Shelter in place orders made parking lots safe for many, but the closest thing to it was their cars. The Ministry of Jesus Prince of Peace Rotating Safe Car Park program, led by volunteers of an interfaith network of churches, and in partnership with cities and community-based organizations, makes parking lots available for homeless individuals and their families who can sleep safely in their cars.

The parking lots provide a place for people to park at night to sleep, thanks to the Saratoga-based Rotating Safe Car Park program. Led by volunteers of an interfaith network of churches, and in partnership with cities and community-based organizations, Rotating Safe Car Park makes parking lots available for homeless individuals and their families to sleep safely in their cars.

People find creative ways to solve problems. The #FeedTheNeed-BayArea campaign is one such epitome. Feed the Need, led by restaurateur and owner of the Flights Restaurant chain, Alex Hult, is an effort to keep Los Gatos retail workers employed and provide vulnerable members of the community with free hot meals by way of a GoFundMe campaign.

Written by
Brandy Miceli

What happens when a global pandemic breaks out; requiring the entire California population to Stay At Home; mandating that restaurants move to a takeout and delivery-only model to slow the spread of illness; leaving thousands of employees without jobs; and an entire population struggling to access food?

Using parking lots to serve

Written by
Brandy Miceli

It’s easy to take for granted the simple luxuries of having warm beds to sleep in and roofs over our heads during a time when we’re ordered to stay at home to remain safe. An unfortunate reality for many is that no such safe place exists. The closest thing to it is their cars, which can hardly be considered “safe.”

But for the past two years, members of the West Valley community who live in their cars have had a safe place to park at night to sleep, thanks to the Saratoga-based Rotating Safe Car Park program. Led by volunteers of an interfaith network of churches, and in partnership with cities and community-based organizations, Rotating Safe Car Park makes parking lots available for homeless individuals and their families who can sleep safely in their cars.

Prince of Peace Lutheran Church of Saratoga started the program in 2018, upon the ending of another ministry that

Living SASSY while at home

Written by
Brandy Miceli

Staying at home during this challenging time is an opportunity to find new and creative ways to stay active, creative, and connected! Use these tools and ideas to continue living a fulfilling life. Remember to practice social distancing when taking part in any of these activities.

Outdoor activities
• Take a mindful walk around the neighborhood - take deep breaths of fresh air, and stay present to the sights, smells, and sounds around you. Feel each step you take rooting you in calm energy.
• Roll up your sleeves, break out the hand shovel and get those pesky weeds you’ve been meaning to. Wear SPF and protective clothing!
• If the weather is nice, enjoy a meal on your patio.

Indoor activities
• Draw a picture. If you need some inspiration, check out the 10 Day Drawing Challenge on pg. 7!
• Card and board games. Keep your mind active!

SEE SAFE PG. 3

SEE SASSY PG. 7
From bathing to band-aids to backgammon: this is home care.

At FirstLight® Home Care of Silicon Valley the care we provide goes beyond the basics of meal preparation, house cleaning and medication reminders. If you or your loved one want to go for a walk or play a game of cards, we’re there.

Let us help with services such as:
- Conversations & company
- Eating assistance
- Laundry & light housekeeping
- Bathing assistance & hygiene
- Continence & toileting care
- And so much more!

Call or email us today to learn how we can help you or someone you love.

650-460-3817
SiliconValley.FirstLightHomeCare.com
Email Jason at JLandau@FirstLightHomeCare.com

United States Census 2020

The official Census Day is April 1, 2020. By now, households should have received letters in the mail relaying instructions on how to complete the census. If you have not done so already, in May, the U.S. Census field staff will visit households to remind residents to complete the census.

You can fill out the census online, by phone or by mail. To fill it out online, please visit: https://2020census.gov/

When you fill out the census, you help:
- Determine how many seats your state gets in Congress.
- Guide how much more than $600 billion in federal funding is distributed to states and communities each year.
- Create jobs, provide housing, prepare for emergencies, and build schools, roads, and hospitals.

