



## Struggling seniors turn to nutrition programs, rental assistance and crowdfunding

By Brandy Maddox

In the quiet corners of affluent neighborhoods, amidst the manicured lawns and upscale boutiques, a silent struggle is unfolding among older adults. Financial woes are threatening their ability to maintain a basic standard of living, exemplified by the 90 people over the age of 60 that the Live Oak Senior Nutrition Program serves lunch to five days a week.

"There are so many house-rich, cash-poor seniors coming to us," Kathy Mlinarich, Executive Director of Live Oak Senior Nutrition Program told The Outlook. "Remember the people that bought in Los Gatos and Monte Sereno 70 years ago; they bought their house for nothing. It wasn't an affluent town at those times, so people that held onto their houses weren't necessarily affluent people to begin with."

Kathy estimates about 60 percent of lunch attendees are Los Gatos residents; the rest come from all over Santa Clara County and some from Santa



James and Janice Johnstone at Live Oak Senior Nutrition Program.

Photo courtesy of Kathy Mlinarich

Cruz County.

At the beginning of April, Mlinarich was approached by a woman and her brother who found themselves grappling with the harsh realities of financial instability in their later years.

Janice Johnstone (70) and James Johnstone (74) live in low-income housing in the Almaden area and found themselves thrust into a precarious situation following years of caregiving for their ailing mother. Janice heard

about Live Oak on NBC, and began attending out of sheer necessity.

"Since about 2007, my brother and I were taking care of our mother because she had suddenly become very ill and needed three-times-

weekly dialysis," Janice said. "Unfortunately her condition got worse and she required more medication, more hospitalization. She ended up losing her legs. I was working

see **ASSISTANCE** pg. 6

### TABLE OF CONTENTS:

- P. 2 CITY MEETINGS
- P. 3 NEWS
- P. 5 NEWS BRIEFS
- P. 6 FEATURES
- P. 8-9 OLDER AMERICANS MONTH
- P. 11 ENTERTAINMENT
- P. 13 RESOURCES

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## New proposed Costco near Prospect High School, Saratoga neighborhoods raises concerns about traffic

By Grace Lin & Ruiyan Zhu,  
Saratoga High School,  
Falcon Newspaper

The closing of the warehouse company Smart & Final on Prospect Road on Jan. 7 was a surprise for some. Longtime customers expressed their dissatisfaction on the neighborhood app Nextdoor, describing it as "sudden" and "inconvenient." However, Smart & Final's closure is only the start of a much grander project: the opening of a new Costco warehouse in the same plaza, officially dubbed Costco Westgate West.

Currently, the plan is waiting for the City of San Jose's approval after receiving public comments on Feb 20. Though it is situated just outside of Saratoga, its close proximity



Costco Wholesale's drawing of the new Prospect location with rooftop parking.  
Courtesy of Costco Wholesale

to the border with San Jose means Saratoga residents living in Saratoga Woods and other nearby residential areas will be impacted.

The new Costco is planned to be in the shopping center across from Prospect High School. It has sparked controversy and opposition because of its

location and because it is projected to add 11,000 car trips per day in the area.

Numerous other businesses in the plaza will also close their doors, including Domino's Pizza, Bikram Yoga San Jose and Goodwill of Silicon Valley.

see **COSTCO** pg. 6

## The effects of being "chronically-online" and how it distorts our view of reality

By Rayna Kumar,  
Lynbrook High School

The internet is not too unlike the gingerbread house in the famous tale Hansel and Gretel by the Brothers Grimm. It may look appealing on the outside, but the further inside we go, the more the problems—from political propaganda to suicidal thoughts—start to expose themselves.

Over the years, the spread of the internet has given rise to a number of colloquial terms. One such term that has gained popularity and frequent usage among youth as of late has been "chronically-online," used to describe a person who is constantly on the internet, somewhat akin to similar terms such as "chronically-ill"

with something of a medical connotation.

Despite the humorous term, internet addiction is not to be taken lightly. From a scientific standpoint, according to The Guardian, it is the neurotransmitter dopamine that fuels these addictions as it pushes the brain to give itself pleasure. However, after a dopamine high, a "dip" can be experienced as a result of homeostasis.

As sources of dopamine become more common, the brain compensates with a lower "dip." This leads to a cyclical addiction, which causes us to live in the emotional limbic brain rather than the prefrontal cortex, where important decisions are made. Eventually, we start to see our ability to delay

see **ONLINE** pg. 3

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# Stay informed - May/June

*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.

Saratoga City Clerk's office: 408-868-1216  
 Los Gatos Town Clerk's office: 408-354-6834



## SARATOGA

**City Council:**  
**May 15, June 5, 7 p.m.**  
 View agenda meeting info at [www.saratoga.ca.us/241/City-Council](http://www.saratoga.ca.us/241/City-Council)

**Youth Commission:**  
**May 28, 7-9 p.m.**  
 View agenda and meeting info at [www.saratoga.ca.us/337/Youth-Commission](http://www.saratoga.ca.us/337/Youth-Commission)

**Parks and Recreation Commission:**  
**May 14, 6:30-8:30 p.m.**  
 View agenda and meeting info at [www.saratoga.ca.us/364/Parks-Recreation-Commission](http://www.saratoga.ca.us/364/Parks-Recreation-Commission)

**Planning Commission:**  
**May 8, 7 p.m.**  
 View agenda and meeting info at [www.saratoga.ca.us/357/Planning-Commission](http://www.saratoga.ca.us/357/Planning-Commission)

**Traffic Safety Commission:**  
**May 9, 6:30-9:30 p.m.**  
 View agenda and meeting info at [www.saratoga.ca.us/329/Traffic-Safety-Commission](http://www.saratoga.ca.us/329/Traffic-Safety-Commission)



## LOS GATOS

**Development Review Committee:** **May 7, 14, 21 28, June 4, 10 a.m.**  
 View agenda and meeting info at [www.losgatosca.gov/188/Development-Review-Committee](http://www.losgatosca.gov/188/Development-Review-Committee)

**Town Council:** **May 7, 21, June 4, 7 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/16/Town-Council](http://www.losgatosca.gov/16/Town-Council)

**Conceptual Development Advisory Committee:**  
**May 8, 4 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/200/Conceptual-Development](http://www.losgatosca.gov/200/Conceptual-Development)

**Historic Preservation Committee:**  
**May 8, 22, 4 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/190/Historic-Preservation](http://www.losgatosca.gov/190/Historic-Preservation)

**General Plan Committee:**  
**May 8, 5:30 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/199/General-Plan-Committee](http://www.losgatosca.gov/199/General-Plan-Committee)

**Planning Commission:**  
**May 8, 22, 7 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/189/Planning-Commission](http://www.losgatosca.gov/189/Planning-Commission)

**Complete Streets and Transportation Commission:**  
**May 9, 7:30 a.m.**  
 View agenda and meeting info at [www.losgatosca.gov/2555/Complete-Streets-Transportation-Commission](http://www.losgatosca.gov/2555/Complete-Streets-Transportation-Commission)

**Diversity, Equity, and Inclusion Commission:** **May 9, 5-6:30 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/2951/Diversity-Equity-and-Inclusion-Commission](http://www.losgatosca.gov/2951/Diversity-Equity-and-Inclusion-Commission)

**Finance Commission:**  
**May 13, 5 p.m.**  
 View agenda and meeting info at [www.losgatosca.gov/2643/Finance-Commission](http://www.losgatosca.gov/2643/Finance-Commission)



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## SARATOGA UNION SCHOOL DISTRICT

**SUSD Parcel Tax Exemption**

The Saratoga Union School District parcel tax exemption for the 2024-2025 fiscal year is available for district residents who meet certain requirements. The deadline for the exemption is June 30, 2024.

