

The West Valley OUTLOOK

a vision for our Age Friendly communities



DECEMBER

Vol. 2022, Issue 11



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Saratoga student sets out to make literacy in artificial intelligence the norm

By Brandy Maddox,
Managing Editor

When you think of artificial intelligence (AI), what comes up? Intrigue, confusion, or perhaps fear? What came up for one Saratoga resident was an eagerness to educate youth on AI, as she believes in the future AI literacy will be as important as being literate in English.

Amruta Dharmapurikar, a senior at Harker School in San Jose, founded an initiative called curiAIcity, through which she teaches introductory workshops on AI and machine learning (ML) to middle and high schoolers in California.

"I started doing this because AI knowledge and opportunities for high schoolers tend to be concentrated among affluent Silicon Valley schools," she said. "Information about summer programs or resources are not widely available in other areas."

She's taught workshops at libraries, like the Redding Library and the San Lorenzo Library, and schools, like Alisal High School in Salinas.

In a basic curiAIcity workshop, Amruta offers a soft introduction into AI through definitions and a cartoon video, followed by a discussion of where AI is used in daily life. Sometimes, she'll add a portion



Amruta Dharmapurikar, third from the right, teaches a workshop at Stratford School. Students experimented with OpenAI's free DALLE2 software (an AI image generation tool).

Photo courtesy of Amruta Dharmapurikar

about types of machine learning (ML) models, plus supervised learning, reinforcement learning.

She finishes with a segment on AI myth-busting, answering the controversial question: "is

AI really sentient?" plus a discussion on the ethics of AI, and future projects or programs that students can get involved with to increase their exposure and knowledge of AI.

see AI pg. 3

To our valued member/ current resident:

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



Tips to reduce loneliness and spread cheer this holiday season

By Wil Yu,
General Manager, CCA
Health California

The holiday season is upon us! Many of us will be busy planning trips to see family, shopping for gifts, and handling the dozens of other tasks that pile up this time of year. While for some it's the happiest time of the year, it's easy to forget that for others it can be one of the toughest.

The current state of mental health

According to the AARP, 31 percent of adults surveyed said they have felt lonely during the holiday season sometime during the past five years, and 41 percent have worried about a family

member or friend feeling lonesome. The National Academies of Sciences, Engineering, and Medicine (NAEM) stated that immigrants and minorities are among the groups that are at an increased level of vulnerability.

This is a cause close to my heart, as the local population where I work and live is multicultural.

The state of mental health overall in the U.S. varies greatly by socioeconomic status, location, ethnicity, and other factors. One thing is for certain: moods are at risk of becoming lower this time of year for various reasons. This issue deserves more timely awareness and action.



Older woman utilizing an iPad to access a recipe while cooking.

Photo from AARP

How to be an advocate

As we age, isolation becomes a more prevalent issue. Aging, plus tragic events like the loss of a loved one, can cause

see HOLIDAY pg. 10

'Friendly Voices' provides compassionate connection to alleviate isolation

By Brandy Maddox,
Managing Editor

Launched in 2020, Friendly Voices is a phone-buddy program for older adults that pairs volunteers up with folks who may be isolated or lacking human connection for weekly conversations. The Outlook connected with Friendly Voices Director and Founder Laura Steuer for a Q&A about the program and how it's making an impact in our community.

Q: What inspired you to start Friendly Voices?

A: During the pandemic lockdown in spring 2020, we all felt isolated and lonely. Yet the media was full of reports about

people who were much lonelier: seniors. Many low-income and homebound seniors had already been isolated for years, long before the pandemic, and they felt truly forgotten. It seemed that phone conversation could be a healing connection for these seniors to reduce the severe social isolation they experienced day after day. Social isolation has devastating consequences for the physical and emotional health of the elderly: increased rates of depression, obesity, heart disease, and shortened lifespan.

And the phone is an easy, accessible way to reach these folks—no

see VOICES pg. 12

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Happy Holidays



SASCC Closure:

The Saratoga Senior Center will be closed for in person and virtual classes from Dec. 23, 2022 - Jan. 2, 2023.

The Adult Day Program will close for in person and virtual classes from Dec. 24, 2022 - Jan. 2, 2023.

Both centers will resume all programming on Tuesday, Jan. 3, 2023.

RYDE will be closed Dec. 23, 26, & 30, 2022, and Jan. 2, 2023.



There's an elf running around the Saratoga Senior Center!

Come look for the elf daily, between the hours of 10 a.m. and 4 p.m., Monday - Friday & win yourself a prize!

One prize will be given daily, to the first person who finds the elf.

Once you've found it, please see Taylor for your prize in the Saratoga Senior Center office!

Good luck!
Last day to find the elf is Thursday, Dec. 22.



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!

Making AI literacy as common as English literacy

continued from
AI pg. 1

She's debuting follow-up workshops this year, including a live, follow-along implementation of an AI project.

Amruta's interest in AI sparked in middle school when she saw older students using it for science fair projects.

"I realized that the reason it was so popular was that it was incredibly accessible for high schoolers, and even basic projects didn't need much depth in the field, in contrast to circuitry, algorithms, etcetera," she said. "In a way, AI is a bit of a gateway drug to computer science."

If talk of AI sounds like a foreign language to you, you're not alone.

A Qualtrics survey showed that 30 percent of global internet users had only heard of AI and that's about it, 53 percent were aware of what AI is but don't consider themselves an authority

on the subject, and only 10 percent consider themselves AI experts.

AI refers to the "systems or machines that mimic human intelligence to perform tasks and can iteratively improve themselves based on the information they collect."

It manifests in a number of forms. Some examples are facial recognition technology, algorithms, driverless passenger vehicles, chatbots, recommendation engines that provide automated recommendations for TV shows or products based on user watching or spending habits, and spam filters.

Amruta said that ML is often conflated with AI in general, but it's really a type of AI.

"It is a series of computational processes to pick up a pattern between some given input and the associated output," she said. "An example—let's say you want to predict the path of a hurricane. With ML, a model would

look at the physical and environmental factors of previous hurricanes, and then, hopefully, find some correlation to the path of the hurricane. Those correlations would then be used to predict the path of the incoming hurricane, based on the physical and environmental factors of that situation."

On the curiAIsity website, a statement reads: "We believe AI and ML technologies are so important to humanity's future, that we need to change our definition of literacy to include knowledge of AI/ML."

Amruta believes this is so important for two reasons. Since AI is being used in so many applications, it's important for everyone regardless of location, income, or race, to at least understand the basics of what is happening and why.

It also acts as a universal language. "Work and projects can be shared, understood, and used by people who don't even

speak the same language. AI is quite valuable as a connector, similar to the way sports and music connect people," Amruta said.

"Thanks to [Amruta's] workshop, students were able to better understand the concepts driving artificial intelligence, as she explained key terms, types of AI models, and applications of AI to climate change and social media," Lorand Incze, teacher at Alisal's Engineering Academy said. "She also provided examples of AI use in science fairs, research based internships, and summer programs."

