

The OUTLOOK

a vision for our Age-Friendly community



FEBRUARY

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Issue 02

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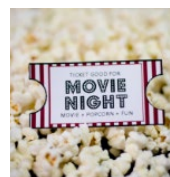
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Senior Health Policy Forum centers on health, housing, and advocacy

By Brandy Maddox,
Managing Editor

In just eight years, all baby boomers will be over the age of 65, indicating a need for increased health and housing services for older adults across the nation. Many organizations serving older adults in the Bay Area have taken the 2023 Housing Element Update process as an opportunity to advocate for senior housing initiatives.

This year's Senior Health Policy Forum (SHPF) held on February 2 convened legislators, developers, local organizations, and leaders of

municipalities around the theme of "Advancing the Intersection of Health and Housing Initiatives," fostering fruitful discussions about how to ensure the older adult population has the resources they need to age in place for years to come.

A resounding thread throughout the forum was how necessary advocacy is in advancing progress on topics we care about as a society.

In a breakout session called "Creating Momentum with Advocacy," a panel composed of California State Senator Dave Cortese, Senate District 15; Leadron Koo, Vice President of Cahill Contractors; and

Mathew Reed, Director of Policy at Silicon Valley at Home discussed successful advocacy strategies, the Housing Element Update process, and the role the public plays in infusing

housing initiatives with a focus on older adults.

Reed said that utilizing public comment at open community meetings,

see **FORUM** pg. 3



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Lifelong Los Gatos resident heads KCAT's new older adult volunteer program

By Melissa Toren, Executive
Director, KCAT TV & Radio

Los Gatos' local access television station & radio platform, KCAT TV & Radio, welcomes Joni Russell onto its team to launch The Producers, a brand new volunteer program for older adults.

The Producers will call upon local older adults to volunteer as a team of content creators and producers, covering local events in this community. Participants will be trained to be both in front of the camera and behind the camera in a grab-and-go model that will expand local news coverage.

"I am so excited to step into this role as 'matchmaker' for the extraordinary talented

group of volunteers who will join me at KCAT in covering local news and events in our community and creating engaging content," Joni said. "As a lifelong Los Gatos resident, I am so excited and appreciative about the opportunity to help others find their voices, share content with our community, and expand their own skillset."

Joni has lived in Los Gatos for over four decades. She is an event planner, author, speech and language pathologist, teacher, artist, mother, wife, friend, and much more.

Joni has had a storied career. As the owner of an Event Planning business in Los Gatos for 16 years during Silicon Valley's dot



Los Gatos resident Joni Russell will join the KCAT TV & Radio team to launch its new volunteer program for older adults, The Producers.

Photo courtesy of Joni Russell

com boom, Joni produced large scale launch parties, CEO summits, team building, and sales events in addition to dozens of weddings, fashion shows,

see **KCAT** pg. 3

A look at state investments in children, families, and older adults

By Senator Dave Cortese,
California Senate Dist. 15

Budgets are a statement of our values. I have been saying this, and living by it, during the entirety of my time as a public servant in local government at the school, city, and county level. Now, as your State Senator and a member of the California Senate Budget and Review Committee, I am tasked with reflecting the values of our state government and ensuring our financial prosperity.

Our State Budget is a commitment to the shared values and priorities we hold as Californians, and it's more important than

ever to stay informed on the important budget decisions the State Legislature is making on behalf of all families and communities.

With the formation of this year's budget that must be approved by June 15, the State is advancing our pledge to stabilize and strengthen our local communities devastated by COVID-19, while taking action to address the most critical issues facing Californians and ensure better outcomes for everyone.

We are in our second year of historically high budget surpluses, projected this fiscal year

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Dear Outlook readers,

It's clear that housing is one of the most pressing topics of 2022. As such, The Outlook Editorial Board intended to dedicate this month's entire paper to housing-related articles, but due to delays in local government decisions, meeting cancelations, and feedback from our community, we've decided to save a future Outlook for a special edition on housing. We apologize to those who looked forward to reading all about housing in this edition, and we look forward to publishing more impactful housing-related stories in the very near future. For now, we hope you find this month's articles informative.
If you have suggestions for interesting angles of housing-related stories you'd like us to cover, email us at outlook@sascc.org.

Thank you,
Outlook Editorial Board

Memories of times past:

A historical tribute to legendary Saratoga vintner, Paul Masson, born in February

Paul Masson was an important Saratoga vintner who helped establish the California wine industry. He was born on February 14, 1859 to a winemaking family in Burgundy, France. At the age of 19, he arrived in Santa Clara County where he soon met Charles Lefranc, who owned a winery. Paul took classes at the University of the Pacific, then located in San Jose, and worked as a bookkeeper and general help at the Lefranc vineyard. Paul realized that California's long growing season, high summer temperatures, and abundant sunshine was an ideal environment to produce premiere wines. He was determined to make world class wines in California.

In 1887, Lefranc died and Paul married his daughter, Louise. After a honeymoon in France, Paul returned to manage the vineyard aiming to expand the vineyard. In 1892 his first Champagne was well received and sold quickly. In 1904 Paul Masson Champagne won top honors at an International Jury of world famous wine experts.

By 1913 his "Vineyard in the Sky" and the Champagne Cellar in the Saratoga hills was complete. His home there, "The Chateau," was renowned for his grand dinner parties. Paul Masson was known as the Champagne King of California.

The Masson winery no longer produces champagne in Saratoga. The original winery is known today as the Mountain Winery, an entertainment venue.

Learn more about Saratoga history at the Saratoga History Museum, located at 20450 Saratoga-Los Gatos Road. Hours are 1-4 p.m. on Friday and Sunday and 10 a.m. to 4 p.m. on Saturday.



