

The West Valley OUTLOOK

a vision for our Age Friendly communities



FEBRUARY

Vol. 2024, Issue 02

CITY MEETINGS	P. 2	NEWS	P. 3	NEWS BRIEFS	P. 4	NEWS	P. 5
SENIOR GUIDED PATHWAYS	P. 6-7	RESOURCES	P. 8-9	FEATURES	P. 10	ENTERTAINMENT	P. 11

Exploring long term care options for your loved one? Key points to consider

By Ritu Belani, Mira Haldar, Jason Shim

As our loved ones age, we begin to wonder how best to support their health and personal care. Of the options, nursing homes remain a relatively common choice for those who require more hands-on, round-the-clock care. The Health In Aging Foundation reported that approximately one-third of older adults will live in them at some point in their lives.

However, senior citizens and their families who place their trust in nursing homes may face challenges at several steps of the process. It is important to recognize that

see NURSING pg. 3



Photo from Canva

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Dr. Jack Lucas, longtime public servant, passes at age 93

Bradley Davis,
Chancellor, West Valley-Mission Community College District

Our beloved West Valley-Mission Community College District board member, Dr. Jack Lucas, passed away at age 93. Jack served on our board of trustees for more than two decades. When you include his service to the Los Gatos-Saratoga Union High School District and the Monte Sereno City Council, he dedicated nearly 70 years of his life to improving our community.

Jack was the true definition of a gentleman and a scholar. Preternaturally optimistic and cheerful, he had clever witticisms for days and so enjoyed recounting the stories of a life well lived. He relished the personal relationships he forged throughout his career in public service and took great pride in sharing the details of others' successes. He liked to put people at ease and have a good time, so much so that



West Valley-Mission Community College District Chancellor Brad Davis recognizes Jack Lucas at the SASCC Health Fair 2022. Photo by Maria Guldner

he used to call me before district events—which he never missed—so that he could test his jokes on me. Almost every email he sent me had a humorous subject line like his favorite, “Idle thoughts from a pattering mind.”

However, his easy-going nature belied an educational administrator of exceptional wisdom and experience who thoughtfully reviewed every decision with integrity and acumen. Jack understood each side of an argument and

unfailingly demonstrated the courage to do the right thing for our students. You only needed to take a tour of his home to witness the central role his students played in his life as a teacher, principal, and trustee. Every corner was graced by student artwork, photos, and other mementos gifted to him by those he mentored, coached, and cared for.

Jack was a devoted family man in every sense of the

see LUCAS pg. 5

As evidence of head injuries grows, football players weigh pros and cons of continuing to play

By Lawson Wang and Ruiyan Zhu, Saratoga High School

Football has a well-deserved reputation of being one of the most dangerous high school sports. Injuries can range from concussions to fractures, and a growing body of evidence links the sport to brain diseases like chronic traumatic encephalopathy (CTE), which results in a progressive decline in memory and increase in depression and aggression.

A recent story by The New York Times documented how more than 40% of high school and college football players were diagnosed with CTE. These players started at a young age, and a few featured in the paper's coverage ended up dying by 18.

As a result of this growing concern over head injuries, many parents struggle with

deciding whether to let their children play football, with many pitting the benefits against the increasingly clear risks.

Varsity captain Keion Ashjaee-Marshall, a junior who plays running back and linebacker, has seen participation in the sport decline over the years locally.

“We haven't had a supportive culture, especially from parents,” he said of the general reputation of the sport these days. “A lot of people believe in the stereotype about football getting you injured. [This year] we had to forfeit our game against South San Francisco because we had too many players that were injured on concussion protocol.”

This season, football had 46 varsity and JV players combined; last year, the program had 53 players.

see FOOTBALL pg. 5

Stay informed - February/March

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

Meeting places, Zoom links and call-in information are contained in each respective meeting agenda.
 Agendas are typically uploaded the Friday before the respective meeting.
 Please note, all council, commission, and committee meetings are subject to change or cancellation.
 Check the meeting links prior to each meeting or call your local town clerk for questions.
 Saratoga City Clerk's office: 408-868-1216 / Los Gatos Town Clerk's office: 408-354-6834



LOS GATOS

Complete Streets and Transportation Commission: Feb. 8, 7:30 a.m.
 View agenda and meeting info at www.losgatosca.gov/2555/Complete-Streets-Transportation-Commissi

Diversity, Equity, and Inclusion Commission: Feb. 8, 5-6:30 p.m.
 View agenda and meeting info at www.losgatosca.gov/2951/Diversity-Equity-and-Inclusion-Commissio

