

# The West Valley OUTLOOK

a vision for our Age Friendly communities



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## The VA cut critical funding. Help us make sure our veterans aren't stranded

By Outlook Editorial Board/  
SASCC Managerial Team

Four days a week, Army veteran David Long gets excited to head to the Saratoga Adult Care Center.

"He's always up and ready to go when his ride comes," his wife Vickie said.

Permanently-disabled from the military and living with dementia, David requires daytime care. At the Saratoga Adult Care Center, he receives gentle, personal care, stimulating activities, physical exercise, and nutritious meals.

"There has been a marked improvement since he's been going to the Adult Care Center," Vickie said. "Going to this program and being social has been better than any kind of medicine he could possibly be given."

But the morning of August 8, his ride never came. To

find out why, Vickie called Navarre Corporation, the non-emergency medical transport (NEMT) service that the United States Office of Veteran Affairs (VA) had been contracting with to transport veterans to and from their Adult Day Programs (ADPs).

To her surprise, she was told that the VA would no longer be providing funding for Navarre's transport services for veterans to ADPs. This left David stranded at home that day, along with four other veteran participants of the Saratoga Adult Care Center who rely on Navarre's services. Families and caregivers were left to figure out alternative transportation options to get their loved ones to the Adult Care Center.

After some investigation with a local VA social worker and other ADPs like Live Oak Adult Day Services in Los Gatos, it came to light that



Veterans socialize in the Saratoga Adult Care's outside patio.

Photo courtesy of Saratoga Adult Care Center

the VA made a decision to deny funding to Navarre Corporation transportation services for veterans attending ADPs nationwide, on the grounds that these programs don't constitute a "medical need."

This discovery and the resulting impact over the

coming weeks prompted Successful Aging Solutions & Community Consulting, (SASCC), operator of the Saratoga Adult Care Center, to launch a petition to the VA to reinstate funding for veteran transportation to

see VETERAN pg. 3

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## Zihuatanejo, Mexico: Los Gatos' first 'Sister City'

By Travel Advisors of  
Los Gatos

"The concept of 'Sister Cities' or 'Town Twinning' is the legal and social agreement to promote cultural and commercial ties across borders. It began as early as 836 A.D. between Paderborn, Germany and Le Mans, France. The more modern trend resurfaced in the 20th century after World War I, in 1920, and after World War II, in 1947.

The connection between towns and cities had a diplomatic aspect, championing peace and prosperity between former enemies. President Dwight Eisenhower held a White House summit meeting on citizenship diplomacy in 1956 at which he declared a non-profit organization to be known as Sister Cities International. The goal he envisioned would bring peace and prosperity around the world.

A less-formal association is simply an agreement between two cities of different countries



Zihuatanejo, Las Salinas, 1972-73.

Photo courtesy of Travel Advisors of Los Gatos

which is signed by the mayors or highest-ranking officials to form a Sister City relationship. Los Gatos has five such Sister Cities: Zihuatanejo, Mexico; Chung-Ho, Taiwan; Tallinn, Estonia; Listowel, Ireland and Liaoyang, China. The reasons for partnership vary: for trade purposes, geographical similarity, shared cultural interests, tourism or simply a quixotic rea-

son such as the twinning of Dull, Scotland and Boring, Oregon.

In the early 1970s, Russ Cooney, Town Manager of Los Gatos, was on vacation in Zihuatanejo, Mexico. He noted that the town's most prominent beach was named Las Gatas (their spelling). Interest began to build in our community

see MEXICO pg. 5

## Senior tennis group at West Valley College going strong since the 70s

By Anamika Anand,  
Saratoga High School

On a sunny Friday morning, the sounds of tennis balls bouncing off rackets and lively calls of scores filled the courts of West Valley College as local older adults played tennis together in doubles teams. This tennis group for seniors has been around for decades and remains strong under the leadership of Cupertino resident Chuck Thompson.

The group started in the 1970s with around 30 players meeting every weekend to play, and expanded over the years with retired tennis players, World War II veterans, and Korean veterans joining.

Some have been regulars at the group for decades; several of the oldest players are in their mid-80s. Many use this group as an opportunity to stay active and bond with other people.

"We're out there to have fun,

and all of us feel that it keeps us younger," Thompson said. "As we age, we get slower and can't do what we used to do, but if you just sit around the house, your body will go real fast."

Jim Randall, 86, has played tennis for 70 years, and upon retiring decided to make health a priority. He joined this group in 2006 and has always liked the community aspect of it. Though he said the group had many more people back then, the diversity of the people is still an important factor today.

"What's interesting is meeting all these people. There's different ethnic groups as you look around and just a lot of interesting people that come to play here," he said.

According to Thompson, around a third of the players are women. Ngoc-anh Hoang, 63, has played in the group since the 90s. Before that she used to

see TENNIS pg. 8

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**Outlook Disclosure:**

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

# Support veterans: implore VA to reinstate transportation funding for Adult Day Programs

continued from  
VETERAN pg. 1

**ADPs. The petition can be viewed and signed at [sascc.org/va-petition](https://sascc.org/va-petition).**

The VA's abrupt decision created an immediate crisis, leaving frail and disabled veterans across the country without a reliable mode of transport to access these programs. It has resulted in health concerns, financial hardships, and emotional challenges for veterans, as well as significant burdens on their caregivers' mental and physical well-being. There are around 3,500 ADPs nationwide.

The number of U.S. veterans impacted by the VA's decision is in the tens of thousands. This was a top-down decision by the agency that is supposed to be looking out for the ones who fought for our freedom. We struggle to understand the rationale behind the VA's decision.

The Outlook reached out to the VA for a comment, but did not receive a response by deadline.

Five veterans who regularly attend the Saratoga Adult Care Center have been affected.

"My dad has PTSD," said Alethea Bejarano, daughter of Rodrigo Bejarano, a three-time Purple Heart Recipient, Vietnam veteran and Saratoga Adult Care Center participant. "It's only me caring for my dad. Now I'm driving to take him to the Adult Care Center, and I'm nervous to schedule any appointments for my own medical issues or accept a new teaching job offer. Before when we had

guaranteed transportation, it was such a relief knowing he'd get there and back no questions asked. Now that responsibility is on me, along with caring for my own teenage daughter."

While all ADPs are state-licensed facilities, many programs are not able to afford the expense of employing licensed medical professionals, such as RNs, because the model is not eligible to receive Medicare reimbursements.

Exclusively employing caregivers keeps the price of attendance down, which allows ADPs to care for extremely-low and very-low income seniors.

Diseases like dementia, Alzheimer's Disease, Parkinson's Disease, aphasia, bipolar disorder, and schizophrenia are among the various types of medical diagnoses ADPs work with, in addition to physical disabilities requiring feeding assistance, assistance in the restroom and mobility supervision due to balance issues.

According to Healthcare, adult day service attendance positively impacts physical and psychological functioning in attendees with early-stage dementia. (Source: [tinyurl.com/ymjeafm2](https://tinyurl.com/ymjeafm2))

A study in the Journal of Gerontological Social Work states that adult day services are associated with perceived improvements in psychosocial well-being of participants and a decreased burden or dependence on their caregivers. (Source: [tinyurl.com/mv7jx98z](https://tinyurl.com/mv7jx98z))

"My husband has Parkinson's and limited mobility," said Danean Gutierrez, wife of Chase Dickson, another Vietnam veteran who attends the Saratoga Adult Care Center Day five days a week. "Going to the program offers a huge medical

benefit to the veterans. This is part of my husband's weekly routine for his cognitive health and social health. It reduces his isolation."

Adult Day Programs also lessen the strain on the health-care system. The Santa Clara County Office of Research and Evaluation released a report in December of 2022, evaluating the efficacy of ADPs participating in a pilot program studying the effects of subsidized care for low income seniors. The pilot program was led by the Santa Clara County Senior Care Commission, which at the time, SASCC CEO Tylor Taylor was the chairperson of.

The report shows a significant reduction in emergency room visits and hospitalization at the 6-month follow up mark. At enrollment, 33.3 percent of participants had reported an ER visit in the last six months, and 18 percent reported being hospitalized in the same period. After being in an ADP for six months, the ER visits dropped to 21 percent, with hospitalizations down to 10.5 percent.

**Disabled veterans had previously been able to get a medical referral to utilize Navarre's services due to challenges faced while using alternative modes of transportation. Navarre had provided veterans with safe, reliable transportation to and from ADPs since at least 2020.**

Affordable senior transportation options that meet veterans' needs in Santa Clara County are limited.

The RYDE Senior Transportation Program has acquired

	Enrollment (N=39)	6-month follow-up (N=19)
Falls	38.46% (n=15)	36.84% (n=7)
Emergency Room Visit	33.33% (n=13)	21.05% (n=4)
Hospitalization	17.95% (n=7)	10.53% (n=2)

The Santa Clara County Office of Research and Evaluation released a report in December of 2022, evaluating the efficacy of Adult Day Programs participating in a pilot program studying the effects of subsidized care for low income seniors. The report shows a significant reduction in Emergency Room visits and hospitalization at the 6-month follow up mark. At enrollment, 33.33% of participants had reported an ER visit in the last 6 months, and 18% reported being hospitalized in the same period. After being in an Adult Day Program for 6 months, the ER visits dropped to 21%, with hospitalizations down to 10.5%.