Some applications of AI that Amruta is particularly excited about are "AI's role in learning to identify, understand, and quantify political bias in news or on TV in real time."

"This is a difficult task," she said. "Even humans have not come up with a metric for quantifying political bias. Yet, such bias is prevalent all around us, in pretty much every

form of media. Humans sometimes inadvertently accept bias as fact, but having a neutral AI system to let us know when we're sliding down that slippery slope would be incredibly helpful."

In the future, Amruta hopes to bring curiAIsity to the city she moves to for college, and perhaps partner with school and city officials to provide the most value possible to students. She's in talks with some other students who are interested in joining curiAIsity, and teaching their own AI workshops about applications in medicine, environmental science, etc. An ambitious, long-term goal is partnering with state universities, like CSUs, to provide local internship opportunities for high schoolers.

To learn more about curiAIsity, visit www.curiaisity.org or follow @curiaisity on Instagram.

AROUND THE TOWN & VILLAGE

BY DINAH COTTON, DECEMBER 2022

What is your most favorable memory from 2022?



GLEN DENNEE, ASKED ALONG BIG BASIN WAY

"I became a dog owner! Blue is a grown up dog—6 years old—so he came already well-trained. He is mellow and loves to go for walks and meet people. Now, I like to go for walks and meet new people."

TAYLOR OSTERLUND, ASKED AT THE SARATOGA SENIOR CENTER

"It is so great to see faces that I have not seen for a long time! The happy familiar faces cheer me up. It's also good to see new faces without masks!"



TINA HOWARD, SARATOGA RESIDENT, ASKED AT CLUB PILATES

"I was pleased when things started opening up after being so restricted during the pandemic, because I was medically unable to wear a mask and had to stay home. It was refreshing to be able to interact with people in-person and see their faces. I felt more connected to people again. I have always wanted to try Pilates and was able to join this year. I am now meeting new people and making connections, as well as staying in shape."

ALY KAHN LOCAL TROUBADOUR, ASKED AT THE INN AT SARATOGA HEID BAR

"I am so grateful to be able to perform live again. There is a loop between me, when I am playing my guitar and singing, that comes back from the audience that is unexplainable. I play live music as often as I can. Audiences provide me with energy and exuberance."



News briefs

Saratoga

Saratoga High School Math Team places first at Berkeley Math Tournament

Saratoga High School's Math Team, Saratoga Team 1, was awarded first place overall at The Berkeley Math Tournament (BMT) that took place on Saturday, November 5, 2022. Competing against over 670 students from 130 schools, Saratoga Team 1 and its individuals received medals for their incredible achievements.

Saratoga Team 1, made up of current Saratoga High School sophomores Ishani Agarwal and Skyler Mao, juniors Advaith Avadhanam and Bryan Li, and seniors Nilay Mishra and Anthony Wang, placed 1st in the Power Round, 3rd place in the Guts Round, and 1st Place overall. In addition, the following individual students placed in the respective categories:

Advaith Avadhanam: 1st Place in Algebra, 9th Place in Geometry; Skyler Mao: 2nd Place in Geometry; Nilay Mishra: 4th Place in Calculus; and Ishani Agarwal: 7th Place in Algebra.

The Berkeley Math Tournament consists of three main rounds: the Power Round (a proof-based team round where contestants answer a series of questions centered around a single topic), the Guts Round (9 sets of 3 problems across various subjects in math), and the General/Focus Round (4 series of 10 questions having to do with algebra, geometry, discrete math, and calculus).



Discussion program on world affairs at the Saratoga Senior Center

You are invited to join the Foreign Policy Association's Great Decisions discussion group at the Saratoga Senior Center portable building starting in February. Meetings will be the first and third Friday of the month at 10:30 a.m. to 12:30 p.m. from February to May. Topics of discussion will include energy geopolitics, war crimes, China's foreign policy, economic warfare, elections in Latin America, global famine, Iran and the Gulf states, and climate migration.

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the documentary film series and meeting in a discussion group to discuss the most critical global issues facing America today.

For further information, contact Hana Itani at (408) 399-9717 or hana.lwv@gmail.com, or Ginger Good at 408-866-1331 or villavis@ix.netcom.com.

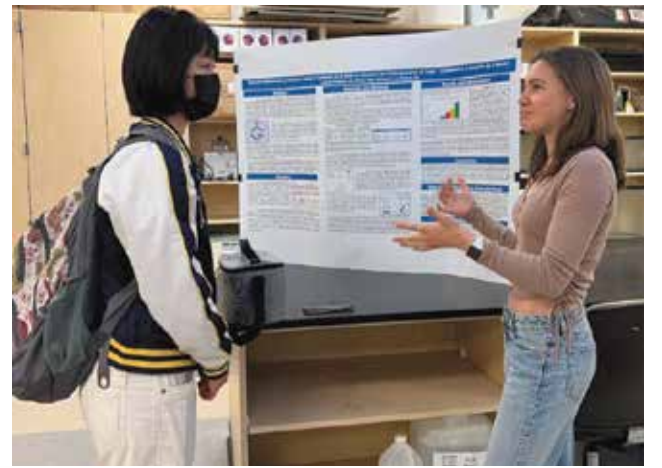
Los Gatos

Los Gatos High School student's research published in scientific journal

Los Gatos High School senior Letizia Pastore's research on lipid accumulation was selected to be published in The Journal of Emerging Investigators. With submissions from students and teachers in 20 countries throughout the world, The Journal of Emerging Investigators publishes original research in the biological and physical sciences that is written by middle and high school students.

Letizia began her research and work with Los Gatos High School staff online while Distance Learning took place in the 2020/2021 school year. Focusing on lipid accumulation, specifically in the pancreas and its effect on Type II Diabetics, Letizia researched the use of an antioxidant to reduce lipid accumulation in a model organism.

The Journal of Emerging Investigators (JEI) started in 2011 by three Harvard Medical School graduate students. With the idea that young scientists learn best when they practice science through research, publication, peer review, and reading the research of others. JEI continues to be operated by graduate students, postdoctoral fellows, and professors across the US.



Los Gatos High School senior Letizia Pastore sharing her research on lipid accumulation.

Photo courtesy of Los Gatos-Saratoga Union High School District



Pictured left to right: Superintendent Bill Sanderson, Trustee Cynthia Chang, Trustee David Guidry, Trustee Katherine Tseng, Trustee Theresa Bond, Community Member accepting on Trustee Peter Hertan's behalf, Trustee Peter Hertan. Trustee Hertan attended the event virtually.

Photo courtesy of Los Gatos-Saratoga Union High School District

Los Gatos-Saratoga Union High School District honors outgoing board members

The Los Gatos-Saratoga Union High School District (LGSUHSD) held a reception November 15 at Saratoga High School to honor outgoing Board of Trustee Members Cynthia Chang, David Guidry, and Peter Hertan prior to their final Board of Trustees meeting. Collectively, these Trustees have served the LGSUHSD community for over 30 years.