Census timeline:
- April: Census takers will begin visiting colleges, senior centers, anyone who lives among a large groups of people.
- May - July: Census takers will begin visiting homes that haven’t responded to the Census.
- December: The Census Bureau will deliver apportionment counts to the President and Congress as required by law.

SASCC STAFF

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Reporter

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A Message from Tylor,

Dear SASCC Family and Friends,

I hope this letter finds you well and healthy. With the order for all Californians to stay at home, we feel fortunate to be recognized as an Essential Service so that we can continue to operate and provide assistance and relief to our community. We know that social distancing and staying at home helps reduce the spread of COVID-19, but we also recognize that this has affected our community dramatically. We have been diligently working in the background to find solutions for the isolation and loss of connectivity this situation has created, and this edition of The Outlook has plenty of practical solutions for you to help manage through this time.

SASCC has been hit hard – we’ve had to close both the Senior Center and the Adult Care Center indefinitely, and our core staff has shifted to working from home. As you all know from experience, tough times show you who your true friends are, and we are thankful for the incredible support from the City of Saratoga staff and council, County Supervisor Joe Simitian, Assemblyman Evan Low, and the Los Gatos Chamber of Commerce. Without their help we would be unable to continue serving you after being forced to close our doors. Their support, along with the dedicated work of our core team, has allowed us to remain active and energized – and we are excited to be here!

To adjust to the situation we have repurposed RYDE to help deliver essential items, we’ve developed safe and practical tutorial videos that you can view on our website, and we are gearing up to put many of our popular classes online and on the local public access TV stations. We encourage you to remain active and engaged in the approved activities outdoors, and to use this time to reestablish bonds with friends and family, pick up that book you’ve been meaning to read, and try out some new recipes! We have to make the most of this situation, so let’s be creative, thoughtful, compassionate, and patient while we make it through one of the most unprecedented times in history. We want you to know that we are here for you! We will provide you with information, resources, and assistance. We will not let you fall through the cracks. SASCC is firmly committed to you and to the communities we serve, now more than ever. Hang in there, and never hesitate to reach out to us or to our partners for help, we’re all in this together. Stay safe, healthy, and LIVE SASSY!

Sincerely,
Tylor Taylor

Tylor Taylor
Executive Director
Rotating Safe Car Park is a program for individuals living in their cars to have a safe place to sleep at night. Photo from Unsplash

CONTINUED FROM SAFE PG. 1

offered shelter to homeless men.

“We wanted to contribute in some form or fashion to a shelter, and we discovered something called a ‘safe car park,'” Norman Puck, lead volunteer said. “We really liked it, and after about six months of research, we realized it takes a lot of work to run a safe car park, and we wanted to make sure there was some sort of continuity.”

Puck said they found a model that was working in other places, that rotates which parking lot the folks park at.

“This made it so that different people and organizations within the community could help,” Puck said. “We didn’t want to just make this about a church or churches, we wanted to make this a community partnership.”

A community of partnerships it became. Seven churches in Saratoga, two in Cupertino, plus West Valley College, West Valley Community Services, and Amigos De Guadalupe, the Cities of Saratoga and Cupertino, and the Santa Clara County Sheriff’s Department all banded together to make this program work efficiently.

The City of Saratoga approved a six-month pilot program to launch this effort in June of 2018. Wildly successful as Puck called it, the city made changes to ordinances to ensure the program’s long-term viability—and members of the community have embraced the concept.

“Saratoga has been a phenomenal and giving partner,” Puck said. “Without the community’s partnership, this would not exist, so I just want to say thank you for making this a reality. We see this as truly a Saratoga grassroots ministry.”

West Valley Community Services and Amigos De Guadalupe refer clients into the program, and Amigos De Guadalupe screens each participant of the program to make sure they’re a good fit.

