

The West Valley OUTLOOK



NOVEMBER

Vol. 2023, Issue 11

a vision for our Age Friendly communities

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It's Official!

West Valley-Mission CCD partners with SASCC for the launch of Senior Guided Pathways to Education and Employment

By Tylor Taylor

On Tuesday, October 17, the West Valley-Mission Community College District (WVMCCD) Board of Trustees voted unanimously to approve a groundbreaking partnership between the District and Successful Aging Solutions & Community Consulting (SASCC). The two institutions will jointly launch the long-awaited Senior Guided Pathways Pilot Project; an inimitable program that will create a framework for addressing the intersection of education, workforce development, and the needs of the fastest growing population, older adults.

"The County of Santa Clara is very thrilled to see your willingness to work with SASCC

to develop programs for seniors in our community", said Steve Preminger, Director of the Santa Clara County Office of Strategic and Government Affairs, who addressed the WVMCCD Board of Trustees during the meeting at public comment.

One of the project's aims is to boost registration and enrollment for people age 55+ in the district's service area by eliminating barriers to entry, such as technology, transportation, and cost. To facilitate enrollment, the Saratoga Senior Center and other participating senior centers will begin offering a new feature to their membership programs: all members will receive automatic, free, priority registration as students at West Valley and Mission Colleges beginning with upcoming the



Attendees listen to the guest speakers as they discuss important topics related to older adults during SASCC's Health Fair on October 21, 2023. Photo by Maria Guldner

Spring semester.

Centers will employ and train Student Success Coaches, who will assist people 55+ with registration, enrollment in classes, submitting assignments, or any other technological

needs they have, at no cost. The RYDE Senior Transportation Program will also provide free rides to and from either campus for students registered

see **PATHWAYS** pg. 3

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Finding strength in community: Saratoga resident keeps active in cultural work and running scene

By Lynn Dai,
Saratoga High School

Lines of women stand in hot, humid air, with no chairs provided, feet sore from working hours on end. Their hands and fingers fly over canning machines designed in the late 1950s, stuffing peaches and pears into hundreds of tin cans each day. Noticeably among them in similar height but in a much younger and energetic disposition, is Madelyn Moon, who was then 15. Now she resides in Saratoga with her husband Danny Moon.

In the narrow 10-minute window between the breaks in their shifts, the older ladies would protect Madelyn—from factory conditions, but by warning her about her future.

"You see these?" An older woman pointed at the varicose veins on her legs. "Don't get these and be like us. Go to college. If you get an education,



Madelyn and her husband Danny Moon coach the girls' cross country team at the Saratoga High track and field. Photo courtesy of Danny Moon

nobody can ever take that away from you."

Now at 80, Madelyn said those words have remained one of the strongest driving forces for her determination. She has since taught English for children in San Felipe, Mexico, worked for Santa Clara County

helping to recruit Spanish-speaking employees and was one of the West Valley Joggers & Striders' (WVJS) first female runners.

"The source of my strength."
Growing up with Mexican roots

see **ACTIVE** pg. 8

BE A
VOLUNTEER,
CHECK OUT THE
OPPORTUNITIES
LISTED THROUGHOUT
THE OUTLOOK!



Stay informed - 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.

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



Los Gatos

Complete Streets and Transportation Commission:
Nov. 9, 7:30 a.m.

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

Finance Commission: Nov. 13, 5 p.m.

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

Development Review Committee: Nov. 14, 21, 28, 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: Nov. 15, 4 p.m. (Special Meeting)

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

Arts and Culture Commission: Nov. 15, 5 p.m.

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

Town Council: Nov. 21, 7 p.m. @ Council Chambers

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

Community Health and Senior Services Committee: Nov. 23, 5 p.m.

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

Council Policy Committee: Nov. 28, 5 p.m. @ Council Chambers

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

Town of Los Gatos - Annual Winter Celebration: Dec. 1, 5 p.m.

Town Plaza Park



Saratoga

City Council: Nov. 15, 7 p.m.

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

Youth Commission: Nov. 28, 7 p.m.

View agenda and meeting info at www.saratoga.ca.us/337/Youth-Commission

Heritage Preservation Commission: Nov. 14, 8:30 a.m.

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

Parks and Recreation Commission: Nov. 14, 6:30 p.m.

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

Finance Committee: Nov. 28, 4 p.m.

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

Planning Commission: Nov. 8, 7 p.m.

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

Public Art Commission: Nov. 20, 6:30 p.m.

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

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- Saratoga Senior Center
- Louise Webb's Memoirs Class

Drop off at the Saratoga Senior Center located at: **19655 Allendale Ave, Saratoga, CA 95070.**

or bring socks to the Pen Women meetings.

Sock drive will run through **Thursday, Dec. 21. New socks only.**

For more info, contact Dorothy Atkins, Outreach chair at: chabot50@sbcglobal.net

Outlook Disclosure:

Successful Aging Solutions & Community Consulting (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!

Pilot project provides new pathways to education and employment

Continued from
PATHWAYS, pg. 1

through the pilot project. To further reduce barriers to entry, WVMCCD has made all courses in this pilot program tuition-free at both campuses.

Another objective of the project is to create new pathways to employment for older adults, as well as for traditional college-age students seeking careers in the booming aging services sector. Survey data from this year's Community Assessment Survey for Older Adults in Saratoga, Los Gatos, and the City of Santa Clara revealed high demand for upskilling and reskilling educational opportunities in the 55+ demographic.

In Saratoga, 57% of those surveyed indicated they needed or wanted opportunities to build work skills, 43% stated the variety of work opportunities for older adults was 'poor', and 30% stated that building work skills presented a problem in their lives. In addition to providing skills and opportunities for work to older adults, SASCC and WVMCCD will also develop new certificate programs and career pathways in the aging

services sector for traditional college-age students.

Regional eyes are on the project, with plans for additional strategic partnerships in the near future. "The County is also very interested in workforce development to the degree that we can get ready for our aging population, and work to support programs that train more caregivers is something that we very much support," Preminger said,

"We want to work alongside [the district] and SASCC and see this program become a huge success with overwhelming demand; it's something that hopefully spreads across the county, and the nation."

The implications for community colleges nationwide are significant. Enrollment declines in colleges and universities are not relegated to the Bay Area, it's a national issue. The project architects say they have a scalable model that has applicability to all communities with a growing population in the 55+ demographic. If successful, there will be other communities seeking to replicate the results, which would be a win for seniors and the community college system.

