

# The West Valley OUTLOOK

a vision for our Age Friendly communities



AUGUST

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## West Valley College names Dr. Jennifer Taylor-Mendoza 13th president

By West Valley College

The West Valley-Mission Community College District Board of Trustees approved the appointment of Jennifer Taylor-Mendoza, Ph.D. as the next West Valley College President.

"We are proud to welcome Dr. Jennifer Taylor-Mendoza as the thirteenth president for West Valley College and to work in supporting her to best serve our students," said Board President Adrienne Grey. "After an extensive nationwide search process, we are confident in the decision made by the college search committee and look forward to what lies ahead for the college under her leadership."

Dr. Taylor-Mendoza currently serves as the President of the College of San Mateo and has been in role since July 2021. A proud community

college alumna, President Taylor-Mendoza holds a B.A. in Psychology, from California State University, Los Angeles, an M.S. in Counseling, California State University, Northridge, and a Ph.D. in Education from Claremont Graduate University.

"Even with a large pool of diverse and highly qualified applicants, Dr. Taylor-Mendoza stood out as the clear choice. Her experience, natural ability to lead, and the innate passion she has for service and education distinguished her as the right candidate to lead the College," says West Valley-Mission Community College District Chancellor Bradley Davis. "I have every confidence she will help West Valley realize its vast potential and I couldn't be happier for the college to begin a new day with a leader of her caliber at the helm."

Dr. Taylor-Mendoza has over twenty years of experience



Dr. Jennifer Taylor-Mendoza

Photo courtesy of West Valley College

in the California Community College system, serving in a variety of roles including vice president of instruction, dean of academic support and learning technologies, director, tenured faculty member, and classified professional. She is co-author of *Minding the Obligation Gap in Community Colleges: Theory*

and Practice in Achieving Educational Equity. President Taylor-Mendoza is also an Aspen Institute Presidential Fellow.

"I am honored to work alongside West Valley College's talented students, faculty, classified professionals,

see **PRESIDENT** pg. 3

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## High schooler starts nonprofit to create magic, on stage and in community

By Anamika Anand,  
Saratoga High School

When the COVID-19 pandemic started, Saratoga High School senior Vidur Sanghi, a freshman at the time, felt called to help people in need. Sanghi decided to use his passion for music to create a nonprofit organization, Music and Good in Concert (MAGIC), which aims to showcase musical talent while donating performance proceeds to service providers, both local and overseas.

On August 27, the organization hopes to fill the 500 seats at the high school's McAfee Theater and raise \$30,000 at the MAGIC of Diversity Extravaganza, a live entertainment contest featuring vocals, instruments, dance and comedy from diverse genres, cultures and age groups.

Proceeds are set to benefit the Heart Care Foundation of India (HCFI), which provides emergency medical treatment to disadvantaged children.



Saratoga High School and Redwood Middle School's combined Saxophone Ensemble perform in MAGIC's January concert. Photo courtesy of Vidur Sanghi

Sanghi said MAGIC donated a significant amount of its early performance proceeds to HCFI, an organization whose founding doctor, Dr. K.K. Agarwal, succumbed to COVID-19 while treating thousands of patients.

A few months into the pandemic, various donation nonprofits had already been created, and Sanghi wanted to find something unique

that incorporated more than simple donations and did not compromise the health of him and his loved ones.

"I was really missing collaborating with other people, because music is a huge part of my life, and a big part of it's working with other people," Sanghi said. "So I think it kind of

see **MAGIC** pg. 6

## Athletic Performance Shop: a runner's paradise for over three decades

By Brandy Maddox,  
Managing Editor

For nearly 35 years, Athletic Performance Shop in Los Gatos has been a pillar of support for the local running community. From organizing races and community group runs, supporting local athletics, providing customized fits and training programs and donating shoes, father-son co-owners Willie and Tyler Harmatz continue to make an indelible impact on the Los Gatos community.

Upon walking into the store, customers are greeted with a personalized shopping experience.

"Every runner that comes into our store is special," said Willie, former Los Gatos High School running coach for 40 years, who led the team through 18 Central Coast Sectional wins and five national titles.

"We not only try to fit them properly in the correct shoe; we

watch them run or walk outside in different models to analyze their foot roll and foot gait, and offer medical advice with specific most common injuries that they may have or could encounter within their training program," Tyler added.

One of the cornerstones of Athletic Performance Shop's legacy is its longstanding commitment to organizing and sponsoring races. The shop organized the Dammit Run for 40 years, a 5-mile race that has evolved into the Jolly 10K, a run to raise fentanyl awareness. In 1976, Willie founded and continues to sponsor the Great Race, held every April in Vasona Park.

Athletic Performance Shop isn't limited to just running; they extend their sponsorship and support to various athletic and exercise groups within the community. Whether

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# NEW NAME, SAME SASCC

*The Saratoga Area Senior Coordinating Council becomes Successful Aging Solutions & Community Consulting*

The same SASCC you know and love, but a name that better-reflects our work and impact. Successful Aging Solutions & Community Consulting (SASCC) is a nonprofit services provider and community consultancy that offers an integrated suite of programs for older adults and guides local government and institutional efforts to build age-friendly communities.

We empower our communities to be great places to grow up and grow older. We do this through programs and direct services that elevate the standard of living for older adults, helping them stay active, informed, and independent.

These programs include essential transportation infrastructure, opportunities for continuing education, safe places to socialize, stay active, and learn, and solutions-based journalism to keep our communities civically-engaged.

SASCC's direct services are the bridge between the community and its aging population, generations young and old, and community institutions and their constituents.

