

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



A publication by the Saratoga Area Senior Coordinating Council (SASCC) | 19655 Allendale Ave Saratoga, CA 95070 | Phone: 408.868.1257 / Fax: 408.868.9546



ANNOUNCEMENTS & UPDATES
PG. 2



LG COUNCIL MEMBERS
PG. 4



RESOURCES
PG. 6-9



EDITORIAL
PG. 11



ENTERTAINMENT
PG. 15

World Innovations Network empowers West Valley College students to tackle worldly issues

By Brandy Miceli

Bridging the gap between driven young adults and the mentorship, resources and opportunities they need to access their higher potential, the World Innovations Network (WIN) partners with entrepreneurs, professors, senior executives, investors and community college students to create initiatives that address real-world problems like homelessness, health and access to clean water.

A nonprofit organization, WIN trains and engages community college students through its United Community Alliance initiative, a network of public and private sector professionals that offer specialized workshops, followed by real-world projects and mentorship.

"We believe talent

is everywhere, but the opportunity is not," said Mojgan Momeni, founder and Executive Director of WIN. "Community colleges are filled with talented students who deserve to benefit from the same opportunities Ivy League universities offer. WIN mobilizes mentors to engage with community college students to work collaboratively on interdisciplinary projects following hands-on, Innovative Thinking workshops."

These workshops are designed to promote diversity, multidisciplinary coordination and team-based learning. They facilitate activities that lead to young adults' acquisition of 21st-century skills, and empower them to innovate and succeed in the ever-changing dynamics of our society.

Through WIN's part-

nership with West Valley College, over 20 students have gained mentorship from senior executives at companies like Microsoft and Oracle, as well as start up companies and accelerators, and participated in multiple in-person and virtual workshops on business, innovation and mindset.

"They educated our group on what it truly takes to create, launch and run an organization, big or small," said Shantik Azima-Taylor, a student participant of the WIN program at West Valley College.

Once the students were done with their training, WIN put the students to the test, setting them



Shantik Azima-Taylor receiving a certificate of achievement from Mojgan Momeni, Executive Director of the World Innovations Network (WIN).

Photo courtesy of Shantik Azima-Taylor

up to join start-up organizations that its partner organizations were creating. These consisted of organizations tackling homelessness, health and the global water disparity.

To our valued member/
current resident:

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

"Social equality, environmental health and economic advancement depend on young adults developing into competent, agile, adaptive and responsible leaders," Momeni said.

Azima-Taylor described his experience with the start-up he partnered with.

"Being on the ground floor of a start-up company

see WIN, pg. 3



Line Dance is coming back to SASCC via Zoom!



Zoom link can be found at www.sascc.org/virtual-classes

Beginner Line Dance will be every Tuesday at 12:30pm starting Jan. 5, 2021

Community News Briefs

By Brandy Miceli

Yan Zhao becomes Saratoga Mayor; Miller and Cappello honored



Mayor Yan Zhao

At the Saratoga City Council Reorganization on December 15, the council selected Yan Zhao as Saratoga Mayor and newly-elected Council Member Tina Walia as Vice Mayor. Council Member Kookie Fitzsimmons was also sworn into office. Outgoing Mayor Howard Miller and former Mayor

see BRIEFS, pg. 5

OUTLOOK STAFF

Tylor Taylor
Editor in Chief
tylor@sascc.org

Rajvir Kaur
Outlook Production
Manager
raj@sascc.org

Brandy Miceli
Managing Editor
brandy@sascc.org

CONTRIBUTING WRITERS:

Maria Ristow
Matthew Hudes
Lisa Wade
Nicole Lu
Elliu Huang
Bennie Chang

Outlook Disclosure:

The Saratoga Area Senior Coordinating Council 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. We receive direct support from the City of Saratoga in the form of no-cost use of city facilities and cash grants.

The Outlook is distributed monthly to every home in Saratoga, an effort made possible in part by a grant from the City of Saratoga. Our publication, like our organization, is nonpartisan and strives to provide an equal voice to all in the communities we serve. While we always have the best intentions at heart, there may be rare instances when readers find some content disagreeable or lacking adequate context.

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 visit sascc.org. Thank you for reading The Outlook!

SASCC Membership Announcement

Due to the closure of our center to prevent the spread of Covid-19, all members, current and new, will have FREE membership until further notice.

Although our membership is free right now, we are in dire need of donations in order to keep our virtual services going until we reopen. To make a donation, please visit www.sascc.org/donate. Checks can be made to SASCC and mailed to SASCC at: P.O. Box 3033 Saratoga, CA 95070.

Virtual Class Closures

Please take note of the following dates:

SASCC will not be hosting virtual classes Dec. 19, 2020 -

Jan. 3, 2021. Virtual classes will resume Monday, Jan. 4, 2021.

Virtual classes will also be closed on Monday, Jan. 18 in honor of Martin Luther King, Jr. Day.

RYDE will be closed Dec. 24, 25, & 31 and

Jan. 1, 2021. RYDE will also be closed on Monday, Jan. 18 in honor of Martin Luther King, Jr. Day.

Please be safe and
happy holidays
from your
SASCC Family!

R.Y.D.E
REACH YOUR DESTINATION EASILY

**Updates from the City of Saratoga****COVID-19 Update**

The State of California's Regional Stay at Home Order is currently implemented in Santa Clara County and will be in effect through January 7, 2021. This order is in place to protect the region's ICU capacity and prevent it from reaching a critical point. Lack of ICU capacity means that you and your loved ones may not receive the care you need if you fall seriously ill—with COVID or otherwise. We must work together to slow the surge and ensure our hospitals have the capacity to provide care to anyone who needs it. For more information on COVID-19 and how to access City services virtually, visit www.saratoga.ca.us/covid19

Calling All Saratoga Artists!

Submit your application to turn plain utility boxes into works of art! Through the City's Paint the City program, 3 more utility boxes will be painted by Saratoga artists. Saratoga residents ages 10 and older can submit applications by January 31, 2021. For information about the process, or to get inspired by previous designs, visit www.saratoga.ca.us/paintthecity

Watch SED Talks for Teens

Teens and Parents, if you missed SED Talks—Ted Talks, Saratoga style—you can still hear the three speakers! The Saratoga Youth Commission and the Library's Teen Advisory Board hosted this event to share first-hand experiences and expert advice about various teen-centered topics, from life skills to mental health. You can watch the video online at <https://youtu.be/IS1JrpIa4Bc>

Living Room Conversations

Join your neighbors for meaningful Living Room Conversations on the first Tuesday of the month at 7:00 p.m. No debate, no heat—just respectful speaking and listening. The Saratoga Ministerial Association and the City of Saratoga host these events so the community can come together and engage on topics that are important to everyone. Find conversation guides and information to join the virtual conversations using Zoom at www.saratoga.ca.us/LRC

Program provides mentorship, resources and opportunities for students to succeed

continued from
WIN, pg. 1

is one thing, but doing so within organizations that seek to help others, and possess the means to do so has proved invaluable," he said. "The company I chose to work for, Waterinno, is a Water Innovation Accelerator. This company provides a vast network of seasoned industry veterans, mentorship and funding to companies in their Year 1 to Year 5 stage, that are based in water innovation. Through Waterinno, I have gained experience in strategic planning, project management and more, all within the scope of bettering our planet. Having worked many internships in the past, I can say that this experience has been truly unique!"

After working with Waterinno for six months, Azima-Taylor helped create a new venture for the company, and became its Head of Project Management. The project, designed by the West Valley WIN participants, is called Water Emissaries (WE). Azima-Taylor said it aims to bridge the gap between accessible clean water and environmental inequality through aware-

ness, education and action-based initiatives. Waterinno gave the students complete creative control of its manifestation.

"Right now, 4.2 billion people are living without running water and proper sanitation," Azima-Taylor said. "Our current roadmap is focused on building Water Emissary groups within colleges and universities across the country and eventually internationally, all with the goal of providing an avenue for those who would want to change these kinds of disparities surrounding water. We are currently building up our strategic partner base and programing, and we expect to launch our first pilot Water Emissaries group within West Valley College in 2021."

Momeni said that partnerships with other businesses and local governments play a crucial role in creating a valuable experience for WIN program participants. It's these relationships that provide the platform for opportunity, and it's the skills students learn through the partnerships that empower them to tackle initiatives head-on.