The project also includes

the foundational work needed to establish a Center for Aging in the district at one or both campuses. SASCC will provide consulting and expertise in exploring the feasibility of the undertaking, as well as establishing the stakeholder working group who will lead the effort by the district.

WVMCCD Chancellor Bradley Davis has been a proponent for integrating services and reducing barriers for older adults since his time as President of West Valley College. Under Davis's leadership, West Valley College was designated as the nation's first Age Friendly Community College in 2017, in an early example of the results of their strategic partnership with SASCC. West Valley College is currently in the process of working through several construction projects at the campus, including a \$75M Wellness Center which may be the site of the future Center for Aging. That, and other construction projects were funded as part of Measures C and W, passed by voters in 2012 and 2018, respectively.

"These are exciting times for our community. In the face of our many challenges we have found great leaders who



SASCC Board President Lisa Oakley, SASCC Executive Director Tylor Taylor, Chancellor of West Valley- Mission Community College District Brad Davis, and Associate Vice Chancellor of Governmental Relations and Public Communications for West Valley- Mission Community College District and SASCC Board of Directors member Manny Cappello pose at the Seniors Agenda Network Summit in 2019.

Photo by Savitha Rao

are willing to take chances on ideas that have the potential to make huge, lasting impacts" Chancellor Davis said,

"Transcending 'Age Friendly' to become true Age Champions requires work, dedication, and trusted partners who have a

track record of success. This project has all the hallmarks of a winner, and we'll do everything we can to make this the success we know it will be."

Learn more by calling SASCC at (408) 868-1257.

New non-profit aims to carry out the Age Friendly mission in Los Gatos

From original press release by
Los Gatos Foundation for Older
Adults to Thrive

A new Los Gatos nonprofit organization, the Los Gatos Foundation for Older Adults to Thrive, was established recently.

According to its founding members, it was created to help build an Age-Friendly community where older adults are engaged, valued and provided equitable opportunities to thrive.

The Foundation's Board of Directors were inaugurated on Friday, Sept. 29th. Officers elected are: Sandy Decker, Chair of the Board; Tom Picraux, President; Matthew Hudes, Vice-President; Ginger

McDonald, Secretary; Tim Lundell, Treasurer. Other members of the Board are Teri Hope, Catherine Somers, Nancy Pearson, and Alan Feinberg.

"When I was elected to Los Gatos Town Council, I learned that our Older Adult community would soon be over 30% of our population—yet at the same time our senior services had fallen dramatically behind," said Vice President Hudes, who is also a Los Gatos Councilmember.

"Older Adults Thrive aims to fill the funding gap and help create a world-class Community Center and services that our Older Adult community and broader community deserve."

The Board will have three

advisory committees: the Community Center Committee, the Fundraising Committee, and the Initiatives & Publicity (I&P) Committee. Board member Hope will chair Fundraising, and community leaders Catherine Somers and Nancy Pearson co-chairing I&P.

Following the recently completed Los Gatos Senior Services Roadmap, the foundation will be following the Roadmap's one, three and ten year goals. A major overarching goal that the foundation will focus on is the creation of a Community Center.

"Our work to create the Town's Senior Services Roadmap resulted in tremendous engagement of the Los Gatos community and

was unanimously endorsed by the Town Council. It revealed the critical need for an intergenerational community center with dedicated space for older adults," Foundation President Picraux said.

The new intergenerational center will also provide dedicated space for older adults and nonprofit partners, and will become a vibrant focal point for Los Gatos.

To start, the foundation will be conducting a needs analysis in preparation for the Roadmap's three-year goal of a community facility design that includes a renovate-or-build decision.

"The goal of the foundation is to create a welcoming, exciting,

world class center for older adults and others in the Los Gatos community. As our senior population grows we want to be prepared to meet the myriad needs of this community that has contributed so significantly to Los Gatos," said Board Chair & former Los Gatos Mayor Decker.

The Town established a Community Center Development Fund of up to \$1 million, of which \$866,000 will support reconfiguring existing space in the interim and planning for the future. The foundation will also be developing a fundraising campaign and seeking grants as center planning proceeds to supplement additional costs.

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!

Participants enjoy a day full of educational, physical, and pure fun activities in a warm and stimulating environment.

To qualify for our adult day subsidy program, eligible participants must meet the following 3 requirements:

1. Be 65 or older
2. Have an individual income of less than \$78,550
3. Complete the Saratoga Adult Day Center's admission process.

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



News briefs

Saratoga

Saratoga tree lighting ceremony & Wine Stroll

Saratoga's annual tree lighting ceremony will be on Friday, Nov. 24 in Blaney Plaza. While the ceremony will start at 5:30 p.m. you can come earlier or stay later into the evening to enjoy all the festive holiday activities that will be available for all ages. Activities will include shopping, exhibits, the annual Wine Stroll, carriage rides, music, and Candy Cane Village!

Los Gatos

Mosaic America's Cultural Harvest Celebration, Nov.10!

Mosaic America is a non-profit organization working to create cohesive communities through various forms of art and dialogue. Mosaic America will be coming to the Los Gatos Library on Friday, November 10, at 4 p.m. If you're looking for multicultural Autumn celebrations, put this event in your calendar! There will be cultural performances in music and dance, recipes and crafts, and more! Event is open to all ages. For more information about Mosaic America, visit their website: <https://mosaicamerica.org/events/>.

Teen Therapy Center Ribbon Cutting, Monday, Nov. 13

The Teen Therapy Center and Family Therapy Center of Silicon Valley is launching a new service for their patients! Come support and celebrate the new Healthy Brain Center.

The center specializes in Transcranial Magnetic Stimulation (TMS), a revolutionary non-invasive treatment that offers new possibilities for those who have not found relief through traditional methods.

Mayor Ristow will cut the ribbon at 4pm. Center is located at 2450 Samaritan Dr., San Jose, CA 95124. Visit www.thehealthybraincenter.com/ for more information.

Tarps & Strings - A Community Film Screening, Friday, Nov. 17

In partnership with AWQ and in honor of United Against Hate Week, the Los Gatos library will be hosting a screening of Tarps and Strings. From the filmmaker: Tarps and Strings shines light on the unspoken rules and invisible barriers that marginalize individuals experiencing homelessness, and the unique challenges faced by women within this community. Viewers will see ideations on how homelessness is tied with gender, poverty, and discrimination, along with possible solutions that can be implemented to create change. Screening will take place at 5 p.m., in the library's Technology Lab.