Through our consultancy, SASCC is the guide for local governments and institutions that need help engaging their older population, offering data-driven solutions that address the challenges and opportunities of this demographic. The result of our work is a society that's more prepared and educated on how to get older successfully, and an infrastructure that's better equipped to meet the needs of an aging population, now and into the future.

If we're lucky, we'll all be older adults at some point. SASCC is here to help make life better for YOU. If you need us one day down the line, we'll be here.

Our website, [www.sascc.org](http://www.sascc.org) is currently under construction.

Contact us at [info@sascc.org](mailto:info@sascc.org) or (408) 868-1257 with any questions.



## Heads up, Outlook readers!

The September and October edition of The Outlook will be a combined, special edition in honor of our annual Health Fair. Please expect your paper to be delivered within the third week of September. Your next edition after that, our November edition, will be delivered within the first week of November. Thank you for understanding!



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**Outlook Disclosure:**

Successful Aging Solutions & Community Consulting (SASCC) is a registered 501(c)(3) nonprofit organization, founded in Saratoga in 1979. The Outlook is our monthly publication. We are funded by a mixture of income from services, donations, and grants from community foundations and governmental bodies.

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

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

## New West Valley College president, a community college alumna herself



College President, Dr. Jennifer Taylor-Mendoza, welcomes the crowd at Connect to College.

*Photo courtesy of College of San Mateo*

*continued from*  
**PRESIDENT** pg. 1

administrators, and community partners to continue the college's rich history of academic excellence," said Dr. Taylor-Mendoza. "West Valley College is the destination for upward economic mobility for generations of Santa Clara County residents. I pay tribute to the great work of my predecessors by continuing to focus on strategic planning, policy reform, and professional

development to enhance student access and achievement. Leadership matters, and I realize my role during this pivotal time in our nation as we work towards a more just society for our communities, no matter the political winds. I am excited to work collectively with the Chancellor and Board of Trustees to move the district forward as we continue the great work in considering new directions, innovations, and opportunities."

In addition to her role as President, Dr. Taylor-Mendoza

currently serves on a variety of councils and boards in San Mateo County, including serving the Cabrillo Education Foundation, California Community College Athletic Association, Castilleja School, Half Moon Bay's Coast Pride, and HIP (Human Investment Project) Housing. She is also an Umoja Community Education Foundation legacy founder and former director of their board.

Dr. Taylor-Mendoza will assume her new position as the West Valley College President on August 24, 2023.

## JOIN TAI CHI TODAY!

Tai Chi can be described as meditation on the move. Practitioners gently perform physical exercises and stretching paired with slow breaths. It is a wellness technique with multi-faceted health and psychological benefits.

Jeffrey Fung has been teaching the Yang and other styles of Tai Chi for over 25 years. He guides students patiently and step-by-step through each movement. Students will improve their breathing and quality of life.

Attend Jeffrey's Tai Chi class in-person or online at the Saratoga Senior Center, Monday 10-11:30 a.m. and Friday at 9-10 a.m. Call (408) 868-1257 or visit [sascc.org/sascc-membership](https://sascc.org/sascc-membership) to become a member.



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# News briefs

## Saratoga



Renee Paquier

### Renee Paquier, new Vice President of Student Services at West Valley College

Dr. Renee Paquier, former Dean of Professional Studies and interim Vice President of Student Services, and City of Saratoga commissioner, is the new Vice President of Student Services at West Valley College.

“Following a national search, we received applications from outstanding candidates from across the country, however after careful consideration, we realized that the best person to lead us to the next level of student success was already right here at home,” West Valley-Mission Community College District Chancellor Brad Davis said. “Dr. Paquier lives and breathes West Valley College and has established a broad portfolio of service to the campus and the community. At West Valley, Dr. Paquier has served as both an associate and tenured faculty member, dean of professional studies and most recently, interim vice president of student services. I am confident that Dr. Paquier’s unique blend of energy, acumen and dedication will re-energize student services and help bring stability to the new college leadership team. Congratulations Renee!”

Dr. Paquier holds a bachelor’s degree from California State, Chico, a master’s degree from Boston University and a doctorate in educational leadership from San Jose State University.

### Learn about the saving of California’s oldest state park, Big Basin

Saratoga Historical Foundation presents “How Californians Saved Big Basin” on August 22 at 7 p.m. on Zoom. Author of “Big Basin Redwood Forest: California’s Oldest State Park,” Dr. Traci Bliss details in her lecture how and why a most-unlikely coalition came together to change the trajectory of deforestation in California. She will share why 1900 marked a new era in our state history. Hear the riveting story of how women journalists, Jesuit priests, Bay Area academics and the pillars of San Francisco Society joined forces to achieve an unimaginable victory for preservation. Bliss will conclude her talk with an overview of the after effects of the 2020 CZU fire and the exciting plan for Big Basin’s future. The lecture is free and open to the public.

To register, visit [saratogahistory.com](http://saratogahistory.com) and click on Big Basin Park. For more information call 408-867-4311.



Dr. Ulka Agarwal

## Los Gatos

### Food and mood: eating for mental health with Dr. Ulka Agarwal

Plant-based diets can prevent and even treat chronic illnesses like heart disease and diabetes, but can they also help our mental health? Join the Plant-Based Advocates on August 10 from 5-6 p.m. at the Los Gatos Library Tech Lab for a conversation with Dr. Ulka Agarwal, M.D., a board-certified psychiatrist and plant-based nutrition researcher who studies the effects of food on health and wellness, on how plant-based nutrition affects depression and mental well-being. Learn how eating better can make you feel better! The Los Gatos Library is located at 100 Villa Avenue.

