

# The West Valley OUTLOOK

a vision for our Age Friendly communities



APRIL

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## West Valley-Mission prepares to meet the needs of local older adults

By Brandy Maddox,  
Managing Editor

The West Valley-Mission Community College District (WVMCCD) has contracted with the Saratoga Area Senior Coordinating Council (SASCC) to gather data about the local Saratoga older adult community, with the goal of serving this population better through programs at West Valley College.

A community consulting agency and regional leader in the Age-Friendly sphere, SASCC will perform a Community Assessment Survey for Older Adults (CASOA) in Saratoga. Around 2,000 Saratoga residents

age 60 plus are expected to receive survey mailers the first week in May.

The survey provides answers to how older adults perceive nearly all aspects of the community they live in. The results are used for municipal and service organization planning around services and infrastructure needs for today's older adults, as well as those of the future.

Developed by experts in survey research and aging services, the CASOA summarizes the key dimensions of community livability, drawn from the perspectives of older adults themselves. This

see CASOA pg. 3



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

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## Los Gatos celebrates spring with sipping, strolling and shopping

By Brandy Maddox,  
Managing Editor

Denise Ramón Herrera has enjoyed the Los Gatos Spring Wine Walk "since day one." The event is believed to have begun in the 1980s, according to Los Gatos Chamber of Commerce Executive Director Catherine Somers.

But Ramón Herrera is especially excited for this year's event, she said, "because after the rain, snow, and wind, community members and visitors will come together and celebrate while enjoying the fine wines, eats and shopping."

The 2023 Los Gatos Spring Wine Walk is on April 22 from 1-4 p.m.

along N. Santa Cruz Ave and Main Street. Among the offerings are tastings from over 35 wineries, small bites from local restaurants and shopping opportunities from a variety of merchants.

"The wine walk is a huge boon to our businesses, especially our merchants," Randi Chen of the Los Gatos Chamber of Commerce said. "They have some of their biggest sales days on Wine Walk days."

The chamber expects to sell out all 1,200 tickets. Winemakers won't be selling bottles of wine at the event, but they can take orders.

Wineries took more interest in the wine walk than ever, filling up all slots within a week.

While many are past participants, some are new, like J. Lohr Vineyards & Wines and Byington Vineyard & Winery.

Cooper-Garrod Vineyards, a participant of the Los Gatos Spring Wine Walk since the early days, is seeing buds begin to swell on its vines in the Saratoga foothills after the stormy winter. Though the mud made it a challenge to walk the rows and prune during the vines' dormant season, Doris Cooper said "the grasses and cover crop grew like crazy with all the rain!"

"We count on the grasses to help hold our hillside vineyards, so given that we're still

see WINE pg. 14

## Education at the Heritage Orchard

By Brandy Maddox,  
Managing Editor

The Saratoga Heritage Orchard has been receiving lots of love lately, while doubly serving as an educational platform for local college students.

A partnership between the Orchard Keepers and the West Valley College Park Management Program blossomed in spring of 2021, and both the city's historic landmark orchard and students of the program have benefitted from it ever since.

As the orchard's stewards since 2020, the Orchard Keepers are tasked with keeping the Saratoga Heritage Orchard healthy and producing fruit for the community.

Matthew Sutton, founder and president of the Orchard Keepers, told The Outlook that the orchard's care began by focusing on increasing the soil's fertility and the water and nutritive holding capacities of the soil, in hopes to increase the vitality of the orchard.

"Through annual cover cropping, compost applications and a new irrigation system, the relationship between the trees and soil is improving," Sutton said.

This approach to agriculture, called regenerative agriculture, is a practice that helps reverse climate change by rebuilding the soil. The orchard's move toward adopting this kind of farming technique

see ORCHARD pg. 14



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**ARTIST OF THE MONTH**

by Dinah Cotton



**WENLAN LU**

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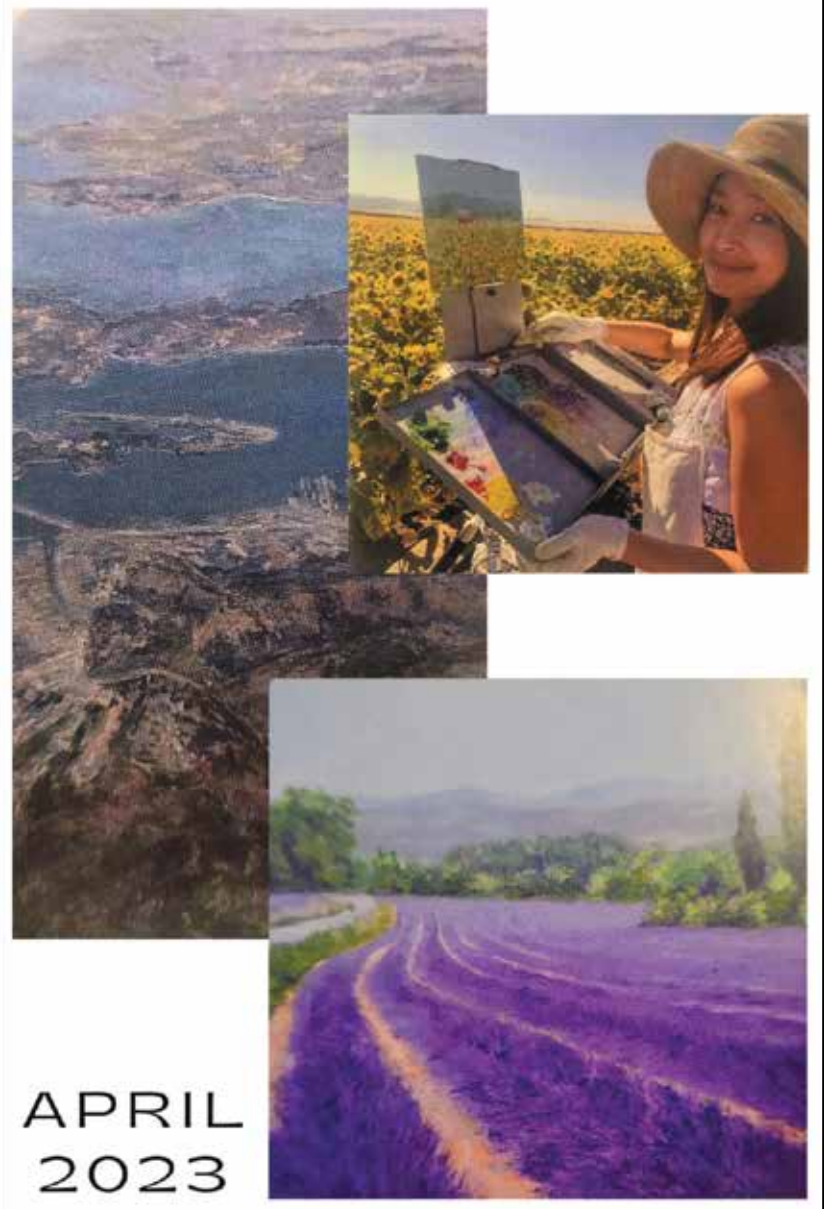
Lu started with pressed flowers, which led to her developing her warm and intriguing oil painting style.

