisory Board: Jan. 18, Feb. 1, 7-10 p.m.
View agenda and meeting info at www.losgatosca.gov/1735/General-Plan---Housing-Element

Council Policy Committee: Jan. 23, 5 p.m.
View agenda and meeting info at www.losgatosca.gov/1962/Town-Council-Policy-Committee

Historic Preservation Committee: Jan. 24, 4 p.m.
View agenda and meeting info at www.losgatosca.gov/190/Historic-Preservation

Planning Commission: Jan. 24, 7-11:30 p.m.
View agenda and meeting info at www.losgatosca.gov/189/Planning-Commission

Complete Streets and Transportation Commission: Feb. 8, 7:30 a.m.
View agenda and meeting info at www.losgatosca.gov/2555/Complete-Streets-Transportation-Commissi



SARATOGA

Public Art Commission: Jan. 15, 6:30-8:30 p.m.
View agenda and meeting info at www.saratoga.ca.us/510/Public-Art-Commission

PEBTAC (Trails Advisory Committee): Jan. 16, 4-5 p.m.
View agenda and meeting info at www.saratoga.ca.us/350/PEBTAC-Trails-Advisory-Committee

City Council: Jan. 17, Feb. 7, 7 p.m.
View agenda meeting info at www.saratoga.ca.us/241/City-Council

Youth Commission: Jan. 23, 7-9 p.m.
View agenda and meeting info at www.saratoga.ca.us/337/Youth-Commission

Library & Public Art Commission: Feb. 12, 7-9 p.m.
View agenda and meeting info at www.saratoga.ca.us/330/Library-Commission

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Saratoga History: Olives grown in Saratoga

By the Saratoga Historical Foundation
In 1882, Massachusetts attorney Edward E. Goodrich purchased an 80-acre olive orchard— originally planted by early Spanish settlers—in the El Quito neighborhood. He spent four years in Europe learning the details of the olive industry. Upon his return, he improved the orchard by planting 50,000 new trees, and building a processing room, where olives were ground up then pressed for oil. His El Quito Olive Oil Co. sold pickled olives and olive oil in ornamental bottles. It won awards at California fairs and in the New Orleans Exposition of 1895. Since American olive oil was required to be 100 percent pure, but foreign producers could add less expensive cottonseed oil, the olive industry never flourished here. Some olive trees from this orchard were transplanted to Treasure Island for the 1939-40 World's Fair for the California exposition. Since olive trees can thrive for thousands of years, some trees probably still exist in the El Quito neighborhood.



This point of interest marker is located at the corner of Quito Road and Paseo Olivos.
Photo courtesy of the Saratoga Historical Foundation



Los Gatos History: Crall's Bookstore

By the Town of Los Gatos
Mr. Crall standing in his store, Crall's Bookstore, on Main Street in 1910. On the right is the "loan library" where books rented for 10 cents a week. The post cards on the left included Los Gatos scenes and books for sale included local writers Ruth Comfort Mitchell of Los Gatos and Charles and Kathleen Norris from Saratoga.

Photo courtesy of Town of Los Gatos

Outlook Disclosure:

Successful Aging Solutions & Community Consulting (SASCC) is a registered 501(c)(3) nonprofit organization, founded in Saratoga in 1979. The Outlook is our monthly publication. We are funded by a mixture of income from services, donations, and grants from community foundations and governmental bodies. The Outlook is distributed monthly to every home in Saratoga and Los Gatos. Our publication, like our organization, is nonpartisan and strives to provide an equal voice to all in the communities we serve. We allow submissions from a variety of entities and individuals. Opinions expressed in The Outlook are not necessarily a reflection of the opinions or mission of SASCC. The views contained herein are intended to be reflective of our community, therefore we encourage all feedback and comments from our readers. We take all feedback seriously and will always do our best to incorporate it into our finished product. To submit feedback or questions to our team, please email outlook@sascc.org. Thank you for reading The Outlook!

AARP honors Saratoga's Dr. Pamela Lindsay

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ADAPTIVE, pg. 1

Down syndrome. Together, they embarked on a mission to fill the void in post-secondary education for individuals like their loved ones.

"Our vision was to create a platform where adults with intellectual and developmental disabilities could continue to grow, learn, and contribute meaningfully to society," Dr. Lindsay said.

Their innovative model, which emphasizes lifelong learning, includes 10 schools of study and caters to a wide age range, with the oldest student being 74 years old. This inclusivity is a testament to the college's commitment to offering educational equity across all stages of life.

In recognition of the college's groundbreaking work, Lindsay recently received the Purpose Prize from the AARP, a fitting tribute to an institution that mirrors AARP's own aspirations—advancing health, wellness, and a life of purpose and fulfillment regardless of ability.

"This award is not just a recognition; it's a platform to increase awareness about our unique college," said Lindsay. "It reinforces the importance of giving everyone the opportunity to find and maintain purpose throughout their lives."

However, the journey to establish and grow CAA has not been without challenges. From humble beginnings in diverse locales—a dance studio and a church—CAA eventually found a stable home at West Valley College, thanks to the support of former college President Stephanie Kashima and West Valley-Mission Community College District Chancellor Brad Davis. This partnership has been crucial in providing the students of CAA with a sense of belonging and acceptance in the broader educational community.

The college's growth extends into workforce development, with a new program funded partly by a grant from Santa Clara County Supervisor Joe Simitian. Under this program, CAA's graduates find themselves in roles that transcend traditional boundaries, their unique abilities becoming their



Award recipients pose for a group photo on stage.

Photo by Stephen Voss

strength and banner.

"Our students are not just qualified," Lindsay said. "They are uniquely equipped to excel in these roles."

As CAA enters its 15th year, its aspirations continue to grow. Its wish list includes proper funding for current operations and expansion goals, increased

community visibility for its students, and the development of CAA SAELL, a lighthouse of resources in special adult education and lifelong learning.

The College of Adaptive Arts stands as a beacon of hope and a testament to the power of inclusive education. By recognizing and nurturing the

diverse abilities of its students, CAA is not only changing lives but also reshaping understanding of education's potential.

To learn more about the College of Adaptive Arts, visit collegeofadaptivearts.org.

Give a bear to a child fighting cancer

By Gay Crawford

When the American Cancer Society told Pam Dunnett, chair of the American Cancer Society's Courageous Kids Day, that there were 200 adorable bears in storage, Pam immediately turned the bears into a way to support pediatric cancer research.