Volunteers from each parking lot location take shifts, one at night to ensure guests arrive at the parking lot safely and open up the bathrooms, and one in the early morning to make coffee and serve baked goods. Each day, volunteers host a hospitality hour where guests can charge their phones and conversate in a warm place. Once a week, volunteers host a dinner for all guests. Ministry volunteers at each parking lot location fund these efforts.

“We hear so much, ‘Oh get these people off the streets,’ and this is such a powerful way to give people a safe place to be, without having to worry about being on the street and being a burden. This is really the last bastion for these people before they hit the streets.’”

Puck went on to say that the Rotating Safe Car Park is a place for them to stabilize so they can re-adjust while they find a better opportunity. Case managers at West Valley Community Services and Amigos De Guadalupe offer that support to the program participants.

In the near future, the program hopes to expand into Los Gatos.

The COVID-19 outbreak has presented challenges for this program. Puck cited additional and adjusted guidelines and procedures for the hosting sites and volunteers, a temporary loss of our shower facilities for our guests because partners who provided that service are not currently open, reduction in volunteers due to the Stay At Home order and difficulties getting supplies.

“If you or someone you know are able to help, or would like to volunteer to support this program in the future, contact Puck at brthorchid@gmail.com.”

Goal to raise $100,000 for Feed The Need

CONTINUED FROM FLIGHTS PG. 1

“We had four restaurants that we had to shut down,” Hult said. “We had thousands and thousands and thousands of dollars of inventory sitting there, so that’s how it started.”

He said it was the hardest day of his professional career having to lay off 250 employees, but that this campaign has allowed him to bring a number of those employees back, to carry out the operation of providing free meals to people in need. Older adults, low-income people, people who can’t physically leave home, non-profit organizations, doctors and nurses at hospitals and firefighters have all benefited from this campaign.

Flights partnered with the Los Gatos Chamber of Commerce and Los Gatos Food & Wine to help administer the effort and get other restaurants on board. Now, Centonove, Double D’s, and Los Gatos Meats have joined the effort and use their own kitchens to cook meals, with other restaurants expressing interest.

Upon its launch on March 15, the campaign gained immediate support. With a message that $10 can feed a family in need, locals began donating $50 here, $100 there, $250, and so on.

Then, Sharks player and good friend of Hult’s, Eric Karlsson donated $1000. This resulted in a passing-around of the jersey with each $1000 donation, and about a dozen donations since then over $1,000, including a $10,000 donation, one for $5,000, two for $2,500.

As of around 1 p.m. on March 26, the campaign had raised just over $63,250. That’s 6,325 people fed, and it’s growing every hour. The campaign goal is to raise $100,000.

Currently, they’re making about 500-700 meals a day—things like Swedish meatballs and mashed potatoes, grilled salmon, chicken parmesan and spaghetti, mac and cheese, and whatever else each restaurant has available in their inventory.

All Feed the Need operations follow the CDC required methods of cleaning, sanitization, social distancing and protection.

If you are in need of a free meal, Flights and the Los Gatos Chamber of Commerce request that you ask a friend or family member to pick it up in the Flights parking lot for you.

If possible, email feedtheneed@losgatoschamber.com 24 hours in advance of when you need the meal, and include how many meals you need. Then contact someone in your support network to retrieve the meal for you. You may also call (408) 355-0983 to place your order.

In special circumstances, delivery may be available. Specify in your email if you have no other way to receive your meal.
COVID-19 Scam Prevention Tips and Information

The U.S. Department of Health and Human Services Office of Inspector General continues to inform the public about potential fraudulent activity that may arise in relation to COVID-19. With the order to shelter in place, more people, especially older adults, are in front of their TVs, on their computers, or on their smartphones.

The Inspector General’s website states scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. However, the services are unapproved and illegitimate. These “offers” are being presented in a number of ways, including telemarketing calls, social media platforms, and door-to-door visits.

