

The West Valley OUTLOOK

a vision for our Age Friendly communities



DECEMBER

Vol. 2023, Issue 12

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Sourcewise Celebrates 50 Years of Service

By Maureen Heath

The Older Americans Act was passed in 1965 as part of the Great Society initiative of President Lyndon B. Johnson. The purpose of the Act was to support older adults living independently in the community and to help those older adults with the greatest economic and social need. The Act was amended in 1973 to include what was called "Area Agencies on Aging" or local agencies throughout the nation to act as the boots on the ground to provide services.

Fifty years ago in 1973, the Council on Aging, which later became Sourcewise, opened its doors to provide services and grants for programs for

see SOURCEWISE pg. 3



Sourcewise Executive Director Aneliza Del Pinal, Santa Clara City Councilmember Kathy Watanabe, Board of Directors President Jeff Tepperand and Advisory Council Chair Maureen Heath join the Sourcewise celebrations.

Photo provided by Maureen Heath

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Change the world by starting within your community

By Angelina Antony,
Harker Upper School

There is a plethora of volunteering opportunities that exist around us. To explore ways in which we can make a difference in our local communities and beyond, I interviewed local author, educator and social advocate, Mallika Thoppay. Born and raised in India and a software engineer by background, Mallika has been a Bay area resident for over two decades.

Q: What are some ways people can give back to the local community here in the Saratoga area?

A: West Valley Community Services, a food pantry which serves low income families in the community, has a well-organized volunteering program wherein volunteers can sign up for weekly morning and afternoon shifts assisting with tasks such as helping clients navigate the market



West Valley Community Services, located in Cupertino, offers volunteering opportunities year round. Photo courtesy of www.wvcommunityservices.org

and bagging groceries. I began volunteering with WVCS when the Covid pandemic hit. I am especially thankful as they were one of the few places that accepted in-person volunteers at that time.

I also volunteer with the RYDE program, a senior transportation service that runs in several cities in the South Bay, helping clients book

rides. Other organizations I have volunteered with include Saratoga Subacute Hospital and the Santa Clara County Library.

Q: Sometimes people wish to give back to the community, but don't always have the time to volunteer in-person. What are some virtual

see VOLUNTEER pg. 6

Letter from the Mayor: A look back on 2023

By Kookie Fitzsimmons

Last December, my peers on the Saratoga City Council selected me to serve as Mayor of Saratoga. The year started with a close look at the City's budget and fiscal health. Despite inflation, loss of revenues, and storm impacts, the Council balanced the budget through cost recovery measures and reimagining facility rentals without reducing services. We also invested in the future of Saratoga by allocating more than \$7 million in American Rescue Plan Act funds for important infrastructure projects. This includes stormwater management and clean water improvements, as well as over \$4 million for city roads.

The Housing Element update efforts continued in 2023. The California State's comments on Saratoga's third draft of the Housing Element required new policies that would increase housing sites and affordability

in existing single-family neighborhoods. The City Council recently considered these new policies, bringing us closer to a final Housing Element and preventing additional Builder's Remedy projects.

We saw an increase in property crimes compared to the previous pandemic years. The Council reviewed and agreed to maintain the Automated License Plate Reader (ALPR) program system. This program will add on an additional six neighborhoods who approved assessments to fund ALPR cameras in their neighborhoods to complement the City system to catch criminals and prevent crime.

And though we have faced several challenges this year, we have much to celebrate too. This includes establishing a Friendship City relationship with New Taipei City. I joined a delegation that visited New Taipei City in October to initiate

see SARATOGA pg. 3

Stay informed - December

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

In-person meetings are beginning to resume, while online Zoom meetings and calling in continues to be an option for community members. Meeting places, Zoom links and call-in information are contained in each respective meeting agenda.

Agendas are typically uploaded the Friday before the respective meeting.

Please note, all council, commission, and committee meetings are subject to change or cancellation.

Check the meeting links prior to each meeting or call your local town clerk for questions.

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



Los Gatos

Development Review Committee: Dec. 12, 19, 26, 10 a.m.

View agenda and meeting info at

www.losgatosca.gov/188/Development-Review-Committee

Note: these meetings are often canceled. Please check the webpage for updates.

Conceptual Development Advisory Committee: Dec. 13, 4 p.m.

View agenda and meeting info at

www.losgatosca.gov/AgendaCenter/Conceptual-Development-Advisory-Committee-9

General Plan Committee: Dec. 13, 5:30 p.m.

View agenda and meeting info at www.losgatosca.gov/AgendaCenter/General-Plan-Committee-4

Planning Commission: Dec. 13, 7 p.m.

View agenda and meeting info at www.losgatosca.gov/13/Agendas-Minutes

Complete Streets and Transportation Commission: Dec. 14, 7:30 a.m.

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

Town Council: Dec. 19, 7 p.m. @ Council Chambers

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

Historic Preservation Committee: Dec. 20, 4 p.m. (Special Meeting)

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

Arts and Culture Commission: Dec. 20, 5 p.m.

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

Council Policy Committee: Dec. 26, 5 p.m. @ Council Chambers

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



Saratoga

City Hall is closed

Dec. 22, Dec. 25, 2023 - Jan. 2, 2024

Let's Work Volunteer Day: Dec. 9, 9 a.m. - 12 p.m.

@ Quarry Park

Celebration of Light: Dec. 9, 5:30 p.m.

@ Blaney Plaza, Saratoga Village

Library & Community Engagement Commission: Dec. 11, 7 p.m.

