

The West Valley OUTLOOK

a vision for our Age Friendly communities



MAY
Vol. 2023, Issue 05



ANNOUNCEMENTS | P. 2

NEWS BRIEFS | P. 4

CITY MEETINGS | P. 7

FEATURES | P. 6-13

RESOURCES | P. 14-15

ENTERTAINMENT | P. 19

Honoring those who fought for our freedoms, Los Gatos, Saratoga Memorial Day events

By Bianca Sutioso,
Archbishop Mitty
High School

Memorial Day is approaching on May 29, and both Los Gatos and Saratoga have observances to honor this national holiday.

Los Gatos Memorial Park has its annual Memorial Day Celebration on Memorial Day, featuring live music from the San Jose Metropolitan Band at 10 a.m., and speakers beginning at 11 a.m.

Among the speakers are Los Gatos Mayor Maria Ristow and Santa Clara County Supervisor Joe Simitian. American Legion Posts 99 & 809 are

also slated to participate, along with Los Gatos own local scout troops. The Campbell Veterans Memorial Foundation and Wreaths Across America will be present as well, both of which aim to spread awareness and honor the lives of all veterans and support their families.

The event will feature historic rifle volleys and the playing of "Taps," a customary bugle call played at military funerals. A dove will be released as a symbol to honor those who have sacrificed their lives in service of our country. Los Gatos Memorial Park is located at 2255 Los Gatos



Santa Clara County Supervisor Joe Simitian speaks at the 2022 Memorial Day event at Los Gatos Memorial Park.

Photo screenshot from event video

Almaden Rd. in San Jose.

In Saratoga, the Saratoga Foothill Club's annual Memorial Day Observance will also be taking place May 29. Starting at 9:30 a.m. at the Memorial Arch

in downtown Saratoga's Blaney Plaza, the event begins with a procession up Oak Street, eventually leading to Madronia

see HONOR pg. 8

To our valued member/ current resident:

Non-Profit
Organization
U.S. Postage Paid
Permit # 8075
Campbell, CA

Don't forget to like us
on Facebook!
@saratogaseniorcenter1



Yom Ha'Shoah Community Commemoration, remembering the Holocaust

By Anamika Anand,
Saratoga High School

On the evening of April 17, members of the community gathered at Temple Emanu-El in San Jose to commemorate Yom Ha'Shoah, the Jewish memorial day for the Shoah, or the Holocaust. People of all ages, from teens to older adults, came together to remember family members that were part of the six million Jews who perished during that time.

The event was organized by the Cantors and Rabbis Association of Greater San Jose (CRAGSJ) in partnership with several West Valley organizations, including Jewish Family

Services, Jewish Silicon Valley, the Silicon Valley Holocaust Remembrance Association, Congregation Shir Hadash and Yavneh Day School in Los Gatos; Congregation Beth David in Saratoga; plus several other Bay Area organizations: Congregation Sinai, Congregation Emeth and the Jewish Community Relations Council.

The memorial service, around an hour and a half long, consisted of several prayers, choir songs and poems, including "Even When God Is Silent," "The Responsibility of Remembrance," "First They Came" and several others, all printed on paper and distributed to attendees. Everyone recited the

compositions, emitting a feeling of unity, strength and support.

Towards the end of the memorial, families lined up to light a candle to acknowledge the memory of their family members and signify the light of hope and education.

The focus of the memorial was a panel of four speakers: Saratoga resident Sophie Weinzimmer, Sophie Duckett, Ruth Litwin and Los Gatos High School senior Maya Segev. Each spoke about the ways in which antisemitism affects society today and how we can come together to combat it.

see HOLOCAUST pg. 8

Mental Health First Aid: a tool to improve community well-being

By Jarrett Klein,
Mental Health First Aid
Project Manager,
Momentum for Health

What makes people care? Most likely love; we love the people we care for, as they mean so much. Empathy helps too; we care about others when we feel their plight, their pain and suffering. Even with animals, we care, we worry and aim to make suffering better. Humans care about the feelings in their heart, and we care about the planet, we care about our community and everything therein, as so many things impact our well-being. While happiness is on the inside, so much of what impacts

it is on the outside.

Happiness, or the desire to feel content, fulfilled and satisfied, are at the heart of all we do. Meanwhile, another's happiness can impact ours: when we're around joyous people, it's infectious. So, not only do we care about our own well-being, but even by default, we care about others.

The concept of mental health has been around for some time, but the popularized usage of the term is rather new. At the onset of the internet and social media, the term began to take new form: the younger generations used it conversationally, and we had to catch up.

see HEALTH pg. 10

OUTLOOK STAFF

Tylor Taylor
 Publisher and
 Executive Editor
 tylor@sascc.org

Rajvir Kaur
 Outlook Production
 Manager
 raj@sascc.org

Brandy Maddox
 Managing Editor
 brandy@sascc.org

CONTRIBUTING WRITERS:

Bianca Sutioso
Anamika Anand
Jarrett Klein
Maureen Heath
Joni Russell
Dinah Cotton
Corinne Vita

While our team was putting together this edition of The Outlook, it became clear that somewhere along the way, people went totally overboard with the whole "honor-a-month" thing. It used to be, a month dedicated to something was a month dedicated to something. Now, in May alone, there are 33 "National Months" or "Awareness Months."

In this edition, we have highlighted at least three directly, with another couple by default. And don't get started on National Days or Awareness Days! In May alone, there are no less than 219 Days for an average of roughly seven Days per day. There are the staples of Months and Days that we all know, like Jewish American Heritage Month and Memorial Day, but some are, well, questionable.

A quick search will tell you that May is both Brain Cancer Awareness Month and No Mow May. One is to build awareness around a crushing disease, its treatment, signs and symptoms, and support—the other is something that sounds like a lazy spouse's favorite holiday, taking a break from mowing the lawn for an entire month.

May also features both the International Day of Light, and National Sea Monkey Day. Both are observed on May 16, so get your flashlights and sea monkeys ready! The same day, you can also celebrate by firing up the grill for National Barbecue Day, pop a bottle of bubbly for National Mimosa Day, and put a hole in yourself for National Piercing Day. All on May 16!

Where does it end, you ask? It doesn't. You can take your pick all year long. Who's to say whether this is good or bad, useful or dizzying? We'll let readers decide the answers to questions like that. We're just happy to have so many content options for our paper. Don't worry, dear reader. If your favorite Month wasn't covered this time, we'll get to it... Eventually!

- Outlook Editorial Team



The Saratoga Senior Center, Saratoga Adult Care Center, and RYDE will be closed on Monday, May 29, 2023 in honor of Memorial Day

Etminan Market is
HIRING
Store Manager
 FULL TIME

Store Associate
 PART TIME

STORE MANAGER RESPONSIBILITIES:

- Manage the general operation of Deli, Produce, Fruit, Fridge/Freezer, and Gift sections of the store, including by ensuring all sections of the store are properly stocked, pricing is visibly displayed, and all interior and exterior areas are maintained clean at all times.
- Supervise and train store staff, assign tasks, and monitor performance.
- Greet customers, provide product information, and answer customers' questions.
- Create promotional, advertising, and pricing displays as needed.

STORE ASSOCIATE RESPONSIBILITIES

- Maintain Deli, Produce, Fruit, Fridge/Freezer, and Gift sections of the store, including by receiving and stocking merchandise as required, ensuring proper pricing is visibly displayed, checking product date codes to validate proper rotation, stocking shelves, removing and re-arranging merchandise as required, and operating the meat and cheese slicer in the Deli section.
- Clean and maintain sanitation standards in all interior and exterior areas of the store and as directed by management.
- Greet customers and provide customer service.
- Assist customers by loading customers' purchases to their vehicles when requested.
- Set up promotional, advertising, and pricing displays as directed by management.

FOR MORE INFORMATION, STOP BY THE STORE!

**1373 Kooser Road, San Jose
 OR CALL +1 408-622-6778.**

Outlook Disclosure:

The Saratoga Area Senior Coordinating Council (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!

We can, and should, look forward to getting older

By Tylor Taylor,
SASCC Executive Director

In our society it is common for people to prepare for retirement, but most of us don't prepare to get older. If we are fortunate enough to have good parents and mentors, we are told from a young age to prepare by saving money, investing wisely, and making travel plans.

What we often fail to prepare for with intent are the challenges that can accompany aging. Things like loneliness, isolation and the effects of physical and cognitive decline are all issues that we associate with getting older, as if they are a natural part of the aging process that cannot be avoided.

The truth is all these negative effects can be reduced or otherwise mitigated with enough lead time, education and intentional action by individuals, service agencies, institutions and communities. We can, and should, look forward to getting older.