"We let the students run the projects rather than telling them what to do,"

Momeni said. "They show outstanding performance with passion and empathy, managing many project tasks, breaking into different teams, conducting research while applying Innovative Thinking concepts and coming up with solutions to the problems that are practical and meaningful."

"Not only have I been able to broaden my toolset through working with WIN and its partner organizations," Azima-Taylor said, "but this opportunity has allowed me to do so in the effort of aiding our shared planet and the people on it. I feel very fortunate for the skills and knowledge I gained through the WIN program, and am grateful to apply the frameworks the program teaches to all my future endeavors."

Notable achievements of the WIN program and its participants:

- Seventeen students received paid internships in three sponsored projects that have social, environmental, or economic impacts.
- Three major projects on student homelessness, clean water and fighting COVID-19 were sponsored by the private sector.



Ceremony awarding WIN participants with certificates of achievement at West Valley College. Left to right: Dr. Yahya Tabesh, Board Member and Co-Founder of WIN, Shantik Azima-Taylor, WIN program Participant, and another student of the WIN program. Momeni, Executive Director of the World Innovations Network (WIN).

Photo courtesy of Shantik Azima-Taylor

- WIN's homeless student solution and concept received West Valley-Mission Community College District Chancellor Brad Davis' approval to build tiny homes on the West Valley College campus for homeless students.
- One student was hired by a startup.
- Three students started

their own initiative for student homelessness.

- A venture capitalist sponsored a clean water initiative with two West Valley College students to educate other youth about the topic.

- WIN has received approval to start the process of becoming part of the ongoing curriculum for community colleges.

To learn more about any of the programs, organizations and opportunities mentioned in this article, visit the links below.

World Innovations Network (WIN):

www.worldinnovationsnetwork.org

Waterinno (WIA): www.waterinno.com

Water Emissaries (WE): www.waterinno.com/water-emissaries

Shantik Azima-Taylor's WE bio: www.waterinno.com/people-bio/shantik-azima-taylor

SASCC would like to thank the Boys team charity - Saratoga for their generous donation of 150 hand-woven blankets.

Because of btc-Saratoga, SASCC was able to distribute these much-needed blankets to the Live Oak Nutrition Center and House of Hope in Los Gatos, and Ronald McDonald House Charities in Palo Alto.



boys team charity

SARATOGA LEAGUE



Boys team charity is a volunteer service organization dedicated to developing an altruistic spirit in young men through active participation of parents and sons in philanthropic projects in their communities.

The focus of our organization is growing, learning and giving back to the community. Check out their website to learn more www.btcsaratoga.chapterweb.net.





Meet two of the new Los Gatos Town Council Members!

Maria Ristow

I am honored to be newly-elected to the Town Council, and I look forward to working with my fellow Council members and Town staff in serving the residents and business community of Los Gatos.

I grew up in Chicago, attended the University of Illinois in Urbana, and earned my BS in Chemistry. Taking my first position at a research center working on chemical sensors, I was then transferred to a semiconductor project. Following the call of Silicon Valley, in 1987 my husband and I moved out to California and settled in Los Gatos. Through a series of challenging job opportunities, I worked as an engineer in the semiconductor industry, primarily on space-application photovoltaics. What I expected to be a temporary adventure out west turned into a permanent relocation. I fell in love with Los Gatos immediately, and I have dedicated myself in a variety of volunteer roles to making my adopted hometown a better place for all.

From spending years with our children in a co-op preschool, through volunteering at St. Mary's, Fisher and Los Gatos High School, to coaching youth soccer and volleyball, I came to know residents across the entire community. In 2014 I was appointed to the Housing Element Advisory Board and enrolled in Leadership Los Gatos. Following that, I have served on and chaired the Transportation & Parking Commission and the Bicycle & Pedestrian Advisory Commission. I served in 2020 in the new Complete Streets & Transportation Commission. I have also fundraised and volunteered with Safe Routes to School for the past several years.

I am an avid cyclist, biking for transportation, exploration and exercise. I have a strong understanding of the infrastructure assets and deficiencies in Los Gatos and nearby communities, as observed from the seat of a bicycle. I also enjoy hiking and appreciate the nearby trail escapes right in and near our community, although walking up and down the hilly streets of Los Gatos provides its own pleasures.

Knowing that change is inevitable, I am convinced that Los Gatos can shape our response to the forces around us in a way that accommodates the demands of the growing region while keeping the charm and livability of our Town. Transportation and housing are tightly coupled, and solving these issues will require looking at the entire picture. Speaking with a large number of residents and business owners during my campaign, I understand that my priorities of active transportation, affordable housing, environmental sustainability, economic vitality and racial and socioeconomic diversity are shared by a good number of Los Gatans. A top goal is to keep residents and the business community engaged as we collaborate to address the challenges facing our Town.



Matthew Hudes

I love Los Gatos for its unique character and spirit. Now Los Gatos is at a crossroads, facing new challenges. Serving as a new Councilmember and in various roles for more than 10 years, I've gained a small appreciation of some of these challenges. But my opinion is not as critical as what folks in town are actually thinking—so, I conducted surveys and held Zoom listening sessions, neighborhood by neighborhood—and have been surprised by the ranking of issues by the many residents who have responded.

Across Town, the highest priority issue is "Post-Covid Economic Recovery and Revival"—not just surviving the impacts of the pandemic, but thriving on the other side of it. The next highest priority for residents is "Safety and Disaster Preparedness," followed by "Getting from Point A to Point B in Town"—dealing with traffic, and improving pedestrian, bicycling and mobility.

Beyond neighborhood issues, being 60+ in Los Gatos can be a fortunate circumstance, or it can have its challenges. Some things I've learned about being 60+ in Los Gatos:

- We cover a wide range of lifestyles from still working, to tapering down a little, to no longer working for a paycheck
- We 60+ in Los Gatos range from having virtually no free time, to lots of time; from being as fit as ever, to grappling with serious health issues; from looking for ways to volunteer, to coping with unmet needs
- Safety is a big concern—not only crime statistics but also wildfire concerns
- Many would like to stay in Town, but many believe that we will have to move away, especially as we get older
- Many prefer to drive because of the flexibility, autonomy and speed, but will be faced with obstacles
- After driving, Uber/Lyft are the most popular types of transportation, but the biggest obstacle to using transportation services is cost
- Rather than providing shuttles which do not offer flexibility, autonomy and speed, but cost money—perhaps Uber/Lift vouchers and instruction on their use, and addressing the obstacles from medical providers to this choice of transportation, would be more effective.
- Our 60+ residents are a diverse community that would like better services, but even more importantly, they are a reservoir of skills and services available to our entire community.

You can view a more comprehensive summary on my website at www.MatthewHudes.com/60 and I can be reached at matthew@matthewhudes.com.

Mary Badame, elected for a 2-year term on the Los Gatos Town Council, declined to provide a statement for The Outlook.



January 12th 3pm:
Decorative Stones
3 inch pebbles,
acrylic paint,
paintbrush



January 26th 3pm:
Succulent Magnets
Artminds 1.5 inch Cork,
Succulent or Air Plant,
Sticker Magnet
Colorful Markers or Paint



* Participants are expected to get their own supplies, for any assistance call the helpline.

Arts and Crafts

SASCC Virtual Class

RSVP at the help line:

408-621-7526

For additional information or questions, email

ranashreyas@gmail.com



News Briefs

continued from BRIEFS pg. 1

and Council Member Manny Cappello were honored graciously for their years of service to the Saratoga community.

Miller and Cappello received commendations from state and county officials in recognition of their many accomplishments and contributions to Saratoga. They recounted their experiences, thanked fellow councilmembers, and listened to congratulatory public comments from community members and residents.

The mayoral decision came after hours of public comment where residents voiced their preferences. City Attorney Richard Taylor explained the existing procedure regarding mayoral appointments, as voted on and passed by a previous council in 2009. He also informed the council that they were not bound by the previous arrangement and that they were able to create an alternate method, granted they all agreed by vote. Traditionally, the council appoints a mayor after a council member makes a motion to nominate someone. Once that motion is seconded, the City Clerk takes a roll-call vote. When the time came for the council to offer nominations, it was met with silence.

Eventually, a motion was made by Councilmember Rishi Kumar to suspend the 2009 rule, and to instead treat each council member as if they had been nominated for mayor. A roll-call vote would be taken for each council member in alphabetical order, and the council member with the most votes would win. The motion carried unanimously.