The veterans of the Saratoga Adult Day Program celebrate the Fourth of July and dress up in the patriotic colors.

Photo courtesy of Rajvir Kaur

some of the veterans attending ADPs within its service area, and offers rides for as little as 90 cents, though RYDE clients must be ambulatory.

Valley Transportation Authority (VTA) Access is an option, though its wide pickup and drop-off windows often create challenges for veterans attending programs that run at specific times during the day.

Vickie expressed concern that her husband, David, will suffer cognitive decline if unable to make it to the program.

"I'm worried that if he doesn't go, if I can't take him, that he's going to go downhill mentally," Long said.

To sign SASCC's petition to

implore the VA to reconsider its decision not to fund transportation for veterans to and from ADPs, visit [sascc.org/va-petition](https://sascc.org/va-petition).

This not only supports the veterans and their families who attend the Saratoga Adult Day Program; it may help veterans nationwide who need the type of support that Adult Day Programs provide.

This is our chance to make a difference for the veterans who selflessly risked it all for our freedom and way of life. Please share this with others who you think may find this cause worthy of their support.



**Scan the QR code and sign the petition today!**

# News briefs

## Saratoga



### Saratoga Scarecrows soon to visit the village

The Saratoga Chamber of Commerce and SASCC invite you to build a homemade scarecrow as part of Saratoga's annual tradition!

While there will be no contest this year, we welcome you to reward yourself with a trip to the Village to see all the unique and beautiful scarecrows! If you created one last year, feel free to put it out again this year. Last year, there were 75 scarecrows displayed throughout Saratoga, and we hope to see even more this year.

Scarecrows in the Saratoga Village should represent your business, school or organization. Community members are welcome to get creative and display a scarecrow in your front yard. Start displaying scarecrows Friday, September 29.

May the scarecrow you build with your loved ones bring you joy!

### Pickleball in Saratoga

Open daily at El Quito Park, 19855 Paseo Presada, Saratoga are two new pickleball courts! Pickleball is an excellent way for older adults and people of all ages to stay fit and connect with others. Reserve a court by visiting [tinyurl.com/pickleballsaratoga](https://tinyurl.com/pickleballsaratoga).

### AARP Smart Driver course in October

Under state law, residents 55+ who complete a recognized "mature driver improvement course" can qualify for reduced insurance premiums. The course is designed to sharpen skills and safety awareness. Insurers determine the reduction, so check with your insurance agent. The course runs October 20 and 23 from 9 a.m. to 1:30 p.m. It's \$20 for AARP members and \$25 for non-members. Class is located at the Saratoga Senior Center, at 19655 Allendale Ave in Saratoga.

## Los Gatos

### Beautification committee meets Saturday mornings

The Los Gatos Beautification Committee continues to meet regularly to help beautify Los Gatos.

If you'd like to get added to the Beautification Committee's distribution list to help out in the future, please reach out to Richard Konrad at [rijkonrad@comcast.net](mailto:rijkonrad@comcast.net).

### Screen on the Green, September 22

Enjoy a family movie night under the stars at the Civic Center Lawn (110 E Main St.) on Friday, September 22 at 7 p.m. This year's featured film is "Super Mario Bros." Bring your low back chairs, blankets, flashlights and beverages. Pick up your "take out" from one of the wonderful Los Gatos restaurants. Kona Ice will be available for purchase! Guests 21+ may bring their own beer and wine to enjoy at the Civic Center Lawn, when accompanied by a meal.

## Santa Clara County

### County Fire hosts emergency preparedness events

The Santa Clara County Fire Department is offering a series of free preparedness classes, open to anyone who lives or works in Los Gatos, Campbell, Cupertino, Los Altos, Los Altos Hills, Monte Sereno, and Saratoga. The schedule is as follows:



#### Be Ready: Be Prepared for Disasters:

October 25, 2023, 4:45 - 6:00 pm, Saratoga

December 7, 2023, 4:00 - 5:15 pm, online

#### Crime Prevention & Home Fire Safety:

October 5, 2023, 6:00 - 7:30 pm, Online

November 8, 2023, 11:00 - 12:30 pm, Los Altos

#### Fall Prevention & Wellness Resources:

December 12, 2023, 10:00 - 11:15 am, Los Gatos/Monte Sereno

#### Are You Prepared for a Medical Emergency?:

October 19, 2023, 6:00 - 7:00 pm, Online

November 14, 2023, 10:45 - 11:45 am, Saratoga

For more information and to register, visit [tinyurl.com/sccemergencypreparedness](https://tinyurl.com/sccemergencypreparedness).



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# Edward Stahl shares the 'epic story' of Los Gatos' first Sister City

continued from  
MEXICO, pg. 1

and in 1972, Mayor Ruth Cannon suggested a resolution to appoint a Sister Cities Committee." - Lyn Dougherty

Thus, the first Sister City of the Town of Los Gatos was to become Zihuatanejo, Mexico.

Zihuatanejo spent most of its history until recently as a sleepy fishing village and it all started in 1972 with the first Princess cruise ship that sailed into its bay with passengers booked on it from Travel Advisors of Los Gatos Owner Edward Stahl, who facilitated the meeting between the two towns' mayors. In the words of Stahl, "The story is epic!"

The grand tale from Stahl himself:

Ruth Cannon was Mayor of Los Gatos, the town's first woman mayor. Popular at the time, was the idea of having a "Sister City." Cannon decided she wanted a Sister City right off the bat. Cooney, who had just returned from Mexico had the perfect suggestion, Zihuatanejo, which had a beach called Las Gatas. Cannon immediately sent letters to the mayor of that town.

There were no emails back then so communication was unpredictable and though she wasn't hearing back, Cannon started advertising her "Town Twinning." She posted clips in local papers. A date was set, and she came to me to make travel arrangements. And yet, no response from Zihuatanejo. The days passed in silence closer to the time when she was supposed to go down. She had in mind to take down 30-40 people. There was only one problem, the airline that flew into that sleepy town could only take 6-8 people, and only had one flight a day out of Mexico City. I worked it out so that Mayor Cannon and her group would get there on a Princess cruise ship.

Princess had barely just begun cruising out of Acapulco along what is now known as the "Mexican Riviera." This would be the first time the "Island Princess" would sail into Zihuatanejo.

The travel day arrived and still Ruth Cannon had not heard a word from the mayor of the newly-designated Sister City. None of her letters had been answered or even acknowledged. There was only one telephone line into town and we didn't have the number. At the time, there were no paved roads, no street lights, no luxury hotels. Telephones were few and far between.

Roadblocks and military patrols were everywhere, so there were armed military all around the town for protection. We had no idea what to expect. I was getting ready to fly down with my wife Betty, and Ruth pulled me aside and said, "Please have a mayor there to

greet me."

I arrived in Mexico City and soon found the "perfect" Mayor! A handsome, eloquent, polished actor who would play the role magnificently! Betty and I flew on the one flight into Zihuatanejo with our star mayor.

We arrived unceremoniously; no one met us so we went to the one hotel in town and got our rooms. We then walked to the town hall and were quickly ushered into the mayor's office. Our arrival was met with a handshake from a short, overweight, sweaty man who was anything but a decent mayor! And of course, he smiled eagerly and said, "Yes! We are expecting you!"

Suddenly my hired mayor became my hired interpreter. Odd as it may seem, the real Mayor had set up several events for when the ship arrived. Apparently he had received all our letters, just never bothered to reply! But that was the least of our problems.

After some brief chit chat, Mr. Mayor made his request. "I trust that you will invite me to breakfast on the ship!"

I replied as diplomatically as I could, my mind reeling, "I'll see what I can do," I muttered.

He continued, "It will be me and my girlfriend", and after a brief pause, added "of course we will have to make room for the head of the Army and he has a nice girlfriend also!" By the end of the conversation, his guest list had grown to 22 people!

The next morning, I looked out my hotel window and saw the Princess ship plugging its way into the bay. Betty and I headed down to the docks and hired a guy with a boat to row our way to the ship. Let me say, when you're sitting at water level and look up the side, those ships seem huge!

A hatch opened about 5 feet above us and down came a rope ladder. I climbed up behind Betty and the interpreter. Our luggage came up last. We were greeted by Barbara Reed, one of my agents who had escorted our Los Gatos group on board. I pulled her aside and said, "We might have a problem. We have 22 people expecting to come aboard for breakfast in half an hour!"

She gasped with wide eyes and said, "We need to talk to the captain!" She quickly made contact with the captain who was on the bridge trying to keep his ship from running aground and explained the situation. I already knew what he was going to say. No one was getting on the ship that wasn't traveling. Barbara gave me a hopeless look as she handed over the telephone receiver. The captain got on and said exactly what I expected him to say. "NO!"

I kept calm and said, "Fine, you're the captain and in charge, but you know that this is the town mayor and the head

of the Army that is protecting us on the trip."

But the Captain didn't budge, "No way!" he exclaimed. I repeated, "Fine, you're the captain, but you know, you'd better give headquarters a call and tell them this is the last time you'll be coming into this port. I suggest you call and make sure they are aware of that."

There was a pause of about 10 seconds and he said, "How many?"

