



More than a Club: Empowering Futures at Los Gatos Boxing

By Tylor Taylor
CEO, SASCC

On January 1, 2024, Tony Johnson opened the doors to Los Gatos Boxing. This new gym, however, is not a place to work out in infrared rooms with fancy amenities. For Tony, it represents a dream rooted in community service, personal growth, and the belief that boxing can change lives far beyond physical fitness.

Unlike many profit-driven fitness centers, Los Gatos Boxing is founded on a mission to make a meaningful difference in the lives of its members. Tony's vision extends beyond physical training; the mental and emotional well-being of his clients is at the forefront, particularly with the youth. He is acutely aware of the pressures young people face today, from social media to the lure of negative influences.

"Idle time is the devil's playground," Johnson explained. "If you don't have something in your life to keep you focused and busy, you can get yourself into trouble. Discipline coupled with respect and genuine care



Boxing Coach Jose G. Campos holds mitts for an up-and-coming young boxer.

Photo by Samuel Leale

has the power to keep young people on the right path. That's what fighting did for me."

Tony's commitment to his students goes beyond the gym. His team provides mentorship, even providing help with navigating personal challenges. One student who recently considered quitting due to

family issues was encouraged by Tony to stay. Now, this young man is set to participate in his first fight after 18 months of training, and has turned to coaching others as a way to help young people like himself make it through difficult times.

From his early days training in Muay Thai and boxing to

balancing college basketball and amateur fighting, Tony's life has been a testament to the discipline and resilience that boxing instills. After moving to California at the age of 22, with no family or financial support, Tony relied on the tenacity learned through boxing to navigate life's challenges.

"Boxing taught me to get through tough situations and not give up," Tony shared. "The difficulties of starting a business are nothing like the fifth round of a title fight. The problems I have now are nothing by comparison."

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Working through stigmas of divorce and rediscovering happiness

By Mythri Ramesh

This is a story about a girl who found a marvelous support system during the loneliest and darkest times that she can ever think of. This support system is called Break-Ke-Baad(BKB), which in Hindi directly translates to "after a break."

I was separated for a few months after a 10-year marriage. Navigating on your own is never easy, but it's even harder after being codependent with someone for decades. Being an extrovert, I was finding different ways to explore the world on my own for the first time in my life, to see where I belong. An app called Meetup is such a blessing for most of us. You are never alone in experiencing new activities like hiking, restaurants, camping, wineries,



Photo by Tim Marshall on Unsplash

or going to a good bar around the town. Meetup makes it easy to meet like minded people, friends and acquaintances.

One day, while I was scrolling through events around me, I stumbled upon something called Break-Ke-Baad (BKB). They were hosting an event called "Swagat: New

Members Meet and Greet" in a local Pizza eatery, with 75 people on the guestlist. I was conflicted whether to go or not go. It was an uncomfortable feeling to be present in a room full of divorced people, I felt ashamed to say that I was

see **STIGMA** pg. 7

Tackling Loneliness One Call at a Time

Staff Report

In an age where digital connectivity thrives, it's paradoxical that loneliness among older adults has become a societal epidemic. Research has shown that loneliness and social isolation negatively impact not only mental health, but also physical health. According to the U.S. Surgeon General, lack of social connection can increase the risk for premature death as much as smoking 15 cigarettes a day. In addition, loneliness can increase risk of disease, including a 29% increased risk of heart disease, 32% increased risk of stroke, and 50% increased risk of dementia.

The CDC and WHO echo these concerns, stressing the urgent need for interventions that promote social connections

among older populations.

In response to this growing crisis, a beacon of hope has emerged locally in the form of **Friendly Voices**. Since April 2020, Friendly Voices has been reducing isolation and loneliness for older adults through free, proactive weekly phone conversations with background-checked, trained, compassionate volunteers. Its clients (age 60+) often struggle with challenges related to health and social inequities such as long-term illness, hearing and mobility issues, physical disabilities, or aging-in-place without deep in-person connections.

Each older adult is personally matched 1:1 with their own volunteer for reliable, meaningful connection and friendship lasting months to

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OUTLOOK STAFF

Tylor Taylor
Publisher and
Executive Editor
tylor@sascc.org

Rajvir Kaur
Outlook Production
Manager
raj@sascc.org

CONTRIBUTING
WRITERS:

Tylor Taylor
Tom Picraux
Mythri Ramesh
Louis Niemann
Neelam Dabholkar
Dave Eshleman
Yan Zhao
Joe Simitian
Marcia Fariss
Rajvir Kaur
Lloyd Russell

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Stay informed – August/Septmeber

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

Meeting places, Zoom links and call-in information are contained in each respective meeting agenda. Agendas are typically uploaded the Friday before the respective meeting. Please note, all council, commission, and committee meetings are subject to change or cancellation. Check the meeting links prior to each meeting or call your local town clerk for questions.

Saratoga City Clerk's office:
408-868-1216

Los Gatos Town Clerk's office:
408-354-6834



SARATOGA

City Council Meeting:
Aug. 21, Sept. 4, 7 p.m.
View agenda and meeting info at www.saratoga.ca.us/241/City-Council

Parks and Recreation Commission Meeting:
Sept. 10, 6:30
View agenda and meeting info at www.saratoga.ca.us/364/Parks-Recreation-Commission

Traffic Safety Commission Meeting: Sept. 12, 6:30 p.m.
View agenda and meeting info at www.saratoga.ca.us/329/Traffic-Safety-Commission

Planning Commission:
Aug. 14, Sept. 11, 7 p.m.
View agenda and meeting info at www.saratoga.ca.us/357/Planning-Commission

Library & Public Art Commission:
Aug. 12, CANCELED
Library & Public Art Commission Special Meeting: Aug. 20, 7 p.m.
View agenda and meeting info at www.saratoga.ca.us/330/Library-Commission



LOS GATOS

Town Council:
August 6, 20, 7 p.m.
View agenda and meeting info at www.losgatosca.gov/16/Town-Council

Development Review Committee:
Aug. 6, 13, 20, 27, 10 a.m.
View agenda and meeting info at www.losgatosca.gov/188/Development-Review-Committee

Diversity, Equity, and Inclusion Commission:
Aug. 8, 5 p.m.
View agenda and meeting info at www.losgatosca.gov/2951/Diversity-Equity-and-Inclusion-Commission

Planning Commission:
Aug. 14, 28, 7 p.m.
View agenda and meeting info at www.losgatosca.gov/189/Planning-Commission

Conceptual Development Advisory Committee:
Aug. 14, 4 p.m.
View agenda and meeting info at www.losgatosca.gov/200/Conceptual-Development

General Plan Committee:
Aug. 14, 5:30 p.m.
View agenda and meeting info at www.losgatosca.gov/199/General-Plan-Committee

Historic Preservation Committee: Aug. 28, 3 p.m.
View agenda and meeting info at www.losgatosca.gov/190/Historic-Preservation



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Outlook Disclosure:
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A boxing dream rooted in community service, personal growth, and overall well-being

Continued from
BOXING, pg. 1

Tony's expertise is further underscored by his tenure with Daniel Cormier, former Olympian and UFC Light Heavyweight and Heavyweight Champion. For the last four years of Cormier's career, Tony was his right-hand man and sparring partner, traveling with him and helping him prepare for some of the most significant fights in UFC history.

The transformations Tony has witnessed among his students are among his proudest achievements. Beyond physical fitness, the discipline and community of boxing have helped many young people improve their behavior, communication skills, and overall mental health. Parents often express gratitude, noting significant positive changes in their children's attitudes and actions after being in Tony's programs.

Los Gatos Boxing's offerings are not limited to the youth.

They offer programs for all ages and abilities, including mock training camps for boxing enthusiasts who want to experience the rigors of a professional training regimen without competing. These camps culminate in sparring matches, providing a sense of accomplishment and community.

One of Tony's favorite clients, a breast cancer survivor, credits her victory over the disease to her relentless training sessions at Los Gatos Boxing. "She never missed a session, even during chemo," Johnson recounted. "She completely beat the cancer and believes our training played a big part in her recovery."

Despite the challenges of starting a new business, Tony's passion and drive got him through. With no investors, he acquired all the gym's equipment himself and was a constant presence at the Los Gatos planning department, ensuring everything was in place to open the gym. His relentless spirit is now directed toward growing the gym's community and



Tony Johnson, owner of Los Gatos Boxing on Los Gatos Blvd near Nob Hill Foods.