Our social structure has shifted in many ways due to advances in technology. Many older people who struggle with their devices often feel obsolete and out-of-touch. How many times do you visit the Apple Store or see a class at a senior center or library on "how to use your phone," filled with people over the age of 60—led by high school and college students? In days past, the transfer of knowledge and wisdom went from old to young. Children would sit on their grandparents' laps, listening to stories and fables that became woven in the fabric of the people they'd become.

Fast forward to today, and you're lucky if the child puts the phone down for five minutes to give you a smile and a hug! Their friends, schoolwork, entertainment, news—in fact, the entirety of human knowledge, are all contained in a rectangular object that fits into their pocket. The feeling of obsolescence is exacerbated by the unspoken message from young to old, "If you don't know how to use your phone or your computer, what can you

teach me?"

That doesn't mean older people have nothing to offer the youth, quite the opposite, but it takes work to break through the digital wall. Without balance, this dynamic can lead to withdrawal, role confusion, disorientation, hopelessness and a lack of self-worth. This is where preparation, both individual and societal, can make the difference.

These societal shifts may be unavoidable, but we can address them by designing programs, services and community messaging that embrace the idea of making it to our later years. Younger people will benefit from this as much as older people, if not more. Similar to the way our society has moved from funerals to celebrations of life, we can find the positives if we reframe the image in our minds of what it means to get older.

So, how can we prepare for these challenges? Physical exercise, social interaction and mental stimulation can all help to maintain our physical and cognitive abilities. We can also plan by setting up a durable power of attorney, creating an advance directive and establishing a healthcare proxy. These legal documents can ensure that our wishes are respected if we become unable to make decisions for ourselves.

Engaging in lifelong learning becomes especially important for older adults for several reasons. Activities such as taking courses at West Valley College can help keep the brain active, which can reduce the risk of cognitive decline and dementia. It can help older adults stay informed about the latest developments in their field or industry, as well as keep up with new technologies and innovations.

Lifelong learning also provides opportunities for socialization and connection with others who share similar interests, which can help combat loneliness and isolation. Learning new skills and pursuing new interests provides a sense of purpose and personal fulfillment, leading to a better overall quality of life. Adapting to chang-

ing circumstances such as retirement, new hobbies or physical limitations can provide a sense of resilience and self-efficacy.

SASCC is working to ensure that all members of our community have the resources and services they need to live happy, healthy and fulfilling lives along their journey across the age spectrum. We don't believe it should be an individual's sole responsibility to prepare for getting older. If left to our own devices, we wait until it's too late, then dive headfirst down the rabbit hole without a parachute.

That's the scenario many skilled nursing facilities, assisted living communities and other institutional settings bank on. If you haven't already, do a quick search online for the monthly cost for skilled nursing and assisted living in our area—just make sure you're sitting down when you do! Of course, these facilities have their place and time when



Bicyclist smiles for the camera at the SASCC Health Fair 2022. The theme of the event was "Stop the Stigma, Mental Health for All Ages."

Photo by Maria Guldner

needed, but it's all the more reason to actively prepare now. The good news is, you don't have to do it alone.

Service providers like SASCC are partnering with educational institutions like West Valley College to create and nurture the infrastructure necessary to keep our communities thriving well into our later years. Be sure to check out our resource section on pages 14-15 to learn about

the organizations and service providers helping West Valley residents prepare for aging.

In honor of Older Americans Month this May, we wanted to acknowledge the struggles that we face, but also provide a new vision for what's possible.

We'll do our part. Will you do yours?



SANTA CLARA COUNTY PARKS

scclpd







NEIGHBORHOOD NATURALISTS

A beginner's natural history course for adults

New to the area or curious about the natural world in your own backyard? This educational program for adults will introduce participants to the natural history of the Santa Clara Valley with a focus on the Saratoga region's geology, geography, flora, and fauna.

Evening session will take place at Saratoga Library and will include nature journaling, brief lectures and group discussions. Registration required.

SESSION 1
Tuesday, May 23
7:00-8:30PM

SESSION 2
Tuesday, May 30
7:00-8:30PM

SESSION 3
Tuesday, June 6
7:00-8:30PM

SESSION 4
County Park Field Trip
Date/Time TBD



SARATOGA LIBRARY
13650 SARATOGA AVENUE, SARATOGA CA 95070
408.867.6126 | WWW.SCCLD.ORG/EVENTS

News briefs

Saratoga

Sidewalk office hours with County Supervisor Joe Simitian

Join Santa Clara County Supervisor Joe Simitian at his sidewalk office hours, May 13 from 10:30-11:30 a.m. at the Saratoga Farmers' Market at West Valley College. Simitian began hosting sidewalk office hours over 20 years ago as a State Assemblyman to help him stay in touch with constituents. Take the opportunity to ask questions and share your priorities.

Support music education at Saratoga Music Boosters end-of-year concerts

Relish in the rhythms of the Saratoga Music Boosters year-end concerts at McAfee Center, located at 20300 Herriman Ave. Saratoga High School percussion concert is May 17 at 7 p.m., orchestra concert is May 26 at 7 p.m., jazz concert is May 31 at 7 p.m. and choir concert is June 1 at 7 p.m. The Saratoga Union School District band spring concert is May 23 at 7 p.m., strings spring concert is May 24 at 7 p.m. and choir spring concert is June 1, time isto-be-decided. Visit saratogamusicboosters.org for more information.



Apply for a seat on a City of Saratoga commission

Multiple City of Saratoga commissions have vacancies; apply for one and help shape the city! There are open seats on the Heritage Preservation Commission, Library and Community Engagement Commission, Parks and Recreation Commission and Public Art Commission. Visit saratoga.ca.us/331/Vacancies for applications and deadlines.

connect walk SCOOT gather JOG SKATE mini SKIP LOS GATOS PLAY stay

Los Gatos

Shannon Road Pedestrian and Bikeway Improvement Project update

On April 18, Los Gatos Town staff presented construction plans regarding the Shannon Pedestrian and Bikeway Improvement Project, a plan to construct sidewalks and bike lanes on both sides of Shannon Road between Los Gatos Blvd. and Cherry Blossom Lane. The project would involve installation of a new curb, gutter, sidewalk, buffered Class II bike lanes and ADA curb ramps on Shannon Road, plus potential improvements to the storm drainage system. Due to concerns raised about the project, council directed staff to modify the plans to replace the proposed parking with trees and vegetation, add trees where possible, reduce the asphalt buffers shown on the plans and hold a community meeting to discuss the changes with local residents. At this time staff is considering revisions to the design to fulfill the council direction. A community meeting should be scheduled for early June 2023. Visit tinyurl.com/shannonroadlg to learn more.

Live Oak Adult Day Services is reopening! Reception and ribbon cutting to celebrate

On Thursday, June 1, join Live Oak Adult Day Services and Los Gatos Mayor Maria Ristow for the reopening reception and ribbon cutting for Live Oak Adult Day Services, 4-6 p.m. 111 Church Street. Live Oak ADS is a nonprofit that offers a structured day program designed to enhance the lives of less-independent older adults and to provide respite for their caregivers. The center has been newly-renovated and is reopening after a three-year closure due to COVID-19. Light hors d'oeuvres and refreshments will be served.

Chat with County Supervisor Joe Simitian

In the spring and the fall, Santa Clara County Supervisor Joe Simitian holds informal conversations at local farmers' markets in District 5, the area he supervises. District 5 now encompasses Los Gatos. Stop by the Los Gatos Farmers Market June 11 from 9:30-10:30 a.m. to chat with Simitian, ask questions, and share your concerns.

Santa Clara County

Basic home accessibility and low-tech solutions for aging in place

Have you wondered what simple home modifications are possible to improve accessibility and safety for older adults and individuals with disabilities? Have you thought about what low-tech and low-cost assistive devices might make it possible for maintaining your independence as you get older? Join Silicon Valley Independent Living Center's webinar on May 22 at 11 a.m. as they showcase some simple modifications and use of ability tools that can increase mobility, independence and safety in one's home. Register by May 15 at tinyurl.com/aginginplacewebinar.

Senior Safari returns to Happy Hollow Park and Zoo

Happy Hollow Foundation is proud to present the 2023 Senior Safari Kick-off to the six-month series in partnership with Happy Hollow Park & Zoo on May 25 at 9 a.m. This program is designed to help older adults 50+ improve their health, avoid social isolation and enjoy a unique environment that stimulates both mind and body. Senior Safari admission and parking are free and guests are welcome to stay for the day. 2023 dates: May 25, June 22, July 27, August 24, September 28, October 26. Email foundation@happyhollow.org with questions.