Photo courtesy of the Saratoga Historical Foundation



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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.

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.

To submit feedback or questions to our team, please email outlook@sascc.org. Thank you for reading The Outlook!

Senior housing initiatives can help meet housing allocation numbers

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like city council meetings, aren't the best way to get into the details of what a group wants to see on the table.

"Set priorities, write them down, and ask for a meeting," Reed said. "Get together with your folks, figure out what the goals are. The housing element is only likely to address our needs if we use it as an opportunity. There are policies and programs; does the jurisdiction have a policy that it requires a certain number of affordable housing units be built with accessibility standards? Is there a program to fund home repairs for lower income homeowners so they can stay in their homes and remain independent? Is there a city commitment to working with supportive housing developers proactively to understand how projects facilitate the need for in-home care? Is there a clear policy commitment to integrating housing for older adults where growth is happening, where all the community resources

are close to the senior center? Clearly all of these discussions take more than two minutes of public comment, so you need to get organized and demand the attention of the folks making the decisions."

Taylor Taylor, Executive Director of the Saratoga Area Senior Coordinating Council (SASCC) and SPHF Planning Committee member said he's seen social media platforms like Nextdoor be an effective tool in community organizing around housing-related issues.

"What I've seen in terms of organization and advocacy has really been coordinated on platforms like Nextdoor and Facebook, where people share their ideas, get together a message, and then show up with a large group of people to send a very clear message to the elected



officials of where they stand on these issues," Taylor said, pointing to how Saratoga City Council voted to delay finalizing its housing opportunity site list after heavy public input asking the council to slow down the process.

Cortese indicated that providing real anecdotes among advocacy efforts is highly effective in getting policymakers to sway their decision-making process, and recommended it as a means of advocating for housing initiatives for

older adults.

"Don't ever underestimate the effectiveness of advocating directly, advocating in groups, and in alliances with other organizations particularly at the local government level," Cortese said. "Say what's really happening to this demographic, speak to the pain, speak to the number of people who are currently homeless who are in the older adult category... Make sure it's done with feeling."

While the reality of increased housing density often brings up intense

emotions, Taylor outlined an avenue municipalities can take to meet their housing needs while supporting the aging population.

"Senior housing seems to be a win-win situation," Taylor said. "It solves a lot of the concerns folks have, so I think getting together on social media and inserting some of the talking points into that discussion would help."

Joni Russell will guide volunteers ages 55+ to produce local content

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and birthday parties.

Joni's professional accomplishments also include co-authoring The Everything Baby Shower Book, published in 2008. Joni taught event planning at the San Jose State Professional Development Center and acted as chair of the Hillbrook School auction in Los Gatos for two years, raising close to a record \$200,000.

Her lifelong passion and long-term career has been as a speech and language pathologist covering a span of almost 50 years, guiding children and adults to find their own unique voice and to celebrate their everyday successes. She is currently practicing at a charter school in San Jose. Previously, she worked in Los Gatos Public Schools,

in a Los Gatos pediatric private practice, and with adult clients.

Now, she is shifting gears from helping people find their unique voice through speech and language, to doing so through The Producers program.

Conveniently located on the Los Gatos High School campus, KCAT will offer its TV studio, Control Room and Podcast/Radio studio to The Producers where endless opportunities await them to learn or bring skills, be creative, socialize, and enjoy accomplishments with friends and neighbors.

In addition, the new Producers program will train senior volunteers to not only produce local news, but also to tell more stories and share their own unique skills with the community through video, radio, and podcasting all through

KCAT Public Media.

In a digital media world, we know that television remains a beloved platform to all for news and entertainment. In that spirit, KCAT is looking for volunteers (individuals and teams) to learn about, then focus on the entire TV production on-location and in-studio process, including talent, technical, directing, developing original content, scriptwriting, curatingshows,producing news and sports, and so much more.

"We are looking for local senior residents who want to contribute to our news and community storytelling," Joni said. "If you are interested in bringing back local to our community, send me an email at joni@kcat.org or fill out a volunteer interest form at www.kcat.org/producers."

DIY Home Energy Toolkits Available at the Los Gatos Library

Keep heating costs as low as the temperature! These colder winter months generate high heating costs for most community members. But the DIY Energy Saving Toolkit can help keep those costs from rising by increasing your home's energy efficiency! Each Toolkit contains tools and materials designed to help you keep your home well insulated and energy efficient. Better insulation and energy efficiency means less wasted heat and less reason to crank up the thermostat.

Toolkits include weather stripping to help prevent heat loss at your windows and doors, a Kill-A-Watt meter to let you monitor your home's overall energy use, and many more tools to assist in making your home more comfortable and efficient.

The DIY Energy Saving Toolkits are provided by Silicon Valley Clean Energy, your local clean electricity provider. Stop by today to check one out for free with your Los Gatos Library membership. For more information visit www.svcleanenergy.org/diy-toolkits/.



News briefs

Saratoga

Friends of the Saratoga Library paperback book sale, February 12-13

Join the Friends of the Saratoga Libraries for our first paperback book sale of 2022 in the community room of the Saratoga Library on Saturday, February 12 from 10 a.m. to 5 p.m., and Sunday, February 13 from 10 a.m. to 3 p.m.

Spreading love notes in the Saratoga Village

Write a love note and post it up in the Saratoga Village! The Saratoga Village Development Council is hosting its annual “Love Notes,” which intends to bring love and delightful messages to Saratoga’s downtown. People of all ages can participate and notes will be kept up until February 21. Grab your family and stroll through the Village to read the love!