Photo by Samuel Leale

expanding the class schedule as more people join.

"Making money is a byproduct," Tony stated. "Having an impact and changing lives is what I do this for."

The youth program at Los Gatos Boxing kicks off every weekday at 4:30 PM, with dedicated sparring sessions

every Friday. This program is designed to provide young people with a structured and supportive environment, helping them build discipline, confidence, and resilience through boxing.

Group training and other classes are available Monday to Friday, with personal sessions

by appointment. For those looking to experience the life-changing benefits of boxing, Tony and his team are building a community where the fight is not just in the ring, but in the pursuit of a better, healthier life.

To learn more, please call (669) 268-8739, or visit www.losgatosboxing.com.



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NEWS BRIEFS

Saratoga

Glass Exhibit the Saratoga Library, Sunday, Aug. 4

After earning a Masters Degree in Fine Arts and Art Education, glass artist Mark Fisher taught 3-D design for 17 years at Prospect High School in Saratoga. On your next visit to Saratoga Library, be sure to stop by his exhibit to view his beautiful, decorative glass art pieces. Fisher's exhibit will run until Aug. 29 in the Saratoga Library lobby glass case display.

Classical Guitar and Clarinet Performance, Sunday, Aug. 18, 3-4 p.m.

Bowen Zheng and Renzo De-Carlo have curated a captivating hour-long concert for clarinet and guitar featuring music from Argentina, Brazil, Italy, and Portugal that will delight audiences. The performance features compositions by guitar legend Sergio Assad and the prolific Pedro Caldeira Cabral. Adding a touch of cinematic magic, they include music from well-known films by Ennio Morricone like the hauntingly beautiful "Gabriel's Oboe". The duo finishes with two movements from tango legend Astor Piazzolla's blazing "Histoire du Tango."

Beginning Guitar Class for Adults, Aug. 20, 11:30 a.m. – 12:15 p.m.

This 6 week series is designed for the novice/beginner guitar player. Join us and learn basic guitar skills to start jamming to popular songs. You must bring your own guitar but all other materials will be provided. Space is limited. Please register only if you can commit to coming to all 6 classes. Please visit the Adult Reference Desk at Saratoga Library to sign up. Email adrienne-apple@sccl.org for more information.

Santa Clara Chamber Music (SCCM) will hold its annual concert on Thursday Sept. 12

The Santa Clara Chamber Music (SCCM) will hold a concert on

Thursday September 12th at 1:30 PM at the Saratoga Senior Center featuring a variety of Eastern and Western music pieces performed with erhu plus other Chinese instruments. If you're interested in attending, please send an email to sccm4info@gmail.com with the name of each guest. Tickets are free but limited and will be available on a first-come, first-served basis.

Los Gatos

National Night Out, Aug. 6, 5-7 p.m.

Join the Los Gatos-Monte Sereno Police Department for a fun evening to celebrate National Night Out on August 6, 2024 from 5 to 7 p.m. in Town Plaza Park (at the corner of Santa Cruz Ave & Main St). National Night Out is an annual community event that

promotes Police and community partnerships to make our neighborhoods a safer, more caring place to live. Attendees will have the opportunity to visit with the Los Gatos-Monte Sereno Police Department, Santa Clara County Fire Department, Community Emergency Response Team (CERT), Disaster Assistance Response Team (DART), and the Los Gatos-Monte Sereno



Police Foundation. There will be cornhole, basketball, a dunk tank, mini motorcycle rides for kids, shave ice, coffee, and more! For more information about the event, email JRose@LosGatosCA.gov or call (408) 354-6853.

Jazz on the Plazz continues with exciting performances on Aug. 7 and 14, 6:30 p.m.

On Wednesday, August 7, the Chris Cain Band will take the stage, followed by Christian Pepin y Orquesta Bembé on August 14. Christian Pepin y Orquesta Bembé is known for their unique blend of Salsa, Latin Jazz, Tropical, and Traditional Cuban and Puerto Rican music, and they're ready to make you dance the night away! Events start at 6:30 p.m. and will be held at Town Plaza Park, Montebello Way, Los Gatos, CA 95030. Note: While many venues are free, the "best" seats for Jazz on the Plazz events come with a price tag.

Spend a Sunday enjoying free concerts at Music in the Park

Los Gatos Music in the Park continues its tradition as one of the premier summer events in the Town of Los Gatos. Since 1988, this free public summer concert series has been a delightful way to enjoy Sunday afternoons with great music. The concert schedule for 2024 continues as follows:
Aug. 11: Bootjuice
Aug. 18: Aki Kumar Blues Band
Aug. 25: You Should Be Dancin' Bee Gees Experience
Concerts are held Sundays from 5 to 7 p.m. on the Los Gatos

Civic Center Lawn.

End of Summer Night Ride & Pasta Dinner, Saturday, Aug. 14, 6-8 p.m.

Step out for a delightful evening as summer comes to a close with Los Gatos' End of Summer Night Ride and Pasta Dinner on Saturday, August 14.

Event Details:

Train & Carousel Rides: 5:30 pm to 8:30 pm (last train departs at 8:30 pm)

Train tickets will be \$5 per person, carousel tickets are \$3 per person, and combo tickets will be \$7 per person.

VIP tickets for unlimited train and carousel rides during the event are \$20 per person.

Children 2 and under ride free with a paying adult.

The train and carousel will be open for regular operations from 10:30 am until 4:30 pm. Standard fares apply during these hours. The Snack Shack will close at 3:00 pm to prepare for the event.

NUMU enriches the community by fostering a deeper understanding and appreciation of art and local history

NUMU (New Museum Los Gatos) offers a wide variety of programs and events centered around the arts, local history, and the community. NUMU Talks + Tours: These events support and expand on themes presented in NUMU's art and history exhibitions. They provide an opportunity to hear directly from artists, historians, scientists, and experts through both in-person and virtual events. Enjoy free general admission on the first Sundays of the month. Registration is required. NUMU is open from 10 a.m. - 4 p.m. For upcoming programming, visit: www.numulosgatos.org/programs.



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Mountain Jam returns to Loma Prieta Playfield in September

By **Louis Niemann**,
Executive Producer of
Mountain Jam

The Santa Cruz Mountain Jam is set to return to Loma Prieta Playfield on Saturday, Sept. 7. The family music festival will be from 10 a.m - 5 p.m.

For those of you who may not know about Mountain Jam, it is a free event where the community can enjoy great music from local artists, excellent food and find entertainment for the whole family. There's plenty of convenient free parking directly next to the venue.

The inspiration for the event is the sense of coming together as a community, connecting with your neighbors, sharing the love of music and simply appreciating the enrichment opportunities that the mountain community has provided over the years. It was this sense of community that inspired the production of Song Around the Mountain—Peace Train (santacruzmountainjam.org/#peace).

Featuring local talent, this year's musical line up includes:

- The fabulous Summit Sisters,

- Groovy soul/jazz/R&B artists the Joint Chiefs,
- Brazilian carnival style of SambaDa,
- Young phenoms like the Magick Blues Band, Lomadeus and OakFlesh

If you're someone who likes to dance, then mark your calendar for the Mountain Jam. Headlining the show is the wildly creative Scott Pemberton O Theory, who's sure to make you dance. And for the finale of the event, you'll be able to enjoy a drum circle led by expert Djembe player and mountain resident, Sahar el Khatib.

For the younger crowd, the kid's tent area will include hands-on experiences with musical instruments facilitated by musicians and music teachers. There will also be expert face painting, rock painting, henna tattoos, giant bubbles, beach balls and more.

The event is also dog-friendly. Dogs can meet new friends and chill with their owners, or you can create a custom bandana and participate in the "Doggies are Welcome" contest for fun prizes.

All proceeds collected from the sales of silent auction items,

sponsorships, concessions and merchandise benefit music programs in the mountain community.

Since its inception in 2013, Mountain Jam has contributed over \$35,000 for music programs in its community. Mountain Jam 2022 contributed \$10,000 directly to the Loma Prieta Joint Unified School District, earmarked for the music program. The Mountain Jam Youth Music Scholarship helped provide several kids with starter instruments and private music lessons of their choice. And the Scholarship also gave funds for a Building Blocks music teacher, along with a set of age-appropriate instruments.