To be eligible for an exemption from the \$68 parcel tax, homeowners must meet at least one of these requirements: be 65 years of age on or before June 30, 2024, receive supplemental security income for a disability or own a contiguous property.

To download the exemption forms, visit: [www.saratogausd.org](http://www.saratogausd.org) or contact the Business Office at Saratoga Union School District at 408.867.3424, ext. 508 prior to June 30, 2024.

(408) 867-3424 • (408) 867-2312 fax • [www.saratogausd.org](http://www.saratogausd.org)  
 20460 Forrest Hills Drive, Saratoga, California 95070

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 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](mailto:outlook@sascc.org). Thank you for reading The Outlook!

# Exploring how to maintain a positive relationship with the internet

Continued from  
ONLINE, pg. 1

gratification become impaired.

Not only is social media made to be inherently addictive, but it has also exacerbated a much older addictive behavior: celebrity worship and popular culture obsession. The National Library of Medicine has established a connection between “problematic internet use” and parasocial relationships, maladaptive daydreaming and desire for fame.

Here, maladaptive daydreaming is defined as “extensive fantasy activity that replaces human interaction and/or interferes with academic, interpersonal or vocational functioning” and is one of the most clear indicators of celebrity worship.

Additionally, social media platforms are looking to aggravate us, according to Vox. Sites like X (formerly known as Twitter) and TikTok are rife with rage-bait and strange discourse. People are criticized for ordinary, harmless things.

One particularly wild instance of this was when a user correlated playing fetch with a dog to abuse. If we take a step back and think, these kinds of conversations are unrealistic. On the internet, most people pretend to care about “injustice,” but in the real world, few do. People on the internet also create “straw men” and seemingly want to be offended just to verbally get angry about it.

What causes this seemingly abnormal behavior? Unlike the real world, where people will associate every word we say with our face and name, online, we can use made-up usernames and profile pictures to manufacture false

identities. We can then use those identities to say almost anything. This gives users a dangerous sense of comfort and freedom online and, in turn, weakens their inhibitions. This comfort results in strange, uninhibited behavior and the vulnerability is eventually what makes misinformation and the like so effective. Unlike in real life, where people are highly critical of what they see and hear, online, people rarely fact-check their information.

For instance, let’s think about journalism. People in developed countries are consuming content from news sources they call “reputable,” which they often are, but with a slight catch. To be more specific, let’s explore the complex relationship between the government’s interests and journalism.

According to Harvard Business Review, there is somewhat of a cycle between the two: journalists need crises, while governments need to look like they are taking action against them, whether they really are or not. Historically, politicians have used journalism as a tool to make it look like they were making progress in solving problems that they were not actually solving.

So the internet can be both creative and innovative as well as addictive and misleading. We, as its users, hold a unique position. On one hand, we are vulnerable, but on the other hand, we choose the content we consume, and we can recognize why the internet is harming us.

Let’s start with one of the most substantial effects these platforms have had on their audiences in past years, especially on young children: the huge influence on our diets and lifestyles. Of course, there



Photo by Lucrezia Carnelos on Unsplash

is plenty of health-promoting, useful content about nutrition floating around the internet. But what we also see is content that fuels nutritional issues, namely eating disorders like anorexia nervosa and bulimia nervosa, according to the National Library of Medicine.

In addition to physical health issues, social media affects mental health adversely in a number of ways. According to the Washington Post, Instagram can often be the root cause of suicidal thoughts. Also, cyberchondria, or recurrent online searching regarding medical health that often leads to extreme anxiety, is linked to

health anxiety, according to the National Library of Medicine.

Beyond health, we can clearly see that the internet is simply not the joyous place that it often portrays itself to be. According to the UN Human Rights Office of the High Commissioner, hatred towards minorities and other groups online, particularly women, has increased recently.

However, we must remember that, unlike the brilliant-yet-simplistic black-and-white fairy tales the Brothers Grimm created to teach us lessons as young children, the internet is more complex. Not only is the internet not all bad, but

in the 21st century, it is also unavoidable.

Instead of avoiding it, all we need is a little bit of Gretel’s cleverness. We need to be aware of how we are using the internet, avoiding excessive and problematic use. We need to keep in mind the problems that can start due to our internet usage and reflect to make sure we aren’t experiencing them. We may not be able to ever escape this sugary candy house, but hopefully, we can at least save ourselves from getting cooked and eaten like the titular characters of Hansel and Gretel.

## Saratoga’s Climate Action Plan: leading the way to a sustainable future

By Yan Zhao,  
Saratoga Mayor

In April, Earth Day was celebrated worldwide, serving as a crucial reminder of our shared responsibility to protect and preserve our planet. Earth Day is not just a day of observance; it is a call to action, inspiring individuals and communities to adopt sustainable practices and promote environmental awareness.

The City of Saratoga has taken significant steps to protect our environment for future generations, as evidenced by its Climate Action Plan. One key focus area is **low-carbon transportation**. The City has installed two dual-

port Level 2 chargers at City Hall to encourage the use of electric vehicles among employees. Additionally, with a federal grant, the Blue Hills Elementary Pedestrian Crossing Project was designed to connect neighborhoods and upgrade four railroad crossings, promoting pedestrian and bike activities.

**Renewable energy** is another priority for Saratoga. The City has installed a battery backup system for all traffic lights, ensuring they remain operational during power outages. This not only enhances safety but also reduces the city’s carbon footprint.

Saratoga has also made significant strides in **energy efficiency**. In 2019, the City

adopted a green building Reach Code requiring all new buildings to use electric heat pump technology for space and water heating. The code also mandated the installation of two EV charger outlets in new one and two-family homes and townhouses with attached garages.

**Waste reduction** is another critical area of focus for Saratoga. The City has adopted a Mandatory Organic Waste Disposal Reduction Ordinance, requiring residents and businesses to recycle all organic waste. This complies with Senate Bill 1383, which aims to reduce organic waste disposal by 75 percent and increase edible food recovery by 20 percent by 2025.