### Blossom Hill Road lane reduction

Have you noticed changes on Blossom Hill Road near the Blossom Hill Park? The change in traffic pattern is the result of community requests for slower vehicle speeds and improved safety for cyclists and walkers that use the area, particularly students at Blossom Hill Elementary. The engineers at Los Gatos Parks and Public Works have been working with the community since 2021 to perform the evaluations needed to support these changes. Since implementation started

earlier in July, staff have been hearing frustration from some members of the community about these changes.

As the paving work in the area progresses, the engineering team will continue to monitor traffic and consider ways to reduce back-ups by modifying the operation of the traffic signals along the Blossom Hill Road corridor. The Town of Los Gatos appreciates the community’s patience and understanding while staff continues to implement these changes and optimize the movement of vehicles, cyclists and pedestrians alike.

For more information about this project and the analyses that supported the changes, visit [logatosca.gov/2650/Blossom-Hill-Road-Traffic-Safety](http://logatosca.gov/2650/Blossom-Hill-Road-Traffic-Safety).



## Santa Clara County

### CalGrows: free training for caregivers

CalGrows is the California Department of Aging’s workforce training program providing free career building resources for paid and unpaid caregivers of older adults and people with disabilities. Resources include: free courses to build skills covering everything from dementia care to communication; free 1:1 coaching to help set goals, develop an action plan, and stay on track; and up to \$6,000 in incentives for paid caregivers. Visit [calgrows.org/caregiver-trainings](http://calgrows.org/caregiver-trainings) to learn more.

### Foster Grandparents: paid volunteer opportunity

Foster Grandparents mentor and tutor students who are struggling academically and socially in class. Volunteers decide the grade level they wish to work with, from preschool to third grade. The program connects role models with students who benefit from caring connection. Foster Grandparents are individuals ages 55 and over who thrive on direct interaction with children and believe they can make a difference in their lives. They are interested in providing 15-20 hours per week of volunteer service and have an individual annual income of less than \$22,000. Visit [tinyurl.com/becomeafostergrandparent](http://tinyurl.com/becomeafostergrandparent) to learn more.



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# Music and Good in Concert to host MAGIC of Diversity Extravaganza August 27



Saratoga High School's competitive bollywood dance team Tamasha performs in MAGIC's January concert. *Photo courtesy of Isabelle Gecils*

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just struck [my dad and I] that something cool to do would be to entertain people."

Sanghi and his dad reached out to friends and family, asking if they would like to do a performance that would be streamed on YouTube.

They created a group chat on WhatsApp with about a hundred people where they advertised the link to the stream.

Performers, which Sanghi calls "Magicians," told him that the first performance had an immediate positive impact on them, already starting to mend the disconnect they felt from

other people. They also spread the word about MAGIC, quickly expanding the reach of the organization.

"In my mind, what we were trying to do was kind of magical," Sanghi said. "We were trying to help people in a time of distress, and that feeling of relief was supposed to be magical."



Vidur Sanghi, founder of Music and Concert in Good (MAGIC). *Photo courtesy of Vidur Sanghi*



Woody Li, Caden Lee and Diya Iyer performing as part of the SHS Jazz Combo. *Photo courtesy of Isabelle Gecils*

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The first in-person concert happened last summer in Germany during the Saratoga High Music Program's Europe tour. Another more localized performance was held in January of this year in the high school music building, and Sanghi expected around 50 people to attend. He was shocked to see some 120 people show up and receive \$1,300 in donations.

"I'd say it was a huge success for one of our first concerts," Sanghi said. "Online performances were cool, but in person is a completely different thing. It was also cool to see that people were interested in continuing to perform."

After a few more performances, MAGIC gained a corporate sponsor, a company in India called NTT Data, which donated about \$20,000. So far, MAGIC has collected about \$30,000 in total donations.

Other than friends and family from other countries, MAGIC is now a club at Saratoga High as well, with several students organizing events and parents filming performances and providing food. MAGIC has also partnered with organizations such as Best Buddies and Off Their Plate.

A national nonprofit, Off Their Plate was focused during the pandemic on funding local restaurants to deliver free meals for doctors, nurses and staff

at local hospitals. It has since shifted its focus to supporting minority women chefs.

In the future, MAGIC plans to support senior citizens, teachers, disadvantaged children, and frontline workers like doctors, nurses, first responders, police, armed force personnel and restaurant and delivery workers.

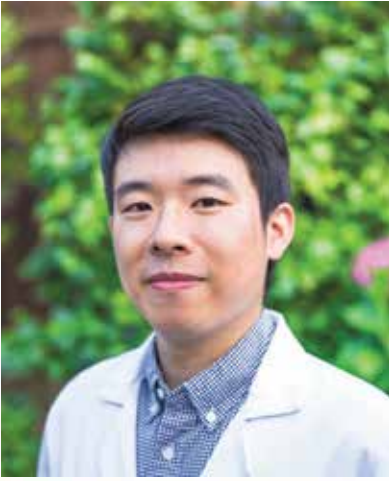
Sanghi also hopes to expand the scope of performers, engaging other high schools, community colleges and universities.

"MAGIC is all about diversity, and having a diverse group of performers is the first step to take in that direction," Sanghi said.

Sanghi has high hopes for the growth of MAGIC and would like for current underclassmen to continue the club after he graduates.

"I'm very satisfied with how far MAGIC has come and how much we've accomplished," Sanghi said. "Depending on where I go to college and what that looks like for me, I would love to stay involved and support whoever ends up running the club."

Learn more about MAGIC or purchase tickets to the MAGIC of Diversity Extravaganza on August 27 at [musicandgoodinconcert.org/home](https://musicandgoodinconcert.org/home).



## Dry Mouth in Older Adults: Causes, Symptoms, & Treatment

by Dr James Lin  
*Los Gatos Dentist*

Dry mouth, also known as Xerostomia, is a common condition that affects many older adults. This condition causes a decrease in saliva production, which leads to difficulty swallowing, speaking, and tasting. Dry mouth also increases the risk of dental cavities and gum disease due to minimal salivary flow available to naturally remove food debris and protect the gums.