To learn more about Mountain Jam, visit www.SantaCruzMountainJam.org or scan the QR code. Use the website contact form for addressing questions directly to the producers or call the Mountain Jam hotline at 408-316-5376.



Supervisors look to expand mental health access for older adults

By **Joe Simitian**,
Santa Clara County
Supervisor

Continuing to push for improved access to mental health services for older adults, the Santa Clara County Board of Supervisors unanimously supported a series of recommendations from the County's Behavioral Health Department. The recommendations include enhancing existing safety net programs, expanding suicide prevention efforts, and improving wait times for cognitive assessments.

"Our older adult population is growing fast," said County Supervisor Joe Simitian. "That makes it even more important that we find better ways of getting folks connected to the mental health services and programs they need. I look forward to seeing a workplan before the end of the year showing how we can implement these improvements."

In November 2023, Simitian and Board President Susan Ellenberg asked County staff to analyze existing services for older adults, identify the unique needs of older adults and the barriers they face when looking for care, and provide recommendations to close any gaps identified in this resulting report.

By 2030, adults aged 65 years and older will make up 20% of the County's population. According to a 2019 report from the County's Department of Aging and Adult Services, by 2035 older adults will outnumber children in the County for the first time, five years sooner than the nation as a whole.

Older adults experience unique challenges as they age. Life changes, such as managing serious illness or the loss of loved ones, can impact mental health. Loneliness, grief, and social isolation can affect even those with support and resilience, and lead to depression and anxiety.

Symptoms from illnesses such as thyroid disease, diabetes, and cognitive impairments may mimic symptoms of mental illness. This highlights the importance of healthcare providers making accurate diagnoses and connecting older adults to appropriate treatment.

Social stigma around mental illness, system complexity, high suicide rates, affordability of care, and access challenges are among the identified barriers older adults face when looking to address mental health care.

The report outlines several options the County could take to better address the mental health care needs of older adults, including:

- Adding 18 Skilled Nursing Facility (SNF) beds with behavioral health expertise to the Valley Health Center in Morgan Hill to help address the facilities shortage identified in the report. There are currently no skilled nursing facilities in the County with specialized treatment beds for adults with behavioral health needs.
- Expanding suicide prevention efforts for older adults, recognizing that older adults have some of the highest suicide rates in the County, and are more likely to use lethal means.
- Evaluating and exploring the enhancement of existing older adults safety net programs, including the Access to Technology program, which helps older adults get connected to the internet and could be a tool to help reduce feelings of isolation and increase access to care through telehealth, particularly for those who face mobility challenges.
- Improving access for patients served by the Behavioral Health Services Department, including further analyzing the right mix of field-based, telehealth, and in-person appointment services

(as well as other support services like transportation) that are needed to support older adult patients.

- Evaluating and identifying ways to improve wait times for cognitive assessments for Santa Clara Valley Health patients to help them receive an accurate diagnosis and treatment referral more quickly. Such assessments are important because some cognitive impairments and diseases in older adults can mimic mental health conditions.
- Increasing training for staff working with older adults to better equip staff to identify potential mental health concerns in their clients and connect them to appropriate resources, including resources that can assist them in accessing Medicare financial assistance.
- Partnering with the state to address workforce shortages and mental illness stigma, which can be a particular barrier for older adults seeking services.

A key component in these efforts will include exploring options to bring resources and services to places where older adults already gather or seek services – such as senior centers and senior nutrition program sites – in an effort to

overcome barriers to access.

"Our County has long provided and supported critical mental health programs and services dedicated to the needs of older adults," said Simitian. "The challenge now is stepping up and improving that effort. How can we reduce wait time or increase staff training? How can we establish the right partnerships – on the local and state level – to improve access?"

At Simitian's request, a plan to implement these recommendations is expected to return to the Board before the end of the year. To download a PDF of the report, please visit the following link (Item #18).

Santa Clara County Supervisor Joe Simitian represents the Fifth District which includes Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Mountain View, Palo Alto, Saratoga, Stanford, portions of San Jose, and unincorporated communities in the Santa Cruz Mountains. He was elected to the Santa Clara County Board of Supervisors in 2012 and re-elected in 2016 and 2020. Stay up to date on news and events happening in District Five by signing up for Supervisor Simitian's newsletter: district5.sccgov.org/newsletter.

Innovative Solutions for Dementia Care:

How Enyi Health is Transforming Lives of patients and their caregivers



Happiness Kits by Enyi Health

Happiness kits are care kits developed by expert clinical psychologists, specifically for people affected by any form of dementia. These kits have inter-generational games and activities to stimulate all parts of the brain and promote social engagement. The kits provide respite to caregivers and extend beyond activities. They include a comprehensive caregiver guide, caregiver training resources, and access to weekly caregiver support meetups.

At Enyi Health, we take care of you, so that you can take care of your loved ones. Order your kit now at www.enyihealth.com/shop

By Neelam Dabholkar,
Founder of Enyi Health

Pseudonyms are used in this article to protect client identities.

Mary is a marketing executive who found herself overwhelmed with juggling a demanding full-time job and caring for her mother, who was recently diagnosed with dementia. Between managing work responsibilities and ensuring her mother received the best care, Mary was constantly searching for caregiving resources, engaging

activities, and support groups. Traditional solutions fell short, leaving her frustrated and her mother under-stimulated.

Her breakthrough came when she discovered Enyi Health, a startup focused on sustaining cognitive health. The company was founded by Neelam Dabholkar, who has a personal connection to the mission.

"When a family member was diagnosed with dementia, we were all overwhelmed," Neelam shares. "Although everything was available on the web, we had to spend a lot of time finding the right activities, training resources, and support, which

added to the exhaustion. That's when I realized the need for a solution where the caregiver and patient get everything at their fingertips."

Enyi Health offers solutions

Enyi Health offers innovative solutions for seniors living with dementia, individuals recovering from traumatic brain injuries, homebound individuals needing social interaction and cognitive exercises, and caregivers requiring respite and support. Their flagship product, the Happiness Kits, developed by clinical psychologists, transformed Mary's caregiving

- experience. These kits include:
1. Caregiver Guide and Training Resources: Providing essential knowledge and skills for effective caregiving.
 2. Cognitive Games and Activities: Engaging activities designed to stimulate all parts of the brain.
 3. Access to Weekly Support Meetups: Offering support and community for both caregivers and patients.
 4. Monthly New Content: Ensuring a continuous supply of fresh, engaging materials.

"The kits took away the hassle of searching for the right activities. Before the Happiness Kit, I only bought word search puzzles, which quickly became monotonous for my mom," Mary shares. "Now, she is engaged and motivated, creating beautiful crafts like decorated purses, tote bags, and ceramic cups. These activities not only stimulate her cognitively but also give her a sense of purpose as she gifts them to friends and family. Plus there are new things to do every month, so she looks forward to what's coming next."

Sophia, an early-stage high-functioning dementia patient living alone, discovered the Happiness Kit through a meetup with the Alzheimer's Association. "Living alone with dementia can be isolating and daunting," Sophia explains. "The Happiness Kit has been a lifeline. The cognitive games and activities keep my mind engaged, and the weekly support meetups have connected me with others facing similar challenges. It's comforting to know I'm not alone, and the kit's monthly new content always gives me something to look forward to."

Digital Solutions for Enhanced Care

Enyi Health's digital solutions, which are currently being developed, promise further support for caregivers

and patients. Their facial recognition technology will help patients easily identify people they are conversing with, fostering social interaction and preventing isolation. The AI-powered video companion will offer reminders, conversation starters, speech assistance, fall detection, exercise tips, and can recognize regular patterns, triggering alerts in case of unexpected changes.

Community Reach and Future Goals

Enyi Health aims to build a model similar to the First 5 Initiative but for older adults. Their goal is to ensure every person with a diagnosis of Dementia has access to Happiness Kits and digital solutions. They are working with counties and government councils to make these kits available to all homebound individuals or those impacted by dementia or traumatic brain injuries.

The Science Behind Brain-Stimulating Exercises

Research has consistently shown the benefits of cognitive exercises for individuals with Dementia. Activities that challenge the brain can help slow the progression of cognitive decline and improve the quality of life for those affected. Studies have demonstrated that engaging in mentally stimulating activities can increase brain plasticity and enhance neural connections, contributing to better cognitive function.