View agenda and meeting info at

www.saratoga.ca.us/330/Library-Community-Engagement-Commission

Finance Committee: Dec. 12, 4 p.m.

View agenda and meeting info at

www.saratoga.ca.us/359/Finance-Committee

Planning Commission: Dec. 13, 7 p.m.

View agenda and meeting info at

www.saratoga.ca.us/357/Planning-Commission

City Council: Dec. 20, 7 p.m.

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

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

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

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

Once you've found it, please see Senior Center Back Office for your prize!
 Good luck!

Last day to find the elf is Thursday, Dec. 21.



Outlook Disclosure:

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

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

To submit feedback or questions to our team, please email outlook@sascc.org. Thank you for reading The Outlook!

A dedicated organization that's helping pave the future for older adult services

Continued from
PATHWAYS, pg. 1

older adults and people with disabilities in Santa Clara County. Sourcewise is the agency in Santa Clara County that has been designated by the State of California to receive federal funding under the Older Americans Act.

To commemorate the 50 year anniversary, Sourcewise held a breakfast celebration in Santa Clara on November 8, 2023. Aneliza Del Pinal, Executive Director of Sourcewise, welcomed the attendees and described how the agency had grown from initially providing two programs, to now 17 direct programs and services.

"We are committed to pursuing bold solutions and building systems that all adults can access by delivering person centered, data driven and equity focused programming," said Del Pinal. "Together with a network of grantees, we are re-imagining how to deliver innovative solutions so that individuals can effectively navigate their health and life options."

Susan DeMarois, the Director of the California Department of Aging, gave video remarks.

DeMarois, on behalf of the Newsom administration, thanked the staff, volunteers, Advisory Council, community partners and government officials who gathered to celebrate. She thanked everyone for their great work over the last five decades and expressed a future thanks in advance for the work ahead to meet the upcoming challenges of an aging California.

The event was highlighted by a Commendation from the City of Santa Clara presented by Councilmember Kathy Watanabe. In her remarks, Watanabe commended Sourcewise for providing years of services and leadership for older adults and urged Sourcewise to continue its mission of helping older adults thrive in the community. Michael Costa, the Executive Director of the California Association of Area Agencies on Aging, attended the event and reflected on the long history of Santa Clara County having an Area Agency on Aging and congratulated Sourcewise for its integrated home and community based service system supporting the dignity and diversity of older adults in its county.

Sourcewise is one of 33 Area Agencies on Aging in California.



Sourcewise Advisory Council members Maureen Heath, Sam Saiu, Shirley Loffer, Van Lan Truong, Gail Osmer, and Tom Picraux stand with Sourcewise Executive Director Aneliza Del Pinal.

Photo provided by Maureen Heath

It provides services including meals for homebound seniors, health insurance counseling, caregiving and respite resources, legal assistance, senior employment counseling and a program to increase digital inclusion.

Sourcewise partners and collaborates with a variety of community based organizations and local government agencies. During the celebration, awards

were presented to the City of San Jose Parks & Recreation and Neighborhood Services, Hearts & Minds Activity Center and Senior Adults Legal Assistance (SALA). Another award was given to Illja Isani for her outstanding volunteer work.

The celebration ended with an apple cider toast by Jeff Tepper, the President of the Board of Directors for

Sourcewise. He thanked the Sourcewise team and asked all those in attendance to continue to partner together and collaborate to ensure a future-ready aging network in Santa Clara County.

Mayor Kookie Fitzsimmons reflects on 2023

Continued from
SARATOGA, pg. 1

discussions on opportunities for cultural exchange, economic growth, and educational partnerships that will enrich the lives of residents in both cities. I am excited to see where this new relationship will lead us.

I also had the pleasure of hosting September's State of the City in Wildwood Park and helped launch the Chamber of Commerce's President and Mayor's Inaugural Ball. Both events honored Saratoga by recognizing the individuals and organizations who give so much of themselves to serve our community. There were also many other events,

from Neighborhood Watch gatherings to Courts of Honor, that showcased the bonds in our community and brought residents together.

As someone who was born and raised in Saratoga and comes from a family that has called this community home for three generations, I have always understood that Saratoga is special. Recent years have further cemented my appreciation for Saratoga as our residents found ways to stay connected during the pandemic, celebrated Saratoga's diversity and stood united against hate, and preserved the aspects of Saratoga we all cherish.

At the start of my term as Mayor, I resolved to serve with

the same dedication displayed by Saratoga residents and I am proud of the unwavering commitment that I and my fellow Council Members have demonstrated through our achievements over the last year. It required hours of preparation, difficult conversations, lengthy meetings, and a willingness to listen and adapt. I knew from past Mayors that this year would be demanding. While my term was no exception, serving the community I hold in such high esteem as Mayor has been a great honor.



SASCC member Kathy Schuda, SASCC CEO Tylor Taylor, and Mayor Kookie Fitzsimmons smile for the camera as they attend SASCC's 2023 Health Fair.

Photo by Maria Guldner

WARM SOCKS FOR THE SOLES & WARM SOCKS FOR THE SOUL



Drop off at the Saratoga Senior Center located at: **19655 Allendale Ave, Saratoga, CA 95070.** or bring socks to the Pen Women meetings.