**Water conservation** is also

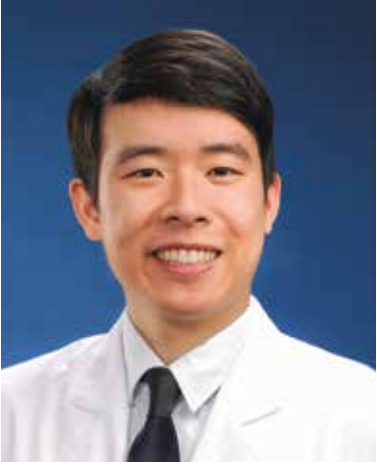
a priority for Saratoga. The City has committed to voluntarily reduce water usage by 12 percent from 2019 levels. This includes converting grass to native landscaping and requiring the installation of graywater-ready plumbing systems in new construction.

**Carbon sequestration** is another important aspect of Saratoga’s Climate Action Plan. The City’s arborist works to ensure the preservation of trees by regulating their removal and requiring replacement trees after removal. Additionally, the City is exploring future programs to offer reduced-cost trees to encourage more tree planting on private land.

In terms of **adaptation**, Saratoga continues to work

with various agencies to protect against environmental hazards such as floods and wildfires. This includes collaborating with the Santa Clara Valley Water District, the County of Santa Clara, and emergency personnel to develop and implement plans to safeguard biological resources and public health.

The City of Saratoga’s Climate Action Plan demonstrates its commitment to protecting our environment for future generations. By implementing sustainable practices and promoting environmental awareness, Saratoga is leading the way in creating a cleaner, greener future for all.



# No Dental Insurance? We have you covered!

by Dr James Lin  
Los Gatos Dentist

Are you retired and no longer have dental insurance?

Did you change jobs and no longer have dental insurance?

Have you been putting off dental visits because you no longer have dental insurance?

If you answered "yes" to any of those questions, there is a solution!

As we know, neglecting dental health can result in poor overall health. The average American without dental insurance visits a dentist only when emergencies arise.

Why is that? Studies show that the number one reason for not visiting the dentist regularly is cost.

There is good news! Your dentist might already have a **Dental Membership Plan** in place. The purpose of these dental membership plans is to make excellent oral healthcare **affordable** for those without dental insurance. This is a wonderful option for recent retirees, older adults, and those who are going through employment changes. Being enrolled in a dentist's membership plan allows the patient to continue regular access to high quality dental care at the dental office where they have been long time patients.

#### Here are some reasons to consider a Membership Plan:

- Predictable costs and noticeable savings.
- Quick and easy sign-up process.
- No Annual Maximums: You are free to use the dental membership plan discounts throughout the year. You are no longer restricted to a limit in coverage.
- No deductibles.
- No Waiting Periods: You can start saving on treatments right away.
- No frequency limitations.
- No pre-existing condition limitations.
- No hassles with claims.

It is important to note that Dental Membership Plans cannot be used in conjunction with traditional dental insurance plans. Dental Membership plans are also unique to each dental practice and can only be used within that practice.



For example, if you are enrolled in one office's plan and switch to a different dental office, that plan will not be accepted at the new office. This is because each dental practice creates their own "in-office" plan. However, most dentists create very similar plans in what they cover.

#### What does a Dental Membership Plan typically include?

- Professional dental cleanings (twice a year)
- Doctor exams (twice a year)
- All necessary xrays
- Emergency exam (once a year)
- Immediate discounts on most dental services

Some dental offices may even include complimentary Fluoride treatment, whitening, and other benefits. The best way to find out more is to ask your dentist about their Dental Membership Plan.

**We are currently accepting new patients!** We invite you to give us a try! We would love to share with you how to save with our Dental Membership Plan.

In fact, our office has had a Dental Membership Plan in place for two years now. We have had great responses and a near 100% renewal rate each year. Feel free to give us a call Monday through Thursday, 9am-5pm for any questions or to schedule an appointment.

Sincerely,  
James Lin, DMD, FAGD

*"Dr Lin is an excellent dentist. His communication skills: listening, answering questions and explaining what is going on with a dental issue are very high level.*

*His team is comprised of passionate, highly experienced professionals that treat patients with care and understanding. This is a practice built on honesty and integrity, combined with a commitment to excellence." -L.F.*

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# NEWS BRIEFS

By Jenny Suh,  
Lynbrook High School

## Saratoga

### Spring Wine Experience, May 11

Want to relax, taste some wine, and listen to music? Enjoy a day of wine from several local vineyards at the Saratoga Chamber of Commerce's Spring Wine Experience. Immerse yourself at the Saratoga Village and learn about the history of vineyards while sampling wine on Saturday, May 11 from 2:30-5:30 p.m. Arrive early to enjoy lunch and extend the fun evening to local restaurants. Meet passionate winemakers, learn about the winemaking process, and discover new flavors.

Tickets are \$55 per adult until May 10. On the day-of, prices will rise to \$65. One ticket includes a wine glass, wristband and an event brochure. Remember to bring your printable ticket and a valid ID. All participants must be 21+ and every ID will be checked. To buy your tickets and see specific details, visit [bit.ly/SSWE\\_2024](https://bit.ly/SSWE_2024).

### Montalvo ArtSplash rescheduled to May 18

Due to rainy weather, Montalvo Arts Center rescheduled its ArtSplash event to May 18 from 11-3 p.m. Enjoy food trucks, hands-on workshops, performances, music, nature and more. Learn about Earth Day from Montalvo Art's garden curator, professional artists and the community. This event is free and open to the public.

Activities include dance performances, face painting, craft workshops, hikes, scavenger hunts, face paint stations, lawn games and more. Purchase food from trucks like Angelicas, Cielito Lindo, Kona Ice and Waffle Roost. If interested, RSVP for free entry at [tinyurl.com/artsplashRVSP](https://tinyurl.com/artsplashRVSP). For more information, email [info@montalvoarts.org](mailto:info@montalvoarts.org) or visit, [tinyurl.com/artsplash24](https://tinyurl.com/artsplash24).

## Los Gatos

### Girls on the Run 5K, May 18

The Town of Los Gatos is hosting a 5K celebration with Girls on the Run, a nonprofit that seeks to address mental and physical health concerns among girls, help them develop skills to build their confidence, develop meaningful relationships, and discover the joy of movement. The organization has had over 2 million participants nationwide with 175 local councils. The run will occur on May 18, from 7-8 a.m. at the Vasona Lake County Park and Oak Meadow. Pre-race festivities begin at 6 a.m. Enrollment fees range from \$30-40 for students and \$40-50 for adults.

Every runner will run a

5K and receive a medal at the end to celebrate this amazing achievement. Participants will also be able to take pictures at inspiration stations which will have posters and frames for girls and their families. Throughout their run, they will be provided with snacks, water and motivation bracelets. For more information or questions, visit [gotrsv.org/5k](https://gotrsv.org/5k).

Interested in volunteering? Volunteers will help with set-up, cheer stations, course monitors, first aid, food, medals and parking. Find the form at [tinyurl.com/girlsontherunvolunteer](https://tinyurl.com/girlsontherunvolunteer) and contact Vidya Vineet at [vidya@gotrsv.org](mailto:vidya@gotrsv.org).