"We know that not all the kids undergoing treatment get a chance to attend the Mother's Day Courageous Kids event at

Great America," Dunnett said. "So the idea behind the bears was not only to raise money for pediatric cancer research, but to reach the children that are in treatment at hospitals and care facilities."

Dunnett reached out to her neighbors, friends and the Courageous Kids committee to be sponsors, including Tami Shepherd who raised \$5,000.

"But we need more \$100 sponsors," Dunnett said. Individuals or companies are invited to sponsor an adorable

bear. With every \$100, another bear gets delivered to a child undergoing treatment.

For more information to sponsor a bear or be involved in the American Cancer Society's Courageous Kids Day, contact Gabby Cullen at gabby.cullen@cancer.org. A video of the 2023 event is available at tinyurl.com/56jwby46.



Top: Pam Dunnett's trunk on the way to Ronald McDonald House.

Far left—Left to right: Jennifer Friess, Tracy Nobles, Tami Shepherd and Cathy DuBridg. Shepherd, a Saratoga resident, raised over \$5,000 for the bear campaign through running the Half Moon Bay half marathon.

Left: Pam Dunnett, Saratoga, co-chair of the American Cancer Society Courageous Kids Day delivers bears to Lucile Packard kids in treatment.

All photos provided by Gay Crawford



127 years of dedicated community service & still going

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HISTORY, pg. 1

original Clubhouse on Los Gatos Boulevard (rebuilt in the 1950s), was legally owned by the History Club and is still the hub around which its philanthropic works and social

events occur.

That original characteristic of women supporting other women to benefit our local community sustains to this day, and there is a pride felt among members for the remarkable history and all The Club has achieved under the 74

presidents who have served.

Everyone is welcome to join us at our Open House event on January 25 to discover our history, how we've evolved, meet our members, tour our beautiful Clubhouse, and see what makes the History Club such a special part of our community.

Join the History Club of Los Gatos—a women's philanthropic and social organization since 1897—for its Open House on Thursday January 25 from 7-9 p.m. at 123 Los Gatos Blvd. Hot cider and refreshments will be served. Feel free to bring a friend!

RSVP by January 18 to LGHCopenhouse@gmail.com. Visit historyclubblogatos.org to learn more.

News briefs

Saratoga



Discuss the world at Great Decisions

Great Decisions is America's largest discussion program on world affairs. This program model includes reading the Great Decisions Briefing Book, watching the video series and meeting in a discussion group to discuss the most critical issues facing America today.

You are invited to join a local group at the Saratoga Senior Center Friday mornings in 2024. Topics are:

- Feb 2: Mideast Realignment
- Feb 16: Climate Technology and competition
- March 1: Science across borders
- March 15: US China Trade Policy
- April 5: NATO's Future
- April 19: Understanding Indonesia
- May 3: High Seas Treaty
- May 17: Pandemic Preparedness

For further information on the topics, visit foreignpolicyassociation.com. To register and purchase your briefing book, send a \$40 check to Todd White at 15559 Union Ave. Los Gatos, 95032. Questions? Call Ginger Good at 408-866-1331.

Saratoga Symphony concert, "Mists and Sunlight," January 21

Enjoy the Saratoga Symphony's free classical music orchestra concert on January 21. Featuring beautiful melodies and exciting rhythms by French and German composers, the entertaining Romantic Music Period is represented in the program pieces. This performance includes music for two ballets, plus two pieces inspired by a famous 1898 Swiss painting. Conductor Dr. Jason Klein talks to the audience about each program piece before it is performed, adding pleasure and insight to the concert. Find a list of each musical piece at saratogasympphony.org/concerts. The concert will be held at Lincoln Glen Church at 3 p.m. on January 21. The church is located at 2700 Booksin Ave, San Jose, 95125. No tickets or reservation needed. Donations are appreciated.

Los Gatos

Los Gatos Community Police Academy

The Los Gatos-Monte Sereno Police Department is offering its Community Police Academy to the residents of Los Gatos and Monte Sereno from March 7-April 28. The academy seeks to increase understanding between residents and the Police Department, and to build strong relationships within the community. Topics covered include patrol operations, laws of arrest, investigations, records processing, traffic law, communications, defensive tactics, supportive resources and much more.

Students will participate in informative classroom-style presentations as well as practical demonstrations with a variety of Police Department personnel. Instructors are drawn from all areas in the Department. Students meet the Chief of Police, managers, supervisors, patrol officers, detectives, dispatchers and other department employees.

Must be 18 years or older. To apply, visit logatosca.gov/2575/Community-Police-Academy.

For questions, contact Community Outreach Coordinator at communitypdacademy@logatosca.gov or call 408-354-6853.



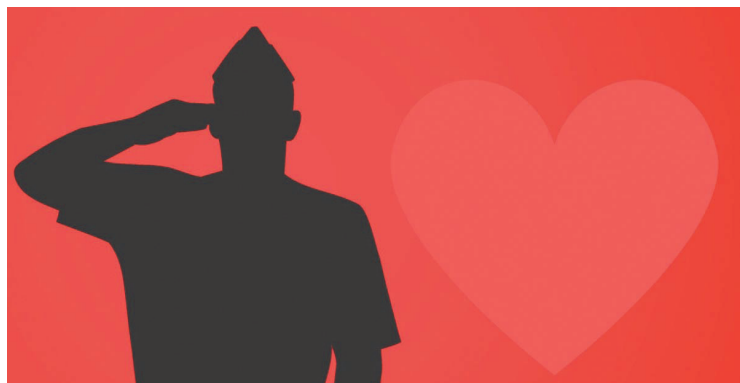
Santa Clara County

Orchard City Chorus welcomes singers of all ages

The Orchard City Chorus is resuming rehearsals on Monday, January 22 at 7:30 p.m., in the choir room at Campbell United Methodist Church, located at 1675 Winchester Blvd, Campbell. A friendly, non-audition, all-age group, the chorus is seeking enthusiastic singers for all sections—soprano, alto, tenor and bass. If you love to sing but don't know which section you'd fit into, the OCCC Musical Director will tell you. You don't need to be able to read music, just pay attention and follow directions. The group takes a social break each session to enjoy snacks and refreshments. For more information, contact OCCC Vice President Bobbie Wright at 408-489-6440. Save the date for the OCCC spring concert on Saturday, June 8, at 7:30 p.m. at the Campbell United Methodist Church.

