

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



AUGUST

Vol. 2021
Issue 7

A publication by the Saratoga Area Senior Coordinating Council (SASCC) | 19655 Allendale Ave Saratoga, CA 95070 | Phone: 408.868.1257/ www.sascc.org



**ANNOUNCEMENTS
& UPDATES**
PG. 2



**NEWS
BRIEFS**
PG. 3-4



RESOURCES
PG. 6-7



**COMMUNITY
NEWS**
PG. 8-9



ENTERTAINMENT
PG. 11

Bringing awareness to the 'Digital Divide'

By Brandy Miceli,
Managing Editor

Leading up to National Digital Inclusion Week in October, The Outlook will publish a series of stories related to digital inclusion of older adults and the "Digital Divide."

What is the Digital Divide?

The digital divide refers to the gap between those who are able to benefit from the digital age, and those who are not.

While this has been an issue for years, it's been exacerbated by the pandemic.

For older adults who

don't have access to the internet or who don't know how to use the technology that they do have, it's been difficult to give them the resources and support they've needed during this time.

How many are affected?

According to the Santa Clara County Digital Inclusion Working Group, it's estimated that as many as 36 percent of older adults in Santa Clara County, or about 96,000 individuals lack access to wireless broadband internet at home.

In California, about 2 million older adults don't have internet access, according to the California

Master Plan for Aging.

Nationwide, about 22 million older adults live without internet access, according to a report about seniors and the digital divide commissioned by Older Adults Technology Services Inc. (OATS) and the Humana Foundation.

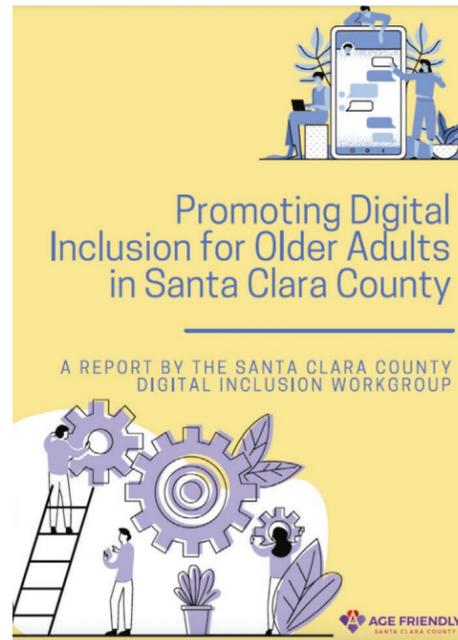
What do they need?

Not having internet access can leave older adults vulnerable to social isolation and unable to access vital services like telehealth, vaccine and COVID-19 testing info,

Zoom for online programs or seeing family members and friends.

In order for older adults to benefit from the digital age, they need an access device, connectivity, and digital literacy training.

see **DIGITAL**, pg. 3



To our valued member/
current resident:

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

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



Local foundation makes significant impact on West Valley senior services

By Brandy Miceli,
Managing Editor

One Los Gatos couple and their nonprofit foundation have had an ongoing, profound impact on the Saratoga Area Senior Coordinating Council (SASCC). Dr. John Ku and his wife Ling Ku founded the S. Ku Foundation in 2011 to improve and promote the health and wellbeing of their community, and have helped empower SASCC to broaden its member programs, renovate and modernize its operating center, serve the community through its annual Health Fair and pandemic-inspired Drive-Thru

resource fairs, expand its RYDE Senior Transportation Program vehicle fleet, deliver important news and information through The Outlook newspaper, and more.

The S. Ku Foundation is a 501(c)(3) nonprofit organization funded by the Ku's investments, and named in honor of Dr. Ku's late father, Sung-Kao Ku. Along with the goal of making an impact on people, Dr. Ku said he and Mrs. Ku founded the organization to keep him busy upon retirement from his medical practice.

"Knowing myself as usually restless, I figured that I'd better start planning something to do after

I hung my stethoscope," Dr. Ku said.

Since its inception, the S. Ku Foundation has collaborated with Planetree Health Information Services at Cupertino Library as well as SASCC to invite speakers and sponsor disease-specific lectures; and has donated funds to Ow-Mei Chinese Martial Art Academy Cupertino, charity organizations in San Francisco, and Fu-Jen Catholic University in Taiwan.

"It was simply opportune timing that SASCC came to [our] scene, thanks to King Wong and Cynthia Chang in 2015 and 2016," Dr. Ku said.

see **KU** pg. 8

THE SARATOGA AREA SENIOR COORDINATING COUNCIL PRESENTS

SEPT. 1
1:30-2:30 P.M.

SASCC TALKS

WITH JOE SIMITIAN

SANTA CLARA COUNTY SUPERVISOR, DISTRICT 5

ON ZOOM

DETAILS ON PAGE 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:

Rich Urena
Mythri Ramesh
Brandon Zau



Updates from the City of Saratoga

Movie Night in El Quito Park

Join the City for free, family-friendly movie nights on Friday, August 20 in El Quito Park! The August Movie Night will feature The Wizard of Oz. Movies begin at sundown, but come early to snag a good spot and enjoy the resource tables!

Share Your Concerns About Traveling to School

The City is currently in the process of developing a Safe Routes to School Master Plan to identify improvements that could be made around schools to create safer travel opportunities, encourage children to walk or bike to school, and help community members walk and bike around their neighborhoods. We want to hear from students, parents, and community members to learn about your experiences and to identify the most meaningful improvements. Please visit www.saratoga.ca.us/SRTS to learn more and submit your concerns about walking, biking, or driving to school in Saratoga at www.saratoga.ca.us/SRTScomments.

Apply to Serve on a City Commission

You can help shape your community by applying to serve on a City Commission. Commissions advise the City Council on matters related to their specific area of focus. Visit www.saratoga.ca.us/comvac to learn about current recruitments and apply online.

Community Events Return

Thank you to the Saratoga community for safely supporting the long-awaited return of community events. It was been wonderful coming together in person and seeing so many familiar faces. In June, the City held its first Community Harvest at the Heritage Orchard, where community members harvested about 18,000 pounds of apricots. You can learn more about the Heritage Orchard and any future opportunities on the City's website at www.saratoga.ca.us/orchard.

The first Saratoga Drive Through Safety Fair was also held in June. Community members had the opportunity to speak with various organizations about safety-related topics, like preventing crime or wildfires. Attendees received a free goodie bag with 2 reflective vests to improve visibility during nighttime activities, such as walks or bike rides. Finally, we celebrated the return of Movie Nights in El Quito Park on the third Fridays of July and August. In July we watched Moana, and on August 20 The Wizard of Oz will be shown. You can view photos from the Community Harvest, Safety Fair, and June Movie Night on the City's Facebook page at www.saratoga.ca.us/CityofSaratoga.



