

The West Valley OUTLOOK

a vision for our Age Friendly communities



OCTOBER

Vol. 2022, Issue 09



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World-renowned musician Saul Dreier to hold a celebration of life concert in Los Gatos

By Sophie Weinzimmer, Outlook Contributor

Saul Dreier's message is that no matter what challenges or even tragedies arise in your life, and no matter how old you are, new and exciting chapters in your journey can open up!

Saul is a 97-year-old Holocaust survivor, cancer survivor, stroke survivor, and widower. Though his youth was stolen, he lives with the motto, "There is no day that I won't enjoy my life."

Saul is the founder of The Holocaust Survivor Band, which performs around the world to sold-

out audiences, including an appearance at the prestigious Kennedy Center Millennium Stage in Washington, DC. He recently entertained the troops in the Israeli Army!

The band summons bittersweet memories of Klezmer and Eastern European Music. It aspires to memorialize those who perished in the Holocaust, but focuses on the celebration of life. When not touring, Saul runs a foundation, has DJ gigs, and visits classrooms sharing his life's lessons and thoughts on antisemitism.

When Saul was 91 years old, the documentary, "Saul and Ruby's Holocaust Survivor Band" was



Saul Dreier is known for engaging his audience through his captivating style.

Photo courtesy of Saul Dreier

produced by Academy-Award-winning writer, director, and producer Tod Lending. It has been a staple at Jewish Film Festivals internationally. Netflix had offered it at one time, but it can now be viewed on Amazon's

streaming service Freevee or YouTube.

Saul originally founded the band with the intention to make enough money to travel back to Poland, where he had

see CELEBRATION pg. 3

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Two local high school seniors spread a love for STEM to girls around the world

By Brandy Maddox, Managing Editor

When two West Valley students, Stuti Agarwal and Riya Gupta, started their competition math journey in 4th grade, they immediately noticed something was missing.

"In a room of 500 competitors, there would often be less than 80 girl competitors," said Stuti, a senior at Saratoga High School.

As they started to participate in other STEM competitions throughout middle school, they consistently noticed the same trend.

A few years later, the pair decided to found STEMPower4Girls, a 501(c)(3) non-profit with



The two founders of STEMPower4Girls, Stuti Agarwal of Saratoga High School (left), and Riya Gupta of Harker School (right).

Photo courtesy of Neelam Agarwal

a mission to introduce STEM to young girls and provide them with support and motivation.

"At first, we did not think what a large impact STEMPower4Girls could have," said Riya, a senior at Harker School. "We worked with local middle school girls and held weekly STEM workshops

for them hoping to encourage them to enter STEM competitions and pursue STEM later down the road."

They held online workshops on topics such as counting and probability, Java and python programming, and labs on extracting

see STEM pg. 6

Local mentorship program gives scholarships to seven college-bound students

By Jane Ogle

Pursuit of Excellence-South Bay has awarded scholarships to seven students from Los Gatos High School, Lincoln High School, and Pioneer High School. These college-bound students were selected from over 30 applicants seeking the financial aid and mentorship that POE-South Bay provides to its scholars throughout their college careers.

"We are interested in supporting first-generation, low-income, college-bound students who have shown the commitment, drive, and community involvement that will help them succeed in college,"

said Rosemary Rossi of Los Gatos, president of POE-South Bay.

"We are focused on the good student, who has worked hard, been involved in community activities, maybe worked as well, and who would benefit from both our financial support and our mentors," explained Donna Guldemann of Saratoga, the POE-South Bay co-founder. "Our scholarships range from \$2,000 to \$5,000 per year depending on the student's need."

This year's recipients are: **From Los Gatos High School**

- Michaela France who will attend

see SCHOLARSHIP pg. 3

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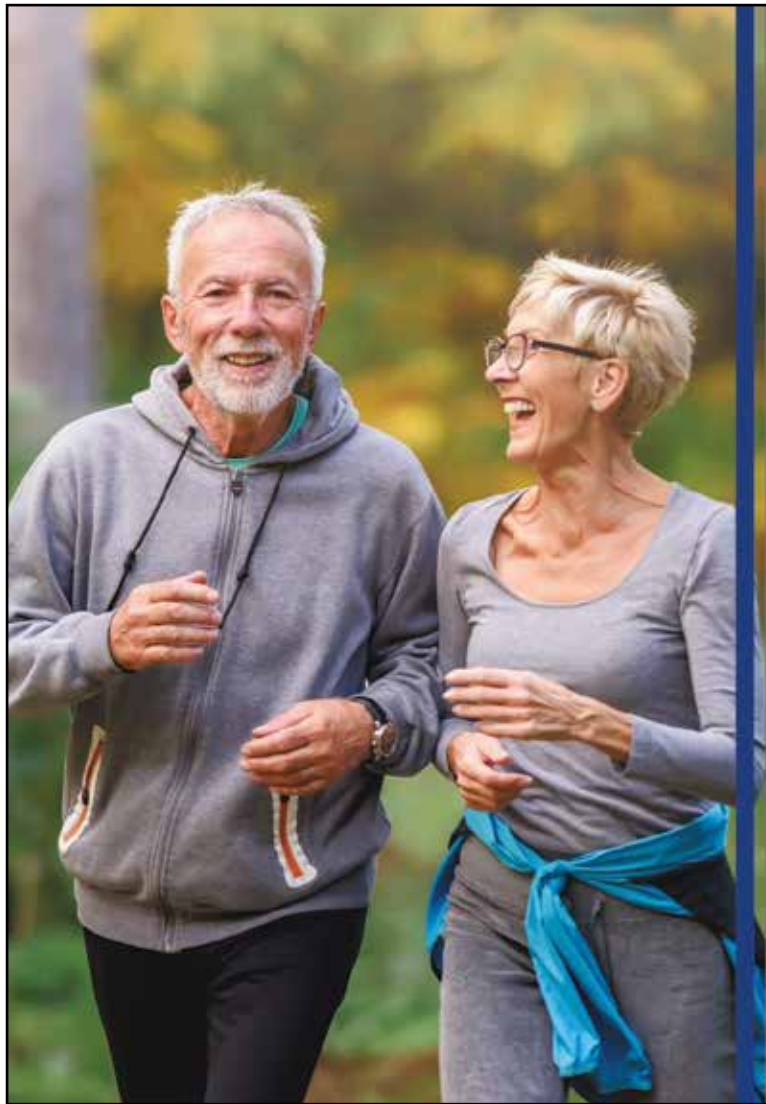
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Annual Saratoga Citywide Scarecrow Competition is back!

By **Brandy Maddox and Kelly Medrano**

The cool breeze this time of year is the scarecrows' signal to come out and show themselves in celebration of the autumn spirit!

The Saratoga Chamber of Commerce and the Saratoga Area Senior Coordinating Council (SASCC) invite all Saratoga residents, businesses, schools, and organizations to participate in our 3rd Annual Citywide Scarecrow Competition. Scarecrows from businesses and organizations will be displayed in the Historic Saratoga Village from October 1-31, and residents are encouraged to place their scarecrows in their own front yard.

Participating is simple. Gather the family for some artistic fun, get creative yourself, or engage your students or colleagues by making a

homemade scarecrow. Store-bought scarecrows will not be entered into the competition. To learn how to make a homemade scarecrow, visit: tinyurl.com/howtomakeascarecrow.

New this year, scarecrows will be judged by a committee at the end of October. Please see below for the competition deadline if you would like your scarecrow to be included in the judging.

Four categories for awards:

1. Scariest Scarecrow – Prize a \$50 gift card for a Saratoga restaurant of your choice.
2. Funniest Scarecrow – Prize a \$50 gift card for a Saratoga restaurant of your choice.
3. Most Creative Scarecrow – Prize a \$50 gift card for a Saratoga restaurant

- of your choice.
4. Best Organization/School Scarecrow – Gift basket (value \$50)

To enter the competition, submit a photo to info@saratogachamber.org no later than October 21 at 4 p.m.

Please provide the following information with your photo:

- Email Subject: 2022 Scarecrow Competition Entry
- Name
- Phone number
- Email address
- The category you would like your scarecrow to be judged

Be sure to bring the family and visit the Saratoga Village this October to enjoy all the scarecrows. Let the Saratoga Fall Festivities begin!



Outlook Disclosure:

The Saratoga Area Senior Coordinating Council (SASCC) is a registered 501(c)(3) nonprofit organization, founded in Saratoga in 1979. The Outlook is our monthly publication. We are funded by a mixture of income from services, donations, and grants from community foundations and governmental bodies.