Trustee Cynthia Chang joined the LGSUHSD Board in 1998 after serving on the Saratoga Union School District Board from 1994-1998. She is active in the community, having served as the Boy Scouts of America Troop 508 Committee Chair for six years, as the Co-Chair of Saratoga's Memorial Day Observance event, and was recognized as Woman of the Year for the California Assembly's 24th District in March 2010 for her decades of service to the community. Retiring as an LGSUHSD Trustee, Cynthia was honored on November 2, 2022, by the City of Saratoga mayor and councilmembers with a commendation for her service to the community. Trustee David Guidry was elected to the LGSUHSD Board in 2018. Before

his tenure, Trustee Guidry served on the Saratoga Education Foundation and the Saratoga High School Foundation, serving as President during his time in both organizations. Trustee Guidry still serves as the President of the Friends of the Saratoga Libraries Board.

Retiring Trustee Peter L. Hertan was also elected to the LGSUHSD Board in 2018. Trustee Hertan has been extensively involved in local education for a number of years, serving as an assistant coach for a girl's softball team, a member of the Los Gatos elementary schools' Dad's Club, and as President of the Los Gatos Education Foundation. Trustee Hertan also served on Santa Clara County's Civil Grand Jury for two years, and was a member of the VTA Bicycle and Pedestrian Advisory Commission and the Los Gatos Transportation and Parking Commission.

Three new Board Members will be sworn in and join current Trustees Theresa Bond and Katherine Tseng at the December 13 Board of Trustee Meeting at Los Gatos High School.

"ONE KIND WORD CAN WARM THREE WINTER MONTHS."

— JAPANESE PROVERB

sereno—



A Christmas Classic With a Real Estate Spin

Twas just before Christmas when we listed their house,
 "This is the worst time to sell" our dear clients espoused.

But the place was so charming and they'd taken such care,
 We felt with great marketing, we'd find buyers out there.

Visions of success danced in our heads;
 So we took to the net and created the threads.

Not stuck in the boring old real estate trap,
 We'd rouse qualified buyers from their long winter's nap.

With great videos and ads there'll arise such a clatter,
 Buyers will come from all over to see what is the matter.

A house such as this, they said it was brash.
 We said "Heck with that nonsense! This listing's a smash!"

The home's super cozy with lights all aglow
 A house like none other - made of candy and dough.

The house was unique, it was abundantly clear
 None other was like it, not far and not near.

Instead of plain lumber or mortar or brick,
 Our sellers found gumdrops and candy canes the trick.

Frosting accents, sprinkles and chocolate was their game;
 Were Dan and Brian gingerbread men, they'd have done exactly the same!

The house was pristine, not a thing needed fixin'.
 They'd laid perfect log pretzels and ginger dough bricks in.

Sure, the house was a bit small, only 12 inches tall;
 A "charming bread cottage," no Taj Mahal.

But here in The Valley what else can you buy?
 As long as there's parking and high speed WiFi.

But this was knowledge both Brian and Dan knew
 Somewhere there were buyers who'd want this house too.

So no matter the size or the shape and no matter the condition
 Get the best price for your house - that's always our mission!

Be it Christmas or summer or autumn or spring
 We just love selling houses - it's kinda our thing!

So when you go to sell, we say give us a call.
 Or visit BrianAndDan.com...

and Happy Holidays to All!



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 408.979.1400
 bbernasconi@sereno.com
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BRIAN AND DAN DOTCOM

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City Updates - December

Saratoga

Housing Element Update - Saratoga has received comments from the Housing and Community Development Department (HCD) on the initial draft of the City's 2023-31 Housing Element. At the City Council Meeting on December 7, Council will consider proposed responses to HCD comments and these will be incorporated into an updated draft Housing Element to submit to the State. HCD asked for more information about the City's proposed housing sites, but has not requested additional sites at this time. They may have additional comments in the future. Visit www.saratoga.ca.us/housing to find more information and subscribe to the Housing Element Newsletter to receive updates, such as when the Environmental Impact Report of the General Plan, including the Housing Element will be available for review.

Celebration of Light - December 10 at 5:30 p.m. in Blaney Plaza

Join the Saratoga Ministerial Association and City of Saratoga to build community and celebrate the diversity of Saratoga with light—a symbol of hope, joy, and faith across cultures.

City Council Reorganization - December 13 at 7 p.m. in the Civic Theater

The outgoing City Council Members, Mayor, and Vice Mayor will be thanked for their service. Three newly elected members of the City Council will be sworn into office, and a new Mayor and Vice Mayor will be selected. The Civic Theater is located at 13777 Fruitvale Ave in Saratoga.

Structure Hardening Incentive Program - Structure hardening is the use of building materials and design to increase a building's wildfire resistance. Roofs and single-pane windows are the most vulnerable parts of a home, so CAL FIRE recommends installing a Class A roof and multi-paned tempered glass windows. The City is offering rebates to encourage property owners in the Wildland Urban Interface to make these safety improvements. Visit www.saratoga.ca.us/WUIrebate to learn more.

Los Gatos

Selection of the Los Gatos Mayor and Vice Mayor - December 13, 7 p.m. in the Town Council Chambers

The community is invited to join us on December 13, 2022 at 7 p.m. to thank our departing Council Member for her many years of hard work and dedication to serving Los Gatos, swear in the Town's new and re-elected Council Members, and appoint a new Mayor and Vice Mayor.

We hope you can join us either in person at Council Chambers (110 E Main Street) or virtually for this occasion! The meeting agenda and Zoom link are available at logatos-ca.municodemeetings.com.

Free Valet Parking in Downtown Los Gatos - Through December 24

Enjoy free unlimited valet parking Thursday through Saturday starting at 9 a.m. until December 24 in Downtown Los Gatos' Parking Lot 4, located off N. Santa Cruz Avenue and University Avenue, between Grays Lane and Elm Street. Visitors may park free all day with no time limits. There will be a dedicated employee valet in the underground lot, and a dedicated customer valet in the top lot.

Housing Element Update Renters Survey - The Town is in the process of updating its Housing Element, a strategic plan for housing the Town's present and future residents. The Town welcomes input from residents who are currently renting, or have a history of renting in Los Gatos to complete an anonymous survey, available through January 12, 2023 at www.engagelosgatoshousing.com. Hard copies are available at the Community Development Department and Library. The electronic and hard copy versions of the survey are also available in Spanish and Russian.

Participants Needed for SJSU Research Study

Are you interested in helping a student with a research project investigating how to improve upon the design of a human-machine interface in automated vehicles? If so, consider participating in a 90-minute driving simulator study (in a safe lab environment) at San Jose State University. Participants will receive a \$50 gift card for their time.

For any questions or additional information, please contact graduate student Kimberly Martinez, at Kimberly.d.martinez@sjsu.edu, or the PI Dr. Gaojian Huang, at gaojian.huang@sjsu.edu.