FREE Adult Day Care Services

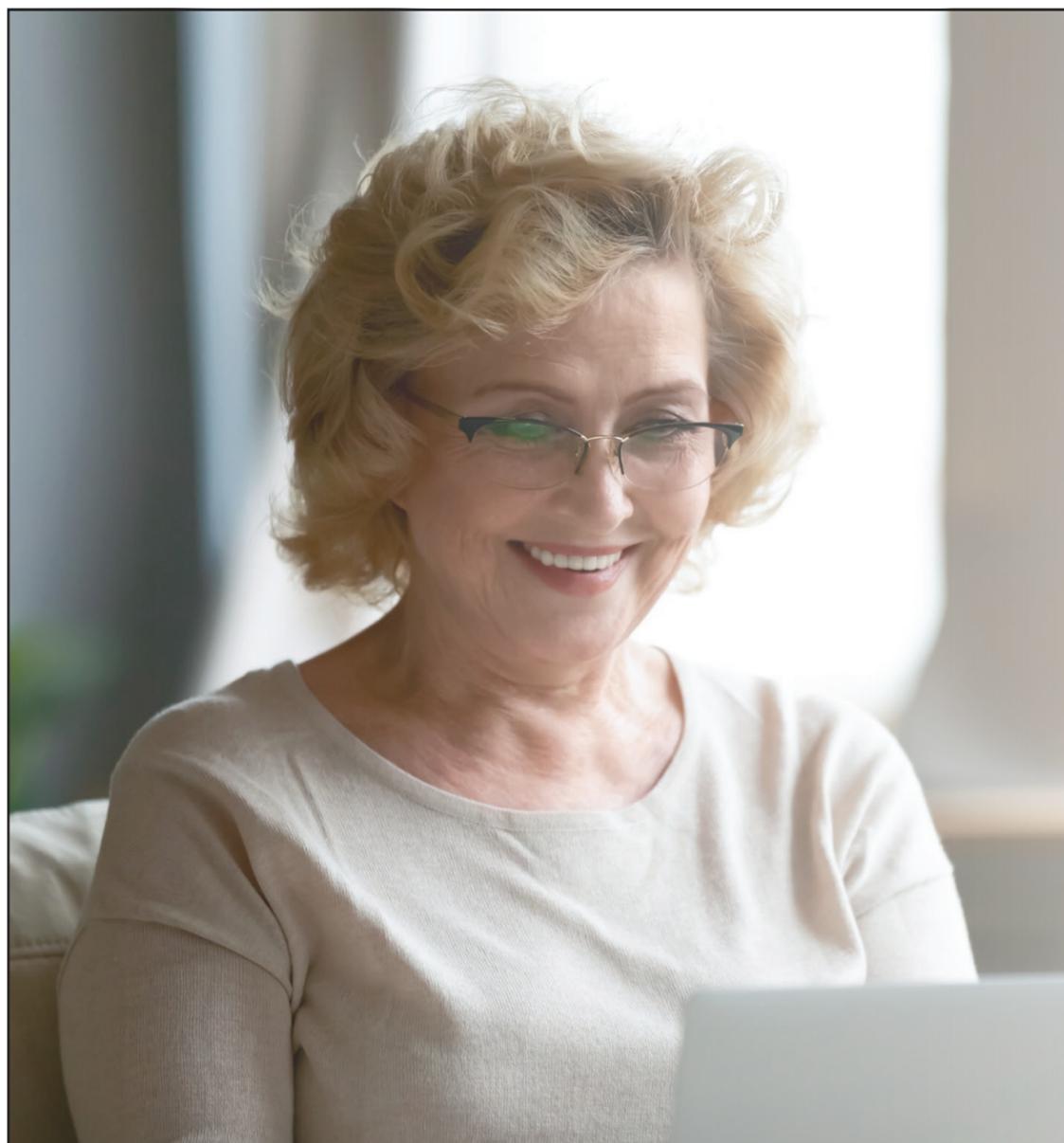
If you or a loved one needs adult day services for a spouse or family member, please reach out to the Saratoga Adult Day Program today!

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.

**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 and Los Gatos. 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. SASCC's Board of Directors meets every 4th Tuesday of the month at 4pm via Zoom. Our agendas are posted at the Saratoga Senior Center and also at Saratoga City Hall, as well as on our website at www.sascc.org. To submit feedback or questions to our team, please visit sascc.org. Thank you for reading The Outlook!

What is the Digital Divide, who's affected, and what's being done about it

continued from
DIGITAL, pg. 1

What's being done?

In 2020, as part of the Santa Clara County Age Friendly Action Plan, the county formed the Santa Clara County Digital Inclusion Workgroup to address the digital divide. It's composed of representatives from various community groups that work with older adults, including SASCC staff. The group meets monthly, conducts studies, researches, and advocates for funding for older adults without internet access at the county level. It recently met with all Santa Clara County supervisors to discuss a pilot program aimed at empowering at least 2,000 older adults in the county with internet access, a tablet device, and training on how to use it.

The Digital Inclusion Workgroup published an extensive report on digital inclusion to help educate the public on the severity of this issue and what's being done about it. The report is available at www.tinyurl.com/sccdigitalinclusionreport.

In January of 2021, the State of California released its Master Plan on Aging, which included a section on closing the digital divide. It says that in 2020, Governor Gavin Newsome signed an executive order to deploy affordable and reliable broadband internet throughout the state, thus improving the ability of older adults and people with disabilities to connect to family and friends, healthcare providers, and to access support during the pandemic and beyond.

Ultimately, digital inclu-

sion efforts play into cost savings for healthcare by decreasing isolation, thus decreasing depression. One representative from AARP's Senior Planet, an online platform that gives older adults access to fitness, social and creative programs, said that doctors at Stanford have actually begun prescribing Senior Planet programs to older adults struggling with isolation during the pandemic.

SOLUTIONS & RESOURCES

The OATS/Humana Foundation launched a national initiative called "Aging Connected," which has four main goals: It will "publicize and clearly articulate the value of broadband to seniors;" prioritize social equity and inclusion; expand access to low-cost offers and "develop content, communities

and experience for older adults to increase utilization of broadband services." Its website, www.agingconnected.org, allows you to put a zip code and they'll give low cost internet connectivity options for that area.

To help bridge the digital divide and address social isolation, Sourcewise is offering free Google Home Smart Speakers for eligible older adults 60+, caregivers, and individuals with disabilities to own. Devices are limited and available on a first come, first serve basis. Training will be provided. Please call (408) 350-3200 option 1 or email tech@mysourcewise.com to learn more.

SASCC's online memberships have given hundreds of older adults access to engaging programs throughout the

pandemic. In the past year, members have said that these classes are the only thing they have had to look forward to.

Even after the pandemic, the need for digital inclusion will still be present. So what can you do to help?

