

The West Valley OUTLOOK

a vision for our Age Friendly communities



JULY

Vol. 2023, Issue 07

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A story everyone should read, even if it's hard

A mother's story of losing her son to Fentanyl addiction, and the LG run in his honor.

By Leslie Gentry

I'm Jolly's mom, Leslie. "Jolly's Mom," a phrase I don't hear anymore. I miss having all his friends around calling me mom, Jolly's mom. I miss a lot of things now. His laughter, his big bear hugs, how he always wanted to hold my hand and the way his smile made my heart light up.

Thousands of thoughts a day run through my mind that take me back, back to when he was still here, when he was alive. Memories and love, so

much love, that's what I have left of him. I don't get another phone call, another Mother's Day gift, I will never take another picture of him, I'll never see him get married or have a family of his own.

There are no words I could ever string together that could explain what losing a child feels like. It's not possible. Because if you haven't lost a child, it's the "unimaginable," that thing that happens to other people, right? Wrong—I used to think that too, so please pay attention.

Last year alone, Fentanyl claimed over 100,000 lives.

see **JOLLY** pg. 3



Leslie Gentry and her son, Jolly Jones.

Photo courtesy of Leslie Gentry

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Celebrating the contributions of this year's Seniors of Distinction

By Terraces of Los Gatos

On June 22, the Terraces of Los Gatos, a senior living community, held its Seniors of Distinction award ceremony, a time-honored tradition since 1995. The ceremony honors Los Gatos and Monte Sereno seniors for their outstanding volunteer contributions. Read on to learn the impact this year's recipients have had on their communities.

Cheryl McKenzie has been a Los Gatos resident since 1966 and a member of the Board of the Friends of LG Library since 2008. She was instrumental in raising over \$2 million for furnishings for the Town's new library. She is the

leader of the Young Writers Workshops, teaching character creation and plot development to young writers. McKenzie is an award-winning author of ten books for children and young adults. She's managed the intercultural English language program for non-native speakers at SJSU, has a masters Degree in linguistics and intercultural studies, and enjoys her restored 1984 El Camino.

Victoria Pearce has been a member of the History Club of Los Gatos since 2016. She was the club's president from 2020-2022, helping to navigate the challenges of the Covid pandemic. As a nurse, Pearce implemented protocols that allowed the

club to keep the building, employees and visitors safe. She established Zoom meetings and taught Zoom protocols to the board, membership, speakers, and special interest groups. The club emerged from the pandemic a stronger organization due to Pearce's exemplary leadership.

Ellen J Graff has been an active member of the Kiwanis Club since 1987, serving as the club's first female president. She promoted partnering with other organizations such as Relay for Life, one of the largest peer-to-peer fundraising events for a future free from cancer. She was a past

see **DISTINCTION** pg. 6

Enrollment agreement with West Valley brings ASL to SHS next fall

By Amy Luo,
Saratoga High School

West Valley's American Sign Language (ASL) course will, for the first time, be a dual enrollment course next school year, allowing students to earn high school, college and world language credit.

Beginning in early September, ASL 60-A will be taught on the SHS campus, open to all LGSUHS students in grades 10-12. The class, taught by professor Tracy Meng, will be held on Mondays and Wednesdays from 3 to 5:50 p.m.

The beginner friendly course will teach students visual gestural language, finger spelling, vocabulary

and modeling of basic grammatical structure. Students can choose between receiving a pass-fail or letter grade.

Previously, all community members were able to take the course, which was held on campus in afternoons after school. Usually, 20 to 30 people attended the class each semester, but only five to 10 of them were SHS students; however, because the semesters would sometimes see low enrollment, the course has not been consistently offered in the past decade. According to guidance counselor Brian Safine, ASL sign ups for the next

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2ND ANNUAL JOLLY 10K 10K FUN RUN/WALK

SPONSOR JOLLY10K RUNNERS

Two SASCC staff members and avid runners, Raj Kaur and Sam Leale, will be participating in the Jolly10k Run to raise awareness around Fentanyl addiction. They were touched by Jolly Jones' story and want to raise money to support this worthy cause.

Sponsor Raj and Sam's run by going to sascc.org/donate, scan the QR code, or send a check made out to **SASCC** to PO Box 3033, Saratoga, CA 95070. Please write "Jolly10k" in your online memo or on your check.

All sponsorships will benefit Homes of a Loving Father Recovery Center, the men's recovery home that took Jolly in when he needed support. Learn more about Homes of a Loving Father at holfrecoverycenter.com.



Sam Leale



Raj Kaur



Night at the Movies with the Los Gatos Veterans Memorial & Support Foundation

Your mission—should you choose to accept it—is to head to the Cinelux Los Gatos Theater on July 19 for the long-awaited (and COVID-delayed) seventh installment of Tom Cruise's "Mission:Impossible" film franchise: "Mission: Impossible—Dead Reckoning Part 1."

One hundred percent of the ticket sales will be donated to the Los Gatos-based Veterans Memorial & Support Foundation, a 501(c)3 non-profit that is improving the lives of veterans, active military service members and their families who have protected America's freedom, have supported natural disaster recovery and battled COVID with courage.