Saratoga Sister City seeks applicants for its Japanese cultural scholarship

Saratoga Sister City established the Ed Gomersall Cultural Scholarship in 1990 to encourage the furthering of knowledge of any aspect of Japanese culture—art, literature, sports, handicrafts, music, language, customs, and history. It was named in honor of Ed Gomersall, past Saratoga Sister City president, chairman emeritus of the Saratoga Parks and Recreation Commission, and one who promoted international relationships in his professional work and community activities.

The application requires a personal essay explaining the project and the personal study plan for this grant. It is open to all ages and is broad in interpretation, as the goals are to enrich the applicant’s knowledge of the chosen topic, share this information with Saratoga Sister City members, and enhance the community’s appreciation for Japanese culture.

Contact Reiko Iwanaga at atyrequest@gmail.com or call 408-209-1747 for the grant application and more information. If interested in joining Saratoga Sister City, please use the same contact.



Stone sculptures at Hakone Gardens

Visit Hakone Gardens to see stunning stone sculptures crafted by San Jose local artist Ken Matsumoto. Matsumoto has been working with stone slabs, concrete, glass, and steel since 1976. The exhibition is presented by the Hakone Foundation and will be on display until June. Hakone Gardens is located at 21000 Big Basin Way and is open daily from 10 a.m. to 4 p.m.

Los Gatos

Town launches Housing Element website & housing survey

The Town of Los Gatos launched a website dedicated to its Housing Element Update process, www.engagelosgatoshousing.com. The website features information about the Housing Element, a survey, a mapping activity, and upcoming events and meetings related to the Housing Element. The Los Gatos Housing Element Survey includes questions about what types of housing community members would like to see in Los Gatos as it shapes its Housing Element Update, and issues related to housing that community members may have experienced in Los Gatos. To make your voice heard on these matters, visit www.engagelosgatoshousing.com and take the survey.



Campo di Bocce celebrates 25 years

Campo di Bocce, a treasured Los Gatos’ bocce facility and restaurant, celebrated its 25th anniversary on February 5. The original idea for Campo di Bocce was born when Tom Albanese and his family were vacationing in Campobasso, Italy, the home of Tom’s ancestors. He saw the residents playing bocce and families enjoying a meal at the local Bocciodromo, (a large building with bocce courts, a restaurant, bar and a children’s play area). Albanese immediately thought it a great idea that might work for families in his hometown of Los Gatos. When he returned, Tom described the concept to his friends of the local Los Gatos Bocce Club, and found many of them interested in investing in the concept.

“A place where friends and families could come, learn to play the bocce and enjoy a great Italian meal,” said Albanese.

With investors and his own funds ready to go, he found an old lumberyard in downtown Los Gatos, perfect for the opportunity, and Campo di Bocce was born.

“From family gatherings and corporate team-building events, to the annual Madden-

Mariucci Bocce tournament, raising over \$8 million for charities throughout the years, Campo di Bocce has been Tom’s dream come true,” said Ben Musolf, chief operating officer. “Campo di Bocce has proven that anyone, any age can learn and enjoy the sport that’s played by more than 30 million enthusiasts worldwide.”

Santa Clara County

Input on Mental Health and Substance Use Service Needs of Older Adults – February 17

Join a community conversation group focused on the mental health and substance use service needs of the older adult community on Thursday, February 17 from 3:30-5 p.m. The Santa Clara County Behavioral Health Services Department will host a community conversation focus group to gather community input and feedback from older adults about mental health and substance use services in Santa Clara County. This feedback will inform future mental health and substance use priorities, programs, and policies in Santa Clara County for the next FY24-26 three-year plan. To receive the Zoom link for this event, email seniorsagenda@ssa.sccgov.org.

County releases report outlining 2021 progress in senior services

The Santa Clara County Department of Aging and Adult Services released its “2021 Seniors’ Agenda Annual Report.” The report covers the progress of initiatives between the county, its partner organizations, and local municipalities in areas like senior transportation, social participation during COVID-19, digital inclusion, dementia care and support, and much more. The RYDE Senior Transportation Program is featured in the report for its expansion into new San Jose zip codes thanks to Measure B funding, and the Saratoga Area Senior Coordinating Council (SASCC) is featured for its Drive-Thru Resource Fairs, and its work on the Santa Clara County Digital Inclusion Workgroup. To read the report and learn about the county’s progress in aging, visit www.socialservices.sccgov.org/seniors-agenda, click “Check out our monthly newsletter,” and access the February newsletter.

State support aims for age-friendly initiatives

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to be over \$31 billion, and we must recognize these conditions as a critical opportunity to make deeper investments that can fully address our long-term needs. This starts with our children, families, and aging population.

Federal relief has enabled our ability to make innovative investments in learning recovery and toward closing our achievement gap to ensure our children don't fall behind.

We know that 90 percent of brain growth occurs before a child reaches kindergarten and that early learning is key to their successful learning outcomes and lifelong development, yet our state has trailed behind others when it comes to providing access to early education. That is why, for the past decade, Santa Clara County has fought hard to make universal preschool a reality in our County and across California – I am proud to share that our state budget finally provides our students with the early learning access they deserve through the planned expansion of Universal Transitional Kindergarten (UTK) by

the 2025-26 school year to serve every 4-year-old in California.

This early learning will provide a leg up to all of our young learners, benefitting their literacy, language, math, and problem-solving skills, while also improving their social-emotional development.

A group of local families asked me the other day, "What does a successful school look like to you?"

I think for many of us, the answer to this question has evolved over the years and distance learning has only forced us to examine this question further. In my view, schools are, and must continue to serve as, centers of wellness and centers of resilience for our students and families. Through our state budget, we are working on creating safe spaces for all children so that schools can serve the whole child.

This past year, I fought hard to increase funding for school-based student mental health support and I'm proud that the budget request I made for the augmentation of the Mental Health Student Services Act grant program was approved with an increase of \$205 million. This funding will allow for millions of

other children and youth to receive mental health and emotional support as they return to schools and everyday life through the "School-Linked Services" framework I spearheaded in Santa Clara County years ago.