The most common symptoms include:

- Dryness in the mouth and throat
- Increased thirst
- Bad taste in the mouth
- Sore, red, or inflamed gums
- Increased risk of dental cavities
- Increased risk of gum disease

Common causes of dry mouth in older adults include: certain medications, radiation therapy, and compromised health. Many medications used to treat various illnesses can cause dry mouth as a side effect. For example, medications used to treat allergies, asthma, and depression. Pain relievers (over the counter and prescribed) can also cause dry mouth.

Individuals with radiation therapy to the head and neck area can have damaged salivary glands, which decreases saliva production. Uncontrolled diabetes can also lead to dry mouth if blood sugar levels are high. Sjögren's syndrome affects the glands that produce moisture, including the salivary glands.

Unfortunately, there is no cure for dry mouth. However, there are numerous options

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that can help bring relief:

- Saliva substitutes: liquid gels that can help keep the mouth moist.
- Sugar-free gum: xylitol gum and mints to help stimulate saliva production.
- Avoid alcohol, tobacco, and caffeine.
- Medication changes: your doctor can prescribe an alternate medication that does not have dry mouth as a side effect.
- Stay hydrated: Drink plenty of fluids.
- Brush your teeth twice a day and floss daily: Good oral hygiene can prevent dental cavities and gum disease, which are much more common in people with dry mouth.
- See your dentist regularly: Your dentist can check for signs of dry mouth and detect early signs of cavities and gum disease.

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

Sincerely,  
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# Community impact far beyond providing a comfortable fit



Father and son duo and co-owners of Athletic Performance Shop in Los Gatos, Willie and Tyler Harmatz, are committed to promoting fitness, camaraderie and healthy living.  
All photos by Jimmy P Photography

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it's a triathlon, exercise club or any other sports-related organization, the shop is always eager to lend a helping hand.

The shop's dedication to fostering a sense of community among runners is evident in its weekly group runs. Every Wednesday at 6 p.m., runners of all abilities gather at the store to enjoy a 3- to 4-mile run together. These group runs allow participants to connect, share experiences and motivate each other to achieve their fitness goals.

Athletic Performance Shop takes pride in its commitment to support local high school athletics, offering a 20 percent discount to all Los Gatos High School athletes. The shop plays an active role in fundraising for the track team through events like the Los Gatos All-Comer Track meets, held in both winter and summer, and the CCS Top 8 Track and Field Invitational, hosted for over 45 years, which showcases the best track talents from across the Central Coast Section.

Recognizing the importance



of nurturing young talent, the Athletic Performance Shop ran the Los Gatos Track Club for kids aged 12 to 16 years for two decades. Though the club has evolved into individual training sessions, the shop continues to inspire and mentor young athletes.

Whether you're a seasoned runner or just starting, the Athletic Performance Shop is dedicated to helping individuals achieve their goals. They offer customized training programs tailored to each runner's specific objectives, and with strong connections to track and cross country coaches in the area, they can recommend coaches aligned to runners' needs.

They organize training

groups like the Wolfpack adult running group and San Jose Fit, a half-marathon/marathon training group, allowing runners to train collectively and stay motivated.

Rounding out their impact, the shop donates shoes to Sneakers for Good, a shoe recycling program based in Orlando, Florida. Willie said that at one point, they sent around 20 pairs every two weeks.

Athletic Performance Shop is located at 55 W Main St. in Los Gatos and is open everyday from 9 a.m. to 6 p.m. Learn more at [athleticperformancelg.com](http://athleticperformancelg.com).

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# Snakes to love, and snakes to avoid

By Dinah Cotton

Snakes are thought to have evolved from terrestrial lizards as early as the Middle Jurassic Epoch, 174.1 million to 163.5 million years ago. Today, both are considered reptiles. Many cultures, since prehistoric times, including various present-day cultures, have worshiped, revered or feared snakes. Let's explore some of the snakes you may encounter locally—some are to love, some are to avoid.

We have approximately 46 different varieties of snakes in California. Of these 46, seven are venomous and all of these are rattlers! Our snakes are very often misunderstood. It is a good idea to know our snakes as they are beneficial to our ecosystem.

Snakes have a carnivorous diet, meaning they eat other warm-blooded animals. Snakes' jaws expand to "swallow" their meal. After a large meal, they may not need to eat for some time.

Gopher snakes are one of the most commonly-seen snakes in our area. These harmless, non-poisonous snakes have the ability to absorb and store the toxins of newts, salamanders and other poisonous prey they eat.

Another common snake in these parts are king snakes, which are easy-to-identify with their black and white markings.

They are not poisonous or aggressive, and will eat other snakes. They usually bite the head of their next meal and then constrict around it, gulping it down whole with their incredible expanded jaws.

Rattlers, like the gopher snake, hunt and swallow whole mice, rats and ground squirrels. They are also known to eat birds, lizards, amphibians and insects, contributing to our brilliant ecosystem.

Rattlers use their venom to subdue their prey then eat it whole. They have a limited amount of venom, taking time to build it up between meals. They can also strike and bite without releasing venom. Many snake bites occur during catching or handling captive snakes, trying to kill wild ones and startling a resting snake.

If you come across a rattler, it may be more frightened of you than you of them.

Their rattle is used to warn potential aggressors to back off or to distract prey. The famous rattle noise comes from the hollow and bony doughnut-like segments in the snake's tail.

Snakes lack movable eyelids, which results in a continuous stare—a bit unnerving to see.