Tips from the Office of Inspector General’s website include:
• Beneﬁciaries should be cautious of unsolicited requests for their Medicare or Medicaid numbers.
• Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.
• Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.
• A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.
• If you suspect COVID-19 fraud, contact National Center for Disaster Fraud Hotline (866) 720-5721 or disaster@leo.gov
• For more info, you can visit: https://oig.hhs.gov/coronavirus/index.asp

Other tips and information, from the Office of Assemblymember Evan Low, to help prevent scams:
• NO FDA-APPROVED VACCINE: There is currently no FDA-approved vaccine available, only treatments for symptoms are available.
• DO NOT GIVE OUT YOUR INFORMATION: The CDC and other public health offi cials may contact you if they believe you have been exposed to the virus, but they will never ask for your insurance or financial information.

COVID-19 General Information

PREVENTATIVE CARE
• Wash your hands often with soap and water for at least 20 seconds.
• If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
• Avoid touching high-touch surfaces in public places, i.e. door handles, handrails.
• Avoid touching your face.
• Clean and disinfect frequently touched objects and surfaces. COVID-19 may survive for hours or days on a variety of surfaces.

SOCIAL DISTANCING
• Maintain a distance of at least 6 feet between yourself and others, even at home with other family members.
• If possible with your housing situation, limit interaction between children and seniors.

IF YOU GET SICK
To protect yourself and the community, we recommend calling your healthcare provider first for any concerning symptoms and only going into a facility for emergencies. If you have any of the following symptoms, call your doctor:
• Fever
• Cough
• Shortness of breath
If you develop emergency warning signs, get MEDICAL ATTENTION immediately:
• Difficulty breathing
• Persistent pain or pressure in the chest
• New confusion or inability to arouse
• Bluish lips or face
Please consult with your medical provider for any other symptoms that are severe or concerning. Please visit the Santa Clara County Public Health Department’s website for more information: https://www.sccgov.org/sites/phd/Pages/phd.aspx

Help & Hotlines:
IN-HOME SUPPORTIVE SERVICES
• To promote social distancing and limit the need to go outside, in-home supportive services are available for older adults. Services provided include housecleaning, meal preparation, laundry, grocery shopping, and personal care services.
• For more information on how to apply: Call (408)792-1600 or visit: https://www.cdss.ca.gov/in-home-supportive-services
• If you, or someone you know, want to receive help and support for domestic violence or intimate partner violence and related needs, please call the Next Door Solutions to Domestic Violence 24-hour hotline at 408-279-2962.

• West Valley Community Services is providing financial assistance for households impacted by the coronavirus (COVID-19) crisis. If you or anyone you know is affected by schools and/or business closures, loss of jobs and hourly earnings, or are now having to take care of dependent older adults amidst the COVID-19/coronavirus crisis, we are here to help. Please contact West Valley Community Services for information, referrals, and services recert@wvcommunityservices.org or call 408-366-6092 for questions about emergency financial assistance. You can also visit: https://www.wvcommunityservices.org/covid19help
Same Kind of Different as Me
International art dealer Ron Hall must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the journey of their lives.
Stars: Greg Kinnear, Renée Zellweger, Djimon Hounsou
PG-13 | 1h 59min | Biography, Drama (2017)

The Natural
An unknown comes seemingly out of nowhere to become a legendary baseball player with almost divine talent.
Stars: Robert Redford, Robert Duvall, Glenn Close
PG | 2h 18min | Drama, Sport (1984)

The Mind, Explained
Ever wonder what’s happening inside your head? From dreaming to anxiety disorders, discover how your brain works with this illuminating series.
Stars: Emma Stone, Ali Mattu, Melanie Mignucci (Mini-series, 2019-)
20min | Documentary

Minimalism: A Documentary About the Important Things
How might your life be better with less?
Stars: Dan Harris, Ryan Nicodemus, Rick Hanson (2015)
Not Rated | 1h 18min | Documentary

Books to dive into

Recommended by the Memoirs Group:
A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World War II
by Sonia Purnell, 2019

In 1942, the Gestapo sent out an urgent transmission: “She is the most dangerous of all Allied spies. We must find and destroy her.”