I will continue to champion these efforts, including in my new role on our state's Mental Health Services Oversight and Accountability Commission, as California continues to roll out plans such as the Community Schools Partnership Program that will help schools deliver a "whole-child education" and the Governor's historic \$4.4 billion California Children and Youth Behavioral Health Initiative that will expand infrastructure and better connect children and youth to behavioral health care.

The simple fact is students are 10 to 21 times more likely to receive this type of behavioral health support when they can access these services on a school campus; we must meet students where they are.

With the goal of becoming the most age-friendly county in the world, almost a decade ago, I helped to convene Santa Clara County's first

Older Adults Summit and subsequent community hearings for our aging population that brought residents and service providers together through the initiation of the "Seniors' Agenda" program in our County's Department of Aging and Adult Services.

Our state budget seeks to sustain funding for similar initiatives to serve aging adults statewide. These plans are laid out in our Governor's Master Plan for Aging, a roadmap to support our aging population of over 8.6 million and realize a truly "age-friendly" state by 2030.

New ongoing funding through our California Department of Aging will be centered around isolation prevention, senior health and nutrition, supportive services, workforce development to strengthen our health workforce serving older adults and the preservation and expansion of residential care options. Our federal government has played a critical part in supporting these pro-




Senator Dave Cortese, representing California Senate District 15.

Photo courtesy of sd15.senate.ca.gov

grams through COVID-19 relief dollars.

While we have a healthy budget outlook this year, we must continue to remain fiscally prudent to prepare for tighter budget years ahead. A responsible budget can address our most fundamental needs without sacrificing our economic integrity.

These are challenging times we are all navigating and, as your State Senator, I want you to know that my door is always open to you. Throughout this budget process, I hope to hear from you about your priorities so that we can meet this moment together. Thank you.




Get Your Taxes Done for Free – AARP Tax-Aide

The AARP Foundation Tax-Aide program will be partnering with SASCC again this year to provide free tax preparation at the Saratoga Senior Center. AARP Tax-Aide is a nation-wide organization of over 35,000 IRS-certified volunteers. We have a special focus on taxpayers who are over 50 and have moderate income, but the service is free to everyone.

To stay COVID-safe this year, we will be using a drop-off model for tax preparation. **The Tax-Aide volunteers will be on-site at Saratoga Senior Center every Thursday, from 8:30 a.m. - 1 p.m., starting February 10. The last day to book an appointment will be Thursday, April 14, 2022.**

Taxpayers will drop-off their tax documents at their appointment time and then wait on-site while a Tax-Aide volunteer prepares their federal and state tax returns. After reviewing with the taxpayer, the Tax-Aide team will e-file the returns. More information about the process will be provided when appointments are made. To make an appointment, please call the SASCC team at 408-647-9023.



Free tax assistance for those who need it most

Letters to the Editor

Hi,

I heard your comments in tonight’s Saratoga City Council meeting and I would like to add my voice to the general consensus expressed in the meeting by almost all the residents that gave their comments.

The basic request from our Saratoga residents is to slow down the process, and consider more sites in the proposal to help better distribute the increase in housing across the city.

I attended both the January 19 and the January 10 council meeting, and I share the frustrations expressed by many that the Council has not done much in response to our feedback except play shell games with the limited sites proposal, instead of considering adding more sites.

Spending more time evaluating this proposal may also allow us to open up to other creative possibilities, or challenge some of the initial restrictions the Council decided on based on initial feedback from surveys they sent out. I think the Council should not assume the initial surveys reflect the majority of Saratoga residents, as based on the voices heard in these Council meetings, many did not participate in those surveys (including myself).

By the way, thank you for dedicating an issue of Outlook to this housing element issue. This has such a disruptive impact on Saratoga's future, regardless of how we divvy up adding 1700+ homes to this city.

As Councilmember Kumar expressed, we are set up for failure. There’s no practical way Saratoga can add that many homes in the next eight years, regardless of how much we pull our hair out trying to figure out site candidates. That then translates into SB-35 kicking in, and then all this effort will be moot. Developers and the state will be able to build at their whim, with no local say.

Please include information in your Outlook special edition about the petition on an amendment that will wrestle control back to local city government over the state, and any events being organized to raise further awareness and support for this petition. Thank you.

- Han, Letter to the editor submitted January 20, 2022

My name is Ellis Hung, Homeowners Association president of Saratoga Courtyard in the Gateway area.

Our board is closely working with other HOA board members (like Oak Creek/Atrium...) and residents in the Gateway area against the current unfair & biased-high density housing proposal.

Our requests to the City council are:

1) Offer higher transparency to all residents in the process of opportunity site selection, not arbitrarily allocating new housing unit numbers to a few opportunity sites like Gateway around 1:30 a.m. at the January 10 council meeting while most residents slept.

2) Be open-minded to consider all possible opportunity sites.

3) Be fair and distribute the required units more evenly across Saratoga.

The council’s focus on putting most new housing units in the relative low-income and high density area like Gateway/Saratoga Ave/Prospect area is surely creating more social division and conflict between different communities inside Saratoga. This is not what Saratoga residents want.

Regards,
Ellis Hung, HOA President,
Saratoga Courtyard
Letter to the editor submitted January 20, 2022

Editorial note: After heavy public input from Saratoga residents during the January 10 special Saratoga City Council meeting, the January 19 regular council meeting, and another special meeting on January 20, the council voted to delay finalizing the city’s opportunity site list for future housing developments. The city had originally planned to finalize its site list by January 19 to include in its Housing Element update, so it could begin its Environmental Impact Review (EIR). Discussion on sites will continue on February 16 at 5 p.m. See page 8 for meeting info. Stay tuned for a comprehensive story on this matter in the March Outlook.