Be a champion for digital inclusion for older adults. If you are a caretaker of an older adult who struggles with isolation, consider signing them up for a free SASCC membership at www.sascc.org/sascc-membership. If you know an older adult without internet access, research options for them on www.agingconnected.org. Stay up-to-date on news regarding the work of the Santa Clara County Digital Inclusion Working Group at www.agefriendlysiliconvalley.org.

News briefs By Brandy Miceli, Managing Editor

Saratoga

New Saratoga Village businesses: Mandala Indian Cuisine, US Studio Clothing

Serving up Indian classics like tikka masala, vindaloo, and aloo gobi, Mandala Indian Cuisine is a new restaurant located in the Saratoga Village. A reviewer on Yelp, a popular business-reviewing website, said of the restaurant, "Fantastic food, great service. The mango lassi, chicken tikka masala, fish curry, biryani, and malai kofta [are] beyond amazing." Mandala is open from Sunday to Thursday for lunch from 11:30 a.m. to 2:30 p.m. and for dinner from 5-9 p.m. On Friday and Saturday, it's open until 9:30 p.m. Mandala is located at 14510 Big Basin Way, Suite 3. Visit www.mandalaic.com to view the menu.

Occupying the former Stiletto Wine Bar location, US Studio features "new, vintage and used upscale clothing and accessories including pashminas, elegant wraps and vintage costume jewelry" plus personal styling, according to the Saratoga Village Development Council. US Studio is open Thursday through Sunday, 11 a.m. to 6 p.m. and is located at 14527 Big Basin Way.

Saratoga history lecture, "Remembering the Flying Tigers," August 23, 7 p.m.

According to Saratoga Historical Foundation Historian Ray Cosyn, "What most Americans know about the Flying Tigers is what the movie starring John Wayne said on the subject. But there is so much more to the story. The Chinese-American community knows the Flying Tigers as a continuing effort by the American Air Corp in China that lasted throughout World War II. The heroic ventures of the American Expeditionary Force (Flying Tigers) and the 7th Air Force kept the Japanese on the run. The Air Corp flew the hump to resupply China, and Doolittle's raid on Tokyo, which ended in China, had a major effect on Japanese home island defense."

Cosyn will cover these efforts and position the Flying Tigers in his lecture as a force which prevailed against the Japanese, and as a result, kept China in the war to its end. "Remembering the Flying Tigers" is sponsored by the Saratoga Historical Foundation and the Organization of Chinese American Women/Silicon Valley. For more information, visit www.saratogahistory.com or call 408-867-4311.

Zoom meeting info:

Link to join: www.tinyurl.com/saratogahistoryflyingtigers

Meeting ID: 830 2531 2462

Passcode: 917943

Saratoga Rotary Thompson Scholarship Winners 2021

The Rotary Club of Saratoga, through its Thompson Scholarship Fund, provides scholarships to local deserving students. This year, Rotarians committed \$53,000 in scholarship monies to students seeking undergraduate educations. These scholarships recognize academic successes, leadership, and community service. This year, the Scholarship Committee awarded eleven students with Thompson Recognition Scholarships. These are one-time awards. Two Thompson Legacy Scholarships also were awarded this year. These Legacy Scholarships provide up to four years of scholarship money and adult mentors for the students. Also this year, Saratoga Rotary established an endowed scholarship at West Valley College. The Saratoga Rotary Thompson Scholarship Endowment will be used to provide an annual scholarship to a student attending West Valley College. The student selected will have need and a commitment to community service and/or leadership.

Thompson Recognition Scholarship winners—Steven

see BRIEFS, pg.4



Scholarship winners at Prospect High School's Grand Awards celebration. Photo courtesy of Catherine Thermond

continued from **BRIEFS**, pg. 3

Cardoza, West Valley College; Diego Diaz, Prospect High School; Ritika Garg, Saratoga High School; Payal Hegde, Prospect High School; Riya Jain, Saratoga High School; Irika Katiyar, Saratoga High School; Megan Leong, Prospect High School; Kianna Raffaeli, Prospect High School; Audrey Rushing, Cambrian Academy; Haley Stringer, Prospect High School; Henry Wang, Saratoga High School.

Thompson Legacy Scholarship winners: Valeriia Pak, Prospect High School; Komi Sugimoto, Prospect High School.

Borrow-Read-Return-Share: Saratoga's new 'Social Justice Little Free Library'

Westhope Presbyterian's Social Justice "Little Free Library" sits on the sidewalk on Saratoga Avenue in front of Westhope Presbyterian Church near Cox Avenue. Its purpose is to deepen the community's understanding of racial issues. Passersby can borrow, return, and add new books with a social justice theme. Volunteers regularly restock the shelves. The top shelf is for adults, and the bottom is for children. For questions, call 408 255-0955, email westhopepressaratoga@gmail.com, or visit www.westhopepres.org.

Los Gatos

LGSUHSD new staff appointments

In addition to Kevin Bucannan becoming the new Los Gatos High School Principal, which The Outlook covered previously, the Los Gatos Saratoga Union High School District made four other noteworthy staff appointments going into the new school year.

The district hired Dr. Jamal Splane as the Director of School Culture, Climate and Curriculum and Instruction. According to a press release, Dr. Splane joins the district from Oak Grove School District in San Jose. Going into his twenty-third year in education, he has served in a variety of leadership positions including school psychologist, Director of Student Services/Special Education, and six years as principal of Bernal Intermediate School in Oak Grove. He obtained a degree in Clinical and Counseling Psychology from San Jose State, a MA in Education from UC Berkeley, and a doctorate in Education from UC Berkeley.

Julie Grenier, previously the district's Director of Educational Technology and a member of the Curriculum & Instruction team, is now the Director of Technology. During the pandemic, Grenier juggled technology needs, bell schedules, supporting teachers and students, and working on curriculum and instruction, and will now focus on technology leadership and oversight districtwide.

Stephanie Rothstein and Allison Stits will step into Assistant Principal roles - Rothstein at Saratoga High School (SHS), and Stits at Los Gatos High School (LGHS). Rothstein served as a LGHS English teacher and as a district Teacher on Special Assignment, working to support teachers and as part of the leadership team during the Covid pandemic, according to a press release. She was recently-named Computer Users in Education's (CUE) Outstanding Educator of the Year. Stits brings to the district 16 years of experience in education, most recently with Somerset High School in Bellflower, CA. She holds a BA from Cal State Longbeach, an MA from Concordia University and is currently pursuing her Doctorate in Educational Leadership with a focus on Equity and Social Justice.

New Los Gatos business: Blank Space Designs, ribbon cutting Aug. 12, 5 p.m.

Join the Los Gatos Chamber of Commerce on August 12 at 5 p.m. in celebration of a new business in town: Blank Space Designs, a full-service interior design firm, offering services from design to project management to furniture selection. After a ribbon cutting by Los Gatos Mayor Marico Sayoc, enjoy the Promenade on N. Santa Cruz Avenue featuring live music, food, and drinks.