Her art's soft, expressionist depiction of landscapes and still life capture the eye with delicate details and textures.

Recently her work was juried and shown at the de Young Museum in The de Young Open Exhibit 2020.

Lu loves traveling. She loves to capture the magic of nature's lights and shadows.

WENLANLUART.COM



**Do You Love To Cook?**

Assistance League of Los Gatos-Saratoga is looking for a few additional volunteers!

Join us each week, cooking healthy, delicious lunches on Tuesdays and Thursdays for the participants of the Saratoga Adult Day Care Center. We have the opportunity to plan the menus, prepare the meals and then enjoy serving the clients! 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, President of our organization, by email for more information about the cooking program and about joining our chapter.

[www.allgs.org](http://www.allgs.org)

[barthdru@gmail.com](mailto:barthdru@gmail.com)



**Outlook Disclosure:**

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

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

To submit feedback or questions to our team, please email [outlook@sascc.org](mailto:outlook@sascc.org). Thank you for reading The Outlook!



# Survey for Saratoga residents age 60 plus to reach homes first week of May

continued from  
CASOA pg. 1

national benchmarking survey also compares the responses of older adult residents in a given jurisdiction to the opinions of others across the country, providing a clear description of the community's readiness to serve the needs of the aging demographic.

"Working with SASCC to survey our region will give us statistically-valid information on the desires and engagement levels of older adults in our service area," Brad Davis, Chancellor of the WVMCCD said. "This is the first step in designing a new vision for how community colleges serve the population as it continues to trend toward people age 55 plus. Socialization, educational and employment opportunities are in high demand, and both West Valley and Mission Colleges are preparing to meet that need with innovative solutions."

In the near future, the district and SASCC will also partner to perform a CASOA in Santa Clara, where Mission College is located.

The two have worked together in the past, most recently with WVMCCD as the presenting sponsor of the SASCC Health Fair 2022 in Los Gatos.

In 2017 SASCC partnered with West Valley College to have the Saratoga campus designated as the first Age-Friendly Community College Campus in the nation.

The World Health Or-

ganisation (WHO) considers Age-Friendly environments to be places where people of all ages can thrive. Age-Friendly describes communities that have the resources, facilities and policies to support all people as they age, from children to older adults.

West Valley College is an important part of what makes Saratoga a great place to live a long life, providing educational, personal development, volunteer and occupational opportunities throughout the lifespan.

"The stereotypical profile of a community college student is someone fresh out of high school, eager to transfer to a university, but community colleges serve far more than just recent high-school grads," Davis said. "We serve parents continuing their education in pursuit of a better life for their families, retirees who seek to expand their skill sets and spend time doing things they find meaningful, individuals seeking careers in trade, and everyone in between."

In 2022, the Town of Los Gatos contracted with SASCC to administer a CASOA, which led to the creation of the Los Gatos Senior Services Roadmap, a 10-year plan that outlines the creation of an inviting facility for older adults; improvements to core services, communication and engagement; enhanced transportation, housing and volunteer options; and the creation of a more integrated governance approach. To learn more about the roadmap,



Snapshot of a report from the Los Gatos CASOA performed in 2022. The survey report includes how older adults rate their communities on categories like health and wellness, information and assistance, community quality and design, employment and finances, housing, equity and inclusion and productive activities.

read the March 2023 Outlook at [sascc.org/the-outlook](https://sascc.org/the-outlook).

In 2016, SASCC administered a CASOA for the City of Saratoga under the leadership of then-Mayor Manny Cappello, SASCC Board President Lisa Oakley, SASCC Executive Director Tylor Taylor and City Manager James Lindsay, who put together a best-in-class taskforce to assess and solve problems for older adult residents.

"That effort led to the launch of the RYDE Senior Transportation Program, as well as streamlined city processes for things like home modifications and permits for seniors," Taylor said.

Much has changed in the seven years since Saratoga's last CASOA. A pandemic swept through the world, changing the lives and priorities of many. The city, state and country have received new political leaders. The population has aged, and

its needs have evolved.

In addition to providing data to inform new programming at West Valley College, this year's CASOA will also benefit the City of Saratoga, identifying the city's strengths and opportunities when it comes to serving residents as they age.

"The District is here to serve, and wants to give back to the residents of Saratoga who have done so much for West Valley College. In providing this community benefit to the City in partnership with SASCC, we want to transcend the term 'Age Friendly' and truly be Age Champions," Davis said.

At its April 5, 2023 meeting, the Saratoga City Council adopted a resolution authorizing continued participation in the WHO Age Friendly Communities Global Network, which allows for the use of the city seal in the CASOA.

A staff report on the matter said that the city

will compare the survey results from 2016 to the 2023 version as part of the city's ongoing commitment to retaining Saratoga's Age Friendly Community designation.

"I'm excited to learn what the current priorities of Saratoga's older adults are, and how they've shifted since the last survey was conducted in 2016," Saratoga Mayor Kookie Fitzsimmons said. "The results of the survey will be an invaluable source of information for the City Council as we work collaboratively with the leadership of our many service organizations to address the needs of our community and make Saratoga a wonderful place for people of all ages and abilities to live. Be sure to take the survey and make your voice heard!"

## VOLUNTEER WRITERS NEEDED

opportunity for all ages

Do you enjoy writing? Would you like to play a roll in informing your community of what's going on around them?

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add to your writing portfolio



# News briefs

## Saratoga



### Annual Saratoga Blossom Festival returns April 29

Antique cars, art, crafts and live music will be part of the 2023 Saratoga Blossom Festival held April 29 from 10-4 p.m. at the Heritage Orchard and Saratoga Civic Center, located at 13777 Fruitvale Avenue. The event is free and open to the public. Activities include a wide range of music; organizations such as the Master Gardeners, Beekeepers of Santa Clara Valley and more; local civic organizations such as the Saratoga Library, American Association of University Women, Saratoga Rotary, Saratoga BookGoRound; Saratoga historical characters; book authors; Saratoga history lectures; and artisans. Gourmet food trucks will also be part of the fun. Enjoy over 15 children's activity tables, a petting zoo and entertainment for all ages. The Girl Scouts will hand out flowers commemorating the historic festival. First produced in 1900, this historic event ran successfully for 41 years. Come help celebrate this tradition, produced by the Saratoga Historical Foundation and sponsored by the City of Saratoga. For more information, call 408-867-4311 or visit [saratogahistory.com](http://saratogahistory.com).