Snakes go dormant during the cold season. The snake is totally dependent upon the changes in its surroundings to bring it back to activity;



Gopher Snake in Saratoga, sunning on warm pavement.

Photo by Tara Johnson

it cannot rouse itself after sleeping through the cold. During this dormant period their bodies shut down.

Snakes actually feel stimulus in their bodies while in their underground dens and slowly they "awaken" making way to the outside world, looking to: mate, eat and get warm. This usually happens in early spring, depending upon our weather. The same hibernating dens may be used for many years.

During our warm summer days, snakes like to lie in sunny areas on warm rocks, concrete and asphalt. They like to warm their cold-blooded bodies in the sun, sleeping or waiting for

their next meal to wander by. They do not hunt as they are opportunistic predators.

They are, generally, not aggressive and will usually seek a hiding place when they sense you. Give them room and just walk away, show them your back, keep your distance. Caution children to do the same and keep your dog close. If you hear rattles, stop, listen, look and avoid it! It is normal for a child or a dog or even us adults to investigate strange sounds outdoors. It sounds like a baby rattle, but if you ever hear an interesting sound like this, know the rattler is notifying you that you are in its

path (not that it is in yours), and to avoid it.

Never sneak up on any snake to get a better look. They blend so perfectly into their habitats that it is easy not to notice a snake in your, or their, path. Especially avoid a coiled up rattler!

Have you encountered a snake on one of our local West Valley trails, or perhaps in your yard? Send us your snake stories at [outlook@sascc.org](mailto:outlook@sascc.org).

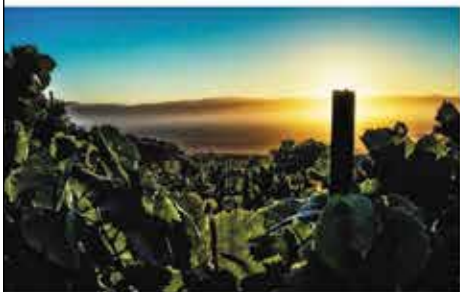


Portraits & Headshots  
Family Pictures  
Parties and Events  
Commissioned Art

🌐 [JimmyPPhotography.com](http://JimmyPPhotography.com)  
✉ [JimmyPPhotos@gmail.com](mailto:JimmyPPhotos@gmail.com)  
📷 [JimmyP\\_Photo](https://www.instagram.com/JimmyP_Photo)

AS SEEN IN

The West Valley  
**OUTLOOK**  
*a vision for our Age Friendly communities*



# Jolly 10K Recap



**Top:** Jolly10K participants start their run at 8 a.m. sharp. The Jolly10k is an annual Los Gatos runners race that raises awareness around fentanyl in honor of Jolly Jones.  
**Bottom:** All run participants and vendors pose for a group photo at the end of the run.  
*Top and bottom photos courtesy of Michael Seely Photography*

Top: SASCC Program Specialist Sam Leale, longtime advocate for older adults Maureen Heath, and SASCC Operations Manager Raj Kaur smile for the camera before the Jolly10k.

*Top photo courtesy of Tylor Taylor*



Jolly10k runner raises his arm in victory alongside fellow runners.  
*Top photo courtesy of Tylor Taylor*

## WILLFUL or WILLING

Laurel Grace Smith

- Willful elbows in and shoves.
- Willful guards its stance.
- Willful hangs around with fools.
- Willful wants its own way.
- Willful justifies and defends.
- Willful dismisses good intentions.
- Willful stomps its foot down.
- Willful ignores consequences.
- Willful knows it all.
- Willful remains a teenager.
- Willful says "but" a lot.
- Willful fears and resents.
- Willful is the only one that counts.
- Willful judges and justifies.
- Willful sees only what it wants to see.
- Willful puts on heavy defense armor and blinders.
- Willing gives way and gives away.
- Willing steps into the next step.
- Willing is open to possibilities.
- Willing pays attention.
- Willing listens.
- Willing embraces change.
- Willing sees beyond itself.
- Willing helps.
- Willing has open eyes.
- Willing gives things a try.
- Willing wants to learn.
- Willing wants to grow up.
- Willing imparts grace.
- Willing says "and" a lot.
- Willing hopes and forgives.
- Willing shakes hands.
- Willing opens the heart.
- Willing puts on a cape so it can fly.

**2023 IN-PERSON**

**PREPARE FOR WILDFIRE**

**READY, SET, GO**

Presented by:

### Help reduce wildfire risk and better prepare your family and your home

Get your home **READY** by creating defensible space to buffer it from flammable vegetation such as grass, trees and shrubs. Defensible space increases the chance of your home surviving a wildfire.

**SET** your family up to be prepared for wildfires and other disasters by creating an action plan that will help you survive and communicate if you must evacuate your home.

Be ready to **GO**. Take the evacuation steps necessary to give your household the best chance of surviving a wildfire.

**This workshop will cover:**

- Red flag warnings
- Creating defensible space & fire safe landscaping
- Making your home more fire resistant
- Developing a Wildfire Action Plan
- Emergency alerts & notifications
- Resources to build fire resilient communities



DATE	LOCATION	TIME
August 21 Monday	Joan Pisani Community Center 19655 Allendale Avenue, Saratoga	6:30 - 8:00 pm
September 26 Tuesday	Los Altos Hills Town Hall 26379 Fremont Road, Los Altos	6:30 - 8:00 pm

**REGISTER at [SCCFD.EVENTBRITE.COM](https://www.sccfd.org/eventbrite) or CALL (408) 378-4010**

Rev 6.29.23

# Stay cool tips for the summer



Some medications can make people more sensitive to heat.



- Check in with older adults
- Offer rides to someplace cool, like a senior center, or library
  - Ensure they drink water!



Stay informed, stay hydrated, stay cool.