"The Happiness Kit provided much-needed respite and peace of mind," Mary concludes. "It keeps my mom engaged and happy, and for the first time, I feel supported in my caregiving journey."

For more information about Enyi Health's solutions, visit www.enyihealth.com.

How phone calls can help reduce isolation

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VOICES, pg. 1

years. It's like having a pen pal, but over the phone.

"We believe that a friendly voice and a listening ear can make a world of difference," remarks Lew Epstein, Executive Director of Friendly Voices. "Our mission is to foster meaningful connections that enrich the lives of both seniors and volunteers."

Elyse Elconin Goldberg of Los Gatos has been volunteering with Friendly Voices for over three years. "I realize how important one phone call is,"

she says. "Sharing experiences has not only filled both of our joy buckets, but has also broadened my world. We've all experienced loneliness and the pain of it. This is a wonderful way to break that cycle."

Friendly Voices has partnered with SASCC to expand its impact in the West Valley communities. "Isolation is one of the things we fear most when we think about getting older. It doesn't have to become our reality," states Tylor Taylor, CEO of SASCC. "Friendly Voices offers more than a phone-based wellness check, they provide friendship and a caring person

on the other end of the phone."

As we confront the loneliness epidemic affecting our aging population, there are numerous ways for our community to get involved. Visit www.friendlyvoices.org to learn more, refer a senior in need of companionship, volunteer to become a buddy, or contribute to this vital cause through donations. Together, we can ensure that no older adult in our community feels alone.

For more information or to take action, please visit www.friendlyvoices.org or by phone at (650) 395-8017.



BKB Community takes the Stigma out of Divorce in the South Asian Diaspora



Photo by Duy Pham on Unsplash

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separated. Finally, I decided to stop by for a few minutes and here I am two years later, still in this group. I feel like I belong, in my chosen family, and BKB is a safe haven.

The founder, Aneja Raj, worked dynamically to establish this group in 2014. Starting with very few members, the group today consists of 1600 divorced Indians. When I asked him about the initial intentions of creating this group, he shared, “After going through a difficult divorce, I realized that I wasn’t alone in my struggles. Many Indian singles around me were facing similar challenges, the feeling of isolation and being unsupported. I wanted to create a safe space where we could connect, share experiences, and provide support without being judged.”

“Often our community stigmatizes divorce, making it

hard for people to seek help,” Raj said. “That is the sole reason I established Break-Ke-Baad; a divorced group specifically designed for divorced Indians.”

Sid Adhikary, the lead organizer of BKB, has been part of the group since 2020. “BKB allows me to make a meaningful impact by helping individuals navigate through challenges in their lives, such as the divorce process or single parenthood,” Adhikary said. “By organizing relevant activities and discussions, I help facilitate personal growth, community support and lasting friendships. This role enables me to give back to society by supporting those in need and creating a positive inclusive environment for everyone involved.”

BKB is a compassionate and understanding community that empowers individuals to rediscover happiness. They also strongly emphasize on women empowerment by advocating for women’s safety

from domestic abuse and aiding them to rebuild a new life independently. BKB organizes various activities such as workshops, group discussions, social gatherings, cultural events, meetups, speed dating, hiking, kayaking, and more. They also have subgroups to educate each other about stocks, retirement, gardening, dating and relationship coaching.

“The beauty of BKB is the layers of it. On the surface, it is an open, available space where newly single adults can engage in a diverse array of social events and meet others in similar situations,” Dr. Anita Gaiind, MD in Internal Medicine, said. Gaiind is a new member of BKB.

“Once you engage with the group and get to know it better, one realizes it is a space for self-expression ... It is like a microcosm of the human experience, designed to help people heal from what may have been one of the most difficult

and painful life experiences.”

Future goals of BKB include:

1. Exploring the idea of national expansion and establishing chapters in major cities across the nation to create a wider support network.
2. To collaborate and initiate partnerships with organizations, therapists, and experts to offer exclusive workshops, webinars, and events for BKB members.
3. Organizing awareness campaigns and events to reduce stigma around divorce and promote the importance of support networks.
4. Building a strong volunteer community with dedicated individuals who share our vision and want to make a difference.
5. Introducing programs focused on personal development, wellness,

and skill-building to empower members for new beginnings.

6. Hosting annual events to celebrate members’ achievements, milestones, and triumphs.

Break-Ke-Baad (BKB) stands to create a comprehensive support system that empowers Indian divorced singles to heal, grow and thrive. We believe collective efforts can lead to greater impact.

To learn more about BKB, contact any of the following: Aneja Raj, Founder and lead organizer of BKB at anejaraj@yahoo.com, Sid Adhikary, Lead Organizer of BKB at sid.orissa@gmail.com, or Mythri Ramesh, Lead Organizer of BKB at kmythriramesh@gmail.com.

Saratoga Rotary Club: Service Above Self

By **Yan Zhao**,
Saratoga Mayor

Each month, I like to take the opportunity to highlight special organizations in Saratoga that stand as cornerstones of giving. This month, I would like to bring attention to the Rotary Club of Saratoga, which has always been and continues to be actively involved in numerous projects benefiting the residents in and beyond our community. Our club is a strong supporter of youth programs in Saratoga, offering scholarships, leadership development initiatives, and sponsorship of local school activities, as well contributing hands-on and financial support to non-profits and charities.

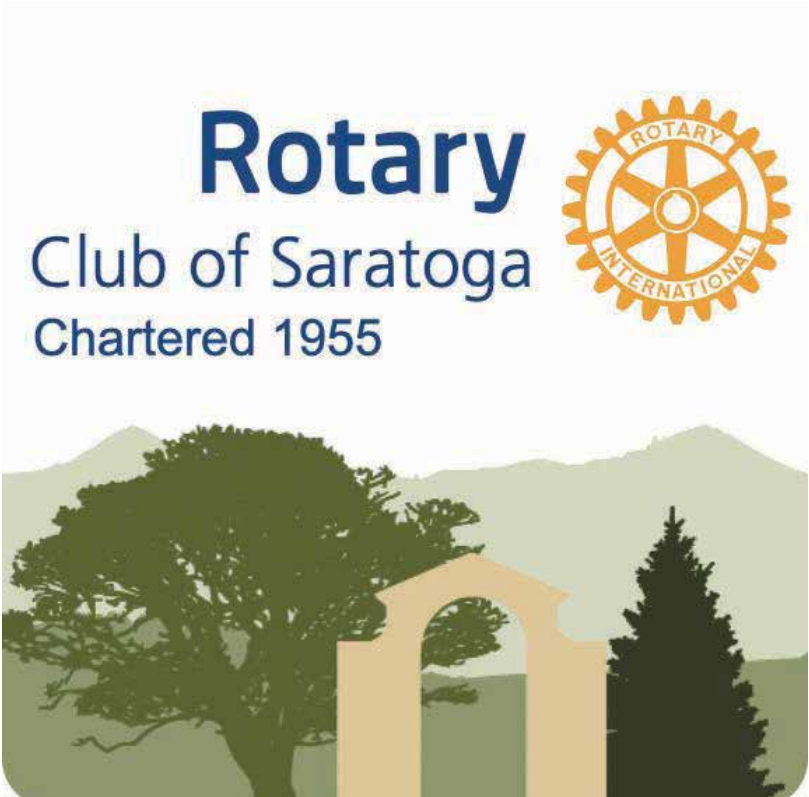
One of the club's most significant contributions to the community is the annual Saratoga Rotary Art Show,

which began in 1957. It has become one of most well-regarded art shows in the region and serves as the largest fundraiser for the Saratoga Rotary Charitable Foundation, which provides grants to local non-profit organizations and the Club's youth and community service programs. In the past decade alone, the Foundation has granted more than one million dollars to support organizations, most recently benefiting children, students, teachers, educational facilities, summer camps, senior services, and the arts.

The Saratoga Rotary Club is a member of Rotary District 5170, along with 62 other clubs throughout the South Bay and Silicon Valley. This past spring, District 5170, Saratoga Rotary, and other local clubs participated in the Rise Against Hunger, which packaged 24,000 meals to fight hunger and

support those in need. This is just one example of the humanitarian programs the Saratoga Rotary Club contributes to, along with other hands-on programs and fundraising with clubs throughout the South Bay, including Cupertino, Los Gatos, Sunnyvale, and others.