Educational and informative events for family caregivers

The California Caregiver Resource Centers (CRCs) present educational and informative events to family caregivers. This is a coordinated effort to offer a wide range of free, virtual programs in multiple languages and with topics of interest to family and friend caregivers. These programs are open to all family caregivers. Visit caregivercalifornia.org/event to learn more.



Valentines for Veterans Care writing event

Brighten the day of a veteran! Join AARP California on January 30 for writing and decorating Valentine's Day cards for local veterans. You will also have an opportunity to learn about AARP resources for veterans, ask questions, and connect with other card writing volunteers. You may participate in this event virtually or in-person in San Jose. This hybrid event is free and open to the public. Registration is required and space is limited.

Register for the in person event at 10 a.m. at tinyurl.com/yp7zad2z.

Register for the virtual event at 10:30 a.m. at tinyurl.com/3s6mzahn.



YOUR MESSAGE WILL BE SENT DIRECTLY TO 32,000 HOMES IN SARATOGA, LOS GATOS AND SURROUNDING COMMUNITIES!

NON-PROFIT ORGANIZATIONS WILL RECEIVE A 20% DISCOUNT ON ANY CHOSEN PACKAGE.

FOR MORE INFORMATION, PLEASE CALL OR EMAIL RAJ KAUR AT 408-868-1254 OR RAJ@SASCC.ORG.

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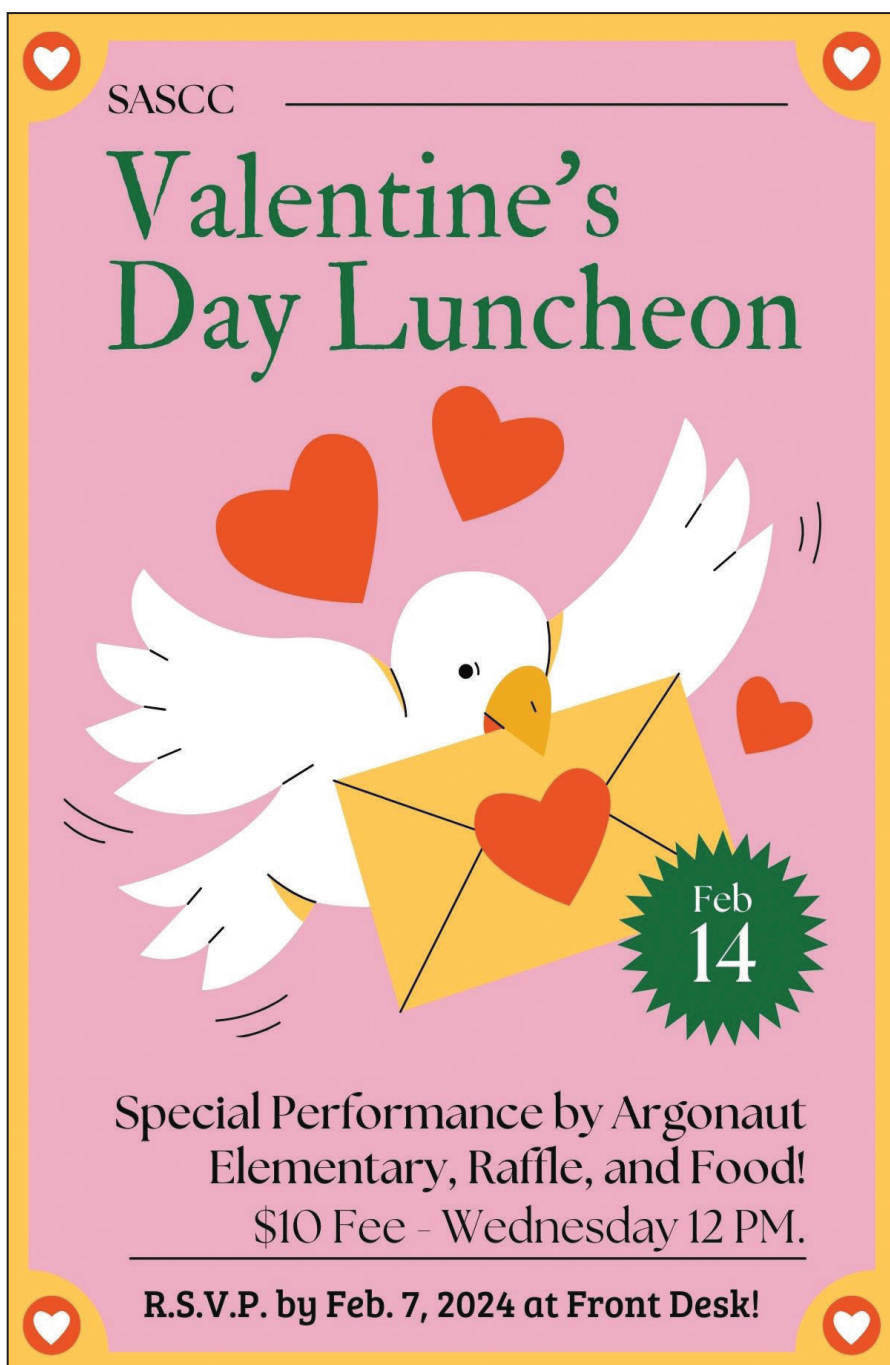


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\$5 per class



SASCC

Valentine's Day Luncheon

Feb 14

Special Performance by Argonaut Elementary, Raffle, and Food!
\$10 Fee - Wednesday 12 PM.

R.S.V.P. by Feb. 7, 2024 at Front Desk!



UCLA

Institute of the Environment and Sustainability



SUPPORT REFORESTATION IN THE CONGO BASIN



Your support for UCLA Environmental Science Students' senior capstone project, in partnership with Cameroonian Forestry Students, will help combat deforestation and support livelihoods in the Congo Basin!



UCLA

Institute of the Environment and Sustainability



WHAT ARE WE DOING?

We are partnering with students at the National Forestry School in Cameroon in order to share knowledge and implement ecosystem rehabilitation techniques in the Congo Basin. This includes...