The target in their sights was Virginia Hall, a Baltimore socialite who talked her way into Special Operations Executive, the spy organization dubbed Winston Churchill’s “Ministry of Ungentlemanly Warfare.” She became the first Allied woman deployed behind enemy lines and--despite her prosthetic leg--helped to light the flame of the French Resistance, revolutionizing secret warfare as we know it.

Based on new and extensive research, Sonia Purnell has for the first time uncovered the full secret life of Virginia Hall--an astounding and inspiring story of heroism, spycraft, resistance, and personal triumph over shocking adversity.
Rated 4.23 on Goodreads.com/ 6,989 ratings

A Man Called Ove
by Fredrik Backman, 2014

The word-of-mouth bestseller causing a sensation across Europe, Fredrik Backman’s heartwarming debut is a funny, moving, uplifting tale of love and community that will leave you with a spring in your step.

At first sight, Ove is almost certainly the grumpiest man you will ever meet. He thinks himself surrounded by idiots--neighbors who can’t reverse a trailer properly, joggers, shop assistants who talk in code, and the perpetrators of the vicious coup d’etat that ousted him as Chairman of the Residents’ Association. He will persist in making his daily inspection rounds of the local streets.

But isn’t it rare, these days, to find such old-fashioned clarity of belief and deed? Such unswerving conviction about what the world should be, and a lifelong dedication to making it just so? In the end, you will see, there is something about Ove that is quite irresistible.
Rated 4.36 on Goodreads.com/ 505,358 ratings

“Sometimes, you read a book and it fills you with this weird evangelical zeal, and you become convinced that the shattered world will never be put back together unless and until all living humans read the book.”
— John Green, The Fault in Our Stars
**RESTAURANTS**

**Grocery Stores**

Please note that it is recommended to STAY HOME. Some stores are offering senior hours in the mornings, but attending those still puts older adults at risk. Instead, please use grocery delivery services, or have a loved one who is less at risk make the trip for you. While grocery stores are doing their best to keep up with the demand of groceries during this time, items may be on backorder. Access tutorials on how to use grocery delivery services effectively at www.sascc.org/covid19.

Safeway Grocery Delivery - www.safeway.com
Instacart - www.instacart.com
Target - www.target.com/c/shipt/-/N-t4bob

**Pharmacy**

If you need medication, ask your doctor if your prescriptions can be mailed to your house. If not, ask them to call it in to the nearest drive-thru pharmacy and have a family member or friend who is less at risk pick it up for you. Access tutorials to use these services on www.sascc.org/covid19.

Walgreens Delivery & Drive-Thru Pharmacy:
Delivery: www.walgreens.com/topic/pharmacy/prescription-delivery
Coverage: 423 N Santa Cruz Ave, Los Gatos. 9 a.m. to 9 p.m.

Access tutorials on how to use DoorDash at www.sascc.org/covid19.

**Restaurants**

Below is a list of Saratoga and Los Gatos restaurants that offer “no-contact” meal delivery to your home through DoorDash or other delivery means specified in the list. To place your order, visit www.doordash.com or the website listed below the restaurant name. Access tutorials on how to use DoorDash at www.sascc.org/covid19.

Many restaurants are still open for takeout as well. We recommend only using takeout if you have a friend or family member who is less at-risk pick the food up for you. Visit www.saratogachamber.org/restaurants or www.losgatoschamber.com/businesses-open for restaurants open for takeout. Please call the restaurant for more details as hours and options may change after the publication of this issue.