Seats are limited! Ticket contributions are made available through Eventbrite. Photoshoot/scan the QR code on the cup on the poster with your camera phone to be directed to ticket sales. Don't have a digital phone? Visit HonorAVet.org to reserve your place today!

Make an investment in America's future, and enjoy what is guaranteed to be a thriller event.


The Veterans Memorial & Support Foundation's mission is to:

- Fund in perpetuity, support for the needs of active service members, veterans and their families.
- Educate the community on the sacrifices borne by those who protect America's freedom.
- Erect a world class Flame of Liberty Memorial upon the Los Gatos Civic Center Lawn in the heart of Silicon Valley that delivers honor, respect, gratitude and healing to our active military service members, veterans, first responders and two 9/11 heroes who attempted to take back cockpit control from terrorist hijackers on United Flight 93.

The Veterans Memorial & Support Foundation is staffed completely by volunteer veterans, first responders and citizens who appreciate the gift of freedom. Learn more about the foundation and the committed team behind it at HonorAVet.org.

Special appreciation to the event's generous sponsor, CineLux Los Gatos Theater.

THE VETERANS MEMORIAL & SUPPORT FOUNDATION
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Wed, July 19, 7:00 PM

CineLux Los Gatos Theater
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Outlook Disclosure:

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

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

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

Jolly10k fundraiser to bring community together around Fentanyl awareness

continued from
JOLLY pg. 1

"One Pill Can Kill - One Try And You Can Die." You can't smell it, you can't taste it and you can't see it. Fentanyl is killing off an entire generation of our children. Today, the most dangerous thing you can think is, "Not my child." I used to think that way and I was wrong. So very wrong.

Fentanyl doesn't care what color your skin is, where you come from, how old you are. It wants you dead. And it's winning because not enough people know. So we, as a community, as parents, we need to get informed. Now is the time to ask the uncomfortable questions. Questions that many are too embarrassed to ask. Drugs and addiction aren't fun topics, but this taboo topic, commonly surrounded by so much shame and fear, must be addressed. If you love your children, and I know you do, stop worrying about what others may think if you begin to talk about Fentanyl and the variety of ways children have access to drugs laced with it. It takes courage to get out of your comfort zone, but please be brave for your children. What you learn could save their lives.

If you have heard about Fentanyl, you probably hear that people are overdosing from taking a pill they thought was something else, like Percocet, Adderall, OxyContin and many others. But did you know that you can also die from trying to stop using Fentanyl? It attaches itself to the receptors in your brain that control your heart and lungs. During the detox process, Fentanyl can slow your breathing and

your heart to an almost euphoric state, until you stop breathing completely. That's how my 22-year-old son died.

Jolly had been struggling with addiction for a while. He was prescribed pain medication after he was attacked and had to have brain surgery, which left him with a painful metal plate in his head. He also had an irreversible spinal injury from football. My boy had legitimate pain, but once the doctors stopped prescribing him meds, he sought them out on the streets. It was easy, he went on social media, placed an order and drugs were delivered wherever he was. Yes, it's just that easy. It was easy for him and it's easy for your kids too.

Somewhere along the way, Fentanyl came along and took away his pain. It was created to assist terminally ill cancer patients, so yeah, it took away all the pain. It stole my son away from me in the process. Highly potent, highly addictive. He told me that it turned him into someone he didn't like anymore. I knew. I knew he was using Fentanyl but I didn't know what it was, I just didn't know.

It was the not knowing that plagues my thoughts today. If I would have known, would I have done something different, could I have saved him, would I have done more, would my baby be alive if I knew the monster he was fighting? It's torture. I knew he needed help, I tried to get him into treatment many times, but what if I had more information? What if... If only... I should have... Those are the things that run through my mind, leaving me cracked and broken, screaming at his

picture, yelling "Call me! Why don't you call me! You can't be gone, NO!"

But he is gone.

I have voicemails from him that I play over and over just to hear his voice. I imagine him walking up to me or walking through the door, and I smile. My heart will forever search for him on Earth even though I know he is in heaven. My daughter lost her big brother and my mom lost her only grandson.

Jolly Michael Christian Jones died on July 24, 2021. He was 22 years young. He was full of life, he was my heart.

"I want us all to come together, from all walks of life and backgrounds, with a common purpose and a shared prayer. No more people need to die."

When he died my whole world changed, I know I've changed. I will never go back to who I was before. Losing a child does that to a person. But I asked myself, what am I going to do now? My son lived. He was here and he mattered. As a mother I didn't want him to be forgotten. So I took something he used all his young life, his screen name JOLLY10K, and the Los Gatos trail we've gone on together since he was a baby, and I turned it into a way to remember my son, to honor his memory with all the people who loved him.

That was my intent, but right away it became more than that. More than remembering my son. The Jolly10k is to remember

all the sons and daughters we have lost and to share information in a safe place so that, hopefully, no more parents have to join this club... The club no one wants to belong to.