Los Gatos General Plan Update Draft Environmental Impact Report available

According to the Town of Los Gatos, a Draft Environmental Impact Report (Draft EIR) for the Los Gatos 2040 General Plan Update has been prepared. "A Draft EIR is written to inform you about potential significant environmental effects," a Town of Los Gatos statement said.

Topics examined in the Draft EIR are aesthetics, agriculture, air quality, biological, cultural, energy, geology, greenhouse gases, hazards, water, land use, noise, population, public services, transportation, utilities, and wildfire. The draft EIR is available online now at: www.LosGatos2040.com and comments are due by September 13, 2021. Direct comments or questions to GP2040@losgatosca.gov.

Los Gatos Youth Commission Blood Drive

The Los Gatos Youth Commission is hosting a blood drive on Thursday, August 12 from 10 a.m. to 2 p.m. at the Los Gatos Adult Recreation Center, located at 208 E. Main Street.

To schedule an appointment, call 888-723-7831 or visit www.sbcdonor.org. Use sponsor code 2718. Each registered donor will receive one \$10 Amazon gift card.

Santa Clara County

Happy Hollow 'Senior Hour' August 19 gives older adults free access to the park

This Covid-modified stand-in for the annual "Senior Safari" invites community members ages 50+ to enjoy the Park & Zoo a full hour before it is open to the public with free admission and free parking! The event is August 19 from 9-10 a.m. For more information, visit www.happyhollow.org/seniorhour.

Struggling to afford internet service, or know someone who is? Read this.

The Federal Communications Commission is accepting applications for the Emergency Broadband Benefit (EBB) program. The temporary

program, launched to help families and households struggling to afford internet service during the COVID-19 pandemic, provides a discount of up to \$50 per month toward broadband service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers.

You can learn more about the benefit, including eligibility and enrollment information, by visiting www.fcc.gov/broadbandbenefit or by calling 833-511-0311. Eligible households can enroll through a participating broadband provider or directly with the Universal Service Administrative Company (USAC) using an online or mail-in application.



Santa Clara County reinstates mask mandate

Santa Clara County issued an order August 2 requiring masks indoors in public places. The order requires all individuals, regardless of vaccination status, to wear face coverings when indoors in public settings, with limited exceptions.

"Face coverings are one of our most effective tools in this pandemic. Increasing our use of masks is the easiest and best way to protect the health of our community from the Delta variant while still allowing many people to engage in the activities they love," said Dr. George Han, Deputy Health Officer for the County of Santa Clara. "The vaccines have proven that they can effectively prevent severe illness and death, and they are continuing to do so. However, because the Delta variant is transmitted alarmingly easily, including by people who are vaccinated, we need the added protection of masks back into our lives until everyone is able to be vaccinated, especially children."

More information on the County's health order can be found at www.tinyurl.com/sccpublichealthorders.

THE SARATOGA AREA
SENIOR COORDINATING
COUNCIL PRESENTS

SASCC TALKS



WITH JOE SIMITIAN
SANTA CLARA COUNTY
SUPERVISOR, DISTRICT 5

SEPTEMBER 1
1:30-2:30 P.M.

SASCC Talks connects community leaders and influential figures with engaged audiences to inspire meaningful dialogue and promote a more informed, connected community.

Zoom link:
www.tinyurl.com/sascctalkswithjoesimitian
Passcode: 448546
Call-in #: US: [+1 669-900-9128](tel:+16699009128)

For more information, visit
www.sascc.org



SUPERVISOR SIMITIAN AND SASCC EXECUTIVE DIRECTOR TYLOR TAYLOR WILL DISCUSS:

- Why Supervisor Simitian chose to become an elected official
- Challenges and experiences that come with leadership
- Programs and services that support District 5
- Supervisor Simitian's recent efforts to foster greater understanding of the AAPI community



Your Voice Counts!

IMPROVE FUTURE PROGRAMS AND POLICY FOR ADULTS 50 AND OLDER
IN SANTA CLARA COUNTY'S LGBTQ+ COMMUNITIES



Help us learn from your experiences. If you are 50 or older, part of the LGBTQ+ community, and live or work in Santa Clara County, please complete a confidential and anonymous survey.

www.SantaClaraSurvey.org

Enter a drawing awarding \$200 gift certificates to 5 randomly selected individuals.

Open your camera app and point at the QR code



Choose one of the following ways to complete the survey:

Online survey: www.SantaClaraSurvey.org

Paper survey: Contact 408-214-0995 or info@SantaClaraSurvey.org

Phone survey: 408-214-0995

English Español 中文 Tagalog Tiếng Việt



**Office of
LGBTQ Affairs**



YOUR MESSAGE WILL BE SENT DIRECTLY TO 31,000 HOMES IN SARATOGA, LOS GATOS AND SURROUNDING COMMUNITIES!
NON-PROFIT ORGANIZATIONS WILL RECEIVE A 20% DISCOUNT ON ANY CHOSEN PACKAGE.
FOR MORE INFORMATION, PLEASE CALL OR EMAIL RAJ KAUR AT 408-868-1254 OR RAJ@SASCC.ORG.

Traffic Awareness

By Captain Rich Urena, Santa Clara County Sheriff's Office, West Valley Patrol Division

August is National Traffic Awareness Month. With the pandemic winding down, and things slowly returning to normal, many employees are returning to the office and students are going back to in-person learning at schools. This also means going back to normal traffic on our roads. And while traffic may be irritating, it can also be dangerous. So, whether you are traversing the roads as a pedestrian, bicyclist or motorist, there are some basic safety tips West Valley Patrol would like to remind residents to be wary of.

Pedestrian Safety Tips

Walking is typically considered a safe form of exercise at any age, but there are still some safety risks involved. Moreover, we tend to focus on pedestrian safety as we approach the time of year where daylight decreases, but it should be a concern year-around, no matter the time of the day. The following are some basic tips to remember before you head out the door for a walk:

- Use sidewalks and paths where available
- Walk against traffic if you must walk alongside a road, to see what is coming and react if necessary
- Wear bright clothing, even during daylight hours
- Avoid walking at night, but if you must, wear reflective clothing and use a flashlight
- Do not walk distracted; avoid talking or texting on your cell phone while walking
- Always follow traffic signals and use crosswalks when you must cross a roadway
- Walk with family, friends, or a caregiver if you suffer from cognitive decline or other physical impairments

Bike Safety Tips

The average number of traffic collisions per month in Saratoga has gone down over the last couple of years, from an average of 13.3 collisions per month in 2019 to an average of 10.0 per month in 2021 (January-May).