Limited edition Saratoga Ornament

Invite Saratoga History into your home this holiday season with this lovely ornament featuring the historical landmark, the Saratoga State Bank!

Ever stopped in for a stiff drink at "The Bank" in Saratoga? For the past 50 years, the Classic Revival brick building has served as the community's most charming dive bar. A slice of history, it got its name from its past presences as—you guessed it—a bank! The building was designed by the architectural firm of Wolfe and McKenzie in 1912 and built in 1913. It was first the Saratoga National Bank, founded by Dr. Hogg, a local investor, and Charles Blaney, who established Blaney Plaza at the Saratoga Village entrance. It became the Garden City Bank in 1917 and was later a Bank of America until 1958. The building has also served as a real estate office and an insurance office. In 1972, Leonard Sullivan and his wife, Lou, started the eclectic cocktail lounge that remains today.

Ornaments are \$15. All proceeds go to further the mission of SASCC. We are a registered 501(c)(3) nonprofit and CA charity, dedicated to creating a more Age Friendly community for all!

Buy in person at the Saratoga Senior Center, or online at: www.sascc.org/sascc-shop



Stay informed - December

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.

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



Los Gatos

Town Closures:

Town Hall: December 23-January 2

Los Gatos Library: December 30-January 2

Complete Streets and Transportation Commission:

December 8, January 12, 7:30 a.m.

View agenda and meeting info at

www.losgatosca.gov/2555/Complete-Streets-Transportation-Commission

Finance Commission: December 12, 5 p.m.

View agenda and meeting info at

www.losgatosca.gov/2643/Finance-Commission

Development Review Committee:

December 13, January 10, 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.

Historic Preservation Committee: December 14, 4 p.m.

View agenda and meeting info at

www.losgatosca.gov/190/Historic-Preservation

Planning Commission: December 14, January 11, 7 p.m.

View agenda and meeting info at

www.losgatosca.gov/189/Planning-Commission

Town Council: December 20, January 3, 7 p.m.

View agenda and meeting info at

www.losgatosca.gov/16/Town-Council

Arts and Culture Commission: December 21, 4 p.m.

View agenda and meeting info at

www.losgatosca.gov/352/Arts-and-Culture-Commission



Saratoga

City Hall Closures:

Closed Friday: December 9, December 23, January 6

Holiday Furlough: December 22, December 26-January 2

Community Events:

Let's Work Volunteer Day: December 10, 9 a.m. to 12 p.m. at Quarry Park

Heritage Preservation Commission: December 13, 8:30 a.m.

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

Planning Commission: December 14, 7 p.m.

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

Finance Committee: December 22, 3:30 p.m.

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

City Council: January 4, 7 p.m.

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



Front Desk Volunteers Needed!

Saratoga Senior
Center is looking for
Front Desk Volunteers!




Qualifications:

- Friendly & Compassionate
- Able to perform light office duties (data entry, payment processing, light housekeeping)
- Bilingual a plus! (English, Mandarin, and/or Hindi preferred)

How to Apply:

- Visit www.sascc.org/careers
- Email info@sascc.org
- Call 408-868-1257 for more info



Real Possibilities

Driver Safety Course

January 20 & 23, 2023
9-1pm
At Saratoga Senior Center
19655 Allendale Ave, Saratoga

Take the AARP Smart Driver™ classroom course and you could save money on your car insurance!*

\$20 for AARP Members
\$25 for Non AARP Members

- Refresh your driving skills and explore the latest traffic laws.
- Understand the importance of proper maintenance of your vehicle.
- Learn research-based driving strategies to help you stay safe behind the wheel.

Register at 408-868-1257

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

END-OF-YEAR



Giving Guide

FOR LOCAL NONPROFITS

Curated by SASCC



Nonprofits make the world go round. They support people in need, solve problems, foster empowerment, and they make an impact. Nonprofits need your support now more than ever. As the year comes to a close, consider making a charitable, tax-deductible donation to any of the following local organizations that each work to make our community a better place.

LOS GATOS PUBLIC MEDIA - OPERATOR OF KCAT TV

KCAT TV is Los Gatos' is the town's public access television and radio station. KCAT is home to programs for people of all ages, including The Producers Network, a pilot program that engages volunteers 55+ who are post-career, into retirement and beyond to run its growing local public TV & Radio station. Visit kcat.org to donate.

COUNSELING AND SUPPORT SERVICES FOR YOUTH

CASSY is Our mission is the local mental health provider for Bay Area schools. Their mission is to de-stigmatize mental health services and make supporting students' social and emotional well-being the norm in our local schools. Visit cassybayarea.org to donate.

LIVE OAK SENIOR NUTRITION CENTER

Located in the Los Gatos United Methodist Church, the Live Oak Senior Nutrition and Service Center provides hot lunches, fellowship, referral and support services in a social setting to adults over the age of 60. Visit lgumc.org/live-oak-senior-nutrition-center to donate.

HAKONE GARDENS

One of the National Trust for Historic Preservation's premier sites and 100 years old, Hakone is one of the old Japanese estate, retreat and gardens in the Western Hemisphere. Hakone has also been on the National Register of Historic Places since 2013. Donations support our operation and garden improvements. Visit hakone.com to donate.

LOS GATOS VETERANS MEMORIAL FOUNDATION

The Los Gatos Veterans Memorial Foundation built and maintains the tribute to past, present and future U.S. military members, veterans, first responders, and 9/11 heroes located in Los Gatos. Their mission is to deliver honor, respect, gratitude and healing to America's heroes and their families, educate the community, and provide humanitarian support. Visit honoravet.org to donate.

NEW MUSEUM OF LOS GATOS & MONTALVO ARTS CENTER

Two of our region's most impactful art organizations, NUMU Los Gatos and Montalvo Arts Center in Saratoga each offer a plethora of engaging events, activities, and initiatives to foster creativity and innovation in our community. Visit numulosgatos.org and montalvoarts.org to donate.

SUPPORTING *The West Valley*
OUTLOOK published by 
a vision for our Age Friendly communities = **this season of giving**

Dear Outlook reader,

On behalf of SASCC, our writers, and our editorial team, we would like to thank you for picking up The Outlook each month and trusting us to deliver you informative, impactful stories and resources to support you and your families.

In a time when there is no shortage of fear and negativity in most news headlines, The Outlook is proud to serve as an antidote. We exist to serve you with enlightening, optimistic stories and perspectives that showcase the beauty and brilliance our community is home to, and it's a pleasure to do so.

Published by SASCC, the mission of The Outlook has always remained the same: to provide a vision for our Age Friendly community, but our organization operates three other extremely important services that you may not know were part of our offerings!