The Jolly10k Fun Run/Walk is a Fentanyl awareness fundraiser on July 22. I am striving to create, with a team of wonderful people, an environment of healthy fun, beautiful scenery, life-saving information and community inclusiveness. I want us all to come together, from all walks of life and backgrounds, with a common purpose and a shared prayer. No more people need to die. But in order for that to happen we need to get informed and share that information with as many others as we can.

At the event I hope you participate in the run and if you can't run, walk. Visit the different booths set up with information on Narcan, the overdose-reversing nasal spray, a CPR demonstration given by the Los Gatos Fire Department and recovery resources from Narcotics Anonymous and Many Paths One Destination.

All of the profits from this event will be donated to Homes of a Loving Father Dream Center, the men's recovery home that took in my son when he asked for help, when he needed it the most. The men in that home gave my son so much love and I believe, prayed him into heaven. They didn't know about the dangers of Fentanyl detox either, only the dangers from overdose.

The second annual Jolly10k marks the second anniversary of my son's death.

As I'm writing this,



Jolly Jones on the beach as a child.
Photo courtesy of Leslie Gentry

through the tears, I imagine my son up in heaven smiling down on me. I know he is proud of his momma for not only surviving his loss, which takes every ounce of strength I have each and every day, but for trying to help other families to never have to go through what I'm going through.

If you have lost someone to Fentanyl, please upload their photo with their name and age to jolly10krun@gmail.com and they will be added to the Loved Ones link on the run's website.

You can pre-register at www.jolly10k.com. Venmo the registration fee of \$40 to @leslie-gentry-4, or bring cash or check in person on race day. Registration begins on-site at 7 a.m. Race begins at 8 a.m. Meet at Balzer Field Parking Lot on Miles Avenue in Los Gatos on Saturday, July 22, 2023.

Thank you to the generous sponsors of the Jolly10k:
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Bronze Age Batcave and
G&D Rustic Awakenings.



Group photo from the first annual Jolly10k run in Los Gatos.

Photo courtesy of Leslie Gentry

News briefs

Saratoga

Community Harvests at the Saratoga Heritage Orchard

Interested in collecting fruit in the Saratoga Heritage Orchard? Saratoga residents can learn about harvest opportunities by completing the Community Harvest interest form on the City of Saratoga website at saratoga.ca.us/orchard. Saratoga residents will be notified by email at least 24 hours in advance of Community Harvest opportunities. This email will include registration information. Advanced registration is required, and fruit in the orchard may only be collected as part of City-sanctioned harvest events or activities.

Residents can also become a Village Harvest volunteer to pick fruit from local orchards that will be donated to local food banks at villageharvest.org.

Montalvo Summer Luncheons

The Montalvo Service Group is hosting its famous series of Summer Luncheons each Wednesday from July 19-August 23. Dine al fresco on the veranda of the historic Villa, accompanied by live piano music to set the mood. Enjoy friends and family and create a memorable, delicious experience in a lovely setting.

Reservations are \$70 per person (includes fees, tax and gratuity). Proceeds benefit the maintenance and preservation of Villa Montalvo and its grounds. Meals include coffee or tea; wine is available for purchase. Reservations are available by phone (408-961-5858) or at montalvoarts.org/experience/events-calendar/summer-luncheons.

Twelfth annual Saratoga Classic and Cool Car Show

Over 250 classic and cool cars will gather at the Historic Saratoga Village along Big Basin Way for the 12th Annual Saratoga Classic & Cool Car Show on Sunday, July 23. The Saratoga Chamber of Commerce and the Cool Car Club of Saratoga, Los Gatos, and Campbell host this free public event. The show is from 10 a.m. to 4 p.m. There will be a wide selection of food and drinks from local restaurants and a few food vendors. A live band will perform music on a raised stage in the center of the village. Visit tinyurl.com/saratogacarshow for more info or to register your car. The only requirement is that the car is "cool."

Magic of Diversity Extravaganza at Saratoga High School

"MAGIC"—Music And Good In Concert club at Saratoga High School presents the Magic of Diversity on August 27, a mega fundraiser to celebrate and benefit disadvantaged children from nearby and far away.

Participate in this live entertainment contest of performers from diverse genres, cultures and age groups. Laugh with our pro comedian host! Stay tuned for details on exciting prizes.

Seating is on a first come, first served basis. Suggested donation of \$25 per person for access to the live extravaganza followed by a sumptuous buffet of diverse cuisines from the Saratoga community. Interested group participants are invited to complete a form at musicandgoodinconcert.org. Visit the website for participation and event details.

Los Gatos

Applications are open for Los Gatos community grants

For nearly 30 years, the Town of Los Gatos has been providing grant opportunities to fund projects and services that support or benefit the community of Los Gatos. Competitive grant applications for the 2023-2024 fiscal year are open. Non-profit organizations that serve the Los Gatos community are invited to apply for up to \$12,000 each to support a program or service that will benefit the community. The deadline for community grant applications is July 24.

An additional \$70,000 of sustaining grant funding will be available to four non-profit human service organizations that have met pre-existing qualifications to sustain existing services.

Applications can be found at losgatosca.gov/318/Community-Grant-Programs.