### Saratoga Music Boosters Pancake Breakfast, April 30

It's that time of the year, the Saratoga Music Boosters Pancake Breakfast 2023 is back on April 30 from 8 a.m. to 12:30 p.m. at Saratoga High School! The whole community is invited to participate in this event which includes performances by Redwood Middle School and Saratoga High School music groups, an all-you-can-eat pancake fundraiser, an auction and raffles. Advance purchase of tickets is highly recommended. Purchase tickets at [saratogamusicboosters.org](http://saratogamusicboosters.org). Saratoga High School is located at 20300 Herriman Ave.

## Los Gatos

### Enjoy a night of dancing with the LGS Big Band at the APJCC, April 23

When was the last time you danced the night away, and still made it home in time for cozies and bed? Join the Addison-Penzak Jewish Community Center (APJCC) for an evening out filled with live music and dancing to "big band" classics with the LGS Big Band on April 23 from 4-6 p.m. Wonderful community, great music, refreshments and a perfect ending time of 6 p.m.—this event has it all! This evening has it all! Wear whatever makes you feel like dancing! Visit [valley.org/event/lgs-big-band](http://valley.org/event/lgs-big-band) for tickets. Tickets are \$10 for APJCC members, \$15 for the general public, and \$20 at the door. The APJCC is located at 14855 Oka Rd in Los Gatos.



### Los Gatos Chamber Spring Fashion Show and Brunch, May 6

Celebrate with the special women in your life by joining the Los Gatos Chamber of Commerce for a pre-Mother's Day Fashion Show and Brunch showcasing the fashions of downtown Los Gatos merchants at The Palms restaurant, May 6 from 11 a.m. to 1:30 p.m. Tickets are \$85 each or \$340 for a table of four. Visit [tinyurl.com/lgspringfashionshow](http://tinyurl.com/lgspringfashionshow) to purchase tickets. This event is for women of all ages. The Palms is located at 115 North Santa Cruz Ave in Los Gatos.

## Santa Clara County



Friendly Voices volunteers.

Photo courtesy of Laura Steuer

### Friendly Voices phone-buddy program receives a grant

Friendly Voices, a phone-buddy program for older adults, received a grant from the Joseph & Vera Long Foundation. The grant will enable the program to extend its reach to greater numbers of isolated and low-income seniors in Northern California, tripling its client base over the next two years. Friendly Voices pairs volunteers up with folks who may be isolated or lacking human connection for weekly conversations. Visit [friendlyvoices.org](http://friendlyvoices.org) to learn more.

### Parkinson's support group in Willow Glen

If you're a person with Parkinson's (PwP), a caregiver to someone who has Parkinson's, or know somebody who has it and would like to come support, you are welcome to attend the Willow Glen Parkinson's Support Group every first Friday of the month. The group meets at St. Francis Episcopal Church, located at 1205 Pine Ave in San Jose from 10 a.m. to noon. Covid vaccine, booster shots, masks and social distancing are required. Contact Shabbir for more information at [shabbirlapic@gmail.com](mailto:shabbirlapic@gmail.com).

### Protect Yourself From Scammers, an event at the Saratoga Library, April 19

Santa Clara County Supervisor Joe Simitian is moderating an event featuring Santa Clara County Deputy District Attorney, Erin West, who serves as prosecutor to REACT—Santa Clara County's elite high tech investigative force who has disrupted fraudulent call centers abroad and is actively working to combat the romance investment scammers. Join in April 19 at 11 a.m. for a presentation on different types of scams and how you can protect yourself and your loved ones from falling victim. The Saratoga Library is located at 13650 Saratoga Ave.

### Caring for Caregivers: Supporting the CA Master Plan for Aging

Join partners from Santa Clara, Marin, Napa, Sonoma, Solano and Contra Costa Counties on April 28 at 9 a.m. for a virtual free event focused on the Master Plan for Aging's bold goal of Caregiving that Works. Hear powerful testimonials from caregivers in the community, learn about the direct care workforce and unpaid family caregivers, the digital divide, and the financial burden of affording care. The workshop will present the investments made in the state's Master Plan for Aging. There will be time to engage directly with elected officials and learn effective tools for advocacy. This event is sponsored by PACE programs including On Lok. Register at [tinyurl.com/caringforcaregiversCA](http://tinyurl.com/caringforcaregiversCA).



# Stay informed - April/May

## 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

**Development Review Committee: April 11, 18, 25, May 2, 9, 10 a.m.**

View agenda and meeting info at [www.losgatosca.gov/188/Development-Review-Committee](http://www.losgatosca.gov/188/Development-Review-Committee)

Note: these meetings are often canceled. Please check

the webpage for updates.

**General Plan Committee: April 12, May 10, 5:30 p.m.**

View agenda and meeting info at [www.losgatosca.gov/199/General-Plan-Committee](http://www.losgatosca.gov/199/General-Plan-Committee)

**Planning Commission: April 12, 26, 7 p.m.**

View agenda and meeting info at [www.losgatosca.gov/189/Planning-Commission](http://www.losgatosca.gov/189/Planning-Commission)

**Finance Commission: April 17, 24, May 8, 5 p.m.**

View agenda and meeting info at [www.losgatosca.gov/2643/Finance-Commission](http://www.losgatosca.gov/2643/Finance-Commission)

**Town Council: April 18, May 2, 7 p.m.**

View agenda and meeting info at [www.losgatosca.gov/16/Town-Council](http://www.losgatosca.gov/16/Town-Council)

**Arts and Culture Commission: April 19, 5 p.m.**

View agenda and meeting info at [www.losgatosca.gov/352/Arts-and-Culture-Commission](http://www.losgatosca.gov/352/Arts-and-Culture-Commission)

**Housing Element Advisory Board: April 20, May 4, 7 p.m.**

View agenda and meeting info at [www.losgatosca.gov/1735/General-Plan---Housing-Element](http://www.losgatosca.gov/1735/General-Plan---Housing-Element)

**Council Policy Committee: April 25, 5 p.m.**

View agenda and meeting info at [www.losgatosca.gov/1962/Town-Council-Policy-Committee](http://www.losgatosca.gov/1962/Town-Council-Policy-Committee)

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

View agenda and meeting info at [www.losgatosca.gov/2398/Community-Senior-Services](http://www.losgatosca.gov/2398/Community-Senior-Services)

**Historic Preservation Committee: April 26, 4 p.m.**

View agenda and meeting info at [www.losgatosca.gov/190/Historic-Preservation](http://www.losgatosca.gov/190/Historic-Preservation)



### Saratoga

**Heritage Preservation Commission: April 11, May 9, 8:30 a.m.**

View agenda and meeting info at [www.saratoga.ca.us/285/Heritage-Preservation-Commission](http://www.saratoga.ca.us/285/Heritage-Preservation-Commission)