The average number of pedestrian- and bicyclist-involved collisions, however, has gone up in that same time, with an average 0.3 per month in 2019 up to 1.8 per month in 2021 (January-May). More people may be biking for exercise or to get around these days, driving the numbers up, but this only makes it even more important to review the following bicycle safety tips:

- Wear a bicycle helmet
- Use the correct bicycle size or adjust your bicycle to fit
- Check your equipment—make sure tires are properly-inflated and brakes work
- See and be seen—be visible to others, wear bright clothing, utilize lighting equipment, and remember, just because you can see the driver does not mean the driver can see you
- Control the bicycle—ride with two hands on the handlebars, except when signaling a turn
- Watch for and avoid road hazards such as potholes, gravel, or branches
- Avoid riding at night

It is also important to remember bicyclists have the same responsibilities as motorists to follow the rules of the road. Bicyclists should go with the flow of traffic, obey all traffic laws, watch for parked cars, like doors opening or cars pulling out, and always stay alert.

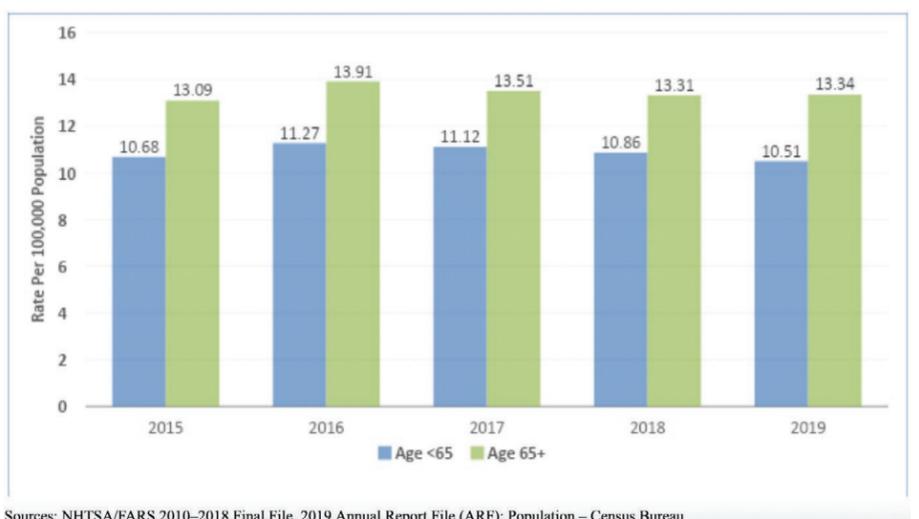
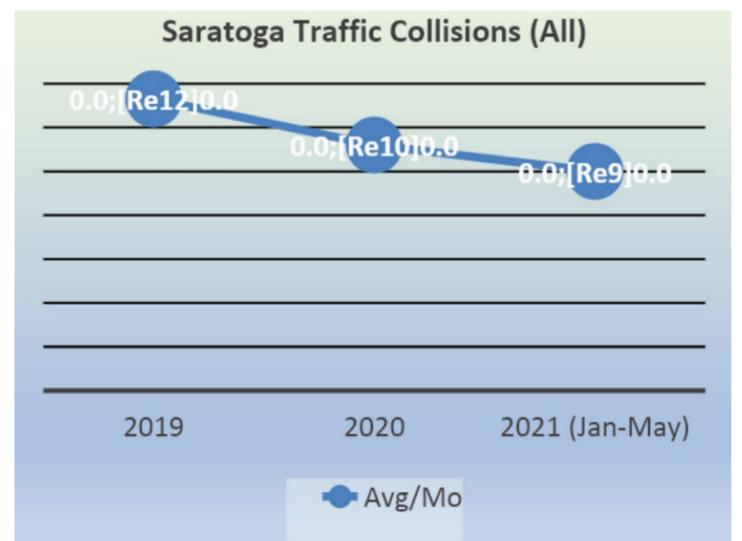
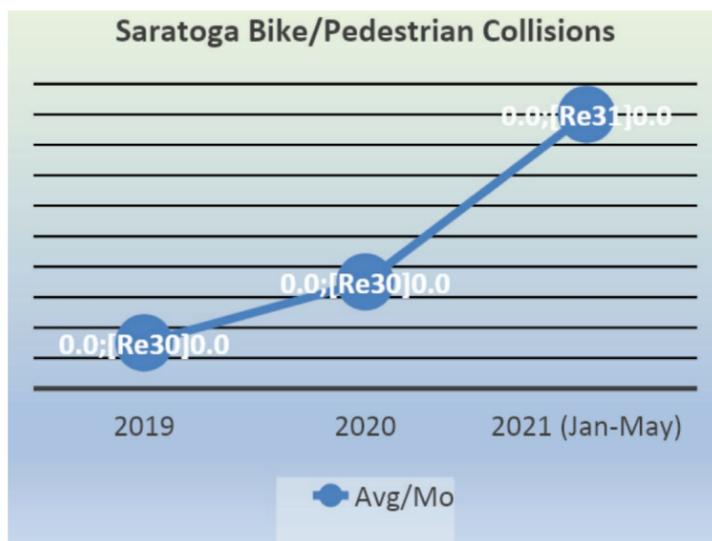
Driving Safety Tips

Per the National Highway Traffic Safety Administration, people 65 and older comprised 20 percent of traffic collision fatalities. The following graph reflects fatality rates per 100,000 population, by age group between 2010 and 2019:

Remember to manage medications, understand your limitations, drive when both the roads and you are in good condition, and remember the following basic safety tips:

- Always buckle up and wear a seatbelt
- Keep your car in good working order
- Drive only when rested and alert—do not drive if you have taken any medication or consumed anything that makes you feel dizzy or disoriented
- Do not drive distracted
- Review your route ahead of time and avoid driving at night in unfamiliar areas
- Wear sunglasses to avoid glare, try not to drive toward the sun at sunrise or sunset, and avoid traveling at night if your night vision is troublesome
- Drive with the flow of traffic—do not drive too fast nor too slowly
- Stay off the roads in bad weather and during periods of heavy traffic when possible
- Take extra care in parking lots, congested areas, and around schools or places where children may be playing

The West Valley Patrol Division and its traffic enforcement team work hard to keep Saratoga streets safe for all. We appreciate our pedestrians, bicyclists and motorists working with us to do the same. If you have any questions about traffic safety, you may reach our traffic team at (408) 868-6600.



Sources: NHTSA/FARS 2010–2018 Final File, 2019 Annual Report File (ARF); Population – Census Bureau

All graphics courtesy of Captain Urena



THEY'RE BACK!

Sidewalk Office Hours at Your Farmers' Market with
County Supervisor Joe Simitian



Come join the conversation about your county government

Saturday, August 21
11:00 a.m. – 12:00 p.m.
Saratoga Farmers' Market

For more information, please call
(408) 299-5050 or (650) 965-8737

Better Choose Cruz!