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

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

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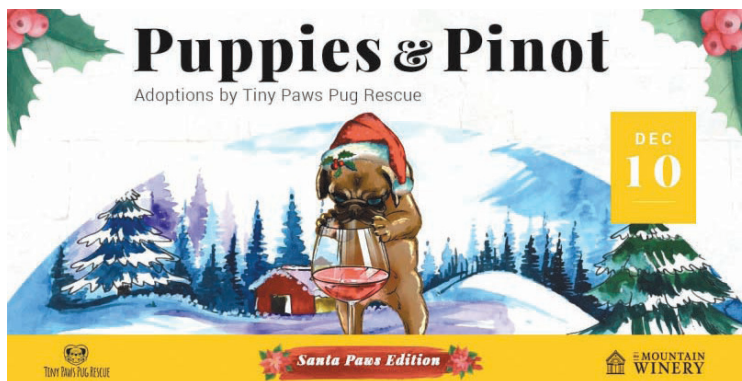
- Santa Clara County branch of the National League of American Pen Women
- Saratoga Senior Center
- Louise Webb's Memoirs Class

News briefs

Saratoga

Celebration of Light: Saturday, Dec. 9, 5:30 p.m.

Join the Saratoga Ministerial Association and the City of Saratoga to build community and celebrate the diversity of Saratoga with light—a symbol of hope, joy, and faith across cultures. The Celebration of Light will start at 5:30 p.m. and will be held in the Blaney Plaza off of Saratoga-Sunnyvale Road & Saratoga Avenue.



Puppies & Pinot: Sunday, Dec, 10, 1 p.m.

Come for an afternoon of Puppies and Pinot, Santa Paws edition, in Grand Hall at the beautiful Mountain Winery! Bay Area adoption organization Tiny Paws Pug Rescue will be on site with local pets looking for their forever homes and Santa will also be onsite for photos! Mountain Winery is located at 14831 Pierce Rd, Saratoga, CA. Tickets range from \$12-\$15. To buy tickets, visit www.dothebay.com/events/2023/12/10/puppies-pinot-tickets.



Holiday Lights: Sunday, Dec. 10, 3 p.m.

McAfee Performing Arts Center - 20300 Herriman Avenue, Saratoga, CA 95070

The San Jose Wind Symphony (SJWS) will be having a joyous, uplifting holiday themed concert on Sunday, Dec. 10. Directed by David Vickerman, this concert is kid-friendly so you can bring your whole family! For younger audience members, SJWS will accompany a special reading of The Night Before Christmas and Sleigh Ride!

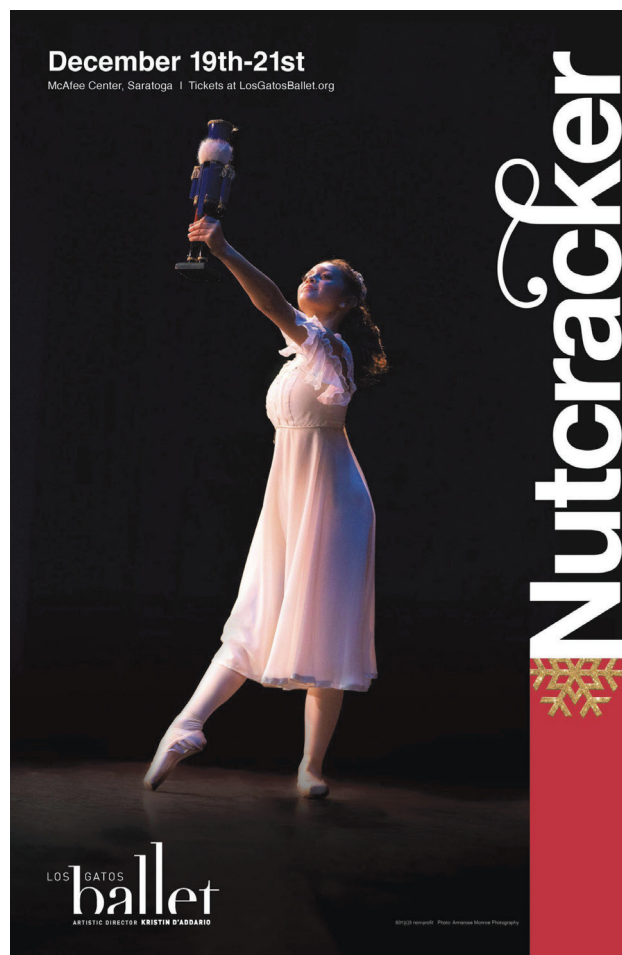
To purchase tickets, visit www.sjws.org/buy-tickets.

Photo by freestocks on Unsplash

Los Gatos

Behavioral Health Navigators: Dec. 5, 12, 19, 26, 2023, 1 - 4 p.m. @ Group Study Room in the Los Gatos Library

Come speak with a member of the Santa Clara County Behavioral Health Navigator team. Peer Navigators will offer: Personalized assistance to get help for behavioral health needs, peer guidance about options for wellness services and support, knowledgeable information and resources for mental health, substance use, suicide prevention, support groups, more Connection to County and community-based resources, and support from peers with an understanding of local services. Visits are drop in, first come first served. If Tuesday afternoons don't work for your schedule, you can get help over the phone or in a different location. To learn more, visit <https://bhsd.sccgov.org/programs-services/behavioral-health-navigator-program>.



LG Creek Trail Clean Up with the Key Club: Saturday, Dec. 9, 2023, 10-11:30 a.m.

Join the Los Gatos Kiwanis Club in helping keep trails clean with the Key Club from Los Gatos High School. Meeting location will be at the Old Forbes Mill Parking Lot behind 55 Church Street and at the trail head. Garbage bags, gloves, etc will be provided, along with light snacks and coffee!