Once on board, gifts were exchanged. It was interesting to note that the Mr. Mayor offered the gifts to Mayor Cannon's husband who then passed them to her.

After breakfast we all headed to the Las Gatas beach where the locals had prepared a wonderful feast of raw and barbecued butterflyed fish and seafood. Playa Las Gatas (Cats Beach) was on the opposite side of the bay from town and accessible only by boat. It was originally named for a small cat shark that used to inhabit these waters. Today, some 50 years later, Las Gatas is the most popular snorkeling beach in Zihuatanejo.

Contrary to my delight in the food, Ruth had a queasy stomach and was having a hard time with most of the cuisine. The mayor put on quite the celebration... We had food, drinks, a band and dancing all on the Las Gatas beach.



Zihuatanejo, Playa Principal, 1972-73.

Photo courtesy of Travel Advisors of Los Gatos



Zihuatanejo, Mexico, 1972.

Photo courtesy of Travel Advisors of Los Gatos

Finally the captain said, "We gotta go! We are getting behind schedule!" And ordered the ship's lifeboats to come and pick us all up from the beach

so we wouldn't have to use the locals. And that was how our first Sister City came about.

INAUGURAL

# Vet Gala


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# Giving caregivers the care and resources they (we) need



Photo by Centre for Ageing Better on Unsplash

**By Joe Simitian,**  
Santa Clara County Supervisor

At some point in our lives, most of us will look to others for help as we or our loved ones age, acquiring special needs related to medical treatment, mobility, transportation, nutrition and social interaction.

Caregivers—whether a family member, a community volunteer or paid helpers—provide life-enhancing, indeed often life-saving, in-home support. Finding capable, compassionate care is a concern for many here in Santa Clara County, especially now.

By 2030, more than 400,000 of our County's residents will be aged 65 and up, making up one-fifth of the population—and outnumbering children for the first time. Further, the pandemic placed additional financial and health-related burdens on many of our families, and strained the already limited number of caregiving providers available for in-home support services.

Last year I proposed that the County commission the Older Adult Caregiver Study to assess our caregiving needs and capacity. Typically, "let's do a study" isn't all that exciting.

But the report that came back to the Board of Supervisors recently was an eye-opening call to action.

There are currently an estimated 177,000 family caregivers and 40,000 direct care workers in our County. That may sound like a lot, but, as things stand today, that's not enough to cover the current needs of older adults—and the shortage will quickly get worse if we don't step up. Of equal concern: there's not adequate support for the caregivers we already have.

The report highlights the benefits of home-based care, which has been shown to improve health outcomes, lower rates of depression and isolation, decrease hospitalizations and emergency room visits and reduce healthcare costs. But, access to professional home-based care is hampered by chronic labor shortages due to low wages and poor benefits, as well as the high cost of services, which leaves older adults with moderate, fixed incomes with few options.

As the need for affordable and dependable caregiving grows, the burden has fallen more and more on family caregivers who often provide unpaid care while continuing to work outside of the home, taking on the additional costs of care, and performing complex tasks for their loved ones.

Love is not enough to care

for a family member or friend. It takes training, resources and an understanding of the system. These folks are asking for a little help, and where we can, the County should lend a hand.

The study—conducted by consultant Dr. Monique Parrish in collaboration with the County Department of Aging and Adult Services, and caregiving experts from partner organizations across the County—is comprehensive, offering 13 recommendations to be addressed as part of a five-year plan.

Given the sense of urgency, however, I'm advocating for immediate action. When you have 175,000-plus family caregivers, they need to know what they need to know in order to take care of the older adults they're responsible for. So, we're going to focus on two top priorities in the coming months:

- Develop a centralized information hub to connect people with referrals and information about caregiving resources.
- Create options for 'respite' for caregivers, who often provide care at the expense of their own physical and emotional health.

Of note, Adult Day Programs (ADPs) were specifically highlighted in the report as a key way to address both priorities. In addition to directly benefiting older adults through wellness checks, nutritious meals,

socialization, and cognitive stimulation, ADPs also provide vital respite opportunities for caregivers, allowing them to take care of errands, work, and themselves.

Family caregivers often find themselves caring for a loved one with little if any notice, and are often wholly unaware of how the elder care system works. They need information, fast, from a trustworthy and reliable source. And given the heavy burden that caregiving can impose, they definitely need some form of respite. Our goal is to develop resources now so we're on top of the situation for the long term.

*Santa Clara County Supervisor Joe Simitian represents the Fifth District which includes Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Mountain View, Palo Alto, Saratoga, Stanford, portions of San Jose and unincorporated communities in the Santa Cruz Mountains. He was elected to the Santa Clara County Board of Supervisors in 2012 and re-elected in 2016 and 2020. He previously served in the California State Senate and State Assembly. Stay up to date on news and events happening in District Five by signing up for Supervisor Simitian's monthly newsletter at his website: [SupervisorSimitian.org](http://SupervisorSimitian.org).*

**AGING WELL:**  
Plan to Thrive

**October 14**  
2 to 5 pm  
at  
The Foothill Club  
20399 Park Place, Saratoga

**Register:**  
[saratogafederated.org](http://saratogafederated.org)

## AGING WELL: Plan to Thrive

This conference is designed for participants to learn how to maximize their health span by making lifestyle changes that promote big benefits across their lifespan.

Participants will receive a copy of the book

*Outlive: The Science and Art of Longevity* by Peter Attia, MD.

You will hear from Diana Miller, who is the architect of the World Health Organization's Age-Friendly Initiative in Silicon Valley. She will be followed by a panel of speakers who are experts in their fields of exercise, nutrition and connection with family and community.

Additional resources will be provided.

**Date:** October 14, 2023

**Time:** 2:00 to 5:00 pm

**Location:** Saratoga Foothill Club  
20399 Park Place, Saratoga

**Registration Fee:** \$15.00

**Register:** [saratogafederated.org/events](http://saratogafederated.org/events)

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1p - 4p

**QUESTIONS? CONTACT:**

**(800) 704-0900, Option 4**  
**[BHNavigator@hhs.sccgov.org](mailto:BHNavigator@hhs.sccgov.org)**

The full BH Navigator  
schedule is available at:

**[www.bhnavigator.org](http://www.bhnavigator.org)**

# Preparing ourselves, and our city for emergencies

By Kookie Fitzsimmons,  
Saratoga Mayor

Around the United States, September is recognized as National Preparedness Month to raise awareness about the importance of planning for disasters that could happen at any time. The City of Saratoga acknowledged National Preparedness Month by celebrating the achievements and efforts of the Saratoga Community Emergency Response Team as Organization of the Year at the annual State of the City on September 9 in Wildwood Park.

The Community Emergency Response Team or CERT is a group of trained volunteers that can be deployed to support the efforts of first responders and help their neighbors through a disaster. Members are taught how to prepare themselves and their family for an emergency as well as skills needed to respond

to life-threatening events in their community.

City of Saratoga CERT volunteers also hold regular drills and training sessions to exercise and refine their skills and ability to work as a team so that they are fully prepared to help our City respond and survive a crisis. Saratoga CERT is a vital part of the City's emergency response strategy and the City is thankful for the dedication of our CERT members. You can join the ranks of these extraordinary volunteers by signing up for the Santa Clara County Fire Department's next CERT Academy at [sccfd.org](http://sccfd.org).

While we may not all have the time or capacity to become a full-fledged CERT member, we all have a responsibility to prepare ourselves and loved ones for a disaster. Consider signing up for the Santa Clara County Fire workshop Be Ready: Be Prepared for Disasters on October 25 at 4:45

p.m. at the Saratoga Senior Center to learn about the types of disasters are our community is vulnerable and how to create an emergency plan for you and your family. Visit [sccfd.org](http://sccfd.org) to register and learn more about personal preparedness. The Saratoga Senior Center is located at 19655 Allendale Ave.

There is also nothing more important than receiving timely, accurate information. Subscribe to emergency notifications at [AlertSCC.com](http://AlertSCC.com) to receive the most up-to-date information that can help you survive in an emergency. Real-time evacuation information for Saratoga and all of Santa Clara County is also available at [protect.genasys.com/search](http://protect.genasys.com/search) or through the Genasys Protect mobile app.

In addition to personal preparedness, the City is doing its part to build a more resilient community by updating its Local Hazard Mitigation Plan. This document



Saratoga CERT graduates of May 2023.

Photo courtesy of Santa Clara County Fire Department

identifies and assesses Saratoga's vulnerabilities, such as earthquakes, inclement weather, wildfire, and landslides and mass movement, as well as the actions we can take to reduce negative outcomes during a disaster. Additionally, the City has started work on an update to our Community Wildfire Protection Plan. With

roughly half of Saratoga at risk for wildfire, this plan will outline strategies to mitigate and prepare for wildfire.

By working together to prepare ourselves and our City for emergencies, we can ensure the beautiful community we have built together continues to thrive for many years to come.

## A Page in History

By Annette Stransky,  
Saratoga Historical Foundation

Today, Saratoga is an affluent residential community, known for its good schools, boasting a rural atmosphere, and providing a wealth of wineries, restaurants, and attractions like Villa Montalvo, Mountain Winery, and Hakone Gardens.