**Finance Committee: April 11, May 9, 4 p.m.**

View agenda and meeting info at [www.saratoga.ca.us/359/Finance-Committee](http://www.saratoga.ca.us/359/Finance-Committee)

**Planning Commission: April 12, May 10, 7 p.m.**

View agenda and meeting info at [www.saratoga.ca.us/357/Planning-Commission](http://www.saratoga.ca.us/357/Planning-Commission)

**Library & Community Engagement Commission: April 17, 7-9 p.m.**

View agenda and meeting info at [www.saratoga.ca.us/330/Library-Commission](http://www.saratoga.ca.us/330/Library-Commission)

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

View agenda and meeting info at [www.saratoga.ca.us/350/PEBTAC-Trails-Advisory-Committee](http://www.saratoga.ca.us/350/PEBTAC-Trails-Advisory-Committee)

**City Council: April 19, May 3, 7 p.m.**

View agenda meeting info at [www.saratoga.ca.us/241/City-Council](http://www.saratoga.ca.us/241/City-Council)

**Youth Commission: April 25, 7-9 p.m.**

View agenda and meeting info at [www.saratoga.ca.us/337/Youth-Commission](http://www.saratoga.ca.us/337/Youth-Commission)



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

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

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

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



Akhila, RYDE client

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



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# Reds, browns and yellows replaced with greens, oranges and purples



Art from parks.ca.gov

By Dinah Cotton

January, February and March provided us with much-needed rain this year to present us with an abundance of green and hopefully a kaleidoscope of wildflower colors that only California can provide.

Manicured lawns went way out of fashion during our extended drought, and gave way to drought-tolerant succulents and prickly cactuses. Rocks also became the new gardens, known as “hard landscaping.”

Waterfalls and koi ponds (except at beautiful Hakone Gardens) disappeared. Gorilla mulch was spread to hold water in the ground. This became the norm for our humble

abodes and magnificent homes.

And then... The rains came, and without much hesitation, seemingly overnight, our hillsides burst forth in brilliant greens! The red, brown and yellow hillsides quickly and quietly disappeared.

Not only have our hillsides turned green, so have our gardens, parks and shoulders along the roads—drought stricken for years. We may have forgotten how lovely our vegetation looks being green—how calming it all is.

And not just the one shade of green: many different hues of green. Green: the color of hope, the color of our money, the color of gambling tables and the color of GO

at stoplights.

With the greening of our hills we can anticipate and enjoy the very short, very beautiful California wildflower season. Being wild and mostly native (we do have some invaders), they have had a few years to rest up without the rainwater needed to sprout.

This year should, again, be a spectacular wildflower bloom as mother nature displays her magnificence. Though she can be fickle, and too much rainfall will postpone some seeds.

Visit the California State Parks’ Wildflower Bloom web page at: [tinyurl.com/2023spring-wildflowers](https://tinyurl.com/2023spring-wildflowers) (type in without hyphens), which is devoted to what is blooming and where.

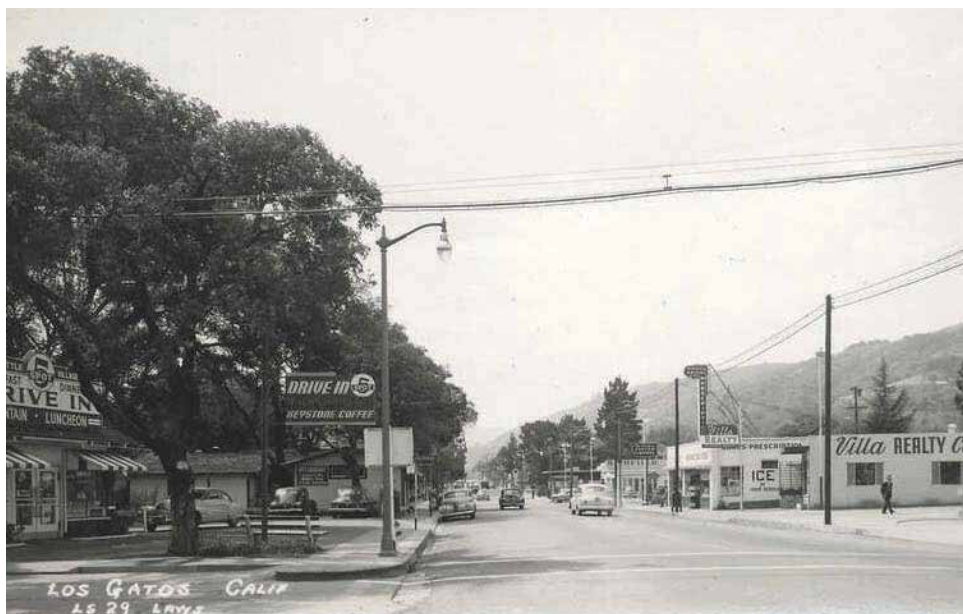
## California State Parks Tips for Responsible Wildflower Viewing

While enjoying our bounty of beautiful wildflowers this year, please also help to preserve the fragile beauty of our hillsides.

- Please take only photographs, not flowers.
- Please take photographs OF flowers not IN the flower beds.
- Please keep your feet on designated trails and paths.
- Stepping on flowers (or posing, sitting, or picnicking amongst them) damages the existing wildflowers and may prevent the next generation from sprouting. Trampled wildflower seeds can’t reseed themselves for next year.
- Please be courteous to others and to nature.

Many wildflower locations are in desert and rural areas with no cell service or limited services. Download maps and information before you leave home. Pack your car or backpack with snacks and water, tell someone where you are going and when you expect to be back. Wear a hat, comfortable walking shoes and be prepared for sudden weather changes.

## Local History:



The 5 Spot Drive-In, circa 1950, located on the corner of N Santa Cruz and Highway 9. This eatery opened in the late 1930s on the site of the original cemetery and later, the location of cottages for laborers at the Hunt Brothers Cannery across the street. The 5 Spot was also known as the Little Village Drive-In Creamery and was torn down in the 1950s. Villa Realty, to the right, had just moved from 227 W Main St.

Photo courtesy of the Town of Los Gatos



# Saratoga Rotary Fine Arts Show is back at West Valley College May 6-7

By Brandy Maddox,  
Managing Editor

On May 6 and 7, over 100 artists will grace the grounds of West Valley College for Saratoga's largest art event: the Saratoga Rotary Fine Arts Show. This free annual event that began in 1957 provides the community with a weekend full of art, music, food, drink and connection. There will even be a classic car show!

It has a deeper purpose, too.

"The Art Show not only builds community, but it also raises funds for the Saratoga Rotary Charitable Foundation," Saratoga Rotary Club President Catherine Thermond said. "The SRCF uses the funds to provide grants to local nonprofit organizations and to support our club's community and youth services programs. This year, the SRCF has budgeted to

spend about \$90,000 on grants and programs!"