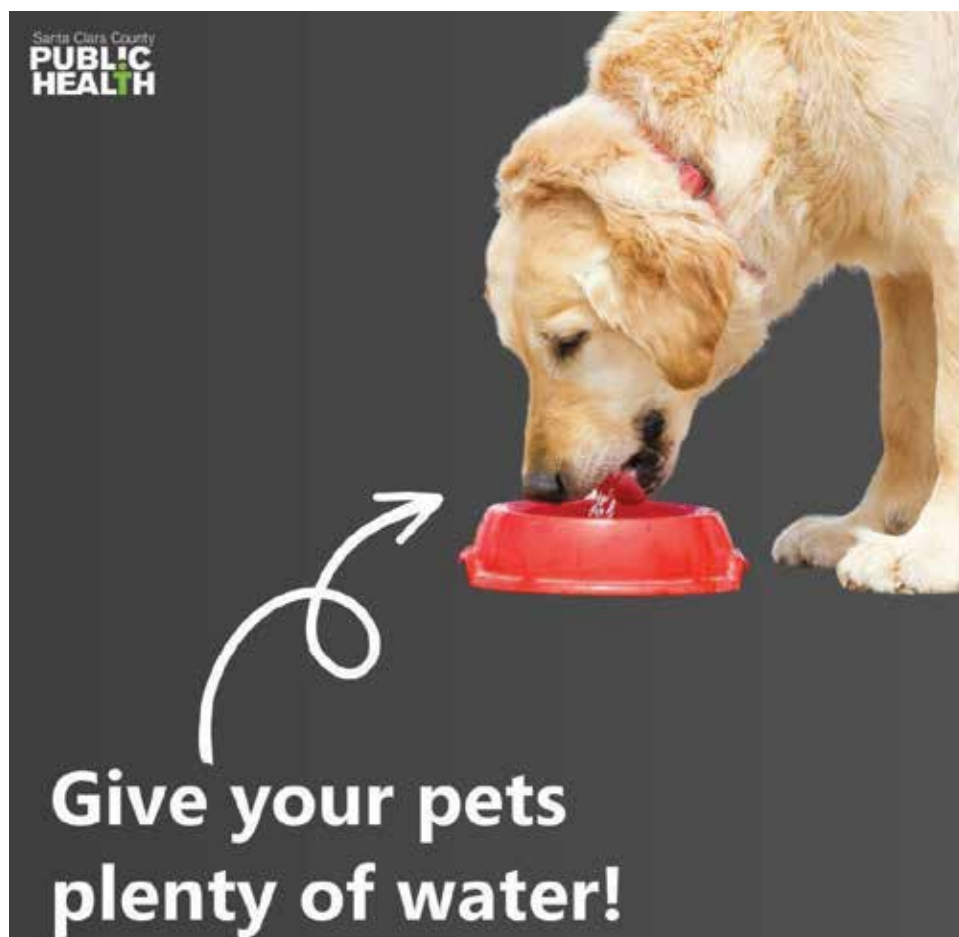
Pay attention to children when it's hot.



- Limit outdoor play!
- Have children play indoors during the hottest part of the day.



Never leave children in the car unattended!



Keep pets indoors or have a covered space for them to rest outdoors.



- Avoid walking pets during the hottest times of the day.
- Pets' paw pads can burn in the sun!



- If your pet is panting or drooling:
- Move them to a cooler place
  - Use ice packs or wet towels to cool them down
  - If symptoms continue, take them to the vet.

# 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  
<https://www.lgsrecreation.org/55-plus/>

**JEWISH COMMUNITY CENTER**  
14855 Oka Rd, #201  
Los Gatos, CA 95032  
Visit [www.apjcc.org/contact-us/hours-directions/](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).

## MedAssist

### No Matter Where, You Get Your Care

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

**GRIEVING SUPPORT GROUPS: REMOTE, VIRTUAL, AND ONLINE** Offered through Vitas Healthcare  
To join, please visit [www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups](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.  
Closet Bay Area Location is Milpitas VITAS Hospice and Palliative Care Office: 670 N McCarthy Blvd. Suite 220, Milpitas, CA 95035

**GUIDANCE**

**RELIEF**

**CARE**

**INFORMATION**

**COMMUNITY RESOURCES**

**CALL 211 or visit [211scc.org](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)

**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

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

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



Photo by Hannah Busing on Unsplash

**Save the Date:**  
**August 12, 2023**  
**9:30 a.m. – 1 p.m.**

Join West Valley College for Registration Saturday on-campus or via Zoom for hands-on-help from West Valley College staff to help get you registered and more!

- Register for classes
- Meet with a counselor
- Talk to Admissions & Financial Aid staff
- Get hands-on-help and all your questions answered
- Take a campus tour while enjoying our famous breakfast burritos!

In-Person at Student Services Building.  
Free event parking in lot 4.

Online via Zoom ID: [958 2130 6916](https://zoom.us/j/95821306916)

**CAREGIVERS COUNT! 13<sup>th</sup> ANNUAL CONFERENCE**

Virtual Event – 4 Part Series  
September 9, 16, 23 & 30, 2023  
10:00 AM – 12:00 PM

A free virtual conference for families and friends caring for a loved one.

9/9 Making Tender Memories	9/16 Anticipatory Grief	9/23 Caring for someone who did not Care for you	9/30 Effective Communication with Medical Providers
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Registration Info at [www.caregiverscount.net](http://www.caregiverscount.net)

@CaregiversCountConference

*"It's all about being a part of something in the community, socializing with people who share interests and coming together to help improve the world we live in."*

- Zach Braff

# 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 hearing aids can stop the progression of dementia. Hearing aids may not be able to reverse hearing loss, but they can prevent 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.