- Using **Remote Sensing** and **Geographic Information Systems (GIS)** to map and understand the extent of deforestation in Mbalmayo, Cameroon
- **Traveling to Mbalmayo, Cameroon**, in order to implement techniques and cultivate a long-term partnership between UCLA IOES and Cameroonian Forestry students, learning from each other.
- Physically **planting trees** in the Congo Basin with Cameroonian communities
- Understanding and implementing **sustainable urban planning** and **agroforestry** techniques

Students attending the Institute of the Environment and Sustainability, or IOES, organize into problem-solving teams that participate in communities, government agencies, businesses, and non-profits, and strive to act as an agent of change in sustainable environment services.

Turning science into action, students and faculty work together to help create a bright and clean future in the form of air, water, food, people and nature.

Visit www.ioes.ucla.edu to learn more!

Wreaths Across America's mission reverberates through Madronia Cemetery last month



Brigadier General Steven McLaughlin addressing the crowd at the Wreaths Across America event at Madronia Cemetery on December 16.

Photo by Sheeba Garg

By **Lisa Oakley**,
Wreaths Across America
Location Coordinator

On December 16, 2023, the community came together for the fifth year at Madronia Cemetery in Saratoga to celebrate the mission of Wreaths Across America: to Remember the fallen, Honor those who have served, are serving and their families, and to Teach the younger generation the value of freedom. This year, 3 million wreaths were placed at 4,225 participating locations.

It was a beautiful sun-

filled morning when Brigadier General Steven McLaughlin inspired us all with his words of honor for those who have sacrificed so much for our country. As his words reverberated in the quiet of Madronia cemetery, it was a time of contemplation for all those who lost a loved one during a time of war, those who were prisoners of war, the missing in action, those who suffered repercussions of not being welcomed home after Vietnam, and for those loved ones who are still serving as they protect the innocent

and oppressed. John Boyden's bagpipe echoed the sentiment while all who gathered played wreaths at each grave, making sure to say the veterans' names out loud. It's a small gesture of gratitude for our freedom.

The Wreaths Across America Location Coordinators are so incredibly grateful and humbled by all those in our community who care for our veterans. Special thank you to the staff of Madronia Cemetery, the volunteers who came out early in the morning to help unload 87 boxes of wreaths a few days earlier, Successful

Aging Solutions, Santa Clara and Los Gatos Chapters Daughters of the American Revolution, Saratoga Chamber of Commerce, photographer Sheeba Garg and bagpipe player John Boyden.

We are also blessed for the wreath match program which is occurring again this year through January 16. Each wreath purchased will be matched with another wreath for the ceremony in 2024. To donate for 2024 go to wreathscrossamerica.org/CA0450P or use the QR code.



Medicare and Social Security—how they work together

By **Corinne Vita**, *Medicare Advisor*

If you're getting ready to turn 65 and apply for Medicare, you or your spouse have probably spent decades paying Social Security and Medicare taxes. Social Security is meant to replace some of your earnings when you retire. Medicare is our country's health insurance program for people 65+.

Both programs provide valuable benefits to individuals around age 65 but they are separate programs. So, how do they work together?

Medicare and Social Security interact with each other in these ways:

1. Social Security is how seniors sign up for Medicare

You apply for Medicare Part A and B on the Social Security website. You can also go to your local Social Security office. I strongly recommend you create a Social Security account login. You go to www.ssa.gov and create a login. The Social Security website shows you your past earnings, projects your Social Security benefit payments and is how you enroll in Medicare Part A and B.

2. Social Security determines how much you pay for Medicare Part A and B.

Your Medicare Part B premium as well as your Medicare prescription drug coverage premium (Part D) is based on your income. Most people enrolled in Medicare pay the standard monthly premium \$174.70 for 2024.

Social Security uses your most recent federal tax return to determine what's called your modified adjusted gross income. If you have a high income, you will pay more than the standard monthly premium for Medicare Part B and Part D.

If you retire and your income changes from your most recent tax return, you can file a form to report a life change event and request your Medicare Part B and Part D premium to be adjusted. A licensed Medicare agent can help you understand the Medicare income tiers and forms to request adjustments.

3. You can request a replacement Medicare card through your Social Security account.

If you lose your Medicare card, you can request a replacement through Social Security. You'll need a My Social Security account on the www.ssa.gov website.

Once you create your account, you can sign in and select the "Replacement Documents" tab. Then select "Mail my replacement Medicare Card."

You'll get your new card in about 30 days and it will go to the address you have on file with Social Security. You can also update your mailing address in your My Social Security account.

For a temporary Medicare card, you can print one off in your Medicare Account. You can create a Medicare Account at www.medicare.gov If you're not comfortable with technology, you can always call Medicare at 1-800-633-4227 for help.

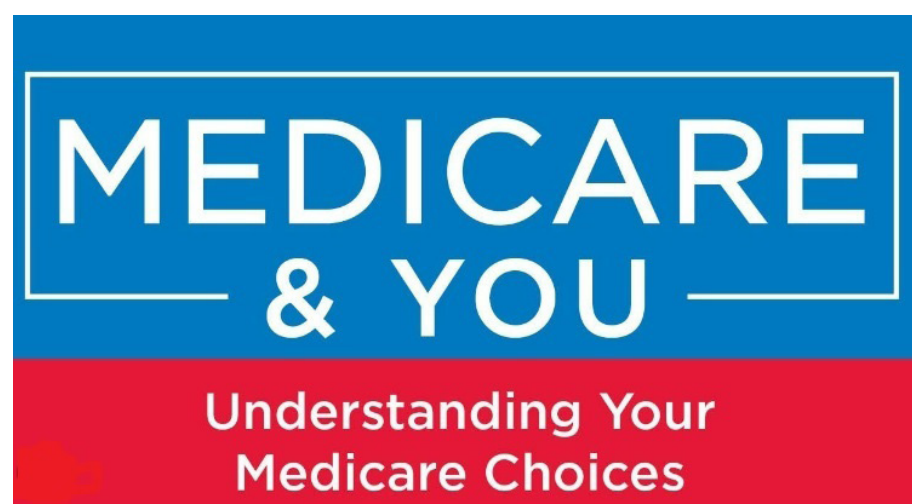
4. Your Medicare premiums can come right out of your Social Security check.

If you are getting Social Security, your Medicare Part B premium can come right out of your Social Security check. If you aren't getting benefits from Social Security, you'll get a bill for your Part B premium.

You can have your Medicare Part D (drug plan) premiums deducted from your Social Security check. If you aren't getting benefits from Social Security, you'll pay your drug plan insurance company the premium.