Concert about making the world a better place for future generations

Orchard City Community Chorus (OCCC) will be presenting its 2023 Spring Concert, "Be the Change You Want to See in the World," on Friday June 9, at Campbell Methodist Church, located at 1675 Winchester Blvd. in Campbell. The concert features songs that are about making the world a better place for our children and grandchildren. Concert will begin at 7:30 p.m. Tickets are available online at orchardcitychorus.org. Through June 1, tickets are \$20 thereafter, and at the door, ticket price is \$25. Youth under 12 free.



The market is **Hot** and **Now** is the time to **Sell!**
Our Start to Finish Home Prep Program Makes Your Next Move Easy!

Designed specifically for

- Sellers who have too much stuff and don't know where to get started.
- People who are simply overwhelmed by the idea of getting their house ready for sale
- Sellers who own property in the Bay Area but who live out of the area or out of state
- Executors or Trustees of an estate or trust

Don't stress! You don't need to do this alone! Our amazing team of skilled professionals are here to help. We provide the following services:

- Create custom timeline detailing all of the tasks that need to be done in order to get your house ready for market
- Sort, organize, clean and pack all of your personal belongings
- Manage state of the art online estate sale
- Donate items such as furniture, clothing and other items to local charities
- Dispose of anything left over and trash
- Make repairs at the property
- Paint inside and outside
- Install new flooring, refinish or repair old floors
- Refresh old landscaping or install new landscaping
- Coordinate with attorneys, accountants and additional family members to coordinate probate and trust requirements to get the home closed
- Complete all property, termite, roof, chimney inspections so the buyers can see reports before they prepare their offer

In short: Take what you want, give us the keys and we get the house completely ready for market and sold for the highest possible price!



Brian & Mom

Brian Bernasconi

Broker Associate

408.979.1400

bbernasconi@sereno.com

DRE 01363508



Dan & Mom

Dan Rubnitz

Broker Associate

408.859.3671

drubnitz@sereno.com

DRE 01015666

May is Osteoporosis Awareness and Prevention Month

Learn more and get involved:

bonehealthandosteoporosis.org/awareness-month

BHQF
Bone Health & Osteoporosis
FOUNDATION™

The most common bone disease, yet a silent one

By **Maureen Heath**

A few years after my dad passed, my mom decided to downsize to a townhouse. She loved her new neighborhood with lots of trees, nearby shops and a grocery store. When she bought her new place, she didn't think much about the two steps from the dining room to the living room.

But one day, she tripped on the steps and couldn't get up. Afterward, she said it seemed like forever before her sister came by to check on her. She had broken her leg, and after a bone density test, was diagnosed with osteoporosis. For my mom, the fall was life-changing and the beginning of the loss of her independence.

After recovering from her broken leg, she moved to be close to my sister who lived in another state.

She also made the decision to move to an independent living facility. A few years later she had a secondary fracture and gradually her back began to curve with a "hunchback."

As the disease progressed, she lost the bones in her neck and it became harder for her to raise her neck to look at people. She went from being a person who loved to talk to people and engage in activity, to being isolated.

For those with osteoporosis, a minor fall or just sneezing can cause a bone break. Osteoporosis is a thinning of the bones with osteopenia a precursor to the disease. It occurs when the creation of new bones does not keep up with the loss of old bone. A special x-ray, the DEXA scan, tests for bone density. There is concern among health professionals that too few people over the age of 60 are given the

DEXA scan.

Some of the risk factors for the development of the disease include a family history with menopausal women also at a higher risk. Over 80 percent of cases are in women, but men also get the disease.

It has been estimated over 54 million Americans have osteoporosis with approximately 2 million fractures occurring a year. The annual cost for Medicare beneficiaries is approximately \$16 billion dollars. In 2016, it was estimated that California had over 205,000 osteoporotic fractures. I am one such Californian who has osteoporosis and had a bone break.

Osteoporosis has been described as a public health crisis. It is a silent disease with many people unaware they even have it. The most common fracture is to the spine, but fractures are also

common in the wrist or hip. The first break can lead to a decrease in mobility or ability to get around independently, resulting in a diminished quality of life. It is clear there needs to be more public awareness about the disease, more DEXA scan testing and more preventative follow-up care.

After being diagnosed with osteoporosis, it is recommended you engage in weight bearing activities such as walking or jogging and also do some light muscle strengthening exercises. Check with your doctor before starting any exercise program. Other recommendations include eating a bone-healthy diet with lots of fruits and vegetables, and taking calcium and vitamin D3.

The Silicon Valley Healthy Aging Partnership (SVHAP) has a comprehensive Falls Prevention Program. Check out the

website: svhap.org. It is a collaborative effort with government agencies, health providers and community-based organizations working together to reduce the risks of falls among older adults. They offer evidence-based health programs throughout Santa Clara County.

May is Osteoporosis Awareness Prevention Month. Eight states have enacted proclamations or resolutions to raise awareness about osteoporosis. I urge California to be the next state to Proclaim osteoporosis is not part of the normal aging process and that it is essential for steps to be taken to increase preventative care.

For more information and resources, visit the website of the Bone Health & Osteoporosis Foundation: bonehealthandosteoporosis.org.

Stay informed - May/June

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

In-person meetings are beginning to resume, while online Zoom meetings and calling in continues to be an option for community members.

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

General Plan Committee: May 10, 5:30 p.m.

View agenda and meeting info at

www.losgatosca.gov/199/General-Plan-Committee

Complete Streets and Transportation Commission:

May 11, June 8, 7:30 a.m.

View agenda and meeting info at

www.losgatosca.gov/2555/Complete-Streets-Transportation-Commission

Development Review Committee: May 16, 23, 30, June 6, 10 a.m.

View agenda and meeting info at

www.losgatosca.gov/188/Development-Review-Committee

Note: these meetings are often canceled. Please check the webpage for updates.

Town Council: May 16, June 6, 7 p.m.

View agenda and meeting info at www.losgatosca.gov/16/Town-Council

Arts and Culture Commission: May 17, 5 p.m.

View agenda and meeting info at

www.losgatosca.gov/352/Arts-and-Culture-Commission

Housing Element Advisory Board: May 18, June 1, 7 p.m.

View agenda and meeting info at

www.losgatosca.gov/1735/General-Plan---Housing-Element

Council Policy Committee: May 23, 5 p.m.

View agenda and meeting info at

www.losgatosca.gov/1962/Town-Council-Policy-Committee

Community Health and Senior Services Committee: May 23, 5 p.m.

View agenda and meeting info at

www.losgatosca.gov/2398/Community-Senior-Services

Planning Commission: May 24, 7 p.m.

View agenda and meeting info at

www.losgatosca.gov/189/Planning-Commission

Historic Preservation Committee: May 24, 4 p.m.

View agenda and meeting info at

www.losgatosca.gov/190/Historic-Preservation



Saratoga

Planning Commission: May 10, 7 p.m.

View agenda and meeting info at

www.saratoga.ca.us/357/Planning-Commission

Traffic Safety Commission: May 11, 6:30-9:30 p.m.

View agenda and meeting info at

www.saratoga.ca.us/329/Traffic-Safety-Commission

City Council: May 17, June 7, 7 p.m.

View agenda meeting info at

www.saratoga.ca.us/241/City-Council

Public Art Commission: May 22, 7 p.m.

View agenda and meeting info at

www.saratoga.ca.us/510/Public-Art-Commission

Youth Commission: May 23, 7-9 p.m.

View agenda and meeting info at

www.saratoga.ca.us/337/Youth-Commission

CELEBRATE ASIAN PACIFIC
AMERICAN HERITAGE MONTH.
ALL ARE WELCOME.





CLASSICAL GUZHENG PERFORMANCE

SATURDAY
MAY 27, 2023 | 2 PM
SARATOGA LIBRARY



with Hong Tai

13650 SARATOGA AVENUE, SARATOGA, CA 95070

**ADVERTISE
WITH
US**

YOUR MESSAGE WILL BE SENT DIRECTLY
TO 31,000 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.

Holocaust survivor descendants share stories, solutions to antisemitism



Choir sings at the Yom Ha'Shoah community commemoration event at Temple Emanu-El on April 21.

Photo courtesy of Temple Emanu-El

continued from
HOLOCAUST pg. 1

First to speak was Weinzimmer, a second-generation survivor born in a displaced-persons subcamp of the Mauthausen Camp in Steyr, Austria in 1948. She has lived in Saratoga since 1987. Around five years ago, she visited her birthplace and the exact building where her family lived, describing it as a moment of serendipity and the gift of a lifetime.