The Outlook is distributed monthly to every home in Saratoga and Los Gatos. Our publication, like our organization, is nonpartisan and strives to provide an equal voice to all in the communities we serve. We allow submissions from a variety of entities and individuals. Opinions expressed in The Outlook are not necessarily a reflection of the opinions or mission of SASCC. The views contained herein are intended to be reflective of our community, therefore we encourage all feedback and comments from our readers. We take all feedback seriously and will always do our best to incorporate it into our finished product.

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

Saul inspires his audiences through music to live our best lives

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CELEBRATION pg. 1

endured being a prisoner in a concentration camp, and where he tragically lost his family. He wanted to show the world through music that life continues on, and that the atrocities of the war did not diminish his spirit. He hopes and prays for a better world filled with tolerance. Poland still continues to invite him back often, and rolls out the red carpet for the band.

Saul reminds us that music is the universal healer. When he finishes a

“There is no day that I won’t enjoy my life.”

- Saul Dreier

performance, he requests that the audience show their appreciation by shouting in unison, “Never Again!”

Don’t miss this wonderful opportunity to see Saul performing with the local band “Hot Kugel” in a moving and joyful concert on Sunday, October 23 at 4

p.m. at The Addison-Penzak Jewish Community Center, located at 14855 Oka Road, Los Gatos 95032. The evening will open with an intimate interview, and is hosted in partnership with the Silicon Valley Jewish Film Festival. Tickets are \$18 and will benefit the Jewish Silicon Valley Holocaust Remembrance Association. For questions and information, please email mayat@jvalley.org

To purchase tickets, visit tinyurl.com/sauldreierjcc or scan the QR code on the right! ----->>>



Saul Dreier practicing in his Florida condo.

Photo courtesy of Saul Dreier



Pursuit of Excellence-South Bay supports local scholars

continued from
SCHOLARSHIP pg. 1

Sacramento State University and plans to major in nursing.

From Lincoln High School

- Adriana Herrera who will be attending West Valley Community College for a three-year pre-architecture program with plans to transfer.
- Beleny Quiroz who will attend Santa Clara University and plans to major in computer science.
- Jaziel Trujillo who

will attend San Jose State University and plans to major in engineering.

From Pioneer High School

- Eman Abdella who will attend UC Santa Barbara as a zoology major with plans to become a veterinarian.
- Mahsa Ileslamlou who will attend UCLA to major in computer science.
- Kevin Cuellar who will attend San Jose State University majoring in business.

Founded in 2015, POE-South Bay is an all-volunteer scholarship and mentorship program that has supported more than 45 students. Each student receives a scholarship for every year of their college career, and is paired with a mentor who helps their student navigate the challenges of college. POE-South Bay focuses on helping its scholars complete college with as little debt as possible. With the support of their mentors, POE Scholars find summer jobs and internships, select classes



From left to right: Kevin Cuellar, Michaela France, Adriana Herrera, Mahsa Ileslamlou, Eman Abdella, Beleny Quiroz. Not shown: Jaziel Trujillo.

Photo courtesy of POE-South Bay

that will satisfy their graduation requirements, and learn to manage their time to be successful in college. POE-South Bay is

proud of its high college graduation rate and of its ability to use all but 2% of its donations to support the students.



HOW DO YOU KNOW WHEN IT'S TIME TO HANG UP THE KEYS?

When it comes to safe driving, it's not age but ability that matters, according to the Administration on Aging. Be aware of your changing abilities.

IT MAY BE TIME TO SEEK TRANSPORTATION SUPPORT WHEN ANY OF THE FOLLOWING OCCUR:

- Familiar places become difficult to locate.
- You feel unsafe on the road.
- Your health care provider has encouraged you to restrict or stop driving.
- You've had several moving violations, near misses or actual crashes.
- You find yourself inadvertently drifting into other lanes.
- You feel anxious or confused by the presence of other drivers.
- You have difficulty reading road signs.
- Medicine you take makes you feel sleepy or dizzy.
- Other drivers honk at you frequently.
- Police, family, or friends have expressed concern about your driving.



Akhila, RYDE client



Do you or someone you know need support with transportation? Contact RYDE today. RYDE is available to residents ages 65+ living in Saratoga, Los Gatos, Monte Sereno, Cupertino, Campbell, some areas of San Jose, and Morgan Hill. Visit rydesc.org.



RYDE@SASCC.ORG

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News briefs

Los Gatos

Earthquake brace and bolt program

Are you ready for "The Big One?" Right now, more than 1.2 million homes in high-seismic-hazard areas of California are particularly vulnerable to earthquake damage because of the way they were constructed.

The Earthquake Brace + Bolt (EBB) program offers eligible homeowners grants up to \$3,000 to help offset the cost of seismic retrofits that brace the cripple walls of older homes, when present, and bolt the houses to their foundations. Income-eligible homeowners also may apply for supplemental grants that could provide up to 100 percent of the retrofit costs.

Homeowners can apply for grants online during the registration period, which extends from October 18 through November 29, 2022. Thanks to additional funding from FEMA that is administered by Cal OES, EBB grants will be available to homeowners in 521 ZIP Codes this year. To date, more than 17,000 Californians have retrofitted their homes with grant funding from EBB.

Learn more, find out if you qualify, and register at EarthquakeBraceBolt.com.

Town awards 'Innovation Grants for Community Members'

The Town of Los Gatos announced the recipients of its Innovation Grants for Community Members. These mini-grants of \$1,500 each are awarded to individual community members, students, and neighbors to assist in implementing a new idea or innovation that would benefit and enhance the community.

This year's recipients are:

- Tom Picraux, to create a new organization from scratch dedicated to creating fund-raising strategies to assist senior citizens in Los Gatos.
- Heather Shaw, working with disabled and non-disabled artists and dancers, to create a disability arts community film project titled "Telephone," transforming community perspectives on accessibility and inclusion.
- Farah Tavana, working with Adalyn Stefani, and Preston Wysocki, to create a leadership club to promote positive public speaking skills for youth through public speaking opportunities and resources.
- Lilli Valencia, working with Jenifer Colson, Deborah Ross, Jennifer Lambert, Kerry Tranduc, and Jennifer DeWinter, to engage community members at pop up locations to create clay "touchstones" with positive messages that are given out, or left to be found, with the intention of spreading joy to other community members.

Happy Hour for adults 55+ at The Palms

The Los Gatos Senior Services Committee and The Palms Restaurant invite you to "First Fridays," a happy hour exclusively for older adults ages 55+. Bring your friends, make new friends, and most importantly, have fun!

First Fridays are held October 7, November 4, and December 2 from 4-5:30 p.m. at The Palms Restaurant located at 115 N. Santa Cruz Ave. Admission is \$15 per person.

Saratoga

Loving Your Aging Parents Well - October 16

Saratoga Federated Church hosts a peer-led support group focused on sharing success and challenges of caregiving for our parents. The next monthly meeting will be held on Sunday, October 16, from 4-5:30 pm in the Care Center at Saratoga Federated Church, located at 20390 Park Pl. Contact the care team at care@saratogafederated.org for more information.

Celebrate Halloween in the Saratoga Village

The annual Witchy Walk-A-Bout is scheduled for October 29 from 2-4 p.m. in the Saratoga Village. Enjoy trick-or-treating at the Village businesses, a balloon artist, and the scarecrows lining Big Basin Way. The Saratoga Village Development Council began the Witchy Walk-A-Bout 20 years ago. Except for the two pandemic years, the event has gone on without fail. If you'd like to volunteer, contact Jill Hunter at jshuntercc@gmail.com.

Dinner series to foster communication and understanding

"Table Talks: Get to Know Your Neighbor Dinners" is the passion project of a small group of volunteers that want to grow positive relationships and interactions, who believe there is no better way to foster relationships than by sharing a meal.

Hosted by Prince of Peace Lutheran Church, Table Talks entails a short (approximately 20 minute) presentation from the featured speaker of the month. After the presentation, a vegetarian meal will be provided. There will be facilitated discussions at the table about the presentation. On November 2 from 6-7:30 p.m., hear from Terrance Hunter, President/Director Empowering the Fatherless. Terrance was raised in a fatherless home and has personally suffered the effects of fatherlessness. He founded Empowering The Fatherless to embrace, support and empower the fatherless by equipping them with life skills, effective communication/speaking skills, and financial skills, so that they may realize the benefits of living a well-rounded and fulfilling life.

Rabbi Jaymee Alpert of Congregation Beth David will speak on the Jewish experience in Silicon Valley. Rabbi Alpert joined Congregation Beth David in Saratoga as Senior Rabbi in the summer of 2018. She is passionate about Jewish life and strives to create a warm, inviting atmosphere, where people from all backgrounds are welcome, and all questions are valid. She cares deeply about interfaith, interdenominational, and community relations. The date of this event is to be decided.

Children will be offered a meal followed by supervised play time. Table Talks is held at Prince of Peace Fellowship Hall, located at 12770 Saratoga Ave. Registration is required. Visit www.propeace.org/tabletalks.html to learn more.