### SARATOGA

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Phone Number</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hong’s</td>
<td>408-867-2554</td>
<td>11 a.m. - 2:30 p.m. &amp; 4:30-9:30 p.m.</td>
</tr>
<tr>
<td>Jakes of Saratoga</td>
<td>408-257-5858</td>
<td>11 a.m. - 9 p.m.</td>
</tr>
<tr>
<td>Mint Leaf Cuisine</td>
<td>408-872-3763</td>
<td>11:30 a.m. - 3 p.m. &amp; 5-10 p.m.</td>
</tr>
<tr>
<td>Sushi Heaven</td>
<td>408-777-8774</td>
<td>5-9 p.m.</td>
</tr>
<tr>
<td>Big Basin Burger Bar</td>
<td>408-647-2136</td>
<td>Sat &amp; Sun: 11 a.m. - 8 or 9 p.m.</td>
</tr>
<tr>
<td>Pasta Armellino</td>
<td>408-216-8838</td>
<td>5-8:30 p.m.</td>
</tr>
<tr>
<td>Hero Ranch Kitchen</td>
<td>669-267-3183</td>
<td>Wed.-Sun.: 4-9 p.m. Online orders via <a href="http://www.app.upservce.com/s/the-ranch-kitchen-saratoga">www.app.upservce.com/s/the-ranch-kitchen-saratoga</a></td>
</tr>
<tr>
<td>Indocafé</td>
<td>408-741-1514</td>
<td>Tues.-Sun: 11 a.m. - 3 p.m. &amp; 5-9 p.m.</td>
</tr>
<tr>
<td>Delivery via <a href="http://www.ubereats.com">www.ubereats.com</a></td>
<td></td>
<td></td>
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<tr>
<td>Tomatina</td>
<td>408-380-0040</td>
<td>Mon-Sun: 12-7:30 p.m.</td>
</tr>
<tr>
<td>Florentine Trattoria</td>
<td>408-741-1784</td>
<td>Mon - Sun from 4- 7:30 p.m.</td>
</tr>
<tr>
<td>Purple Onion (both locations)</td>
<td>7 a.m. - 4 p.m.</td>
<td>order online for delivery at purpleonionca.com/</td>
</tr>
<tr>
<td>Round Table (LG location only)</td>
<td>11 a.m. - 9 p.m.</td>
<td>Order online at <a href="https://ordering.roundtablepizza.com/">https://ordering.roundtablepizza.com/</a></td>
</tr>
<tr>
<td>Café Banc</td>
<td>408-389-3000</td>
<td>Mon-Sat: 8 a.m. - 4:30 p.m. Call in order or Doordash</td>
</tr>
<tr>
<td>Chipotle Mexican Grill</td>
<td>(408) 777-8902</td>
<td>Mon-Sun: 10:45 am - 10 pm <a href="http://www.chipotle.com">www.chipotle.com</a></td>
</tr>
<tr>
<td>Holder’s Country Inn</td>
<td>408-378-6022</td>
<td>Mon-Sun: 8 a.m. - 7:30 p.m. Call in order or Doordash</td>
</tr>
</tbody>
</table>