Development Review Committee: Feb. 13, 20, 27, March 5, 12, 10 a.m.
 View agenda and meeting info at www.losgatosca.gov/188/Development-Review-Committee

Conceptual Development Advisory Committee: Feb. 14, March 13, 4 p.m.
 View agenda and meeting info at www.losgatosca.gov/200/Conceptual-Development

General Plan Committee: Feb. 14, March 13, 5:30 p.m.
 View agenda and meeting info at www.losgatosca.gov/199/General-Plan-Committee

Planning Commission: Feb. 14, 28, March 13, 7 p.m.
 View agenda and meeting info at www.losgatosca.gov/189/Planning-Commission

Housing Element Advisory Board: Feb. 15, March 7, 7-10 p.m.
 View agenda and meeting info at www.losgatosca.gov/1735/General-Plan---Housing-Element

Town Council: Feb. 20, March 5, 7 p.m.
 View agenda and meeting info at www.losgatosca.gov/16/Town-Council

Historic Preservation Committee: Feb. 28, 4 p.m.
 View agenda and meeting info at www.losgatosca.gov/190/Historic-Preservation



SARATOGA

Library & Public Art Commission: Feb. 12, 7-9 p.m.
 View agenda and meeting info at www.saratoga.ca.us/330/Library-Commission

Planning Commission: Feb. 14, March 6, 13, 7 p.m.
 View agenda and meeting info at www.saratoga.ca.us/357/Planning-Commission

City Council: Feb. 21, 7 p.m.
 View agenda meeting info at www.saratoga.ca.us/241/City-Council

Youth Commission: Feb. 27, 7-9 p.m.
 View agenda and meeting info at www.saratoga.ca.us/337/Youth-Commission

Parks and Recreation Commission: March 12, 6:30-8:30 p.m.
 View agenda and meeting info at www.saratoga.ca.us/364/Parks-Recreation-Commission

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TIME TO PAY YOUR TAXES

AARP Foundation TAX-AIDE

Free tax assistance for those who need it most

GET YOUR TAXES DONE FOR FREE - AARP TAX-AIDE

THE AARP FOUNDATION TAX-AIDE PROGRAM WILL BE PARTNERING WITH SASCC AGAIN THIS YEAR TO PROVIDE FREE TAX PREPARATION AT THE SARATOGA SENIOR CENTER. AARP TAX-AIDE IS A NATIONWIDE ORGANIZATION OF OVER 25,000 IRS-CERTIFIED VOLUNTEERS. WE HAVE A SPECIAL FOCUS ON TAXPAYERS WHO ARE OVER 50 AND HAVE LOW/MODERATE INCOME. HOWEVER, THE SERVICE IS OPEN AND FREE TO EVERYONE.

THE TAX-AIDE VOLUNTEERS WILL BE ON-SITE AT THE SARATOGA SENIOR CENTER ON THURSDAYS STARTING FEBRUARY 8, WITH APPOINTMENTS STARTING AT 8:30 AM. TAXPAYERS WILL BRING THEIR TAX DOCUMENTS TO THE APPOINTMENT.

TAX-AIDE VOLUNTEERS WILL PREPARE THE TAX RETURN, REVIEW WITH THE TAXPAYER, AND THEN E-FILE THAT SAME DAY. OUR VOLUNTEERS ARE TRAINED IN MANY AREAS OF TAX LAW, BUT THERE ARE CERTAIN TAX SITUATIONS THAT ARE OUT OF SCOPE FOR OUR SERVICE. **TO MAKE A TAX-AIDE APPOINTMENT AT SARATOGA SENIOR CENTER, PLEASE CALL THE SASCC TEAM AT (408) 868-1257.**

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!

Essential insights for navigating nursing home challenges

Continued from
NURSING, pg. 1

these obstacles are resolvable, but only if they are recognized and addressed in the first place by an informed client.

"Most people know almost nothing about nursing homes. So when they or their family members need nursing home care, they tend to be too timid about asking for what they want," said Eric Carlson, Director of Long-Term Services and Supports Advocacy at Justice in Aging. "People shouldn't feel shy about demanding more attention and better care. Nursing homes are being paid a lot of money for each resident, and federal law requires that facilities provide care that is individualized based on residents' needs and preferences."

To support families in understanding their rights, this article will highlight information from two helpful resources:

1) 25 Common Nursing Home Problems— And How to Solve Them from Justice in Aging, a legal nonprofit dedicated to uplifting and protecting seniors

2) The Nursing Home Reform Law, which establishes nursing home guidelines and residents' rights across the nation. Find the state manual here: tinyurl.com/4kdra5yk.