INTERESTED IN BEING A CAREGIVER?



WE ARE HIRING!

SASSS is hiring Caregivers/Program Assistants for the Saratoga Adult Day Program.

Duties include but are not limited to:

- Conducting daily activities/programs
- Assisting participants in each activity when needed
- Bathroom assistance
- Assisting with serving meals

If you'd like to learn more about this position, or to apply, please email Raj Kaur at 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!

Note: All letters to the editor are subject to edits by our editorial board for clarity, conciseness, style, and ethics.

SEND YOUR LETTERS TO OUTLOOK@SASCC.ORG



THE OUTLOOK PRESENTS

SASCC TALKS

WITH DAVE CORTESE

CALIFORNIA SENATOR, DISTRICT 15



TOPICS OF DISCUSSION:

- Senator Cortese's Background
- SB9 & Housing
- Senior Issues
- Q&A

**FEB. 15,
6-7:30 P.M.**

REGISTER AT:

tinyurl.com/sascctalkswithdavecortese

SUBMIT QUESTIONS IN ADVANCE:

outlook@sascc.org



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Stay informed - February & March

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

In-person meetings are beginning to resume, while online Zoom meetings and calling in continues to be an option for community members. Meeting places, Zoom links and call-in information are contained in each respective meeting agenda. Agendas are typically uploaded the Friday before the respective meeting. Please note, all council, commission, and committee meetings are subject to change or cancellation. Check the meeting links prior to each meeting or call your local town clerk for questions. Saratoga City Clerk’s office: 408-868-1216 / Los Gatos Town Clerk’s office: 408-354-6834



Saratoga

City Council Housing Element Study Session: Feb. 16, 5 p.m.

The City Council will hold a Housing Element Study Session to provide direction to staff on housing opportunity sites, policies, and programs on Wednesday, February 16 at 5:00 p.m. After providing direction on sites, distribution of units, policies, and programs, environmental review of the Housing Element will begin. Use the following information to join the meeting using Zoom or by calling in:

Webinar URL: www.us02web.zoom.us/j/82657708620
Webinar ID: 826 5770 8620
Call In: 1-408-638-0968 or 1-669-900-6833

Youth Commission: Feb. 22, 7-10 p.m.
View agenda and meeting info at: www.saratoga.ca.us/337/Youth-Commission

City Council: March 2, 16, 7 p.m.
View agenda meeting info at: www.saratoga.ca.us/241/City-Council

Heritage Preservation Commission: March 8, 8:30 a.m.
View agenda and meeting info at: www.saratoga.ca.us/285/Heritage-Preservation-Commission

Parks and Recreation Commission: March 8, 6:30-8:30 p.m.
View agenda and meeting info at: www.saratoga.ca.us/364/Parks-Recreation-Commission

Planning Commission: March 9, 7 p.m.
View agenda and meeting info at: www.saratoga.ca.us/357/Planning-Commission

Traffic Safety Commission: March 10, 6:30-9:30 p.m.
View agenda and meeting info at: www.saratoga.ca.us/329/Traffic-Safety-Commission



Los Gatos

Complete Streets and Transportation Commission: Feb. 10, March 10, 7:30 a.m.

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

Finance Commission: Feb. 14, March 14, 5-6 p.m.
View agenda and meeting info at: www.losgatosca.gov/2643/Finance-Commission

Town Council: Feb. 15, March 1, 15, 7 p.m.
View agenda and meeting info at: www.losgatosca.gov/16/Town-Council

Arts and Culture Commission: Feb. 16, March 16, 4 p.m.
View agenda and meeting info at: www.losgatosca.gov/352/Arts-and-Culture-Commission

Housing Element Advisory Board: Feb. 17, March 3, 7-9 p.m.
View agenda and meeting info at: www.losgatosca.gov/1735/General-Plan---Housing-Element

Community Health and Senior Services Committee: Feb. 22, 5 p.m.
View agenda and meeting info at: www.losgatosca.gov/2398/Community-Senior-Services

Historic Preservation Committee: Feb. 23, 3-4:30 p.m.
View agenda and meeting info at: www.losgatosca.gov/190/Historic-Preservation

General Plan Committee: Feb. 23, March 9, 5:30-6:45 p.m.
View agenda and meeting info at: www.losgatosca.gov/199/General-Plan-Committee

Planning Commission: Feb. 23, March 9, 7-11:30 p.m.
View agenda and meeting info at: www.losgatosca.gov/189/Planning-Commission

Senior Service Committee: Feb. 28, 5 p.m.
View agenda and meeting info at www.losgatosca.gov/2719/Senior-Service-Committee

Talk of the Town & Village: Tandem Cyclists cruise around town



Will and Lynn Von Kaenel on their tandem bicycle in downtown Los Gatos. Photo by Dinah Cotton

By Dinah Cotton

From enjoying the Yosemite Valley with their kids in tow, to cycling up to San Francisco to meet friends for an elegant supper, to riding around Los Gatos, now with the dog in tow on Sundays, Lynn and Will Von Kaenel pedal together—in tandem! We all know how hard it can be to schedule and to fit in time for each other. The Von Kaenels do just this, in style, on their tandem bicycle. It’s a great way to get outside, get some exercise, get somewhere, and have conversations

along the way! Will is the captain in the front seat; he navigates and makes the wide turns. Behind Will sits Lynn in the “spoke” position. When their kids were young, they sat in the basket behind Lynn. Now that the kids are grown, the family dog hitches a ride in the basket. When their kids were small and would become fussy, Lynn and Will would put them into the basket and hop onto their tandem bicycle. Even just riding around the neighborhood, the kids would relax or fall asleep. Lynn and Will

could have a conservation and get some exercise. Tandem cycling means having fun together, and if you are both peddling in the same direction, it’s easy to stay in sync. There are tandem clubs that travel together and tandem bicycles for sale on eBay. If you see them around town, just give them room as they cruise by, knowing that they are enjoying a conservation and each other, and heading toward their destination, together. Tandem: a group of two people or things that work together or associated with each other.