Santa Clara County

Who is connecting older adults in Santa Clara County?

To mark Digital Inclusion Month, the Santa Clara County Digital Inclusion for Older Adult Workgroup is sponsoring a fast-paced hour of five-minute digital presentations from local organizations that will highlight how they are helping to close the digital divide among older adults.

Details about substantial new funding from the state and the federal government available to promote digital inclusion among older adults in our county will be announced. Join in on October 26 at 10 a.m. Visit tinyurl.com/countydigitalinclusiononevent to register for this Zoom event.

Last Senior Safari of the season at Happy Hollow!

On October 27 from 9-10 a.m., visitors ages 50 and up are invited to take over San Jose's iconic Happy Hollow Park & Zoo for Senior Safari 2022, presented by Kaiser Permanente. Come feel like a kid again and enjoy animal meet-and-greets, fresh air and rustling trees, and a variety of activities. FREE admission and parking! Visit tinyurl.com/seniorsafari2022 or call 408-794-6400.

Stay informed - October/November

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

Heritage Preservation Commission: October 11, November 8, 8:30 a.m.

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

Planning Commission: October 12, November 9, 7 p.m.

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

Public Art Commission: October 12, 7 p.m.

View agenda and meeting info at:
www.saratoga.ca.us/510/Public-Art-Commission

PEBTAC (Trails Advisory Committee): October 18, 4-5 p.m.

View agenda and meeting info at:
www.saratoga.ca.us/350/PEBTAC-Trails-Advisory-Committee

City Council: October 19, November 2, 7 p.m.

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

Finance Committee: October 27, 3:30 p.m.

View agenda and meeting info at:
www.saratoga.ca.us/359/Finance-Committee

Parks and Recreation Commission: November 8, 6:30-8:30 p.m.

View agenda and meeting info at:
www.saratoga.ca.us/364/Parks-Recreation-Commission

Traffic Safety Commission: November 10, 6:30-9:30 p.m.

View agenda and meeting info at:
www.saratoga.ca.us/329/Traffic-Safety-Commission



Los Gatos

Finance Commission: October 10, 5 p.m.

View agenda and meeting info at: www.losgatosca.gov/2643/Finance-Commission

Development Review Committee:

October 11, 18, 25, November 1, 8, 10 a.m.

View agenda and meeting info at:
www.losgatosca.gov/188/Development-Review-Committee
Note: these meetings are often canceled. Please check the webpage for updates.

Conceptual Development Advisory Committee:

October 12, November 9, 4 p.m.

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

General Plan Committee: October 12, 26, November 9, 5:30 p.m.

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

Planning Commission: October 12, 26, November 9, 7 p.m.

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

Complete Streets and Transportation Commission: October 13, November 10, 7:30 a.m.

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

Town Council: October 18, November 1, 7 p.m.

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

Arts and Culture Commission: October 19, 4 p.m.

View agenda and meeting info at:
www.losgatosca.gov/352/Arts-and-Culture-Commission

Housing Element Advisory Board:

October 20, November 3, 7 p.m.

View agenda and meeting info at:
www.losgatosca.gov/1735/General-Plan---Housing-Element

Community Health and Senior Services Committee: October 25, 5 p.m.

View agenda and meeting info at:
www.losgatosca.gov/2398/Community-Senior-Services

Council Policy Committee: October 25, 5 p.m.

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

Historic Preservation Committee: October 26, 4 p.m.

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

Senior Service Committee: October 31, 5 p.m.

View agenda and meeting info at:
www.losgatosca.gov/2719/Senior-Service-Committee

Provided by tech savvy students

Zoomers teaching boomers

Customer

Calls & Classes?

Yes

Video Tutorials?

Certainly

Online chat?

Indeed

I'm sold! 🤖

Sign up here!!!
techmekid.com

Nonprofit STEMPower4Girls has educated over 1,000 students



Over 450 girls from India attended this STEMPower4Girls workshop.

Photo courtesy of Neelam Agarwal

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STEM pg. 1

DNA. Slowly, their reach expanded through word of mouth and sponsors. In 2021, they decided to focus more of their efforts 9,000 miles away from the

Bay Area.

“After working with a few girls in the Delhi Government Schools, we realized that the girls who were most in need of our help were these low-income girls who had little access to STEM education,” Riya said.

In the summer of 2021, they partnered with the Delhi Government Schools, the Indian Directorate of Education, Muni International Schools, and Teach for India—working with a total of 1,000 girls over the span of a year.

“We held weekly workshops for these girls, sometimes more frequently, and we noticed the eagerness and curiosity each one of the girls possessed,” Stuti said. “They had never learned about these topics before, and we could see their eyes brighten more and more each week.”

Stuti and Riya provided the girls with practice material, additional resources, and access to an online forum where the girls could ask any questions before and after every workshop.

“We didn’t want to limit them to just once a week, but rather provide them with a constant stream of learning,” Stuti said.

They have held STEM workshops on technology topics such as Java programming, Python programming, and building a website with HTML and CSS; math topics such as counting and probability, recursion, and number theory; and science topics such as photosynthesis and cellular respiration, gravitational force, and the periodic table.

After over a year of weekly workshops, STEMPower4Girls decided to hold their first tournament. “Our interest in STEM was sparked through math competitions, so we thought that holding a tournament for the girls could further motivate them. Additionally, we wanted to award the top performers with laptops, which would immensely help them in furthering their STEM education,” Riya said.

In advance of the tournament, there were two pre-tournament workshops on June 5 and June 16.

“We wanted to stress the importance of learning over winning which is why we held workshops teaching topics in the syllabus and went over the solutions to the practice rounds,” Stuti said.

On July 3, they hosted a multi-round online tournament consisting of individual science, math, and technology tests for over 500 low-income girls all across India. There were three divisions: 8th grade and lower, 9th grade, and 10th grade girls.

The awards ceremony was conducted two weeks later. The ceremony started off with a financial literacy workshop led by Grant Means, the CEO of Start Now Press, and was succeeded by a speaker panel with successful women attending MIT and Indian Institute of Science Education and Research.

They awarded Chrome-

books to the top five girls in each grade, and the next 10 girls in each grade received Jane Street t-shirts and IMC water bottles as an honorable mention prize. Along with these companies, Maple Soft, Advantage Testing Foundation, and AoPS sponsored the awards.

“Our work was so heavily recognized and appreciated in India that the Indian Minister of Education personally distributed the awards to the girls,” Riya said. “It was a huge honor for us and a big step forward for STEMPower4Girls.”

To distribute prizes and prepare the winners of the tournament for high-level college entrance exams, they partnered with Avanti Fellows, an organization that gives young girls across India the ability to pursue an education.

Teachers at the Delhi Government Schools heavily applaud Stuti and Riya for their work.

“The initiative taken by Stuti and Riya, their meticulous planning for the workshop and tournament, clear instructions to participants at all times, and maintaining credibility of the program definitely need to be applauded,” Namita Kalra, a teacher at the Delhi Government School said. “They are an inspiration to not only the girls of India but also awe-inspiring for us teachers.”

“We don’t plan to stop our work anytime soon,” Stuti said. “In fact, we are planning to hold another tournament in the coming months in India and continuing to hold weekly workshops. We want to expand our reach to other third world countries and leave the largest impact that we can.”

For more information about STEMPower4Girls, visit: www.stempower4girls.org.

If you are interested in sponsoring future STEMPower4Girls events, contact Stuti and Riya at contact@stempower4girls.org.

Scan me

INFORMATION & RESOURCES FOR THE OLDER ADULT

LGS Recreation has provided this resource page to help connect older adults to services and information.

<ul style="list-style-type: none"> • 55 Plus Office - Available Services • Alzheimer's & Dementia • Assistive Technology • Caregiver Support • Funeral Arrangements • Housing 	<ul style="list-style-type: none"> • Legal • LGBTQ+ • Meals & Nutrition • Mental Health • State/Federal Resources & Local Health Organizations • Transportation, Mobile Car Care and Driver Safety
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Visit the 55+ Office in Person for more information on programs and services for seniors!

Adult Recreation Center
123 East Main Street, Los Gatos, 95030
55plus@lgsrecreation.org

LGS Recreation does not endorse, guarantee, represent, or warrant any of the agencies or information provided by a third party.

www.lgsrecreation.org/55-plus/hub
408.354.1514

Improving mental health care for the “missing middle”

By Joe Simitian,
Santa Clara
County Supervisor

Challenges with mental health and addiction affect us all, and the number of people struggling only intensified during the pandemic. In 2021, for example, 37% of the U.S. adult population suffered from moderate to severe anxiety, up from 7% in 2019, according to the Century Foundation.