Before choosing a nursing home, residents and their families should ask about the nursing home's Medicaid certification and whether certification is full or partial. Medicaid certification is important because if at some point a resident becomes eligible for Medicaid, but they are not in a Medicaid-certified bed, the nursing home can take steps to evict the resident.

However, the resident has the right to request to move to a Medicaid-certified bed, or if the nursing home claims all Medicaid-certified beds are taken, the nursing home can arrange for the certification of more beds. Residents should request to move to a Medicaid-certified

bed several months in advance of their Medicaid eligibility.

Another thing to be aware of when entering a nursing home: many nursing homes put arbitration agreements into a packet of forms that residents sign upon entering, without knowing what they are agreeing to or feeling pressured into accepting. Arbitration means that when disputes arise within a nursing home, a resident's case will be taken not to court, but to a contracted judge known as an arbitrator.

Arbitration is typically more expensive for residents, and arbitrators are often biased towards nursing homes rather than residents when deciding the outcomes of cases. Additionally, federal law decrees that nursing homes cannot force residents to agree to arbitration agreements. For these reasons, it's best that residents and their representatives do not sign arbitration agreements.

If you have signed an arbitration agreement, you still have a 30-day period to nullify the agreement. Even after this period, you can appeal to an attorney to legally invalidate the agreement if you have evidence that the terms of the agreement were not explained in accordance with the law.

After admission, it's important that families are able to regularly provide input on their loved one's condition and treatment. The two main avenues are through care planning and family councils; care plans are based on written assessments provided by the nursing home and legally require input from the resident, their legal representative, and/or their family.

It's important that the nursing home isn't halfheartedly going through the motions when drawing this up: a cookie-cutter plan doesn't address individual needs and preferences, while a thoughtful, personalized plan can be foundational for advocacy. A care plan document enumerates the specific duties that the nursing home agrees to carry out as necessary assistance;

if they fail to uphold these duties, residents and their representatives can use the care plan to hold them accountable.

The other avenue, resident and family councils, function as powerful forums of discussion and solidarity that are protected by law. Nursing homes must seriously consider any complaints or recommendations made by such a group. If you are looking to join or form a council, note that the nursing home is supposed to provide the council with a private meeting space and an employee liaison, who must be approved by the group.

"Residents and families should speak to each other and advocate jointly for better care," Carlson said. "This type of advocacy can be done through the resident and family councils in the facility, or informally through conversations in common areas. There's definitely strength in numbers, and the emotional support can be vital."

If an issue does arise, 25 Reasons offers a general outline of the grievance process, another instrument of advocacy that mustn't be overlooked.

- Nursing homes are required to post information on the grievance procedure along with the grievance official's contact information.
- Grievances can be raised orally or in writing, while the home's response must be in writing.
- Among other details, the nursing home must include the steps they took to investigate the grievance, whether they could confirm it, and any corrective action they undertook.

Under the Reform Law, nursing homes cannot force anybody except the resident or their representative to take financial responsibility. It's not like co-signing a car loan of known value— it's unfair to force you to take on liability for an unknown amount. If found in a situation where you or a loved one are asked to agree to an improper provision, do not hesitate to refuse!



Photo by Centre for Ageing Better on Unsplash

It is illegal for the resident to be evicted for making a complaint— a nursing home should never justify eviction by providing substandard care. The law ensures you are being fairly treated, and citing it should educate the nursing home staff on the fair treatment of others.

The same goes for physical restraints and "psychotropic" behavior-modifying drugs. Physical restraints may only be used to treat a patient's medical conditions, and drugs may only be administered by consent from the resident or their representative. Inappropriate uses for discipline or convenience must be met with written demands highlighting that the nursing home has placed itself in legal jeopardy.

If restraints or drugs are recommended, families should schedule an appointment with the facility to discuss alternatives which may best suit the comfort

of your loved one. Don't be afraid to reject these potentially dangerous treatments—there is no legal basis in the Reform Law to evict a client for refusing medical care.

On the topic of medical care, residents who are eligible for Medicaid have a right to exactly the same quality of service as any other residents. If you or someone you know is receiving limited treatment because the nursing home asserts they are paid for by the too low rates of Medicaid, the nursing home is violating the Reform Law, and you can submit a grievance.

Navigating the nursing home system is no easy task, but the Nursing Home Reform Law and nonprofits like Justice in Aging aim to empower families and seniors searching for an environment that prioritizes their needs, safety and humanity.



Photo courtesy of the Saratoga Historical Foundation

Theatre of the Glade—Saratoga Point-of-Interest

The distinctive plaque mounted on redwood posts tells the story of Theatre of the Glade. Theatre of the Glade was the creation of Producer Dorothea Johnston. Johnston was a noted producer and actress with stage experience in New York and London before coming to Saratoga in 1925. Her mother bought the Saratoga Inn in 1925 and her daughter became part owner.