We have resources for the following:

- Prop 19 Tax Transfers
- Contractors, Inspectors, Handyman, Landscaper, etc.
- 1031 Exchanges
- Enhance the Value of Your Home

No out of pocket payments for inspections or home improvements to sell your home

Pay when your house sells!



ANN SCHERER
DRE 01490826
408.483.2156



MIKE SCHERER
DRE 01224636
408.353.6453



DANA JUNCKER
DRE 02057447
408.828.3909



Check our Reviews on Google and Yelp



www.MountainMike.com
23111 Santa Cruz Highway 17 • Los Gatos 95033

The S. Ku Foundation is one of SASCC's longest-standing partner organizations



John and Ling Ku, founders of the S. Ku Foundation.

Photo courtesy of Ling Ku



The S. Ku Foundation funded the purchase of two new vehicles for the RYDE Senior Transportation Program: one Toyota Prius Prime Plug-In Hybrid, and one Toyota Corolla Hybrid.

Photo by Rajvir Kaur

continued from
KU, pg. 1

“With kind assistance from the members of SASCC’s board, under the superb leadership of Tylor, Raj, and Taylor, we have started ping-pong, beginners’ line-dance, Mahjong, karaoke, Dancercise and yoga, and voice-training programs at the Saratoga Senior Center.”

The S. Ku Foundation has also been involved with SASCC’s annual Health

Fair, Drive-Thru Senior Resource Fairs, Wednesday Lunch Bunch program, the Saratoga Adult Care Center, Chinese New Year Celebration Gala, SASCC’s 40-year Anniversary Celebration in 2019, and the renovations to the Saratoga Senior Center, which Dr. Ku admires as “a beautiful product.”

Most recently, the S. Ku Foundation bought the RYDE Senior Transportation Program two new vehicles—one Toyota Prius Prime Plug-In Hybrid, and

one Toyota Corolla Hybrid. This will help increase the program’s ability to help older adults go to their medical appointments, the grocery store, their local senior centers, and more.

“As I began to realize there’s an increasing demand among seniors in our communities for the RYDE service, we are thrilled that by purchasing and enlarging our vehicle fleet at SASCC, we could offer more rides to meet the need,” Dr. Ku said. “Especially after

the pandemic, it’s again opportune timing.”

Dr. Ku and Mrs. Ku said they “frequently brainstorm new ideas and possible projects through SASCC and other like-minded charitable organizations to further our mission and better serve our cities and communities.”

“Although to tell you the truth,” Dr. Ku said, “more often than not, her ideas prevail over mine.”

SASCC gives heartfelt thanks to the S. Ku Foundation for their

gracious support in our endeavors to serve older adults. The foundation’s initiatives in partnership with SASCC have had a direct, positive, and lasting impact on some of our communities most vulnerable older adults. Not only that, but they’ve also helped us enrich the lives of more active seniors by helping us offer best-in-class programs locally. It is because of community generosity like that of the Ku Family that our organization has been able to thrive, both before and during the pandemic. The S. Ku Foundation is one of our strongest partner organizations and we look forward to continuing to collaborate with them well into the future. To say we at SASCC are grateful would be an understatement. - Tylor Taylor, Executive Director, SASCC

‘Good Friends, Good Food, Good Fun’ - a profile on Live Oak Senior Nutrition

By **Brandy Miceli**,
Managing Editor

Live Oak Senior Nutrition Program is one of the key senior service providers in the Town of Los Gatos. Offered through the Los Gatos United Methodist Church, Live Oak is a social program that provides residents who are 60 years or older—who are often alone—a friendly, relaxed place to meet and socialize and share a balanced, nutritious meal. The program’s motto is “Good Friends, Good Food, Good Fun.” Live Oak also provides referral and support services.

Volunteers are the backbone of Live Oak. Los Gatos High School students, San Jose State University College nursing students, local retirees who enjoy giving back to the community, and staff and board members of the Saratoga Area Senior Coordinating Council help serve Live Oak’s mission.

During the pandemic, Live Oak pivoted to ensure the safety of its clients, staff and volunteers. The program began offering boxed meals that clients could pick up, and a team of volunteers, including members of the SASCC team, began delivering meals to residents of Los Gatos’s Villa Vasona apartments.

The Outlook got the chance to interview Live Oak’s executive Director, Kathy Mlinarich, about the program, and how it’s been impacted by COVID-19. The following is the transcript of that interview, edited lightly for clarity.

Q: Can you describe what operations were like before COVID hit?

A: Before the pandemic, Live Oak served hot plated meals. Live Oak clients could then sit at tables in our social hall or outside during summer.

Q: How did you shift operations once COVID hit?

A: Once covid hit, we went to boxed meals that clients could pick-up. We also coordinated with local restaurants and the Los Gatos Chamber of Commerce to deliver meals to seniors in lockdown. The delivery to our Seniors is something we continue to do at Villa Vasona, even as Covid restrictions have been relaxed.

Q: Are you now back to normal operations or more of a hybrid model?

A: We are not fully open yet. However, while we continue to serve hot sealed lunches, we have opened the social hall and guests may once again sit outside as well.

Q: Can you give a couple examples of meals that you typically serve?

A: Typical meals are nutritionally-balanced and include things like chicken, vegetables, mashed potatoes, and gravy with a side of fresh fruit like apples,

bananas, or oranges, along with fresh milk. We also serve alternate cold meals such as a taco salad or a sandwich, like roast beef sandwich or ham.

Q: Can anyone receive meals from Live Oak or are there specific requirements in order to receive meals?

A: The program is open to seniors ages 60 and over.

Q: Can you say a little about the importance of your volunteers?

A: We couldn’t run the program without our volunteers. We survive on donations, grants from the town of Los Gatos and partial funding from Santa Clara County. Yet, if we had to pay full-time staff, we



SASCC board member, Renee Paquier, helps deliver meals every Thursday to older adults unable to leave their homes.

Photo by Rajvir Kaur

couldn’t offer the low cost meals that we do. The cost is nominal.

To learn more about the Live Oak Senior Nutrition program, or to inquire about volunteering, visit www.lgumc.org/live-oak-senior-nutrition-center.

Democracy relies on an informed community - August

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

Meetings are held on Zoom until further notice. Community members can also call in by phone. Zoom links and call-in information are contained in each respective meeting agenda. Agendas are typically uploaded the Friday before the respective meeting.

Please note, all council, commission, and committee meetings are subject to change or cancellation. Check the meeting links prior to each meeting or call your local town clerk for questions.

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



Saratoga

Library & Community Engagement Commission:
August 9, 7-9 p.m.
 View agenda and meeting info at www.saratoga.ca.us/330/Library-Commission

Planning Commission Study Session & Site Visit:

August 10, 5 p.m. & 3:30 p.m.

The Planning Commission will hold a study session to discuss an application to subdivide a 9.8-acre parcel located at 18500 and 18520 Marshall Lane into 9 lots. A new private road off Marshall Lane would be constructed to access the lots.