Some community and youth service programs the club supports include West Valley Community Service's "Park-It Market" mobile food pantry; volunteering at Martha's Kitchen every 2nd Monday of the month and its One Warm Coat Drive; packing supplies for troops during the holiday season; mentoring local high school clubs; providing scholarships for students; and supporting speech contests for high school students.

Past organization recipients of Saratoga Rotary Foundation support include the Saratoga Area Senior Coordinating Council (SASCC), Hakone Foundation, Cancer CAREpoint and many more.

Event co-chair Carol Woodard said the timing of the art show is perfect because it happens right



Photos from past Saratoga Rotary Fine Arts Shows.

Photos courtesy of Saratoga Rotary

before events like Mother's Day and graduation.

"Our show has such a wide variety of art, décor, textiles, jewelry and much more," Woodard said. "It's a great way for people to shop, enjoy a fun day out and support the community

at the same time."

The show will also feature a variety of interactive experiences, artist demonstrations, workshops, hands-on activities for visitors of all ages, community service booths and a lithium

battery collection site.

Enjoy the art show from 10 a.m. to 5 p.m. May 6-7 at West Valley College, located at 14000 Fruitvale Ave in Saratoga. Visit [saratogarotaryartshow.org](http://saratogarotaryartshow.org) to learn more.



All photos courtesy of Saratoga Rotary

## Rotary Club of Saratoga FINE ARTS SHOW

May 6<sup>th</sup> & 7<sup>th</sup>  
10 to 5

WEST VALLEY COLLEGE CAMPUS

Rotary Club of Saratoga FINE ARTS SHOW

Art that speaks to you...



SaratogaRotaryArtShow.org





# Letter to the Editor

I've been thinking about all the trees we've lost this winter, probably close to 500. The three-year drought also was responsible for extreme tree loss. Saratoga is known for its tree canopy. We've received awards and trophies commending us for our care and love of trees. Why not take this opportunity to plant trees this spring to replace our lost ones?

When I was mayor in 2013, we planted over 2,000 trees, and we can do it again. Give a tree as a present or as a memorial. Involve your family in the selection. Trees are so important to humans, wildlife and to the community. Let's all rally around the idea that we must plant trees to replace our lost ones.

I know there are questions about eucalyptus trees. There are over 700 varieties of eucalyptus, many of them absolutely beautiful. Have you noticed the red flowering tree next to the old post office or the ones in the median next to Redwood school? They are eucalyptus. Have you noticed the ironwood eucalyptus with the black bark along Highway 9?

The blue gum eucalyptus is the tree that is the offender, not the others. Do not think that all eucalyptus are the same. The blue gum is the most prolific in California because so many were planted as windbreaks around the orchards. In San Diego, 450,000 alone were planted since it was a desert at the time, they were fast growing and the people wanted shade. Betty Peck told me that John Muir had brought the eucalyptus to Saratoga because he had extra ones from the Pan American Exposition in 1912 in San Francisco. That story has never been verified.

After all this rain it is a great time to plant trees and replace our lost ones. At Jack Mallory's memorial service, we sang a song called "Our Home Saratoga." This is the first verse:

We love our home Saratoga, our place to belong  
On trails of flowers, trees and mountain breeze,  
We're able to walk along.

Thank you for listening. I love this community as I know you do, and want it to be the best it can be.

Jill Hunter

## AROUND THE TOWN & VILLAGE

BY DINAH COTTON, APRIL 2023

### What would you be doing if money were no object?



**RACHEL RAMSEY, BAY CLUB COURTSIDE, LOS GATOS**

"Other than being in the Bahamas, I would be doing what I am doing now. I am in a master's program for counseling and am a certified personal fitness trainer. I bring the mental and the physical elements together for a healthy body and mind. Take care of the body with exercise, and the philosophy of the mind will change."

**GARY PATTERSON, LG COFFEE ROASTING COMPANY**

"I would be doing the exact thing that I am doing now. Money is not an object!"



**VICTOR LOBUE, LOS GATOS TOWN CENTER PARK**

"I would be on a cruise in the Caribbean seas!"

**KAITLYN DOMINGOS, BAY CLUB COURTSIDE, LOS GATOS**

"Taking care of my mother who is ill, and traveling."



**RON BURTON, MAIN STREET, LOS GATOS**

"I'd be some place warm, maybe snorkeling in Australia or along the east coast of Tasmania. I love riding my bike to Los Gatos and having coffee with my friends."



YOUR MESSAGE WILL BE SENT DIRECTLY TO 31,000 HOMES IN SARATOGA, LOS GATOS AND SURROUNDING COMMUNITIES!  
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# Keeping the roads and highways safe for everyone

By Joe Simitian,  
Santa Clara County  
Supervisor

The idea for a law to restrict cellphone use while driving came to me as I was campaigning for election to the California State Legislature roughly 20 years ago. Almost everybody I met had a horror story, ranging from the annoying to the devastating—a loved one ending up in the hospital, or worse, a fatality.

Today, with 13 percent of all car crashes due to drivers being distracted by their cellphones, the “Hands-Free” cellphone bill I authored might seem like simple common sense, but it was ahead of its time. It took me six efforts over a half-dozen years before it finally passed in 2006, clearing the 40-member Senate with a razor-thin margin of just 21 votes.

In a letter to then Governor Arnold Schwarzenegger, I argued that having one hand on the wheel and the other on the phone while talking was a “measurable and significant” traffic risk, pointing to solid research.

The governor, however, didn’t really need data

to persuade him. Before signing the bill, according to the Los Angeles Times, Schwarzenegger had already warned his 16-year-old daughter that she would lose her driving privileges if he caught her driving with her cellphone in her hands, and he sometimes followed her to make sure: “If she makes that mistake,” he said, “then I will take the car away from her, and she will drive with the bus, because it’s inexcusable.”

My bill didn’t take away anyone’s car or driving privileges. But it did have an immediate and dramatic impact.

A study conducted by the Safe Transportation Research and Education Center at the University of California, Berkeley, examined state crash records two years before and two years after my hands-free legislation took effect on July 1, 2008. Overall traffic deaths declined by 22 percent, while identifiable hand-held cellphone driver deaths went down 47 percent.

That translated into 700 fewer fatalities and 75,000-100,000 fewer collisions each year in California—the largest

year-to-year drop in collisions in state history.

In human terms, that means that every single day in California, there are a couple of folks who are going to sit down to dinner with their families who otherwise wouldn’t have made it.

California became just the fourth state in the country to prohibit motorists from holding cellphones while driving. I followed up with legislation that prohibited texting while driving and drivers under the age of 18 from using any smartphone technology while driving.

Today, 24 states prohibit drivers from using hand-held cellphones while driving, and even more ban cellphone use by novice or teen drivers, and text messaging for all drivers.

In our region the hands-free law quickly became wildly popular, with an approval rating of more than 90 percent, cutting across all demographics. Significantly, the vast majority of those who were surveyed not only supported the law, but thought it was “important.”