**We now know that using hearing aids can freeze the advancement of mental decline from hearing loss.** It just makes sense to consider hearing devices as your first defense against dementia, Alzheimer's, and other degeneration.

**A study published** in the Journal of the American Geriatrics Society evaluated brain degeneration in hearing loss sufferers who did not use hearing aids compared with degeneration hearing loss sufferers who use hearing aids over a period of 25 years. They also included a control group of adults without hearing damage. **The findings were astonishing: they found no difference in brain degeneration between people who had hearing loss and used hearing aids, and those without hearing loss at all!**

**In stark contrast,** the people with hearing damage whose hearing loss went untreated, and who didn't use hearing devices, displayed much lower totals on the Minmi-Mental State Examination (a cognitive function assessment). These results were unbiased by any other influences, including gender, age, or education.

**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 11, 2023: Hearing Loss & Cognitive Decline
  - Friday, Sept 8, 2023: Hearing Loss and Risk of Falls
  - Friday, Oct 20, 2023: Hearing Loss and Depression
  - Friday, Nov 10, 2023: 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**



Dr. Christine Throm  
Owner/Audiologist

# Los Gatos Audiology

*We've served Los Gatos, Saratoga, Campbell, Cupertino, San Jose and the entire Bay Area for over 50 years, providing the right solution for Your Life. Your Style.*

*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. We're here to provide the right solution for Your Life. Your Style.*



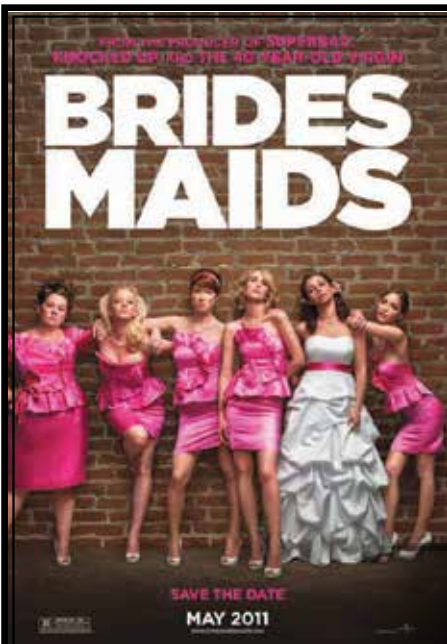
Dr. Daniel Krass  
Audiologist



**(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)



**Bridesmaids (2011)**

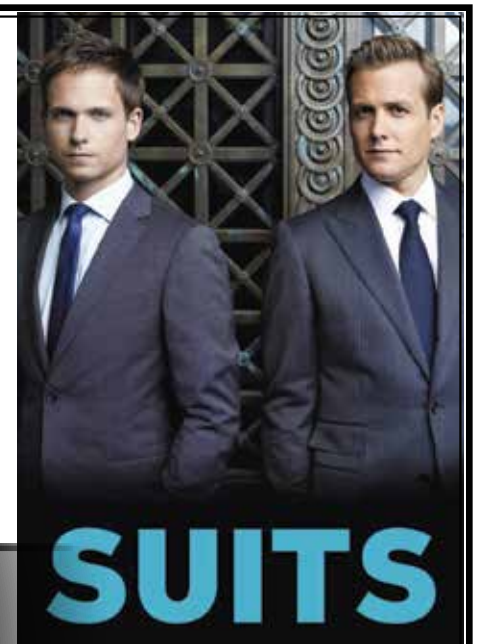
Competition between the maid of honor and a bridesmaid, over who is the bride's best friend, threatens to upend the life of an out-of-work pastry chef.

R | 2h 5min | Comedy, Romance

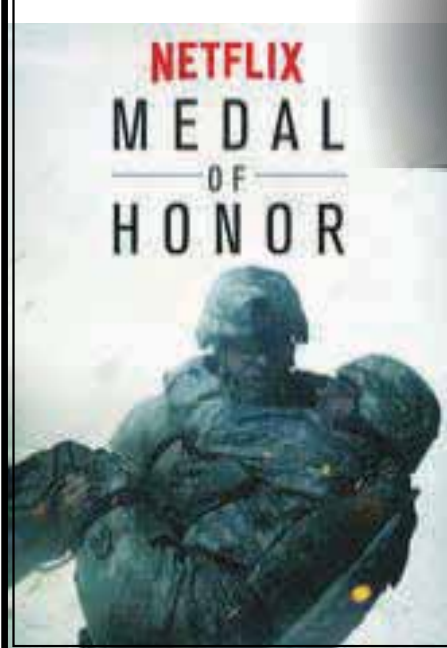
**Suits (2011-2019)**

On the run from a drug deal gone bad, brilliant college dropout Mike Ross finds himself working with Harvey Specter, one of New York City's best lawyers

TV-14 | TV Series | Comedy, Drama



**NOW STREAMING**



**Medal of Honor (2018)**

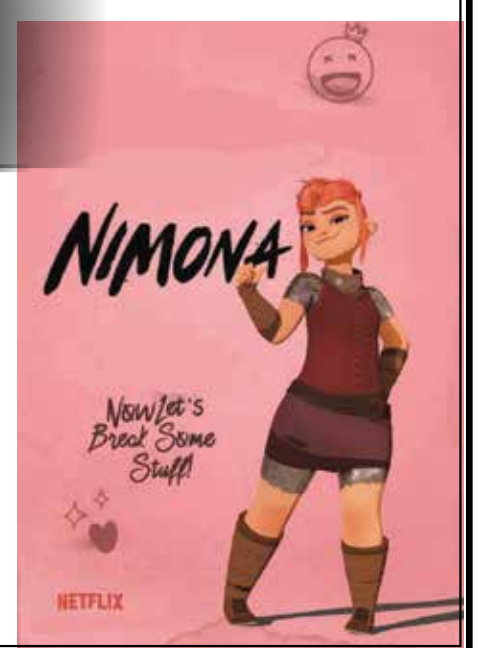
A hybrid docu/live-action anthology series that portrays stories of personal sacrifice that resulted in the highest military distinction: the Medal of Honor.