Planting a native garden is good for the world, the wildlife, and your water bill

By Lisa Wade,
Plant Based Advocates

Are you tired of spending your weekends mowing your water-thirsty grass and blowing leaves? Are you ready to make peace with wildlife foraging for food on your labor-intensive lawn?

Thankfully, there is an elegant way to save time and water, and reduce greenhouse gas emissions, noise pollution, and pesticide use while co-existing with wildlife and nature.

According to the California Rural Water Association, more than half the water used in California households is for lawns. A native landscape saves money and eases the stress of water restrictions in drought-prone California. Indigenous plants have deeper roots than grass and anchor the soil, reducing runoff and erosion while also storing more carbon in the soil.

A native landscape reduces pollution from noise, water, and air. According to the Environmental Protection Agency (EPA), lawn maintenance equipment like lawn mowers and leaf blowers generate 5 percent of our country's greenhouse gas emissions. Instead of constant mowing and blow-

ing, you can simply sweep extra leaves onto your native landscape to provide rich mulch for your beneficial plants, helping to keep your neighborhood quiet and clean.

Native plants do not typically require fertilizers and pesticides that are regularly applied to lawns. Toxins from these treatments enter our environment, threatening the health of humans and animals alike. In addition, fertilizers are fossil fuel-based and run off into waterways where they eventually cause algal blooms, wreaking havoc on marine life.

Instead of battling to maintain an unnatural emerald lawn, we can work with nature, relying on the wisdom of indigenous plants that are pest-resistant and designed by nature to tolerate the weather and soil of the region. In addition, native plants provide important food and habitat for beneficial insects, birds, and mammals.

We are currently in the sixth mass extinction of species, with bugs being particularly vulnerable. This is mainly due to intensive agriculture, mostly growing and spraying crops to feed the animals we eat. However, urban

lawns also play a role due to the use of fertilizers and pesticides as well as leaf blowers that blow insects right out of their leafy homes. Insects serve as pollinators for our crops and food for other creatures, and they are master recyclers of nutrients. The web of life is fragile, and we cannot afford to lose vast populations of our insects. Our once-rich diversity of songbird species is also declining. Native plants have evolved to provide the perfect food and shelter for our threatened native wildlife.

Although artificial turf does save water, this petroleum-based product is barren and does not support beneficial birds and insects. It cannot store carbon and can leach chemicals into our environment.

So how can we create an environmentally-friendly landscape that supports life?

Some opt for a manicured look by creating a pleasing and ordered native landscape with wood chips as mulch.

Or, some follow the advice of Nancy Lawson in her book, *The Humane Gardener*, and "imitate natural growth patterns by adding sedges, grasses, and native groundcovers as green mulch among taller plants... The low leaf canopy will provide food and shelter for many species, giving rabbits a place to nest...."

A native landscape allows you to truly live in harmony with nature. You can even welcome gophers and moles who play an important role in keeping the soil aerated and balancing insect populations. Gopher mounds blend into the natural-looking environ-



Community Native Plant Pollinator Project on Jan. 29, 2022. Left to right: Plant-based Advocates Karen Rubio and Lisa Wade, Vice Mayor of Los Gatos Maria Ristow, and community project organizer Kevin Arroyo.

Photo courtesy by Lisa Wade

ment and are barely visible under shrubs.

If you are not yet ready to take the plunge, you can start slowly, perhaps replacing some exotic plants with natives. You could also reduce the size of your lawn by replacing part of it with native groundcover.

A few beautiful native plants you may have heard of are coast live oak trees, California fuchsia, golden currant, and purple needlegrass.

Saratoga resident and past chapter president of the California Native Plant Society Madeline Morrow says, "I love California's landscapes, plants, and animals, and I want the piece of California I am responsible for to nurture our unique flora and fauna."

To get started, Madeline recommends www.calscape.org.

"Their Planting Guide is a great introduction to native plant gardening," Morrow said. "They have useful information for almost any native plant, and places to buy it."

Madeline's yard will be part of the Growing Natives Garden tour on April 2-3, put on by the California Native Plant Society Santa Clara Valley chapter in collaboration with Santa Clara County

Master Gardeners. Visit www.gngt.org for more information.

"We're back in person this year," Morrow said. "Fingers crossed!"

"Biodiversity worldwide is collapsing," says Los Gatos resident Kevin Arroyo, who organized a project to create a critical pollinator habitat by planting natives on a neglected strip along Los Gatos Almaden Road. To find out more or to volunteer, contact Kevin Arroyo at communitygardenlg@gmail.com.

Lisa Wade grew up in South Africa where she developed a deep respect for wildlife. She serves as president of Plant-Based Advocates, a Los Gatos-based nonprofit encouraging a shift toward sustainable, plant-based eating. Learn more at www.plantbasedadvocates.com.

This article contains the views and opinions of the authors and does not represent those of The Outlook or SASCC. While we strive to give everyone an equal voice, there may be rare instances when readers find some content disagreeable or lacking adequate context. To submit feedback or questions to our team, please email outlook@sascc.org.



"Manzanitas really identify your yard as a California garden." *Photo by Madeline Morrow*

Feldenkrais is now back in person at SASCC

The Feldenkrais Method® of somatic education is a powerful and revolutionary approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility into every aspect of your life. Developed by Dr. Moshe Feldenkrais, the Feldenkrais Method has helped millions of people worldwide.