Conclusion: Social Security and Medicare are two separate programs but they work together in a lot of ways. From enrolling in Medicare to paying your Medicare premiums, Social Security is an important part of Medicare.

If you need Medicare help, please contact me at cvitahelp@gmail.com or 408-621-4422. My services are always free!



Looking back and forward in the West Valley: Let's work together in the new year!

By Joe Simitian,
Santa Clara County Supervisor

January is an apt time to reflect on the year past and what we've been able to achieve, and to look ahead — to what we can do to make it an even better year, for all.

In 2023, our office made real progress on issues we championed related to health care, affordable housing, land use, and education—to the benefit of folks in my district (District Five), and countywide. I'm proud to highlight some of the high-impact initiatives and accomplishments I led this past year, including:

- West Valley Health Clinic: Our efforts to establish a County Health Clinic on the De Anza College campus continued to gain momentum with the completion of preliminary site, design, and cost analyses. The clinic would

be the first in the County's 173-year history located in the West Valley, providing services for the area's 400,000 residents as well as health care and career education for community college students.

- Youth Behavioral Health Crisis Center: The County's first inpatient psychiatric hospital for kids and teens moved from the drawing board to construction, now rising three stories next to the Santa Clara Valley Medical Center. The 207,000 square foot state-of-the-art facility will also offer a major upgrade in mental health services for adults.
- MedAssist Milestone: The County's innovative new program subsidizing the high cost of prescription drugs for qualifying residents diagnosed with diabetes, asthma or severe allergies hit 1,000 enrollees. (Many

more could benefit! Apply online at GetMedAssist.com or call 408-970-2001 for more information.)

- West Valley Teacher Housing: The Santa Clara County Board of Supervisors approved the acquisition of a site in Cupertino for affordable housing for West Valley educators, a project modeled after the first ever County-led teacher housing development, which broke ground in Palo Alto in August.
- Lehigh Cement Plant Closure: The Board of Supervisors signed a binding agreement that permanently shuttered the 84-year-old cement plant in the West Valley foothills. Lehigh's operations, which also include a quarry, racked up more than 2,100 violations and accrued millions of dollars in fines relating to pollution over the past decade. In anticipation of the quarry also ceasing

operations, the County and the City of Cupertino, who share jurisdiction, agreed to work together to ensure that any future development of the site benefits the surrounding community.

- College of Adaptive Arts (CAA): The Board of Supervisors approved a partnership with CAA to train adults with intellectual and developmental disabilities to work as teacher's aides or receptionists. CAA's workforce and apprenticeship program, at West Valley College, focuses on these "non-routine" jobs, which promote leadership opportunities, and help participants develop situational awareness and adaptive thinking skills.

I'm grateful once again for the support of my colleagues on the County Board of Supervisors, and for the many

civic and community partners who make it possible to tackle these and other issues too big for one person, one group, or one city alone.

As I think about the progress of 2023, I'm mindful that so much of the work we do at the County comes to fruition over time. For example, we'll spend the coming year taking next steps to bring comprehensive County health care and affordable housing to West Valley and North County communities in my district, and continue long-range planning for the tremendous opportunity we have with restoration of the Lehigh cement plant and quarry property. On so many fronts, we need to do more and we need to do it faster!

There's much to look forward to in 2024. Wishing you and yours a healthy and joyful new year.

**VOLUNTEER
+ NEEDED +**

Do You Love To Cook?

Assistance League of Los Gatos-Saratoga is looking for volunteers to join us each week, cooking healthy, delicious lunches on Tuesdays and Thursdays for the older participants of the Saratoga Adult Day Care Center.

We have the opportunity to plan the menus, prepare the meals and enjoy serving the participants. It is one of the highlights of their day and a very rewarding, fun and enjoyable experience for volunteers.

You can visit our website for more information about our organization. You can also contact Dru Barth by email for more information about the cooking program and how to join our chapter.

WWW.ALLGS.ORG/
BARTHDRU@GMAIL.COM





**CERT ACADEMY
TRAINING 2024**

Join Your Local CERT Today!

What is CERT?
Community Emergency Response Team (CERT) members prepare, organize and work together as a team to provide essential services to their community during and after a disaster.

Each City has its own organized CERT program. CERTs strengthen neighborhood resiliency and play a vital role in their City's disaster response efforts.

CERT Academy Training
Skills taught include organizing resources, medical operations, basic search & rescue, hazardous materials, terrorism awareness, how to use a fire extinguisher and damage assessment.

Participant Commitment
Participants must attend all in-person and online classes, including participation in the final skills day to receive a CERT course completion certificate.

2024 CERT Academy Schedule
Classes include both **in-person** and **online** evening classes, with a final in-person Saturday skills session and graduation ceremony. **Academy schedules listed on back.**

TO REGISTER : \$35 (includes basic safety equipment)



Coordinator:
Gracie Hernandez,
Sr. CERT Specialist
Phone: 408.341.4425
Email: CERT@sccfd.org



www.sccfd.eventbrite.com

This training course is open to individuals who live or work within the communities served by County Fire: Cupertino, Campbell, Los Gatos, Monte Sereno, Saratoga, Los Altos, Los Altos Hills and the unincorporated surrounding areas.

RESOURCES

SUPPORT

SERVICES

ASSISTANCE



SOCIAL CENTERS

SARATOGA SENIOR CENTER
19655 Allendale Ave
Saratoga, CA 95070
M-F, 10am to 4:30pm / (408) 868-1257
www.sascc.org/social-centers-1

SARATOGA ADULT DAY PROGRAM
19655 Allendale Ave
Saratoga, CA 95070
10am to 3 pm / (408) 868-1254
www.sascc.org/adult-day-program

LOS GATOS ADULT RECREATION CENTER
208 E. Main St
Los Gatos, CA 95030
M-F, 9am to 4pm / (408) 354-1514
<https://www.lgsrecreation.org/55-plus/>

JEWISH COMMUNITY CENTER
14855 Oka Rd, #201
Los Gatos, CA 95032
Visit www.apjcc.org/contact-us/hours-directions/ for hours.
(408) 358-3636

CAMPBELL ADULT CENTER
1 W. Campbell Avenue, Room C-33
Campbell, CA 95008
(408) 866-2146

CUPERTINO SENIOR CENTER
21251 Stevens Creek Blvd
Cupertino, CA 95014
(408) 777-3150

OLDER ADULT SERVICES

RYDE (REACH YOUR DESTINATION EASILY) TRANSPORTATION PROGRAM:
www.sascc.org/ryde-about 408) 892-9739

LIVE OAK NUTRITION CENTER: (408) 354-0707
MEALS ON WHEELS: (408) 461-9870
SOURCEWISE: (408) 350-3200 x 1

SENIOR ADULTS LEGAL ASSISTANCE (SALA): (408) 295-5991
SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized and with dignity.