It’s clear that most

California drivers “get it.” They understand just how dangerous distracted driving is, and most are doing their part to make the roads safer. But we also know that there are still too many drivers texting and talking on hand-held phones—a point made by a number of participants in the Distracted Driving Telephone Town Hall I hosted last month with Santa Clara County Sheriff Robert Jonsen.

In 2020, distracted driving caused 3,142 fatalities nationwide, and 30,000 people were injured in crashes involving cellphones, according to the National Highway Traffic Safety Administration. That’s fewer than the year my bill went into effect, but still far too many people who won’t make it home for dinner from an accident that could have been prevented with the use of readily available—and often no cost—hands-free technology.

With the passage of time, I think folks may have gotten a little lax again about cellphone use while driving. There’s a lot on everyone’s mind. But no phone call or text is worth the cost of a life.

April is Distracted Driving Awareness Month, and a chance for us to remember how important it is to drive with care. It’s all about how to keep ourselves and our loved ones safe. We have the power to save lives on our roads and highways. So let’s do it, and be safe out there.

*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. He previously served in the California State Senate and State Assembly. Stay up to date on news and events happening in District Five by signing up for Supervisor Simitian’s newsletter: [district5.sccgov.org/newsletter](mailto:district5.sccgov.org/newsletter).*



The Outlook wants to hear from you!

Have a story idea for The Outlook? Want to voice your input on a community issue? Care to share your opinion on a story we covered?

**WRITE US A LETTER!**

SEND YOUR LETTERS TO [OUTLOOK@SASCC.ORG](mailto:OUTLOOK@SASCC.ORG)



**AARP**  
Real Possibilities

**Driver Safety Course**  
May 12 & 15th, 2023  
9-1pm  
At Saratoga Senior Center  
19655 Allendale Ave, Saratoga

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

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

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

Register at 408-868-1257

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



# Helping older adults in our community this Minority Health Month

By Wil Yu,  
General Manager, CCA  
Health California

Santa Clara County is a vibrant community home to a diverse population of residents. There are a variety of ethnic and racial identities here. Roughly 40 percent of the population identifies as Asian and 25 percent as Hispanic or Latino.

Our diversity enriches the fabric of our community, and since April is National Minority

Health Month, it's perfect timing to discuss the importance of improving health outcomes and maximizing wellness for minorities. In particular, focusing on seniors who may be isolated and in need of extra support.

Social, cultural and environmental barriers to good health and wellbeing are especially detrimental for the minority groups in our community. Many are not fluent in English, and may not have local resources to turn to for

help. Additionally, for many minority groups—who often face biases and stigmas in other facets of life—trusting the healthcare system does not come easily. Trust greatly affects your relationship and engagement with healthcare, thus affecting health and wellness.

Although some of these issues are large and structural in nature, there are several things we can do now and today as a community to play our part in improving the overall

health and well-being of all of our neighbors. This is not a comprehensive list, but if you, or someone you know, are struggling with any of these barriers to health and wellbeing, below are some resources and tips.

We still have a long way to go as a country to have true health equity. But, like most societal changes, we have to start by looking at our immediate local area first and staying aware of ways to help in any way we can.

## About Wil Yu

As General Manager of CCA Health California, Wil Yu cultivates relationships with providers, community organizations, and government officials to advance CCA Health's mission of improving the health and well-being of individuals with significant medical, mental health and social support needs.



**Lack of transportation:** One of the most prominent obstacles contributing to health disparities is access to reliable transportation. Some people don't have a car or a license, can't afford insurance or have a health condition inhibiting them from driving or taking public transportation. The inability to physically attend appointments creates gaps and disruptions in care.

- NextDoor is an app where you can receive trusted local information on transportation, including offering and soliciting help, getting things done, and building real-world connections with those nearby. The app is one place to check for help with sharing transportation, or offer to provide one yourself.
- Another amazing local resource for Santa Clara residents is SASCC's RYDE (Reach Your Destination Easily) Senior Transportation Program ([rydesc.org](http://rydesc.org)), a curb-to-curb transportation and local trip planning service for adults 65 and older. RYDE can be used for appointments, grocery shopping or other local trips.
- Medicare Advantage plans, which are designed specifically for seniors, may also offer transportation services free-of-charge.

**Handling and overcoming physical limitations:** Creating safe living spaces and social activities can decrease the risk of injuries, such as falls, and help keep seniors active and out of the healthcare system for activity-related injuries.

- Fall prevention classes, like those by the Santa Clara County Fire Department ([tinyurl.com/sccfdevents](http://tinyurl.com/sccfdevents)), offer education on reducing the risk of at-home injuries.
- SASCC also offers exercise classes ([sascc.org/sascc-classes](http://sascc.org/sascc-classes)) including Tai-Chi and others that are great for cardiovascular activity and designed specifically for older adults.
- Health plans may also offer free resources for safe exercise, fall prevention or injury-prevention classes and activities.

**Isolation and poor mental health:** Blue Shield reported that the adverse effects from social distancing during the pandemic led to increased depression, anxiety, feelings of isolation, and sleep disorders in older adults ([tinyurl.com/mentalhealthimpacts](http://tinyurl.com/mentalhealthimpacts)). Mental health in seniors can also be misdiagnosed because of comorbidities, or untreated because other conditions might take priority.

- If you are a caregiver or loved one in this situation, please learn how to recognize the signs of when mental health is impacting someone's ability to take care of themselves. Access to sufficient insurance can and should provide integrated medical and mental health coverage.
  - \* According to the Mayo Clinic, these signs include:
    - \* Feeling sad or down
    - \* Confused thinking or reduced ability to concentrate
    - \* Excessive fears or worries, or extreme feelings of guilt
    - \* Extreme mood changes of highs and lows
    - \* Withdrawal from friends and activities
    - \* Significant tiredness, low energy or problems sleeping
- The Institute on Aging Friendship Line is a 24-hour, toll-free crisis intervention hotline (in English and Spanish) and a warmline for non-emergency emotional support calls. It is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities.
- Health plans available to older adults may also offer access to mental health providers and support services. These services may include telehealth, which allows those living in rural areas to speak to someone wherever they are.

*"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."*

— Jim Carrey



# ASK the EXPERT

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



# Your Medications Could Cause Hearing Loss

Christine Throm, Au.D.

**Did you know that some over the counter and prescription medications on the market today can cause hearing loss?** Not only that, but as the toxins from the drugs accumulate in your body, the damage worsens. It may be temporary, or in some cases permanent.

**Ototoxicity** is when hearing loss is caused by a medication or supplement. Often the damage can be reversed by simply stopping the medication, but sometimes the medicines can damage the delicate hair cells in the inner ear, which are responsible for hearing and balance. This can result in symptoms of vertigo, tinnitus, or permanent hearing damage.