Los Gatos Ballet's Nutcracker:

Dec. 19, 20, 21

**McAfee Performing Arts Center
20300 Herriman Avenue
Saratoga, CA 95070**

Join Clara as she celebrates with friends and family, vanquishes the Mouse King, travels with her Nutcracker Prince through the magical realm of the Snow Queen on to the palace of the Sugar Plum Fairy.

Through the music of Tchaikovsky's iconic score, you'll experience exciting choreography, exquisite dancing and beautifully designed costumes, props and sets. Los Gatos Ballet's Nutcracker is perfect for families, connoisseurs, and those new to the ballet. To purchase tickets, visit www.losgatosballet.org/nutcracker/.



New classes at SASCC!

BALLROOM DANCE
STARTING DEC. 5
2 P.M.



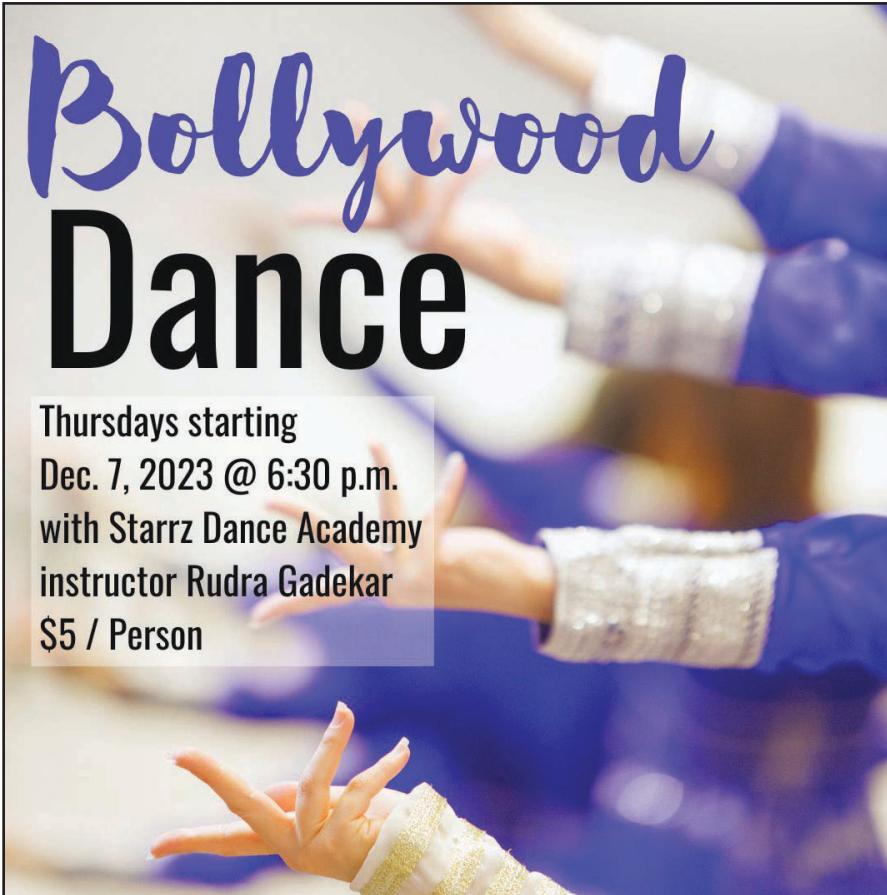
Join long time dance instructor, Mei Lee for ballroom dance lessons! No experience necessary.

Lessons will be held every Tuesday, from 2-4 p.m. in the S. Ku Foundation Hall.

\$10 per couple
 \$5 per person

Please note partners may not be available every session.

Bollywood Dance



Thursdays starting Dec. 7, 2023 @ 6:30 p.m. with Starrz Dance Academy instructor Rudra Gadekar \$5 / Person

TUESDAYS & THURSDAYS 6:15 P.M.

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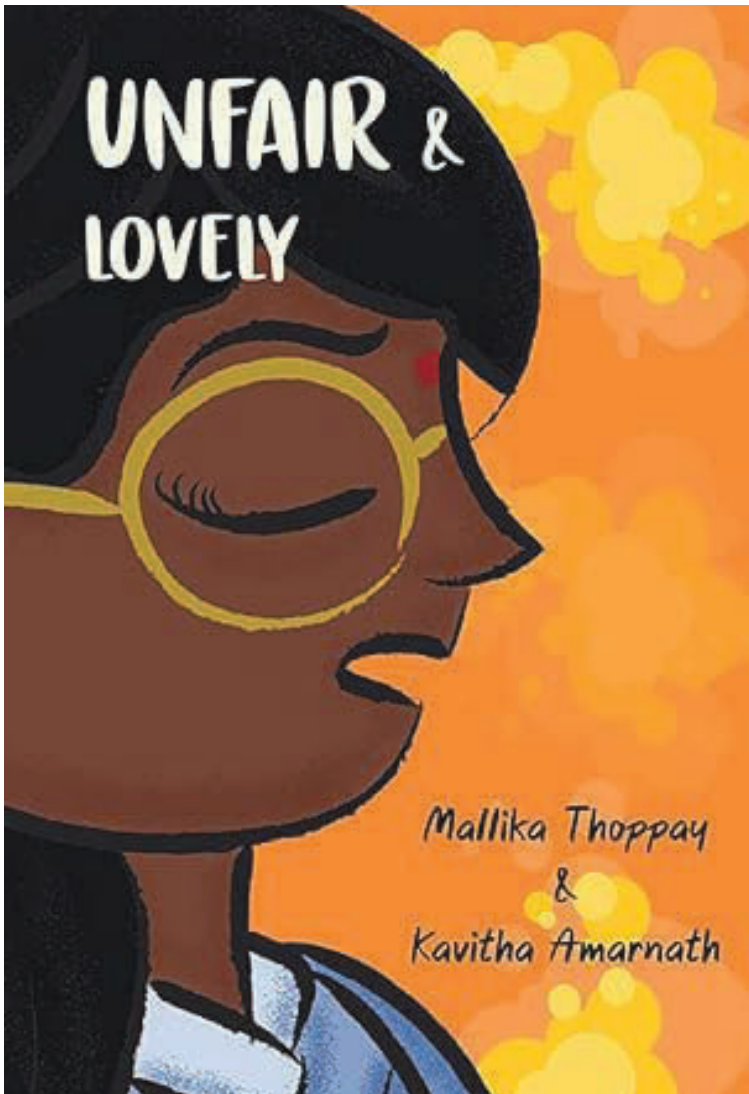
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 Email Jason at JLandau@FirstLightHomeCare.com