Questions can be directed to Ryan Baker at rbaker@losgatosca.gov.

Music in the Park & Jazz on the Plazz

Enjoy lively jazz concerts every Wednesday evening until August 23 at the Los Gatos Town Plaza Park. Upcoming shows are as follows: Ren Geisick Quartet on July 12, Lao Tizer Band on July 19; Monterey Jazz Festival Regional Band and Vocal Ensemble on July 26; Claudia Villela Queintent on August 2; Anthony Paule Soul Orchestra featuring Terrie Odabi on August 9; Tiffany Austin with full Spectrum Jazz on August 16; and David Benoit on August 23. Shows start at 6:30 p.m. Learn more at jazzontheplazz.com.

Spend your Sunday afternoons in July and August at Music in the Park, a free summer concert series on the Los Gatos Civic Center lawn, located at 110 E. Main St. Hear the Traveling Wilburys Review on July 23; Suburban Bliss on July 30; Aardvark on August 6; Ruth Gerson on

August 13, Tortilla Soup on August 20; and Andre Thierry on August 27. Shows are from 5-7 p.m. More info at losgatosca.gov/350/Music-in-the-Park.

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Jazz on the Plazz, 2015.

Photo Courtesy of Jazz on the Plazz

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These eight older adults have made an immense impact on Los Gatos



its numerous Los Gatos events. She is the project lead for Gallery24, a non-profit Los Gatos art gallery. Waitte is a longtime supporter and volunteer for NUMU Los Gatos' ARTNOW, an annual art exhibit and competition for Santa Clara County high school students. She was instrumental in producing the Los Gatos Plein Air Event, an annual multi-day art event that attracts artists from all over the U.S. and provides Los Gatos with national recognition. She is also the executive director of the Waitte Foundation, supporting numerous non-profit organizations.

Dick Konrad is the past chair of the Los Gatos Community Health and Senior Services Commission (CHSSC) and has been a member for three years, leading the Senior Services Roadmap Communication and Engagement project. He's a member of Los Gatos Parks Commission, a Los Gatos representative to the Sourcewise Advisory Council, chair of the Rotary Boy Scouts Committee, an active member of the Rotary Club's Community Service Program and chair of the Los Gatos Beautification Committee, artfully caring for the Town's planter boxes for years.

Pat Smith has been an active and contributing resident of The Terraces of Los Gatos for ten years. She's the editor of The Residents' RAG, a monthly publication that informs and entertains residents and illustrates the rich and fulfilling lifestyle at TLG. Using her exemplary organizational and leadership skills, Smith encourages all residents to contribute poems, stories and memories for the publication. She photographs activities, and along with contributing editors, and edits and formats the publication. The RAG is one of the primary ways that residents remained connected during the pandemic. Smith is an accomplished photographer, artist, world traveler and a skilled public speaker.

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president of the Los Gatos Chamber of Commerce, has won numerous awards for her support of youth activities, is a local Los Gatos businesswoman and an accomplished pianist and teacher.

Maureen Heath is a retired Workers Compensation Defense Attorney; council chair of the Sourcewise Advisory

Council; member of the Santa Clara County Senior Care Commission; board member for the Bay Area Municipal Elections Committee (BAYMEC); prior member of the California Senior Legislature (CSL); past chair of the Los Gatos Community Health and Senior Services Commission (CHSSC); and vice-chair of the Los Gatos Senior Services Committee. Heath was a 2022 Recipient of the Richard Angus

Award for Age Friendly Community Service, and is a passionate advocate for inclusive and equitable treatment of older adults.

Craig Hulse is a local Los Gatos businessman and president of INB Insurance Services, Los Gatos. He's been a member of the Los Gatos Lions Club for 24 years, is a past president of the club and a recipient of the most-prestigious Past Presidents Award. Hulse

also received a Melvin Jones Progressive Award. He's a member of the Los Gatos Networking Group, PIA Alliance and Associate Member of Local IBA West. Hulse has an extensive history of community service and volunteerism, and is notorious for being a hands-on contributor, with a passion for compassion.

Carole Waitte has been a member of the Los Gatos Morning Rotary for 16 years, volunteering for

The power of stories to inspire and move.

Reflections on 'A Day in the Garden With Friends'

By Dinah Cotton

"I became a journalist to tell stories. I've always believed media can inform and inspire—and most importantly, can move humanity forward. That's what I try to do with every story I tell." - Maria Shriver

On June 1, I was fortunate to attend the Summit League's biennial "A Day in the Garden with Friends" at Villa Montalvo featuring a conversation between two journalists: Maria Shriver, best-selling author member of the Kennedy family and former First Lady of California; and Jessica Aguirre, Emmy-award winning primetime evening anchor at NBC Bay Area News.

The fundraiser benefited Pursuit of Excellence, a scholarship program that provides support to low income, hard-working students, helping them fulfill their dreams of earning a college degree. Learn more at poescholarships.org.

A nod to Shriver's book, "I've Been Thinking," the two journalists' correspondence and hearing from the POE scholarship

recipients got me thinking about stories.