In her speech, Weinzimmer pointed out that rather than just a religious group, Jews are a people with a culture, history and language. She believes that the national narrative that has become ingrained into people's minds is inaccurate, and that people have more in common than we do

differences. She emphasized the importance of human connection through listening.

"Oftentimes, we're thinking about the next thing we want to say, rather than hearing what the other person wants to express," she said. "We need to practice respectful listening."

Next to speak was Duckett, and also present was her mother, Fannie Grizolez, a 98-year-old Holocaust survivor.

According to Duckett, Grizolez was born in Lublin, Poland, and at age 16, used fake Catholic papers to escape and find a job. She became a nanny and caretaker in a non-Jewish household just outside of Lublin for the family's elderly mother and rescued Jewish child. When the Germans began bombing the area, they

all hid in the hillside until they were rescued by the Russians.

Grizolez used her Catholic papers to work in Warsaw, bringing food into the ghetto. She witnessed mothers flinging their babies over the walls of the ghettos, hoping they would be rescued. Still keeping her identity a secret to be safe, Grizolez married her husband in church, but after the war they were able to have a Jewish wedding.

Duckett was born in 1945 in Warsaw, and in 1947 her family was sponsored to move to France. She faced many hardships growing up in France, one being speaking only German in a country that had just been liberated from German control.

"I learned that my religion was truly a burden and a secret," Duckett said. "I learned to hide my Jewish identity as the country was not only antisemitic but also xenophobic."

In that way, Duckett's life in France sounds similar to her mother's story. Both were forced to hide their true identity and religion in order to ensure their safety. In 1959, their family moved to the U.S., but Duckett found that antisemitism is prevalent here as well.

Litwin was born in

Bergen-Belsen, a camp that was liberated by the British in 1945 and turned into a displaced persons camp with hospitals. They didn't have a sponsor, but with the aid of the Hebrew Immigration Aid Society (HIAS), her family immigrated to Rochester, New York by boat when she was two.

Litwin described this new life as a gift.

"I didn't grow up in a home full of anger and hatred," Litwin said. "It was important to rebuild a new life, and we made it one day at a time."

Later on after getting married, she moved to San Jose.

Litwin pointed out the importance of keeping the stories about the horrors of the war and camps alive, passing them onto future generations. She herself learned her mother's story before she passed away, having her mother write it on a few pages of a notepad.

"You are the future generations, and the stories and memories live on through you," Litwin told the audience. "What we are striving for at this moment is to continue to educate."

The last speaker on the panel was Segev, a fourth generation Holocaust survivor. Her great grandmother was a survivor and used to tell her

that the unimaginable has happened and can happen again.

Segev pointed out the recent, drastic increase of antisemitism in the U.S., especially in schools and colleges. She herself has seen and experienced antisemitism as a Jewish teen, including on social media.

With her grandmother's warning words in mind, Segev said, "Brushing off the jokes or the prejudice or the graffiti is incredibly dangerous, because ignoring what is happening is the first step towards tragedy and allows horrific things to occur."

Segev's goal is to push back against the silence that breeds hatred by speaking up. She is part of the Jewish nonprofit B'nai B'rith Youth Organization Inc., where Jewish teens come together to share their experiences and learn how to combat antisemitism when they witness it.

"Speaking up stops hate from progressing and getting out of control," she said. "With the growing antisemitism in the world today, it's very important to speak up and to make sure that we never repeat the horrific tragedies our ancestors had to go through."

Los Gatos, Saratoga Memorial Day event roundup

continued from
HONOR pg. 1

Cemetery. The cemetery, which holds veterans from as early as the Civil War—when the tradition of Memorial Day itself first originated—has held a storied presence in the city.

The program will begin at Madronia Cemetery at 10 a.m., featuring guest speakers from the community and music from local groups. Boy

Scouts, Girl Scouts, Campfire girls, as well as several other community organizations will also be in attendance, helping to place laurel sprays and flags on veterans' graves.

This upcoming Memorial Day, consider attending a memorial event as a meaningful way to remember the unsung heroes of our country who dedicated their days to protect the freedoms of each and every individual in our community.



Boy Scouts place American flags on veterans' graves at a past Saratoga Memorial Day Observance.

Photo from madroniacemetery.com

The Producers Network at KCAT TV creates media magic and fun times!

By **Joni Russell**,
*KCAT Program and
Engagement Manager*

The Producers Network first arrived on the scene in January of 2022 at KCAT TV & Radio, and the response to this innovative inaugural program has been nothing short of extraordinary.

Geared for the 55+ community, this growing volunteer team of 150+ producers, content creators and avid lifelong learners have brought our local public TV station to life with their enthusiasm, joie de vivre, and passion to explore the magical world of television and media.

The Producers Network (TPN) began thanks to the initial financial support from the Town of Los Gatos, who had a vision that KCAT TV could provide an innovative program

where seniors could thrive by implementing their talents and sharing their impactful stories in bold and imaginative ways. We are bursting with pride at this group's accomplishments as volunteers and content creators, expertly guided by the inspirational and multi-generational KCAT team.

We are now broadcasting 20 episodes of original content and quality programming created by our Producers! Visit kcat.org/producers to watch Seniors' Moment, Feeling Groovy, Sue on the Street, and What's Up Los Gatos; or sign up today to be part of The Producers Network yourself! You too can be a storyteller and create a show or help at KCAT.

Upcoming activities for you:

- **Red Carpet Monthly Watch Parties and Speaker Series:** Join us on May 19 as we preview our latest and greatest TV episodes plus learn what new shows are in the pipeline. Watch parties are a terrific way to get involved, meet new friends and enjoy an afternoon snack. RSVP to joni@kcat.org.
- **A Summer Evening Concert:** Join us with your family and friends on June 29 at 6 p.m. at the beautiful Saratoga Foothill Club for our spectacular fundraising event with world renowned pianist, Matei Varga. Listen to a sneak peek at kcat.org/matei-varga-concert then purchase your tickets for a magical evening.
- **Are you tech (behind-the-scenes) or talent (in front of the camera)?** Join our ongoing in-studio technical and talent training to create your own TV show or podcast. New sessions beginning in June.
- **Volunteer Opportunities in the Community:** Filming events and/or running the popular KCAT photo booth at community events is a perfect way to socialize, look cool with the gear and become ambassadors for TPN and KCAT. As summer approaches, watch for the sign up list with plenty of opportunities for you!
- **Live Studio Audience:** Experience live TV by being part of a studio audience at the filming of a KCAT original series. Meet authors, local stars, vintners and ask questions. Next live filming: "Lit with Lloyd," May 16 and 25 in the KCAT studio. Please RSVP to joni@kcat.org.

KCAT TV & Radio is a playground for your imagination or technical skills. Become a part of TPN and create a show, run the control room and studio or help out at the station. Bring your friends too! Sign up at kcat.org/producers.



AN EXCLUSIVE SUMMER EVENING EVENT
WITH ACCLAIMED PIANIST

Matei Varga

THURSDAY, JUNE 29
SARATOGA FOOTHILL CLUB

CHEERS @ 6:00PM | CONCERT @ 7:00PM

 Ticket information at kcat.org
SUPPORTS THE KCAT TV PRODUCERS NETWORK 55+



LIGHTS CAMERA ACTION!

**KCAT SUMMER
MEDIA CAMP
IS LIVE!**

SPOTS ARE LIMITED

Weekly Camp
Ages 9 - 14

All Summer!
June 12th - August 11th

In the KCAT Studio!

**REGISTER
NOW!**



kcat.org/camp



Momentum for Health, elevating

By **Brandy Maddox,**
Marketing Manager

In honor of Mental Health Awareness Month this May, The Outlook interviewed members of the Momentum for Health team. One of Santa Clara County's largest nonprofit providers of behavioral health services, Momentum provides treatment to both adults and teens, "delivering comprehensive, integrated, accessible, culturally-competent care,"

according to its website.

Our conversation with Momentum for Health affirmed that we all have different needs, and require different things in order to access our human potential. Read on to learn about this organization's culture and how Momentum's services contribute to the collective well-being of our community.



Momentum staff members (from left to right) Nga Dang, R.N., Adrian Juarez, Associate Director, Medical Services and Brittany Bolla, Clinic Administrative Assistant stand in front of the Momentum for Health office.

Photo courtesy of Momentum for Health

Q: What are some things you'd like to bring awareness to in honor of Mental Health Awareness Month?