From aiding people in need to supporting community initiatives, you can make a difference



Author-illustrator duo of Mallika Thoppay and Kavitha Amarnath, give you a thought provoking picture book about resilience.

Photo taken from Amazon.com

Continued from
VOUNTEER, pg. 1

opportunities you would recommend?

A: Being from India, I constantly seek ways to help alleviate critical issues India faces. Lack of access to a proper education is a severe problem especially in rural areas of India.

eVidyaloka is an organization that sets up digital classrooms

in Indian villages, enabling volunteers from all over the world to teach 5th - 8th grade students. Volunteers need to be fluent in an Indian language (as the schools are located in rural areas) and can choose to teach English, Math or Science. Due to time zone differences, classes need to be taught during night hours in California. The commitment is two hours per week for a minimum of three

months. I have been an English teacher to 7th graders for over two years with a school that is located in a village in North Karnataka, India. I was fortunate to visit my students post pandemic and was pleased to see that the school is equipped with solar panels, assuring that power cuts don't interfere with the rendering of online classes.

ENGIN is a program that enables volunteers to assist individuals in Ukraine with conversational English. Most class times tend to be mornings in California. The commitment is just an hour a week for three months. I have volunteered with ENGIN for six months and have enjoyed conversing with and getting to know a couple of Ukrainian young adults. Local libraries also offer online volunteering opportunities to teach ESL and homework skills.

Lastly, there is an opportunity for those who wish to volunteer remotely but cannot commit to a certain time of the day. The 100Books Initiative is a reading program through which students who attend low income schools in India read 100 books, attaining and improving English comprehension skills. Volunteers can participate from anywhere and any time as they work with students via WhatsApp asynchronously. The commitment is two hours per week for a minimum of three months. I have been a 100Books volunteer and have assisted elementary school aged students for over two years.

Q: What got you into writing? What was your inspiration?

A: As an English teacher,

I wrote some basic grammar books for my students. An illustrator friend of mine that I had met while volunteering at a microlending organization had published a couple of children's books. As both of us look for chances to create a social impact, we decided to create a children's book with a social message. So, my book 'Unfair & Lovely' was born. The book addresses the issue of colorism in society. Colorism is defined as discrimination that exists within a race wherein those with lighter skin are given preferential treatment. It is sadly a rampant but not so often discussed issue especially in South Asian society, and also exists in African American and Latinx communities.

Q: Could you share some details about the work you do on anti-colorism advocacy?

A: As colorism manifests itself in the form of implicit bias, I feel it is imperative to raise awareness about the issue. To that end, I conduct presentations at schools, speak at book clubs, on podcasts and Instagram Live events. I presented at Harker Lower School and at the Ronald E. Hall Conference on Colorism earlier this year discussing colorism, its detrimental effects and actions to take to combat the issue.

Q: What is your advice for someone who wishes to get more involved in the community?

A: Seek out and try opportunities till you find one that suits your interest. It is important to be fully committed and keep the mission of the

organization in mind when volunteering ... the task at hand that you do on a daily basis may not be the most interesting but will definitely contribute towards fulfilling that mission.

Solely through my volunteering gigs, I have connected with and gotten to know local seniors, children in rural India, young adults in Ukraine and readers who care about social issues. I have been able to create an impact in our own community as well as in countries in Asia, Europe and Africa, despite being so far away. I believe that all of us are capable of changing the world, in our small ways ... so I urge everyone to take that chance.

To learn more about the volunteering opportunities mentioned in this article, visit the links below:

- West Valley Community Services:
www.wvcommunityservices.org/volunteer
- RYDE Volunteer Driver:
www.sascc.org/ryde-volunteer-driver-application
- Saratoga Subacute Hospital:
www.chonc.org/volunteer/
- Santa Clara Public Library:
www.scclld.org/volunteer/
- eVidyaloka:
www.evidyaloka.org/volunteer/
- ENGIN:
www.enginprogram.org/volunteer
- 100Books Initiative: www.100books.in/

CALL FOR VOLUNTEERS!



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

Can you hear me? Let's talk about hearing loss

By Marcia Fariss

This is the first of a hopefully recurring set of articles relating to hearing, hearing loss and its various aspects. Since most of us will develop some degree of hearing loss during our lifetimes, it is important that we have as much information as possible.