The American Speech-Language-Hearing Association (ASHA) stated that there are more than 200 medications and chemicals that cause hearing loss, tinnitus, and/or balance disorders like vertigo. **If you experience hearing loss after beginning a new medication, especially those in the classes listed below, be sure to contact your doctor and get a hearing assessment ASAP.**

## Pain Relievers

Regular use of NSAIDs, anti-inflammatory drugs that effectively reduce inflammation and pain, such as aspirin, acetaminophen, and ibuprofen, can also cause hearing loss. In most cases the hearing loss can be alleviated or halted by stopping the medications, but if you regularly take any of these drugs, such as a daily aspirin for your heart, **talk to your doctor** about how it may be affecting your hearing.

## Diuretics

Diuretics are often prescribed for conditions such as **high blood pressure, edema, and glaucoma**, but sometimes these medications can cause **tinnitus and temporary hearing loss**.

## Antibiotics

Aminoglycosides are a classification of antibiotics that have a side effect of hearing loss. This type of antibiotic is typically prescribed for more serious infections like meningitis that don't respond to other medications.

## Chemotherapy

Hearing loss, tinnitus, and/or vertigo can be a side effect of the drug **Cisplatin**, which is often used to treat testicular, bladder and ovarian cancers. Doctors and researchers are looking for ways to deliver this chemotherapy to tumors without affecting hearing health.

If you regularly take one of these medications, it's good to know the potential side effects and be prepared. **An audiologist can monitor your hearing while you are taking an ototoxic medication.** Not everyone reacts the same way or has the same side effect, so if you suspect your hearing is affected by one of these drugs, talk to your doctor or audiologist.

**Los Gatos Audiology** is here to help you protect your hearing health. Call today and come in for your yearly hearing exam so you can stay ahead of the curve and protect your hearing, your brain, and your health.

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

**We're proud to have served Los Gatos, Saratoga, Campbell, Cupertino, and the entire Bay Area for 50 years! We're here to provide the right solution for Your Life, Your Style.**

**LGA**  
Los Gatos Audiology

**(408) 673-4052**

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

[www.LosGatosAudiology.com](http://www.LosGatosAudiology.com)

## Free Community Seminar

Want more information about hearing health?

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



Friday, Apr 7, 2023: Ototoxicity  
Friday, May 12, 2023: Better Hearing and Speech  
Friday, Jun 9, 2023: Hearing Loss and Dementia  
Friday, July 7, 2023: Noise Induced 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**



**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](http://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](http://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

**JEWISH COMMUNITY CENTER**

14855 Oka Rd, #201  
Los Gatos, CA 95032  
Visit [www.apjcc.org/contact-us/hours-directions/](http://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](http://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](http://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](http://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](http://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](mailto: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/](http://startyourrecovery.org/)

**CAREGIVER SUPPORT GROUPS** Offered through Vitas Healthcare

To join, please visit [www.vitas.com/family-and-caregiver-support/caregiving/caregiver-support-groups](http://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](http://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.

Closest Bay Area Location is Milpitas VITAS Hospice and Palliative Care Office: 670 N McCarthy Blvd. Suite 220, Milpitas, CA 95035



GUIDANCE

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INFORMATION

## COMMUNITY RESOURCES

**CALL 211 or visit [211scc.org](http://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](http://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](http://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

*“There is no exercise better for the heart than reaching down and lifting people up.”*

— John Holmes



## 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! We provide in person services at our Saratoga Adult Care Center. Join us for brain games, exercise, or plain, simple fun!

The center is currently open 5 days a week: Monday - Fridays,  
10 a.m. - 3 p.m.

Future participants may qualify for free services by meeting 3 easy requirements:

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

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





# Saratoga Heritage Orchard blooms in partnership with West Valley College



Orchard Keepers founder and president Matthew Sutton teaches students about regenerative agriculture.

*Photo courtesy of Chris Cruz*



On February 9, West Valley College Park Management classes Park Planning and Horticulture in Parks, PMGT 17 and 18, participated in planting 60 trees in the City of Saratoga Heritage Orchard with Orchard Keepers.

*Photo courtesy of Chris Cruz*

*continued from*  
**ORCHARD** pg. 1

aligned perfectly with the West Valley College Park Management's creation of

a regenerative agriculture certificate program.

The Park Management Program and the Orchard Keepers have worked together now for three

semesters. Students receive hands-on experience and education around irrigation practices, regenerative agriculture, fruit tree care, how to plant bare root fruit trees and soil biology.

"This relationship between the college and the orchard is such a natural fit," Sutton said. "The orchard represents such a wonderful window into the historical land use of the region and a perfect representation of real-world applications of the theories and practices that the students from West Valley are learning in class."

In the future, classes will work on evaluating the changes in the soil and trees by collecting data.

"Now we'll get to build the science side of it," Park Management instructor Chris Cruz said.

"Everything from soil temperature, to soil health, to using aerial imagery from drones to look at vegetation changes. We're actually in the process of getting a drone with a multispectral sensor so we can actually see the overall health and mechanics of the orchard. We're using students from different classes, from our flight operations and aviation planning drone class, to our horticulture class, to our park planning and design class."

While the orchard

has seen much progress under care of the Orchard Keepers, there is still work to be done.

"During our second year caring for the orchard, we discovered a resident soil pathogen, Oak Root Fungus, that has been wreaking havoc by killing trees, likely for decades. We have been implementing our plan, based on consultation with the University of California Agriculture Extension, to mitigate the devastating effects of this issue."

Sutton says the Orchard Keepers are hopeful the orchard is on a good path for longevity with their regenerative agriculture management strategy.

Cruz, a regenerative agriculture enthusiast, explained how traditional farming practices, like what was used on the Heritage Orchard prior to 2020, degrade the quality of the soil.

"When you're under industrial techniques for a long time, and not using cover crops, then your soil health is not nearly as good," Cruz said. "But it takes a while for the soil chemistry and soil biology to improve when you switch over from the traditional type of agriculture, like heavy tilling, heavy pesticide and fungicide use, and start doing things like planting

cover crops to increase nutrients and moisture in the soil. If we can manage and take care of the soil, we can do things about increasing the nutrient density of the food we grow."

Speaking of food, this spring's stormy weather may have stunted the growth of fruit in the orchard for this year's harvest. Sutton recommends referring to the City of Saratoga's website for information about community harvests at the Saratoga Heritage Orchard.

Sutton was excited to report that after the planting of 500 new apricot and prune trees, the orchard is now whole again!

"We will be training these trees for the next two years to develop a strong canopy, with the promise of fruit in year three," Sutton said.

The Saratoga Heritage Orchard is located at the corner of Saratoga and Fruitvale Avenues. Visit [saratoga.ca.us/489/Heritage-Orchard](http://saratoga.ca.us/489/Heritage-Orchard) to learn more about the orchard.