Saratoga Holiday Wine Stroll Experience

Friday, November 24
6 PM - 9 PM

Stroll the Historic Saratoga Village with other wine enthusiasts and enjoy tasting some of the best wines in the area and small bites from our welcoming merchants. This event is a great way to visit our merchants and restaurants and explore a few new businesses.

What are you waiting for? Put November 24th on your calendar and invite your friends and family to create a magical night while tasting delicious wines and listening to live music in the beautiful village, aglow with lights, laughter, and smiles.



<https://bit.ly/SHWSE23>

In Advance Tickets
\$55

At the Door Tickets
\$65

Group of 8 - \$430
(+ processing fees)

For vendor or sponsorship opportunities contact Kelly @ (408) 867-0753



Los Gatos' Annual Winter Celebration is coming to town Friday & Saturday, Dec. 1-2

Come out to the Town Plaza Park Friday, Dec. 1 and join the community in kicking off the holiday season. Events of the celebration will include the annual tree lighting ceremony at 6 p.m., light shows, games and activities for the kids, and a visit from Santa!

For more information, visit: www.losgatosca.gov/2510/Annual-Winter-Celebration.

And then make sure to come back the next day for the 67th Annual Children's Holiday Parade! Parade starts at 11 a.m. on Alameda Ave and North Santa Cruz Ave. And if you can't make it to the parade, please still note that many streets in downtown Los Gatos will be closed for the Parade from early morning to late afternoon. For more information, visit: www.lgsrecreation.org/parade/.

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LIC#: 936528

Considering an ADU but not sure where to start?

- Live in a WUI?
- Hillside zone (HR)?
- Area with Potential for Ground Movement Zone?

Any or all three of these factors can significantly compound the reporting and documentation required to get your permit approved through the city.

BUT, it's not impossible!

Hiring a partner that has the experience permitting and building through all these cases can significantly:

- Reduce time to receiving the building permit
- Minimize surprises throughout the review process
- Keep costs stable
- Stay informed with expectations and next steps

Greetings from Paramount Construction. As a resident and builder in Saratoga, we understand the process to get your ADU permitted through the city, particularly when you have a more challenging lot to build upon. If this is something you've been thinking about, we're more than happy to discuss your intentions. Now is a great time to get ahead of the planning process and be ready to break ground next spring.

Very competitive pricing. Ask us about SB9 also!

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Learn more about us!

Town Holiday Tree Marks Centennial Year

By History Club of Los Gatos

This year will mark the 100th year that the magnificent Christmas tree has stood in the Plaza on the corner of West Main Street and Santa Cruz Avenue in Los Gatos.

As is customary, the tree will be lit on the first Friday of December. This year the ceremony will be between 5-7pm on Friday, December 1. Due to this special, centennial anniversary, the ceremony will include recognition for those who donated the tree all those years ago- the History Club of Los Gatos. The History Club President, Diana Crawford, will commemorate this momentous occasion alongside many club members.

The History Club was established in 1897, and in the years leading up to 1923, the History Club annually decorated a tree that had been cut and brought down from the mountains. That tree was placed in what was then called Lyndon Plaza, keeping in line with the Hotel Lyndon, which was demolished in 1963.

Every year, the Club dedicated an annual budget of \$15 to this project. As documented in the Board Meeting minutes of January 3, 1923, the ladies of the History Club discussed planting a permanent tree. Mrs. Estelle Harwood McMurtry moved that a Christmas tree should be planted, and thus she was named Chair of the Tree Committee.



In a Board Meeting on March 14, 1923, the meeting minutes state that a Cedar Deodora had been successfully planted. Today, a plaque noting its donation by the History Club of Los Gatos still stands at the tree's foot.

At the time of planting, the Club promised that the tree would grow in size alongside the population of Los Gatos, which in 1920 stood at 2,317. At that time, Los Gatos was known as a bohemian arts colony, attracting painters, musicians, writers and actors. The tree has indeed grown alongside the evolving Los Gatos population, which according to the 2020 census, has swelled to over 33,000 residents, many of whom have been attracted by Los Gatos' role within Silicon Valley.

With this influx of new people has come an array of cultures and beliefs, and in more recent times, the tree and its annual lighting has been considered a symbol of the start of the holiday season as opposed to a traditional Christmas tree.

In the intervening years

since 1923, the History Club has continued to flourish and thrive, attracting women from Los Gatos and beyond, all wishing to serve and support our local community through philanthropic work. In recent years the Club has supported, both through voluntary work and financial donations, good causes including Cancer CAREpoint, Good Karma Bikes, the Bill Wilson Center, SJSU Spartan Food Pantry and Pacific Clinics.

In addition to the positive impact the Club contributes to the community, members enjoy a rich tapestry of social activities and long-term friendships. On January 25, 2024, the History Club will be throwing open its doors for an Open House event between 7-9pm. This will be the perfect opportunity to experience firsthand the magic that embodies the History Club and to glean an understanding as to what the club has endured for 126 years. Interested parties and potential new members will be given a very warm welcome!

To learn more, visit www.historyclublosgatos.org.



Top left photo: The plaque commemorating the donation by the Los Gatos History Club, sits at the base of the tree.

Top right photo: A picture of the tree decorated many years ago.

All pictures courtesy of the Los Gatos History Club



LIMITED EDITION:

*Hakone
Gardens
ornaments!*

Hakone Gardens was originally the private estate of Isabel and Oliver Stine, San Francisco philanthropists. Mrs. Stine fell in love with the beauty of Japanese gardens at the 1915 Panama-Pacific International Exposition in San Francisco. So much so, that she designed her summer retreat as a Japanese Garden. In January of 1917 Isabel Stine sailed to Japan visit Japanese historic garden estates, and after returning, got to work in building her own own Hakone.

Renown architect Tsunematsu Shintani designed and constructed the Moon Viewing Upper House, the Lower House and created the koi pond. Major Charles Lee Tilden bought Hakone from Isabel Stine in 1932 and built the main gate, "the mon" and also added the upper pavilion, the wisteria arbor and exquisite pathways. Tilden Park is named in his honor.

In 1966, the City of Saratoga purchased Hakone Gardens and in the 1990's, the first Hakone Foundation raised money to build the Cultural Exchange Center (CEC) building. In 2004 Hakone Estate and Gardens was chosen by the National Trust for Historic Preservation as one of the twelve national sites to receive funding under their "Save America's Treasures" program. Hakone was the dramatic location for the movie, "Memoirs of a Geisha", winner of three Academy Awards.

*Ornaments are \$15 each,
order online at sascc.org,
or see the Saratoga Senior Center
Front Desk for details!*



This Holiday Season

REMEMBER the Fallen. . . HONOR those who Serve. . . TEACH our children the value of Freedom.