## Santa Clara County

### Public Utilities Commission proposes cheaper residential electricity

The California Public Utilities Commission (CPUC) released a proposal that would cut prices of residential electricity for Californians, lower-income Californians and anyone most impacted by extreme weather. Currently, people are paying for maintaining the electric grid as well as the electricity used. With this proposal, the fees that maintain power lines and equipment will be moved into a different line item, "flat rate," on the bill.

On the new bill, the price of electricity will be split under two lines, the usage rate and flat rate. The usage rate is the price for a unit of electricity. Under the usage rate, the proposal decreases the cost by 5-7 cents per kilowatt-hour. The flat rate includes the cost of materials and cost required to preserve the electric grid. If approved, this bill will go into effect around late 2025 and early 2026. Read the proposal at [tinyurl.com/CPUCelectricityproposal](https://tinyurl.com/CPUCelectricityproposal) or view the fact sheet at [tinyurl.com/CPUCelectricityfact](https://tinyurl.com/CPUCelectricityfact).

### 100 years of Santa Clara County parklands

Santa Clara County is celebrating its 100th year of parks in Santa Clara County. The first park of the County Parks system was purchased in 1924 in Cupertino—a 400-acre area now known as Stevens Creek County Park. Over three decades later, in 1956, the Santa Clara County Parks Department was created to oversee what has now grown into over 28 parks, a total of 52,000 acres. Explore the parklands online at [parks.sccgov.org/home](https://parks.sccgov.org/home).



Steven Creek County Park.

Photo from Santa Clara County Parks

## 97th Annual Memorial Day

### Observance

Monday May 27, 2024

The Memorial Day Observance is an important civic event and one of Saratoga's oldest traditions. Together we pay our respects to those who gave their lives for our country and to our veterans and current members of the U.S.

Armed Services.

#### PROGRAM

9:30AM

Memorial Arch Ceremony at  
Blaney Plaza

Procession from the Arch to  
Madronia Cemetery

10:00AM

Madronia Cemetery Service

Hosted by Saratoga Foothill Club & the City of Saratoga



端午

**Programs/Performances:**

- Dragon Boat Festival Origin
- Dragon Boat Drumming Demonstration
- Tamkang Drum Team Performance
- Live Band Music
- Line Dancing
- Chinese Traditional Dance
- Chinese Yo-Yo
- Festival Crafts
- Northern California Hanfu Showcase

# DRAGON BOAT

# FESTIVAL

## At West Valley College Kirkorian Pavilion

14000 Fruitvale Ave, Saratoga  
6/08/2024(Saturday), 11AM - 2PM

**Host**  
Asian American for Better Community (AABC)

**Co-Hosts**  
SYF Foundation  
JT Family Foundation  
SVBand  
California Line Dance Association of America (CLDAA)  
Benefit Tomorrow Foundation

**Sponsors**  
Growing Tree Learning Center  
Little Tree Montessori International School  
Coco Tan, Real Estate Broker  
TamKang University Alumni (TUAANC)  
Northern California Hanfu Association  
TACCNC

\*Ready-made food and non-alcohol specialty drinks for purchase  
\*Parking is free at parking lot #5

# Falcon survey shows Saratoga students support the new Costco, but its location and potential traffic issues is a problem for many residents

Continued from  
**COSTCO**, pg. 1

The closures will leave enough space for Costco Westgate West's 165,000 square foot warehouse.

However, despite the warehouse itself being 14% larger than the Costco located in Sunnyvale, the new Prospect Costco only has 689 parking spaces in comparison to the 838 parking spaces at the Sunnyvale Costco, raising further concerns over traffic on nearby streets.

Regardless of the proposed store's limited parking, it seems many younger potential shoppers support the new location, saying it will be more convenient than other locations — such as Sunnyvale's Costco — that are each more than six miles away. According to a poll conducted by the Saratoga Falcon, 62% of the 120 total student voters support the new Costco, while 38% do not.

## How the plan came to be

The first architectural plan for Costco Westgate West was submitted to the city of San Jose in late 2021. Since then, many more revised architectural plans have been submitted to

the city with the latest being in December. Around the same time in December, the Draft Environmental Impact Report (DEIR) was released due to the project's major land use and significant environmental impact.

The report states that the Costco's effect on air quality, noise and other environmental concerns are all insignificant. However, Amy Cody, a parent of a Prospect High School student, contends the report did not take into account the traffic the new Costco would create around Prospect High School.

"The DEIR was clearly insufficient because it did not take into account the pedestrian and bicycle safety alongside Prospect Road. Students at Prospect High School are also opposed to the project and have started a petition," Cody told The Falcon. "This is a travesty."

The Costco project also contributes to the city plan: "Envision San Jose 2040 General Plan" introduced in 2011. This plan aims to "reflect the community's expressed desire to see San Jose grow as a prominent great City that provides environmental and economic leadership roles in the region, nation and world,"

using "12 Major Strategies." One of these strategies includes improvement of existing neighborhoods, as well as the inclusion of new urban villages, specifically 60, across San Jose.

Urban villages are areas that include residential and commercial developments while providing access to transit. The city hopes to "revitalize underutilized properties" such as Horizons, which are areas designated for "phased development within urban villages."

The Westgate mall strip is part of Horizon #1. Costco may be an effort supported by San Jose to urbanize neighborhoods and increase the commercial appeal of the Westgate mall strip. The urban villages look to mix housing and employment with a "high-quality urban design" for San Jose's diverse growing population.

## Many local residents speak up about the new Costco

For Saratoga residents like sophomore Brady Liang, the new Costco will be more than convenient. He believes that the new location will be more convenient as it only takes around 10 minutes to drive.

"It's just in an area that's close enough so that it's convenient, but it's also far away enough so that the traffic won't affect us," Liang said.

On the other hand, most opposition has come from residents living near the planned building site, who voiced their concerns at a San Jose City Planning Commission meeting on Feb. 20.

Local organizations like Save West Valley have taken action to stop the project ever since the project was announced: they have made signs to be put on supporters' lawns and petitions on change.org have reached well over 3,000 signatures. Save West Valley is a volunteer-run organization advocating for the quality of life in the communities of West San Jose, Campbell and Saratoga. The organization aims to adopt a "holistic approach" to development and projects that support San Jose's urban village development.

Both Cody and Marc Pawliger, a longtime resident in the Prospect area for over 25 years, are members of Save West Valley.

"The project isn't appropriate for the site that it's been proposed for. There were

hardware stores, yoga studios and bakeries before, and they were appropriately sized," Pawliger said. "A store that is 4 acres in size and generates 11,000 car trips through an intersection where Prospect High School students commute through is not an appropriate scale."

Save West Valley is also concerned with the negative effects of pollution and emissions on nearby communities, especially senior citizens.

"I don't want people to get hurt by the traffic or for people to suffer from ill health effects because of the pollution," Cody said.

Pawliger, who organizes many events for Save West Valley, hopes to let people know that they have a voice. Their website emphasizes that the project "is not a done deal."

"We started Save West Valley for residents of Saratoga, Cupertino, and Campbell," Pawliger told The Falcon. "You don't have to be affected by this project to attend a San Jose city council and speak. The one thing that people can do is to act."