Zhao won the seat as mayor with four votes in her favor. Kumar and Bernald both had two votes in their favor, Walia had one and Fitzsimmons withdrew her nomination.

The appointment of vice mayor followed the traditional nomination process. After Bernald motioned to nominate herself as vice mayor with no second to the motion, Fitzsimmons nominated Walia as vice mayor, and Bernald seconded the nomination. The council voted 4-1 to elect Walia as vice mayor.

To learn more about the new Saratoga City Council, visit www.saratoga.ca.us/council.

Cap on Food Delivery Service Fees

The Santa Clara County Board of Supervisors voted unanimously (5-0) to adopt an ordinance to put a temporary cap on commissions and fees charged by third-party food delivery services to local restaurants. The ordinance was initially proposed by County Supervisors Joe Simitian and Cindy Chavez at the December 8 board meeting and went into effect December 19.

The Urgency Ordinance applies throughout Santa Clara County, including all 15 incorporated cities and the unincorporated county, except in cities with a more restrictive cap on order and delivery fees (the more restrictive provision/ordinance applies).

The proposed ordinance caps delivery service fees charged by third party delivery at 15 percent of the value of an order, and the fees for pickup and takeout orders at 10 percent of the value of an order. The costs of compliance may not be imposed on delivery workers and allow enforcement through civil action by restaurants or delivery workers in the courts.

Foothill Club Lecture Series goes virtual

In response to the COVID-19 public gathering restrictions, the Saratoga Foothill Club is presenting its 2021 Public Lecture Series online.

A diverse group of five speakers ranging from artists, to law enforcement officers, to scientists will present on interesting topics like a condensed history of opera, protecting yourself against crime and a tour of the most beautiful sights within our solar system. The series begins in January and runs through May.

On January 21 at 7:30 p.m., the series kicks off with "A Delightfully Condensed History of Opera," by Deborah Rosengaus.

The fee for all five lectures for Saratoga Foothill Club members is \$40, and \$50 for non-

members. Individual lectures may be purchased for \$15. To sign up for the series and pay online, visit www.saratogafoothillclub.org. You may also register by mailing a check made out to Saratoga Foothill Club to Barbara Marshall at 20543 Debbie Lane, Saratoga, CA 95070. Indicate on the memo line the events that you wish to attend.

For more information, contact Cynthia Chang at cynthchang@gmail.com.

Exploring San Francisco's Beloved Chinatown

The Saratoga Historical Foundation and the Organization of Chinese American Women - Silicon Valley Chapter present "From Resilience to Celebration: An In-Depth, Pictorial Journey Inside San Francisco's Beloved Chinatown." on January 10 from 2-3:30 p.m.

Photographer Dick Evan and award-winning journalist Kathy Chin Leong will give a presentation covering the history of San Francisco's beloved Chinatown, based on their book, "San Francisco's Chinatown." The presentation will provide a personal, in-depth look at Chinatown and is sure to delight attendees.

To join the presentation, enter this Zoom meeting link into your browser: www.tinyurl.com/sfchinatownpresentation or enter the following into your Zoom app; Meeting ID: 859 5738 4612. Passcode: 533462.

Local businesses in dire need of our support

At the time The Outlook was published, it was unclear whether the recent Stay At Home order would extend beyond its original date of January 4. Regardless of whether businesses resume in-person services or the order is extended, our local businesses are in serious need of community support.

Ordering take-out, curbside pickup, delivery and purchasing gift certificates are just a few ways we can help our local businesses survive the pandemic. Visit www.saratogachamber.org and www.losgatoschamber.com to learn more about open local businesses and how to support them.

Do you or someone you know worry about the following:

Does my partner ever...

- Call me names or put me down
- Act jealous, controlling or possessive
- Accuse me of cheating
- Push, hit, shove or threaten me
- Control my access to money
- Threaten to harm or kill a pet, or someone I care about
- Call or text me at all times

If you answered **yes** to any of these questions, you may be in an unhealthy or unsafe relationship.

You are not alone, support is available.



24-Hour Hotline: 408.279.2962



Community Office:
234 E. Gish Rd Suite 200
San Jose, CA 95112
www.nextdoor.org





SASCC SUPPORT LINE
(408) 621-7526

Helping you feel supported, connected, and safe during your time at home

DO YOU NEED:

Someone to talk to? A caregiver?
Groceries? Tax or legal help?
Essential supplies? A hot meal?

CALL THE SASCC SUPPORT LINE
(408) 621-7526

SERVING THE SOUTH BAY
No need is too small to call!



Are you bored at home and looking for something to do?

Check out our SASCC classes at www.sascc.org/virtual-classes!

Please note SASCC classes and programs are for SASCC members only. Our classes are at little to no-cost to members and our membership is currently FREE until further notice!

We encourage anyone who is interested in participating in our classes to please sign up for a free membership at: sascc.org/sascc-membership

Please call (408) 621-7526 for more info!

Please note SASCC is not offering virtual classes Dec. 19, 2020 - Jan. 3, 2021. Classes will resume Monday, Jan. 4, 2021.





FREE Adult Day Care 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!

Qualify for the program by meeting 2 easy requirements:

- be 65 or older
- have an individual income of less than \$78,550

Due to COVID-19, the Saratoga Adult Day Program is providing care remotely. Services include online classes, meal delivery, providing resources and care packages and quarterly assessments monitoring quality of life.

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



RYDE IS

An affordable curb-to-curb transportation service for adults 65+ living in the West Valley Communities

Want to be a RYDE driver?

One simple RYDE can make the entire day of a senior in need!

RYDE is a volunteer-based program. The more volunteers we have, the more RYDEs we can provide to older adults in our community!

"It was easy to volunteer as a RYDE driver. You meet some interesting people and provide valuable assistance at the same time. The process is painless, and it's definitely worth the time."

-Kirch, Volunteer

RYDE is brought to you by...

- › The Saratoga Area Senior Coordinating Council
- › West Valley Community Services
- › The City of Morgan Hill
- › Santa Clara County
- › The Federal Transportation Administration
- › Valley Transportation Authority
- › The cities of Campbell, Cupertino, Monte Sereno, Saratoga, and Los Gatos

Who can use RYDE?

- Adults 65+ residing in Morgan Hill, Saratoga, Los Gatos, Monte Sereno, Campbell, Cupertino, and parts of San Jose.
- Adults 65+ must be ambulatory (use cane, walker, or be able to walk on own)
- RYDE cannot accommodate wheelchairs, scooters, and other motorized mobility devices
- One registered companion may accompany passenger at no cost



Where can RYDE take me?

Anywhere within the city limits of:

- › Saratoga
- › Los Gatos
- › Monte Sereno
- › Campbell
- › Cupertino
- › Morgan Hill
- › Parts of San Jose

You can take RYDE to

- › Senior Centers
- › Congregate Meal Sites
- › Socializing
- › Errands
- › Sunnyvale Caltrain Station
- › Bus Stops
- › Light Rail
- › Restaurants
- › VTA Transit Hubs
- › Hair Appt.
- › Medical Appt.
- › Shopping
- › Movies
- › Up to 8 miles from your home to any destination
- › 16 miles from home to medical appointments



"RYDE has allowed me to stay independent, and that is so important as we age."
-Carol, RYDER

Scheduling a RYDE

To schedule a RYDE, please call your local RYDE coordinator between two business days and one month in advance of your request.

During COVID-19: We care about our clients and drivers and are doing everything we can to be safe during the COVID-19 pandemic. Visit us online at www.rydescc.org to learn more about how we are keeping our RYDEs and drivers safe.



HOURS OF OPERATION

8:00 AM TO 4:00 PM
MONDAY TO FRIDAY



RESIDENTS OF SARATOGA, LOS GATOS, MONTE SERENO, AND PARTS OF SAN JOSE:

ZIP CODES: 95032, 95070, 95030, 95120, 95124

(408) 892-9739
Managed by Saratoga Area Senior Coordinating Council
RYDE@sascc.org



RESIDENTS OF CAMPBELL, CUPERTINO, AND PARTS OF SAN JOSE CALL:

ZIP CODES: 95008, 95009, 95011, 95014, 95129, 95130

(669) 220-0831
Managed by West Valley Community Services
RYDEinfo@wvcommunityservices.org



RESIDENTS OF MORGAN HILL CALL:

ZIP CODES: 95037, 95038

(408) 310-4250
Managed by the City of Morgan Hill
RYDE@mhcrc.com

Cost of RYDE:

RYDE fees are fixed based on the number of miles you travel to and from your destination. Prices can range from .90¢ to \$18.00 based on income information.