Telling stories is how humans learn and become more human. In ages gone by, that is all that we had, stories. No written words—we learned from storytelling. Listening to folklore, reading written and verbal history, engaging in conversation, hearing people's testimonies... It all expands our humanness.

Through Shriver's story of taking her privilege and expanding into a world of opportunity for those less-fortunate, she teaches us all to strive for a better life. Whether by writing books, quietly raising money for organizations and speaking on ways to progress, she proves that we all have many stories to tell.

Grandiose thoughts are just that, but "putting pen to paper" and sharing deep thoughts and emotions with compassion has resulted in best selling books and public conservations.

On the palatial green gardens of Villa Montalvo, we were exposed to just that. We were privileged to the inside track, thinking and experiencing paths to take towards a more fulfilling life.

Shriver and Aguirre's conversation discussed how they think, pray and reflect. It was much like listening to old friends who know what to say to you when you need to hear it. They shared the ways they cope with daily life: loss, grief, family, raising children and more, invoking joy, accomplishment, and striving to bring out the best in ourselves and others. The audience was left with a sense of the importance of women helping women, and learning how to have more fulfilling, meaningful lives within communities of compassion.

Cesia Rangel Espinosa, a UC Davis graduate and POE scholarship recipient shared her story of why college was so important to her.

"I wanted to make my family proud," Rangel Espinosa said. "Going to college would make me the first in my family to attend a four-year university. My two older sisters didn't get the opportunity to attend college. So I also wanted to set an example for my younger brother."

We often take this open female sharing for



Jessica Aguirre and Maria Shriver at Summit League's "A Day in the Garden With Friends." Photo by Drew Altizer Photography

granted. In our current time, we desperately need the stories that a human critical brain alone can think up, combined with feelings from the human heart. Not some cold, calculating, electric-generated algorithm device that overanalyzes and does not have a human heart pumping fresh blood to it.

This is what this Summit League event inspired in me: to pay attention to the stories that our lives produce, and tell them with courage. You never know who your story will inspire.

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Passing the torch: seniors give their best advice to underclassmen

By Larry Wang, *Lynbrook High School*

With the Class of 2023 graduating, seniors are reflecting on their transformative journey and the valuable lessons they've learned along the way. Here are some of their inspiring insights and life lessons, reminding underclassmen that there is no one way to walk the path of Lynbrook.



Aneesha Jobi, Senior: "I'd recommend getting your driver's license as soon as possible. Personally, I found driving to be cathartic while running errands alone and exciting when driving with friends! Driving is a great way to take a break from Lynbrook's stress culture."

Brian Ling, Senior: "One thing that helped me manage my time while simultaneously balancing self care was meditating for 20 minutes every morning before school. Meditation was really helpful for me because it cleared my head. As the day progressed, I felt more awake and more productive. Meditation, everyone!"



Antone Jung, Senior: "I always brew and bring with me a bottle of black tea wherever I go. It especially helps me get through a long school day, because micro-dosing on caffeine has the effect of keeping me awake without making me overly energetic. In general, I'd recommend tea over coffee for the high school student because it's healthier and still provides a moderate energy boost!"

Anishka Banerjee, Senior: "Take the time to invest in your personal relationships more, particularly with your parents. As you mature in high school and hit your senior year, you begin to realize the time you spend with your family is quickly dwindling, and that you'll leave them the next year when going off to college and starting your adult life."



Kylie Chang, Senior: "In my senior year of high school, I started to notice the staff at Lynbrook who work so hard for us but often go under appreciated. Since then, I've befriended the Lynbrook custodian and crossing guard. I think a meaningful way to connect with the school is to appreciate the staff, as it helps to have a support system at Lynbrook that consists of teachers, counselors and other mentors."

Christina Cheng, Senior: "Figure out what works for you personally when it comes to researching college and career options. It's easier to feel pressured into what is conventionally seen as acceptable at Lynbrook and steer yourself toward a certain path, but it's more important to find something you would genuinely enjoy studying."



American Sign Language will be an opportunity to fulfill world language credits with accessibility and convenience to students

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ASL pg. 1

school year are looking to be around 20 students.

Students earn the world language credit needed for graduation through this course, and Safine reports that students — especially upperclassmen — who are new to language learning see ASL as a suitable choice, since all students, regardless of skill level, attend the same class. Students may also appreciate the more hands-on nature of ASL,

Safine said.

Junior Paul Hulme took the ASL class last fall and said it was an unusual educational experience. The class was taught solely in sign language, and the instructor wrote on whiteboards for guidance and spoke only after class.

"I joined ASL because one semester meant the same amount in language credits as two semesters of a more traditional high school [language] class," Hulme said. "Also, if I ever wanted to communicate with a person who is

hard of hearing, it would be useful to have some knowledge of ASL."

Students with personal connections, such as friends or family in the hearing-impaired community, often attend the course to better support their loved ones and bridge the communication gap.

"ASL really is a great option for students who are interested in learning how to communicate through sign language," Safine said.