I am proud to be an active member of the Saratoga Rotary Club for more than 10 years. It has allowed me to contribute to student art programs including supporting art teachers and students pursuing artistic endeavors. It is a wonderful experience and I encourage others to be involved in a service organization such as this.



Hearing aids and when you may need them

By Marcia Fariss,
M. A., F-AAA, Audiologist and
retired Lipreading Instructor
for Foothill College

Q: How often should I have my hearing tested?

A: If there is a sudden change in hearing, an immediate evaluation is recommended. It is important to determine the cause so that appropriate treatment and/or follow-up can occur. Depending upon the cause of the sudden loss, it may be possible to reverse it but time is of the essence.

Unless there is a change in your hearing, an annual audiology evaluation should be sufficient. Even minor changes can affect our ability to communicate satisfactorily. Slight changes would likely be noticed by others, rather than the person sustaining the loss.

Q: Can wax build-up cause a hearing loss?

A. Yes, most definitely. Once the cerumen(wax) is removed, hearing should return to its former level. A visit to the ENT physician or to your audiologist, if she/he has the proper licensed training for safe cerumen removal. However, if no perforation (hole) in the ear drum is suspected or known, an over -the-counter ear wax removal system may be utilized at home.

Q: Sometimes my hearing is fine; other times it seems to decrease. What can cause that fluctuation?

A. A very good question! There are several possible causes of fluctuating hearing and some can be serious. A few of the most common causes include: allergies, eustachian tube dysfunction, Meniere's Syndrome, cerumen build up

(see above). noise exposure, ototoxicity, and inner ear disease. A thorough examination by an otologist/ENT physician and a comprehensive audiology evaluation by a clinical audiologist will help determine the cause and thus, a possible resolution of the fluctuations.

Q: I wear 10 year old hearing aids and I think they are doing fine; others disagree. Who's right?

A: Without additional information, the best answer is that others are likely correct. Substantial improvements in hearing aid technology have occurred over the past 10 years and even in the past 5 years. As with any piece of technology, a hearing aid wearer would likely benefit from an "upgrade" in his/her hearing instrument. Even if an old instrument is performing well, it may no longer be effective because

hearing levels have changed.

Q: I was told to wear my hearing aids all the time. I don't think I need to do that, so why should I?

A: Consistent use of properly fitted hearing aids is important for optimum benefit. The brain is "re-educated" when hearing aids are initially fitted. Inconsistent usage of hearing aids interferes with that adaption process.

Normal hearing persons learn to ignore background noises. When a person begins wearing hearing aids, those sounds are suddenly amplified and thus "grab" the wearers attention; that could interfere with focusing on speech. The brain and ears need consistency to adapt. When experienced wearers are fitted with new hearing aids, their brains may need to adapt to hearing new

sounds. Consistent auditory and brain stimulation results in the best benefit.

A recent study published in The Lancet concluded that full time hearing aid wearers live longer than those who wear hearing aids part time. However, they could not prove that it was actual full time hearing aid usage that extended one's lifetime; it could be attributed to full time wearers being more socially engaged, physically active, and have reduced risks of falling.

Recent year's research has determined that one of the causes of dementia includes hearing loss because the brain is no longer receiving adequate stimulation. Wearing aids full time can have a positive effect on delaying or helping to prevent dementia.

Savannah-Chanelle Vineyards and the landslide that keeps on giving



Photos by Caltrans

By Dave Eshleman

When tech entrepreneur Michael Ballard purchased a Saratoga hilltop winery in 1996, he knew he had acquired a piece of paradise. With the oldest Cabernet Franc vines in the world (outside of France), the property featured a stately 1919 villa and magnificent views of the Santa Cruz Mountains and the valley below. But starting in 2017, Ballard learned the hard way that paradise sometimes includes thorns.

Now the home of Savannah-Chanelle Vineyards (named after Ballard's daughters), the 60-acre property produces four-to five-thousand cases of wine a year, primarily Pinot Noirs.

It's accessed by a driveway off Highway Nine that crosses below a perilously steep hillside before reaching the tasting room. The heavy rains in the winter of 2017 finally accomplished what gravity alone had struggled to do for centuries: Thousands of tons of rocks, mud, and trees gave way, covering the driveway and a

portion of the highway.

Since then, the steep slope has continued its inexorable downward collapse in a process that continues to the present day. Ballard's efforts to keep his beloved winery open and accessible could be described as heroic, nightmarish – and expensive.

The roughly 60 forested acres on the uphill side is owned by the Wereda family, heirs of the late Walter Wereda, a former airline mechanic who sometimes tinkered around the property, but never built a home there, according to Ballard. And that complicates matters considerably. The center of the driveway is the property line, and Wereda had an easement which allowed him to use it.

Unable to get his neighbor's help when the first landslide occurred in 2017, Ballard was forced to rent a tractor and hire workers to clear the road and keep his business open. With each subsequent rain event, more of the mountain oozed down, and each time Ballard paid to clear it.

"In 2019, I told Walter

that we need some sort of permanent agreement. I had spent about two hundred thousand dollars over three seasons, an unsustainable situation," according to Ballard. "The winery would have gone bankrupt had I not subsidized it with my personal funds."

But shortly thereafter, Ballard learned that Walter had died. The land, after a long probate, now belonged to three Wereda siblings, none of whom lived in the area or had ever, up to that time, visited the site, according to Ballard.

A few weeks later, Ballard learned that the Wereda family had sued him for blocking access to their property. Ballard counter-sued, setting off a long arbitration period. A settlement was finally reached in February 2023 wherein the Weredas paid for damages and a fifty-thousand dollar fund was established for future slide clean-up. (Reached through their attorney, the Weredas declined to comment).

Then, disaster struck again. Heavy rains returned during the winters of 2022-2023 and

2023-2024, and on March 11, 2023, an estimated eight thousand cubic yards of earth sloughed off the mountain, covering Savannah-Chanelle's driveway, closing it for five months.

It took CalTrans one hundred eighty-six dump trucks to haul away the debris from the highway, according to Ballard, who could not access his property from December 19, 2023 until May 2024. During this time, operating a commercial winery became nearly impossible. Both Ballard and wife reside at the property, as does vineyard manager Marcelino Martinez and family.

"We had to build a staircase from a portion of the driveway down to Highway Nine, then park a car one hundred yards downhill," according to Ballard. "Can you imagine hauling your groceries up a hundred-yard section of the highway with cars whizzing past at fifty miles an hour?"

"We held a disaster sale, but people couldn't pick up their wines. Sixteen part-time employees lost their jobs, and

we lost over four hundred thousand dollars" he added.

Now that the rains have paused for the summer, the access road is open, and the Savannah-Chanelle tasting room is back in business. And, for the 15th year, their outdoor music series still delights visitors, with Saturday evening dance music and Sunday afternoon jazz.

But the slide-scarred mountain still looms ominously over the access road, and one can easily sense that it has not yet completed its inevitable fate. Full-grown redwoods, Douglas fir, madrone, and big-leaf maple trees tilt crazily over the precipice.

Ballard says he doesn't know what the future will bring, and that he will hold his breath each time the rain starts falling. In the meantime, he is determined to keep the road to paradise open.

For more information on the Savannah-Chanelle summer music series, go to www.savannah-chanelle.com/music.

Saratoga’s Art Students’ Atelier continues to shine light on local artists

By Rajvir Kaur,
Outlook Production
Mananger

The Art Students' Atelier studio opened in 2012 in downtown Saratoga. Originally known as Cloud Castle Art Studio, founding owner Gabriel Coke renamed the studio in 2021 after the COVID quarantine. As the Bay Area's longest-running atelier, this studio specializes in teaching students aged 12 and up in drawing and oil painting, following a tradition rooted in the early Renaissance and reaching its height in 19th-century Europe.

Students come from many local schools and often spend several years at the atelier, building their college portfolios and achieving remarkable results.

Chloe Tang, a freshman at Saratoga High School, began her journey with Art Students' Atelier in 2023 and has quickly become a standout student. Chloe is a naturally gifted and highly intelligent left-handed artist who consistently impresses with her effortless and advanced drawing and painting skills.