Our RYDE Senior Transportation Program helps adults ages 65 and older maintain their independence by providing safe, reliable transportation for various needs including medical appointments, social outings, grocery shopping, and more. Delivering thousands of trips every year, RYDE has been recognized at the local, state, and national level as one of the most innovative and trusted transportation programs for older adults. We maintained operations throughout the pandemic, adding meal and essential item delivery to our services to support older adults sheltering in place.

The Saratoga Senior Center is a central location for active seniors to come together for a variety of classes, social groups, and resources that support their physical, social, and emotional needs. In 2022, we reopened after our pandemic shutdown and maintained these services offering in-person, Zoom, and hybrid classes.

The Saratoga Adult Care Center (ACC) provides a safe environment and stimulating activities for less-independent adults. Throughout the day, participants receive gentle, personal care along with a nutritious lunch and snacks. The ACC offers daily support for people who can't be alone, and is a wonderful respite for families caring for loved ones. The pandemic caused us to provide services and meal delivery remotely, but we are now open for in-person services five days a week!

This past year was a big one for SASCC, thanks to our growing partnerships in Los Gatos. In partnership with the Town, we hosted our annual Health Fair at Los Gatos High School and partnered with CASSY and over 40 community organizations to support the mental health of our Age Friendly community.

Our goals for 2023 are to bring back even more community-wide events, have tons of fun and excitement, and continue to offer the highest level of service to you: our readers and neighbors.

SASCC is a 501(c)(3) nonprofit organization, so please consider supporting our ability to provide our services to those in greatest need. While you may or may not need our services now, you may know someone who does. You may also need us to be there for you or your loved ones some day down the road. Thank you for considering us in your giving plans, we are appreciative of any support you're able to offer—even if it's just a note of encouragement.

Thanks again and Happy Holidays from the team at SASCC and The Outlook!

Sincerely, -




Tyler Taylor, Executive Director, SASCC



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Get informed, get connected, and grow your circle of friends this holiday season

continued from
HOLIDAY pg. 1

Loneliness and depression, which can then lead to higher rates of additional health conditions including dementia, anxiety, and even suicide.

To reduce the impacts of isolation, let's be attentive to our loved ones this holiday season. Consult a healthcare professional if you observe lack of interest in someone's most-loved activities, social withdrawal, irritability, feelings of hopelessness, or decreased energy (for more common symptoms of depression, visit the CDC at [cdc.gov/aging/depression](https://www.cdc.gov/aging/depression)).

Get connected on the local level

People of all ages are vulnerable to mental health issues like loneliness, but older adults often have a tougher time finding or building a social circle.

Luckily, local resources abound. Look into local book clubs through your library or senior centers. The Saratoga and Los Gatos Libraries have monthly book clubs, and the Saratoga Senior Center has a host of classes and programs to suit a variety of interests.

Another wonderful option to consider is the Institute on Aging, headquartered in San Francisco and serving Santa Clara County. Their 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older and adults living with disabilities.

They even make ongoing outreach calls to older adults.

Outside of essential organizations like the Friendship Line, there are many ways we can look out for our loved ones who may be alone this holiday season, including checking in more often,

visiting, offering to share a meal together, or even a knock on the door with a meal for them to enjoy.

Give the gift of knowledge to help everyone stay connected

Gift-giving can be a challenging task across the age spectrum. Instead of purchasing gifts just to check something off your list, consider offering your time to teach your loved one a new skill that will benefit them long after the holidays. One example is making sure that they know how to make virtual calls to help them feel more connected to family and friends, especially if they don't live in the same area.

During holiday breaks, in the absence of work, many of us get stuck in ruts eating and (over)eating, watching movies, and it's easy to go on autopilot. Challenge yourself to suggest unique ways for the entire family to be

active together, including activities that young and older adults could enjoy with you.

[GetSetUp.io](https://www.getsetup.io) offers classes—all taught virtually by teachers older than 50—in everything from tech, health, and wellness, and things like “Instagram 101” and “How to order grocery delivery.” During the pandemic, the platform even offered webinars for people to navigate the maze to find vaccines. These programs can provide a wealth of ideas to learn things that some folks might not normally be exposed to on their own.

Lastly, according to the National Institute on Aging, in 2021, there were 92,371 older adult victims of fraud resulting in \$1.7 billion in losses. Older adults experiencing loneliness may be even more susceptible to these schemes. Help those less tech-savvy around you by sharing tips to avoid hacks, and regularly

update all their phone and laptop systems to ensure the latest security updates are present.

This time of year is incredibly busy and it's easy to get caught up in the madness. Be sure to carve time out to check on those around you, and enlist your healthcare professionals if needed. Don't forget to take advantage of local resources that are often free to expand your loved ones' social networks and inspire them to learn new skills. In addition, never take for granted the skills that you may already have in your back pocket to make it a truly bright holiday season.

For more information on seasonal affective disorder, visit the National Institute of Health at [nimh.nih.gov/health/publications/seasonal-affective-disorder](https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder).



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visit www.ccahealthca.org

Meeting Jane Goodall, famed anthropologist and environmental activist

By **Debbie Parsons**,
Plant Based Advocates

In October, I was lucky enough to hear Jane Goodall speak in person for the second time. The event was the Wildlife Conservation Network's (WCN) annual conference in San Francisco.

The first time I heard Jane speak was at the 2019 WCN conference. This was a very special experience as my dad, sister, and I were lucky enough to meet Jane in person. My dad has a conservation project utilizing technology to protect African rhinos from poaching.

His like-minded friend who knows Jane personally set up the meeting. Knowing how much my sister and I admire Jane, he invited us to join. To learn about the rhino project, visit enchoice.com/Saving-the-Rhino.

It was a surreal experience sitting in Jane's hotel lobby waiting for her to appear. I will never forget that warm smile and aura of peace as she walked into the room. Yet, she looked tired and worn. I wondered how at her age she found the energy to travel 300 days a year (her custom before the pandemic), each day

packed with meetings and events.

Later that evening the air buzzed with excitement as we waited for the talk to begin. Jane lit up as she walked on stage. She looked re-energized and invigorated. The stage is where she comes to life, so eager to spread her message of love and compassion and change the world one event at a time.

Jane is often the keynote speaker for the WCN conference, and she has helped to shape their mission from the start. The organization supports entrepreneurial conservationists who develop strategies to help people coexist peacefully with wildlife wildnet.org.

This year the format was a little different: Jane was interviewed about her life and work. Jane emphasized that we must learn to coexist peacefully with wildlife even when we find it challenging. She spoke fondly of her childhood with a mother who encouraged her curiosity, allowing her to spend hours outside by herself exploring nature.

It was Jane's childhood dog Rusty who taught her the intelligence and rich inner life of animals. Rusty could solve problems,

keep track of schedules, and plan for the future. He could communicate his varying emotions. Rusty was not unusual; rather he brought to light the intelligence and sensitivity of animals.

It is hard for us to imagine, but when Jane began her research on chimpanzees, contemporary scientists questioned her radical view that animals have individual personalities, intelligence, and emotional lives.