Johnston quickly set up a program for coaching children and young people in the dramatic arts and directing community players both in Los Gatos and Saratoga. She recognized the beauty of the area and discovered a natural amphitheater behind the Saratoga Inn—complete with stately trees and a babbling creek.

The first production, *A Midsummer Night's Dream*, was produced with Olivia DeHavilland playing Puck. She not only launched the career of Olivia deHavilland but is credited with influencing scores of people in the arts including Judith Baum, Patricia Ironsides, Ann Edmunds, Audrey Long, Leslie Charteris, Margaret Goodrich, Robert Baines and many others. Noted stage designer Frederick Stover created many of the sets for the Theatre of the Glade.

The popular productions lasted until 1941. The Saratoga Inn was sold in 1958. Condominiums have replaced the Saratoga Inn and only memories and the babbling brook have survived.



Los Gatos Ford Opera House

The Ford Opera House was under construction in 1904. Eugene Ford (1857-1909) bought the property and built Los Gatos' third Opera House, the first two having been lost to fires in 1890 and 1894. The Ford Opera House opened on October 10, 1904 with a performance by the Sweet Clover Company. This picture shows the Rankin building to the far right, also under construction.

Photo courtesy of Town of Los Gatos

News briefs

Saratoga

City commission vacancies

Serving on a commission is a great way to serve the community and get involved! Commissioners are appointed by the Saratoga City Council to serve in an advisory capacity on certain subject matters. If you would like to know more about serving on a Commission, view the City's Commission Handbook at tinyurl.com/2c9ct9bn. The City has openings on the following commissions: Heritage Preservation (one opening), Library and Public Art Commission (one opening), Planning Commission (one opening), and Youth Commission (six openings). Visit saratoga.ca.us/331/Vacancies to view the vacancies and apply.

A winter start for your greener summer garden

Instead of buying expensive transplants from the nursery, how about growing them yourself? At the Saratoga Library on February 13 at 7 p.m., learn how to grow your own garden transplants from seed and get better results for your summer garden. It's easy, fun, and inexpensive to start tomatoes, peppers, eggplants, cucumbers, squash, herbs and many other vegetables from seed.

This one hour talk will cover:

- Seeds and seed sources
- Planting seeds
- Germination
- Creating the right environment for strong seedling growth
- Materials and equipment
- Transplanting out into the garden
- Early care for your seedlings in the ground

Presented by Santa Clara County Master Gardener Louise Christy through Silicon Valley Reads (SVR). This annual community engagement program is pleased to offer a wide range of free events, activities and discussions for the entire community focused on the 2024 theme "A Greener Tomorrow Starts Today." To learn more about Silicon Valley Reads, visit siliconvalleyreads.org. The Saratoga Library is located at 13650 Saratoga Ave.

Los Gatos

Plant-based cooking with 'The Joyful Vegan'

February 12 at 5 p.m. on Zoom, Join Colleen Patrick-Goudreau—dubbed the "Vegan Martha Stewart" by VegNews magazine—for a delightful cooking class tailored for the season, focusing on simplicity, wholesomeness and deliciousness! Warm up with a comforting Garlic and Greens Soup, savor the smoky crunch of Crispy Chickpeas, and indulge in a wholesome No-Bake Apple Crumble. Embrace the winter vibes with these easy, nourishing recipes that promise both flavor and wellness. Join Colleen from the comfort of your kitchen to learn to make these recipes. Register at losgatosca.libcal.com/event/11631874.

Los Gatos Adult Recreation Center to receive enhancements

The Los Gatos Community Health and Senior Services Commission (CHSSC) and Los Gatos Town staff recently convened to discuss enhancing the Los Gatos Adult Recreation Center. With around 40 attendees representing local nonprofits and older adult organizations, the focus was on making the space more inclusive and efficient.

Feedback emphasized providing space for nonprofits serving older adults to co-locate, upgrading technology for hybrid meetings, and optimizing space utilization. The CHSSC will now review the feedback and propose funding allocations to the Town Council.

APPLY TO SERVE ON A TOWN BOARD, COMMISSION, OR COMMITTEE

Are you looking for a way to make a difference in the community and get more involved with local government? The Town has adult volunteer opportunities available on its various Boards, Committees, and Commissions:

- Complete Streets & Transportation Commission
- Diversity, Equity & Inclusion Commission
- Finance Commission
- General Plan Committee
- Parks and Sustainability Commission
- Personnel Board
- Planning Commission

Deadline to apply is 4:00 p.m., Monday, March 4, 2024

For details and to apply online, visit: www.LosGatosCA.gov/CommissionApplication

Questions? Email: Clerk@losgatosca.gov




Santa Clara County

Cancer CAREpoint reopens at new address

Cancer CAREpoint has officially reopened its resource center in a new location at 2512 Samaritan Court, Suite A, San Jose, across the street from current offices.