*Financial assistance is available.

Miles	EL	VL	L	Base Price
Up to 4	\$.90	\$2.25	\$4.50	\$9.00
4.01 to 8	\$1.30	\$3.25	\$6.50	\$13.00
8.01 to 16	\$1.80	\$4.50	\$9.00	\$18.00
Deposit	\$10.00	\$15.00	\$20.00	\$30.00

Precautions RYDE is taking to prevent the spread of COVID-19:

All drivers and clients must wear masks throughout the entire RYDE. RYDE Coordinators call each client to ensure they have not had any symptoms or contact with anyone who has COVID-19 before their RYDE. Drivers take the temperatures of each RYDE'r before their RYDE to ensure wellness. Plexiglass screens have been installed in our vehicles between the front and rear seat. All clients must sit in the rear seat. When not seated in the car, clients must remain 6 feet away from the driver at all times. We have a no-touch policy. Drivers cannot assist clients in and out of the vehicle. Drivers wipe down walkers when putting them in the trunk, and they wear gloves. Drivers wipe down all surfaces between each ride.

Identity Theft, Forgery, and Fraud

By **Captain Rich Urena**,
West Valley Patrol Division

In the last 10 years, the Sheriff's Office West Valley Patrol Division has seen a slight decline in identity theft, forgery, and fraud crimes. However, we know that these crimes are underreported. In addition to being underreported, we know that these types of crime can be mitigated by making some simple changes in how we live our lives.

Identity theft, typically conducted by means of phishing scams and mail theft, is a prevalent crime in today's world. Thieves target all of us, yes even me. Identity theft occurs when someone takes your personal information like your name, social security number or financial account number and uses it for an unlawful purpose, typically financial gain.

The more common phishing scams reported to the Sheriff's Office are incidents where someone impersonates a business, or other entity, to lure or trick you into giving

your personal or financial information, usually via a telephone call, spam email, text or pop-up message. Do not be fooled. Do not click on an email or link unless you trust its source. Be wary of phishing scams and do not reply to these messages, instead, immediately delete them. Do not click on any associated links, even if the message appears to be from an organization you trust. Legitimate businesses and government entities will not ask you to send sensitive information through unsecure channels, and they will never ask for payment via gift cards.

Mail theft is another "low-tech" way criminals

steal personal information. Thieves target a multitude of personal information in order to carry out their nefarious acts. Frequently, we receive reports from victims who had their personal checks altered and cashed. Thieves steal outgoing checks, or personal information to draft fake checks, and use fictitious identification to cash the checks and carry out the crime. Often, the checks are "washed," or altered and forged, changing the recipient's name and the amount to be paid.

Avoid mail theft. Pick up mail promptly after delivery, never leave mail in the mailbox overnight, drop outgoing mail directly

at the post office when possible and place a hold on mail when going out of town. You may also want to use a locking mailbox and install security cameras that capture your mailbox. Be sure to contact the issuing agency immediately if you don't receive an expected check, credit card or other valuable parcel. For additional peace of mind, you may also want to sign up for Informed Delivery through the Post Office to track incoming mail.

For more information on how to protect yourself against these types of crimes, please contact the Santa Clara County Sheriff's Office West Valley Patrol Division at

408-868-6600 and ask to speak with a Community Officer. When in doubt, call law enforcement for help. To report an emergency call 9-1-1. For non-emergency incidents call 408-299-2311.

On behalf of Sheriff Smith and all the men and women of the Santa Clara County Sheriff's Office, we thank you for allowing us to serve your community.



Captain Rich Urena



Graph depicts incidents of identity theft, forgery and fraud for the West Valley Patrol Division areas of responsibility: Saratoga, Cupertino, Los Altos Hills and unincorporated western Santa Clara County. Graph courtesy of the Santa Clara County Sheriff's Department

BEHAVIORAL HEALTH PROGRAM

INPATIENT PROGRAM

- 24-hour observation and care with private rooms
- Medical detoxification on a medical floor, 3 -5 days to manage withdrawal symptoms
- Daily MD visits

PARTIAL HOSPITALIZATION PROGRAM (PHP)

9:00 a.m. to 3:00 p.m., M-F

INTENSIVE OUTPATIENT PROGRAM (IOP)

9:00 a.m. to Noon, M-F

PERINATAL MOOD IOP

For pregnant and new mothers with mood and anxiety concerns

10:30 a.m. to 2:00 p.m., M-F

WEEKLY OLDER ADULT THERAPY GROUP

For Adults 65+ to provide support for coping with issues related to aging

Groups and monthly MD visits covered by Medicare Tues. or Wed., 1:00 p.m. to 2:30 p.m.



Good Samaritan Hospital Behavioral Health Services

Mission Oaks Campus
15891 Los Gatos-Almaden Road
Los Gatos, CA 95032

CALL FOR A FREE ASSESSMENT
(408) 559-2000

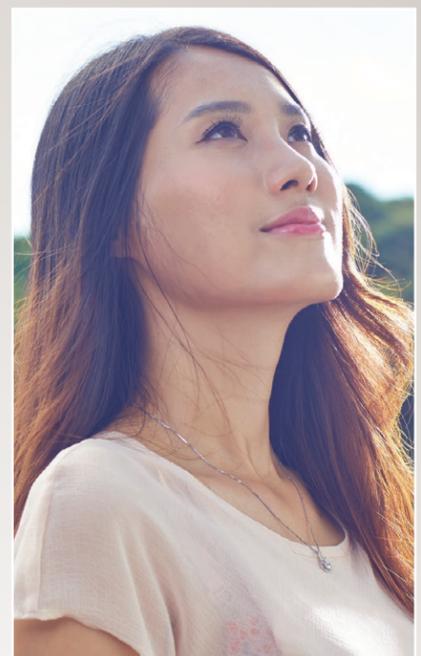
Phone for program information & to schedule an initial assessment for care.
Services typically covered by commercial insurance, Medicare and private pay.


GOOD SAMARITAN HOSPITAL
www.goodsamsanjose.com

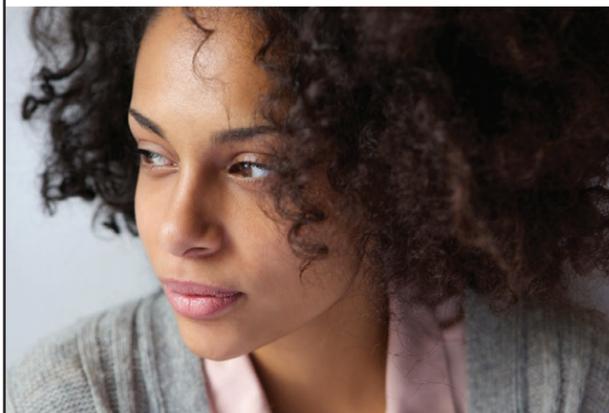
Good Samaritan Hospital

BEHAVIORAL HEALTH SERVICES

A place to heal and recover




GOOD SAMARITAN HOSPITAL



HOLIDAY FIRE FACTS

- **33%** of home decoration fires are started by candles
- **40%** of home decoration fires start from decorations being placed too close to a heat source

SAFETY TIPS

Holiday Decorating:

- Inspect your lights every time you use them and replace any string of lights with worn or broken cords, and inspect for any missing bulbs
- Keep lit candles in containers and away from decorations and other combustible items

Holiday Entertaining:

- Test smoke alarms and inform guests of your home fire escape plan and where your fire extinguisher is located
- Place matches and lighters in a high or locked cabinet out of a children’s reach
- Do not leave cooking unattended. *47% of all residential fires start in the kitchen.*

Christmas Tree Safety:

45% of home Christmas tree fires involve electrical or lighting equipment

- Dried out trees are a fire danger and should not be left in the home, garage, or placed outside against the home
- Check with your local community to find a recycling program and be prepared to dispose of your tree when it dries out

For additional information on holiday safety, click the three Red safety titles above or go to: www.NFPA.org/education

Follow Santa Clara County Fire Department on Eventbrite to stay informed about upcoming safety classes and community events: <http://sccfd.eventbrite.com>.