# AARP survey says one-quarter of U.S. adults ages 50+ expect to never retire



A group of friends enjoy a Thanksgiving themed lunch at Live Oak Senior Nutrition Program.

Photo courtesy of Kathy Mlinarich

Continued from  
**ASSISTANCE**, pg. 1

at the time and had to quit my job because there's no way you can be a full time caregiver and work full time. I took care of her for 10 years and I couldn't find work after she passed."

With no steady income and dwindling savings, Janice and her brother found themselves drowning in debt, resorting to

loans and credit cards to keep a roof over their heads. Their situation became increasingly dire, with mounting rent, credit card debt nearing \$40,000, and the looming threat of homelessness.

Mlinarich connected the siblings to Successful Aging Solutions & Community Consulting (SASCC), which coordinated rental assistance through the Los Gatos Anti-

Racism Coalition.

Jeffrey Suzuki, founder of the Los Gatos Anti-racism Coalition, emphasizes the importance of community-driven initiatives in addressing systemic issues like housing insecurity.

"Poverty and housing insecurity are more common than what many are led to believe," Suzuki said in an email. "Renters constitute approximately 30 percent of

Los Gatos' population. Without a doubt, the housing crisis and its exorbitant rents have brought with it unsustainable economic pressure on working class tenants."

The rental assistance program helped 70 people as of mid April. About half were Los Gatos residents.

"As LGARC continues to provide assistance, it remains a fervent advocate for affordable housing across the Bay Area," Suzuki said. "We identify the primary driver of the homelessness crisis as being systemic, caused largely by the lack of affordable housing. For the last four years, LGARC has been deeply involved in advocating for affordable housing by organizing efforts to demand more from its local representatives. While LGARC continues to take direct action to prevent struggling families from slipping through the cracks, we will continue to support the effort to make Los Gatos and the greater Bay Area truly inclusive for working-class families."

Janice said that the rental assistance helped her pay off her car insurance and a personal loan.

The struggles Janice and her brother face are not unique. Across the nation, a growing

number of older adults are grappling with financial insecurity, with housing costs and everyday expenses proving to be formidable barriers to retirement savings. According to an AARP survey, one-quarter of U.S. adults aged 50 and older expect to never retire, while concerns remain about rising prices outpacing income growth.

Initiatives like SASCC's Senior Guided Pathways, in partnership with West Valley College, offer a way for older adults to gain skills needed to stay in or re-enter the workforce, with free tuition and transportation to-and-from campus.

Though even with jobs, some older adults like the Johnstones would still struggle to get themselves out of debt.

To help them get on their feet, Janice resorted to crowdfunding. If you'd like to read more about the Johnstones' story and donate, visit [gofund.me/7994ad4c](https://gofund.me/7994ad4c).

For more information about the Live Oak Senior Nutrition Program, visit [lgumc.org/live-oak-senior-nutrition-center](https://lgumc.org/live-oak-senior-nutrition-center) or call (408) 354-0707.

For more information about the Los Gatos Anti-Racism Coalition rental assistance program, email [antiracism.lg@gmail.com](mailto:antiracism.lg@gmail.com).

# Help shape your local community college's mission



**By Dr. Jennifer Taylor-Mendoza,** President, West Valley College

West Valley community, we are excited to hear from you! I'm Dr. Jennifer Taylor-Mendoza, President, West Valley College, and I'm writing to you to seek your guidance on your local community college's mission, vision and core values.

What would you like to see the college prioritize? What

educational initiatives do you find important? What purpose does West Valley College serve for its students and the community? In a decade, what would you like to see West Valley College accomplish as an institution?

West Valley College just celebrated its 60th year of providing academic excellence to its students and the surrounding community, and we hope the next 60 years will continue our legacy as

a thriving, responsive and distinguished educational institution. The survey below is your opportunity to help us shape the path forward. Your thoughtful insights will serve as the inspiration for our dedicated faculty, administrators, and student body as we plan for the future. Thank you, and Go West!

## MISSION, VISION, & VALUES SURVEY

Share your perspective on who West Valley College is!

West Valley College wants your input on our sense of who we are: our Mission, Vision, and Core Values. The results will be used as the College reviews the current mission statement. Open now through May 12.



Take the 5-minute survey today!

[bit.ly/wvc-mvv24](http://bit.ly/wvc-mvv24)



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](mailto:RAJ@SASCC.ORG).

### Stepping Stones



Advocates providing compassionate support for those navigating life-threatening illnesses

If you or someone you love has recently received a diagnosis of a life-threatening illness or is currently navigating one, you may be uncertain about what steps to take next. You don't have to face it alone; we're here to walk alongside you every step of the way.

- We offer vital support and resources that extend beyond medical care, addressing the holistic needs of each individual person.
- Our focus is on providing non-medical assistance, including emotional support, practical guidance, and access to essential resources, to empower clients and their families throughout their journey.
- At Stepping Stones, all of our services are provided completely free of charge.

For more information visit our website at [www.stepsstonesadvocacy.org](http://www.stepsstonesadvocacy.org) or email us: [info@stepsstonesadvocacy.org](mailto:info@stepsstonesadvocacy.org)

# Celebrating Older Americans Month

## Staff Report

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have

on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

"For those of us that work at SASCC, it's not just about lending an ear to someone and listening to them about their obstacles," said Rajvir Kaur, SASCC's Director of Operations. "It's about playing a part in directly impacting someone's life and connecting that person to a resource that is going to ultimately help him or her in their daily living."

Many organizations like SASCC, West Valley Community Services, Friendly Voices, among others, will agree that by recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans. Numerous organizations work together to help people live their best lives.

### What can you do to build a connection?

- Invite more connection into your life by finding a new passion, joining a

social club, taking a class, or trying new activities in your community.

- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.
- If going out seems a little scary, start small. Become a Pen Pal, or pick up the phone and talk to

a phone buddy from an organization like Friendly Voices!

"Connection helps us know we are not alone in our journey," Laura Steuer, Founding Director of Friendly Voices, said. "Our friendships and relationships with other human beings are fundamental to knowing that we're here, we're alive, and we matter."

For more tips and ideas, see below!




**WHAT IS SOCIAL ISOLATION?**  
**SOCIAL ISOLATION IMPACTS PHYSICAL AND EMOTIONAL HEALTH.**

Are you or a loved one at risk for social isolation? Take this Connect2Affect assessment to find out:  
<https://connect2affect.org/assessment/>

**Social isolation poses serious health risks to millions of older adults — it has been linked to higher blood pressure and increased risk of stroke, among other things. This #OlderAmericansMonth, connect for better health.**

**Participate in the Surgeon General's 5-for-5 Connection Challenge**



**Step 1: Commit to connect**

Pick 5 actions and 5 days in a row to connect with people in your life.

For all steps and instructions, visit:  
<https://tinyurl.com/3n2ejv6j>



**It's not too late to make plans for #OlderAmericansMonth!**

Visit [acl.gov/oam/2024/oam-2024-activities-ideas](https://acl.gov/oam/2024/oam-2024-activities-ideas) for ideas. Group projects, events, and storytelling are all great ways to connect.