These articles will be designed to respond to your specific questions. Therefore, please submit any questions relating to hearing and/or hearing loss or even hearing aids, and we'll do our best to answer them for you.

To "get the ball rolling", here are some questions and answers:

Q: How do I know if I have a loss of hearing?

A: If you find you are turning up the volume of your television, radio, or phone it's quite possible that you've lost some hearing acuity. If it seems as if everyone is "mumbling" or

speaking softly, it's quite likely that your hearing is not as good as it once was.

Q: Where would I go to find out if I have a loss of hearing?

A: Your best resource is an audiologist and/or an ENT specialist. If you have no pain, bleeding or active ear infection, you can schedule an audiology evaluation directly with a qualified audiologist. If the results suggest that a medical consultation is indicated, the audiologist will refer you to an ENT physician if you do not already have one. As a possible starting point, you might want to take advantage of community health fairs that offer hearing screenings.

Q: What's the difference between an audiologist and a hearing aid specialist?

A: An audiologist has a doctorate degree in Audiology, (AuD) which is only offered at the university level of

education. It is a field of study requiring approximately 6 years of education. It includes the anatomy and physiology of the auditory system, evaluation and interpretation of audiologic results, causes and prevention of hearing loss; also aural rehabilitation and the psychological effects of hearing loss as well as several other related areas relating to hearing. Many audiologists also choose to receive additional training in the appropriate fitting of hearing aids.

"Hearing aid, hearing specialist, or hearing instrument dispenser" are terms referring to persons having several weeks of training in basic hearing testing, mechanics of and fitting of hearing instruments. From the State licensing description: A hearing aid dispenser is any person or a licensed audiologist who is engaged in the act of "fitting, selecting, renting, adapting, or servicing of hearing aids or any other instrument to compensate for



Marcia Fariss, M. A., F-AAA
Retired Audiologist and Foothill College Lipreading Instructor

impaired hearing. Testing is only for purposes of fitting and is not an audiological or medical exam."

If you have questions or are asking for someone else, please feel free to submit them. We will do our best to answer them or refer you to a knowledgeable and reliable resource. As always,

the internet can be a source of good information or.....a source of bad or misinformation!

Email questions to Marcia Fariss, M. A., F-AAA, at hear@gizmology.com.

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RENOWN ARCHITECT TSUNEMATSU SHINTANI DESIGNED AND CONSTRUCTED THE MOON VIEWING UPPER HOUSE, THE LOWER HOUSE AND CREATED THE KOI POND. MAJOR CHARLES LEE TILDEN BOUGHT HAKONE FROM ISABEL STINE IN 1932 AND BUILT THE MAIN GATE, "THE MON" AND ALSO ADDED THE UPPER PAVILION, THE WISTERIA ARBOR AND EXQUISITE PATHWAYS. TILDEN PARK IS NAMED IN HIS HONOR.

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

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

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

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

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

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

OLDER ADULT SERVICES

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

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

SENIOR ADULTS LEGAL ASSISTANCE (SALA): (408) 295-5991
SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized and with dignity.

ADVOCACY PROGRAM (HICAP) - Funded by Sourcewise: Call (408) 350-3200, and select option 2.
HICAP is a FREE volunteer-based program from Sourcewise that assists seniors with Medicare as a supplements to Medicare, long-term care and managed care insurance plans.

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



MENTAL HEALTH RESOURCES

NAMI - The National Alliance on Mental Illness (NAMI) offers practical experience, support, education, comfort and understanding to anyone concerned about mental illnesses and their treatment in Santa Clara County. Call from 10 a.m. to 6 p.m. at (408) 453-0400 option 1, or option 4 for after-hour support.

NATIONAL SUICIDE PREVENTION LIFELINE - Provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones. Call the line at 1-800-273-8255 or visit suicidepreventionlifeline.org to learn more.

CASSY - Counseling and Support Services for Youth (CASSY) is a 501(c)(3) nonprofit that partners with Bay Area schools to provide resources and professional, on-campus mental health services to students free of charge, plus staff training on mental health issues, and parent consultations. Learn more at www.cassybayarea.org.

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

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

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

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

MedAssist

No Matter Where, You Get Your Care

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

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

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

GUIDANCE

RELIEF

CARE

INFORMATION

COMMUNITY RESOURCES

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

SHRED IT SERVICES

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

SANTA CLARA COUNTY FIRE DEPARTMENT

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

CASE MANAGEMENT/ HOUSING ASSISTANCE/ EMERGENCY FINANCIAL ASSISTANCE:

EMERGENCY ASSISTANCE NETWORK OF SANTA CLARA COUNTY

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

FAIR HOUSING LAW PROJECT - Housing discrimination, mortgage abuse,

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

HOUSING AUTHORITY OF SANTA CLARA

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

WEST VALLEY COMMUNITY SERVICES

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



Photo by Hannah Busing on Unsplash

"Dreams are the seeds of change. Nothing ever grows without a seed, and nothing ever changes without a dream."

- Debby Boone

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ASK the EXPERT

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



All About Tinnitus

Christine Throm, Au.D.

Tinnitus is almost as prevalent as hearing loss, though the two often appear together. Over half of those with tinnitus also suffer from noticeable hearing loss. It is the most common medical issue affecting veterans returning from war and it plagues an approximate total of 10% of adults. While excessive noise exposure is the main culprit in developing tinnitus, there are several other potential causes. If you have tinnitus, you should see your doctor about it.