The space will continue to be a welcome refuge for people dealing with cancer. It is ideally located near public transportation access points to meet the needs of cancer patients, no matter their provider or insurance, and is close to many medical facilities including Stanford Cancer Center South Bay and Good Samaritan.

For more information, contact cancercarepoint.org.









Valley Transportation Authority


Thursday 2/15
12:30PM - 3:30PM




DAYCATION • RIDE & TASTE • LOS GATOS

Join VTA's 2nd ever "Daycation" in Downtown Los Gatos and learn about public transportation services for seniors. Get a free ride on the 27 bus, enjoy a delicious, complimentary lunch at the Los Gatos Café, and shop at Nob Hill without the hassle of parking!

Register at bit.ly/LGDaycation



www.lgsrecreation.org

408.354.1514

ST. PATRICK'S DAY LUNCHEON



\$10
Per Person

Friday, March 15 - 12PM
Food, Music & Raffle!
Saratoga Senior Center
R.S.V.P. By March 8, 2024

Lucas served on West Valley-Mission board for over two decades

Continued from
LUCAS, pg. 1

expression to his late wife of 56 years, Frances, and their three children, Kathy, Janet, and John. I was with Jack at his home a couple of days before he passed, and one of the last things he told me was that he missed Frances so much and couldn't wait to see her again.

Jack was my boss, mentor, colleague, and friend. I will miss him very much, but every day I set foot on our campuses,

I am reminded of his impact and inspired to do more for our students, employees, and community.

Lissa Kreisler, Host of KCAT Community Storytelling, also shared her memories with Jack, "Thanks to KCAT-TV15 I had the honor of interviewing Jack 4 separate times, one of them for a personal tour of his beloved Wimberly Walkway.

Every piece of art in 'The Gallery' had the most amazing 'Jack Lucas' memory or story behind it. And Jack got excited

about sharing each one. No one has had a bigger heart and loving soul for Monte Sereno and Los Gatos than Jack Lucas."

Those wishing to leave flowers or cards may do so under a picture of Jack in the lobby of the chancellor's office at West Valley College, located at 14000 Fruitvale Ave, Saratoga. Every note and card will be shared with his children, who are grateful for the support of the West Valley-Mission community.



Left to right: Manny Cappello, West Valley Professor; Lisa Oakley, SASCC Board President; and Jack Lucas, WVMCCD Board President pose for the camera at the SASCC Health Fair 2022.

Photo by Maria Guldner

While many preventative measures are taken for football, players say injuries are inevitable and need proper treatment

Continued from
FOOTBALL, pg. 1

Athletic trainer Caitlin Steiding said this year's football season resulted in 10 documented head injuries between the two teams.

Because of the dangers associated with playing football, players are educated on how to stay safe on the field. For example, tackling with the head and not the shoulders is a common yet dangerous mistake that leads to serious injury, Steiding said.

"There's no way to actually prevent everything unless you put everybody in a bubble," Steiding said. "But teaching kids the proper mechanics of tackling really helps minimize injuries."

Other safety measures include the use of Guardian Caps, a foam cover worn over traditional helmets to reduce impacts from hits.

Guardian Caps are now quite a common measure taken during practices and sometimes games, and studies have shown that wearing them reduces concussion rates by 52%.

Even with such precautions, injuries are still bound to happen and have a "high risk" all football players must take, Steiding said.

Steiding primarily helps guide players through the concussion protocol, which involves first assessing the injury's severity, then referring athletes to the correct doctor to guide their recovery. She also administers a baseline impact test for all players playing sports, so she has historical data to refer to in the case of a head injury.

Junior Doug Bettinger, who plays tight end and safety, had two concussions this football season, both from getting hit in the head while making a tackle.

"It was hard to focus,"

Bettinger said of the injury. "I was dizzy, lost my balance and had a lot of motion sickness, so it really affected my life."

With Steiding's help, Bettinger was redirected to doctors outside of school and recovered quickly from the motion sickness he initially felt. After passing the baseline test two weeks later, Bettinger was able to play again.

Bettinger said he fully knows the consequences of a concussion and now tries his best to protect himself by wearing a Guardian Cap both during practices and games; he was the only player to choose to wear one during games.