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FOR MORE INFORMATION, PLEASE CALL OR EMAIL RAJ KAUR AT 408-868-1254 OR RAJ@SASCC.ORG.

The gift of mobility for West Valley seniors

By Joe Simitian,
Santa Clara County
Supervisor

If anyone had told me early on that our Reach Your Destination Easily (RYDE) program was going to be such a big success we'd have to hustle for volunteer drivers, I'd have said, "I look forward to that day."

Well, that day is here. I'm proud to have championed RYDE's launch, which is on track to provide more than 10,500 rides this fiscal year to folks age 65 and older in the West Valley and South County. RYDE's numbers tell quite a story.

More than half of the nearly 800 enrollees live with a disability or mobility aid like a cane or walker, one-fifth are veterans, and 80% qualify as low income. The average client's age is 82. The top three destinations: senior centers, medical appointments, and shopping.

RYDE started six years ago as a small pilot project in Saratoga using taxis. The response was so positive that the folks who cooked up the six-week trial — Saratoga city officials and SASCC executive director Tylor Taylor — reached out to me and asked if Santa Clara County could help keep the program going.

We could and did, in

large part by building a coalition with four other West Valley cities and a second social services agency, West Valley Community Services. Two years ago, we secured Valley Transportation Authority Measure B grants for innovative transit models, which allowed RYDE to further expand into high-need areas in San Jose and Morgan Hill.

One of RYDE's best features is its simplicity. No bus schedules to negotiate, no ride sharing apps or surge time pricing to figure out. Just a trustworthy lift to run an errand, see the doctor, or get out to socialize—for a modest fee, based on need. "Modest" isn't a euphemism; the average trip distance is less than four miles and costs riders under a dollar.

Of course, four miles can be insurmountable when you don't have a car, or have health challenges. In its early days, RYDE helped more than a few folks who hadn't been out of the house for more than a year.

"That's a disaster," says Taylor. "Home becomes a prison. You can't sustain yourself, your outlook declines. We want people to live their lives as though they have their own car."

Taylor hopes to see RYDE expand throughout the County in the next five years.

To make that happen—and to keep pace with new clients signing up every month—we need more drivers. Volunteers don't have to commit many hours or even pay for gas to make a difference. It's easy. After a short training course and background check, RYDE's program coordinators do all the scheduling, connecting drivers with clients.

Saratoga resident Kirch DeMartini, who has been driving clients several times a month ever since the program got off the ground, is RYDE's longest serving volunteer. "I thoroughly enjoy it. I meet all kinds of people," he says.

At age 82, retired from Los Gatos High School after 40 years as a teacher, counselor and administrator in the South Bay, DeMartini is happy he's in a position to help other seniors be more actively engaged and independent.

"We're a car-oriented culture; if you don't have a car or someone to drive you, you're really up a creek. Not everybody can afford to take cabs or Uber," he says. "I'm happy to discuss the pros and cons with anyone considering volunteering."



RYDE clients exit their driver's vehicle with their groceries and supplies.
Photo by Light FX Photography

There are no cons. There's a real need in the community, so if you can do it, do it."

Thank you, Kirch. I'm gratified that RYDE has really blossomed. In order to keep that momentum rolling, if you too can give the gift of mobility, RYDE seniors need you. So think about it, please.

For more about RYDE in Saratoga, Los Gatos and Monte Sereno: sascc.org/ryde-about; and, sascc.org/ryde-volunteer-driver-application. For RYDE in Campbell and Cupertino: wvcommunityservices.org/ryde; scroll down for the volunteer driver application link.

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



DID YOU KNOW...

The RYDE Senior Transportation Program can deliver curbside orders to your home!

Let us help you save time and energy. Subsidized rates available to those who qualify.



Contact Program Manager Joe Maddox at (408) 892-9739 or joe@sascc.org to learn more!

Letter to the editor

I quite enjoyed your article on Louis Ferrigno, who is the same age as I am. Like him, I exercise three times a week, although I go to Curves in San Jose as there is no longer a Curves in Los Gatos. I also walk a mile almost every day with my husband. Although originally a midwesterner, I came to Los Gatos in 1962 and have been at my current address since 1973. Cheers for us nonagenarians! And thank you for a fun newspaper.

- Marilyn Keeney

Medicare and vacation: does Medicare cover me when I travel?

By **Corinne Vita**,
Medicare Advisor

You've planned your itinerary, made your reservations and are ready to go. But before you go, see if Medicare coverage will follow you.

In most situations, Original Medicare won't pay for medical costs outside the United States. This means anywhere other than the U.S. 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa and the Northern Mariana Islands. This means if you are on a cruise, you may be covered by Medicare if the ship is closer than six hours away from a U.S. port. Medicare

won't cover services you receive if your ship gets further away.

To make sure you stay covered anywhere you go, many people get a Medicare Advantage plan or a Medicare Supplement plan since these plans may have worldwide emergency coverage.

Let's review what's included for travel with a Medicare Supplement and a Medicare Advantage plan.