Types of Tinnitus:

Most of us think of tinnitus as “ringing in the ears.” While that is the most common type, there are other ways that tinnitus can present itself. Your ability to describe the type of tinnitus you experience will help your doctor track down the cause. Types of tinnitus include:

- **Clicking:** Sharp clicking sounds that come on quickly and last for a few seconds or minutes can indicate involuntary muscle contractions near or inside your ears.
- **Rushing or Humming:** Related to the blood rushing through the vessels around your ear, this type of tinnitus might happen when you exercise or move from lying down to standing up.
- **Heartbeat:** If you frequently hear your own heartbeat, it can indicate an underlying issue such as hypertension, aneurysm, blockage, or a tumor.
- **Low-Pitched Ringing:** High-pitched ringing is the most common type of tinnitus, but ringing at a lower pitch can be a result of Meniere’s disease and will often occur right before an episode of vertigo.
- **Scratching, Screeching or Other Sounds:** Otosclerosis (stiffening of the bones in the middle ear), excess earwax, other foreign bodies or hairs in the ear canal can all create forms of tinnitus that may present differently depending on the source.

Examination for Tinnitus

Your doctor will perform a number of tests to try to discern the cause of your tinnitus. These will include:

- **A Hearing Test:** You’ll sit in a soundproof room and wear a set of headphones. The test administrator will ask you to respond when you hear tones, and they will play a variety of pitched tones at various loudness levels. This will determine whether or not you have normal hearing ability for your age as well as help isolate potential causes of tinnitus.
- **Movement Test:** Your doctor will ask you to move your eyes, neck, and jaw to see whether your tinnitus changes as you do so. This can indicate a mechanical source such as a TMJ disorder that could be causing your tinnitus.
- **CT or MRI:** In some cases, your doctor may order imaging tests to further try to isolate the cause of your tinnitus.

Useful Tips to Manage Tinnitus

There are various strategies you can use to manage tinnitus and alleviate its impact on daily life. A few useful tips include:

- **Destressing:** Identifying stressors and finding healthy ways to process that stress can alleviate tinnitus. Stress is a major trigger for tinnitus so intervening by reducing stressors or engaging in calming activities: meditation, yoga, exercise, taking walks, etc. can really provide some relief.
- **Using ambient noise:** Ambient noise, or white noise, can help mask tinnitus. Tinnitus tends to be amplified in quieter settings which can shift your attention to it. Ambient noise is a useful way to deal with this. You can create this kind of noise by playing soft sounds in the background which helps prevent you from focusing on the tinnitus.
- **Exercise:** Physical activity can also reduce tinnitus by providing more energy, improving sleep, decreasing stress, and enhancing mood.
- **Enhance Sleep:** Tinnitus often takes a toll on sleep. Tinnitus can prevent the 7-9 hours of sleep per night that adults need. Lack of sleep can then worsen tinnitus which in turn disrupts sleep. You can break this cycle by: creating a sleep routine, avoiding screens at least a half-hour prior to sleeping, using comfortable lighting, ensuring your bedding is comfortable, etc.
- **Diet:** Bodily inflammation can cause tinnitus, and switching to an anti-inflammatory diet has been known to help some people. Reduce substances like caffeine, alcohol, and nicotine which can activate tinnitus. A recent study by Brigham and Women’s Hospital also showed that close adherence to an anti-inflammatory diet also drastically reduced the prevalence of age-related hearing loss over a four-year period. Some people have also reported relief after adopting vitamin supplements into their regimens.
- **Protective wear:** Wearing earbuds, headphones, earmuffs, etc. offer a protective barrier from loud noise. This reduces the amount and impact of loud noise which can reduce the experience of tinnitus.
- **Hearing Aids:** While people who do not have hearing loss should not wear hearing aids only to mask tinnitus, most modern hearing aids incorporate tinnitus masking as a feature. If you do have hearing loss along with tinnitus, you should wear hearing aids and alert your audiologist to your tinnitus who can incorporate their masking function into the fitment. Hearing aids are an important treatment for maintaining general health and well-being as hearing loss develops. If you do have hearing loss accompanying your tinnitus, you should be wearing hearing aids to achieve your best long-term health outcomes.

In addition to practicing these tips, another critical way to treat tinnitus is to have your hearing checked. Hearing tests involve a noninvasive process that identifies any presence of hearing loss which could be the cause of tinnitus.

We’ve served Los Gatos, Saratoga, Campbell, Cupertino, San Jose and the entire Bay Area for over 50 years!

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. 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.