"People just don't enjoy wearing it. They want to look cool," Bettinger said.

Sophomore Anthony Tran, who also suffered a concussion this year, chose not to wear a Guardian Cap during games.

"We have numerous stickers on our helmets to represent



Photo by Chris Chow on Unsplash

our schools as well as to honor Saratoga's greatest head coach, Benny Pierce," Tran said. "I think that some players don't like the look of the guardian cap on a helmet in game as well."

Although playing football comes with a variety of risks, many players still elect to continue playing the sport for

its many rewards.

"The bond that I have with other players makes me love football more," Bettinger said. "I like being with them every day, and it makes me keep playing football."

VOLUNTEER DRIVERS NEEDED

Make a difference in your community!

JOIN US!

Email: ryde@sascc.org

RYDE
REACH YOUR DESTINATION EASILY





West Valley - Mission

Community College District



SENIOR GUIDED PATHWAYS

Senior Guided Pathways, presented by Successful Aging Solutions & Community Consulting (SASCC), in partnership with the West Valley-Mission Community College District, is the NATION'S FIRST community college initiative aimed at:

- Equipping older adults with modern skills and training to succeed in today's workforce
- Promoting longevity for older adults seeking lifelong learning opportunities + ways to stay active and engaged
- Offering curated certificate programs and internship opportunities for individuals pursuing careers in the aging services sector
- Creating societal structures for longevity for both older adults and community colleges



FREE TUITION!
FREE TRANSPORTATION
AVAILABLE THROUGH



Call (408) 868-1257
Or visit the Saratoga Senior
Center at 19655 Allendale
Ave for more information!

EMPOWERING FUTURES

EMBRACING WISDOM



AVAILABLE NOW! NON-CREDIT PATHWAYS

EXAMPLE: Workforce Skill Building

Dual Certificate Pathway—Certificates Gained:

- 1) *Communication, Digital Skills & Leadership for the Workplace*
- 2) *Microsoft Office Basics*

COURSES:

- Communication for the Workplace – 15 hours
- Digital Skills for the Workplace – 15 hours
- Leadership for the Workplace – 15 hours
- Microsoft Word – 18 hours
- Beginning Microsoft Excel – 18 hours
- Microsoft PowerPoint – 18 hours

AND

- Advanced Microsoft Excel – 18 hours

OR

- Intro to Google Workspace – 36 hours

Location:



**14000 Fruitvale Ave
Saratoga**

The skills you learn through this Pathway will better prepare you to succeed in today's workplace—even in starting your own business!

Older workers represent the nation's fastest-growing labor force. Get the skills you need to succeed with Senior Guided Pathways! Class dates and times are to be determined based on enrollment interest.

This is just ONE example of the Guided Pathways offered through this innovative initiative. Contact our SASCC Student Success Coaches to learn about other Pathways, indicate your interest in enrolling, and be Guided through the process!

CALL (408) 868-1257

COMING SOON! FOR-CREDIT PATHWAYS

RESOURCES

SUPPORT

SERVICES

ASSISTANCE



SOCIAL CENTERS

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

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

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

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

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

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

OLDER ADULT SERVICES

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

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

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

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

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



MENTAL HEALTH RESOURCES

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

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

***“Wherever you go, no matter what the weather,
always bring your own sunshine.”***

- Anthony D'Angelo

Free Adult Day Program Services

If you or a loved one needs adult day care 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.

Worried about costs? The Saratoga Adult Care Center has a subsidy program available to those who qualify.

Eligible participants must meet the following 3 easy 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.

Still double-minded? The Center offers a FREE visit day and lets potential participants try the program before committing to enroll.

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



Deep-rooted Saratoga resident finds home through community engagement

Kirk shares involvement with Saratoga Foothill Club, Saratoga Sister City and Sentencing Alternatives Program

By Lynn Dai

Though she was raised in Texas and lived in Rochester, New York for a few years, resident Nancy Kirk says she feels like she was born in Saratoga.

After first moving from Rochester to Los Gatos, Kirk later moved into a condo in Saratoga in 1975. Since then, she's served as a volunteer for eight organizations across the county, from the first one she joined in 2007—Saratoga Sister City—to her most recent, the Hiller Aviation Museum, which she joined last year.

For her, these are just ways to get more involved in the community she calls home.

"Especially during COVID-19, I thought if I ever got lonely, I could have taken a lawn chair and put it in front of Safeway, and I'd see someone I know," Kirk said. "That's Saratoga for me, because of my community involvement, I'm fortunate to know a lot of people. It's a great feeling to know I can choose not to be lonely."

Much of her love for Saratoga sprang from a fond look at her past.