Back in 1850 when Saratoga was just getting started, it was a lumbering town. Wagons made their way down from William Campbell's sawmill taking the windy road now known as Congress Springs through the village via Lumber Street (now known as Big Basin Way) and on to Saratoga Avenue to San Jose or Santa Clara.

The wagons would be loaded with redwood lumber and pulled by a team of seven horses, the lead horses wearing bells. Sometimes the driver would sing songs as he guided the horses down the road. For those of you who have driven Congress Springs Road, stop

and think about driving a load of lumber on that narrow road!

The bells warned other teams coming in the opposite direction so they could turn off the narrow road onto the occasional wide places. Those men must have had nerves of steel!

The teamsters were skilled drivers and they liked to see who could bring out the largest load. John Rodoni hauled a load of 18,025 feet, the largest amount of lumber ever hauled by a seven-horse team down the mountains and through Saratoga.

One old-timer recalls, "You couldn't tell what color the horses or men were in the summertime, they were so covered with dust by the time they reached Saratoga."

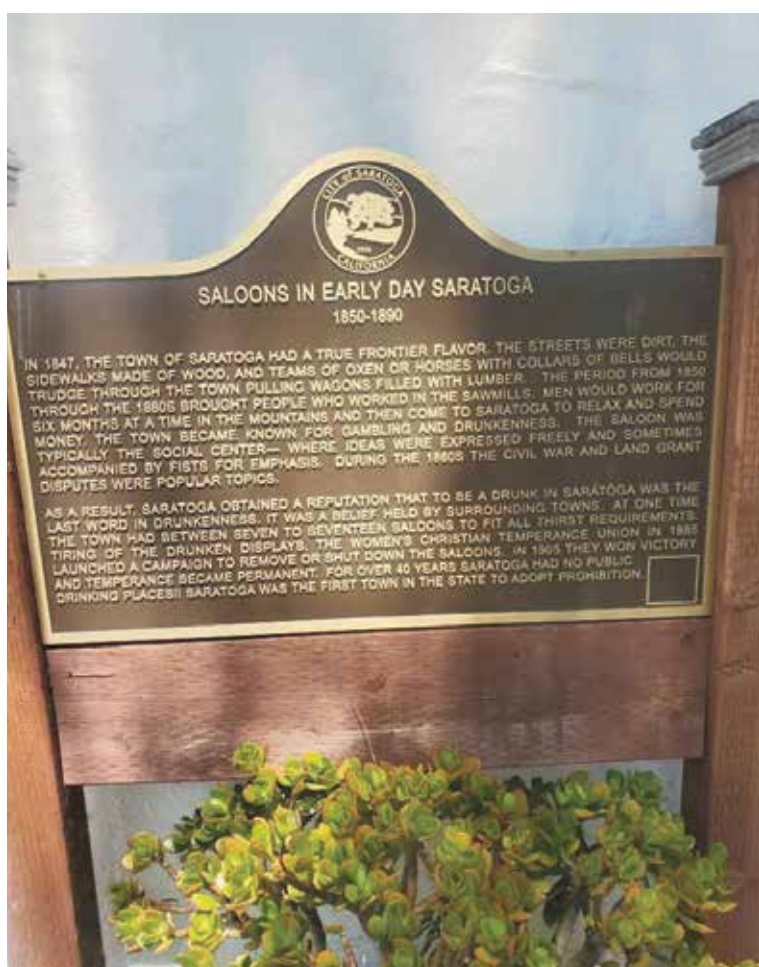
Hauling lumber was a thirsty business. According to a publication, "Saratoga was a notorious town in the 1880s with its sawmills and lumbering back in the mountains... There were seven saloons in the village and to be a drunk from Saratoga was the last word

in drunkenness. Some of the lumberjacks would work in the lumber for six months and then come down to Saratoga and spend all the wages on a "toot."

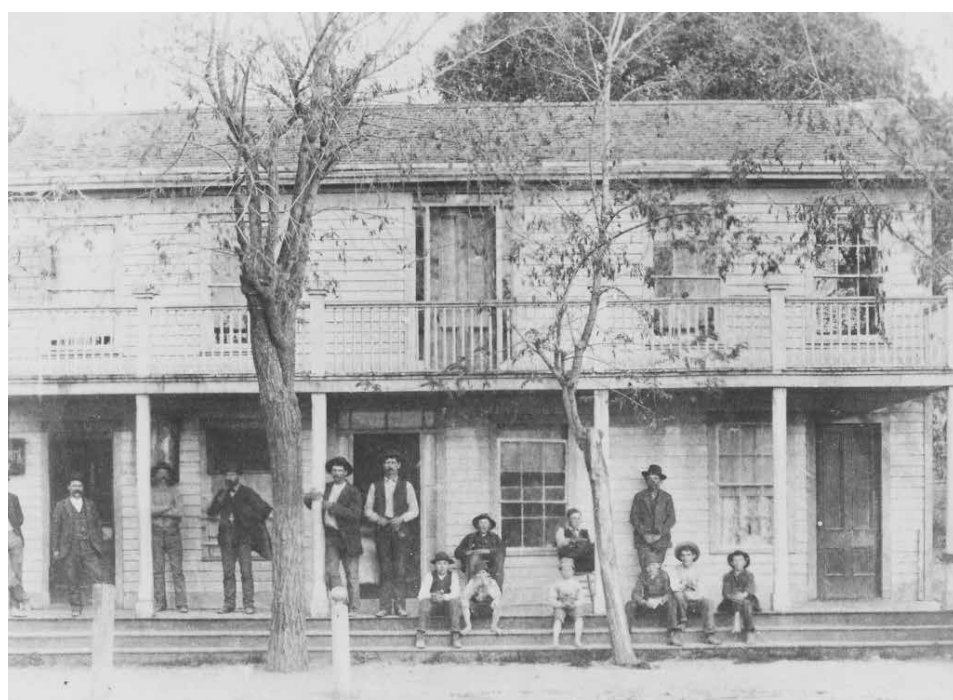
Another newspaper claimed there were 17 saloons. The saloon was a social center where men could spend their idle hours or sit on a bench and solve the world's problems.

It wasn't long before a chapter of the Woman's Christian Temperance Union was formed in 1885. And then the fight was on to close the saloons. The pastors of the various churches joined in the campaign to close the saloons. It wasn't until about 1905 that the group's victory became permanent. For over forty years, Saratoga had no public drinking places!

Some say that Saratoga with its many wine tasting rooms and wineries is history repeating itself... But in a good way!



This point-of-interest plaque tells the story of saloons in Saratoga and is located on Fifth and Big Basin Way.



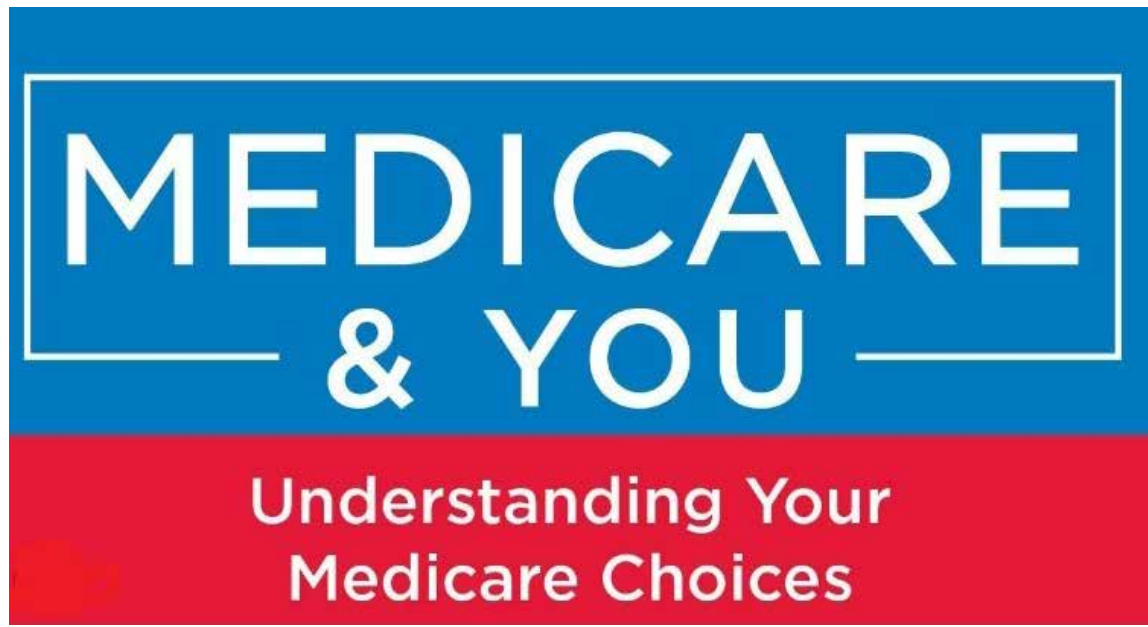
Saratoga Hotel was located on Lumber Street in 1880 and a spot where men could congregate.



Teamsters took pride in having melodious bells on the lead horses.

Photos and text courtesy of Saratoga Historical Foundation and Museum.

# Medicare and You – Annual Enrollment Period Ahead



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

We are nearing the *Medicare Annual Enrollment Period: October 15 to December 7*. This is the time of year to evaluate your current Medicare health or drug plan to be sure it will continue working well for you throughout next year.