She received criticism from the scientific community when she named her chimp subjects instead of giving them numbers. Jane completely changed the way animals are viewed both through her research findings and her advocacy. Thanks to Jane, most of us recognize the idea that animals are emotional, sentient beings worthy of respect. Jane's advocacy continues despite her advanced age. She turned 88 this year!

The Jane Goodall Institute is active and thriving. Jane's pride and joy is the Roots and Shoots program, which she developed to get the next generation active and excited about wildlife conservation. Roots and Shoots is a youth-led global community



From left to right: Lisa Wade, Jane Goodall, and Debbie Parsons.

Photo courtesy of Debbie Parsons

program demonstrating the power of individual action. janegoodall.org/our-work/our-approach/roots-shoots

When asked how she finds the energy to keep going, Jane replied, "I can't stop. The animals need me." She is building her institute and her Roots and Shoots program to carry on her work after she is gone, and each of us can continue to amplify her work in our own lives. We can choose to view wildlife in more positive ways.

Jane calls on us to have compassion for all animals, even those we may consider pests. To learn how to have a peaceful relationship with wildlife such as coyotes, gophers, and more, check out the "Coexisting with Wildlife"

Resource are available at plantbasedadvocates.com

While walking my dog the day after I heard Jane speak, I found that I had really tuned in to my dog's needs. Instead of rushing around the block, I realized that I was letting her choose the way. I was allowing her to stop and smell the roses or whatever plant happened to attract her keen sense of smell. It is her walk after all!

Debbie grew up in South Africa where she developed a deep love and respect for nature and wildlife. She is a member of Plant-Based Advocates, a nonprofit encouraging people to eat more plants.

Reflections on the past three years

By **Dinah Cotton**

Not such an easy thing to do to look back at our past three or so years. Who would really like to?

National Baseball Hall-Of-Famer Satchel Paige says, "Don't look back. Something might be gaining on you."

And it did gain, again and again. It seemed each of the past three years were gaining on us. One step forward, two back.

The Earth-wide plague, locking us up for no crime, isolating us to stay alive and healthy, closing schools and institutions, businesses and offices closed, news jumbled. This was not a bad dream, it was a living nightmare.

No cure? Impossible!

Our scientists seemed to always have cures. Where did it come from? Did that even matter? It was everywhere. When would we all wake up from this nightmare?

The news spewed out scary numbers hourly, alarming us even more. Doctors were being accused of being deceptive, governments were confused, scientists were scrambling. We were scared and confused.

How did it get here? How can we make it go away? Do I have it? Do you have it? So many questions and hardly any concrete answers.

Scared to touch each other, or to receive and provide a reassuring hug. "Will this ever end?" We

asked. Then it seemed to end, or did it?

Suddenly, it was deemed we could go out, cautiously. We had masks, we had tests, we had treatments, vaccinations, and hesitation.

And just as we began to find a sense of normalcy again, "it" came back.

Our doctors were sick, police were sick—everyone was sick. Sick, afraid, and isolated—could there be a worse combination?

This time we were slightly better prepared. Vaccinations, more vaccinations, boosters, bivalent boosters... Slowly, it was ok to be outside at a six-foot distance with a mask or two. Designer masks were now an integral part of our daily apparel. We'd accept the

chapped lips and hands for the ability to get out.

It became all right to be in the food market, dressed for war against the unseen enemy. Still no dining out, no theaters or live music, no family or friend gatherings. Life as we knew it was at a complete standstill, in survival mode. Culture starved, while cheap entertainment thrived.

Oh, these past two to three years... What will or can we take forward into 2023?

We changed, we adapted, we mourned, and these years went by, very slowly. We did exist these past few years, and we survived. We are survivors now.

Cautiously entering 2023 seems the way to go.

Appreciating the simple things, leaving the recent past behind, with memories to learn from, and some to forget.



Photo by Bruno Emmanuelle, [Unsplash.com](https://unsplash.com)

Tackling isolation, one phone call at a time



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VOICES pg. 1

need for computers or other technology that may be beyond the reach or access of many seniors. My own background, running a small nonprofit that provided phone peer counseling (2010-2019), seemed to be a fit for this need. Our co-founder Donne Davis had a background in working with seniors.

Q: What are some unexpected or interesting things you've learned/noticed from starting this initiative?

A: I've learned that you

can have an incredibly deep and personal connection with someone who may, on the surface, be very different from you. That you can share laughter and tears over the phone, in a way that you may not be able to do in person. That here in the SF Bay Area, and especially in San Mateo and Santa Clara Counties, there are low-income elderly without a car, a computer, a smartphone, or the other ways that many of us take

for granted as means of connection with the larger world. That as a volunteer you

receive as much as you give.

Q: Are you currently looking for volunteers?

A: We're always glad to have new volunteers! We conduct volunteer training every two months via Zoom. All volunteers are screened with a phone interview and a background check. Contact marcia@friendlyvoices.org if you'd like to apply to volunteer.

Q: How does the program work?

A: It's a simple but powerful model: We partner with local social service agencies such as Community Services Agency (Mtn View), LIFE Elder-Care (Fremont), Meals on Wheels (Monterey), and more. The social workers at these organizations refer their senior clients to us, when they determine that their client would benefit

from social interaction on a weekly phone conversation. Each senior is matched 1:1 with their own trained volunteer, and they talk every week at a day/time of their own choosing. It's like having a penpal but over the phone! Some of these phone friendships last for months; some have lasted two years. All calls are documented; all volunteers are mentored.

Q: Can you share a bit about the recent grant you received and what you'll be doing with it?

A: We were honored to receive a grant this fall from the Joseph & Vera Long Foundation. The grant will enable us to grow our program and expand our impact, reaching 250 low-income homebound seniors per year with friendly conversation and connection.

Q: Is Friendly Voices a national organization/initiative with local chapters?

A: Not national. We are an all-volunteer nonprofit based in the SF Bay Area with a focus to serve low-income seniors throughout Northern California. We also serve a small cohort of seniors from other states.

Q: Is there anything else you'd like readers to know about Friendly Voices?

A: 1) We're thrilled to be recognized as a Great Nonprofit for 2022 by Great Nonprofits. 2) We are always happy to collaborate with Bay Area social service agencies to support their isolated senior clients.

To learn more about Friendly Voices, visit friendlyvoices.org.

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*與非西班牙裔白人相比

在線肝癌教育直播活動
主講者: 腫瘤與血液病專科, 嚴民醫師

本次活動由Eisai Inc. 公司贊助。

您知道嗎?