On December 16, 2023 at 11 am, SASCC will be helping Madronia Cemetery to Remember and Honor our veterans by laying Remembrance wreaths on the graves of our country's fallen heroes.

Please help us honor and remember as many fallen heroes as possible by sponsoring remembrance wreaths, volunteering on Wreaths Day, or inviting your family and friends to attend with you.

To sponsor a wreath, or volunteer, please visit www.wreathscrossamerica.org/CA0450P or scan the QR code. Last day to sponsor a wreath in 2023 is Tuesday, Nov. 28!



Health Tips for Adults and Caregivers: Planning for Holiday Travel

By **Laura Clapper**,
MD, Medical Director, CCA
Health California

The holiday season brings opportunities for cherished visits with loved ones, festive celebrations and community traditions. For many, it also means traveling to see friends and family or extended time away from our homes. While traveling over the holiday brings many benefits, it can also mean heightened susceptibility to illness, unpredictable schedules, and separation from your usual healthcare provider and local pharmacy.

At CCA Health California, we know that an important aspect of well-being involves nurturing relationships with family and friends, and travel is often a necessary conduit for maintaining those connections. As the holidays approach, we wanted to share answers to some common questions about health and traveling, as well as proactive steps you can take to prioritize your well-being and healthcare, even away from home.

How can I plan for unexpected health emergencies?

Anytime you're traveling outside of your health plan and provider coverage area, it's important to bring a copy of your medical cards and contact information for doctors who issued medicine. It's also imperative to have details about any medical equipment, including model numbers, in case you need to replace oxygen tanks or parts for a CPAP machine.

Finally, know what type of healthcare you have available when you're outside of your network. Check-in with your health plan before travel to know what healthcare you can access at your destination and how to access it. Consider making notes ahead of time of area hospitals and pharmacies in the location where you'll be staying.

What are some common travel mistakes people make regarding health and technology?

One mistake I've noticed is that people forget to think

ahead for both the medical and well-being technologies they use each day. Medical devices are critical, and if you're traveling to a country with different outlets, make sure to include adaptors to plug those medical devices. Also, have backup power for medical devices, such as extra batteries or chargers. Now consider well-being and comfort – if you're used to sleeping with a heated blanket or using a blender to make smoothies in the morning, not having those tools with you can impact how you sleep and feel each day. This is especially important if those household items help you manage a health condition. Checking to see if the location you're traveling to has those things or if you can borrow them ahead of time can help you stick to your well-being routines that, in turn, directly impact your health.

What are some tips when traveling with mobility aids?

An exciting part of traveling is that you'll be visiting a new or different location, but it also might mean layouts are unfamiliar or there is an increased chance of missing steps or changes in flooring levels. Traveling usually means more walking, and if there aren't appropriate places to rest or recharge, it can increase discomfort and the potential for an injury. Some places may have wheelchairs or scooters available to borrow, and only some venues may be accessible if you bring your own. Knowing and taking advantage of these resources will not only result in more comfortable travel, but they could be safer options in places that are new or crowded.

What is your favorite tip for healthy traveling during the holidays?

Traveling as an older adult differs from traveling early in life. In addition to the perspective to slow down and be present in the moment, some older adults might do best taking breaks if walking more than usual, building time into the itinerary to maintain health or comfort needs, or simply stopping more if driving long distances. Airports can be chaotic, so depending on preferences, a direct flight might be

preferred, and allow extra time between connecting flights.

If you're on a flight, try to get up and stretch every hour or two, and consider compression socks to help prevent blood clots. Planning and setting expectations for travel capabilities and preferences is an important part of safe and enjoyable travel. If you're a caregiver, or man-

aging a travel plan for a loved one, this can initially seem like a lot of work. But if you take it one step at a time, you're more likely to have a smoother travel experience this holiday season.

Dr. Clapper is the Medical Director for CCA Health California, a community-focused health plan that serves

individuals in Santa Clara, San Joaquin, Merced and Stanislaus counties. In this role, she works closely with the plan's clinical team, community partners, and independent physician associations to develop programs that help residents stay healthy and well.



CCA Health CALIFORNIA

Connect to coverage that cares

CCA Health California (HMO) brings together a community of local support to help you get the most out of your Medicare plan.

ccahealthca.org

CCA Medicare Excel (HMO) is a health plan with a Medicare contract. Enrollment depends on contract renewal.
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 866-333-3530 (TTY 711).

H1426_23_115081_M

The World's Largest Prune Ranch

Submitted by Saratoga Historical Foundation

Dr. George Handy at one time had one of the largest prune ranches in the world in the 1880s. Located between Los Gatos and Saratoga the ranch had over 600 acres.

Handy came to California and purchased the ranch in 1883. Employee numbers ranged from 25 year-round to 75-100 during the fruit season.

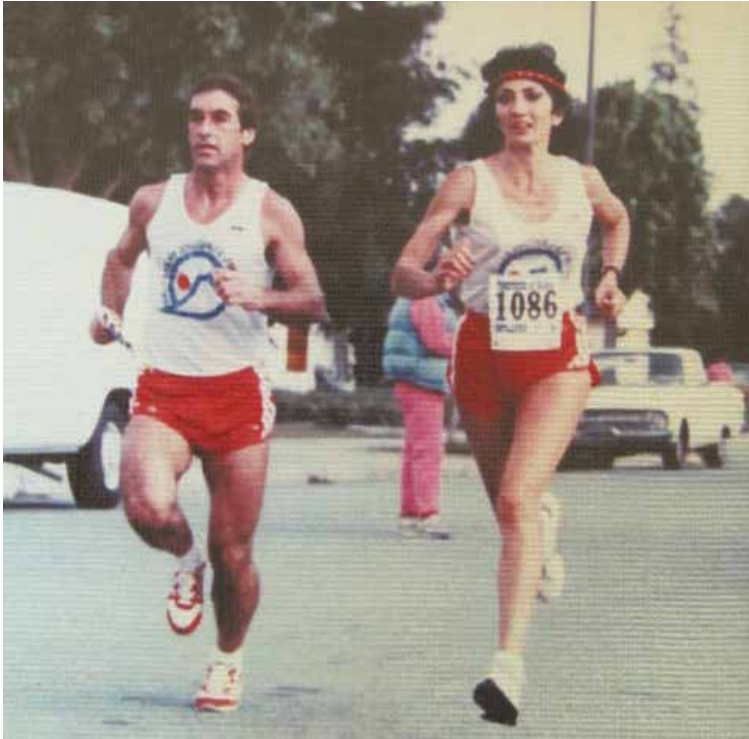
During his ownership of the property, though, he introduced every possible modern convenience—telephones, electric generating plant, arc lights, around the dry yards and incandescent lamps in the sheds, a complete water system and a method of operation that ensured that only the finest product bore the label "Glen Una," a name derived in part from the name of his wife, the former Una Handy.