After moving from Rochester to one of the older neighborhoods in Saratoga, Kirk said she was immediately drawn to the homey feel of the atmosphere.

"We came from Rochester, where it snows all the time—and not a gentle snow, it's a frozen tundra," she said. "So once we saw these beautiful mountains, the greenery and blue skies, we felt like we'd come to heaven."

Beyond the physical attributes of Saratoga, Kirk also described major differences in the surrounding communities of Rochester and her hometown. Having attended a Catholic school in San Antonio, Texas, Kirk said she was "terrified" of the strict, punishing practices of some of the teachers, as well as the general discrimination against Hispanic individuals like herself and African Americans.

When she later moved from UT Austin to Rochester

to join her husband, she was pleasantly surprised by the lack of discrimination. They lived in what once was the servant's quarters of an old home unequipped with proper heating.

During winter, she recalled stuffing around the windows with aluminum foil to prevent the chill from seeping into her home. And they survived sleeping with the old gas oven on with the door open.

"Living in a historical home in Saratoga was a totally different feel," she said. "Our home welcomed the privacy and homey feeling of the community, and the people seemed friendlier because they were long-term and enjoyed sunshine. You get to know people over time, since the same people live on this street."

Kirk pulled out multiple pamphlets, ranging from Saratoga Historical Foundation brochures to old newspaper clippings showcasing the history of the area. She can recite the histories of her own home—which will be 100 years old this year—and the ones nearby that were designed by infamous architect Julia Morgan, or one that housed sisters and actresses Olivia DeHavilland and Joan Fontaine.

Her appreciation for history led her to actively seek out more ways to build and preserve memories. After Kirk and her husband retired, they started going on weekly jogs at the Saratoga High School track. There, Kirk met a woman who introduced her to the first Saratoga community program she'd join in 2007: Saratoga Sister City.

The organization aims to encourage and promote cross-cultural events, including exchange visits, homestays, educational programs and travel opportunities, between Saratoga and Muko, Kyoto Prefecture, Japan.

While Kirk said they never initially thought of going to Japan due to the cost and language barrier, she and her husband immediately took up

the chance to tour Muko. Kirk and a group of Saratoga Sister City members traveled and toured much of Japan.

They were invited to dine in various homes of Muko Sister City members. Since the tour, Kirk has been an active member of the subdivision of Taiko players, or Japanese drummers.

"It was an amazing experience [getting] to know people on a different level," Kirk said. "So that started everything. And the same woman [who introduced me to Saratoga Sister City] invited me to join the Saratoga Foothill Club, and it kind of grew from there."

Kirk joined the Saratoga Foothill Club, a non-profit organization, in 2008. Originally known as the Women's Club, the Foothill Club was established in 1915 and serves as a gathering venue for club rentals to the public for events ranging from weddings to dinner parties.

Kirk has helped with food baskets and educational scholarships for the community as a part of the various club committees. She later created a separate activity of the club, dedicated for women to gather for meals and share life experiences.

Since then, she's volunteered at Hakone Gardens and the Saratoga Historical Museum. For seven years, Kirk also served as a volunteer and two-time chair of the City of Saratoga Traffic Safety Commission, which reviews and analyzes traffic safety issues raised by community members and public safety agencies.

Currently, she is the President of the Sentencing Alternatives Program in San Jose, which works with people referred by the courts to perform community service instead of fines or incarceration.

"What I love about all of [these organizations] are the people I've met," Kirk said. "Getting to know the community makes it that, even though I didn't grow up here, I feel like I was born here because I have more of a tie here than I did growing up in my hometown."



One of her favorite photos from traveling, Kirk, who opted to not have her photo included, met this family at a farmer's market in Turkey.

Photo courtesy of Nancy Kirk

The community here—as well as the first community she discovered in Muko, Japan through Saratoga Sister City—has also inspired her to travel to other places, to experience what Kirk calls a "big community of humanity."

Since she started traveling over the years, Kirk has gone to see the beauty of other cultures in places like the Island of Moorea in Tahiti; Seychelles Islands; much of South America and Europe; the Atlantic Maritime ecozone consisting of Nova Scotia, Prince Edward Island and New Brunswick; Mexico; Costa Rica; Bermuda and the Grand Cayman.

Her trips aren't executed without detailed research of the next place on her bucket list, a process Kirk follows through each time to ensure she never returns to the same place twice. However, she'd love to return to Yellowknife, NW Territory,

Canada for the spiritual experience and amazing beauty of the aurora borealis.