A: "Mental health' is a term everyone knows. We recognize that stress, worry and anxiety can impact us all. Everyone has gone through challenging periods, and at times, those challenges can become a crisis. The difference is, we now have a usable term to communicate how we're feeling. We can simply say, 'My mental health is suffering.' This is a huge advancement for society. For centuries, we either hoped and prayed our situation and symptoms would improve, or perhaps we sought out specialists. Now, it's normal and intuitive to recognize stress, to have that stress impact our self-care, which then impacts sleep and so on. For the first time in human history, our well-being is becoming more intuitive and easier to discuss. While it may not yet be totally comfortable, we have more skills and language to initiate the discussions. In doing so, we may cut out the self-medicating, the self-loathing or periods of unnecessary turmoil by addressing our mental health issues. Mental health applies to all people, and it is through this recognition that we can support one another."

- Jarrett Klein, *Mental Health First Aid Project Manager*

Q: What are some lesser-known services or programs that Momentum provides?

A: "TRUST, or Trusted Response Urgent Support Team, is a new community-based team within Santa Clara County responding to mental health issues where they occur. Momentum for Health is excited to provide the TRUST program services throughout the northern part of our county. The focus of this team is to provide in-person support to those in our community who are experiencing a pre-crisis, low-level crisis or a crisis related to substance use. The goal is to de-escalate individuals by creating a safe space for clients to express themselves in the moment. The team offers coping strategies, resources and a helping hand in hopes that the individual will feel supported enough to take the next step in navigating their mental health journey. The TRUST team is composed of a Peer Support Specialist, Crisis Intervention Specialist and a First Aid Responder on each shift. The service is designed to be non-police responsive. This aspect of the program is unique, with the vision to offer more behavioral health support to community members and limit the amount of people navigating emergency rooms or the criminal justice system due to a low-level mental health crisis."

- Andrew Kotch, *Assistant Manager, TRUST*

TRUST is a partnership between Santa Clara County and three social service agencies: Momentum for Health, Pacific Clinics and HomeFirst Services. Our team is specially-trained to help people in North County, Gilroy and San Jose who need urgent help for mental health and substance use conditions. To learn more about TRUST, visit tinyurl.com/momentumTRUST.

Q: What percentage of Momentum's clientele are youth, adults and older adults (65+)?

One percent are under age 18; 16 percent are ages 18-25; 22 percent are ages 26-35; 20 percent are ages 36-45; 18 percent are ages 46-55; 15 percent are 56-64; and 8 percent are ages 65+.

- Isobell Press, *Marketing and Communications Manager*

Empowering communities with Mental Health First Aid

continued from
HEALTH pg. 1

Most of us grew up with psychiatry, psychotherapy and eventually mind-body systems became more common; yet each are limited and don't speak to the whole of human experience. The term well-being does, but how many people can comfortably and casually explain what that means, looks and feels like—let alone how to go about experiencing it regularly? I hope you can, and we can help, but it will take some time, openness and acceptance, adjusting and

adaptation.

What makes us happy? If you ask yourself that, it can be rather blurry, and yet if we asked, "What things negatively impact your wellbeing," you'd likely have hours of data to discuss. We are still in a place of human history whereupon citing ills are much more readily available to us, than a clear path to happiness and peace of mind.

But what if I told you there is a way to directly improve the wellbeing of yourself, as well as the people around you? This is what Mental Health First Aid can improve upon:

destigmatizing talking about the things that impact our psyche, our heart and soul. In doing so, we have a chance to share, feel heard, understood and acknowledged. The work also helps us provide someone with reassurance and relevant information, as well as professional resources to further uplift their wellbeing. Mental Health First Aid, or MHFA, helps us feel more empowered; it helps us learn about self-care—things we can control. Empowerment, self-awareness and empathy—these are skills, and skills we can hone.

Not everyone believes they have access to care (or that others care about them). People shudder away from professional support due to cost, stigma, logistics or awareness. When you roll all four into a ball of energy, those gusts thwart our drive to propel ourselves forward. Still, this is what MHFA training provides. It avails the reality of all the manners of support we have, both internal and external, giving us the tools and resources to improve our wellbeing.

Changing the world seems like a daunting task, but we can evolve as

individuals, and the good news is, society is simply a collection of individuals. We are society—you and I—and once we choose to take responsibility for our happiness, and find the love and empathy to support another, nothing can stop us. We are the change we want to see in the world.

If you would like to learn about MHFA here in Santa Clara County, contact Jarrett Klein at Momentum for Health: jklein@momentumforhealth.org.

ing mental health in our county

Q: What are you seeing as some of the most pressing issues facing each age group right now that impact mental health (youth, adults and older adults)?

A: "I've helped many job seekers who are older adults find and obtain employment. The most pressing issues they face are financial needs, a lack of technical skills and the trepidation of learning and using new technology. Most who come to Momentum's Employment Services program want to find a new job after leaving their current one. However, there is an increasing number of people who were in retirement and had to re-enter the workforce to afford the high cost of living in the Bay Area, as well as the rapid increase of everyday living expenses. Making sure they have enough money to cover the bills each month is very stressful. These job seekers bring with them their impressive work histories and rich job experiences in various fields, but for many, the last jobs they held were 15-30 years ago. Unfortunately, they can be overlooked for jobs because of this. When told that they lack the current technology (software programs, etc.) to perform the job duties, this can decrease their confidence and lead to them questioning if they can even work at all—which can spiral into feelings of depression. Even if they receive training to learn these new technologies that will help make them more marketable in the field, some job seekers fear using new technology (learning something new, making mistakes, etc.) and that can cause high levels of anxiety."

- Angelina Kabahit, MHRS, *Lead Employment Liaison, Employment Services*

"For youth and young adults, housing resources and affordable housing have been huge issues. Other stressors are around the workforce, schooling and social relationships. I believe this population is still being impacted by the isolation and stress from the pandemic."

- Antwon Chatmon, AMFT, FSP-TAY (*Transition Aged Youth*) *Assistant Manager*

"I think there is significant impact we see in the post-COVID world which has taken the form of youth engaging with each other on virtual platforms instead of the good old face-to-face social interactions. The virtual world is also heavily-influenced by social media and unrealistic expectations, which add stress and unique challenges to the youth who are going through the identity-development stage of their growth. I believe youth need less screen time and more active physical interaction opportunities to engage with each other, with nature and with meaningful daily activities that promote wellness. We also need more resources to serve vulnerable groups including BIPOC youth, LGBTQIA+ youth, and youth with intersecting marginalized identities who have less access to support."

- Nuriya Neumann, MS, OTR/L, *REACH Program Manager*

REACH is an innovative partnership between Momentum for Health and Starlight Community Services. REACH's mission is to raise mental health awareness and understanding of mental illness within the community while offering culturally-competent and evidence-informed treatment to youth and young adults and their families. REACH is committed to providing prevention and early intervention services for individuals (ages 10-25) who are at risk for or experiencing early psychosis throughout Santa Clara County.

"There are limited services for youth when they are experiencing a crisis and/or potentially need to be in a hospital to support their recovery. We have recently had several youth who have had to be hospitalized outside of the county since Santa Clara County doesn't have the necessary services. This creates potential hardships for clients because natural support systems, like immediate and extended family members, cannot be as involved when the client is in a different county."

- Yahna Dick, MHRS, *Associate Director, Youth & Family Services, Program Manager, TAY (Transition Aged Youth) Outpatient*

Q: Can you expand on Momentum's core beliefs: "Every person is unique, everyone can change, and everyone deserves respect." What does this look like in your day-to-day work?

A: "I believe that hope is a skill; it's something you practice. In my past role as a case manager, and in my current role on the marketing and communications team, I make sure to always see potential in the moment and in the person. We all have it in us, and that's what Momentum believes too."

- Fi Kazi, *Marketing & Communications Assistant*

Q: If someone reads this and would like to see how Momentum can help them or someone they love, what would be the first step?

A: "I believe that hope is a skill; it's something you practice. We encourage you to visit us online at momentumforhealth.org/ services to learn more about what we offer and what might be the best fit for you or a loved one. Please visit our Get Help page at momentumforhealth.org/get-help for details on how to access our programs."

- Isobell Press, *Marketing and Communications Manager*

Helping older adults in our community



Santa Clara County Sheriff deputies in Saratoga responded to a welfare check where a caregiver was transported for a medical emergency. The caregiver's 90-year-old mother has dementia and was left home alone with no family assistance.

Deputies Plancarte, Diaz and Portillo went out of their way to purchase groceries to ensure she had the essential food supplies. Deputies also coordinated with Adult Protective Services to ensure future care was provided.

Much respect to these deputies for this stunning example of community care for our elders!

Photos courtesy of the Santa Clara County Sheriff's Office

Dear Editor,

For over a year I have been attending the LGS Recreation and Education Adult Class "Creative Memoir Writing" with Lynn Rogers. This is a wonderful resource for our community, as you may well know. I have enjoyed the guidance and encouragement I have received in the class so much. Below is my personal 88-year-old reflection in a poem I wrote.