## Spring Wine Walk to bring 1,200 to downtown Los Gatos, boosting business

*continued from*  
**WINE** pg. 1

having runoff with this [season's] rain, it's a good thing the vineyard roots go down so deep and the grasses are doing their part to keep dirt in place," Cooper told The Outlook late March.

A Certified Organic and Certified Sustainable vineyard, Cooper-Garrod will be sampling a white (Chardonnay or Viognier), a red varietal (Pinot Noir, Cabernet Franc, Cabernet Sauvignon, or Syrah) and one of its "test pilot"

blends, made from a combination of its estate grape varieties.

"Our varietal wines are vineyard-designate, so people get a real sense of place and terroir when they enjoy Cooper-Garrod," Cooper said.

During the Wine Walk, dance to the music at venues like Cheri Rose Collection, the courtyard behind Black Cat Hats and Yellow Brick Road Jewelers and on Grays Lane.

The Los Gatos Chamber urges attendees to taste responsibly. "A typical tasting includes a single

one-ounce pour. There are approximately 25 ounces of wine in a bottle. Our Wine Walk features over 30 wineries. One taste from each winery is like drinking nearly TWO bottles of wine! In other words, limit the number of wines you taste to ensure the safety and enjoyment of everyone," the event website reads.

Tickets are \$50 and are available at [losgatoschamber.com/wine-walk](http://losgatoschamber.com/wine-walk). If available, day-of tickets will be \$55.



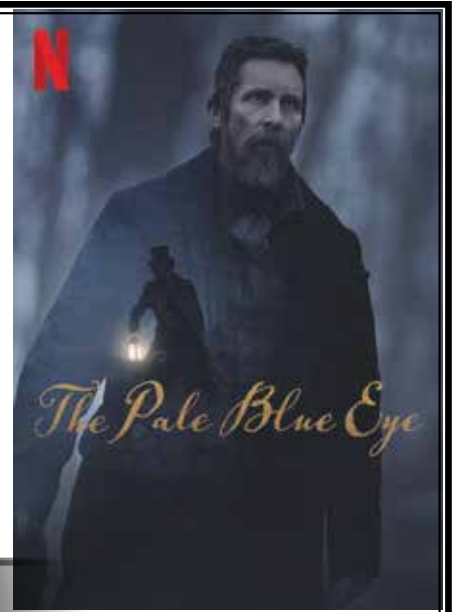
Folks enjoying their tastings at a past Los Gatos Spring Wine Walk.  
*Photo courtesy of the Los Gatos Chamber of Commerce*





**The Night Agent**  
(2023-)  
Low-level FBI agent, Peter Sutherland, works in the basement of the White House manning a phone that never rings--until the night it does--propelling him into a conspiracy that leads all the way to the Oval Office.

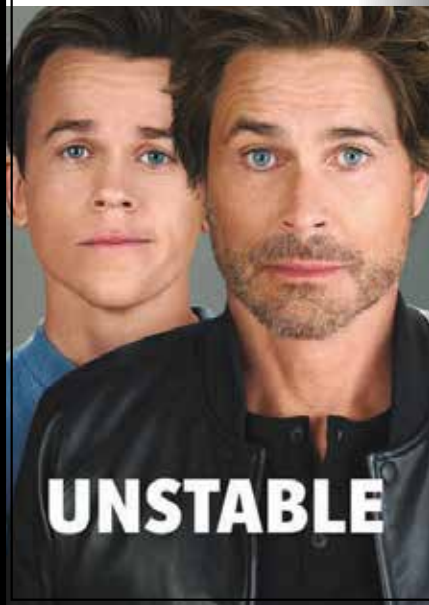
TV-MA | TV Series | Action, Drama, Thriller | R | 2h 8 min | Crime, Horror, Mystery



**The Pale Blue Eyes** (2022)  
A world-weary detective is hired to investigate the murder of a West Point cadet. Stymied by the cadets' code of silence, he enlists one of their own to help unravel the case - a young man the world would come to know as Edgar Allan Poe.



## NOW STREAMING



**Unstable** (2023)  
In a biological research company, a son with social problems is forced to work for the company of his father, an extremely eccentric and exotic man to save him from disaster.

TV-14 | TV Series | Comedy

**Uncharted** (2022)  
A teenager is charged with lying about having been raped, but two detectives follow the path to the truth.

PG-13 | 1h 56m | Action, Adventure



## PLAYING NEAR YOU

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



**The Super Mario Bros. Movie**  
The story of The Super Mario Bros. on their journey through the Mushroom Kingdom.

PG | 1h 32min | Adventure, Animation, Comedy

Stars: Chris Pratt, Anya Taylor-Joy, Charlie Day

**Evil Dead Rise**  
A twisted tale of two estranged sisters whose reunion is cut short by the rise of flesh-possessing demons, thrusting them into a primal battle for survival as they face the most nightmarish version of family imaginable. **Opening Apr 21, 2023**

R | 1h 37min | Horror

Stars: Alyssa Sutherland, Lily Sullivan, Morgan Davies



**Guy Ritchie's The Covenant**  
Guy Ritchie's The Covenant follows US Army Sergeant John Kinley (Jake Gyllenhaal) and Afghan interpreter Ahmed (Dar Salim).

**May only play at AMC. Opening Apr 21, 2023.**

R | 2h 49min | Action, Crime, Thriller

Stars: Jake Gyllenhaal, Alexander Ludwig, Antony Starr

**Are You There God? It's Me, Margaret.**  
When her family moves from the city to the suburbs, 11-year-old Margaret navigates new friends, feelings, and the beginning of adolescence.

**Opening Apr 28, 2023.**

1h 45min | Comedy, Drama

Stars: Rachel McAdams, Kathy Bates, Elle Graham



**PRUNEYARD CINEMAS**  
(408) 717-4712  
1875 S. Bascom Ave., Campbell, CA 95008  
[www.pruneyardcinemas.com/](http://www.pruneyardcinemas.com/)

**AMC - SARATOGA**  
(408) 871-2277  
700 El Paseo De Saratoga, San Jose, CA 95130  
[www.amctheatres.com/movie-theatres/san-jose/amc-saratoga-14](http://www.amctheatres.com/movie-theatres/san-jose/amc-saratoga-14)

**CINELUX LOS GATOS THEATRE**  
(408) 399-9800  
43 N Santa Cruz Ave, Los Gatos, CA 95030  
[www.cineluxtheatres.com/cinelux-los-gatos-theatre](http://www.cineluxtheatres.com/cinelux-los-gatos-theatre)





# You Can Take It With You!

## YOUR PROPERTY TAX BASE PROP 19 EXPLAINED

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

**Well, think again!!**

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

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

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

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

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

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

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

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

***We're here to help YOU!***

More case studies, community and real estate news at [www.BrianAndDan.com](http://www.BrianAndDan.com)



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