TV-MA | TV Series | Documentary, War

**Nimona (2023)**

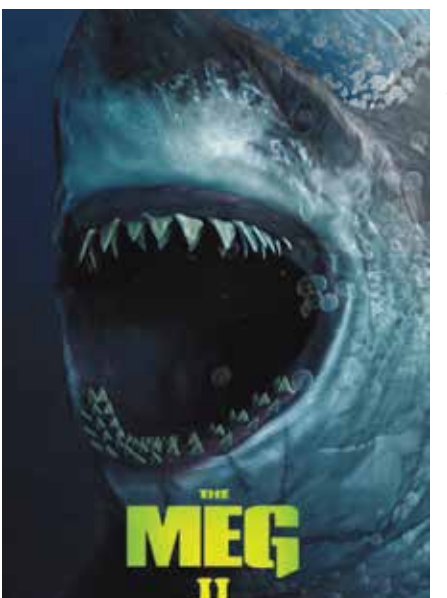
When a knight in a futuristic medieval world is framed for a crime he didn't commit, the only one who can help him prove his innocence is Nimona -- a mischievous teen who happens to be a shapeshifting creature he's sworn to destroy.

PG | 1h 41min | Animation, Action, Adventure



**COMING TO THEATERS NEAR YOU**

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



**Meg 2: The Trench**

As a sequel to 2018's Meg, dive into unknown waters with Jason Statham and Wu Jing as they lead a daring research team on an exploratory dive into the dark depths of the ocean. Their mission takes a dangerous turn when a malevolent mining operation threatens their goal and forces them into a high-stakes battle for survival. **Opening Aug 4, 2023**

PG-13 | 1h 56min | Action, Adventure, Horror

Stars: Jason Statham, Jing Wu, Sienna Guillory

**Gran Turismo**

Based on the unbelievable, inspiring true story of a team of underdogs - a struggling, working-class gamer, a failed former race car driver, and an idealistic motorsport exec - who risk it all to take on the most elite sport in the world.

**Opening Aug 11, 2023**

PG-13 | 2h 15min | Action, Adventure, Drama

Stars: Orlando Bloom, David Harbour, Darren Barnet



**Strays**

An abandoned dog teams up with other strays to get revenge on his former owner. **Opening Aug 18, 2023**

R | 1h 33min | Action, Adventure, Comedy

Stars: Sofia Vergara, Will Ferrell, Harvey Guillén

**Blue Beetle**

An alien relic chooses Jaime Reyes to be its symbiotic host, bestowing the teenager with a suit of armor that's capable of extraordinary and unpredictable powers, forever changing his destiny as he becomes the superhero Blue Beetle. **Opening Aug 18, 2023**

PG-13 | 2h 7m | Action, Adventure, Sci-Fi

Stars: Biography, Drama, History



**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)

# Stay informed - August/September

## 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:

Aug. 8, 15, 22, 29, Sept. 5, 12, 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.

#### Conceptual Development Advisory Committee: Aug. 9, Sept. 13, 19, 4-5 p.m.

View agenda and meeting info at [www.losgatosca.gov/200/Conceptual-Development](http://www.losgatosca.gov/200/Conceptual-Development)

#### General Plan Committee: Aug. 9, Sept. 13, 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: Aug. 9, 23, 7 p.m.

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

#### Complete Streets and Transportation Commission: Aug. 10, Sept. 14, 7:30 a.m.

View agenda and meeting info at

[www.losgatosca.gov/2555/Complete-Streets-Transportation-Commis](http://www.losgatosca.gov/2555/Complete-Streets-Transportation-Commis)

#### Town Council: Aug. 15, Sept. 5, 19, 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: Aug. 16, Sept. 20, 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)

#### Council Policy Committee: Aug. 22, 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)

#### Historic Preservation Committee: Aug. 23, 4 p.m.

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

#### Finance Commission: Sept. 11, 5 p.m.

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



### Saratoga

#### City Council:

Aug. 2, 16, Sept. 6, 20, 7 p.m.

View agenda meeting info at

[www.saratoga.ca.us/241/City-Council](http://www.saratoga.ca.us/241/City-Council)

#### Heritage Preservation Commission:

Aug. 8, Sept. 12, 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: Aug. 8, Sept. 12, 4 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/359/Finance-Committee](http://www.saratoga.ca.us/359/Finance-Committee)

#### Library & Community Engagement Commission: Aug. 14, 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)

#### Planning Commission: Aug. 9, Sept. 13, 7 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/357/Planning-Commission](http://www.saratoga.ca.us/357/Planning-Commission)

#### Parks and Recreation Commission: Sept. 13, 6:30-8:30 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/364/Parks-Recreation-Commission](http://www.saratoga.ca.us/364/Parks-Recreation-Commission)

#### Traffic Safety Commission: Sept. 14, 6:30-9:30 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/329/Traffic-Safety-Commission](http://www.saratoga.ca.us/329/Traffic-Safety-Commission)

#### Public Art Commission: Sept. 18, 7 p.m.

View agenda and meeting info at

[www.saratoga.ca.us/510/Public-Art-Commission](http://www.saratoga.ca.us/510/Public-Art-Commission)

## FREE Adult Day Program Services

If you or a loved one needs adult day services for a spouse or family member, please reach out to the Saratoga Adult Day Program today!

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

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

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

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