# Month: *Powered by Connection*

## VOLUNTEER & CONNECT

Try something new and become a volunteer driver for RYDE! Not only do volunteer drivers help others with their transportation needs, they also build unique connections with local riders who may be living in their own community!

**JOIN US!**

Email: [ryde@sascc.org](mailto:ryde@sascc.org)



Saratoga Adult Care Center invites you to our...



Wednesday,  
May 15  
**5-7 PM**



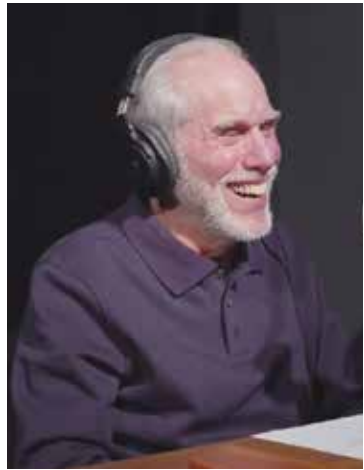
**Saratoga Adult Care Center**  
19655 Allendale Ave  
Saratoga, CA 95070

Learn more about what we do, eligibility requirements, & financial options!

# Between The Pages with Lloyd: Digging Dugoni



Photo by Susan Q Yin on Unsplash



Lloyd Russell on the set of his KCAT podcast, Lit with Lloyd.

Photo from KCAT TV & Media

By Lloyd Russell

Greetings, literary fans! Our friends at The Outlook recently reached out to me with a request to start a monthly literary-themed article for you, their readers. If you know me from my podcast on KCAT-15, Lit with Lloyd, then you're in for a treat! Each month we will explore a new book review or a literary event that I attended

(and that I think you will be interested in hearing about). And when I'm done with the main focus of the article, I will include a different list of books for you to curl up with.

This month, I'm reviewing a book from one of my favorite authors, Robert Dugoni. His latest book is different from his others. Here's why:

A Killing on the Hill, by Robert Dugoni, came out on April 9, 2024. This is his 24th novel, along with three short stories and one nonfiction that he co-wrote. After all of those books, AKoH is his very first historical fiction! And, wow, is it captivating!

The story takes place in Seattle in 1933, at the height of Prohibition and the Great Depression. The main protagonist is a 19-year old boy, William Shumacher ("Shoe") who moved from Kansas City to Seattle to become a newspaper reporter for one of Seattle's three main papers. He becomes the chief representative for the paper in a trial regarding the

shooting and killing of a well-known prize fighter by the owner of an establishment that is selling alcohol and running illegal gambling games.

Of course, Shoe is much more involved than just covering the trial. Throw in the newspaper's editor, the chief detective for the City of Seattle, the deputy prosecutor who tries the case, the defense's main attorney, and a couple of women with their own stories, and you have a book that will keep you guessing throughout.

So here's the thing, Dugoni can flat-out write. Whether it's one of his five standalones or one of his three series, all of his books are terrific. Even though I (shamefacedly) admit that I've only read five of his books so far, one of them—The Extraordinary Life of Sam Hell—is one of my favorites of all-time! If you haven't read it, get to it! You will thank me!

I digress. AKoH will keep you enthralled throughout. I have to warn you that there may be some tears in your future.

And don't be surprised if you gasp, say "What the heck?" or just shake your head. I predict one or more of those things will happen.

Pick up your paper, e-book, or audio copy of A Killing on the Hill. You will NOT be disappointed.

My first list is my Top 12 All-Time. They are in alphabetical order:

- Baldacci, David - Wish You Well
- Clavell, James - Shogun
- Conroy, Pat - My Losing Season (non-fiction)
- Conroy, Pat - South of Broad
- Diffenbaugh, Vanessa - The Language of Flowers
- Follett, Ken - Pillars of the Earth
- Follett, Ken - Winter of the World
- Haley, Alex - Roots
- King, Steven - 11/22/63
- McMurtry, Larry - Lonesome Dove
- Michener, James - The Source
- Walls, Jeanette - The Glass

Castle (non-fiction)

Most of these I'd venture to say you have heard of. They are big-time favorites. But the three you may not know are:

- Wish You Well—the story of two young children from New York City who have to go live with their grandmother in the mountains of Virginia with their invalid mother.
- The Language of Flowers—fiction that reads like non-fiction about an 18-year old girl who ages out of foster care and is on her own.
- The Glass Castle—nonfiction that reads like fiction is the true story of how Jeanette Walls grows up with very unusual parents.

Thanks for letting me take you between the pages of A Killing on the Hill, and I'll see you in June where we'll explore a new and exciting treasure, located right here in Los Gatos!

## Fentanyl crisis prompts district Narcan training aimed at students

*District nurse Lisa Tripp held an informational session that provided students with information about how to use Narcan kits*

by Derek Liang & Daniel Wu, Saratoga High School, Falcon Newspaper

Amid a growing nationwide opioid crisis, many living in the Bay Area have been alarmed by the increasing number of overdose deaths in San Francisco in the last four years: As of March 26, the San Francisco Chronicle drug overdose deaths page projects 655 more deaths for 2024 in addition to the 131 who have already died this year.

In light of this concern, district nurse Lisa Tripp has worked to increase precautions against overdoses at both Los Gatos and Saratoga High School by educating students and staff on overdose prevention.

Students from both SHS and LGHS were invited to attend a 15-minute Narcan training session on Feb. 27-28 held at each school, where Tripp explained about the dangers of

opioids like fentanyl and taught attendees how to administer Narcan kits in the event of an overdose. For the SHS session, 20 students signed up ahead of time and roughly 35 students attended in total.

Senior Ryan Lin, who helped promote the event, made posters advertising the Narcan training and spoke about it on SHSTV. Lin said that when the administrators reached out to him, the importance of spreading this potentially life-saving knowledge motivated him to help promote the event.

Tripp started the meeting by introducing opioids, making clear the fact that synthetic opioids in themselves are not as dangerous; she emphasized that greater danger comes from consuming illegal opioids made outside of pharmaceutical labs, where they can be mixed with a myriad of lethal chemicals.

"The main danger of fentanyl is that you cannot tell when it is mixed with other drugs," Tripp

told the roughly 40 students who attended. "It is also 50-100 times more potent than morphine or heroin, in addition to being highly addictive in small quantities."

Tripp told The Falcon that the main reason for the rising concern in the past few years is that fentanyl is now often found in fake pills that look identical to real pills. Fake pills, brightly colored gummies and candies are all being produced and marketed to young people.

"We [the district] have made sure that [opioid crisis] awareness is a really high priority in our district because any drug — unless you are taking prescribed drugs from a doctor with your name on it — can now be contaminated with fentanyl," Tripp said.

Tripp also educated participants on the opioid production process, known as tableting. She stated that in pharmaceutical labs, the processes are highly controlled and the active

ingredients in every tablet are equal. However, in illegally made tablets, the active ingredients are not controlled well and there can be varying concentrations of ingredients in different tablets.