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

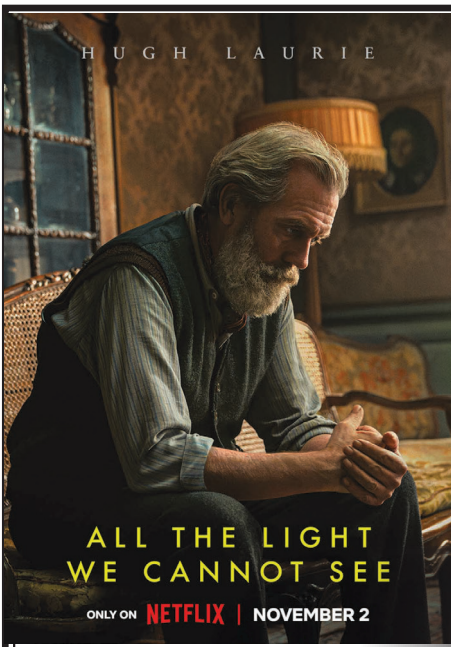


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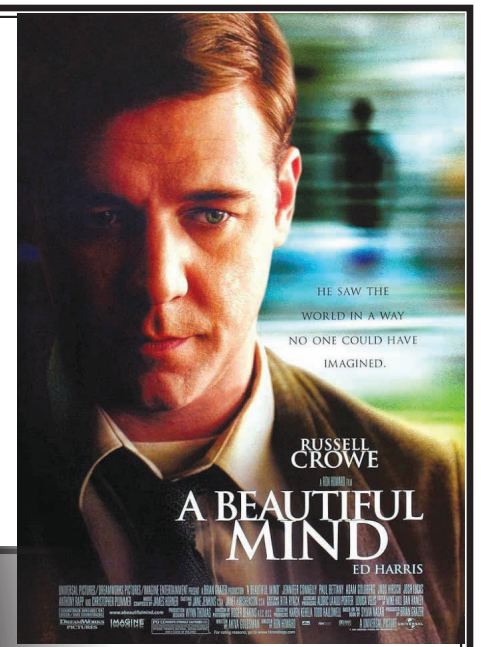
15899 Los Gatos-Almaden Rd. Suite 8, Los Gatos, CA 95032
(on the corner of National and Los Gatos-Almaden Rd.)

www.LosGatosAudiology.com



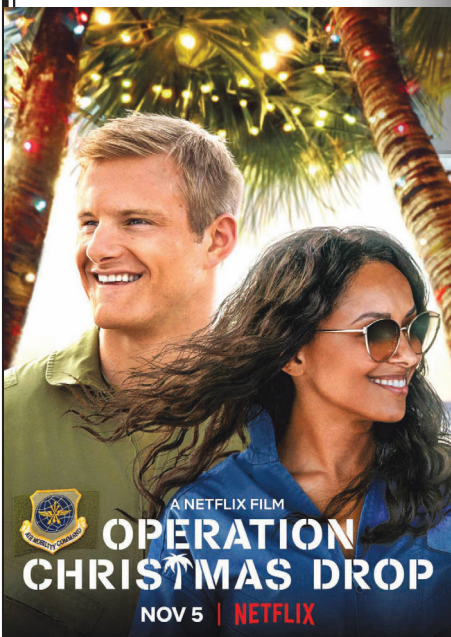
All the Light We Cannot See (2023)
 The story of Marie-Laure, a blind French teenager, and Werner, a German soldier, whose paths collide in occupied France as both try to survive the devastation of World War II.
 TM-MA | Mini-Series | Drama, History, War

A Beautiful Mind (2001)
 After John Nash, a brilliant but asocial mathematician, accepts secret work in cryptography, his life takes a turn for the nightmarish.
 PG-13 | 2h 15min | Biography, Drama



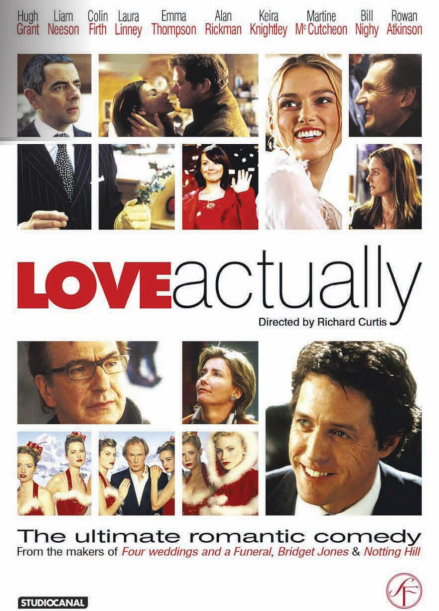
NETFLIX

NOW STREAMING



Operation Christmas Drop (2020)
 Congressional aide Erica forgoes family Christmas to travel at her boss's behest. At a beach side Air Force base, she clashes with Capt. Andrew Jantz, who knows her assignment is finding reasons to defund the facility.
 TV-PG | 1h 35min | Comedy, Family, Romance

Love Actually (2003)
 Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.
 @ | 2h 15min | Comedy, Drama, Romance



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Wonka
 Based on the extraordinary character at the center of Charlie and the Chocolate Factory, "Wonka" tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today. **Releases Dec. 15.**
 PG | 1h 52min | Adventure, Comedy, Family

Stars: Timothée Chalamet, Olivia Colman, Hugh Grant

Migration
 A family of ducks try to convince their overprotective father to go on the vacation of a lifetime. **Releases Dec. 22.**
 PG | 1h 45min | Animation, Action, Adventure

Stars: Elizabeth Banks, Awkwafina, Danny DeVito



The Iron Claw
 The true story of the inseparable Von Erich brothers, who made history in the intensely competitive world of professional wrestling in the early 1980s. **Releases Dec. 22.**
 R | 2h 12min | Biography, Drama, Sport
 Stars: Zac Efron, Jeremy Allen White, Harris Dickinson

Ferrari
 Set in the summer of 1957, with Enzo Ferrari's auto empire in crisis, the ex-racer turned entrepreneur pushes himself and his drivers to the edge as they launch into the Mille Miglia, a treacherous 1,000-mile race across Italy. **Releases Dec. 25.**
 PG | 1h 32min | Biography, Drama, History
 Stars: Adam Driver, Shailene Woodley, Giuseppe Festinese



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sereno—



A Christmas Classic With a Real Estate Spin

T was just before Christmas when we listed their house,
 “This is the worst time to sell” our dear clients espoused.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

and Happy Holidays to All!



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