According to RV Garrod, "The ranch was also known among local people for something besides packing prunes.

It had a most wonderful, penetrating whistle. When it blew at noon, people working as far away as ten miles by roads, would know it was time to quit picking prunes or what-have-yyou and eat lunch. When it blew in the fall of the year just as dusk was arriving, all the coyotes within hearing distance, would join in. Other coyotes listening in would help out, so for miles along the nearby Santa Cruz ranges of hills and mountains with its canyons and mountains echoes, there would be heard a galaxy of sounds."



80-year-old Saratogan Madelyn Moon continues to inspire runners around the community



The Moon Family.

All photos courtesy of Danny Moon.

Continued from
ACTIVE, pg. 1

Having grown up in East San Jose after moving from Oakland at age three, Madelyn was surrounded by a Spanish-speaking population. As the youngest of seven siblings, she was strongly influenced by

her grandmother Sanchez and her two uncles. One uncle was a Spanish teacher who later became principal of Mountain View High School and Los Altos High School and the other uncle introduced her to many aspects of her Mexican heritage, including traditional food and practices in Catholicism. Her

mother, who is Spanish and French, simultaneously fueled her interest in contributing to the Mexican and global community.

"I was very proud of my Mexican heritage and, heading into San Jose State, was extremely interested in people from different countries and cultures," she said. "So in college, I joined the international club. But the values instilled in me from my upbringing in my Catholic church and the many Mexican-American associations I joined left a huge impact on me."

From her experience at school and her job balancing awareness of growing up in two cultures, Mexican and American, Madelyn was inspired to become independent by getting a college education.

Even when she was tempted to drop out after struggling immensely with eight units of Latin in college, her conviction to remain steadfast by her values persisted.

"I took the forms to drop out of college to my guidance counselor, and he said, 'I will sign it, Ms. Sanchez, but is this the way you're going to treat life every time something gets difficult?'" Madelyn recalled. "And that taught me a big lesson: That [the] strength and mentality you gain from learning how to become independent—it lives with you forever."

Community service: Reconnecting with heritage

With her strong Catholic faith and a long-held desire to further contribute to her Mexican community, Madelyn was aided by her priest to secure a scholarship to conduct community work on a farm called The Grail in Loveland, Ohio. Her farmwork there—walking a mile in the snow each

morning to church, milking the cows, teaching people how to build porta potties—inspired her to pursue community service in Mexico.

In the following two months, she traveled to San Felipe and taught English and hymns to religious children there.

"We taught catechism [religious education] and grew very close to the families," Madelyn said. "They caught fish and slept in adobe huts under the stars, but it was clear they were happy. And that got me really interested in knowing more about my Mexican culture and my religious background."

Thus, immediately upon her return to California, Madelyn started working for Santa Clara County as a minority recruiter, helping to enlist Spanish-speaking people by aiding them with their work and interview applications. Through continuing her community service efforts, Madelyn discovered that the strength and courage she gained from her past experiences built on top of each other to give her the will and determination at each stage of her life: from working as a teenager, to getting her own job, then getting married and taking care of her son.

At three and a half months old, Madelyn's son Michael Moon had suffered a cerebral hemorrhage. Even though hospital staff told Madelyn that he wasn't going to make it, she insisted on taking care of him.

"I said no [to the doctors]," she said. "I asked a priest to give him a blessing while he was unconscious, and then Michael opened his eyes. And I knew then that was a sign. My deep faith told me he was going to make it."

Now, Madelyn and her

husband Danny visit Michael, 54, four to five times a week at his home. Madelyn's determination to take care of her family, a quality she's seen over and over since childhood—from her grandpa Ramon taking care of her grandmother Petra in the kitchen to her supporting the family by getting a job with her siblings—solidified her inner strength and faith.

That strength manifests in various aspects of her daily life. When she first joined WVJS in 1987, for example, her running speed and physical strength made it possible for club president Walter van Zant to recruit more women, a philosophy that would come to define the essence of the club in the years to come with more diversity.

Now at 80, Madelyn continues to support the club each Saturday morning, helping to time runners and carry the necessary equipment to their running courses.

"I grew up with a lot of love in my family and that love has spread to every aspect of my life," she said. "And the source of that came from my faith in believing in the ability to find beauty in different things. That's what I live by. Be what you are, and you'll learn to love the things around you."

This story is part of a series called "The Beauty of Saratoga," an initiative that seeks to affirm residents' narratives through family history. Learn more or share your own stories at thebeautyofsaratoga.com.

VOLUNTEER ★ N E E D E D ★

Do You Love To Cook?

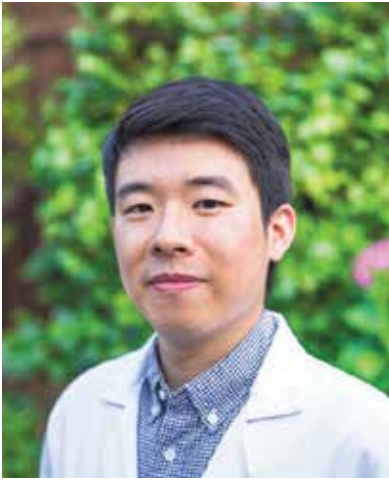
Assistance League of Los Gatos-Saratoga is looking for volunteers to join us each week, cooking healthy, delicious lunches on Tuesdays and Thursdays for the older participants of the Saratoga Adult Day Care Center.

We have the opportunity to plan the menus, prepare the meals and enjoy serving the participants. It is one of the highlights of their day and a very rewarding, fun and enjoyable experience for volunteers.

You can visit our website for more information about our organization. You can also contact Dru Barth by email for more information about the cooking program and how to join our chapter.



WWW.ALLGS.ORG / BARTHDRU@GMAIL.COM



Dental Implants: Why are they popular?

by Dr James Lin
Los Gatos Dentist

These days, we are fortunate and able to keep most of our teeth. However, if a tooth is lost, dental implants are a common and excellent permanent solution for missing teeth. In fact, it can take as little as twelve weeks to replace a missing tooth. Dental implants can be utilized to replace one or multiple teeth.