Here in Los Gatos, the Town contracted with SASCC to conduct a Community Assessment Survey for Older Adults (CASOA) which found that about 30% of residents over age 60 live with depression, and 80% said they do not have access to quality mental health care.

That’s simply not acceptable. Mental health care is health care. Folks should have access to it at every phase of life, no matter what their income or resources may be.

Yet, affordability is a huge barrier, even for those who earn what most of us would consider a decent living. Many West Valley residents fall into what I call the “missing middle”—people who earn a bit too much to qualify for Medi-Cal subsidies but not enough to pay for care out of pocket. Having commercial health

insurance is no guarantee, since many plans don’t offer adequate coverage.

Whatever the case, the mental health needs of the missing middle have been overlooked for far too long. We need to close the gap that has allowed too many people to slip through the cracks in our healthcare system.

As Chair of Santa Clara County’s Health and Hospital Committee (HHC), I’m pleased that the County is making real progress in doing just that.

First, the Board of Supervisors unanimously supported my proposal to ensure that residents are aware of their “mental health parity” rights. Under state law, medically necessary treatment for all mental health and substance use disorders must get equal treatment with other health conditions.

California Senate Bill (SB) 855 expanded this right in 2020, prohibiting health plans and insurers from limiting these benefits to short-term or acute treatment. But not all insurers are stepping up as they should. And many patients are not aware of their rights. People often spend a lot of time trying to figure it all out, worrying if their insurance covers the services, and working out how to pay for it all.

At this month’s HHC meeting, we’ll be considering options to improve mental health parity in the County, including an education and outreach campaign to ensure that residents are aware of their rights under state law.

Second, at my request, the County is developing a program that ensures mental health treatment for middle-income residents, that missing middle I’m talking about.

Accessible and affordable outpatient services are essential to avoiding the high costs and societal harms from inpatient treatment, hospitalization, or a lack of treatment. Some individuals receive these services from public programs, others use commercial insurance. But coverage options are often imperfect, due to high out-of-pocket costs and a decline in the number of mental health professionals accepting public insurance.

I’m encouraged as well by how much mental health has become part of the everyday conversation. Last month, SASCC brought its annual health fair back from pandemic hiatus, focusing on mental health.

What I loved is that the event wasn’t tucked away in a corner somewhere. We gathered in front of Los Gatos High School’s



Santa Clara County Supervisor Joe Simitian speaking at the SASCC Health Fair 2022.
Photo by Maria Guldner

beautiful Neoclassical style building, a place everybody in the community knows. That’s the way we ought to be talking about these issues, right out front, right in public, no stigma attached.

Because we have to face up to the fact that people in need aren’t getting the help they need and deserve.

I think we’ve finally turned a corner in understanding the role we have to play, whether it’s for young people who need help, or programs that help families and seniors in the “missing middle” get affordable outpatient mental health services.

Every one of us can make a difference. We can start by getting the word out about the resources that are now available, by advocating for more, and by doing everything we can to help make folks feel welcome, valued, and

connected. It’s good for patients, good for families, and good for our entire community.

Joe Simitian was elected to the Santa Clara County Board of Supervisors in 2012 and re-elected in 2016 and 2020. He represents the Fifth District, which now includes Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Mountain View, Palo Alto, Saratoga, Stanford, and portions of San Jose. Joe’s public service over the years includes stints as a member of the California State Senate, the California State Assembly, Mayor of Palo Alto, President of the Palo Alto School Board, as well as an earlier term on the Santa Clara County Board of Supervisors. He served as an election observer/supervisor in El Salvador and Bosnia and participated in refugee relief and resettlement efforts in Albania and Kosovo.

West Valley Educator and Advocate Renee Paquier Appointed to County Senior Care Commission

Press Release

SAN JOSE – Santa Clara County Supervisor Joe Simitian has appointed Renee Paquier to the County’s Senior Care Commission, effective immediately. Paquier currently serves as Dean of the Che School of Professional Studies at West Valley College.

“Our Boards and Commission work best when we have dedicated people in those positions,” said Simitian. “Ms. Paquier has a long history of community service and of supporting our older adults.”

A first generation Iranian American, Paquier has shown a passion for serving her community locally and on a global scale. She has previously served on the Board of the Saratoga Area Senior Coordinating Council (SASCC) and is a member of the Saratoga Rotary. Through her partnerships with Rotaplast International and Mothers Against Poverty, Paquier is able to help children worldwide with cleft lip and palate anomalies, and empower underprivileged children rise out of poverty, respectively.

“Since my time with the Santa Clara County

Adult Protective Services program, I have been very passionate about issues concerning seniors,” said Paquier. “With support from the Saratoga Area Senior Center and Chancellor Brad Davis, West Valley College was designated as the first age-friendly community college campus in the nation. I am planning on partnering with the college administration to continue to provide high quality services and access to our seniors, and increase the presence of older adults on campus.”

The County’s Senior Care Commission, estab-

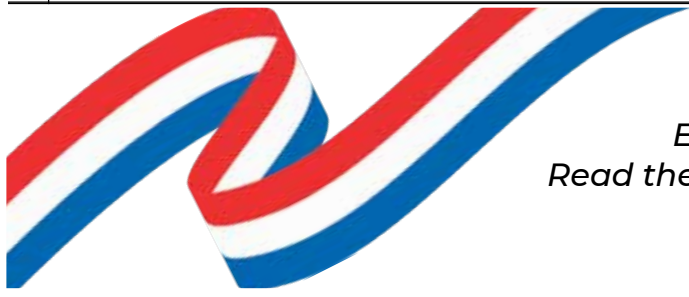
lished in 1987, is made up of 15 older adults and older adult advocates who serve as an advisory body to the Board of Supervisors. Members research, assess, and evaluate issues, legislation, services and programs that promote independence, good health and quality of life for persons 60 years old and older to help improve the lives of older adults in Santa Clara County.

“The work of the Senior Care Commission is consequential,” said Simitian. “Our older adult population in Santa Clara County is increasing, and the recommendations



Renee Paquier

of the Commission will help shape public policy to address the needs and challenges of this population in the years to come.”



MEET YOUR COUN

Election Day is coming up, November 8, 2022! The Outlook reached out to all council members to read these statements to get informed about who's on your ballot—your choices for leadership. Note: Reza Tavara, candidate for Los Gatos Town Council.

SARATOGA

BELAL AFTAB



My name is Belal Aftab, and I'm running for City Council in Saratoga. You might have seen me poking around at the stop signs and speed bumps in your neighborhood; that's because I currently chair the city's Traffic Safety Commission.

Over the last five years, I've worked with residents on over one hundred streets to install speed humps, implement stop signs, and add crosswalks, all while striving to make our streets safer for everyone's use. I've championed the effort to make walking and biking routes to our schools safer, resulting in 40+ recommendations that the city will implement in the coming years. That experience and my leadership on the Commission has brought me to where I am today, but traffic congestion is not the only issue affecting our city.

On housing, I will fight to preserve Saratoga's semi-rural character while enacting a fair and pragmatic approach for meeting state housing Requirements.

On safety, wildfire risk has never been higher. Our police and fire departments require more resources and staff to do their job effectively. My family moved here when I was 2, and I feel incredibly blessed that I grew up here.

I have the ideal mix of public and private sector experience to work in the community's best interest, find common ground to bring our Council and community together, and create sensible solutions to our toughest problems. I humbly request your vote.

I have the ideal mix of public and private sector experience to work in the community's best interest, find common ground to bring our Council and community together, and create sensible solutions to our toughest problems.

I humbly request your vote. belalforsaratoga.com

BILL DALTON



I have a BS and MS in electrical engineering from Purdue. Before retiring, I worked for HP and Tandem as a developer and as a manager in product development.

My wife and I have lived in Saratoga over 40 years. I coached my son's AYSO team. Our children attended public schools and graduated from Saratoga High School. My wife started a small business in 1994 in Campbell which still operates.

My priorities are:

1. Public safety and crime reduction. Defunding is not for Saratoga. I support the automated license plate reader pilot program. If successful, I'm for extending it.
2. Minimizing the effect on neighborhoods under attack by developers using SB-9, SB-35 and the RHNA allocation. I will do everything possible to qualify and pass the Our Neighborhood Voices initiative in 2024. The initiative takes zoning control from Sacramento and returns it to Saratoga. The council must do more than pass a resolution of support as was done last year.
3. Fiscal discipline in the city budget. There has been too much non essential spending while under funding road maintenance. The time for belt tightening is overdue. A balanced budget for 23/24 will be challenging.

I will spend the time to study issues, listen to people, and work for the best possible solutions for both the present and future residents of Saratoga. It is my hope the future residents experience the same city my wife and I have.