The Planning Commission may discuss the item and hear statements from members of the public. No formal votes or motions will be made, and no comments made by the Planning Commission are binding or required to be carried through to the formal public hearing where actions will be taken. Planning Commission meetings continue to be held virtually due to the COVID-19 pandemic. Detailed participation instructions will be available on the meeting agenda.

Before the Study Session, the Planning Commission will hold a Site Visit on the same day at 3:30 p.m. The public can attend either in person or remotely. Detailed participation instructions will be available on the meeting agenda.

View agenda and meeting info at www.saratoga.ca.us/357/Planning-Commission

Heritage Preservation Commission: August 10, 8:30 a.m.

View agenda and meeting info at www.saratoga.ca.us/285/Heritage-Preservation-Commission

Planning Commission: August 11, 7 p.m.

View agenda and meeting info at www.saratoga.ca.us/357/Planning-Commission

City Council: August 18, 7 p.m.

View agenda and meeting info at www.saratoga.ca.us/241/City-Council



Los Gatos

Finance Commission Meeting:
August 9, 5-6 p.m.
 View agenda and meeting info at www.losgatosca.gov/2643/Finance-Commission

Development Review Committee:

August 10, August 24, August 31, 10 a.m.-12 p.m.

View agenda and meeting info at www.losgatosca.gov/188/Development-Review-Committee

Conceptual Development Advisory Committee:

August 11, 4:30-5:30 p.m.

View agenda and meeting info at www.losgatosca.gov/200/Conceptual-Development

General Plan Committee:

August 11, 5:30-6:30 p.m.; August 25, 5:30-6:45 p.m.

View agenda and meeting info at www.losgatosca.gov/199/General-Plan-Committee

Planning Commission: August 11, August 25 7-11:30 p.m.

View agenda and meeting info at www.losgatosca.gov/189/Planning-Commission

Complete Streets and Transportation Commission:

August 12, 7:30 a.m.

View agenda and meeting info at www.losgatosca.gov/2555/Complete-Streets-Transportation-Commission

Town Council: August 17, 2021, 7 p.m.

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

Council Policy Committee: August 24, 5-6:30 p.m.

View agenda and meeting info at www.losgatosca.gov/1962/Town-Council-Policy-Committee

Historic Preservation Committee: August 25, 3-4:30 p.m.

View agenda and meeting info at www.losgatosca.gov/190/Historic-Preservation

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.

FREE HOME-DELIVERED PET FOOD *For Meals on Wheels & Senior Nutrition Program Participants*

The Senior Nutrition Program and Animal Services are partnering to offer free, home-delivered pet food and related essential pet needs, like kitty litter, to SNP participants.

(408) 686-3900 / M-F / 8AM - 6PM, Sa-Su / 8AM - 5PM

This program is subject to funding availability and will end on June 30, 2020, or the end of the shelter in place ordinance (whichever comes first) for older adults age 60 and older, so call now!

Please have this information ready before calling:

- Your Name, Home address & Phone Number
- SNP Gold Card Number



County of Santa Clara
 Social Services Agency



County of Santa Clara
 Animal Services

“Plant-Based Diet? Is Chicken Okay?”

By Mythri Ramesh,
Plant Based Advocates

One lazy Saturday afternoon, I called a local restaurant and asked to hear their vegan options. I then heard, “Is chicken okay?” and took it as an opportunity to explain the nuances between different plant-based diets. This article will explore those differences, and share some reasons why my Los Gatos family and I have personally chosen a vegan diet.

So what are the different plant-based diets? How do they differ from a vegan diet?

Plant-based: Focuses on foods primarily from plants like fruits, vegetables, nuts, seeds, oils, whole grains, legumes, and beans. Doesn't completely exclude animal products, but prioritizes choosing foods from plant sources.

Vegan: Excludes all animal products, meat, seafood, poultry, eggs, and dairy products.

Lacto-vegetarian:

Excludes eggs, meat, seafood, and poultry and includes milk products.

Ovo-vegetarian: Excludes meat, seafood, poultry, and dairy products and includes eggs.

Lacto-ovo vegetarian:

Excludes meat, seafood, and poultry and includes eggs and dairy products. [1]

Pescatarian: Excludes meats, like beef, pork, or chicken, but includes fish. May include dairy products and eggs. A pescatarian diet may include dairy products and eggs.

I had been a lacto-ovo

vegetarian all my life, but now I am a proud vegan with all my heart and soul. Through this journey of discovery, I learned some eye-opening, jaw-dropping and heartbreaking facts. I will break it down into three parts, to make it look clean, easy to understand and to be frank, not to bore you!

Vegan for My Health and My Family's Health

According to researchers, “unhealthy diets are the largest global burden of disease,” having surpassed even tobacco use as the leading cause of death and disease worldwide. Eating more plants and fewer animal products could prevent 10.9 to 11.6 million premature human deaths from heart disease, diabetes, and other chronic conditions every year. [3] After learning this, I decided to change our diet to plant-based to protect my family.

Vegan for Our Planet

It takes 460 gallons of water and 64.5 square feet of land crops to produce a 1/4-pound hamburger. [4] Imagine how many humans we can feed in that same amount of land with a plant-based diet! And every year, we raise 29 million cows for beef and dairy. When we factor in all the land used to graze animals and feed crops grown to sustain livestock, as well as the waste produced from all these animals (cows are responsible for 62 percent of agricultural emissions) it becomes obvious that eating animals is simply unsustainable for our planet. These are the facts

about cows. What about other farm animals?

Vegan for Animals

Who doesn't like the classic children's song, “Old-McDonald?” We all teach our kids about farm animals and take them to petting zoos. The feeling of seeing a jumping white baby lamb or a goofy tiny pink piglet tends to generate happiness and love. But somehow there is a disconnect from seeing them physically alive, versus having them on our plates. Animals are sentient beings, and they feel emotions just like us through their nervous systems. They are no different from our pampered dogs or cats with their own cute little beds. Why treat one as companions and others as products?

Am I asking to throw out everything in your refrigerator? If you are up for it, yes! It really depends on what you're comfortable with. Some people convert to a plant-based diet completely on day one, while others ease into it by starting to switch out some traditional meals with plant-based meals. You can start with meatless Mondays or kick-start your diet with a month of plant-based meals.

Need recipes? There are countless online that are super easy, quick and delicious. There are several pure vegan restaurants around the Bay Area as well as vegan options provided by various local restaurants.

If you need help getting used to eating plant-based, there are many resources available to help you: Challenge 22 (www.challenge22.com)



Mythri Ramesh holding a chicken.

Photo courtesy of Mythri Ramesh

www.challenge22.com) and Vegan Outreach (www.veganoutreach.org) are just a few. You can also find support and recipes through Plant-Based Advocates, a grassroots group that I am part of in Los Gatos.