I hope it encourages my fellow "sages." Thanks for reading.

- Laurel Smith

LATER IS NOW

Decrepitude creeps in,
less camouflaged than before.

Gravity is its accomplice, dragging
everything down or bending it over.

More evidence appears in the mirror
and on the walk downstairs.

Denial no longer can keep the eyes closed.

Dread wants to dictate what comes
and fear oozes its glue and says give up.

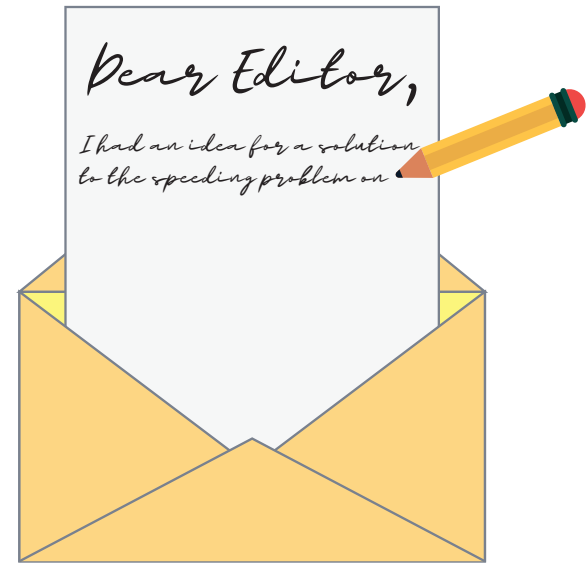
Keep on keeping on needs a carrot and a stick.
Reward teases into the next moment.

Paying attention to paying attention drowns out
distraction, if allowed to.

Right now contains the necessary energy
to leap that a tall building or a curb.



The Outlook wants to hear from you!



Have a story idea for The Outlook? Want to voice your input on a community issue? Care to share your opinion on a story we covered?

WRITE US A LETTER!

Note: All letters to the editor are subject to edits by our editorial board for clarity, conciseness, style, and ethics.

SEND YOUR LETTERS TO
OUTLOOK@SASCC.ORG

AROUND THE TOWN & VILLAGE

BY DINAH COTTON, MAY 2023

How do you cope with loss?



ANDREA TESKY, LOS GATOS FARMERS MARKET

"Compassion for your own heart. Know the departed are there to protect, watch over and love me."

PAM WALKER, MAIN STREET, LOS GATOS

"Lean into it. Express how you are feeling, cry as many healing tears that you need to. This is trite but true, it builds character. Be open to expressing how you feel."



JOHN EICHINGER, LOS GATOS COFFEE ROASTING CO

"Ignore it!" No actually the outline of Elisabeth Kubler-Ross's book reminds me of grief stages: shock, denial, argument, bargaining, guilt, depression, acceptance, and finally HOPE."

PAUL MCDONALD, BIG BASIN CAFE, SARATOGA

"I kept busy after my parents passed, realizing that they had a great life. Also exercise and good friends to talk to."



Medicare and You: Are vaccines free for Medicare enrollees?

By **Corinne Vita**,
Medicare Advisor

It depends.

Adult vaccines recommended by the Centers for Disease Control and Prevention are free for Medicare beneficiaries with prescription drug coverage. This applies to enrollees who have a stand-alone Part D prescription drug plan or a Medicare Advantage plan that includes drug coverage.

Some vaccines are covered under Part B and are free to Medicare enrollees. Others are covered by Part D prescription drug plans and require beneficiaries to pay some cost.

For example, shots for the flu, pneumonia, COVID-19 and hepatitis B are free under Part B. Part B also covers vaccines needed to treat certain injuries or if

you have direct exposure to a disease. Those include hepatitis A, rabies and tetanus.

Other vaccines, most notably the two-dose Shingrix, which guards against shingles, are covered under Part D Prescription drug plans and may require cost sharing depending on the plan. Shingrix can run as much as \$200 a dose. Starting in 2023, Shingrix and others recommended by ACIP will be free to beneficiaries.

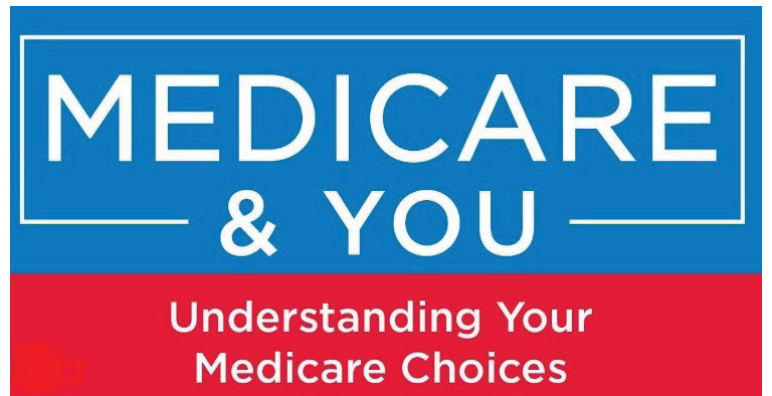
Not every Medicare beneficiary has a prescription drug plan. A 2022 report said 9 percent of Medicare participants are not enrolled in a Part D plan.

As a reminder, you may not think you need Part D prescription drug coverage when you first sign up for Medicare

because you don't take many or any prescription drugs. As with most types of insurance, you get prescription drug coverage because your health may change and you might need it.

Part D (Prescription Drug Plan): Medicare requires you to have prescription drug coverage either by purchasing a stand-alone Part D plan or a Medicare Advantage plan that has a drug plan built into it. If you don't purchase a Part D plan within your initial coverage election period (seven month window), you could be subject to a Part D penalty. If you maintain group or Cobra coverage, then you have creditable drug coverage and you won't be penalized.

Part B Penalty: If you don't have creditable



coverage and you don't sign up for Part B when you're first eligible, you'll have to pay a late enrollment penalty, which sticks with you for the rest of your life. You have eight months from the time you're eligible to enroll in Part B, to obtain it. If you miss your Initial Enrollment Period or your Special Enrollment Period, you may have to wait until the General Enrollment Period (from January 1 to March 31) to enroll in Part B, and then your coverage starts at the beginning

of the following month. Cobra is not creditable coverage for Part B.

Confused by this information? You are not alone! So many folks coming into the Medicare system find this confusing. After all, it's new to you, so don't be so hard on yourself.

Medicare Help! To learn more details about Medicare, please contact me at cvitahelp@gmail.com or 408-621-4422. My services are always free!

ARTIST OF THE MONTH

by Dinah Cotton



NORMA J. FRIES

PHOTOGRAPHY

NOW SHOWING AT
AEGIS GALLERY, SARATOGA

Fries' photography passion was piqued about 40 years ago, after winning a 110 film camera that was she said was "tiny, cheap and produced poor quality photos."

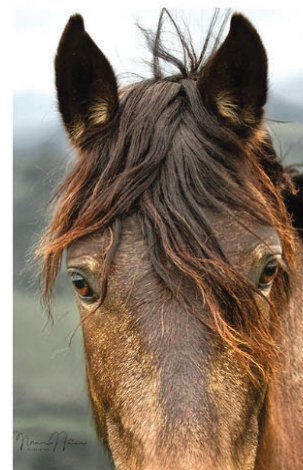
"I could not have been happier! I was amazed at what you could say simply by framing what you see," Fries said.

Horse photography is what she's known for. Fries hopes to show the horses' nobility, intense healing power and their integral part of nature itself. She also puts together vintage objects, found objects and places them into her photographs to create timeless imagery.

NJFFOTOGRAFIE.COM



Top four photos by Norma J. Fries



Fries with a mare in the Challis wild horse herd at Return to Freedom in Southern California



MAY
2023

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

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.

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.

Closest 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

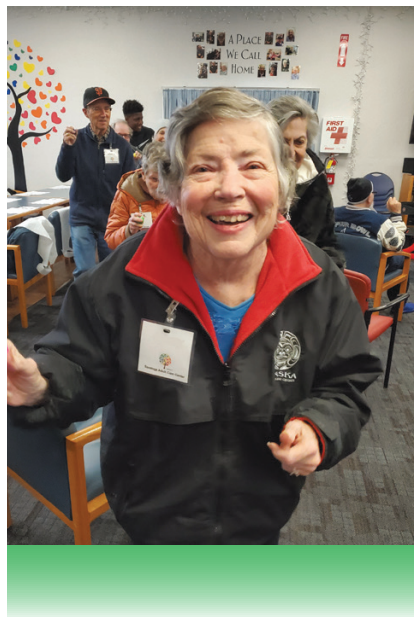
(408) 255-8033



Photo by Hannah Busing on Unsplash

“One of the most important things you can do on this earth is to let people know they are not alone.”