Michele Westlaken has been teaching Awareness Through Movement since 2010. Her love of movement began on ice as a figure skater growing up in Canada and her observational skills were honed in Art School. Her training as a Montessori teacher informs her sense of developmental theory and her passion for mindfulness and Self Care are in the foreground of the lessons she presents.

The movements are gentle, accessible and appropriate for anyone who is interested in learning. They will help you to Feel Better.

Class is \$10/per session. SASCC membership is \$30/year. Visit www.sascc.org/sascc-membership to sign up today!



Helping people hear: nonprofit offers discounted hearing healthcare to those in need



Dr. Clark and Dr. Baxter helping an older patient with his hearing aids.
Photo courtesy of Pacific Hearing Connection

By Brandy Maddox,
Managing Editor

Hearing aids are expensive; the average price for a good pair ranges from \$1,000 to \$6,000. For those who can't afford them or who's insurance won't cover them, this can mean not having the precious ability to hear. Pacific Hearing Connection, a Los Altos-based nonprofit, offers discounted hearing aids to the underserved and underinsured in exchange for them doing community service in their communities as part of a model called "Circle of Giving."

co-founders of Pacific Hearing Connection, Dr. Debbie Clark and Dr. Jane Baxter, said that they ask their patients to give back to the community by donating their time and talent through community volunteer hours. "This is our way of saying 'thank you' to our supporters and donors, but we've found giving back means just as much to our patients," Clark said. "Hearing loss often leads to isolation and a feeling of being cut-off socially. When our patients get out into the community to help others, they let us know how much it has meant to them to be a part of the action. They often

volunteer much longer than their suggested hours. I've also received positive feedback from the organizations served, too, making it a win-win for everyone." Untreated hearing loss not only makes it more challenging to live a comfortable life, it can also lead to worse health crises. A National Institute of Health study showed that untreated hearing loss leads to sadness, depression, isolation, emotional insecurity, and even reduced income. Studies by Frank Lin, M.D. of Johns Hopkins and others indicate a strong association between early cognitive decline and untreated hearing loss. Clark and Baxter said hearing loss can also increase risk of falls, that low frequency hearing loss may indicate an elevated risk of heart disease and stroke, and that over 100 classes of drugs commonly used in the U.S. can damage the inner ear. Inspired to help alleviate these issues for the Bay Area's peninsula and surrounding areas, Clark and Baxter founded Pacific Hearing Service in 1977, the for-profit arm of Pacific Hearing Connection. But Clark and Baxter felt compelled to

help those that often "fall through the cracks" and can't access hearing help due to lack of insurance or low income, so they started the nonprofit arm in 2016. "Most of us became audiologists because we wanted to help people," Baxter said. "We were fascinated with how technology, science, and psychology come together in one profession to change people's lives for the better. But, as with any profession, it is easy to get so caught up in the nuts and bolts of daily practice that we lose sight of our 'why.' One day a business consultant, responding to our complaints about our frustrations with Medi-Cal, suggested we start our own non-profit. This piqued our interest. What if we could provide access to excellent hearing aid technology and service to people who are falling through the cracks? Suddenly our 'why' was reignited." Pacific Hearing Connection serves patients of all ages, from children, to older adults and everything in between. Sometimes, due to health considerations or other life situations, patients are unable to give back by volunteering. In such cases, the organization

allows for a loved one, friend, or other person to complete the patients' volunteer hours on their behalf, or asks that the patient think about everyday acts of kindness they can give freely. "For most, it's rewarding to give as well as receive," Clark said. While the organization is located in Los Altos, it serves residents all across the Bay Area, including in Saratoga and Los Gatos. If you or someone you know are underserved or underinsured and are in need of hearing healthcare, visit www.pacifichearing-connection.org to learn about becoming a patient. If you'd like to volunteer for or donate to Pacific Hearing Connection, or an organization you know of has volunteer opportunities that patients can give back to, call 650-434-2181 or email: contact@pacifichearing-connection.org.

**All links in this article do not contain hyphens. If typing the link or email manually, please type the entire URL without any hyphens.*

Recipe to try: Strawberry Truffles

By Maddy Hubb, *Saratoga High School student*

- Ingredients:**
- 2 cups of frozen or fresh strawberries
 - 1 cup of freeze dried raspberries
 - 3/4 cup of coconut flour
 - 1 cup of vegan chocolate chips (such as Lily's Dark Chocolate Chips.)
 - Coconut oil (optional)

- Directions:**
1. If you are using frozen strawberries, place them in a microwave safe bowl for 2-3 minutes to soften them.
 2. Blend the strawberries into a purée.
 3. Add freeze dried raspberries to the purée and blend again.
 4. Place the purée mixture into a bowl, and combine the coconut flour. Stir until you get a thick dough.
 5. Roll dough into 12 balls and place them in a refrigerator or freezer for at least 1 hour so they can harden.
 6. Melt chocolate chips. You can add 1 teaspoon of coconut oil to make the chocolate easier to spread over the dough.
 7. Dip each ball into the chocolate mixture and place on a wax lined plate to set. Place the plate in the fridge for 10 minutes to allow the chocolate to harden.
 8. Enjoy!

Note: You can crush the dried raspberries and sprinkle it on top right after coating the balls in chocolate to add decoration.



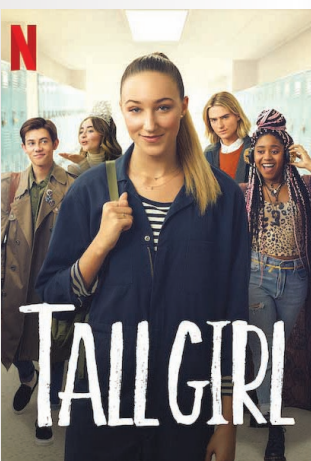
Bored at home? Streaming now on **NETFLIX**



Sweet Magnolias, Season 2 (2020-)
Three South Carolina women, best friends since high school, shepherd one another through the complexities of romance, career, and family.