I would be honored to receive your vote. billdalton4saratogacouncil.com

CHUCK PAGE



My name is Chuck Page, and I know I may be familiar to many of you. I've been a resident of Saratoga for nearly 25 years, raised two daughters here and been involved in many of our non-profit and volunteer organizations. Like you, I've witnessed a series of things happening to our magnificent city in recent years. Unfunded mandates from our state regarding housing, neighboring cities approving projects that will increase traffic to horrible levels and council members abstaining on critical votes have put our city at risk.

Saratoga needs leadership that is experienced and knowledgeable. I will solve problems by working together and using common sense.

I have served on our City Council before and been elected by my peers to be mayor. I have always worked very hard to ensure that all sides of any issue are brought forward and ensure that decisions always better our community. I have served on the Boards of Directors of VTA, Sanitation District, Solid Waste (Garbage and Recycling) JPA, Water Commission, Treatment Plant Advisory Committee, SASCC, Hakone Foundation, Sister City and many others. I've been honored to serve as president of the Friends of the Saratoga Libraries, the Rotary Club of Saratoga and currently our Chamber of Commerce. As one of my friends put it the other day, I bleed Saratoga. I own a business on Big Basin Way. I am committed to a Saratoga of the future that retains our semi-rural atmosphere and is the community that people aspire to live in and be a part of. Experience is important as we tackle the problems that we've been presented with, and I will use all of my experience to ensure that our City is safe, friendly and the community that you and I have come to love. Thank you for your vote. chuckpage.org

PRIYA SHASTRI



I've served as Heritage Preservation Commission Chair since 2021. I have a Masters in Computer Science from Virginia Tech and a Bachelor of Engineering from the University of Mumbai. I'm Six Sigma Green Belt Certified, and have been a project management professional since 2018. I'm an excellent communicator, and have been Division Director for Toastmasters International since this year.

Since 2004 I have noticed some massive changes in tech and the housing industry in the Bay Area. My objectives in this run are responding to the housing changes in the community, making sure the voices of people are heard and maintaining safety in the city of Saratoga. I believe I can bring about changes in accordance with the views of the community on everyday problems for seniors.

I have been involved in the PTA and led campaigns for ballot measures to make the community's voice be heard. I am positive that given a chance, I can bring fresh energy and enthusiasm to the city. I humbly seek your vote in this election for the city of Saratoga on November 8. priyashastri.wixsite.com

YAN ZHAO



I am honored to have served on the City Council for the past 4 years. Despite enormous challenges, our city maintained the highest level of continued operations and quality services to residents during the pandemic while keeping the city's finances in good standing.

As mayor last year, I worked with the other west valley mayors and our state representative to secure \$7 million state funding for the fire prevention programs. I started the monthly Mayor's Office Hours at the Farmers' Market to connect with residents and listen to their concerns and suggestions.

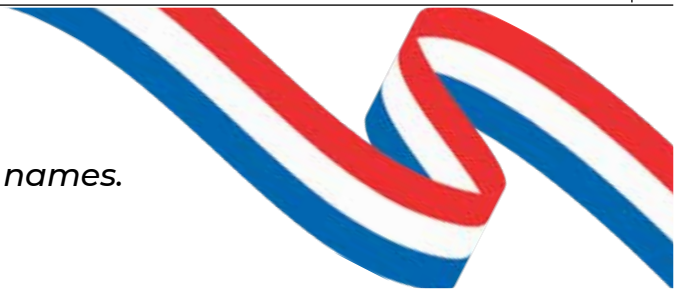
My family has lived in Saratoga for 24 years. I love our beautiful city. I have a solid track record of serving Saratoga for nearly two decades: 4 years on the City Council, 8 years on the Planning Commission, and 4 years on the Board of Trustees of the Saratoga Cemetery District. I have a Bachelor of Science in Electrical Engineering and Computer Science from UC Berkeley and a Masters of Electrical Engineering from Santa Clara University.

I am committed to working hard with compassion and dedication, to keep Saratoga the safest city in California, protect Saratoga's open space, parks, and trails, enhance the services we provide to residents, and ensure the quality of life for all.

Please join many Saratogans in supporting my re-election to Saratoga City Council. Thank you! yanforcouncil.com.

COUNCIL CANDIDATES

Council candidates for Los Gatos and Saratoga to receive statements on their priorities.
Participation is a privilege of your community! Statements are organized by alphabetical order of last names.
Council members who did not respond to our inquiry before publication.



LOS GATOS

MARY BADAME



As your current Councilmember, I have consistently voted to preserve our Town's character.

I have voted against the elimination of our single-family residential zones and against housing numbers that even exceed the mandates imposed by the State on our Town.

My accomplishments include support of all public safety initiatives, a balanced approach to growth, careful evaluation of Town spending, establishment of services for our Seniors, economic recovery of our Town's businesses, and the acquisition of the Los Gatos Theatre as a community asset.

Prior to my election to the Council, I served on the Los Gatos Planning Commission for seven years. While serving as Chair, I voted against the North Forty.

I have also served on the Conceptual Development Advisory Committee, Historic Preservation Committee, General Plan Update Advisory Committee, and as Team Leader for the Los Gatos Victim Services Unit. I currently serve as Chair of the Council Policy Committee.

After graduating from Los Gatos High School, I earned a B.S. in Criminal Justice Administration from San Jose State University. Subsequently, I became a Community Service Officer for the City of Mountain View for 5 years.

For over 35 years, I have been the owner/operator of a local insurance agency and have been a trusted source of financial advice and asset protection for our Town's families and businesses.

Councilmembers make decisions impacting the future growth and character of our Town. These are challenging issues. Experience matters. marybadame.com

ROB MOORE

My name is Rob Moore and I am running for Los Gatos Town Council to strengthen this beautiful community for generations to come. As a lifelong Los Gatos resident, town commissioner, and past board member for the Los Gatos Chamber of Commerce, I have the experience and integrity necessary to make our town the best place it can be.

As an experienced community leader, I will work with fellow Los Gatans and utilize my numerous connections to solve the problems at hand. This includes mitigating traffic congestion, improving senior services and the Adult Recreation Center, supporting our small businesses, resolving our town's budget deficit, protecting our precious nature, improving disaster preparedness, and responsibly working to solve our housing issues.



As your councilmember, I commit to: Listen to and value opinions different from my town; be authentic and transparent; tell the truth and keep my promises; and fight for those less fortunate than me. As a young person, cyclist, renter, gardener, and working professional, I am grateful to live in such a special town. I respectfully ask for your vote.

Dedication. Experience. Integrity. robforlosgatos.com

ROB RENNIE



Thank you for allowing me to serve as Councilmember and Mayor over the last 8 years. I'm proud of our accomplishments in keeping local businesses viable through the pandemic by increasing outdoor spaces and making it easier for business to thrive in Los Gatos. Implementing enhanced safe routes to schools, bike and pedestrian master plans and school bus pilot program helped reduce greenhouse gas emissions and kept Los Gatos sustainable.

I worked hard to insure we stayed fiscally responsible by getting ahead of our pension liabilities and allocating our limited resources wisely. But there is still much to be done.

Silicon Valley economy and the states one size fits all mandates are pressuring Los Gatos to change, threatening our character and smalltown values. We need experienced leadership on the council that includes the expertise working with our regional partners.

As an engineer trained to solve problems, Los Gatos Mayor, elected representative to multiple regional boards, I am the best qualified person to address our current and future challenges.

I pledge to fight for local control to preserve values such as architectural compatibility, preservation of view sheds, land use management and traffic mitigation measures. We must improve Highway 17 to keep through-traffic off Los Gatos streets. Safety of our residents is also a high priority.

I will continue to advocate for team work and bring commonsense solutions to tough problems. I would be honored to have your vote. robrennie.com

MARGARET SMITH

My campaign theme is "Bringing Voices Together" because that is what I always strive to do: Listen with an open mind, seek to understand different perspectives, and then work to find common ground.

I am running for Los Gatos Town Council because I believe this is an extraordinary community whose past must be treasured and whose future can be protected with thoughtful decision-making.



Through the almost three decades I have lived and worked in Los Gatos, I have had many voices. As the owner of Domus, the beloved store that anchored our downtown for many years, I spoke as a business leader.

As a Planning Commissioner, I voiced concern for property rights, historic preservation, traffic impacts, and safety. As a volunteer, I asked what I could do to help schools and our community.

Difficult, complex issues lie ahead for our community. My professional and personal experience will guide me as a Councilmember. As a business owner and attorney, I am well versed in objective analysis and financial decision-making and will apply all my skills and experience to help our community thrive in the years ahead.