To register for emergency alerts in Santa Clara County, go to: www.AlertSCC.org



Santa Clara County Fire Department
2021 Adult & Senior Safety Series
Free Online Classes

CLASS DESCRIPTIONS:

Preparing for Medical Emergencies: 1.25 hr

Recognize medical emergencies and when to call 9-1-1. Learn how to report 9-1-1 emergencies and what to do before help arrives. Be prepared with completed medical documents and explore resources for family members and hired caregivers. *Instructor: Fire Dept.*

Crime Prevention & Home Fire Safety: 1.5 hrs

Protect against fraud and identity theft. Discuss personal safety and home security protection methods. Identify suspicious activity and know when to report it. Understand fire risks and practice safety habits to prevent fires. Develop a home escape plan. *Instructors: Law Enforcement & Fire Dept.*

Fall Prevention: 1.25 hr

Identify fall risks and learn simple and effective home modifications to prevent falls. Get connected with community resources to maintain safety and wellness. Meet local firefighters and see the fire engine and equipment. *Instructor: Stanford Health Care & Fire Dept.*

Be Ready: Be Prepared! 1.5 hr

Learn about Bay Area disaster risks, how to make a plan and prepare for a disaster, disaster supply kit contents, and how stay informed during and after the disaster. Learn about important communication systems and how to communicate with your support network during a disaster. *Instructor: Fire Dept.*

SARATOGA	Class Title:	Registration Link:	Info:
2/25/21 Thurs 6:00pm – 7:30pm	Be Ready: Be Prepared!	https://onlinebereadysaratoga2021.eventbrite.com	
3/3/21 Wed 6:00pm-7:30pm	Preparing for Medical Emergencies	https://onlinemedicalemergenciessaratoga2021.eventbrite.com	
4/1/21 Thurs 1:00-2:30pm	Fall Prevention	https://onlinefallpreventionsaratoga2021.eventbrite.com	
5/26/21 Wed 1:00-2:30pm	Crime Prevention & Home Fire Safety	Soon to be pushed on Eventbrite.com	

Santa Clara County Fire Department • 408.378.4010

SENIOR NUTRITION PROGRAM *a Santa Clara County program*

The Senior Nutrition Program is a Santa Clara County program that administers nutrition programs for seniors (age 60 years or older) under the Older Americans Act. The Senior Nutrition Program strives to reduce hunger and food insecurity, promote socialization, and the health and wellbeing of older adults by improving access to nutritious meals and other health promotion services. Congregate meals are available to all seniors regardless of income, available at 37 meal sites across the county. The current suggested participant contribution is \$3.00 to help offset the cost of the meal. The Senior Nutrition Program is able to provide nutritional and ethnically diverse meals while keeping our food cost below the state and federal average.

During COVID-19, participants can pick up meals to-go at most locations. Please visit <https://bit.ly/2GPVgN2> for a map of locations, contact information, and hours of operation. This map will be updated as more locations re-open to provide take-out meals and/or meal delivery. For information, call us at 408-975-4860.



County of Santa Clara
Social Services Agency

An overview on propositions passed in California this year

By Nicole Lu, Saratoga High School
Originally published in the Saratoga Falcon

Proposition 14: Stem Cell Research Institute Bond Initiative (Passed)

Under this proposition, \$5.5 billion will be authorized in new bond money for stem cell and medical research. According to ABC30 News, this money will be designated for research and therapies for nervous system disorders such as Alzheimers, Parkinson's and dementia. It will also fund research in cancer, heart disease and diabetes.

While proponents argue that this research is invaluable and funds further treatments and cures for chronic threatening diseases, others point to the \$7.8 billion that the government cannot afford to spend during an economic and budget crisis. There have still been "poor results" after \$3 billion already spent on the initiative, according to the official ballot measure argument against. The prop passed with 51.1 percent in support and 48.9 percent in opposition.

Proposition 17: Restore Former Felon Vote (Passed)

Less controversial than expected, around 59 percent of California residents voted in favor of this proposition. California had originally prohibited state parolees and prisoners from voting, but more than 50,000 former California prisoners will now be able to vote while on parole and even run for office under certain conditions.

Proponents of this prop argue that this places California in alignment with other states that have passed the same measure; a parole commission report has also found that citizens who complete prison terms and have their voting rights restored are less likely to commit future crimes.

Opponents contend that granting violent criminals the right to vote before their sentence ends

allows those convicted of the highest crimes to vote before repaying their debts to society. This proposition ended up passing with 58.6 percent of the vote.

"Though Prop. 17 is giving felons back their right to vote [as stated in] the 15th Amendment, I think receiving their right to vote after prison term should depend on what they did," freshman Sarah Zhou said. "You obviously wouldn't want a murderer voting."

Proposition 19: Change Property Tax Rules (Passed)

The passing of Prop. 19 will allow new property tax breaks for older homeowners while simultaneously increasing property taxes for those inheriting property from their parents or grandparents. Because inherited homes will now be taxed at a higher rate, living in California may become increasingly unaffordable for those living in those homes.

Proponents point out the positive effects this has on severely disabled homeowners, seniors and wildfire victims who no longer need to pay as much in taxes, while one of the arguments against listed on CaliforniaChoices.org, a nonpartisan clearinghouse for election information, maintained that it "takes away one of the best tools parents have to help their children — the right, enshrined in California's Constitution since 1986, to pass their home and other property on without any increase in property taxes." The vote margin was narrow, with approximately 51.1 percent in favor versus 48.9 percent not in favor.

Proposition 22: App-Based Drivers as Contractors, Not Employees (Passed)

Another controversial measure, the passing of proposition 22 has allowed Uber, Lyft and other app-based driving companies to treat their drivers as independent contractors rather than regular employees. Backed by more than \$200 million

from these wealthy companies, this became the most expensive measure in California history.

Minimum wage for these drivers will now be determined by the time they spend fulfilling rides or requests, not the time they spend waiting for gigs. Though the passed measure would grant these employees more freedom in where, when and how long they work, it also does not offer protections such as workers' compensation, unemployment insurance, family leave or sick leave nor does it allow workers to unionize. The measure passed with 58.6 percent of the vote; 41.4 percent opposed its passing.

"I think the main problem with the support of this proposition is that drivers spend a lot of time waiting, so at the end of the day, they really aren't making that much to begin with," sophomore Ainsley Sheen said. "Since these companies would now count their insurance in compensation, at that point they still wouldn't get a minimum wage even when working. I have very little respect for Uber in particular because its business model lives off investor money."

Proposition 24: Expanding Consumer Privacy (Passed)

This law will continue to strengthen consumer data privacy protections in California. According to the California Official Voter Information Guide, it will allow consumers to stop businesses from selling or sharing their personal information, including details such as their race, religion and health information. Prop. 24 has also set restrictions that will make it harder for tech companies like Google and Facebook to track and gather data to sell to third-party advertising partners.

Those in favor of the proposition claim the strengthening of consumer privacy rights



Voters had to decide on 12 propositions on Nov. 5. In the end, five emerged as winners. Photo courtesy from saratogafalcon.org

allows people to hold corporations more accountable when violations of data rights occur. Opponents argue that it actually reduces privacy rights by creating "pay for privacy" schemes that will make workers wait years to learn what confidential information employers collect on them.

Those in opposition also assert that the prop provides consumers with a false sense of data security as it would also allow companies to access personal data from Californians' devices as soon as they leave the state. This group contends that the measure actually makes it harder to stop tech corporations from selling personal information due to the "pay for privacy." In response, those in favor suggest that this aspect of privacy would empower consumers by giving them the choice of which businesses they entrust with their personal data. Around 56.2 percent voted for the prop, while 43.8 percent voted against.

"Those who don't pay more could get inferior service—bad connections, slower downloads and more pop up ads," the official ballot measure argument against states. "It's an electronic version of freeway express lanes for the wealthy and traffic jams for everyone else."

Proposition 16: Affirmative Action (Failed)

Most notably, Prop. 16 and Prop. 18 have failed. If it had passed, the former measure would have reinstated affirmative action

for California's universities, public agencies and community colleges. 57.2 percent of voters opposed the proposition while 42.8 percent supported it.

"I think California thought right in opposing it," freshman Simarya Ahuja said. "Don't get me wrong, I'm all for ending discrimination. But if I were to be applying for a job in the future, I wouldn't want to be hired simply because I am of a certain race or gender; I would want to be hired because I have the qualifications."

Proposition 18: Allowing 17-Year-Old Primary Voters (Failed)

Another highly debated proposition, this measure would have granted 17-year-olds who turn 18 before the next general election the right to vote in the primary election and other preceding special elections. If passed, California would have joined 17 other states in allowing 17-year-olds to vote as long as they turn 18 by election day.