If you're a current insurance plan member, you may have

received information regarding plan changes such as a decrease or increase in copays, coinsurance and out-of-pocket maximum. There might be changes in the provider network (doctors, hospitals, clinics) or the drug formulary (list of drugs covered by the plan). Pay attention to those "Annual Notice of Change" letters from your current insurance plan.

Some common changes are doctors moving in or out of

networks. "Prescription Drug Plan" changes might include an increase or decrease in monthly premiums, the annual plan deductible, the drug formulary or the drug tiers.

Please reach out to an independent Medicare agent if you have questions or want to do a review of your current coverage for next year. If you are satisfied with your current coverage you don't need to do anything, your plan will

automatically renew. If you want to make a change, you must do this between October 15–December 7. The changes go into effect starting January 1, 2024.

You can change plans as many times as you want during the Annual Enrollment Period, however, the last plan you submit is the plan that you are enrolled in starting January 1, 2024.

Medicare has a "Medicare Advantage Open Enrollment" from January 1–March 31. You can disenroll in a Medicare Advantage plan you previously selected and enroll in a new Medicare Advantage plan, but you can only do that once.

Medicare Drug plans cannot be changed after December 7.

If you have a Medicare Supplement plan, you probably have a Medicare drug plan. It's a good idea to review your Medicare Drug plan once a year during the Annual Enrollment Period. You may be able to save money or get better coverage for your prescription drugs with a different plan.

Review your prescribed

brand name drugs. The 10 drugs Medicare spent most money on in the last few years include: Eliquis, Revlimid, Xarelto, Januvia, Trulicity, Imbruvica, Jardiance, Humira pen, Ibrance and Symbicort.

Some good news, Medicare is reducing the cost of prescription drugs starting January 1, 2024. Medicare eliminates the 5 percent coinsurance in the catastrophic drug phase. Out of pocket spending for Part D prescription drug enrollees will be capped at \$8,000. This amount includes what Part D enrollees pay out of their own pocket plus the value of the manufacture price discount on brands in the coverage gap phase. Part D enrollees will spend about \$3,300 out of their own pockets and face no additional cost for their medication.

*If you need Medicare help, please contact me at [cvitahelp@gmail.com](mailto:cvitahelp@gmail.com) or 408-621-4422. My services are always free!*

## SIMPLE. SAFE.

- 1

Call or email RYDE for a registration form
- 2

Fill it out & return it to RYDE by email or mail
- 3

Upon approval, RYDE will contact you to get money into your account
- 4

Schedule your trip with RYDE by phone or email within 2 business days minimum, or up to 1 month in advance
- 5

Hop in the car for your scheduled trip and return trip
- 6

Repeat from step 4!

# How to use

REACH YOUR DESTINATION EASILY

STEP-BY-STEP

**Email [joe@sascc.org](mailto:joe@sascc.org) or call (408) 892-9739 to get started!**



# West Valley College senior tennis group helps folks socialize and stay active



Woman serves it up at West Valley College. Photo by Jimmy P Photography

coordination skills.

Vin Dao has been involved with the group for 45 years on and off, and he also likes that it brings the community together.

"This is a very nice community, and this is one form of meeting people and exercising," he said. "I like the environment, and being out here in the morning keeps your spirit up."

Mike Green, 80, has played in the group for 12 years and also emphasized the social aspect.

"It's not easy to keep friends because at our age people disappear," he said. "We've had a number of people pass away, but new people come in."

Another regular is Wayne Salvatore, 74, who has been playing in this group for 30 years and takes photos during the tournaments.

"I've made a lot of friends here and everybody knows everybody. We all love playing tennis so it's just fantastic."

Vijay, 55, has been playing in the group for a year and a half and in that time has

grown to appreciate the group and who organizes it. Many of the seniors spoke highly of Thompson and are grateful for his efforts to keep the sessions running smoothly.

"It's thoroughly enjoyable, and I'm grateful that West Valley college makes these courts available and people like Chuck volunteer their time to organize this," Vijay said.

West Valley College has long been committed to honoring the needs of local older adults. In 2019, it was designated as the nation's first Age Friendly Community College Campus.

The new West Valley College President, Jennifer Taylor-Mendoza, looks to the college's future in honoring its commitment to local seniors.

"I have often felt we can do more in our local communities to promote wellness for both young people and especially older adults," West Valley College is a premier institution, a destination for all community members. As President, I welcome community engagement and partnership to enrich people's lives through exercise and social interaction. For example, we have recently installed pickleball courts. Also, I am excited about the planned campus wellness center which will be open to the public; we welcome our seniors!"



Players bump fists after an invigorating game. Photo by Jimmy P Photography



Group photo of Senior Tennis Group at West Valley College. Organizer Chuck Thompson is eighth in from the left. Photo by Jimmy P Photography

continued from TENNIS, pg. 1

exercise by weight lifting at the YMCA, but she has found tennis to be more helpful because it helps her practice hand-eye

As the coordinator of the tennis group, Thompson sends out a few emails a week in order to assign matches on Sunday for the following week. Many of these seniors on the email list are experienced at the sport, but people of all skill levels are welcome.

"Most of them have played for many years, but we don't have any restriction on what level they are," Thompson said. "People will come out and I'll put them in a medium-level

group to see how they play." **Interested in getting involved?** Email [WVC.Tennis.Schedule@gmail.com](mailto:WVC.Tennis.Schedule@gmail.com) to request more information on how the group operates and how to join. If you show up at the courts, you can see the group play and can give your contact information for a follow-up, but you'll have to join the email list before playing, since all matches are scheduled in advance.

KCAT TV PRESENTS

**Oktoberfest LG**

**FREE** Sunday, Oct. 1st  
12:30 pm - 6:30 pm  
Civic Center Lawn

[kcat.org/OktoberfestLosGatos](http://kcat.org/OktoberfestLosGatos)

Details, pre-orders, sponsorships, and more!

**Thank you SPONSORS**

Prolific Vines Vineyard • The Alarm Company  
Pacific Ridge Builders • Cuschieri Horton Architects • Cilker Henderson Properties  
SASCC • Grosvenor • Rice Financial Consulting • Scharf Investments  
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Heritage Bank • Pinnacle Bank • SCC Supervisor Joe Simitian • Moore Buick  
San Jose Water • Environmental Systems, Inc. • Alameda Funeral Home  
Healthmed Realty • Joey McCarthy • Tour Factory • Elrepc • HITT Contracting  
The Club Los Gatos • The Agency • Cinelux Los Gatos

## Los Gatos event honors local 9/11 heroes



Local bagpiper plays "Amazing Grace" while children look on. Education and youth involvement was a focus of the Los Gatos Veterans Memorial and Support Foundation "Remembering 9/11" event. Photo by Jimmy P Photography

The "Remembering 9/11" ceremony was held at The Flame of Liberty Memorial site, which honors America's Veterans, First Responders and two local 9/11 heroes—Todd Beamer and Mark Bingham—passengers aboard United Flight 93 who attempted to take back cockpit control from terrorist hijackers on that tragic day. Their actions resulted in saving the Capitol Building and all within it from annihilation.

# SASCC HEALTH

## - KNOWLEDGE

PRESENTED BY:



EMPOWER YOURSELF WITH

RESOURCES ARE A

In this two-part event, the SASCC Health Fair 2023 offers abundant resources available for older adults and their families. It also offers three exclusive educational opportunities to help our community stay healthy, connected, and engaged.

## COMMUNITY HEALTH

*Part One*

### RESOURCE FAIR - 10 AM - 1PM



The West Valley is abundant with resources! Connect with local service providers and equip yourself with information on how to support your health and well-being.

### HEALTH SCREENINGS

- For seniors:
- Blood pressure readings
  - Blood glucose screenings
  - Weight
  - Hearing and vision tests



### FREE LUNCH FOR SENIORS



The first 250 folks ages 65+ will get a free healthy meal, provided by My Green Lunch! First come first served, while supplies last.



### RAFFLE

Attendees each get a raffle ticket for chances to win awesome prizes, like local getaways, a big screen tv, Fitbit, etc!



### FUN FOR ALL AGES

Bring the whole family for a day of fun and games on our patio! Free ice cream & a bounce house for the kids.

THANK YOU TO OUR FEATURED SPONSORS:



SASCCHEALTH



# HEALTH FAIR 2023

KNOWLEDGE IS POWER —



WITH KNOWLEDGE ON WHAT IS AVAILABLE TO YOU

2023 offers a place to gain information about the needs and people of all ages within our local community. Opportunities to gain certificates in topics designed to help you stay connected, and prepared as we age.

IN PARTNERSHIP WITH:



## HEALTH MATTERS!

WORKSHOP SERIES - 1:30 - 3:30PM

*Part Two*

Attend workshops and gain certificates, endorsed by West-Valley Mission Community College Chancellor Brad Davis and Saratoga Mayor, Kookie Fitzsimmons, in curriculum you'll only find at the SASCC Health Fair 2023.



### 1. CREATING A SOCIETY WITHOUT AGEISM



1:30 PM

What would a world without ageism look like? How can we stand up against it?

Explore the subtle and not-so-subtle ways ageism impacts us all. Equip yourself with tools to combat it. Take part in creating a more equitable community for all.