Stars: JoAnna Garcia Swisher, Brooke Elliott, Heather Headley

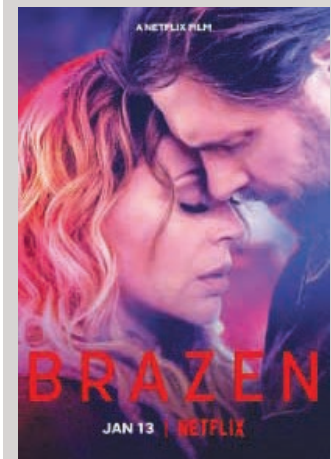
TV Series | Drama, Romance



Tall Girl & Tall Girl 2 (2019 & 2022)
Jodi, the tallest girl in her high school, has always felt uncomfortable in her own skin. But after years of slouching, being made fun of, and avoiding attention at all costs, Jodi finally decides to find the confidence to stand tall.

Stars: Ava Michelle, Griffin Gluck, Sabrina Carpenter

TV-PG | 1h 41min | Comedy, Drama, Family



Brazen (2022)
When her sister is killed and her double life as a webcam performer is revealed, Grace ignores the warnings of a cool-headed detective and gets involved in the case. *Based on the novel Brazen Virtue by Nora Roberts.*

Stars: Alyssa Milano, Sam Page, Malachi Weir

TV-14 | 1h 34min | Drama, Crime, Mystery



Home Team (2022)
The story about New Orleans Saints head coach Sean Payton coaching his son's 6th grade football team, when Payton was suspended for the entire 2012 season as a result of his role in the Saints' Bountygate scandal.

Stars: Kevin James, Taylor Lautner, Rob Schneider

PG | 1h 35min | Comedy, Sport

Playing near you:

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



Death on the Nile, PG-13
While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress. **May show at AMC-Saratoga and Oakridge only. Releasing Feb. 11.**

Stars: Kenneth Branagh, Gal Gadot, Tom Bateman
Crime, Drama, Mystery



Dog, PG-13
Two former Army Rangers are paired against their will on the road trip of a lifetime. Briggs (Channing Tatum) and Lulu (a Belgian Malinois dog) race down the Pacific Coast to a fellow soldier's funeral on time. **May show at AMC-Saratoga and Oakridge only. Releasing Feb. 18.** *Stars: Channing Tatum, Q'orianka Kilcher, Kevin Nash*
Comedy



Moonfall, PG-13
A space crew travels to the moon after it's struck by an asteroid and is sent on a collision course with Earth.

Stars: Halle Berry, Patrick Wilson, John Bradley

Action, Adventure, Fantasy



Uncharted, PG-13
Street-smart Nathan Drake is recruited by seasoned treasure hunter Victor "Sully" Sullivan to recover a fortune amassed by Ferdinand Magellan and lost 500 years ago by the House of Moncada. *Stars: Tom Holland, Sophia Ali, Mark Wahlberg*
Action, Adventure

PRUNEYARD CINEMAS
(408) 717-4712
1875 S. Bascom Ave., Campbell, CA 95008

Masks are still required, regardless of vaccination status, except when eating or drinking.

AMC - SARATOGA
(408) 871-2277
700 El Paseo De Saratoga, San Jose, CA 95130

Masks are required for everyone regardless of vaccination status, except when eating or drinking.

CINEMARK - OAKRIDGE
(408) 225-7340
925 Blossom Hill Rd., San Jose CA 95123

Masks are required for everyone regardless of vaccination status, except when eating or drinking.

SASCC Book Club
meets via Zoom on the 3rd Tuesday
of every month at 2 p.m.!

On February 15, they're discussing: **American Dirt by Jeanine Cummins**

In a book both timely and prodigiously readable, Cummins offers an unrelenting and terrifyingly you-are-there account of a Mexican mother and son fleeing to America after cartel violence takes their entire family.... An important book.
- Barbara Hoffert, Library Journal



You Can Take It With You!

YOUR PROPERTY TAX BASE PROP 19 EXPLAINED

Are you dreaming of moving to Carmel or San Diego or Santa Barbara or Napa Valley or Lake Tahoe but think you can't afford it because your property taxes will go through the roof?

Well, think again!!

Do you want to be closer to the beach? Or closer to family? Children? Grandchildren?

Now you can move closer to the things you love and still pay the same property tax you pay now.

As of April 1, 2021, if you are 55 years of age or older you can transfer your property tax base from your current house to another house anywhere in California with almost no restrictions.

If the house you live in now is considered your "primary residence" and the house you will purchase is also going to be used as your "primary residence", you can buy another house regardless of the purchase price. As long as the transfer is completed within two years of the sale of your current home you can

transfer your current property tax base to another property with no questions asked. And to sweeten the deal, you can move your current property tax base up to 3 times without penalty or any change in your current rate.

It doesn't matter how low your current tax base is. You can sell your house and move your current property tax base from here to a home in any city and any county – anywhere your heart desires in the state of California.

If you'd like to learn more about California Proposition 19 (officially the "Home Protection for Seniors, Severely Disabled, Families and Victims of Wildfire or Natural Disasters Act") please feel free to call us. We'd love to hear from you. Or you can go to www.BrianAndDan.com, search "Prop 19" to read our blog post. It provides all the information you could possibly need to understand all the details regarding Prop 19, including answers to Frequently Asked Questions.

Oh, by the way...please feel welcome to call us with questions. We are available to speak with you on the phone or come take a look at your house in person.

We're here to help YOU!

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



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