Make your voice heard with a vote for Margaret Smith for Town Council. electmargaretsmith.com

ROB STUMP



Los Gatos isn't just another place to me, and Town Council isn't a stepping-stone to a lofty political career. My family has lived here for 100 years, and I will stay HERE, and work tirelessly, to preserve our incredible quality of life. I will use my public service and private sector experience – along with my lifetime of living in Los Gatos – to focus on three top priorities:

1. Wildfire preparation and prevention: I have worked alongside Town officials on wildfire initiatives for the past several years. In 2019, the Town Council named me Chair of a wildfire threat committee, and I'm proud of our accomplishments to save lives: placement of a Wildland Fire Specialist, roadside fuel reduction, and a proposed communication system to help families prepare for and survive wildfires.

2. Smart growth planning for housing needs: We must meet State housing mandates, but I will fight against overdevelopment supported by some of my opponents. With smart planning we can achieve additional housing and preserve the unique charm and character of our Town.

3. Financial management: Our Town is facing significant fiscal challenges. Our revenues must cover expenses. I will guarantee transparency and accountability, so we live within our means while providing the services our community deserves and investing for our future.

I pledge to put Los Gatos' first, ensure uninterrupted flow of services, always be available to you, and be 100% transparent with my decisions.

Join us! Let's work together to keep Los Gatos the place we love! stump4lg.com

Music lovers will revel in the Los Gatos Concert Association's series of high-class shows

By Brandy Maddox,
Managing Editor

Did you know there's a series of classical, worldly, and engaging concerts right in your backyard? The Los Gatos Concert Association, a 501(c)3 non-profit, is celebrating its 75th year of providing world-class entertainment to the community at affordable prices. Held at Los Gatos High School's Prentiss Brown Auditorium, this season's concert series is fully underway after a pandemic hiatus followed by a partial season last January.

"After COVID, our regular concert-goers have been chomping at the bit for us to start up again," Los Gatos Concert Association President Kevin Hayashi said. "They're just so happy to be back and to have this going again. A majority of our concert-goers are now senior citizens who've been subscri-

ers for years, and with us being a local production, they don't have to go very far. It's right in their neighborhood, so they're really appreciative of having something like this close by. It's a social event, so they come and see friends, talk, socialize. It's a community gathering place."

In partnership with Live On Stage Inc, the Los Gatos Concert Association sources performers who engage with their audiences and make it an interactive performance.

"Some people worry that it will be too stuffy for the young kids," board member Don Weller said. "It's not; the young kids really enjoy it. "Every act is a little bit different, but it's always a type of music that can appeal to all ages. And for the thousands of kids who take classical piano or music lessons, they're able to see these fantastic performers playing those instruments that they're starting to play in middle and high school, and they

really appreciate that too."

While one concert of this year's season has already passed, there are still three opportunities to enjoy Los Gatos Concert Association's Sunday productions. Spanish Brass, a brass quintet plays November 6; Fandango, a flute, guitar, violin, and cello quartet plays January 22, and Judy Carmichael, a stride pianist, plays April 30. All concerts are at 2:30 p.m., and doors open at 2 p.m.

"When our attendees leave a concert, they are always smiling, walking a little straighter, saying this is just the greatest thing," board member Diana Pleasant said. "I know that their experience helps with their well-being, their spiritual feeling, and feelings of joy. It's a wonderful thing to watch."

Participation in the Four-Concert Series is by annual season subscription. Concerts are scheduled annually from September through May. Various categories of



Judy Carmichael is one of the world's leading interpreters of stride and swing piano. Her talents have taken her all over the world from Carnegie Hall to the Guggenheim Museum in Venice, Italy.

Photo courtesy of Los Gatos Concert Association

membership are offered, including season tickets to all four concerts in the series. 2022-2023 Season ticket prices are \$65 for adults, \$60 for seniors, \$10 for students and \$140 for families. This season package offers savings over single ticket purchases. The annual subscription renewal period is from May-September each year, though partial season ticket subscriptions are available as appropriate. Email info@lgcca.org for information on partial ticket subscriptions since

the season is already underway.

Single tickets may be purchased on a space available basis online previous to each event. Single ticket prices are \$30 for adults, \$25 for seniors, \$5 for students and a \$65 family plan of two adults plus students under 25 living at home.

Visit lgcca.org/2022-2023-season-concerts to purchase tickets. Concerts are located at the Los Gatos High School Theatre, located at 20 High School Ct.

AROUND THE TOWN & VILLAGE

BY DINAH COTTON, OCTOBER 2022

What do you love most about living in Los Gatos or Saratoga?



AILEEN LARSON, CO-OWNER BLACK CAT HATS, LOS GATOS

"Since 1997 I have always wanted to be around Palm Trees! I am originally from Central Canada, so Palm Trees make me very happy. This is now my home, and I just love being so close to the ocean."

GOPAL MELKOTE, AGE 85, WITH GAUTHAM K., AGE 7

"Every morning I take a walk from my home. Each day I take a different direction, walking for an hour and a half, approximately 4 miles. I love the green trees, the fresh air and the friendly people."



KATE HENDREN, SARATOGA RESIDENT OF 35 YEARS

"I am a proud member of the Saratoga Village Garden Group. We are 50-60 members who enjoy keeping the landscaping neat and the seasonal decorations up. I love walking downtown and saying hello to friends and visitors in the Village."

PRAMOD AND PRADNYA PUROHIT, SARATOGA RETIREMENT COMMUNITY

"There is a friendly feeling here. Saratoga is a calm and cool place. Everywhere there is greenery. In the evenings we walk to the parks and have pleasant evening chit chats on a variety of subjects with our neighbors. We hear the children playing and enjoy the cool evenings. This is how we connect and feel humanity for one another."



What Stopping the Stigma around mental health looks like

By Brandy Maddox,
Managing Editor

On September 10, the Saratoga Area Senior Coordinating Council (SASCC) and Counseling and Support Services for Youth (CASSY) held a community event at Los Gatos High School to unite the West Valley around one of the most pressing topics of our times: mental health.

The SASCC Health Fair 2022, with its theme of “Stop The Stigma—Mental Health for All Ages” was designed to draw parallels between mental health issues experienced across generations, get the mental health conversation out in the open, and bring the community together for some fun after one of the most challenging periods in history.

Despite a wind storm coming through and flinging the vendors’ tent canopies and resources all over the Los Gatos High School lawn, we certainly did have fun! Art therapy with New Museum Los Gatos (NUMU), workshops with Momentum For Health, a dunk tank, bounce house, free ice cream, adoptable animals from Santa Clara County Animal Shelter, and a raffle were just some of the activities designed to bring light to the normally-intense conversation about mental health. The fair also held more traditional health services like hearing

screenings and flu shots.

The 40+ organizations with tables at the fair hunkered down and found solutions to the day’s challenges, from hunting for rocks to secure brochures and tents, to smiling and laughing at each other amidst the chaos! It was symbolic of the reason we were all there in the first place: to work together to support each other, and bring light to challenging situations.

During the guest speaker portion of the event, Santa Clara County Supervisor Joe Simitian shared enlightening information about mental health services in Santa Clara County, and alluded to a desire for the County to champion even more local mental health programs that would serve our West Valley.

Brad Davis, Chancellor of the West Valley-Mission Community College District, the Presenting Sponsor of the SASCC Health Fair, shared the colleges’ commitment to supporting the community through innovative programming for folks across the age spectrum, from high-school aged students to older adults. West Valley College was designated as the nation’s first Age Friendly Community College, with guidance from SASCC.

We held an award ceremony in honor of the late Richard Angus, a dedicated community volunteer and longtime

supporter of SASCC. “Richard Angus Awards for Age Friendly Community Service” were given to Los Gatos community volunteers Maureen Heath and Tom Picraux, Los Gatos Assistant Town Manager Arn Andrews, the Town of Los Gatos itself, and Santa Clara County Senior’s Agenda Project Manager Diana Miller.

A special thank you to our event sponsors: the Town of Los Gatos, House Family Foundation, El Camino Health, Star One Credit Union, KCAT Public Media, AARP California, Palm Villas Memory Care, Evolve Treatment Center, Embodied Recovery, Clear Captions, Sourcewise, Alameda Family Funeral, First Light Home Care, Care Access, OnLok, and The Health Trust.

A resounding takeaway from the fair is that while some aspects of mental health can be grim, the ways we talk about and approach solutions can be light and fun. Part of Stopping The Stigma around mental health is making the topic less intense, more approachable.

That is exactly what the SASCC Health Fair did, and we look forward to seeing that sentiment continue in society.



All photos by Maria Guldner

Foothill Club kicks off annual educational series

By Naomi Kalmus

Come join us at the Saratoga Foothill Club for our 2022-23 Public Events Series. We are excited to host speaking events on fascinating, relevant topics this club year, ranging from politics to sleep science, crypto, artificial intelligence, and the future of San Jose's Art Museum. There is also going to be a special music performance from our own Saratoga High School Jazz Band!