A dental implant has three parts. The dental implant screw (implant fixture) is made of strong medical-grade titanium. This fixture integrates with the jawbone and is hidden under the gums. The implant crown is the artificial tooth that sits above the gums, and is joined together with the implant fixture by a connector (abutment).

If you or a loved one have missing teeth, here are some reasons how dental implants can help:

- They improve chewing ability. Missing teeth can make it difficult to break down food into smaller portions to swallow. Dental implants can help regain your chewing ability, so you can enjoy a healthy diet.
- They prevent adjacent teeth from breaking. Missing teeth force the adjacent teeth to take on more chewing forces. Eventually, those teeth may chip or fracture. Dental implants will redistribute the forces evenly for a stable bite by replacing the empty space.
- They help prevent bone loss. When teeth are missing, the jawbone starts to resorb and weaken. This can lead to facial changes, gum



recession, and mobility of the teeth.

- They prevent adjacent teeth from moving. When a tooth is missing, the neighboring teeth start to shift their position, which changes your bite. Dental implants keep teeth in their original position.
- They improve your appearance. Missing teeth can make you feel self-conscious. Dental implants blend in and look like your natural teeth, so you can smile confidently.

Dental implants can be a great way to improve your quality of life functionally, medically, and cosmetically. Ask your dentist if dental implants are a good option for you!

In case you are wondering, we are accepting new patients! Please feel free to give us a call Monday through Thursday, 9am-5pm for any questions or to schedule an appointment.

Sincerely,
James Lin, DMD, FAGD

"One of the best dentists in our area. He had tremendously improved my dental health. He has a way of clarifying your concerns, listens to you, has excellent bedside manners and answers all your questions in a way that helps you understand the issues...They got me in soon and his staff is extremely sweet and friendly...His staff go above and beyond to provide excellent comfort and care when your mind and body are in an anxious state of mind." -Rosa

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SASCC Health Fair 2023

KNOWLEDGE IS POWER

Thank you to everyone who joined us on Saturday, Oct. 21 to make our annual Health Fair a success!

And a very special thank you to our sponsors!



All photos courtesy of Maria Guldner

RESOURCES

SUPPORT

SERVICES

ASSISTANCE



SOCIAL CENTERS

SARATOGA SENIOR CENTER
19655 Allendale Ave
Saratoga, CA 95070
M-F, 10am to 4:30pm / (408) 868-1257
www.sascc.org/social-centers-1

SARATOGA ADULT DAY PROGRAM
19655 Allendale Ave
Saratoga, CA 95070
10am to 3 pm / (408) 868-1254
www.sascc.org/adult-day-program

LOS GATOS ADULT RECREATION CENTER
208 E. Main St
Los Gatos, CA 95030
M-F, 9am to 4pm / (408) 354-1514
<https://www.lgsrecreation.org/55-plus/>

JEWISH COMMUNITY CENTER
14855 Oka Rd, #201
Los Gatos, CA 95032
Visit www.apjcc.org/contact-us/hours-directions/ for hours.
(408) 358-3636

CAMPBELL ADULT CENTER
1 W. Campbell Avenue, Room C-33
Campbell, CA 95008
(408) 866-2146

CUPERTINO SENIOR CENTER
21251 Stevens Creek Blvd
Cupertino, CA 95014
(408) 777-3150

OLDER ADULT SERVICES

RYDE (REACH YOUR DESTINATION EASILY) TRANSPORTATION PROGRAM:
www.sascc.org/ryde-about 408) 892-9739

LIVE OAK NUTRITION CENTER: (408) 354-0707
MEALS ON WHEELS: (408) 461-9870
SOURCEWISE: (408) 350-3200 x 1

SENIOR ADULTS LEGAL ASSISTANCE (SALA): (408) 295-5991
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.

ADVOCACY PROGRAM (HICAP) - Funded by Sourcewise: Call (408) 350-3200, and select option 2.
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.

VTA ACCESS: Office: 8am to 5pm daily / (408) 321-2380
www.vta.org/go/paratransit#accordion-applying-for-vta-access-paratransit-service



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. Call 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 - 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.

ASIAN AMERICANS FOR COMMUNITY INVOLVEMENT MENTAL HEALTH SERVICES - Founded in 1973, AACI serves individuals and families with cultural humility, sensitivity and respect, advocating for and serving the marginalized and ethnic communities in Santa Clara County.
2400 Moorpark Ave., Suite 300, San Jose, CA 95128 / (408) 975-2730 X204

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.

START YOUR RECOVERY - Provides information for people who are dealing with substance use issues, and their family members, friends, and coworkers too.
startyourrecovery.org/

CAREGIVER SUPPORT GROUPS Offered through Vitas Healthcare
To join, please visit www.vitas.com/family-and-caregiver-support/caregiving/caregiver-support-groups.

MedAssist

No Matter Where, You Get Your Care

Monthly grants are available to offset your high out-of-pocket medication costs for asthma inhalers, diabetes medications, or EpiPens prescriptions.

GRIEVING SUPPORT GROUPS: REMOTE, VIRTUAL, AND ONLINE Offered through Vitas Healthcare
To join, please visit www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups.

To learn more about Vitas Healthcare support groups, please call 888.804.0387.
Closet Bay Area Location is Milpitas VITAS Hospice and Palliative Care Office: 670 N McCarthy Blvd. Suite 220, Milpitas, CA 95035

GUIDANCE

RELIEF

CARE

INFORMATION

COMMUNITY RESOURCES

CALL 211 or visit 211scc.org : Food, Senior Care & Child Care, Counseling, Legal Aid, Housing & more (free, confidential, multi-lingual)

SHRED IT SERVICES

Saratoga Senior Center, Mon.-Fri., 10 a.m.-4 p.m.
\$1 per pound, \$12 per Bankers Box. Call (408) 647-9023 for more info.

SANTA CLARA COUNTY FIRE DEPARTMENT

14700 Winchester Blvd, Los Gatos, CA 95032 / 8 a.m. - 5 p.m. / (408) 378-4010
Emergency Response, Fire Prevention, Education & Preparedness
www.sccfd.org

CASE MANAGEMENT/ HOUSING ASSISTANCE/ EMERGENCY FINANCIAL ASSISTANCE:

EMERGENCY ASSISTANCE NETWORK OF SANTA CLARA COUNTY

1400 Parkmoor Ave., Suite 250
San Jose, CA 95126
(415) 808-4300
www.uwba.org/get-help

FAIR HOUSING LAW PROJECT - *Housing discrimination, mortgage abuse, eviction issues, etc.*

152 N. First St. 3rd Floor
San Jose, CA 95111
(408) 280-2470

HOUSING AUTHORITY OF SANTA CLARA

505 West Julian St., San Jose, CA 95110
(408) 275-8770

WEST VALLEY COMMUNITY SERVICES

10104 Vista Dr., Cupertino, CA 95014
(408) 255-8033



Photo by Hannah Busing on Unsplash

"We make a living by what we get, but we make a life by what we give."