"You see people of all ages and walks of life," Kirk said. "I made friends with a couple I met in Guernsey [in the Channel Islands] and have remained friends since. I'm very fortunate to have met so many wonderful people. I guess you just really hope to enjoy everything you already have and also your cherished memories of life. One usually cannot go in life unscathed from loss or sadness but true friendships are a treasure and beautiful memories last a lifetime."

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

Check out SASCC's new piano!

Wendy Tsui, a former resident of Saratoga Retirement Community, spent happy years playing on this piano with her grandchildren and great-grandchildren. A former music conservatory student, Wendy fled her home country of China during World War II. She eventually settled in Taiwan before moving to the United States in the 1970s. Her granddaughter, Grace Jens, is a 30 year resident of Saratoga. She knows her grandmother would be thrilled that seniors will enjoy the piano as much as her Grandmother Wendy did.





The Last Letter from Your Lover (2021)

A pair of interwoven stories set in the past and present follow an ambitious journalist determined to solve the mystery of a forbidden love affair at the center of a trove of secret love letters from 1965.

TV-MA | 1h 50min | Drama, Romance

The Postcard Killings (2020)

A New York detective investigates the death of his daughter who was murdered while on her honeymoon in London; he recruits the help of a Scandinavian journalist when other couples throughout Europe suffer a similar fate.

NR | 1h 44min | Crime, Drama, Mystery



NOW STREAMING



Lift (2024)

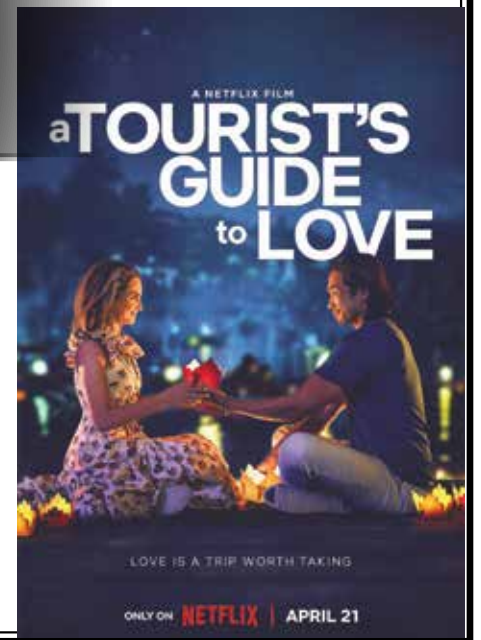
Follows a master thief and his Interpol Agent ex-girlfriend who team up to steal \$500 million in gold bullion being transported on an A380 passenger flight.

PG-13 | 1h 47m | Action, Comedy, Crime

A Tourist's Guide to Love (2023)

An executive goes through an unexpected breakup, then accepting an assignment to go undercover and learn about the tourist industry in Vietnam.

TV-PG | 1h 34min | Adventure, Comedy, Romance



Have papers you need to shred?

Bring them down to the Saratoga Senior Center! The center's shredding services are offered through the Shred-it Company. Documents needed to be shred are kept in locked containers that are picked up by Shred-it to destroy at their facilities.

The Saratoga Senior Center is located at:

19655 Allendale Ave
Saratoga, CA 95070
(408) 647-9023

**Shredding is \$1/Lb.
(or) \$12/Bankers box**



"Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring." – Marilyn Monroe



DRE 01015666

Dan Rubnitz ←

A Bay Area native and lifetime resident, I've been deeply involved in all aspects of life in the South Bay Area. When I was raising my children I was engaged in their sports, school, and community events. These days I focus on my real estate practice and enjoy time skiing, biking, hiking and traveling. **With over to 30 years as a real estate broker,** a master's degree in real estate finance and a background in real estate development, **I offer unique insights into the local market.** Whether discussing renovations, retirement plans, estate matters, or property investments, I've got the experience and expertise for all your real estate needs. I take pride in guiding clients through successful transactions and am thrilled to collaborate with our amazing clients.

→ **Brian Bernasconi**

Born and raised in Los Gatos, I've lived across the Bay Area, including Campbell, San Jose, Palo Alto and San Francisco. I've also traveled around the world and lived in New York City, Sydney and Copenhagen. My wife, Christina and I have been married for nearly 30 years. We have two kids, Dominic and Maia. **In real estate since 2001,** I have focused my career in Los Gatos, the Santa Cruz Mountains, Saratoga, Campbell, Almaden, Cambrian, and Willow Glen. **Guiding our clients through pivotal life moments is the most fulfilling part of my job.** I thrive in real estate. I love our clients and take pride in providing top-tier service. With expertise in negotiation, managing complex situations, and a deep understanding of the local real estate market, **I strive to secure favorable outcomes for each and every client.**



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