Tickets: Starting Nov. 1, individual event tickets at \$12 in advance will be available on Eventbrite at tinyurl.com/foothillclubeventbrite. Foothill Club members may purchase a season pass for the entire series for \$45. This includes one free guest per lecture.

All Public Events are held in the historic Saratoga Foothill Clubhouse located at 20399 Park Place, Saratoga, CA and begin at 7:30 p.m. Our COVID policy requires proof of vaccination. The wearing of masks is optional.

Thursday, Nov. 17 - An Analysis of the 2022

Midterm Elections

Dr. Bruce Cain will discuss the results of the November 2022 midterm elections. He is a Professor of Political Science at Stanford University and Director of the Bill Lane Center for the American West. His areas of expertise include political regulation, applied democratic theory, representation, and state politics.

Thursday, Jan. 19 - Achieving Better Sleep

Dr. Anil Rama, M.D. and somnologist is the founder of Sleep and Brain and serves as Adjunct Assistant Clinical Professor at the Stanford Center for Sleep Sciences and Medicine. He will discuss the process of sleep and how the act of physically shutting the mouth and breathing through the nose can help you achieve better sleep.

Thursday, Feb. 16 - The Promise, Pitfalls, and Future of Cryptocurrency

Bebo White, Stanford Professor Emeritus and author will provide an overview of what cryptocurrency is and what to expect from this unusual currency in the future.

Thursday, March 16 - How We Govern Artificial Intelligence

Ron Bodkin, the former Technical Director for Applied Artificial Intelligence at Google and now an advisor at the Schwartz Reisman Institute for Technology and Society, will discuss innovative approaches to addressing the societal role of emerging technologies like artificial intelligence.

Thursday, April 6 - An Evening of Jazz

The acclaimed Saratoga High School Advanced Jazz II band led by Saratoga High's Performing Arts Department Chair Jason Shiuan will perform a selection of jazz pieces.

Thursday, May 18 - San Jose Museum of Art—A Borderless Museum

Susan Sayre Batton, Oshman Executive Director of the San Jose Museum of Art, will discuss the museum's new strategic vision to become a borderless museum. They see this direction as being essential to creative life in the diverse communities of San Jose and Silicon Valley.

About the Saratoga Foothill Club:

Founded in 1907 as a women's study club to broaden members' education and discuss



The Saratoga Foothill Club's exterior was recently redone, giving the 1915 Julia Morgan-designed building a lighter, brighter look.

Photo courtesy of The Foothill Club

community concerns, the Saratoga Foothill Club continues to focus on civic and social issues, and cultural topics. The Public Lecture Series focuses on community concerns and presents performing artists. Many club members are active in the local community and county serving as elected officials on school boards, city councils, or city and county commissions and nonprofit boards.

The Julia Morgan-designed redwood clubhouse and grounds opened its doors in 1915 and continues to host meetings and activities of the club as well as civic activities, memorials, and weddings. Club members take great pride

in maintaining its historic and architectural integrity. The Saratoga Foothill Clubhouse was the first building in the city of Saratoga to be placed on the National Register of Historic Places.

The Saratoga Foothill Club Historic Landmark Foundation, established in 2003, is a nonprofit, tax-exempt organization with IRS 501(c)(3) status. Its purpose is to preserve and maintain the Saratoga Foothill Club clubhouse and grounds through tax deductible donations, memorial gifts, bequests, and fundraisers.

For questions, contact Naomi Kalmus, Saratoga Foothill Club Public Events Chair, at publiclectures@saratogafoothillclub.org.

Please help us to reach our goal of placing a wreath at each of the 1310 Veteran graves at Madronia Cemetery.

Join us to lay those wreaths on December 17, 2022 at 11 a.m.

For each \$15 wreath purchased, \$5 is given to SASCC to support Veteran programs.

Use the website to order:

www.wreathsacrossamerica.org/CA0450P

OR scan the code below with your phone



RESOURCES

SUPPORT

SERVICES

ASSISTANCE



SOCIAL CENTERS

SARATOGA SENIOR CENTER

19655 Allendale Ave, Saratoga, CA 95070

M-F, 10am to 4pm (408) 868-1257

SARATOGA ADULT DAY PROGRAM

19655 Allendale Ave, Saratoga, CA 95070

10am to 3 pm (408) 868-1254

LOS GATOS ADULT

RECREATION CENTER

208 E. Main St, Los Gatos, CA 95030

M-F, 9am to 4pm (408) 354-1514



OLDER ADULT PROGRAMS & SERVICES

RYDE (REACH YOUR DESTINATION EASILY) TRANSPORTATION PROGRAM: (408) 892-9739

LIVE OAK NUTRITION CENTER: (408) 354-0707

SOURCEWISE: (408) 350-3200 x 1

CALL 211 or visit 211scc.org

Food, Senior Care & Child Care, Counseling, Legal Aid, Housing & more (free, confidential, multi-lingual)

SENIOR ADULTS LEGAL ASSISTANCE (SALA)

SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized and with dignity. SALA continues to operate remotely. To speak with a SALA representative, please call (408) 295-5991.

ADVOCACY PROGRAM (HICAP) - *Funded by Sourcewise*

HICAP is a FREE volunteer-based program from Sourcewise that assists seniors with Medicare as a supplements to Medicare, long-term care and managed care insurance plans. To speak with a HICAP representative, please call (408) 350-3200, and select option 2.

NATIONAL COUNCIL ON AGING

The National Council on Aging's Center for Healthy Aging connects community organizations with proven programs that help older adults manage their behavioral health and live full lives.

Explore its website at ncoa.org/center-for-healthy-aging/behavioral-health.

SHRED IT SERVICES

Available at the Saratoga Senior Center, Mon.-Fri., 10-4 p.m.

\$1/per pound, \$12/per Bankers Box. Call 408-647-9023 for more information.



MENTAL HEALTH RESOURCES

NAMI

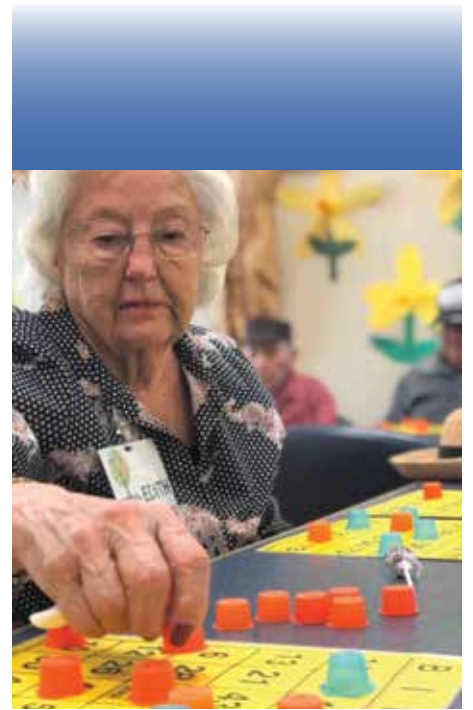
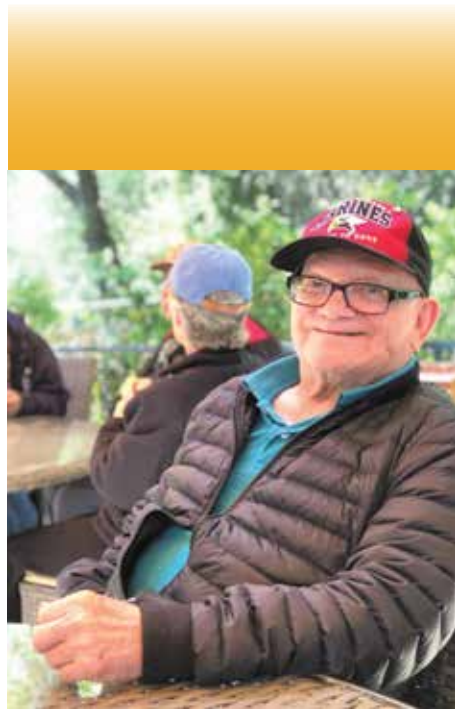
The National Alliance on Mental Illness (NAMI) offers practical experience, support, education, comfort and understanding to anyone concerned about mental illnesses and their treatment in Santa Clara County. Individuals seeking mental health support can call the NAMI Warmline/Help Desk Telephone from 10 a.m. to 6 p.m. at 408-453-0400 option 1, or option 4 for after-hour support.

NATIONAL SUICIDE PREVENTION LIFELINE

The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones. Call the line at 1-800-273-8255 or visit suicidepreventionlifeline.org to learn more.