Original Medicare can be paired with a Medicare Supplement and Prescription Drug plan. A Medicare Supplement plan can be used at any doctor or hospital that accepts Medicare in the U.S. You can use a Medicare Supplement plan nationwide which allows Medicare beneficiaries a lot of flexibility,

including the option to live in another state for part of the year.

Medicare supplements are standardized. For example, Plan G covers foreign travel not covered by Medicare up to a lifetime maximum benefit of \$50,000. Plan G covers medically-necessary emergency care services beginning during the first 60 days of each trip outside the USA. Plan G pays 80 percent of the billed emergency charges outside the USA after you meet a \$250 deductible. Emergency services could include ambulance transportation from the scene of an emergency to the nearest medical treatment facility. Transportation back to the U.S. from another country

is not covered.

A Medicare Advantage plan is another option to provide travel coverage. These plans are required to provide emergency care anywhere in the USA. Many Medicare Advantage plans cover worldwide, urgently-needed and emergency care. These plans may have annual coverage limits and copays. Check your plan details to see what your plan covers.

What are "urgently-needed services"? An urgently-needed service is a non-emergency situation requiring immediate medical care but, given your circumstances, it is not possible or not reasonable to obtain these services from a network provider. Some examples of urgently needed services are 1) a

severe sore throat that occurs over the weekend or 2) an unforeseen flare-up of a known condition when you are temporarily outside the service area. Check your plan details to see what your plan covers.

The bottom line: if you have Original Medicare or a Medicare Advantage plan, you'll be covered for emergency care while traveling anywhere in the USA. If you have a Medicare Supplement or a Medicare Advantage plan with foreign travel coverage, you will have coverage for emergency care outside the USA.

Need free Medicare help? Contact Corinne Vita at cvitahelp@gmail.com or 408-621-4422.

ARTIST OF THE MONTH



by Dinah Cotton

JOAN DRENNAN

OIL PAINTINGS

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Joan is originally from Bakersfield, and was an elementary school teacher for many years.

In 1990, after returning from Singapore where her husband was transferred for his career, Joan decided to study the art of oil painting. She began at San Jose State, and then frequently took workshops and studied under master oil painters.

Currently she is just getting back into taking workshops as they are starting to be offered again.

One trick she's learned along the way is to dry her canvases in her car, usually in the front window.



Using oil as her medium, Joan paints portraits, landscapes and still life. At Gallery24, she is a Member Artists and Gallery Director, hanging her works there and in private collections throughout the South Bay. Her portraits are remarkable in capturing the likeness and character of her subjects.

JULY
2023

Busting myths and aging well

By **Laura Clapper**,
M.D., MPPA, CPE,
Medical Director for CCA
Health California

In this age of misinformation, it's often difficult to parse out what's real and what's not in the world of personal health. Television is rife with commercials selling the latest supplement, and social media is full of charlatans making endless claims. Below, I've answered some of the most common questions I hear as a physician.

1. "I'm healthy, with no serious diseases, so can I skip my annual physical?"

A: No, and this is even more important the older you are. Even if you feel healthy, keep that appointment on the calendar to ensure your medications are in order, doses are correct and you can even ask if it's possible to lower your copay. It's also a good idea to get annual blood work to track your cholesterol, blood pressure, thyroid and other indicators of health.

2. "I'm losing my memory but that's normal for people in their 70s, right?"

A: False—sort of. According to the Alzheimer's Society, approximately 40% of people will have some form of memory loss after age 65. But even if we experience memory loss, chances are that it is more mild, and it is still unlikely to be dementia. The Cleveland Clinic has

a helpful list of questions to see if memory loss you experience is minor or something more serious.

3. "If I eat really well. I don't have to worry as much about exercising, right?"

A: Incorrect! Also, no one has to run marathons or lift heavy weights to gain benefit from exercise. Walking 30 minutes a day (even 10 minutes three times per day) can make a big impact on your health. Increasing physical activity such as walking to get your mail, or around the block, can add up if done regularly. Talk to your doctor about what exercise is safe for you. Also, exercise assists with balance, bone health and flexibility—all beneficial in reducing risk and injuries of falls.

4. "I don't need sunscreen. I don't live in a very sunny place and besides, I have darker skin."

A: Absolutely not. In fact, seniors have more sensitive skin, and it can often be extra thin from taking blood thinners or other medications. A minimum of SPF 30 should be worn every day. The best sunscreen is the one you'll use, so find a formula that you like and make it a habit. Often people think only fair-skinned people who burn need sunscreen, but that's false as well. According to the Skin Cancer Foundation, people of color are typically diagnosed later, when it is harder to treat.

5. "My blood pressure meds worked so well that my blood pressure is down, so I stopped taking them."

A: This is one of the most dangerous myths and very common. Research has shown that roughly half of patients don't take their medication as directed. This can be extremely detrimental to your health. Make sure to speak to your doctor if costs, side effects, or any other concerns are becoming obstacles to taking your prescribed medications.

6. True or false: BMI and weight are the best indicators of health.

A: It's a bit more nuanced than that. While being severely overweight certainly raises risk for heart disease, on the flip side, some people are what we call "skinny fat," meaning they often have high blood pressure, heart disease, or any number of other health issues that they mistakenly think only occur when someone is overweight. This is another reason why it's so important to keep up your wellness visits to your doctor since weight is only one part of the overall picture.