ADVOCACY PROGRAM (HICAP) - Funded by Sourcewise: Call (408) 350-3200, and select option 2.
HICAP is a FREE volunteer-based program from Sourcewise that assists seniors with Medicare as a supplements to Medicare, long-term care and managed care insurance plans.

VTA ACCESS: Office: 8am to 5pm daily / (408) 321-2380
www.vta.org/go/paratransit#accordion-applying-for-vta-access-paratransit-service



MENTAL HEALTH RESOURCES

NAMI - The National Alliance on Mental Illness (NAMI) offers practical experience, support, education, comfort and understanding to anyone concerned about mental illnesses and their treatment in Santa Clara County. Call from 10 a.m. to 6 p.m. at (408) 453-0400 option 1, or option 4 for after-hour support.

NATIONAL SUICIDE PREVENTION LIFELINE - Provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones. Call the line at 1-800-273-8255 or visit suicidepreventionlifeline.org to learn more.

CASSY - Counseling and Support Services for Youth (CASSY) is a 501(c)(3) nonprofit that partners with Bay Area schools to provide resources and professional, on-campus mental health services to students free of charge, plus staff training on mental health issues, and parent consultations. Learn more at www.cassybayarea.org.

ASIAN AMERICANS FOR COMMUNITY INVOLVEMENT MENTAL HEALTH SERVICES - Founded in 1973, AACI serves individuals and families with cultural humility, sensitivity and respect, advocating for and serving the marginalized and ethnic communities in Santa Clara County.
2400 Moorpark Ave., Suite 300, San Jose, CA 95128 / (408) 975-2730 X204

SOCIETY FOR ADOLESCENT HEALTH AND MEDICINE
Founded in 1968, the Society for Adolescent Health and Medicine (SAHM) is a multidisciplinary organization committed to improving the physical and psychosocial health and well-being of all adolescents through advocacy, clinical care, health promotion, health service delivery, professional development and research. Call 1-888-705-4392 or email info@adolescenthealth.org with any questions.

START YOUR RECOVERY - Provides information for people who are dealing with substance use issues, and their family members, friends, and coworkers too.
startyourrecovery.org/

CAREGIVER SUPPORT GROUPS Offered through Vitas Healthcare
To join, please visit www.vitas.com/family-and-caregiver-support/caregiving/caregiver-support-groups.

MedAssist

No Matter Where, You Get Your Care

Monthly grants are available to offset your high out-of-pocket medication costs for asthma inhalers, diabetes medications, or EpiPens prescriptions.

GRIEVING SUPPORT GROUPS: REMOTE, VIRTUAL, AND ONLINE Offered through Vitas Healthcare
To join, please visit www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups.

To learn more about Vitas Healthcare support groups, please call 888.804.0387.
Closet Bay Area Location is Milpitas VITAS Hospice and Palliative Care Office: 670 N McCarthy Blvd. Suite 220, Milpitas, CA 95035

GUIDANCE

RELIEF

CARE

INFORMATION

COMMUNITY RESOURCES

CALL 211 or visit 211scc.org : Food, Senior Care & Child Care, Counseling, Legal Aid, Housing & more (free, confidential, multi-lingual)

SHRED IT SERVICES

Saratoga Senior Center, Mon.-Fri., 10 a.m.-4 p.m.
\$1 per pound, \$12 per Bankers Box. Call (408) 647-9023 for more info.

SANTA CLARA COUNTY FIRE DEPARTMENT

14700 Winchester Blvd, Los Gatos, CA 95032 / 8 a.m. - 5 p.m. / (408) 378-4010
Emergency Response, Fire Prevention, Education & Preparedness
www.sccfd.org

CASE MANAGEMENT/ HOUSING ASSISTANCE/ EMERGENCY FINANCIAL ASSISTANCE:

EMERGENCY ASSISTANCE NETWORK OF SANTA CLARA COUNTY

1400 Parkmoor Ave., Suite 250
San Jose, CA 95126
(415) 808-4300
www.uwba.org/get-help

FAIR HOUSING LAW PROJECT - *Housing discrimination, mortgage abuse, eviction issues, etc.*

152 N. First St. 3rd Floor
San Jose, CA 95111
(408) 280-2470

HOUSING AUTHORITY OF SANTA CLARA

505 West Julian St., San Jose, CA 95110
(408) 275-8770

WEST VALLEY COMMUNITY SERVICES

10104 Vista Dr., Cupertino, CA 95014
(408) 255-8033



Photo by Hannah Busing on Unsplash

"You can start anew at any given moment. Life is just the passage of time and it's up to you to pass it as you please."

- Charlotte Eriksson



GET YOUR TAXES DONE FOR FREE – AARP TAX-AIDE

THE AARP FOUNDATION TAX-AIDE PROGRAM WILL BE PARTNERING WITH SASCC AGAIN THIS YEAR TO PROVIDE FREE TAX PREPARATION AT THE SARATOGA SENIOR CENTER. AARP TAX-AIDE IS A NATIONWIDE ORGANIZATION OF OVER 25,000 IRS-CERTIFIED VOLUNTEERS. WE HAVE A SPECIAL FOCUS ON TAXPAYERS WHO ARE OVER 50 AND HAVE LOW/MODERATE INCOME. HOWEVER, THE SERVICE IS OPEN AND FREE TO EVERYONE.

THE TAX-AIDE VOLUNTEERS WILL BE ON-SITE AT THE SARATOGA SENIOR CENTER ON **THURSDAYS STARTING FEBRUARY 8, WITH APPOINTMENTS STARTING AT 8:30 AM.** TAXPAYERS WILL BRING THEIR TAX DOCUMENTS TO THE APPOINTMENT.