### 2. NUTRITION FOR LONGEVITY



2:15 PM

Dietary guidelines for older adults can be confusing, and are ever-changing. Learn time-tested, practical ways to boost your health and longevity through the food you consume.



### 3. ROLE OF TECH IN SUCCESSFUL AGING



3 PM

Let's face it: having an understanding of technology is essential for aging successfully in today's society. Learn about technological resources that can support us as we age, making the aging process more seamless and meaningful.

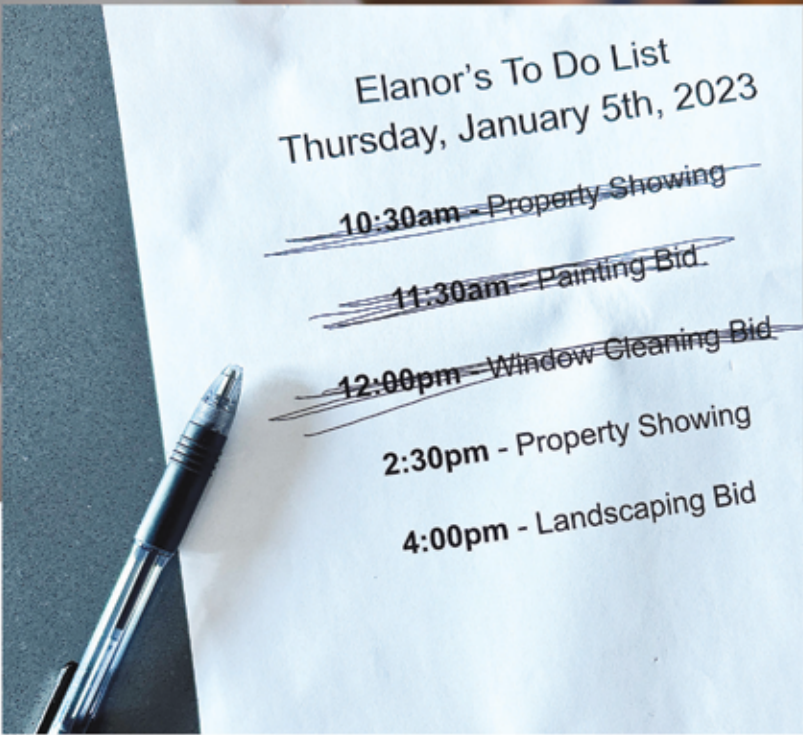
HEALTHFAIR.COM





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

# REAL ESTATE & THE ART OF KINDNESS



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

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

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

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

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



**CHRISTIE'S**  
INTERNATIONAL REAL ESTATE  
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AND  
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# California joins 15 states in raising awareness about osteoporosis

By Maureen Heath

Osteoporosis is a bone disease that causes bones to become weak and break. An article I wrote for the May Outlook discussed the need to raise awareness about osteoporosis as it is often referred to as “the silent disease.” If bone density testing has not been done, the first bone break may be the first indication of the disease. Once someone sustains a bone break, the risk for a further fracture is extremely high and especially so in the first two years after the initial occurrence.

Since May, the number of States that recognize May as Osteoporosis Awareness & Prevention Month either through legislation or executive action has increased from eight to fifteen states including California. On May 22, 2023, Assemblymember Akilah Weber M.D. of the 79th Assembly District in Southern California Introduced the California Resolution. Dr. Weber was elected to the Assembly in April of 2021. She is board-certified in Obstetrics & Gynecology and was the founder and past director of the Pediatric and Adolescent Gynecology Division at Rady Children’s Hospital in San Diego.

“Even though 54 million Americans suffer from the debilitating bone disease, osteoporosis, it is an often-ignored public health crisis,” Weber said. “Every gender, race and socioeconomic group is susceptible; however, Black Californians are especially at risk of weakened bone health and are less likely to be screened for osteoporosis.

By designating May as Osteoporosis Awareness & Prevention Month, we are taking a vital step forward in empowering individuals to prioritize their bone health.”

The resolution recognizes the increased risk for osteoporosis by Black Californians as well as those marginalized groups surviving chronic medical conditions. When the resolution came to a vote in the California State Assembly, over 70 members were added as co-authors including local Assemblymembers Marc Berman, Ash Kalra, Evan Low and Gail Pellerin. The resolution passed both the assembly and the California State Senate and was filed with the Secretary of State on June 29, 2023.

“I was pleased to co-author the resolution by Assemblymember Weber as it helps to spread the word about osteoporosis and encourages people to take early action to prevent fractures and it raises awareness about the importance of a bone-healthy lifestyle,” Pellerin said. Pellerin was elected to serve the 28th Assembly District in November of 2022, serving Los Gatos, Monte Seeno, Morgan Hill, Scotts Valley, Santa Cruz and parts of San Jose.

World Osteoporosis Day is October 20, with the International Osteoporosis Foundation declaring the theme for this year, “Build Better Bones.” The day starts a year-long campaign to put bone health and fracture prevention on the global health agenda.

Learn more at: [worldosteoporosisday.org](http://worldosteoporosisday.org).

**STEP UP for BONE HEALTH**

**WHAT IS OSTEOPOROSIS?**  
OSTEOPOROSIS IS A DISEASE WHICH CAUSES THE BONES TO BECOME WEAK AND FRAGILE, SO THAT THEY BREAK EASILY, EVEN AFTER A MINOR FALL FROM STANDING HEIGHT, A COUGH OR A SNEEZE!

**THE 5 STEPS** AT ANY AGE, THERE ARE FIVE STEPS TO BETTER BONE HEALTH THAT WILL REDUCE YOUR FUTURE RISK OF OSTEOPOROSIS AND BROKEN BONES

**1 EAT BONE-HEALTHY FOODS**

- CALCIUM** e.g. Cheese, Yoghurt, Milk, Fortified Soy Drink
- PROTEIN** e.g. Meat, Nuts, Fish, Chickpeas
- VITAMINS & NUTRIENTS** e.g. Vitamins D, K, Zinc, Magnesium

**AND GET ENOUGH VITAMIN D FROM THE SUN**  
10-20 minutes of sun exposure every day (face, hands, and arms)

**ARE YOU GETTING ENOUGH CALCIUM?**  
RECOMMENDED DAILY CALCIUM INTAKES\* mg/DAY AT DIFFERENT AGES

Age Group	Recommended Daily Calcium Intake (mg/day)
Youth (9-18)	1300
Adults (19-50) Men (51-70)	1000
Women (41-50)	1200
Over 70 years	1200

60g Mozzarella = ca. 144 daily calcium needs  
50g Raw Kale = ca. 32mg of calcium  
1 Yoghurt = ca. 17g daily calcium needs

**2 EXERCISE FOR STRONGER BONES AND MUSCLES**

AIM TO EXERCISE FOR 30-40 MINUTES, THREE TO FOUR TIMES EACH WEEK

**WEIGHT-BEARING AND RESISTANCE EXERCISES ARE BEST**  
Practice balance exercises too!

**3 MAINTAIN A HEALTHY BODY WEIGHT**

A BMI ABOVE 19 kg/m<sup>2</sup>

Body Mass Index	Meaning
Below 19	Underweight
19.1 - 24.9	Normal
25.0 - 29.9	Overweight
Above 30.0	Obese

**4 DON'T SMOKE AND AVOID EXCESSIVE ALCOHOL INTAKE**

DRINKING MORE THAN 2 UNITS OF ALCOHOL PER DAY INCREASES THE RISK OF FRACTURE.  
SMOKING ALMOST DOUBLES THE RISK OF HIP FRACTURE.

**5 BE ALERT TO ANY PERSONAL RISK FACTORS**

- HEIGHT LOSS** of 4 cm / 1 1/2 in. or more?
- GENETICS** Parental history of hip fracture?
- MEDICATIONS** e.g. Corticosteroids or cancer treatment?
- DISEASES** e.g. Rheumatoid arthritis, diabetes?
- MENOPAUSE** Before 45 years old?

**TAKE THE IOF OSTEOPOROSIS RISK CHECK**  
To find out whether you could be at risk  
TALK TO YOUR DOCTOR AND ASK FOR TESTING AND TREATMENT IF NEEDED.

\* National Academy of Medicine (USA) | www.worldosteoporosisday.org | WorldOsteoporosisDay October 20 | IOF

## Evening classes coming to the Saratoga Senior Center

### SASCC BEGINNING MUSICIANS

Taught by our newest team member, Red Concepcion, this class covers the basics of music reading, including the sol-fa scale, and how those concepts apply to various instruments. This class serves as the basis for other Music appreciation courses coming soon to SASCC.

Experienced students of the course will enjoy joining in our Solfege Choir Group, Percussion Group, or Music Appreciation.

Tuesdays at 6:15pm - 7:15 pm



### EVENING READER PROGRAM

This fall, we invite you to spend your Thursday evenings enjoying classic literature read aloud. In the Evening Reader Program, our fireside room is transformed into a classic theater from which we will read aloud and explore classic books, plays, poetry, and other written works.

Be prepared for a relaxing environment in which members of all activity levels can participate.

Thursdays: 6:15 - 7:15 pm



### ZUMBA

A Latin-inspired aerobic dance workout that’s all about having fun. Accessible for all fitness levels, this dance workout looks and sounds more like a dance party — remains a popular go-to for fitness-minded folks around the world.