Proponents state that such a move is necessary to generate youth civic engagement and create lifelong participants in upholding democracy, while opponents cite the fact that 18 is the legal age for many adult responsibilities that voting should continue to be included in. The measure ended up failing, with 56 percent of voters opposing its contents and the other 44 percent backing it.

Aditya Suresh, besting illness to founding non-profit

By Bennie Chang,
Lynbrook High School
Originally published in
the Epic

Whether it be starting his own organization or conquering illness, junior Aditya Suresh has done it all. On top of being an avid student interested in biomedical research, he has become a non-profit founder and certified yoga instructor over the past three years.

Suresh hopes to use his experiences to help others, so they are better prepared when facing struggles similar to the ones he endured. At the start of his freshman year, Suresh was diagnosed with an illness and hospitalized for months. He had to learn to balance focusing on recovery while also keeping up with schoolwork. The months spent away from school and the people he loved were difficult for him, so he found a way to help students with illnesses learn while going through extended recovery by starting Remission for All in 2019.

Through this organization, Suresh hopes to support students facing the same challenges as he once did with academics. He has seen many students who considered abandoning their studies because of health concerns, but he believes that everyone should have access to resources that will help them continue their education.

“What makes our mission unique is it specifically caters to students with illnesses and students who are facing long periods of hospitalization,” Suresh said. “We’ve worked with hospitals including Stanford, UCSF and St. Jude’s, and we provide adjustable hours to accommodate their schedule because there are surgeries, transfusions, and all those different aspects in their lives.”

Remission for All provides students with 24-hour support, sometimes working with students as late as 11 p.m. and as early

as 3 a.m. Suresh leads his core team of 16 people and more than 300 tutors in teaching, outreach and development services. For him, the most meaningful part of their work is getting the opportunity to help other students. One of his most memorable interactions was working with a student diagnosed with leukemia. Because of the student’s life-threatening health condition, his parents urged him to focus on treatment, but despite this, the student refused to give up on his education and chose to reach out to Suresh and his team. Mentoring the individual through multiple courses for months, Suresh was able to help him to continue learning even through his illness.

“What makes our mission unique is it specifically caters to students with illnesses and students who are facing long periods of hospitalization ... we provide adjustable hours to accommodate their schedule because there are surgeries, transfusions, and all those different aspects in their lives.”

“Currently, he is doing pretty well,” Suresh said. “He’s in remission right now: asymptomatic for six months. We continue to communicate, and he uses our services regularly. It’s students like him that have motivated me to continue to expand Remission For All to new horizons.”

During the pandemic, Remission for All has also contributed to the community. Seeing that many students lack the resources to learn in a virtual environment, Suresh and his organization donated 10 Chromebooks to underprivileged students, as part of his efforts to promote education.

Another one of his projects is Nexus, an app that he created with three other Lynbrook students, senior Soma

Tummala, junior Andrew Chiang and senior Pranay Tiru, that combines aspects of Google Classroom and other tools like Turnitin for teachers to easily manage an online classroom. The app will eventually be released on the App Store and Google Play Store and will be available to the public.

In addition to Remission for All and Nexus, Suresh also has a unique love for yoga. Although initially apprehensive about yoga, Suresh discovered his passion for it from his older sister, Sloka. After doing yoga with his sister, he discovered that it was something that calmed him and helped him concentrate, so he wanted to share his passion with others.

2019 for free, allowing anyone who hoped to learn from him to join.

Furthermore, he wrote the book “Yoga for Inflammatory Bowel Disease,” the only yoga book on Amazon specifically targeting inflammatory bowel disease. Although Suresh did not face this illness himself, he drew inspiration from his yoga mentor who did. Dedicating the book to her, Suresh aims to help those who also struggle with this condition. After many edits and with the help of his teachers and mentors, including English teacher Josh Miller, Suresh published his book in August, and it can be found on Amazon for just \$6.99. In only a few months, the book, which introduces

important yoga poses and stances, has sold copies around the globe, including 100 to a school in Nepal.

Throughout his journey with yoga, Suresh has discovered the importance of relaxation in daily life. He says that yoga is a critical part of his life because it has helped him alleviate stress, especially when managing schoolwork.

“It’s okay to take a day for yourself,” Suresh said. “Just practice breathing, you know? Lynbrook is such a competitive community, and it’s such a



Junior Aditya Suresh, Founder of Remission for All, posing for a photo.

Photo used with permission of Aditya Suresh

norm that you have to get the best college and take the hardest classes, which can cause a lot of stress. So doing yoga once in a while does help.”

Through Remission for All, Nexus and yoga, Suresh honed his passion for helping others. However, what makes Aditya unique is not merely his extracurricular engagement but also his positivity, his energy and the love he puts into all his endeavors. His optimism brings joy to those around him, and his success affirms that with dedication and perseverance, anything is possible.



Star One is a proud supporter of **SASCC**.

Star One Credit Union has been serving Santa Clara County for over 64 years with a mission to improve each member’s life by delivering valuable financial services. We’re proud to be a trusted community partner in Santa Clara and several neighboring counties.

Join us and get better banking with great rates, and much more!

STAR ONE
CREDIT UNION

starone.org

Equal Housing Lender.
Federally insured by NCUA.

(866) 543-5202 | (408) 543-5202

FUHSD offers mental health resources through partnership with Care Solace

By Eллиu Huang, Lynbrook High School
Originally published in the Epic

In order to improve student access to mental health resources during remote learning, Fremont Union High School District FUHSD has partnered with Care Solace, an organization that connects students with mental health therapists and counselors.

Care Solace aims to handle the chaos of mental health resource coordination with its 24/7 concierge team and a large database of mental health therapists, insurance companies and private therapists. That way, students can get improved access to mental health providers, discover online therapy options and find available therapists.

"I think it's a great [resource]," said senior Aditya Manikonda, who worked on the HAERT Mental Wellness Program introduced to Lynbrook students last year. "It adds another layer of aid to students and families because it's always good to know that these resources do exist. Whenever we do need them, we can always use them."

Before FUHSD partnered with Care Solace, students seeking mental health resources filled out Lynbrook's Mental Health Resources and Wellness

Check-in Form to contact school-based therapist Jenna Starnes, who believes that there are more people than ever who need mental health resources during the pandemic.

"Some people don't mind the remote learning environment — it doesn't really impact them," Starnes said. "But for other people, remote learning is really difficult."

School therapists usually do not have time to meet with all students to talk in-depth about their problems regularly, so many students seek a personal therapist. However, referrals to mental health service providers are independent from the school, so families need to personally reach out to specialists and use their own insurance to cover the costs. Follow-up calls or appointments with private therapists can even take weeks or even months to schedule. For these reasons, searching for mental health resources outside schools is one of the biggest barriers for students seeking support.

"The search for a therapist is really frustrating when you're already feeling down, and it's hard to have the energy to keep searching for someone and finding a good fit," Starnes said.

Because of the difficulty in finding a therapist who accepts new clients and the patient's insurance,

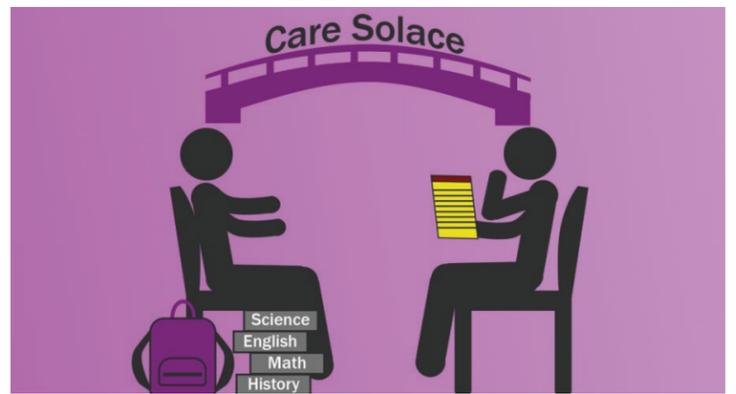
it may take a long time for students to find professional therapy.

"Once the parent starts the process of trying to find a therapist, there can be a lag — two, three weeks, two months — because they might be in the process of finding someone who will take their insurance," FUHSD School Linked Services Specialist Jasmine Kroner said.