Free tax assistance for those who need it most

TAX-AIDE VOLUNTEERS WILL PREPARE THE TAX RETURN, REVIEW WITH THE TAXPAYER, AND THEN E-FILE THAT SAME DAY. OUR VOLUNTEERS ARE TRAINED IN MANY AREAS OF TAX LAW, BUT THERE ARE CERTAIN TAX SITUATIONS THAT ARE OUT OF SCOPE FOR OUR SERVICE. **TO MAKE A TAX-AIDE APPOINTMENT AT SARATOGA SENIOR CENTER, PLEASE CALL THE SASCC TEAM AT (408) 868-1257.**

ASK the EXPERT

Dr. Christine Throm, Audiologist
Past President-California
Academy
of Audiology (2018)



Top 5 Hearing Resolutions for 2024

Let's get this year started off right!

Christine Throm, Au.D.

After the hustle and bustle of the holidays (and all of the indulgence!) most of us begin the new year with resolutions to be healthier and more intentional. One thing you may not think of when making your New Year Resolutions is your hearing!

We've compiled a list of five hearing resolutions to make for 2024. Let's get this year started off right!

- **Resolve to prioritize your hearing health – and overall health!** Did you know that hearing health is closely tied to overall health? You're probably already making resolutions to exercise more regularly and eat less processed foods—that's great! These activities are just one more reason to keep that resolution for your hearing!
- **Resolve to exercise your brain!** Did you know that hearing isn't just done with our ears? Our brains actually do most of the work when it comes to hearing. Doing brain exercises like crossword puzzles, or even just having in-depth conversations with great friends, is the perfect way to exercise your brain and keep it active, which will also keep it in tip-top shape for hearing!
- **Resolve to keep your annual hearing screening appointment.** Doing an annual hearing evaluation is the easiest and most effective thing you can do to pro-actively protect your hearing health. Your insurance plan may cover a once-a-year test. It only takes a few minutes of your time, and it is painless. Studies show that people who faithfully keep annual hearing evaluation appointments have better hearing overall. This is because they are catching any hearing loss early and are able to effectively stop the progression of hearing loss using a variety of methods. There is no reason not to do hearing screenings, so book one today!
- **Resolve to protect your future hearing today.** Since most hearing damage is noise-induced, and is cumulative, resolve to always carry earplugs with you wherever you go. You should always plan for events that you know will be noisy, like fireworks shows or loud concerts, but if you make it a habit of always having earplugs with you, you can protect your hearing even in a noisy environment that you didn't expect! Earplugs are very cheap and can be bought at any drugstore, so grab some today and be prepared!
- **Resolve to optimize your hearing, if necessary.** If you have even minimal hearing loss, consider hearing aid options. Hearing aids can help to keep your brain active and prevent further hearing loss, so if you have minor hearing loss, hearing aids are a worthy investment to prevent it from progressing.

If you already have hearing aids, check out the latest options in smart hearing devices—you may be shocked at what the newest hearing aids can do! Your quality of life may be due for an upgrade – so come in today!

We're proud to have served Los Gatos, Saratoga, Campbell, Cupertino, and the entire Bay Area for 50 years! We're here to provide the right solution for Your Life, Your Style.



LGA
Los Gatos Audiology

(408) 673-4052

15899 Los Gatos-Almaden Rd. Suite 8, Los Gatos, CA 95032
(on the corner of National and Los Gatos-Almaden Rd.)

www.LosGatosAudiology.com

Free Community Seminar

Want more information about hearing health?

Dr. Throm is bringing back her acclaimed, medically based, *Listen Up Café* lecture series!



Friday, Jan 19, 2024: Vision and Hearing Loss

Friday, Feb 9, 2024: Hearing with your Heart

Friday, Mar 8, 2024: A Brief History of Hearing Aids

Friday, Apr 12, 2024: Ototoxicity & Sudden

Hearing Loss

(Dates and location subject to change)

We'll have good coffee, light refreshments, and a great discussion—see you there!

Seating is limited for these FREE events.

(Call or email us for a free information sheet if you are unable to attend.)

Please call for time and location information

(408) 673-4052



I Can Only Imagine (2018)

The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.

PG | 1h 50min | Biography, Drama, Family

The Secret: Dare to Dream (2020)

A feature film adaptation of the self-help book, 'The Secret', which focuses on the power of positive thinking.

PG | 1h 47min | Drama, Romance



NOW STREAMING



Fool Me Once (2024)

Widowed mum Mya is disturbed by an image of her late husband captured on her toddler's nanny cam.

TV-MA | TV Series | Crime, Drama, Mystery

Leave the World Behind (2024)

A family's getaway to a luxurious rental home takes an ominous turn when a cyberattack knocks out their devices, and two strangers appear at their door.

R | 2h 18min | Drama, Mystery, Thriller



COMING TO THEATERS NEAR YOU

* Please call theater(s) for most up-to-date info.



The Boys in the Boat

A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.

PG-13 | 2h 3min | Biography, Drama, Sport

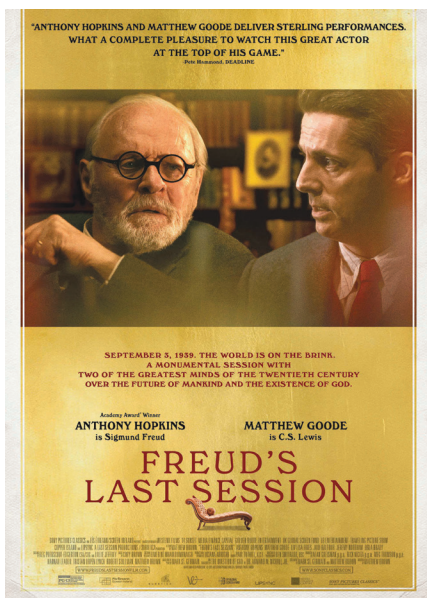
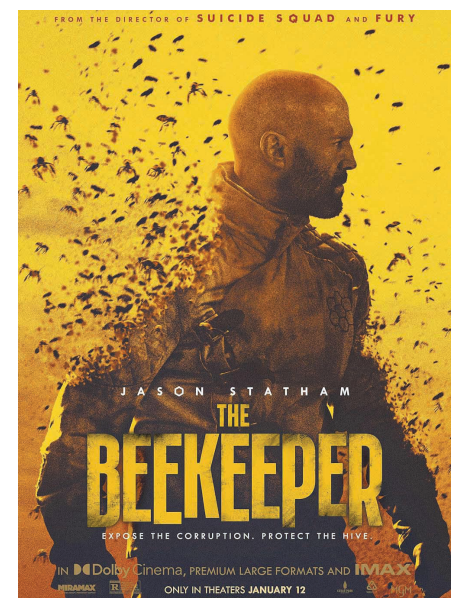
Stars: Joel Edgerton, Callum Turner, Peter Guinness

The Beekeeper

In *The Beekeeper*, one man's brutal campaign for vengeance takes on national stakes after he is revealed to be a former operative of a powerful and clandestine organization known as "Beekeepers". **Releases Jan. 12.**

R | 1h 45min | Action, Thriller

Stars: Jason Statham, Emmy Raver-Lampman, Bobby Naderi



Freud's Last Session

The movie's story sees Freud invite iconic author C.S. Lewis to debate the existence of God. And his unique relationship with his daughter, and Lewis' unconventional relationship with his best friend's mother.