— Shannon L. Alder



FREE ADULT DAY PROGRAM SERVICES

If you or a loved one needs adult day services for a spouse or family member, please reach out to the Saratoga Adult Day Program today! We provide in person services at our Saratoga Adult Care Center. Join us for brain games, exercise, or plain, simple fun!

The center is currently open 5 days a week: Monday - Fridays,
10 a.m. - 3 p.m.

Future participants may qualify for free services by meeting 3 easy requirements:

1. Be 65 or older;
2. Have an individual income of less than \$78,550, and
3. Be accepted into the facility's day program and listed on the official enrollment roster

For more info, or to apply for program, please call Raj Kaur at (408) 868-1254
or email raj@sascc.org.



SASCC

How to begin birdwatching; a delightful, affordable hobby

By Dinah Cotton

Welcome to the world of birdwatching! An accessible, inexpensive and fun way to enjoy and relax in nature. Another word for this hobby is “birding.” Never let the birds hear you say “bird spying,” though that is what we are actually doing.

No expensive equipment needed. Put on some comfortable outdoor clothes and sturdy shoes and head out. This might be something that you do casually already every day without even knowing it, as birds are everywhere, and if you watch for movement in the trees or on wires, well there you go, you are already an official bird-watcher! You can also stay inside, and watch them through a window.

You might also consider hanging a bird feeder or two by a window or in your backyard. Keep your feeders clean and well stocked. Fresh seeds or nectars, if you wish to attract hummingbirds, must be reliable for the hungry birds. Different seeds will attract different species of birds. Experiment with locations and heights.

Once you start with an outdoor bird feeder, please, make it a dedicated chore. Dirty and neglected

feeders can make birds sick, so keep it clean or take it down!

Hummingbirds are incredibly fun to watch. If you hang up two hummingbird feeders, you will be rewarded and delighted with dive bombing and territorial wars. These antics along with the hummingbirds' amazing colors are sure to enchant and entertain you and your family.

Be sure to keep the sugar water fresh and clean. A simple recipe is one cup of sugar to four cups of warm water to dissolve the sugar, then allow it to cool. Remember—this is a commitment to keep the sugar water fresh and full. If you can not do this, please, refrain from hanging a feeder!

Birds are also attracted to water. By providing a fountain or shallow birdbath where birds can bathe and drink, you might make your yard an even more popular place. Again, it is a commitment to keep the water fresh and free of pollution.

If you are heading outside for birding, there is one secret ability that will truly help you. You must have the ability to be extremely quiet. If you can do this, you will observe the birds and not alert them that you are spying on them. Decent

binoculars can be a good investment for this.

Use essential oils that aren't harmful to you or the environment to keep the insects off you. Bring water and wear a hat. If you are heading out into unknown territory, print or download a map ahead of time as you may not have cell service. Let someone know when you expect to return, and stay on well marked trails even with a map.

Outside you can be as casual or as fancy as you'd like to bird watch. The birds however, are not impressed with expensive garments, binoculars or camera equipment. I do understand that the birds prefer the green camouflage outfits, so go “camo,” if you can. You may see the very serious birders equipped with telephoto cameras and serious binoculars. Approach them carefully as they contemplate the birds. This is an important time for them. Most will be happy to share their knowledge and bird information, as well as where to look.

If possible, invest in good quality binoculars, as it will be easier to see details on the birds. Find ones that will fit over your glasses and will work in shade. Lightweight ones are easier to carry around.

Going out early will increase your chances for seeing many different species. Most species are more vocal and active around the early dawn hours and easier to see. Some “birders” can identify birds by their songs alone! Experience the wonder of what they are saying or whether they are just singing and happy to be alive. Look and listen to their world and enjoy their contribution to ours.



Male lesser goldfinch. Photo by Tara Johnson



American robin. Photo by Tara Johnson

Different types of birds like different areas. Some like tall trees, like predatory hawks, vultures and eagles; some like shrubs; other breeds prefer to nest along streams. During the spring and fall when birds are on the move and migratory, you might see unusual breeds for your area.

To learn to identify birds, “Stokes Field Guide to Birds, Western Region” is a good overall guide, showing photos of birds from different angles. I keep one handy at home and one in the car, writing the dates and where seen next to their “mugshot” photos. You can do it purely for fun or start a “life list,” a birding term for the running list that bird enthusiasts keep of all the different birds they see.

Though you can bird-watch at all times of day, avoid noon. Noon is when birds are least active. Eat your picnic in the shade, but keep those binoculars

handy. Birds will surprise and amaze you.

To get deeper into the fascinating hobby of birding and to get started on your avian adventure:

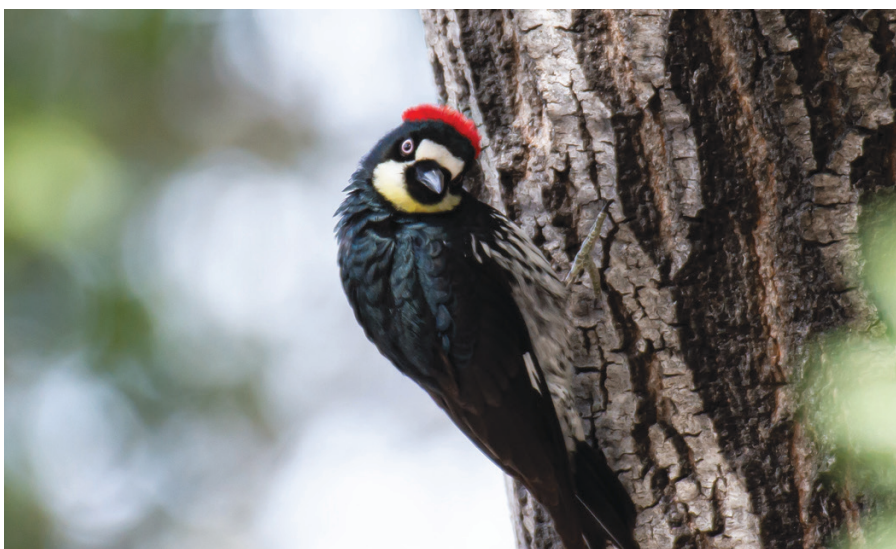
Online resources include ebird.org and audubon.org/app contain detailed information and overall excellent pointers. Remember to download ahead of time.

Right in our backyard is the Los Gatos Birdwatcher Store, located at 792 Blossom Hill Rd in Los Gatos, offering a wealth of information and short group treks with knowledgeable guides. For more information call (408) 358-9453 or email info@logatosbirdwatcher.com.

Visit the Santa Clara Valley Audubon Society, a nonprofit conservation organization that focuses on birds as well as other wildlife, open Monday-Friday 10 a.m. to 4:40 p.m., located at 22221 McClellan Road in Cupertino.



Male red shafted flicker. Photo by Tara Johnson



Female acorn woodpecker. Photo by Tara Johnson



Male Anna's hummingbird. Photo by Tara Johnson

ASK the EXPERT

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



May is Better Hearing and Speech Month

Christine Throm, Au.D.

Each May we raise awareness around communication and hearing, and the goal is to give you the tools you need to achieve the best hearing health possible.

Healthy hearing is vital to our ability to communicate with others and navigate the world around us. In America today, however, more than 48 million people experience some form of hearing loss, and about 10% of Americans struggle with a communication disorder.

Knowing your options for prevention and treatment is key, so here are six things you can do now to make sure you and your loved ones have healthy hearing and communication for many years to come!

1. Prioritize education. The first step to understanding and taking control of hearing loss or communication disorders is knowledge. In this age of information, we can learn anything, and this is no exception: a couple of great websites to start are www.hearingloss.org and www.idainstitute.com/toolbox.

2. Educate others. Once you have learned something new, spread the word! Your friends and family may not understand the things you've just learned, so take the time to tell them—that way, you will all be on the same page, and they can help you in your healthy hearing journey.

3. Get examined. Hearing screenings are so easy—they are quick and painless, and they can make a huge difference in your hearing health. Just one quick hearing screening a year can alert you to any changes in your hearing health, so you can take steps to stop hearing loss in its tracks before you even notice it yourself and prevent further damage.

4. Protect yourself. Do you watch fireworks shows at sporting events or holidays? Do you go to concerts or use a lawnmower? Or maybe you work in a noisy factory setting. If you are ever in a noisy environment, hearing protection is vital to preserving your hearing health. Any noise exposure over 85 decibels (about how loud it is at a restaurant) can cause irreversible hearing damage—so grab those earplugs!