- Winston Churchill

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VOLUNTEERS!



Help older adults maintain their independence by volunteering to drive them to their destinations!

It's a great opportunity to easily make a difference in someone's life and you get to engage in meaningful conversations along the way!

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To inquire about becoming a volunteer RYDE driver, email ryde@sascc.org or call (408) 892-9739.

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Dr. Christine Thross, Audiologist
Past President California
Academy
of Audiology (2018)



Check Your Hearing This November for American Diabetes Month

Christine Thross, Au.D.

This end of every November is National Diabetes Month, a time to increase awareness and action around this devastating condition. Undiagnosed or uncontrolled diabetes may cause devastating complications, including heart disease, nerve damage, blindness, kidney failure, and amputations. More, it is becoming widely accepted that this chronic condition significantly increases the risk of hearing loss as well.

The Importance of Screening

Have you felt more tired than normal recently? Does your vision ever get blurry? Do you feel constantly thirsty? This may signal it is time to get screened for diabetes, a serious condition that affects 300 million people worldwide. The CDC projects that more than 3 in 3 U.S. adults have prediabetes or (48 million people.) However, 50% of diabetics know they have it. Therefore, National Diabetes Month stresses the importance of early screening. It is recommended that once you reach the age of 45, you should be checked every five years. If you have additional factors such as family history, weight issues, or live a sedentary lifestyle you should be tested even frequently.

The Diabetes-Listening Connection

44 million people in the US complain about hearing loss. For those with diabetes, the rate of hearing loss is double. Researchers believe this could be caused by the nature of diabetes' effect on cells. They last-like cells collect glucose in the normal usual form, whereas with diabetes it is processed. When diabetes is not kept under control, it can cause chronic damage to the small blood vessels which support the structure and other larger blood vessels of the inner ear. Other parts of your body have the option to adapt and accommodate for damage to blood vessels, with diabetes-related supplies, however, your ears are not adaptable. [This article](#) summarizes hearing loss.

Results of Multinational Hearing Loss

A study published in the journal of *Otology and Neurotology* revealed how diabetes affected the ears and hearing and discovered that diabetes is related to hearing loss at different degrees. Tom Ayoob, MD, assistant professor of otology/otology at Johns Hopkins University in Baltimore explains "There are relationships in diabetes-related supply to the inner ear." Dr. Ayoob and colleagues revealed the hearing and health information from 3,500 adults who participated in the National Health and Nutrition Examination Survey between 2009 and 2012. The researchers found that those who were a few quarters off in the hearing of patients who suffered from diabetes. They found that the higher the level of blood sugar, the greater the risk of hearing loss. Once a blood vessel within the inner ear is damaged, there is no other way for it to receive blood. People experience of tinnitus, vertigo, and symptoms which become worse the longer diabetes progresses.

Preventing Diabetes-Related Hearing Loss

Many factors can affect your hearing and managing your diabetes is just one. Even so, controlling your blood sugar level can help you maintain health, staying levels, increasing to eat a healthy diet low of processed sugar, exercise regularly, avoid smoking and keep track of your blood sugar levels. Dr. Ayoob explains, "Diabetes should be considered a diabetes-related complication." If you suspect you have a hearing loss, contact us today to schedule a hearing test. We have to help and we look forward to seeing you this American Diabetes Month!

If you already have hearing aids, check out the latest options to meet hearing demands—you may be shocked at what the current hearing devices can do! Your quality of life may be back on a positive – or soaring! path!

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Free Community Seminar Want more information about hearing health?

Dr. Thross is bringing back her renowned, medically based, **Listen Up-Café** lecture series!



Friday, March 24, 2017: Diabetes and Hearing Loss
(Diabetes lecture subject to change)

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

It's only a limited time for these **FREE** events.
(Enter another date/location if you are unable attend.)

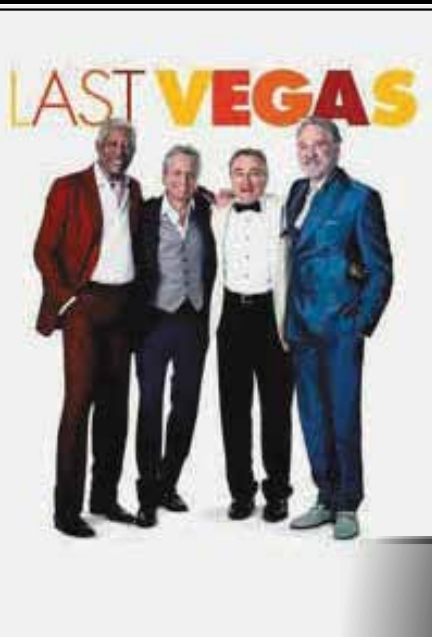
Please call for detailed location information

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1988 Los Gatos-Almaden Rd. Suite 8, Los Gatos, CA 95032
(on the corner of National and Los Gatos-Almaden Rd.)
www.LosGatosAudiology.com

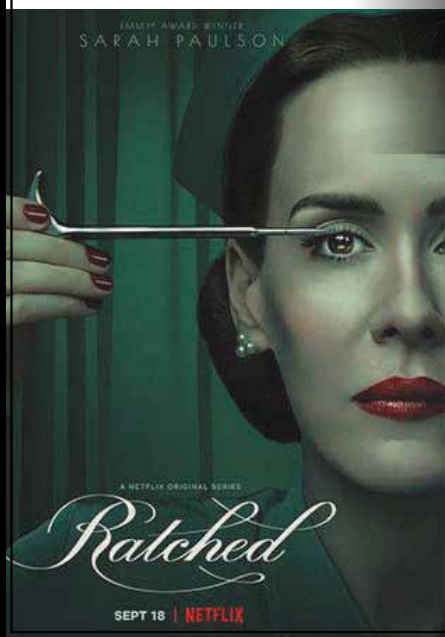


Last Vegas (2013)
 Four friends take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal.
 PG-13 | 1h 45min | Comedy

Heart of Stone (2023)
 An intelligence operative for a shadowy global peacekeeping agency races to stop a hacker from stealing its most valuable and dangerous weapon.
 PG-13 | 2h 2min | Action, Crime, Thriller