### LOS GATOS

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Phone Number</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Italian Deli</td>
<td>408-399-3354</td>
<td>10 a.m. - 4 p.m. daily</td>
</tr>
<tr>
<td>Blue Line Pizza</td>
<td>408-354-9900</td>
<td>Sun-Th 11:30 a.m. - 8:30 p.m., F-Sat 11:30 a.m. - 9 p.m.</td>
</tr>
<tr>
<td>Centonove</td>
<td>408-384-4007</td>
<td>5-7:30 p.m. daily</td>
</tr>
<tr>
<td>Enoteca</td>
<td>408-625-7272</td>
<td>11:30 a.m. - 6 p.m. daily</td>
</tr>
<tr>
<td>Flights (see pages 1 and 3 for information on how to order a “Feed The Need” meal)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golden Triangle</td>
<td>408-402-5092</td>
<td>11:30-3, 5-9:30pm Free delivery within 4 miles and a minimum of $35 order, call to order</td>
</tr>
<tr>
<td>Juiceco LG</td>
<td>408-354-4125</td>
<td>M-Sat: 8:30 a.m. - 5:30 p.m., Sun 8:30 a.m. - 4:30 p.m., order online for delivery at <a href="http://www.juicecolg.com/delivery">www.juicecolg.com/delivery</a></td>
</tr>
<tr>
<td>Los Gatos Meats</td>
<td>M-Sat 10 a.m. - 3:45 p.m.</td>
<td>Order meat or sandwiches for delivery online at <a href="http://www.losgatosmeats.com">www.losgatosmeats.com</a></td>
</tr>
<tr>
<td>Reverence Catering</td>
<td>10 a.m. - 4 p.m. Place orders at <a href="mailto:info@reverencecatering.com">info@reverencecatering.com</a></td>
<td></td>
</tr>
<tr>
<td>The Pastaria &amp; Market</td>
<td>408-399-3477</td>
<td>Delivery available Tues-Sunday 3 p.m. - 8 p.m.</td>
</tr>
<tr>
<td>Vitality Bowls</td>
<td>408-884-8845</td>
<td>Mon: 10 a.m. - 4 p.m.</td>
</tr>
<tr>
<td>Vitality Bowls</td>
<td>408-884-8845</td>
<td>Mon: 10 a.m. - 4 p.m.</td>
</tr>
<tr>
<td>Willow Street Pizza</td>
<td>(LG location)</td>
<td>Mon-Fri 4 p.m. - 8 p.m., Sat-Sun 12 p.m. - 8 p.m. Order online at <a href="https://www.willowstreet.com/los-gatos/">https://www.willowstreet.com/los-gatos/</a></td>
</tr>
<tr>
<td>Zona Rosa</td>
<td>408-884-8268</td>
<td>Delivery available Tues-Sun 12 p.m. - 8 p.m. Order online at <a href="https://www.zonarosadining.com/">https://www.zonarosadining.com/</a></td>
</tr>
</tbody>
</table>
Mona, Our New German Shepherd

By Diana Chan
Member of Louise Webb’s Memoir Class

Steve has been yearning for a German Shepherd dog for years since Rino died twelve years ago. It has taken him this long to find a replacement since he is very particular with his requirements. His new dog had to be a German import, as Steve was used to the particularly high standards defined by the Schutzund training of German Shepherd Dog breeders. By luck, he found the same breeder who sold us our last German Shepherd, who is now retired in Napa. Mona’s red and black coat was beautiful, stunning ears, good structure, no hip problems, and a gentle easy temperament. She was like a professional soccer player who could entertain herself dribbling a hard solid ball, running around the yard for hours.

We were told she was 4 ½ years old, but upon close examination at her pedigree, and birth record, she turned out to be 5 ½ years old which is at the halfway life span of a shepherd. So we were able to negotiate the price to $1500. On our way home, we thought of renaming her Mia, but the name seemed more appropriate for a cat, so we decided on Mona. Mona seemed to fit right into our family. Even though she was completely an outdoor dog, we started bringing her inside the house; it took two days for her to make the adjustment. The next day, we took her to the vet for a routine exam; the vet suggested an X-ray and some blood work as he felt a lump near her stomach area, which turned out to be an enlarged spleen. The vet said there is no immediate problem and that we should watch out for any changes. The vet showed us that Mona’s teeth are quite worn down, and there will be future dental work. I was stunned that the bill came to $749 for the examination, vaccinations and routine blood work. We don’t even pay that much for our own annual lab panel since we have health insurance. So any savings we had from the negotiated purchase price is surely going to the vet instead.

But Steve is thrilled to have finally found a Golden Shepherd that looks so much like our former pet. We got her salmon and sweet potato dog food, which sounds very healthy and nutritious, plus dog treats to motivate Mona in basic training, since she does not seem to have much training, despite her basic IPO puppy obedience training. She is now perfectly content playing with tennis balls instead of the hard soccer ball, which may save Mona’s teeth.

Best of all, Steve is beginning to lose his tummy since he is getting more exercise walking the dog. We are just thrilled to have Mona. It’s almost like having another kid in the house.