PG-13 | 1h 48min | Drama

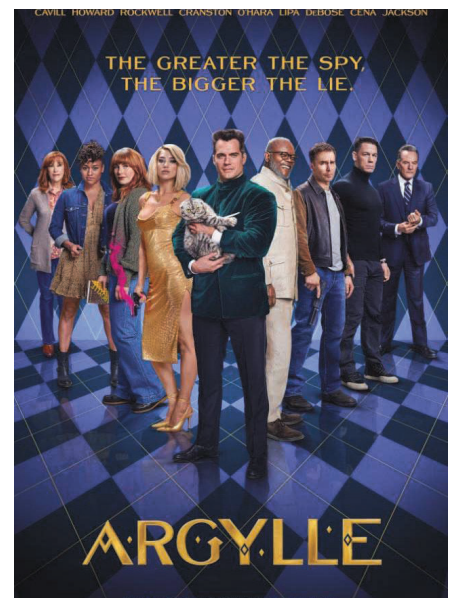
Stars: Anthony Hopkins, Matthew Goode, Jodi Balfour

Argylle

An introverted spy novelist is drawn into the activities of a sinister underground syndicate. **Releases Feb. 2.**

PG-13 | 2h 15min | Action, Thriller

Stars: Sofia Boutella, Catherine O'Hara, Henry Cavill



PRUNEYARD CINEMAS
 (408) 717-4712
 1875 S. Bascom Ave., Campbell, CA 95008
www.pruneyardcinemas.com/

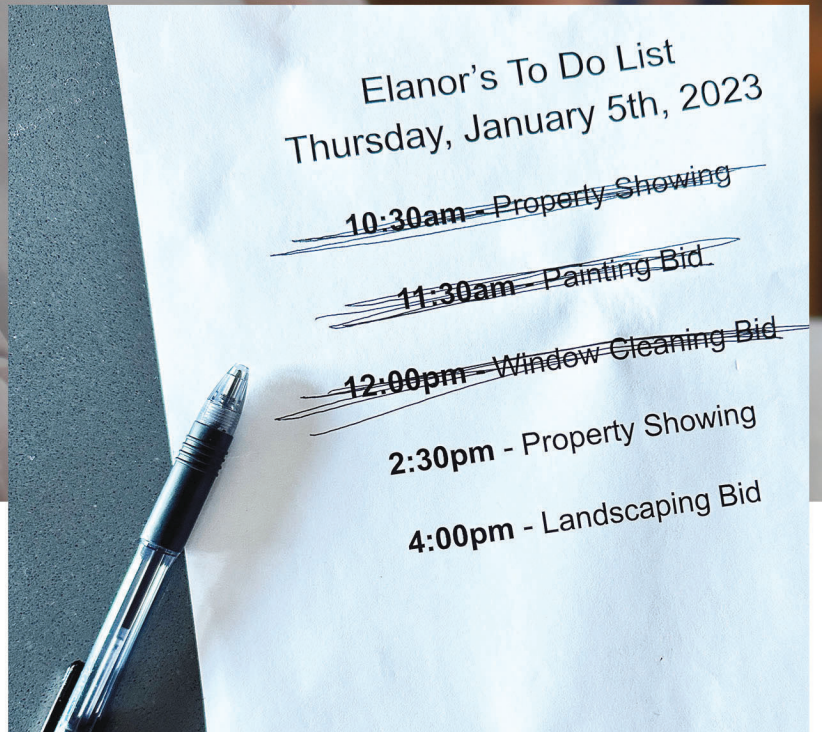
AMC - SARATOGA
 (408) 871-2277
 700 El Paseo De Saratoga, San Jose, CA 95130
www.amctheatres.com/movie-theatres/san-jose/amc-saratoga-14

CINELUX LOS GATOS THEATRE
 (408) 399-9800
 43 N Santa Cruz Ave, Los Gatos, CA 95030
www.cineluxtheatres.com/cinelux-los-gatos-theatre



SELLING A HOUSE CAN BE A DAUNTING TASK,
WE PROVIDE SUPPORT AND ENCOURAGEMENT
THROUGHOUT THE PROCESS.

REAL ESTATE & THE ART OF KINDNESS



Selling a house can be a stressful process, especially for older adults. Our client Elenore was facing this challenge when she decided to sell her two-story house and move into a smaller, single-story home. Upon a recommendation from a friend, Elenore hired Brian and Dan to be her real estate agents.

From the beginning **she trusted us to take care of her and the sale of her home**, but she felt overwhelmed by the amount of information she had to remember and all of the daily tasks she needed to keep track of while we were preparing the house for sale. We quickly realized that Elenore needed to receive the information in smaller bites. Instead of providing her with a comprehensive timeline of all the activities involved in the sale, we decided to print out everything that needed to be done the next day on an 8.5 x 11 sheet of paper in large font.

At the end of each day we would then drive the printed list to Elenore's house so she could easily understand what was on the agenda for the next day and make any necessary arrangements.

This simple change made a big difference for Elenore. She no longer felt overwhelmed by the amount of information she had to remember, and she was able to focus on the tasks at hand - **one day at a time**. The preparation and sale of her house went smoothly, and she was able to move into her new home without any stress.

This story is a reminder that every real estate transaction is unique, and that each client has unique needs. We know it is important for real estate agents to be flexible and adaptable, **and to listen to the individual needs of their clients**. By doing so, we make the selling process less stressful and more enjoyable for everyone



CHRISTIE'S
INTERNATIONAL REAL ESTATE
SERENO
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AND DAN
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