NOW STREAMING



Ratched (2020-)
 In 1947, Mildred Ratched begins working as a nurse at a leading psychiatric hospital. But beneath her stylish exterior lurks a growing darkness.
 TV-MA | TV Series | Crime, Drama, History

Love at First Sight (2023)
 Hadley and Oliver begin to fall for each other on their flight from New York to London. The probability of ever finding each other again seems impossible, but love - and London - may have a way of defying the odds.
 PG-13 | 1h 31min | Drama, Romance



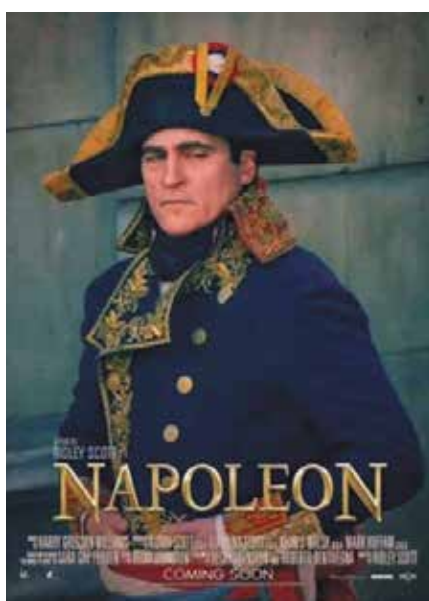
COMING TO THEATERS NEAR YOU

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



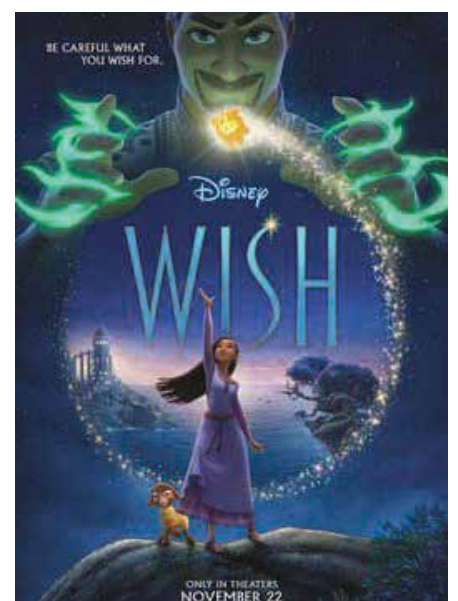
Pricilla
 When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.
 R | 1h 53min | Biography, Drama, Music
 Stars: Cailee Spaeny, Jacob Elordi, Ari Cohen

The Marvels
 Carol Danvers gets her powers entangled with those of Kamala Khan and Monica Rambeau, forcing them to work together to save the universe. **Releases Nov. 10.**
 PG-13 | 1h 45min | Animation, Adventure, Fantasy
 Stars: Brie Larson, Teyonah Parris, Iman Vellani



Napoleon
 NAPOLEON is a spectacle filled epic that details the checkered rise and fall of French Emperor Napoleon Bonaparte and his relentless journey to power through the prism of his addictive, volatile relationship with his wife, Josephine. **Releases Nov. 22.**
 R | 2h 38min | Action, Adventure, Biography
 Stars: Vanessa Kirby, Joaquin Phoenix, Ludivine Sagnier

Wish
 Wish will follow a young girl named Asha who wishes on a star and gets a more direct answer than she bargained for when a trouble-making star comes down from the sky to join her. **Releases Nov. 22.**
 PG | 1h 32min | Animation, Adventure, Comedy
 Stars: Evan Peters, Chris Pine, Alan Tudyk



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www.pruneyardcinemas.com/

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

CINELUX LOS GATOS THEATRE
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www.cineluxtheatres.com/cinelux-los-gatos-theatre

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Is your property in need of so much maintenance it feels overwhelming?

Are you tired of taking care of tenants and the responsibilities of managing your property(s)?

Are you feeling ready to "cash out" and be done with real estate except you need the income and you don't want to pay capital gains tax?



What is a 1031 Exchange?

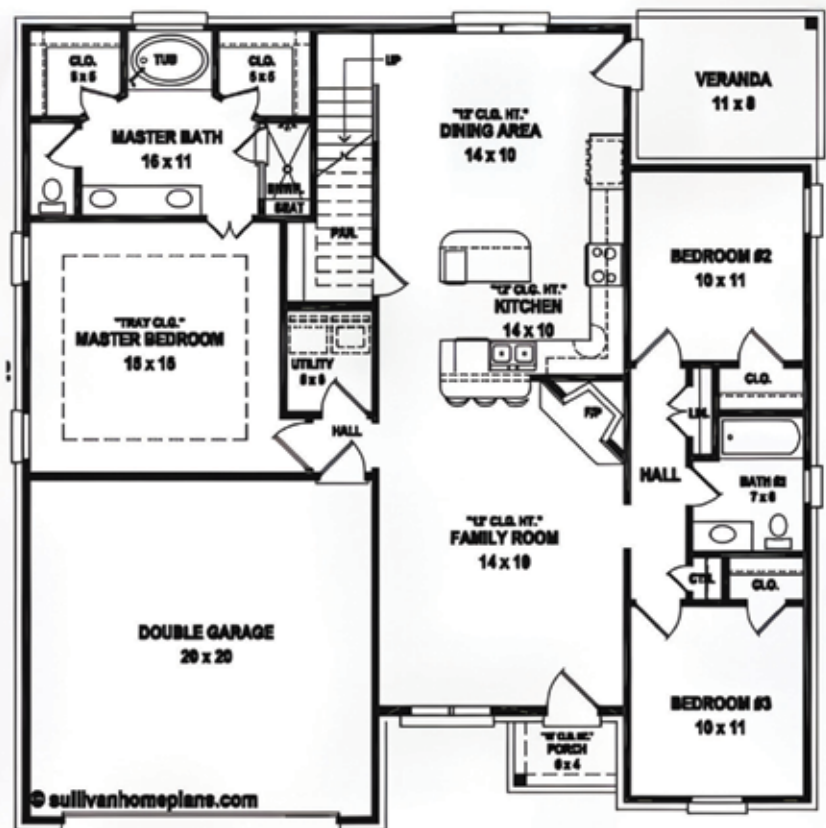
Under Section 1031 of the United States Internal Revenue Code (26 U.S.C. § 1031), a property owner may defer recognition of capital gains and payment of related federal capital gains tax on the exchange of certain types of real property.

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