I encourage you to give the “plant-based lifestyle” a chance. Who knows? Maybe you will love this new way of living because of your improved health, as well as knowing your diet minimizes harm toward animals or our environment.

Plant-Based Advocates is a grassroots group in Los Gatos that is working to mitigate climate change by reducing the traditional reliance on meat and dairy. We're taking action in the community by doing things like helping restaurants increase their plant-based options, working with local

legislators, and sharing plant-based meals with unhoused communities. This is our way of sharing the benefits of plant-based eating and giving back to the community during these unprecedented times. www.plantbasedadvocates.com

Email me your thoughts: kmythriramesh@gmail.com

Reference:

- [1] www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/
- [2] www.khn.org/morning-breakout/how-did-covid-start-who-china-report-says-animals-were-the-source/
- [3] www.pcrm.org/news/blog/5-ways-vegan-diet-helps-planet
- [4] www.businessinsider.com/one-hamburger-environment-resources-2015-2
- [5] www.fao.org/gleam/results/en/

Wild art

A rising sophomore at The Harker School, Saratoga resident Brandon Zau loves to take photos of local wildlife.

“Wildlife photography is a hobby that is challenging,” Zau said. “However, the ‘hunt’ for the perfect shots always interests me.”



Deer (left): A Columbian blacktail deer native to the Bay-Area munches on some greens. These deers have a distinctive black tail, hence the name. Interestingly, deer are often more active at night compared to their day time.

Rabbit (right): While strolling through Shoreline Park in Mountain View, a sleepy Black-tailed Jackrabbit peacefully rest beside the trail. Jackrabbits usually rest in the cool shade in the afternoon to avoid the sweltering heat.

All photos courtesy of
Brandon Zau



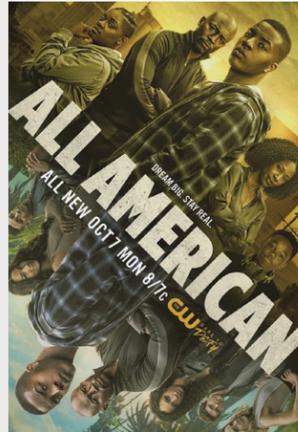
Bored at home? Streaming now on **NETFLIX**



Virgin River, Season 2 is here! (2021)
Seeking a fresh start, nurse practitioner Melinda Monroe moves from Los Angeles to a remote Northern California town and is surprised by what and who she finds.

Stars: Alexandra Breckenridge, Martin Henderson, Colin Lawrence

TV-14 | TV Series | Drama, Romance



All American, Season 3 is here! (2018-)
When a star high school football player from South Central is recruited to play for Beverly Hills High School, two separate worlds collide. Based on a true story.

Stars: Daniel Ezra, Samantha Logan, Michael Evans Behling

TV-14 | TV Series | Drama, Sport



The Movies that made us, season 2! (2019-)
The histories of classic popular movies are examined.

Stars: Donald Ian Black, Danny Wallace, Jennifer Julian

TV-MA | TV Series | Documentary



Ice Road (2021)
After a remote diamond mine collapses in far northern Canada, a 'big-rig' ice road driver must lead an impossible rescue mission over a frozen ocean to save the trapped miners.

Stars: Liam Neeson, Marcus Thomas, Laurence Fishburne

PG-13 | 1h 49min | Action, Adventure, Drama

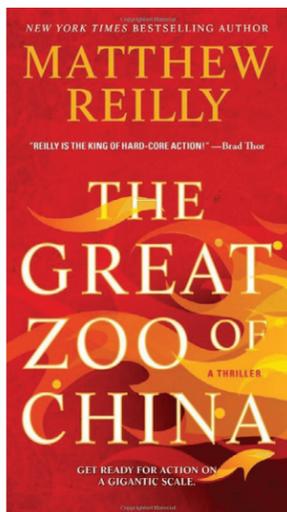
SASCC READERS

BOOK CLUB



Every 3rd Tuesday, 2-3:30 p.m.

In-person at the Saratoga Senior Center or on Zoom



August Book:

THE GREAT ZOO OF CHINA

by Matthew Reilly
an action-packed blockbuster in the tradition of Jurassic Park.

YOGA WITH SUDHA

TUESDAYS @ 9:45 A.M.
THURSDAYS @ 9:30 A.M.

in person at the Saratoga Senior Center or on Zoom

ABOUT SUDHA

"I grew up practicing yoga, and 10 years ago I decided to take yoga classes again after not practicing for many years. I loved how it made me feel after every class.



After attending a class at the **SUDHA PARMAR, INSTRUCTOR** YMCA in Saratoga and letting the instructor know how much I enjoyed the classes, she encouraged me to become an instructor. I have been teaching since 2011 with private classes and also in different facilities. "



CLASSES ARE \$5 ALONG WITH A SASCC MEMBERSHIP. VISIT WWW.SASCC.ORG FOR A MEMBERSHIP OR CALL 408-868-1257.

ABOUT THE CLASS

"My style of teaching is Vinyasa—moving with the breath. At the moment I am teaching Beginning Yoga at SASCC. I also give the option for students to be to use a chair if need be in the standing poses. Benefits of attending this class are increased flexibility, strength and balance while focusing on the breath to relax and calm the body and mind. All levels welcome."



“It is difficult
to trust others when
we are vulnerable
and have little room
for error”

REAL ESTATE CASE STUDY

Dormant Equity & Quality Of Life

A client introduced us to Trisha because she needed more than just a “For Sale” sign in the yard and a lockbox on the door—she needed real help. Even though her home was worth a great deal and she owed relatively little, she could no longer afford to live in it. At a mature age and widowed, she was spending nearly all her income on basic living expenses, mortgage payments, property taxes, and utilities. She had very little savings, the house was falling into disrepair, and she was having trouble keeping up with the bills.

Trisha was anxious and running out of time, but also wary of accepting help. After several heart-to-heart conversations, we began to develop trust and she finally accepted that she needed to take action.

Together we cleaned up the house and made minor repairs. We arranged to have the house painted, landscaped, staged, inspected, and cleaned — all without her having to pay for it until after the house sold. We even leveraged the dormant equity in her home as security for a down payment on the new house. After only a few short weeks, Trisha sold her house above asking price with a comfortable “rent back,” and bought a lovely home in a more affordable community.

It is difficult to trust others when we are vulnerable and have little room for error. One of the great joys of our profession is that we get to make real connections with good people and provide the resources, support, and sometimes the courage they need to change their lives for the better.

More case studies, community and real estate news at www.BrianAndDan.com



Brian & Mom

**Brian
Bernasconi**

Broker Associate

408.979.1400

bbernasconi

@sereno.com

DRE 01363508



Dan & Mom

**Dan
Rubnitz**

Broker Associate

408.859.3671

d rubnitz

@sereno.com

DRE 01015666