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doesn’t mean social disconnection! Lean on friends, family, neighbors, and other networks who can provide you with care and support.

• Ask your support network to do any essential grocery shopping, picking up medications, etc.

Coping with stress
• Take breaks from watching, reading, or listening to news stories about the pandemic.
• Take care of your body. Take deep breaths, stretch, or meditate, eat balanced meals, exercise regularly, and get plenty of sleep.
• Make time to unwind by doing activities that you enjoy.
• Connect with others, call people you trust and talk to them about your concerns and how you are feeling.

SASCC would love to share our members artwork on Facebook and in the Outlook. Please mail your drawing to SASCC at:
P.O. Box 3033
Saratoga, CA 95070

Stay safe, stay at home
Baked Oatmeal – start the morning with a delicious twist on classic oatmeal.

- 1 cup old fashioned rolled oats
- 3 tablespoons light brown sugar
- ½ teaspoon baking powder
- ½ teaspoon Chinese five spice or cinnamon
- ¼ teaspoon fine sea salt
- 1 cup milk, dairy or non-dairy
- 1 large egg
- 1 ½ tablespoons butter or coconut oil, melted
- 1 teaspoon vanilla extract
- Optional mix-ins: banana, nuts, raisins, fruit (fresh or dried)

1. Pre-heat oven to 375 and lightly spray or grease a small (1 quart) baking dish
2. In a large bowl, mix together all dry ingredients and optional mix ins, then add to prepared dish. NOTE: you can save some mix-in toppings to scatter on the top of the oats mixture for visual appeal.
3. In same bowl, mix together all wet ingredients, then pour over oats mixture.
4. Gently shimmy and shake the baking dish to help the milk mixture go throughout the oats mixture.
5. Bake oatmeal until the top is golden brown and the milk mixture has set, about 25-30 minutes. For an extra tasty top, sprinkle a ½ tablespoon or so of brown sugar on top of the oatmeal, and then place back in the oven under the broiler and broil for 20-30 seconds.

This recipe is easily doubled and baked in a 2 quart baking dish or use the recipe to fill muffin tins for single servings. You may prepare this dish at night, store in fridge, and bake in the morning. This dish will easily last 3-4 days in the fridge. To re-heat: take a serving and warm in a pot with a little milk or water. The liquid will help prevent it from sticking to the pot. Stir until warm.

Avocado Chicken Salad – a quick lunch that’s high in flavor, full of vitamins and protein

- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- Dash of pepper to taste
- 1 cup shredded cooked chicken (great way to use leftover rotisserie chicken)
- 2 tablespoon chopped cilantro
- 3/8 cup salsa
- ½ cup black beans
- ½ ripe avocado, peeled and chopped
- Optional: tortilla chips, rice, salad greens

Whisk olive oil, lime juice, salt, and pepper. Add chicken and cilantro, tossing to well combine. Gently fold in salsa, black beans, and avocado. Serve with chips, rice, or over salad greens.

Pumpkin Mac and Cheese – A wonderful alternative to basic Mac and Cheese - high in flavor, vitamins, and nutrients. Plus, quick and easy to make.

- 1 cup pureed pumpkin
- ¼ tsp garlic powder, or 2 tsp minced
- ¼ tsp onion powder
- 1/2 tsp + 1/8 tsp salt (I also add a little extra)
- 1 tbsp butter OR 2 tbsp olive oil and a little extra salt if needed
- ¼ - ½ cup milk of choice
- ¾ cup shredded cheddar cheese OR 1/2 cup nutritional yeast
- Dash of cayenne (optional)
whatever you wish to go with your sauce (macaroni, quinoa, spaghetti squash, rice, veggies, etc.)

Makes approximately 1 ½ cups sauce
Combine all sauce ingredients in a medium pot and bring to a complete boil. Lower the heat and stir until the buttery spread and shredded cheddar melt completely. Taste and season to your preference. Sauce thickens as it cools and is much thicker the next day.