CASSY

Counseling and Support Services for Youth (CASSY) is a 501(c)(3) nonprofit that partners with Bay Area schools to provide resources and professional, on-campus mental health services to students free of charge, plus staff training on mental health issues, and parent consultations. Learn more at www.cassybayarea.org.



FREE ADULT DAY PROGRAM SERVICES

If you or a loved one needs adult day services for a spouse or family member, please reach out to the Saratoga Adult Day Program today! The center is now offering in person services at its Saratoga location. Join us for brain games, exercise, or plain, simple fun!

The center is currently open 3 days a week: Tuesdays, Thursdays, and Fridays, 10 a.m. - 3 p.m.

Qualify for free services by meeting 3 easy requirements:

1. Be 65 or older;
2. Have an individual income of less than \$78,550, and
3. Be accepted into the facility's ADP and listed on the official enrollemnt roster

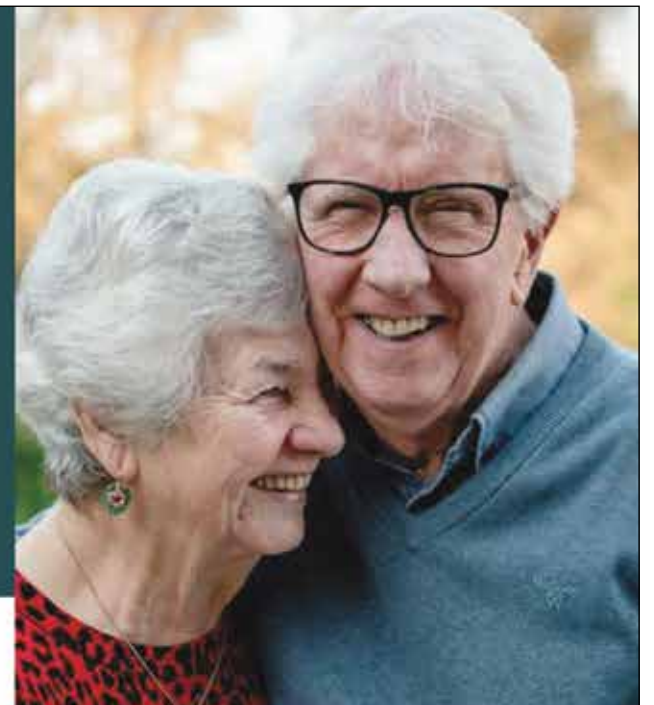
For more info, or to apply for program, please call Raj Kaur at (408) 868-1254 or email raj@sascc.org.



Join the fight against Alzheimer's

Contact us
351-222-5112
FightAlz.careaccess.com/

Care Access – San Jose
2577 Samaritan Drive, Suite 755,
San Jose, CA 95124



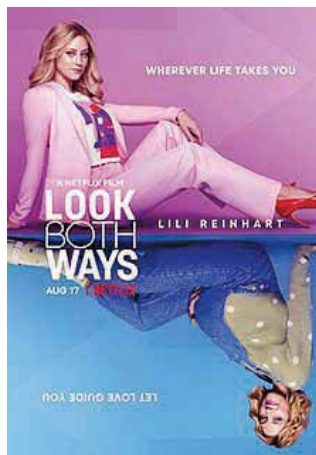
YOUR MESSAGE WILL BE SENT DIRECTLY TO 31,000 HOMES IN SARATOGA, LOS GATOS AND SURROUNDING COMMUNITIES!

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.

Streaming now on

NETFLIX



Look Both Ways (2022)

On the eve of her college graduation, Natalie's life diverges into parallel realities: one in which she becomes pregnant and remains in her hometown to raise her child and another in which she moves to LA to pursue her dream career.

Stars: Lili Reinhart, Danny Ramirez, Aisha Dee

TV-14 | 1h 50min | Comedy, Drama, Romance



The Girl in the Mirror (2022)

After losing her memory in a bizarre accident that kills most of her classmates, Alma tries to unravel what happened that day and regain her identity.

Stars: Mireia Oriol, Álex Villazán, Pol Monen

TV-MA | TV Series | Drama, Horror, Mystery



Échos (2022)

Leni and Gina are identical twins who have secretly swapped their lives since they were children, culminating in a double life as adults, but one of the sisters goes missing and everything in their perfectly schemed world turns into chaos.

Stars: Michelle Monaghan, Matt Bomer, Karen Robinson

TV-MA | TV Series | Comedy, Romance



Midnight Mass (2021)

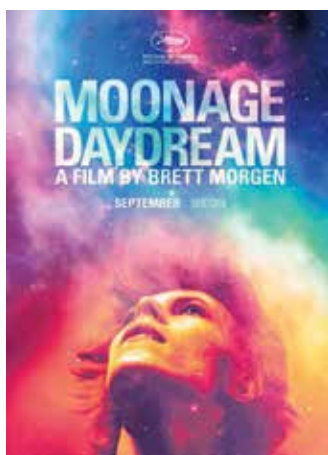
An isolated island community experiences miraculous events - and frightening omens - after the arrival of a charismatic, mysterious young priest.

Stars: Kate Siegel, Zach Gilford, Kristin Lehman

TV-MA | TV Mini-series | Drama, Fantasy, Horror

Playing near you:

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



Moonage Daydream, PG-13

A cinematic odyssey exploring David Bowie's creative and musical journey. From visionary filmmaker Brett Morgen, and sanctioned by the Bowie estate.

Stars: David Bowie

Documentary, Music

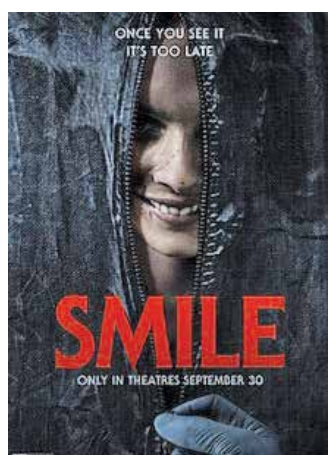


The Silent Twins, R

Based on the lives of June and Jennifer Gibbons, real-life identical twins who grew up in Wales and became known as "the silent twins" because of their refusal to communicate with anyone other than each other. **May only show at AMC & Cinemark Theaters.**

Stars: Letitia Wright, Jodhi May, Michael Smiley

Drama



SMILE, R

After witnessing a bizarre, traumatic incident involving a patient, Dr. Rose Cotter starts experiencing frightening occurrences that she can't explain. Rose must confront her troubling past in order to survive and escape her horrifying new reality. **May only show at AMC & Cinemark Theaters.**

Stars: Sosie Bacon, Jessie T. Usher, Kyle Gallner

Horror



Till, PG-13

Till is a profoundly emotional and cinematic film about the true story of Mamie Till Mobley's relentless pursuit of justice for her 14 year old son, Emmett Till, who, in 1955, was lynched while visiting his cousins in Mississippi. **May only show at AMC & Cinemark Theaters. Releasing Oct. 28, 2022.**

Stars: Danielle Deadwyler, Jalyn Hall, Frankie Faison

Drama

PRUNEYARD CINEMAS

(408) 717-4712

1875 S. Bascom Ave., Campbell, CA 95008

<https://pruneyardcinemas.com/>

AMC - SARATOGA

(408) 871-2277

700 El Paseo De Saratoga, San Jose, CA 95130

www.amctheatres.com/movie-theatres/san-jose/amc-saratoga-14

CINEMARK - OAKRIDGE

(408) 225-7340

925 Blossom Hill Rd., San Jose CA 95123

www.cinemark.com/theatres/ca-san-jose/century-20-oakridge-and-xd

“Clothes make a statement. Costumes tell a story.”

– Mason Cooley



The market is Hot and Now is the time to Sell!
Our Start to Finish Home Prep Program Makes Your Next Move Easy!

Designed specifically for

- Sellers who have too much stuff and don't know where to get started.
- People who are simply overwhelmed by the idea of getting their house ready for sale
- Sellers who own property in the Bay Area but who live out of the area or out of state
- Executors or Trustees of an estate or trust

Don't stress! You don't need to do this alone! Our amazing team of skilled professionals are here to help.

We provide the following services:

- Create custom timeline detailing all of the tasks that need to be done in order to get your house ready for market
- Sort, organize, clean and pack all of your personal belongings
- Manage state of the art online estate sale
- Donate items such as furniture, clothing and other items to local charities
- Dispose of anything left over and trash
- Make repairs at the property
- Paint inside and outside
- Install new flooring, refinish or repair old floors
- Refresh old landscaping or install new landscaping
- Coordinate with attorneys, accountants and additional family members to coordinate probate and trust requirements to get the home closed
- Complete all property, termite, roof, chimney inspections so the buyers can see reports before they prepare their offer

In short: Take what you want, give us the keys and we get the house completely ready for market and sold for the highest possible price!



Brian & Mom

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