Tuesday, September 26, 6-7 pm

A message from our Zumba instructor:  
"Hello! I'm La Juanda and I've lived in the lovely city of Saratoga for the past 20+ years. I have been a licensed Zumba instructor or ZIN™ since 2018. I taught briefly at the Total Woman Gym right before the pandemic hit and really loved being able to dance around with my fellow dancers for fun & fitness. Zumba® is a great way to have fun and staying in shape just by moving a bit."



# Poetic refuge

By Lynn Rogers

Among Silicon Valley

Suburban towns and cities

Los Gatos alone

Nourishes my older need

For sensory respite.

It mitigates

The clatter of traffic

Quiets the cacophonous

Blur of fast food strips

Beckons a way back

To Victorian bungalows

Whose colorful cupolas

Graceful rose sprays

And creamy pickets

Protected and inspired

Noted 19th century novelists

And now assuage

This weary creative writer's

Poetic heart.



You're invited to SASCC's

# HALLOWEEN PARTY

Tuesday  
October 31st  
4pm - 7pm

19655 Allendale Ave  
Saratoga, CA 95070

**Live Music!  
Food!  
Costume Contest!  
Raffle!**

\$5/Person

RSVP by 10.27.23 To RSVP, call 408-868-1257



Portraits & Headshots  
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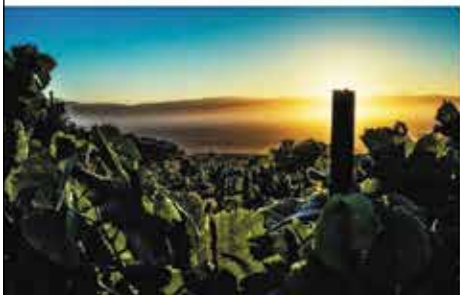
[JimmyPPhotography.com](http://JimmyPPhotography.com)

[JimmyPPhotos@gmail.com](mailto:JimmyPPhotos@gmail.com)

[JimmyP\\_Photo](https://www.instagram.com/JimmyP_Photo)

AS SEEN IN

*The West Valley*  
**OUTLOOK**  
*a vision for our Age Friendly communities*



SARATOGA CHAMBER OF COMMERCE  
*President and Mayor's Inaugural Ball*

SATURDAY OCT 07 6:00 PM  
 2023

SARATOGA COUNTRY CLUB

*An Evening of Gratitude*

Please join us for an evening of celebration and gratitude. The Chamber Ball brings together businesses of all sizes and honors those in our community who go above and beyond to make a difference.

The evening will include dinner, music, dancing and a silent auction that will be sure to have some amazing items.

Donations will be made to the Hakone Foundation & Wreaths Across America.

*Attire Black tie*

StarkComplete Real Estate Services | STAR ONE CREDIT UNION | Purchase tickets @ [https://bit.ly/scoc\\_ball](https://bit.ly/scoc_ball)

SARATOGA Spotlight | S&P SARATOGA PAVERS




SASCC & DAR PRESENT

\*\*\*

ANNUAL VETERANS DAY  
*Lunch*

\*\*\*\*\*  
 Featuring Veterans Recognition Ceremony  
 Live music & dance  
 \*\*\*\*\*

THURSDAY  
 NOV 9, 2023  
 12 PM

RSVP BY MONDAY,  
 NOV. 6, 2023  
 408-868-1257

\*\*\*



**JOIN US AT THE WITCHY WALK-A-BOUT!**

**INFO:**

- **WHAT:** BRING YOUR HALLOWEEN BAG TO COME TRICK OR TREAT, VISIT THE MERCHANTS AND CHECK OUT THE CHILDREN'S ACTIVITIES
- **WHERE:** 14460 BIG BASIN WAY, SARATOGA, CA 95070
- **WHEN:** SATURDAY, OCTOBER 28, 2-4 PM
- **WHAT TO WEAR:** YOUR HALLOWEEN COSTUME!



Sponsored by the Saratoga Village Development Council



**Join Us!**

**Help make Santa Clara County Parks more Welcoming**

Introducing the "Everyone Belongs at Parks" study. Your input is critical to helping us create welcoming spaces for ALL County residents. Your insights will help guide our future actions and improvements. All County residents are urged to take the survey!

**EVERYONE Belongs @ Parks**




SANTA CLARA™ COUNTY PARKS

To participate, scan the code at left or visit the survey study website at: [keonindependent.com/santadaraparksdei/](http://keonindependent.com/santadaraparksdei/)

Any questions write [santadara-countyparksDEI@keonindependent.com](mailto:santadara-countyparksDEI@keonindependent.com)

# 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](http://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](http://www.sascc.org/adult-day-program)

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

**JEWISH COMMUNITY CENTER**  
14855 Oka Rd, #201  
Los Gatos, CA 95032  
Visit [www.apjcc.org/contact-us/hours-directions/](http://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](http://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](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

**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](mailto: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/](http://startyourrecovery.org/)

**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).

## MedAssist

### No Matter Where, You Get Your Care

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

**GRIEVING SUPPORT GROUPS: REMOTE, VIRTUAL, AND ONLINE** Offered through Vitas Healthcare  
To join, please visit [www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups](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.  
Closet Bay Area Location is Milpitas VITAS Hospice and Palliative Care Office: 670 N McCarthy Blvd. Suite 220, Milpitas, CA 95035



**GUIDANCE**

**RELIEF**

**CARE**

**INFORMATION**

**COMMUNITY RESOURCES**

**CALL 211 or visit [211scc.org](http://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](http://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](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

**WEST VALLEY COMMUNITY SERVICES**

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



*Photo by Hannah Busing on Unsplash*

*"Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar."*

*- Delia Owens, Where the Crawdad Sings*



**BE SENSITIVE, BE BRAVE  
FOR SUICIDE PREVENTION**

**A Culturally-Infused Workshop on Suicide Prevention for Community Members**

"Be Sensitive, Be Brave for Suicide Prevention" infuses culture and diversity throughout a foundational workshop on suicide prevention. This free workshop teaches community members to act as eyes and ears for suicidal distress and to connect individuals to help.



**Identify signs of suicide**



**Ask if someone is considering suicide sensitively and confidently**



**Connect individuals with the appropriate support**



**Approach suicide prevention in a culturally sensitive manner**



**Respond to community needs and decrease stigma**

**For more information or to request a training, please contact:  
Evelyn Quintanilla at  
[evelyn.quintanilla@hhs.sccgov.org](mailto:evelyn.quintanilla@hhs.sccgov.org)**

**If you know someone who is in suicidal crisis or emotional distress, get 24/7 free confidential crisis support:  
Call 988 or text "RENEW" to 741741.**

# ASK the EXPERT

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



# Hearing Health and Your Balance

## How to diminish the risk of falls!

Christine Throm, Au.D.

**You may or may not know, but hearing health is connected with balance.**

If you've ever experienced Vertigo, you probably learned that it is a balance disorder (usually temporary) that causes episodes of dizziness. You may also have heard that it is somehow related to your inner ear.

**Our vestibular (balance) system orients our bodies and lets us stay upright without falling.** Our sensory systems, such as our inner ears and our eyes, support our body's balance and equilibrium and connects our brains with what is going on around us.

Johns Hopkins researchers have revealed that the fluids in our inner ears are affected by hearing loss. These fluids are what regulate our sense of balance. When there is hearing loss, balance issues may follow.

**There are a few things you can do to decrease your risk of balance issues:**

- Exercise. Daily movement like regular walks or trips to the gym can improve balance and will increase circulation, which assists in regulating things like inner ear fluid as well.
- When you take medications, notice how you feel. If you feel sleepy or dizzy, you might want to look into another option.
- Don't miss your yearly hearing screenings! Also, if you need hearing aids, invest in yourself and use them! Annual hearing exams are designed to alert your audiologist to any potential balance issues and hearing loss you haven't noticed yet.
- During your annual health examination, ensure you get a vision check, as poor vision can also increase the likelihood you will have balance issues.

All health is important, and our bodies are one unit with every part linked to the others. Your hearing health is an important part of your overall health, so take care of it!

**If you already have hearing aids, check out the latest options in smart hearing devices—you may be shocked at what the newest hearing devices 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, Sept 8, 2023: Hearing Loss and Risk of Falls  
CANCELED (Call or email us for a Risk of Falls Awareness sheet instead.)