- 在患有糖尿病的美國亞裔人士中, 有一半患者並不知自己患有糖尿病, 而且2型糖尿病與肝癌風險增加有關^{2,3}
- 美國亞裔人士患慢性乙型肝炎的可能性是白人的兩倍, 但三分之二的美國亞裔慢性乙肝患者並不知自己已被感染。這很令人擔憂, 因為乙型肝炎病毒是導致美國亞裔人士患肝癌的主要原因⁴⁻⁶

與親友分享活動信息 立即註冊

演講醫師: 嚴民醫師, 腫瘤與血液病專科
語言: 活動用語普通話
活動日期: 2023年1月11日, 星期三
活動時間: 美國西部時間下午2:00-3:00
活動登記: www.CHMagency.com/SF111SASCC 或用手機掃描代碼
有關活動註冊的疑問, 請發送短信“help”至 646-867-7250。

了解更多有關肝癌的信息, 請訪問 www.LiverFirst.com/ch

¹Pham C, Fong TL, Zhang J, Liu L. Striking racial/ethnic disparities in liver cancer incidence rates and temporal trends in California, 1988-2012. *J Natl Cancer Inst*. 2018;110(11):1259-1269. doi:10.1093/jnci/djy051.
²Diabetes and Asian Americans. Centers for Disease Control and Prevention website. <https://www.cdc.gov/diabetes/library/spotlights/diabetes-asian-americans.html>. Accessed August 25, 2020.
³Mantovan A, Targher G. Type 2 diabetes mellitus and risk of hepatocellular carcinoma: spotlight on nonalcoholic fatty liver disease. *Ann Transl Med*. 2017;5(13):270. doi:10.2103/atm.2017.04.41.
⁴Hepatitis and Asian Americans. US Department of Health and Human Services Office of Minority Health website. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=50>. Accessed August 25, 2020.
⁵Asian Americans and hepatitis B. US Food & Drug Administration website. <https://www.fda.gov/consumers/minority-health-and-health-equity/asian-americans-and-hepatitis-b>. Accessed August 25, 2020.
⁶Di Bisceglie AM. Hepatitis B and hepatocellular carcinoma. *Hepatology*. 2009;49(suppl 5):S56-S60.

掃碼註冊

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From Viking to Bruin, West Valley Grad Transfers to UCLA Through Honors Program

Paulina Berestov has the same story that so many high school seniors share. During her senior year at Presentation High School, after anxiously waiting to receive her admissions letters to the UC (University of California) of her choice, she was rejected. Her dreams were shattered with the words, “we are sorry to inform you.”

“Those words changed my trajectory for what I had envisioned for my undergraduate experience and landed me on the steps of West Valley Community College,” says Berestov.

After beginning her first year at West Valley she realized that she had, in fact, landed in just the right place. Berestov took the time at West Valley to level up, taking general ed classes, Honors

courses like Critical Thinking where she was able to strengthen her writing, and even enrolled in classes like dance, theatre, and anthropology that helped shape her perspective on different cultures. She even co-founded the West Valley Women in STEM Club.

“I know that the education, leadership experiences, and skills that I received at West Valley were the reason I got into UCLA,” she says. “And the main driver for getting here was the West Valley Honors Program.”

The West Valley Honors University Transfer Program, provides highly motivated students with the opportunity to experience advanced levels of enriched education through challenging coursework and the ability to work

closely with Honors faculty and other highly motivated students. The Honors Program partners with the University of California, Los Angeles (UCLA) to offer the Transfer Alliance Program (TAP), which works to foster academic excellence and promote diversity and retention in the UCLA transfer population.

UCLA TAP applicants are admitted at more than double the rate of non-Honors transfer applicants. This year, sixty percent of students in the TAP were accepted to UCLA—compared to a four percent acceptance rate through the high schools.

“The Honors Transfer Program’s relationship with the UCLA Transfer Alliance Program gave me the second chance I needed,” says Berestov.

Equipped with a new perspective and stronger writing skills after completing five Honors courses, she was able to write a new admission essay about topics that truly embodied her as a person and showcased her academic skills.

“My biggest tip for anyone who is in a similar situation is to create a plan for your end goal, focus on your academics, and let your personality shine through on your application,” Berestov says.

The Honors program at West Valley has a 97% successful transfer rate to 4-year universities. Additionally, many universities offer guaranteed admission and/or guaranteed scholarships for Honors program students.

“I remember when the future felt so unknown,

but I know now that where you are is right where you should be and that every experience is a steppingstone on your journey,” says Berestov. “I’m so grateful that my steppingstone was West Valley College.”

West Valley College has one of the highest transfer rates of the 116 Community Colleges and has the highest transfer rate in Silicon Valley. For more information on requirements for joining the Honors Program, please visit westvalley.edu/honors.

Original Press Release available on West Valley College's website.



Learn why Asian Americans may be at higher risk for liver cancer^{1*} than other ethnicities, and what you can do about it.

*Compared to non-Hispanic whites

LIVE ONLINE EDUCATIONAL LIVER CANCER EVENT
Featuring Medical Oncologist Dr Min Yan
This presentation is sponsored by Eisai Inc.

Did you know?

- Of Asian Americans with diabetes, 1 in 2 do not know they have it, and type 2 diabetes is linked to an **increased risk for liver cancer**^{2,3}
- Asian Americans are **twice as likely** as white Americans to develop chronic hepatitis B, but 2 out of 3 Asian Americans with chronic hepatitis B don't know they are infected. This is concerning, as hepatitis B virus is a leading cause of liver cancer for Asian Americans⁴⁻⁶

Share with your loved ones and REGISTER TODAY

PHYSICIAN SPEAKER: Dr Min Yan, Medical Oncologist
LANGUAGE: The event will be presented in **Mandarin**
EVENT DATE: Wednesday, January 11, 2023
EVENT TIME: 2:00 pm PT (4:00 pm CT/5:00 pm ET)
REGISTER AT: www.CHMagency.com/SF111SASCC or scan the code with your phone
For help with event registration, text “help” to 646-867-7250.

For more information on liver cancer, please visit www.LiverFirst.com/ch

¹Pham C, Fong TL, Zhang J, Liu L. Striking racial/ethnic disparities in liver cancer incidence rates and temporal trends in California, 1988-2012. *J Natl Cancer Inst*. 2018;110(11):1256-1269. doi:10.1093/jnci/djy051.
²Diabetes and Asian Americans. Centers for Disease Control and Prevention website. <https://www.cdc.gov/diabetes/library/spotlights/diabetes-asian-americans.html>. Accessed August 25, 2020.
³Manioutani A, Tangher G. Type 2 diabetes mellitus and risk of hepatocellular carcinoma: spotlight on nonalcoholic fatty liver disease. *Ann Transl Med*. 2017;5(13):270. doi:10.21037/atm.2017.04.41.
⁴Hepatitis and Asian Americans. US Department of Health and Human Services Office of Minority Health website. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=50>. Accessed August 25, 2020.
⁵Asian Americans and hepatitis B. US Food & Drug Administration website. <https://www.fda.gov/consumers/minority-health-and-health-equity/asian-americans-and-hepatitis-b>. Accessed August 25, 2020.
⁶Di Bisceglie AM. Hepatitis B and hepatocellular carcinoma. *Hepatology*. 2009;49(suppl 5):S56-S60.