Tessie Berger, an excellent student at Redwood Middle School and soon-to-be freshman at Saratoga High School, started with the studio in 2022. Tessie's focus and concentration on complicated subjects are exceptional, and her drawing ability is highly advanced for her age. She has created impressive larger works, including a life-size painting of Michelangelo's Moses. Tessie also enjoys musical theater and has strong support from her parents.

Services available are year-round practice, regular adult classes, and a Visiting Artist Workshop program that brings world-class artists to the studio for yearly workshops.

Currently, Coke is planning their second large exhibition at The Triton Museum of Art, opening in May 2025. The exhibit will feature works by founder Gabriel Coke, current students, and alumni. The exhibition, curated by Vanessa Calenta, will run for three months and showcase the incredible talent fostered at Art Students' Atelier.

Works on display will show the natural beauty that comes from young minds at work. The

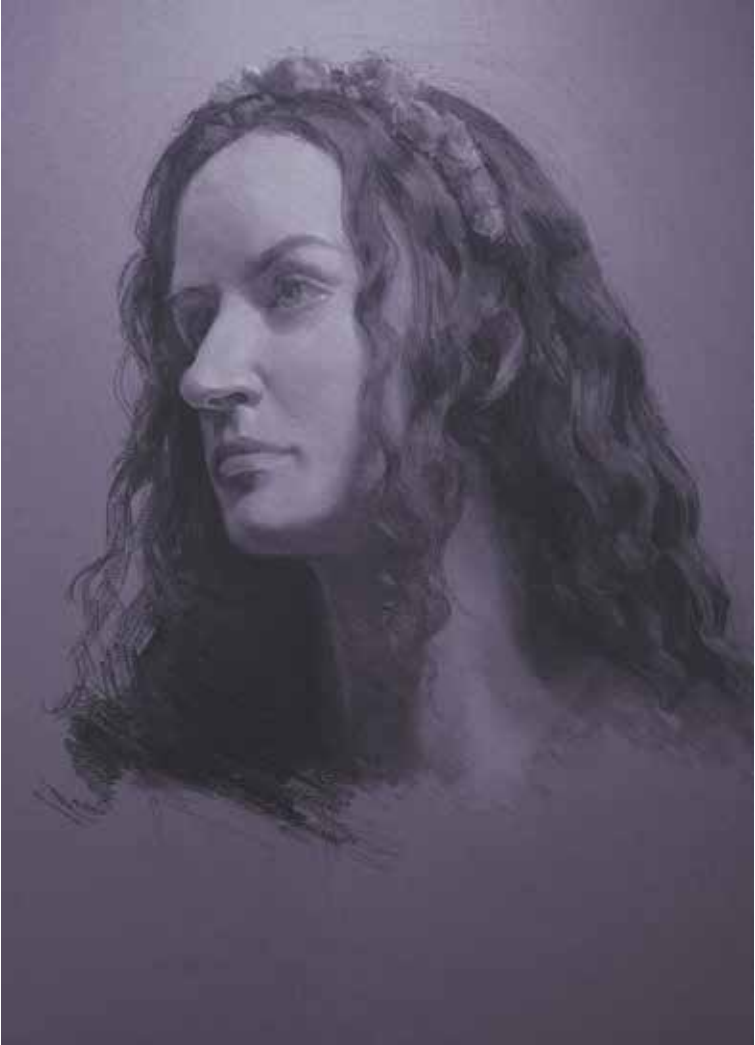
studio environment is an ideal habitat for young artists to express their natural skill and develop it under the guidance of an atelier education. A work of art may stand on its beauty alone or be a portal to an artistic child's imagination.

“When I moved to the Bay Area in 2001, I searched for an arts organization or studio that felt like home, reminiscent of the well-lit ateliers I had attended elsewhere,” Coke said.

“Unable to find a suitable place to host my curriculum, I decided to open my own studio in 2012, creating an ideal environment for both artists and teachers.”

Coke said his goal was to change the local art community by redefining what an arts studio could be. By honoring the potential of very young students, Coke said they can achieve extraordinary results and foster an environment where young artists could thrive and develop their skills under the guidance of an atelier education.

The Triton Museum of Art always offers free admission to all exhibitions.



Artwork by Chloe Tang.



Students create artwork of a live model.



Painting of Moses by Tessie Berger.



An original charcoal and chalk drawing of model Jennifer by Abby Peterson.



Instructed by Gabriel Coke

AFTER SCHOOL ART STUDIO

Semester Begins
August 13, 2024

AUGUST THRU MAY
TUESDAY THRU THURSDAY
4 TO 6 PM


Art Students' Atelier
14443 B Big Basin Way
Saratoga, CA 95070

artstudentsatelier@gmail.com
<https://tinyurl.com/y9ryaa29>
831-345-1845

Letter from the editor

Dear Outlook Reader,

Thank you for your support over the last 5 years as we've given our best effort to provide you with real local news and information, without an overwhelming number of advertisements and real estate listings.

Our mission with The Outlook is to reflect the best our communities have to offer. We don't cover scandals or

controversies, we avoid taking sides on hot button issues, and we do our best not to lean one way or the other. We do however provide an outlet for local voices and organizations doing good work and promoting their missions. It can be difficult to get press coverage in small communities, so we allow submissions and content that may not hit the radar of the other local papers.

In doing so, we have

occasionally given a disproportionately larger voice to some viewpoints, simply because some groups are more vocal and organized than those who may disagree with them. We are always willing to publish letters to the editor and ideas contrary to something we've printed in a previous issue, and have done so, but as a paper we don't want to start taking opposing positions to ideas submitted to us.


In light of that, our Editorial Team has made the decision to avoid issues and pieces regarding lifestyle choices and preferences that can be viewed by some as divisive or judgemental. We respect individuals and organizations that are concerned with the health of other people, the environment, and the planet.

SASCC's mission is to provide access to physical and social activities along with

resource services that improve the overall quality of life for older adults in our community, and as such, we will reserve our soapbox for issues related to our mission.

Thanks again for your support, and always feel free to contact us and let us know how we're doing. Enjoy the Summer, and stay cool!



Tylor Taylor,
CEO, SASCC




SENIOR GUIDED PATHWAYS

West Valley College and Successful Aging Solutions & Community Consulting (SASCC) have launched the nation's first program aimed at securing the future for a mature society.

Short course work designed to give you the skills you need **TODAY**. Senior Guided Pathways offers **FREE** tuition, **FREE** transportation & **FREE** functional support!







EMPOWERING FUTURES EMBRACING WISDOM



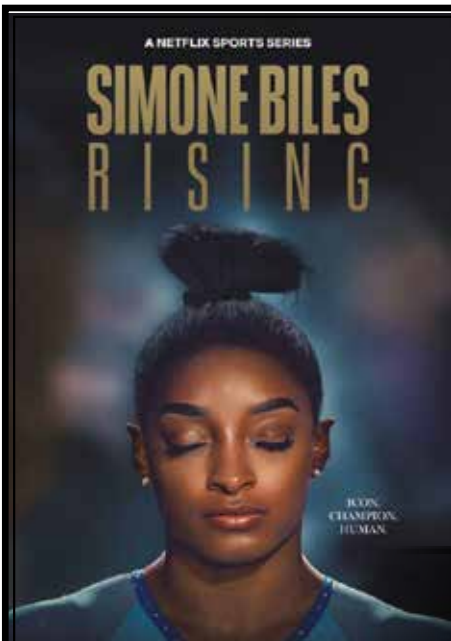
The statistics are clear, after age 50 our employment prospects are tougher, we're assisting our parents through their healthcare journeys, and we envision our later years with more intention.

Senior Guided Pathways is focused on navigating the intersection of education, aging, and job skills training. Curated for adults aged 50+, the first-of-its-kind program offers credit and noncredit course bundles at West Valley College, with functional support provided by SASCC.



Want to learn more?
Contact Lisa Butterfield at SASCC:
408-868-1257
Scan the QR code, or visit us at:
bit.ly/wvc-sascc





Simone Biles: Rising (2024)

Simone Biles, the gymnastics superstar, withdrew from the 2020 Tokyo Olympics due to mental health concerns. After a hiatus, she embarked on a journey to rebuild her skills and mental fortitude, preparing for her triumphant return.

TV-MA | Mini-Series | Documentary, Biography, Sport

Land of Bad (2024)

A US Army special forces unit is ambushed during a mission to retrieve an intelligence asset and their only remaining hope lies with a remote Air Force drone operator assisting them through a brutal 48-hour battle for survival.