Because of this, Tripp said that Fentanyl test strips — which require the tablet to be completely crushed — are not effective in testing a batch of tablets for contamination.

After presenting basic information on the subject, Tripp taught all the students at the meeting how to identify an overdose and administer Narcan kits — which contain Naloxone medication that can reverse the effects of opioid overdose — in addition to presenting a slideshow and playing part of a Youtube video from CA Public Health on how to administer Naloxone properly.

Tripp emphasized that Narcan kits have been added to every AED cabinet and classroom on both campuses,

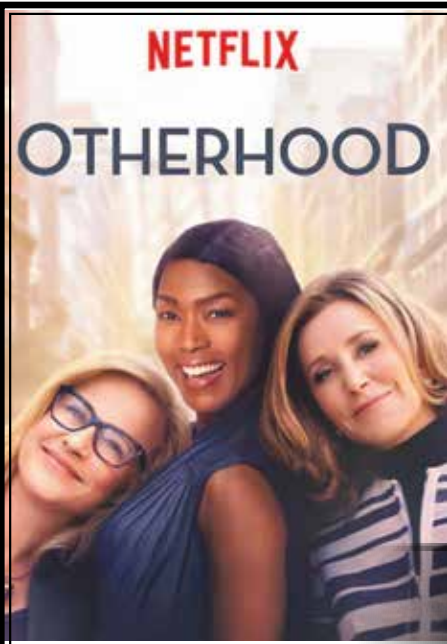
as part of the AED project that she conducted last year.

Junior Lucie LeToquin attended the event after encouragement from her mom, who has seen many stories regarding high schoolers and fentanyl in the news and wants LeToquin to be prepared in case of an emergency.

"I think the training was really important to have because of how increasingly prevalent this issue is becoming in our community and also because learning to use Narcan could potentially save someone's life," LeToquin said.

At the end of the meeting, every student received a Narcan kit to take home, which each included two doses of Naloxone.

"It's important to remember that Naloxone will not harm someone who is not experiencing an opioid overdose, so if you are completely unsure of someone's condition, it's always better to administer Naloxone in case it will save their life," Tripp said.



**Otherhood (2019)**

A grounded, soulful, celebratory comedy about three mothers and their adult sons. The film explores the stage after motherhood, Otherhood, when you have to redefine your relationship with your children, friends, spouse, and most importantly, yourself.

R | 1h 40min | Comedy

**Rust Creek (2018)**

An overachieving college student gets lost on her way to a job interview. A wrong turn leaves her stranded deep in the Kentucky forest.

R | 2h 38min | Action, Crime, Drama



**NOW STREAMING**



**Megan Leavey (2017)**

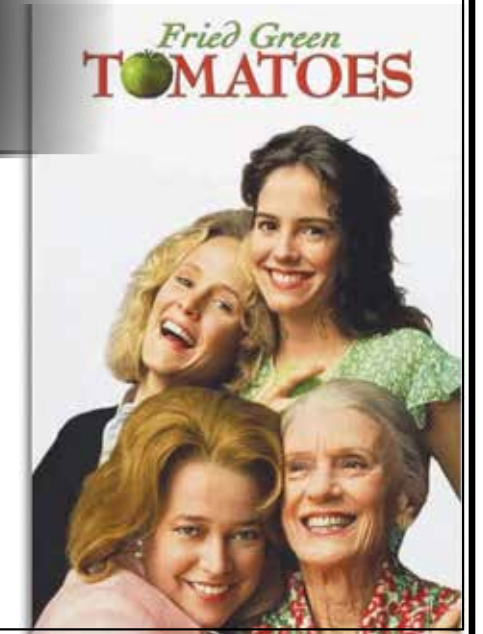
Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.

PG-13 | 1h 56min | Action, Biography, Drama

**Fried Green Tomatoes (1991)**

Evelyn, an ordinary housewife, visits a nursing home and befriends the old lady Ninny. Together, they bond over stories from the past about two intrepid women of Whistle Stop Cafe.

PG-13 | 2h 10min | Drama



**COMING TO THEATERS NEAR YOU**

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



**Kingdom of the Planet of the Apes**

Many years after the reign of Caesar, a young ape goes on a journey that will lead him to question everything he's been taught about the past and make choices that will define a future for apes and humans alike.

Opening May 10, 2024

PG-13 | 2h 25min | Action, Adventure, Sci-Fi

Stars: Freya Allan, Kevin Durand, Dichen Lachman

**IF**

A young girl who goes through a difficult experience begins to see everyone's imaginary friends who have been left behind as their real-life friends have grown up.

Opening May 17, 2024

Not Rated | 1h 44min | Comedy, Drama, Family

Stars: Ryan Reynolds, John Krasinski, Cailey Fleming



**The Fall Guy**

A down-and-out stuntman must find the missing star of his ex-girlfriend's blockbuster film.

PG-13 | 2h 6min | Action, Comedy, Drama

Stars: Ryan Gosling, Emily Blunt, Aaron Taylor-Johnson

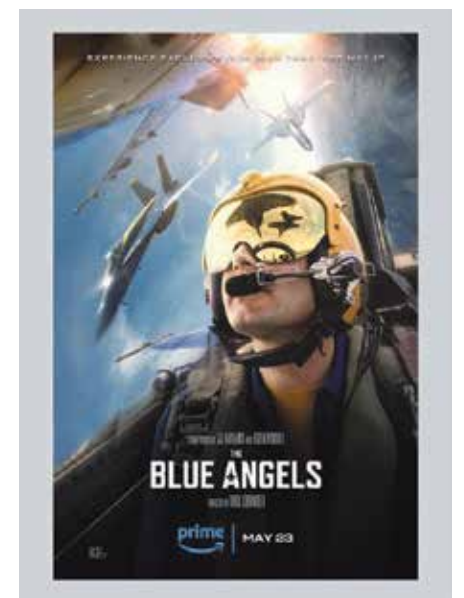
**The Blue Angels**

Follows the veterans and newest class of Navy and Marine Corps flight squadron as they go through intense training and into a season of heart-stopping aerial artistry.

Opening May 17, 2024

G | Documentary

Director: Paul Crowder



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 1875 S. Bascom Ave., Campbell, CA 95008  
[www.pruneyardcinemas.com/](http://www.pruneyardcinemas.com/)

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

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 (408) 399-9800  
 43 N Santa Cruz Ave, Los Gatos, CA 95030  
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## CARING FOR THE CAREGIVER- STRESS REDUCTION

01

EXPLORE PRACTICAL TOOLS AND STRATEGIES AIMED AT MAINTAINING MENTAL AND PHYSICAL WELL-BEING.

02

GAIN INSIGHTS ON HOW TO STAY STRONG AND HEALTHY WHILE MANAGING CAREGIVER RESPONSIBILITIES.

03

LEARN EFFECTIVE TECHNIQUES TO REDUCE STRESS AND ENHANCE OVERALL RESILIENCE.

PRESENTED BY:  **Sutter Health**  Hospice of the Valley

MONDAY, MAY 13  
SARATOGA SENIOR CENTER  
1-2 P.M.