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ASK the EXPERT

Dr. Christine Throm, Audiologist
Past President-California
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LGA

Los Gatos Audiology

Top 5 Ways to Hear Better for the Holidays

Christine Throm, Au.D.

In a **Healthy Hearing** website poll on New Year's resolutions, respondents said health was the number one area of improvement on their list with 100% of the respondents, indicating **hearing health** an important part of their overall health. **Vow to continue to care for your hearing in 2023!**

Get tighter with Family and Friends: Tell a new person about your hearing loss each month. Before you know it, you will be the biggest advocate. Have an honest conversation with those closest to you about your hearing needs and the steps you have taken to improve your hearing with hearing devices.

Don't be afraid to send a note to friends or share a personal story about your hearing loss on social media. Get the word out so your loved ones can support your journey to healthy hearing.

Adjust your attitude Up! Listen for and enjoy the new sounds around you and stay positive. Hearing loss can cause feelings of anger, frustration, isolation and more. Improving your hearing improves social engagement, a sense of safety, independence, and an overall "feel good" attitude. Stay patient with yourself. Hearing devices require an adjustment period, during which your brain relearns how to process sound.

Sharpen your brain muscle: Research at John Hopkins linked hearing loss with loss of cognitive function. That means that untreated hearing loss can increase the risk of developing dementia by as much as 200-500% over time. The good news is that cognitive skills can improve with the use of hearing devices. Lumosity.com and LACE (Neurotone.com) are good online brain training and listening games that can help improve comprehension.

Power Up Your Earning Potential: You work your best when you hear your best. Studies show that moderate hearing loss increased the risk of income loss by 90 to 100% and 65-77% for those with mild hearing impairments. Those with hearing loss who wear hearing devices are more likely to be employed than those who don't.

Feel Better About "Me": Meet others with hearing loss. Attend hearing loss support groups. It's important to stay informed on current hearing aid information and technology trends, and interesting to see others' perspectives.

Bonus Tip: Schedule a hearing test! Not sure if you have hearing loss? The best way to monitor your hearing health is with regular hearing tests. **Treating your hearing loss as soon as possible is brain healthy!**

Community Event

Want more information about hearing health?
Dr. Throm is bringing back her acclaimed,
medically based, "Listen Up Café" lecture series!
Please join us for these FREE events.



Friday, Jan 20, 2022: Vision & Hearing Loss
Friday, Feb 10, 2022: Hearing with your Heart
Friday, Mar 10, 2022: A Brief History of Hearing Aids!
(Dates and location subject to change)

We'll have light refreshments, good coffee, and a great discussion—see you there!

Seating is limited for these FREE events.
Please RSVP (408) 673-4052

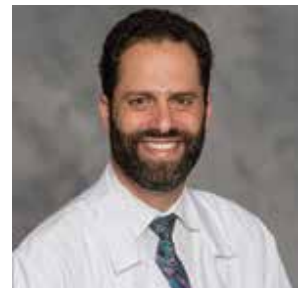


Dr. Christine Throm
Owner/Audiologist

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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
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for hours. (408) 358-3636



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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.



Photo by Külli Kittus on Unsplash

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.

SOCIETY FOR ADOLESCENT HEALTH AND MEDICINE

Founded in 1968, the Society for Adolescent Health and Medicine (SAHM) is a multidisciplinary organization committed to improving the physical and psychosocial health and well-being of all adolescents through advocacy, clinical care, health promotion, health service delivery, professional development and research. Call 1-888-705-4392 or email info@adolescenthealth.org with any questions.

Streaming now on

NETFLIX



From Scratch (2022)

An American woman falls in love with a Sicilian man while studying abroad in Italy.

TV-MA | TV Mini Series | Drama

Stars: Zoe Saldana, Eugenio Mastrandrea, Danielle Deadwyler



Woman in Gold (2015)

Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family.

PG-13 | 1h 49min | Biography, Drama, History

Stars: Helen Mirren, Ryan Reynolds, Daniel Brühl



White Christmas (1954)

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

NR | 2h | Comedy, Romance, Musical

Stars: Bing Crosby, Danny Kaye, Rosemary Clooney



The Lucky One (2012)

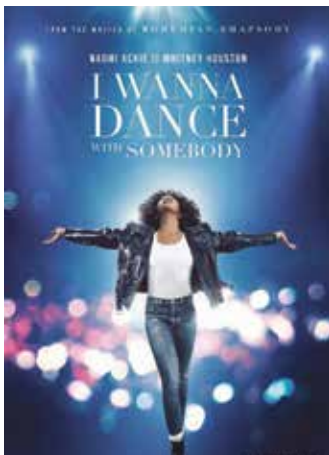
A Marine travels to Louisiana after serving three tours in Iraq and searches for the unknown woman he believes was his good luck charm during the war.

PG-13 | 1h 41min | Drama, Mystery, Romance

Stars: Zac Efron, Taylor Schilling, Blythe Danner

Playing near you:

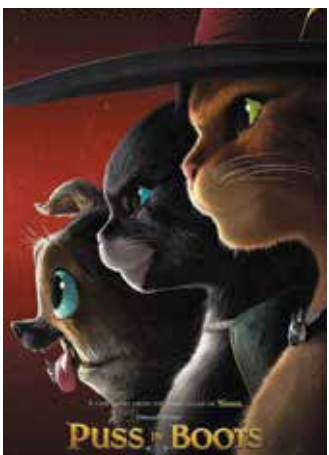
** Please call theater(s) for most up-to-date info.*



I Wanna Dance with Somebody, PG-13

A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time, tracking her journey from obscurity to musical superstardom. *Releases Dec. 23, 2022.*

Stars: Stanley Tucci, Naomi Ackie, Ashton Sanders
Biography, Drama, Music



Puss in Boots: The Last Wish, PG

Puss in Boots discovers that his passion for adventure has taken its toll: he has burned through eight of his nine lives. Puss sets out on an epic journey to find the mythical Last Wish and restore his nine lives. *Releases Dec. 21, 2022.*

Stars: Antonio Banderas(voice), Salma Hayek(voice), Harvey Guillén
Animation, Adventure, Comedy



Devotion, PG-13

A pair of U.S. Navy fighter pilots risk their lives during the Korean War and become some of the Navy's most celebrated wingmen.

May only show at AMC & Cinemark Theaters.

Stars: Jonathan Majors, Glen Powell, Christina Jackson

Action, Drama, War



Avatar: The Way of Water, PG-13

Jake Sully lives with his newfound family formed on the planet of Pandora. Once a familiar threat returns to finish what was previously started, Jake must work with Neytiri and the army of the Na'vi race to protect their planet. **May only show at AMC & Cinemark Theaters.**

Stars: Zoe Saldana, Sam Worthington, Kate Winslet

Releases Dec. 16, 2022.

Animation, Adventure, Fantasy

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

“The Joy of brightening other lives, bearing each others’ burdens, easing each other’s loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays.” –W. C. Jones