R | 1h 53min | Action, Thriller



Wonder (2017)

Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time.

PG | 1h 53min | Drama, Family

Find Me Falling (2024)

After a failed comeback album, rock star John Allman escapes to a dreamy Mediterranean island, only to discover that his new cliffside home has an unfortunate notoriety that attracts unwanted visitors and an old flame.

TV-MA | 1h 33min | Comedy, Music, Romance



COMING TO THEATERS NEAR YOU

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



The Beast Within

After a series of strange events leads her to question her family's isolated life on a fortified compound deep in the English wilds, 10-year-old Willow follows her parents on one of their secret late-night treks to the heart of the forest.

R | 1h 37min | Horror

Stars: Kit Harington, Ashleigh Cummings, James Cosmo

Despicable Me 4

Gru, Lucy, Margo, Edith, and Agnes welcome a new member to the family, Gru Jr., who is intent on tormenting his dad. Gru faces a new nemesis in Maxime Le Mal and his girlfriend Valentina, and the family is forced to go on the run.

PG | 1h 34min | Animation, Adventure, Comedy

Stars: Steve Carell, Kristen Wiig, Pierre Coffin



Borderlands

Based on the best-selling videogame, this all-star action-adventure follows a ragtag team of misfits on a mission to save a missing girl who holds the key to unimaginable power.

Opening Aug. 9, 2024

PG-13 | 1h 42min | Action, Adventure, Comedy

Stars: Haley Bennett, Jamie Lee Curtis, Jack Black

It Ends With Us

Adapted from the Colleen Hoover novel, Lily overcomes a traumatic childhood to embark on a new life. A chance meeting with a neurosurgeon sparks a connection but Lily begins to see sides of him that remind her of her parents' relationship.

Opening Aug. 7, 2024

PG-13 | 2h 10min | Drama, Romance

Stars: Blake Lively, Justin Baldoni, Jenny Slate



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Photo by Susan Q Yin on Unsplash



Lloyd Russell on the set of his KCAT podcast, Lit with Lloyd.
Photo from KCAT TV & Media

By Lloyd Russell

We’re going to keep it rolling with some more of my all time favorites. If you enjoyed last month’s readings, here is my second top-12 (13, actually) all-time list.

Just like with the first group, there will be some authors you

- may not have heard of so I will fill you in.
- *Beach Music* by Pat Conroy
 - *Edge of Eternity* by Ken Follett
 - *Fall of Giants* by Ken Follett
 - *World without End* by Ken Follett
 - *The Lost Saints of Tennessee* by Amy Franklin-Willis
 - *Iron House* by John Hart
 - *The Last Child* by John Hart
 - *Saving CeeCee Honeycutt* by Beth Hoffman
 - *The Matarese Circle* by Robert Ludlum
 - *Exile* by Richard North Patterson
 - *The Storyteller* by Jodi Picoult
 - *Exodus* by Leon Uris
 - *The Plot* by Wallace Irving

As you can see, I’ve got three more of Follett’s works to go with the two from last month’s list; along with another work by Conroy. While most readers will know the majority of the other

listed authors, three authors you may not know are John Hart, Beth Hoffman, and Amy Franklin-Willis.

John Hart writes mysteries. The two suggested this month are among the best I’ve read. The Last Child is the story of a 13-year old who loses his twin sister and is convinced that she is still alive. Iron House is the story of two brothers, living in an orphanage, where one escapes and becomes an underworld enforcer.

Beth Hoffman has only written two novels. And while I enjoyed Looking for Me a lot, I absolutely loved Saving CeeCee Honeycutt. It’s the story of a 12-year old girl who has been taking care of her mother, who thinks she’s a beauty queen from a bygone period. CeeCee’s great aunt comes and gets her and takes her to her home, where CeeCee meets a group of her great-aunt’s very eccentric friends. It’s a real emotional,

delightful story.

And then there is The Lost Saints of Tennessee, by Amy Franklin-Willis. This story centers on a man who loses a twin brother to an accident and leaves a mother, wife, and 2 daughters behind to start a new life. Readers are taken for quite a ride.

And, finally, here is a review of The Incorrigibles, a terrific book that I recently read:

I’m always very happy when Meredith Jaeger gets a new book to her adoring readers, of which I am one! They are always enjoyable, interesting reads. Her latest, The Incorrigibles, follows two timelines. The first is 1890 and focuses on a young Irish woman, Annie, who comes to America and lands in San Francisco as a maid in a mansion. We soon find out what sends her to San Quentin. The second timeline is in 1972, and is about a woman named Judy, whose marriage

is failing and she finds herself in San Francisco, trying to figure out how to make it work as a person on her own. She serendipitously comes across a mug shot of Annie in prison and decides she wants to find out how Annie got there and what happened to her.

With The Incorrigibles being historical fiction, we not only learn about women in San Quentin in the late 1800s, but we also get an in-depth look at South of Market when the Yerba Buena Center is being built and how it affects the local population. Either story could stand on its own, but together, we get two for the price of one! Lucky us!

As you are reading your way through these books, I will be readying another list for next month, stay tuned!



GRIEF SUPPORT GROUP

TUESDAY, AUGUST 20
10:30-11:30 A.M.
SARATOGA SENIOR CENTER
19655 ALLENDALE AVE
SARATOGA, CA 95070

TOPICS WILL INLCUDE, BUT MAY NOT BE LIMITED TO:

- COMMON GRIEF RESPONSES,
- FACTORS THAT MAKE GRIEF UNIQUE,
- GRIEF AND SHATTERED ASSUMPTIONS,
- SELF CARE WHEN GRIEVING,
- HANDLING SPECIAL DAYS AND HOLIDAYS,
- REBUILDING SELF ESTEEM.

ASK the EXPERT

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



Hearing Loss and Cognitive Decline Do Hearing Aids Affect Cognition?

Christine Throm, Au.D.

Have you thought that hearing aids are unnecessary? You may be surprised to learn that although hearing aids may not be able to reverse hearing loss, hearing aids can slow the progression of cognitive decline. An ignored or undiagnosed hearing impairment can turn into chronic depression, anxiety as well as loneliness. This makes prevention of hearing loss crucial: and annual hearing screenings along with hearing devices are the best way to do that.

Living with untreated hearing loss puts a strain on the brain. As you struggle to hear what's being said, your brain goes into overdrive trying to help you hear clearly. This can make you feel exhausted at the end of the day, and you'll have a hard time focusing on anything in the evening. When you have hearing loss, it's not just your hearing abilities that change. You spend so much energy straining to hear that you don't have energy left over to understand what's being said or have the brain power to focus on tasks and get things done.

The good news is that treating hearing loss with hearing aids can mitigate these cognitive effects! A study published in 2018 in the Journal of the American Geriatrics Society examined the cognitive performance of adults. They looked at data from over 2,000 older adults who had completed cognitive and memory tests every 2 years for 18 years.

Older adults with hearing loss had more rapid rates of cognitive decline, but older adults who wore hearing aids mitigated these declines. This means that treating hearing loss with hearing aids can slow cognitive decline in older adults and reduce the risk of Alzheimer's disease or dementia. The older adults who treated their hearing loss with hearing aids showed slower rates of cognitive decline than before they started wearing hearing aids.

Untreated hearing loss is a communication barrier. Improved communication is reported by hearing loss sufferers who use hearing devices, and this can then result in better mood, improved social ability, and increased levels of cognition.

Modern hearing devices help the brain to remain engaged and active, which in turn helps prevent cognitive deterioration. Because most of the work of hearing is done by the brain, doctors and researchers have adopted a "brain-first" focus that will help people remain healthy and happy well into the golden years.

If you already have hearing aids, check out the latest options in smart hearing devices—you may be shocked at what the newest hearing devices can do! Your quality of life may be due for an upgrade – so come in today!

Free Community Seminar Want more information about hearing health?

Dr. Throm is bringing back her acclaimed, medically based, *Listen Up Café* lecture series!



Friday, Aug 16, 2024: Hearing Loss & Cognitive Decline
With special guest speaker: Mike Scoggin, Certified Senior Advisor: "helping people navigate their living situations and retirement options."