# BIKE AROUND TOWN

FRIDAY, MAY 17 2-5 PM

WITH THE COMPLETE STREETS AND  
TRANSPORTATION COMMISSION &  
SUMMIT BICYCLES

STUCK IN BEACH TRAFFIC?

CAN'T FIND A PARKING PLACE?

NEED SOME FRESH AIR?

**TRYING BIKING TO TOWN!!**

IT'S BIKE TO WHEREVER WEEK.  
JOIN US FOR AN EASY RIDE AROUND TOWN!

WE'LL MEET AT SUMMIT BICYCLES AT  
111 E MAIN ST., LOS GATOS.

BIKE AND E-BIKE RENTALS ARE AVAILABLE  
AT SUMMIT BICYCLES OR BRING YOUR  
OWN BIKE! MAYBE TRY AN E-BIKE FROM  
SUMMIT BIKES!

SIGN-UP AT THE LINK BELOW:  
[HTTPS://TINYURL.COM/WH2XTM27](https://tinyurl.com/wh2xtm27)

SPACE IS LIMITED TO 10 RIDERS SO  
SIGN-UP TODAY!  
QUESTIONS? CALL JEFF THOMPSON AT  
408-455-2784 OR EMAIL  
JEFFSTHOMPSON7@GMAIL.COM.



## Healing Our World: A Deeper Look at Food



What cultural messages do we consume with our daily meals, and what kind of transformation can we help create when we're more conscious about our food choices? Join Dr. Tuttle as we delve into the cultural and health impacts of our current food system.

Dr. Will Tuttle is an award-winning visionary educator, musician, and author of the international best-seller, *The World Peace Diet*. He presents globally and is featured in many documentaries and online broadcasts.

**Monday, May 20, 2024**  
5- 6pm

Los Gatos Library  
100 Villa Avenue  
Upstairs - Tech Lab



AS SEEN IN

*The West Valley*  
**OUTLOOK**  
a vision for our Age-Friendly community



Portraits & Headshots  
Family Pictures  
Graduation  
Parties & Events  
Commissioned Art



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**South Bay Veterans Chorus Presents:**

# SONGS Of Hope and Affirmation

**LOCATIONS:**

**DATES & TIMES:**

Prince of Peace  
Lutheran Church  
12770 Saratoga Ave  
Saratoga, CA

Saturday  
May 18, 2024  
7:30 PM

St. Timothy's Lutheran Church  
5100 Camden Ave,  
San Jose

Sunday  
May 19, 2024  
2:30 PM

**TICKETS:**

\$20 if purchased before May 13th  
Thereafter \$25  
online or at the door.



**TICKET SALES:**

Used the QR code or go to  
[www.southbaymilvetschorus.com](http://www.southbaymilvetschorus.com)

INTERSECTION  
FOR THE ARTS

ORCHARD CITY COMMUNITY CHORUS PRESENTS:

Saturday,  
June 8, 2024  
7:30 PM

# Music THROUGH THE DECADES 1900 - 2024

**LOCATION:**

United Methodist Church,  
1675 Winchester Blvd.  
Campbell, CA



**SCAN FOR TICKETS:**

Or visit: [orchardcitychorus.org](http://orchardcitychorus.org)

\$20 if purchased before  
May 25, 2024 at  
[www.orchardcitychorus.org](http://www.orchardcitychorus.org)

\$25 at the door  
(Youths under 12 free)

# ASK the EXPERT

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



# May is Better Hearing Month

Christine Throm, Au.D.

Healthy hearing is vital to our ability to communicate with others and navigate the world around us. In America today, however, approximately 15% (37.5 million) of 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](http://www.hearingloss.org) and [www.idainstitute.com/tools](http://www.idainstitute.com/tools).

**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.



**Resolve to optimize your hearing!** 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

## Los Gatos Audiology is proud to introduce the Oticon Intent™!

Powered by new 4D Sensor technology!

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!

## 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 17, 2024: Better Hearing Month  
Friday, June 21, 2024: Hearing Loss and Dementia  
Friday, July 12, 2024: Noise Induced 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.

Please call for time and location information

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[www.LosGatosAudiology.com](http://www.LosGatosAudiology.com)

# RESOURCES

## CARE

## SERVICES

## INFORMATION

### COMMUNITY RESOURCES

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

**CANCER CAREPOINT**  
Non-medical support services for those impacted by cancer: patients, survivors, caregivers, families.  
2505 Samaritan Dr., Suite 402  
San Jose, CA 95124  
(408) 402-6611

**EMERGENCY ASSISTANCE NETWORK OF SANTA CLARA COUNTY**  
1400 Parkmoor Ave., Suite 250, San Jose, CA 95126  
(415) 808-4300 / [www.uwba.org/get-help](http://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

**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](http://www.sccfd.org)



Photo by Hannah Busing on Unsplash

**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.

**WEST VALLEY COMMUNITY SERVICES**  
10104 Vista Dr.  
Cupertino, CA 95014  
(408) 255-8033

### OLDER ADULT SERVICES

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

**FRIENDLY VOICES- PHONE BUDDIES FOR SENIORS:** (650) 395-8017

**SOURCEWISE:** (408) 350-3200 x 1  
**LIVE OAK NUTRITION CENTER:** (408) 354-0707

**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.*

**HEALTH INSURANCE COUNSELING & 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](http://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](http://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](http://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

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

### SOCIAL CENTERS

**SARATOGA SENIOR CENTER**  
19655 Allendale Ave  
Saratoga, CA 95070  
M-F, 10am to 4:30pm  
(408) 868-1257

**SARATOGA ADULT DAY PROGRAM**  
19655 Allendale Ave  
Saratoga, CA 95070  
10am to 3 pm  
(408) 868-1254

**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  
(408) 358-3636

## Resource Spotlight

### West Valley Community Services

West Valley Community Services is a nonprofit organization that has been providing safety net services to low-income and homeless individuals and families in the West Valley region of Santa Clara County for more than 50 years. Its mission is to unite the community to fight hunger and homelessness. Its work is guided by the vision of a community where everyone has food on their table and a

roof over their head. West Valley Community Services provides services in Cupertino, Saratoga, West San Jose, Los Gatos, Monte Sereno, unincorporated mountain regions of Cupertino and Los Gatos. The various services includes a food market, affordable housing, emergency financial assistance, a mobile food pantry, family support, access to public health and food assistance benefits, case management, and

referral services. Its programs target families with children, at-risk youth, seniors, individuals, and disabled adults who are extremely low-income, living on a fixed income, homeless, or are at risk of becoming homeless. West Valley Community Services is our community's safety net. They ensure that low-income and homeless individuals and families receive the support and services they need to build the foundation for



a brighter future. Please donate to help those still facing hunger and homelessness!  
Resource Spotlights are compiled by the Los Gatos Foundation for Older Adults to

Thrive, <https://losgatosthrives.org>. WVCS is a member of the West Valley Service Providers network.

*Because you know what happens when you say 'hello' or 'good morning?' You make a connection. And isn't that what being human is all about?*

- Philip Rosenthal

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