FUHSD seeks to address that challenge by providing students with easy access to mental health resources outside of the school. Because Care Solace has a large database and can help students quickly schedule appointments, the district partnered with the organization to support its students.

Students now can contact FUHSD specialist Jasmine Kroner* for a referral to Care Solace's 24/7 concierge team. In addition to contacting Kroner, students can directly call the concierge team phone number** or use www.caresolace.com/FUHSD. After calling them or filling out the form, students will be able to get in contact with someone on the concierge team who will be able to search through the large database and find a therapist or mental health service in the area that accepts new patients and their insurance.

"Many students are



Care Solace bridges the gap between therapist and patient.

Graphic illustration by Eллиu Huang

feeling more disconnected up," Starnes said. "The from school, from their fact that we can offer Care friends, so we're seeing Solace and have someone more anxiety, we're seeing help our families and our more depression coming students is so awesome."

Mental health resources available in Los Gatos-Saratoga Union High School District

CASSY (Counseling and Support Services for Youth)

To learn more about CASSY, please call (408)493-5289, visit www.cassybayarea.org or email:

Los Gatos High School - LG-CASSY@lgsuhsd.org
Saratoga High School - SHS-CASSY@lgsuhsd.org

If you are in need of immediate support, please contact one of the crisis resources listed below:

- Crisis Text Line: Text BAY to 741-741 or call 1-855-278-4204
- Bill Wilson Center's 24/7 Teen Line for Youth: 1-888-247-7717
- Bill Wilson Center's SOS Crisis Hotline: 408-278-2585
- California Youth Crisis Line (CYCL): 1-800-843-5200
- 24 hour Uplift Mobile Crisis: 408-379-9085 or 1-877-41-CRISIS
- Santa Clara County Suicide and Crisis Hotline: 1-855-278-4204

A Team You Can Trust!

Why?

Because Tiger Teerlink

Voted Saratoga's Business Person of the Year.

Because Cindy Teerlink

Thirty plus years serving the Saratoga Senior Center.

Because Cody Teerlink

Honored as Saratoga's Exceptional Volunteer of the Year.

Always Ready to Serve You!

Call Tiger!

408.828.9614



COMPASS
TIGER TEERLINK TEAM
DRE# 01135431



Improve your health and Earth's with the Veganuary challenge

By Lisa Wade,
Plant-Based Advocates

It has been a strange year full of difficulties for all of us. Some have suffered more than others, but we have all had to grapple with changes to our lives as a result of the coronavirus. We have also endured weather conditions stemming from or exacerbated by climate change. We have seen devastating hurricanes hit the East Coast, and we have endured the most extreme wildfire season in hundreds of years. It is easy to feel helpless; however, there is hope. There are steps we can take to improve our own health and the health of our planet.

We all know that comorbidities such as obesity, high blood pressure, diabetes and asthma make us more vulnerable to the coronavirus. Fortunately, a simple shift away from animal products—such as meat, dairy, fish and eggs—and towards plant foods can help us address these health issues and a whole lot more.

Reducing our reliance on these products and replacing some of our meat and dairy with plant dishes can have a huge impact on our health. Shifting away from animal products is also critical for the health of the planet,

because raising animals takes a lot more land and resources than growing plants for food.

Research from Oxford University shows that without meat and dairy consumption, global farmland use could be reduced by more than 75 percent—an area as large as the continent of Africa—and still feed the world. According to Oxford, eating a plant-based diet is the most powerful step an individual can take to protect our planet.

I always enjoy this time of year with its promise of new beginnings. This is especially true this year, because even though we still have struggles ahead, there is so much we can do to improve our lives and our world.

As many of us contemplate the brand new year and perhaps even make some resolutions, I'd like to suggest a healthy-eating resolution. Many of us know the reasons for shifting to a more plant-based diet, but may not know where to start. What should we eat instead? How do we make sure we are getting all the nutrients we need? What are the best plant-based meat and dairy alternatives?

These are easily-answered questions if you have someone to show you the ropes. That is why I am so excited to introduce Veganuary, a plant-based

challenge for the month of January (and beyond for those who want to keep going).

Veganuary began in the United Kingdom in 2014 and expanded to the United States in 2020. The program has assisted more than a million people in 192 countries. Veganuary gives people the tools and support they need to successfully implement the shift to a plant-based diet, and the best part is that it's totally free!

Like me, perhaps you have made and broken countless New Year's resolutions. Veganuary provides you with a safety net. They will hold your hand and guide you through the month, providing free recipes, meal plans and support. In addition, you'll get guides to vegan nutrition, grocery shopping tips and meat and dairy substitute recommendations. You can even ask questions on their private Facebook page.

Although most sign-ups occur during the month of January, you can actually sign up at any time of the year. The idea is to try eating plant-based for just one month. Many people reap such tremendous benefits they end up continuing the program throughout the year.

There is so much we can do to improve our lives and health. I



Lisa Wade feeding turkeys at Clorofil, a micro-sanctuary for farmed animals in Los Altos. Photo courtesy of Lisa Wade

know from personal experience how powerful and transformational a plant-based diet can be. If you are ready to feel empowered and bring some new positivity into your life, I highly encourage you to take advantage of this fabulous free resource and sign up for Veganuary. Whether you adopt a fully vegan diet for a month or just try incorporating some of the healthy recipes into your life, you won't regret taking this positive and health-affirming step.

For more information and to sign up visit www.veganuary.com.

Find out more about *Plant-Based Advocates* at www.plantbasedadvocates.com and join our contact list if you'd like to stay posted on events and information. You can also Like our Facebook pages: *Plant-Based Advocates – Los Gatos and Plant-based Friends*.

ADVERTISE WITH LIS

YOUR MESSAGE WILL BE SENT DIRECTLY TO
13,000 HOMES IN SARATOGA
AND SURROUNDING COMMUNITIES!

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

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



The Outlook
wants to
hear from you!

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

**WRITE US
A LETTER!**

SEND YOUR LETTERS TO
OUTLOOK@SASCC.ORG

2020 SARATOGA HOLIDAY WINDOW & YARD DECORATING CONTEST WINNERS



BEST LIGHTS
(left): **DON BERNARDO**



FUNNIEST LIGHTS (right):
QIANDI DU



MOST CLASSIC: LESLIE OVERHULSE



MOST CREATIVE:
SOUTHWICK FAMILY



Santa Clara County rolls out Phase 1a of COVID-19 vaccine allocation

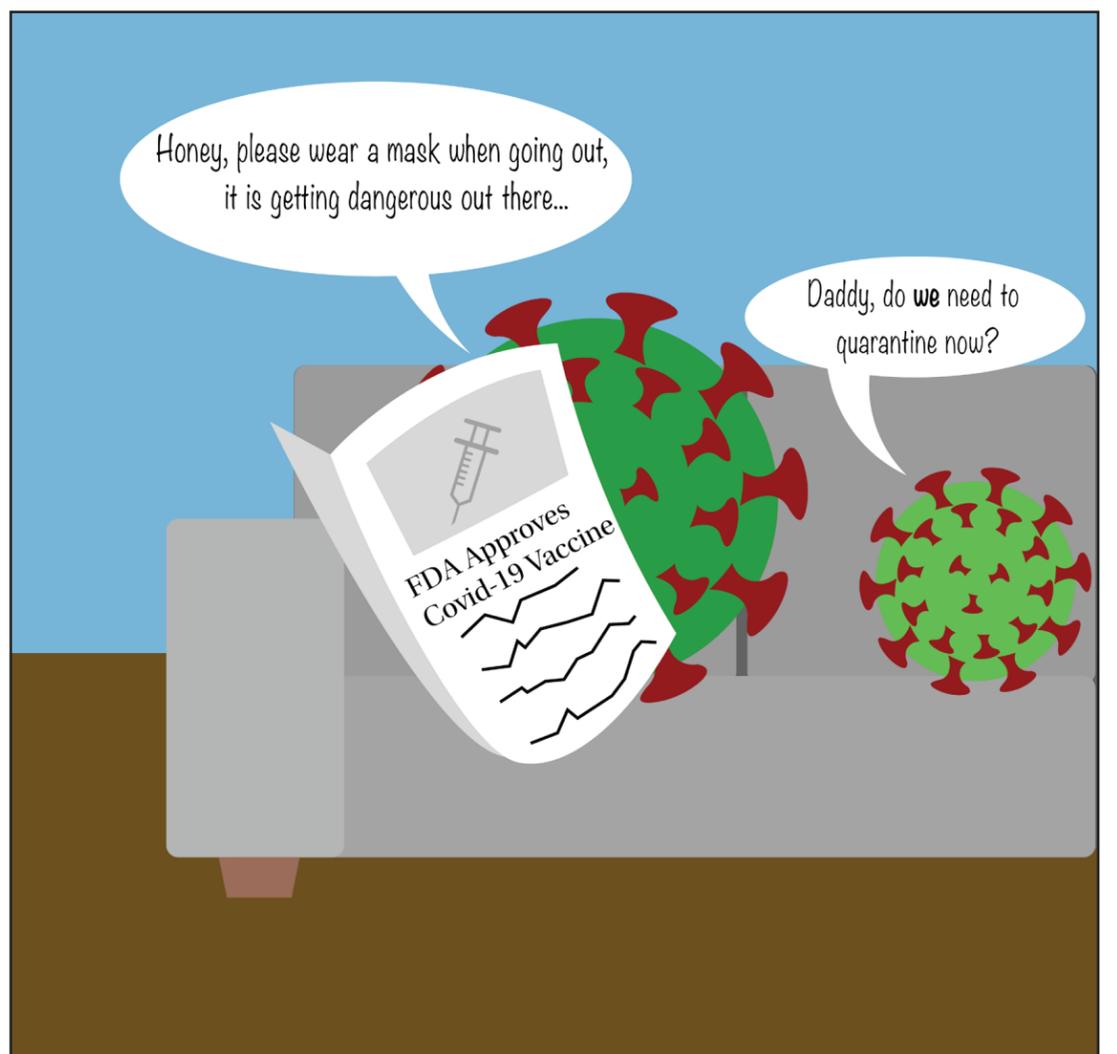
Who gets it first?