Friday, Sept 20, 2024: Hearing Loss and Risk of Falls

Friday, Oct 18, 2024: Hearing Loss and Depression

Friday, Nov 15, 2024: Diabetes and Hearing Loss
(Dates and location subject to change)

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

Seating is limited for these FREE events.

Please call for time and location information

(408) 673-4052

Los Gatos Audiology

Los Gatos Audiology is proud to welcome Dr. Kelly Brennan to our practice!

Having worked many years for a local Ear, Nose, and Throat medical office in the San Jose and Morgan Hill areas, we are excited that Dr. Brennan is bringing her experience and devotion to patient-centered care to Los Gatos Audiology, helping us to continue serving Los Gatos, Saratoga, Campbell, Cupertino, San Jose and the entire Bay Area.

Our team has the knowledge and tools to determine the cause of your hearing loss. If a hearing loss is detected, we have premium hearing aid technology that can help!

Providing the right solution for **Your Life. Your Style.**



LGA

Los Gatos Audiology

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15899 Los Gatos-Almaden Rd. Suite 8, Los Gatos, CA 95032
(on the corner of National and Los Gatos-Almaden Rd.)

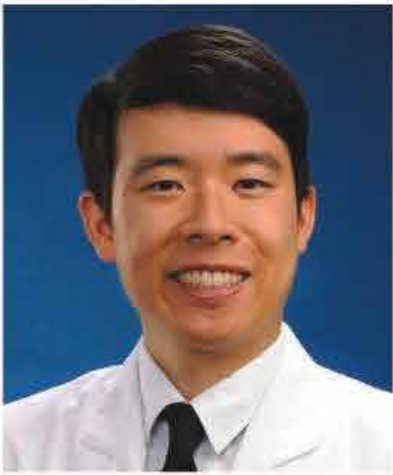
www.LosGatosAudiology.com



Dr. Christine Throm
Owner/Audiologist



Dr. Kelly Brennan
Audiologist



No Dental Insurance? Consider a Dental Savings Plan!

by Dr James Lin
Los Gatos Dentist

Are you retired and no longer have dental insurance?

Are you on a tight budget or fixed income?

Have you been putting off dental visits because you no longer have dental insurance?

If you answered “yes” to any of those questions, there is a solution!

As we know, neglecting dental health can result in poor overall health. The average American without dental insurance visits a dentist only when emergencies arise. Why is that? Studies show that the number one reason for not visiting the dentist regularly is cost.

There is good news! Your dentist might already have a **Dental Savings Plan** in place. The purpose of these dental membership plans is to make excellent oral healthcare **affordable** for those without dental insurance. This is a wonderful option for recent retirees, older adults, and those who are going through employment changes. Being enrolled in a dentist’s membership plan allows the patient to continue regular access to high quality dental care at the dental office where they have been long time patients.

Here are some reasons to consider a Savings Plan:

- Predictable costs and noticeable savings.
- Quick and easy sign-up process.
- No Annual Maximums: You are free to use the dental membership plan discounts throughout the year. You are no longer restricted to a limit in coverage.
- No deductibles.
- No Waiting Periods: You can start saving on treatments right away.
- No frequency limitations.
- No pre-existing condition limitations.
- No hassles with claims.

It is important to note that Dental Savings Plans cannot be used in conjunction with traditional dental insurance plans. Dental Savings Plans are also unique to each dental practice and can only be used within that practice.



For example, if you are enrolled in one office’s plan and switch to a different dental office, that plan will not be accepted at the new office. This is because each dental practice creates their own “in-office” plan. However, most dentists create very similar plans in what they cover.

What does a Dental Savings Plan typically include?

- Professional dental cleanings (twice a year)
- Doctor exams (twice a year)
- All necessary xrays
- Emergency exam (once a year)
- Immediate discounts on most dental services

Some dental offices may even include complimentary Fluoride treatment, whitening, and other benefits. The best way to find out more is to ask your dentist about their Dental Savings Plan.

We are currently accepting new patients! Take advantage of our savings plan, now with monthly payment options!

We would love for you to try us out! Ask us how we can help you save!

Our office has had a Dental Savings Plan in place for over two years. We have had great responses and a near 100% renewal rate each year. 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

“Signing up for the savings plan was quick and easy, and I could use it to get discounts on my treatment right away. Renewing my membership this year was a no brainer.

As someone who is on a fixed income and tight budget, Dr Lin's office patiently worked with me to make the finances work so that I could get the type of quality care I was looking for!”

JAMES LINDMD
COSMETIC • IMPLANT • FAMILY DENTISTRY

408-358-2161 (M-Th 9am-5pm)
email: info@DentistInLosGatos.com

www.DentistInLosGatos.com

14777 Los Gatos Blvd, STE 103
(Hwy 85 & Los Gatos Blvd, next to Starbucks)

RESOURCES

CARE

SERVICES

INFORMATION

COMMUNITY RESOURCES

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

CANCER CAREPOINT
Non-medical support services for those impacted by cancer: patients, survivors, caregivers, families.
2505 Samaritan Dr., Suite 402
San Jose, CA 95124
(408) 402-6611

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

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



Photo by Hannah Busing on Unsplash

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.

WEST VALLEY COMMUNITY SERVICES
10104 Vista Dr.
Cupertino, CA 95014
(408) 255-8033

OLDER ADULT SERVICES

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

FRIENDLY VOICES- PHONE BUDDIES FOR SENIORS: (650) 395-8017

SOURCEWISE: (408) 350-3200 x 1
LIVE OAK NUTRITION CENTER: (408) 354-0707

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.

HEALTH INSURANCE COUNSELING & 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

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

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.

SOCIAL CENTERS

SARATOGA SENIOR CENTER
19655 Allendale Ave
Saratoga, CA 95070
M-F, 10am to 4:30pm
(408) 868-1257

SARATOGA ADULT DAY PROGRAM
19655 Allendale Ave
Saratoga, CA 95070
10am to 3 pm
(408) 868-1254

LOS GATOS ADULT RECREATION CENTER
208 E. Main St.
Los Gatos, CA 95030
M-F, 9am to 4pm
(408) 354-1514



JEWISH COMMUNITY CENTER
14855 Oka Rd, #201
Los Gatos, CA 95032
(408) 358-3636

Resource Spotlight

Next Door Solutions to Domestic Violence

Since 1971, Next Door Solutions to Domestic Violence (NDS) has worked to end domestic violence in the moment and for all time. Executive Director, Colsaria Henderson, and staff work tirelessly to meet this mission. Located at 234 E. Gish Rd. Suite 200 in San Jose, CA, NDS was founded by a group of local women under the leadership of Bea Robinson Mendez, in response to a lack of services in SCC to address the safety and unique needs of survivors of domestic violence and their children. They established a hotline number and a shelter (in a garage) for those fleeing abuse—and in doing so, they created the first bilingual domestic violence (DV) shelter in the nation.

NDS helps domestic violence survivors (men, women, and LGBTQIA+) and their families rebuild their lives by providing a multitude of comprehensive bilingual services that include: a 24/7 emergency shelter and hotline, walk-in crisis counseling, support groups, longer-term support, workshops, education, and related social and legal services. DV doesn't discriminate and can happen to anyone at any time, regardless of gender, sexual orientation, age, race, or socioeconomic status.

As a 501(c)(3) non-profit agency, we depend on grants and donor contributions to continue these free services. We are always accepting donations. Without community support, none of our work would be possible. To learn more, visit: www.nextdoorsolutions.org/.



24/7 Hotline 408.279.2962

Thrive, www.losgatosthrives.org. This provider is a member of the West Valley Service Providers network.

Resource Spotlights are compiled by the Los Gatos Foundation for Older Adults to

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

— Maria Robinson



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- *We prioritize what’s best for YOU above all else.*
- *Honesty, clarity and transparency are fundamental to our service.*
- *We have time to listen so we get to know you and your specific needs.*
- *We negotiate on your behalf with professionalism, skill and experience.*
- *We communicate with our clients every day so you ALWAYS know what’s going on.*
- *WE HELP YOU prepare your house for sale. A well prepared home will sell in the shortest amount of time for the highest possible price.*
- *We are THE BEST real estate marketers in the business. Great photos, video, drone footage and advertising bring more buyers. More buyers bring higher prices.*

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— SERENO —

www.BrianAndDan.com

(408) 979-1400

BRIAN BERNASCONI
DRE#01363508

DAN RUBNITZ
DRE#01015666