Friday, Oct 20, 2023: Hearing Loss and Depression  
Friday, Nov 10, 2023: Diabetes and 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**

**(408) 673-4052**

# Los Gatos Audiology

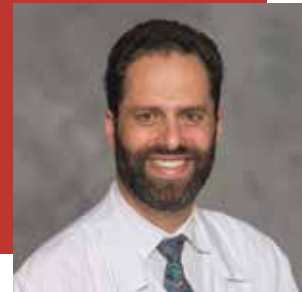
*We've served Los Gatos, Saratoga, Campbell, Cupertino, San Jose and the entire Bay Area for over 50 years, providing the right solution for Your Life. Your Style.*

*Our team has the knowledge and tools to determine the cause of your hearing loss. If a hearing loss is detected, we have premium hearing aid technology that can help.*

*We're here to provide the right solution for Your Life. Your Style.*



Dr. Christine Throm  
Owner/Audiologist



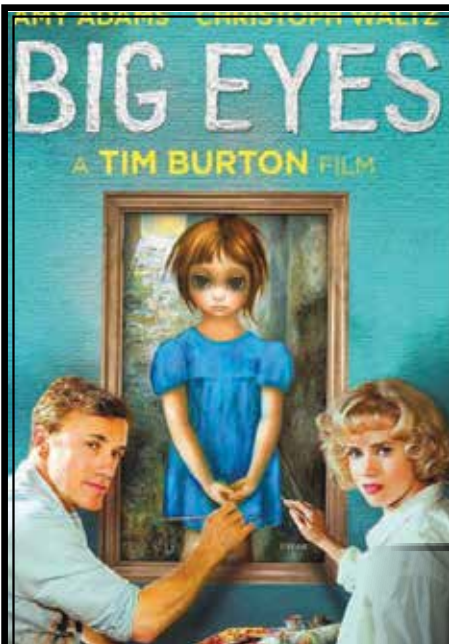
Dr. Daniel Krass  
Audiologist



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



**Big Eyes (2014)**

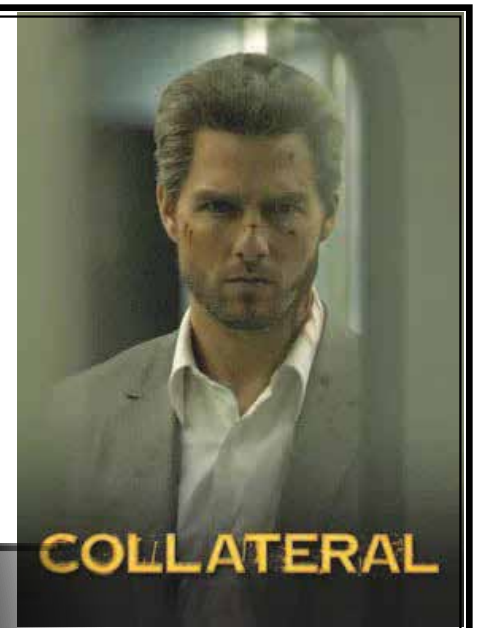
A drama about the awakening of painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s.

PG-13 | 1h 46min | Biography, Crime, Drama

**Collateral (2004)**

A cab driver finds himself the hostage of an engaging contract killer as he makes his rounds from hit to hit during one night in Los Angeles.

R | 2h | Action, Crime, Drama



**NOW STREAMING**



**Eat Pray Love (2010)**

A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself".

PG-13 | 2h 13min | Biography, Drama, Romance

**Happiness for Beginners (2023)**

Helen signs up for a wilderness survival course, a year after getting divorced. She discovers through this experience that sometimes, you have to get really lost in order to find yourself.

TV-14 | 1h 43min | Comedy, Drama, Romance



**COMING TO THEATERS NEAR YOU**

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



**My Big Fat Greek Wedding 3**

From writer and director Nia Vardalos, the worldwide phenomenon My Big Fat Greek Wedding is coming back to theaters with a brand-new adventure. Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns. Opa!

PG-13 | 1h 32min | Comedy, Drama, Romance

Stars: Nia Vardalos, John Corbett, Louis Mandylor

**EXPENDABLES**

Armed with every weapon they can get their hands on, the Expendables are the world's last line of defense and the team that gets called when all other options are off the table.

PG-13 | 1h 43min | Action, Adventure, Thriller

Stars: Jason Statham, 50 Cent, Sylvester Stallone



**Taylor Swift: The Eras Tour**

Experience the breathtaking Eras Tour concert, performed by the one and only Taylor Swift.

**Opening Oct. 13, 2023**

2h 40min | Music

Stars: Taylor Swift, Amanda Balen, Taylor Banks

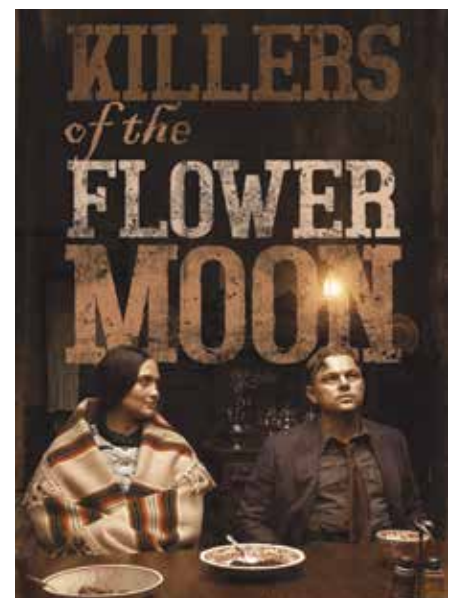
**Killers of the Flower Moon**

Members of the Osage tribe in the United States are murdered under mysterious circumstances in the 1920s, sparking a major F.B.I. investigation involving J. Edgar Hoover.

**Opening Oct. 20, 2023**

R | 3h 26m | Comedy, Drama, History

Stars: Leonardo DiCaprio, Robert De Niro, Lily Gladstone



**PRUNYARD CINEMAS**  
 (408) 717-4712  
 1875 S. Bascom Ave., Campbell, CA 95008  
[www.pruneyardcinemas.com/](http://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](http://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](http://www.cineluxtheatres.com/cinelux-los-gatos-theatre)

# Stay informed - September/October

## 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

#### Development Review Committee:

Sept. 26, Oct. 3, 10, 17, 24, 31, 10 a.m.

View agenda and meeting info at

[www.losgatosca.gov/188/Development-Review-Committee](http://www.losgatosca.gov/188/Development-Review-Committee)

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

#### Housing Element Advisory Board: Sept. 28 (special meeting) 7-9 p.m.

View agenda and meeting info at [www.losgatosca.gov/1735/General-Plan---Housing-Element](http://www.losgatosca.gov/1735/General-Plan---Housing-Element)

#### Conceptual Development Advisory Committee: Oct. 11, 4-5 p.m.

View agenda and meeting info at [www.losgatosca.gov/200/Conceptual-Development](http://www.losgatosca.gov/200/Conceptual-Development)

#### General Plan Committee: Oct. 11, 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: Oct. 11, Oct. 25, 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: Oct. 12, 7:30 a.m.

View agenda and meeting info at

[www.losgatosca.gov/2555/Complete-Streets-Transportation-Commis](http://www.losgatosca.gov/2555/Complete-Streets-Transportation-Commis)

#### Town Council: Oct. 3, 17, 7 p.m.

View agenda and meeting info at [www.losgatosca.gov/16/Town-Council](http://www.losgatosca.gov/16/Town-Council)

#### Arts and Culture Commission: Oct. 18, 5 p.m.

View agenda and meeting info at [www.losgatosca.gov/352/Arts-and-Culture-Commission](http://www.losgatosca.gov/352/Arts-and-Culture-Commission)

#### Council Policy Committee: Sept. 26, Oct. 24, 5 p.m.

View agenda and meeting info at [www.losgatosca.gov/1962/Town-Council-Policy-Committee](http://www.losgatosca.gov/1962/Town-Council-Policy-Committee)

#### Historic Preservation Committee: Sept. 27, Oct. 25, 4 p.m.

View agenda and meeting info at [www.losgatosca.gov/190/Historic-Preservation](http://www.losgatosca.gov/190/Historic-Preservation)

#### Finance Commission: Oct. 9, 5 p.m.

View agenda and meeting info at [www.losgatosca.gov/2643/Finance-Commission](http://www.losgatosca.gov/2643/Finance-Commission)

#### Community Health and Senior Services Committee: Oct. 24, 5 p.m.

View agenda and meeting info at [www.losgatosca.gov/2398/Community-Senior-Services](http://www.losgatosca.gov/2398/Community-Senior-Services)



### Saratoga

#### City Council:

Sept. 20, Oct. 4, 18, 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:

Sept 26, Oct. 24, 7-10 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/337/Youth-Commission](http://www.saratoga.ca.us/337/Youth-Commission)

#### Heritage Preservation Commission: Oct. 10, 8:30 a.m.

View agenda and meeting info at

[www.saratoga.ca.us/285/Heritage-Preservation-Commission](http://www.saratoga.ca.us/285/Heritage-Preservation-Commission)

#### Finance Committee: Oct. 10, 4 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/359/Finance-Committee](http://www.saratoga.ca.us/359/Finance-Committee)

#### Library & Community Engagement Commission: Oct. 10, 7-9 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/330/Library-Commission](http://www.saratoga.ca.us/330/Library-Commission)

#### Planning Commission: Oct. 11, 7 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/357/Planning-Commission](http://www.saratoga.ca.us/357/Planning-Commission)

#### PEBTAC (Trails Advisory Committee): Oct. 17, 4-5 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/350/PEBTAC-Trails-Advisory-Committee](http://www.saratoga.ca.us/350/PEBTAC-Trails-Advisory-Committee)

## 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!

Participants enjoy a day full of educational, physical, and pure fun activities in a warm and stimulating environment.

To qualify for our adult day subsidy program, eligible participants must meet the following 3 requirements:

1. Be 65 or older
2. Have an individual income of less than \$78,550
3. Complete the Saratoga Adult Day Center's admission process.

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