- Persons at risk of exposure to SARS-CoV-2 through their work in any role in direct health care or long-term care settings.
 - o This population includes persons at direct risk of exposure in their non-clinical roles, such as, but not limited to, environmental services, patient transport, or interpretation.
- Residents of skilled nursing facilities, assisted living facilities, and similar long-term care settings for older or medically vulnerable individuals.

Visit www.sccgov.org/sites/covid19/Pages/COVID19-vaccine-information-for-public.aspx for more information about the COVID-19 vaccine.

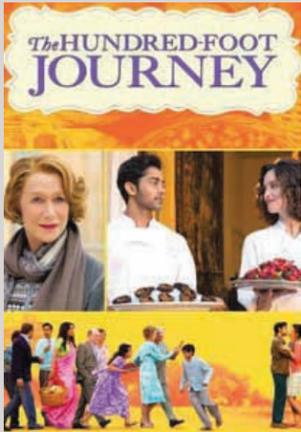


Santa Clara County
PUBLIC HEALTH



Art by Shreyas Rana, Saratoga High School

Bored at home? Streaming now on **NETFLIX**



The Hundred-Foot Journey (2014)
The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

Stars: Helen Mirren, Om Puri, Manish Dayal

PG | 2h 2min | Comedy, Drama



Sinatra: All or Nothing at All (2015)
A two-part portrait of legendary entertainer Frank Sinatra (1915-98) features archival footage of his life and career, including his 1971 "Retirement Concert" in Los Angeles, and remarks by family, friends, contemporaries and authors.

Stars: Pete Hamill, Phil Kuntz, John Lahr

TV-14 | 4h | Documentary, Biography, Music | TV Mini-Series



Better Call Saul (2015-)
The trials and tribulations of criminal lawyer Jimmy McGill in the time before he established his strip-mall law office in Albuquerque, New Mexico.

Stars: Bob Odenkirk, Rhea Seehorn, Jonathan Banks

TV-MA | 46min | Crime, Drama

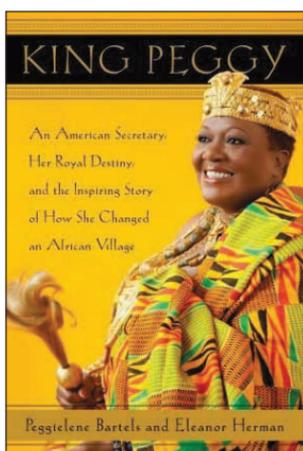


Space Force (2020-)
The people tasked with creating a sixth branch of the armed services: The Space Force.

Stars: Steve Carell, John Malkovich, Ben Schwartz

TV-MA | 30min | Comedy | TV Series

Books to dive into



Recommended by the *Memoirs Group*:
King Peggy: An American Secretary, Her Royal Destiny, and the Inspiring Story of How She Changed an African Village
by Peggelene Bartels, Eleanor Herman, 2012

King Peggy chronicles the astonishing journey of an American secretary who suddenly finds herself king to a town of 7,000 souls on Ghana's central coast, half a world away. Upon arriving for her crowning ceremony in beautiful Otuum, she discovers the dire reality: there's no running water, no doctor, and no high school, and many of the village elders are stealing the town's funds. To make matters worse, her uncle (the late king) sits in a morgue awaiting a proper funeral in the royal palace, which is in ruins. The longer she waits to bury him, the more she risks incurring the wrath of her ancestors. Peggy's first two years as king of Otuum unfold in a way that is stranger than fiction. In the end, a deeply traditional African town has been uplifted by the ambitions of its headstrong, decidedly modern female king. And in changing Otuum, Peggy is herself transformed, from an ordinary secretary to the heart and hope of her community.

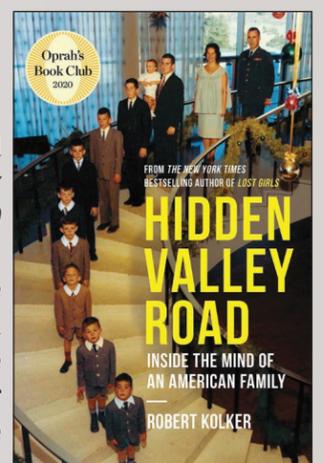
Rated 3.89 on *Goodreads.com*/ 2,290 ratings

Hidden Valley Road: Inside the Mind of an American Family
by Robert Kolker, 2020

Don and Mimi Galvin seemed to be living the American dream. After World War II, Don's work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins—ambition, hard work, upward mobility, domestic harmony—and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after another, were diagnosed as schizophrenic. How could all this happen to one family?

What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a shadow history of the science of schizophrenia, from the era of institutionalization, lobotomy, and the schizophrenogenic mother to the search for genetic markers for the disease, always amid profound disagreements about the nature of the illness itself.

4.19 on *Goodreads.com*/ 4,804 ratings



“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.”

- Edith Lovejoy Pierce



HOW TO SUPPORT SASCC

in 2021



SET UP AMAZON SMILE

Through Amazon Smile, you can designate a nonprofit to donate 0.5% of your purchases to. Designate your nonprofit as the Saratoga Area Senior Coordinating Council, and support us at no cost to you! Bookmark www.smile.amazon.com onto your browser.



MAKE A DONATION

Consider making a tax-deductible donation to our organization. With having to close our doors, your support gives us the ability to continue serving the community in new, creative, and essential ways. Visit www.sascc.org/donate to make your donation. Every bit helps!

ENGAGE WITH OUR CONTENT

Liking, commenting, and sharing our Facebook and Instagram posts helps us reach even more people who may need our support. Help us help more people by engaging with our social media content! Like us on Facebook at www.facebook.com/saratogaseniorcenter1, and follow us on Instagram at [@saratogaseniorcenterca](https://www.instagram.com/saratogaseniorcenterca).



We're looking for volunteer drivers to help local seniors! RYDE volunteers can choose one ride or multiple rides a week, depending on your availability. You can also deliver essential needs like groceries or meals! We follow all Santa Clara County & CDC pandemic guidelines to ensure safety of our drivers and passengers. For more information, call RYDE coordinator Joe at (408) 892-9739.

VOLUNTEER FOR R.Y.D.E
REACH YOUR DESTINATION EASILY



LEAVE A REVIEW

Leave us a review on Facebook or Google! Reviews provide insight into how your life has been impacted by SASCC, so that when others are looking for a senior center to join once the Stay At Home order is lifted... They know where to go!

CONTRIBUTE TO THE OUTLOOK

A publication by the community, for the community! Publishing this newspaper would not be possible without our contributing writers. If you have a story to tell and love to write, we'd love to chat with you! Email Brandy at brandy@sascc.org. All ages welcome to inquire. Journalism experience preferred, but not required.