5. Give up the cotton swabs. You may have heard that cotton swabs are not the best way to clean your ears, but did you know they can be dangerous? Pushing a cotton swab too deep into your ear can even puncture an eardrum, or they may push earwax more deeply into your ear canal. Instead, use a gentler method of cleaning your ears, if you do it at all, such as using a towel to gently wipe the outer portion of your ear.

6. There is an app for that. It seems there is an app for everything these days and noise levels are no exception! Download a decibel app on your phone, and you can measure the noise pollution anywhere you go. If it goes above 85 decibels, whip out your handy ear plugs and protect your hearing health! Doctor Throm recommends iAudioTool. No matter what your current hearing health, you can take control of your situation to prevent further hearing loss and prolong your hearing health as long as possible.

If you already have hearing aids, check out the latest options in smart hearing devices—you may be shocked 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

Free Community Seminar Want more information about hearing health?

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



Friday, May 12, 2023: Better Hearing and Speech
Friday, June 9, 2023: Hearing Loss and Dementia
Friday, July 7, 2023: Noise Induced Hearing Loss
Friday, Aug 11, 2023: Hearing Loss & Cognitive Decline
(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.
Please call for time and location information**

(408) 673-4052

(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



IS SEEKING VOLUNTEER DRIVERS

We know that transportation is essential to maintaining independence as we age.

Be part of a force that helps older adults remain independent by becoming a volunteer RYDE driver!

RYDE Senior Transportation program drivers take older adults ages 65+ to places like the grocery store, medical appointments, recreation centers, and more. Drivers also deliver food and essential items to clients' homes.

Great opportunity for anyone 18+ who desires to serve their community!



To inquire about becoming a volunteer RYDE driver, email ryde@sascc.org or call (408) 892-9739.



TO LEARN MORE ABOUT RYDE, VISIT RYDESCC.ORG





The Woman King (2022)

A historical epic inspired by true events that took place in The Kingdom of Dahomey, one of the most powerful states of Africa in the 18th and 19th centuries.

PG-13 | 2h 15m | Action, Drama, History

The Railway Man (2013)

A former British Army officer, who was tortured as a prisoner of war at a Japanese labor camp during World War II, discovers that the man responsible for much of his treatment is still alive and sets out to confront him.

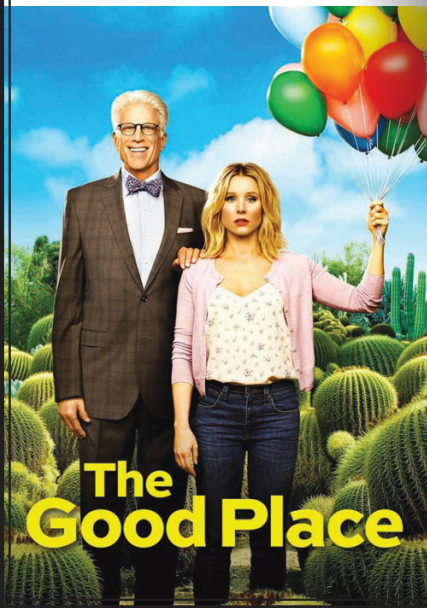
R | 1h 56 min | Biography, Drama, Romance



THE RAILWAY MAN



NOW STREAMING



The Good Place (2016-2020)

Four people and their otherworldly frienemy struggle in the afterlife to define what it means to be good.

TV-PG | TV Series | Comedy, Drama, Fantasy

After Life (2019-2022)

After Tony's wife dies, his nice-guy persona is altered into an impulsive, devil-may-care attitude that takes his old world by storm.

TV-MA | TV Series | Comedy, Drama



PLAYING NEAR YOU

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



Guardians of the Galaxy Vol. 3

Still reeling from the loss of Gamora, Peter Quill rallies his team to defend the universe and one of their own - a mission that could mean the end of the Guardians if not successful.

PG-13 | 2h 30min | Action, Adventure, Comedy

Stars: Chris Pratt, Chukwudi Iwuji, Bradley Cooper

Big George Foreman: The Miraculous Story of the Once and Future Heavyweight Champion of the World

The life and boxing career of George Foreman.

PG-13 | 2h 9min | Biography, Drama, Sport

Stars: Khris Davis, Jasmine Mathews, Sullivan Jones

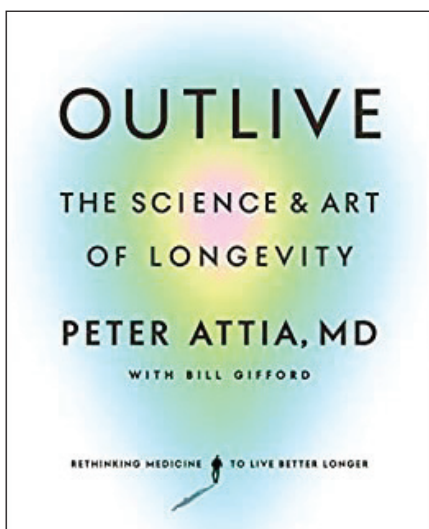


PRUNEYARD CINEMAS
 (408) 717-4712
 1875 S. Bascom Ave., Campbell, CA 95008
www.pruneyardcinemas.com/

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

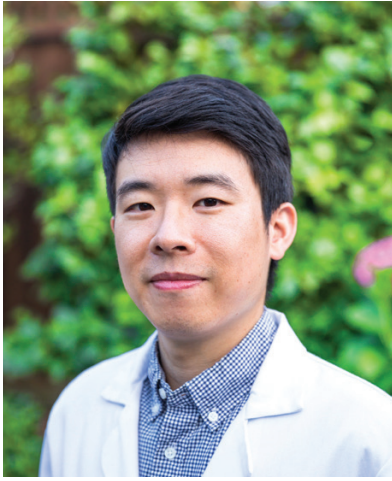
CINELUX LOS GATOS THEATRE
 (408) 399-9800
 43 N Santa Cruz Ave, Los Gatos, CA 95030
www.cineluxtheatres.com/cinelux-los-gatos-theatre

BOOK OF THE MONTH



Outlive: The Science and Art of Longevity

Wouldn't you like to live longer? And better? In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health.



A Dental Visit to the Los Gatos Adult Recreation Center

It's not often that dentists find themselves in front of a crowd at a public speaking event. Typically, we are accustomed to spending one on one time with our patients. So, when our dental team learned of an opportunity to give an educational seminar about oral care at the Los Gatos Adult Recreation center, we were very excited!

Our presentation was on "Four Dental Issues Affecting Older Adults". First, we discussed gum disease (periodontal disease) and how it causes tooth loss, swollen and bleeding gums, and bone loss in the jaw. Second, we talked about cavities on the root surface, under old crowns, and old fillings--which our team sees more often with our older patients. We also discussed tooth loss caused by gum disease, cavities, or heavy wear and tear on the teeth. Lastly, we shared facts on oral cancer.

Our team explained the causes of these issues, how they progress over time, and ways to prevent and address them. We went over proper home care and how to perform a self examination for certain dental issues. Throughout our presentation, we stressed the importance of regular dental visits and how a dentist or hygienist can help point out and address these common dental issues.

It was exciting to see how engaged our attendees were, and our team stayed to answer many follow up questions ranging from



dental implants to options to replace missing teeth. We concluded our seminar with a raffle, and one lucky person won a Sonicare electric toothbrush! Our team had so much fun giving back to the community and letting our neighbors know how we can help.

In case you're wondering, we are accepting new patients! We invite you to view our website www.dentistinlosgatos.com to learn more about our team and our services. Please feel free to give us a call at 408-358-2161 for any questions or to schedule an appointment for yourself and your family. We can be reached between 9 a.m. to 5 p.m., Monday through Thursday. We look forward to meeting you!

Sincerely,
James Lin, DMD, FAGD
www.dentistinlosgatos.com

"One of the best dentists in our area. He had tremendously improved my dental health. He has a way of clarifying your concerns, listens to you, has excellent bedside manners and answers all your questions in a way that helps you understand the issues...They got me in soon and his staff is extremely sweet and friendly...His staff go above and beyond to provide excellent comfort and care when your mind and body are in an anxious state of mind." -Rosa

JAMESLINDMD
COSMETIC ♦ IMPLANT ♦ FAMILY DENTISTRY

408-358-2161 (M-Th 8:30-5pm)
www.DentistInLosGatos.com

14777 Los Gatos Blvd, STE 103
(Hwy 85 & Los Gatos Blvd, next to Starbucks)