7. "I've been smoking since my teens and I'm in my 50s, so isn't the damage already done?"

A: It's never too late to quit smoking. We start to see health improving, believe it or not, within 24 hours after someone quits. According to The American Lung Association, 20 minutes after quitting,



Photo by Ravi Patel on Unsplash

your heart rate drops to a normal level, and within 24 hours after quitting, the risk of heart attack is significantly reduced. Also, vaping is not a healthier alternative. Data shows links to chronic lung disease and asthma, and associations between dual use of e-cigarettes and smoking with cardiovascular disease.

8. "We all have issues with our hearing as we age. I guess I'm just stuck with the hearing aid I've had since 2016."

A: This is absolutely not true, and it's important to note that lack of hearing increases isolation. Make sure to get your hearing checked as often as you get your annual eye exams. In addition, Medicare covers hearing exams and in some circumstances may cover hearing aids, so talk to your doctor and make sure to explore the newest ones available, instead of relying on one from years ago.

Sources:

- Alzheimer's Association: tinyurl.com/nhf4z53u
- Cleveland Clinic Dementia resource: tinyurl.com/clevelandclinicdementia
- Skin Cancer Foundation: tinyurl.com/4vtv6kjj
- Medication study: tinyurl.com/4yk7uk5v
- American Lung Association: tinyurl.com/nhdxbxtu
- E-cigarette study: tinyurl.com/ywe5eyuz

Dr. Clapper is the Medical Director for CCA Health California, a community-focused health plan that serves individuals in Santa Clara and San Joaquin counties. In this role, she works closely with the plan's clinical team, community partners, and providers (independent physician associations) to develop programs that help residents stay healthy and well.

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www.sascc.org/social-centers-1

SARATOGA ADULT DAY PROGRAM

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www.sascc.org/adult-day-program

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Los Gatos, CA 95030
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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.

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.

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

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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

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Emergency Response, Fire Prevention, Education & Preparedness
www.sccfd.org



Photo by Hannah Busing on Unsplash

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

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

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San Jose, CA 95111
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(408) 255-8033

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— Karl A. Menninger

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Monthly grants are available to offset your high out-of-pocket medication costs for asthma inhalers, diabetes medications, or EpiPens prescriptions.
Learn more and apply online at medassist.sccgov.org.

FREE ADULT DAY PROGRAM SERVICES

If you or a loved one needs adult day services for a spouse or family member, please reach out to the Saratoga Adult Day Program today! You may qualify for free services depending on income. The center is open for in person services at its Saratoga location. Join us for brain games, exercise, or plain, simple fun!

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



Free Legal Services for Santa Clara County Residents Age 60 or Older

SALA provides legal assistance for the following types of legal matters:

- Social Security, SSI, Medicare, Medi-Cal, and In-Home Supportive Services
- Nursing Homes, Residential Care, Alternatives to Institutionalization
- Restraining or Protective Orders (to prevent elder abuse or domestic violence), Revocation of Powers of Attorney (for fiduciary abuse)
- Landlord-Tenant, Subsidized/Senior Housing, Mobile Home Residence matters, Utilities
- Medicare HMO, Supplemental Insurance, Long-Term Care Insurance problems
- Advance Health Care Directives, Health Care Powers of Attorney, Uniform Statutory Form Powers of Attorney (for financial management)
- Death of Joint Tenant Affidavits, Small Estate Affidavits (valued at \$184,500 or less)
- Statutory Wills or Holographic (handwritten) Wills for elders with modest assets

SALA provides assessment, advice, and/or referral for other types of legal matters.

SALA appointments are available at:
Saratoga Senior Center
19655 Allendale Avenue
Saratoga, CA 95070

Appointments can be made at the front desk or by calling (408) 868-1257

This program is partially or fully funded by:



SALA's services are also partially funded by: State Bar of California • Legal Services Trust Fund Program • Equal Access Fund • California Department of Aging • County of Santa Clara • City of Campbell • City of Cupertino • City of Milpitas • City of Mountain View • City of Palo Alto • City of San Jose • City of Santa Clara • City of Sunnyvale • Silicon Valley Campaign for Legal Services

ASK the EXPERT

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



Noise Induced Hearing Loss: Protect Your Hearing!

Fireworks may be once a year, but protecting your hearing is 24/7/365.

Christine Throm, Au.D.

Did you know that Approximately 26 million Americans have hearing loss that may have been caused by exposure to noise. If you suffer from hearing loss, you probably know it is irreversible. The most important thing we can all do is ensure early detection and have a plan for prevention. Use these tips to give you the best plan of action:

Lower the Volume: Modern technology allows us to be entertained everywhere: from music in our earbuds, to TV at home and radio in the car. Movie theaters, concerts, sporting events and restaurants are all very noisy! On a global basis, 1.1 billion young people are at risk of hearing loss due to their misuse of personal audio devices, such as smart phones.

Earbuds are convenient but can easily cause damage to our hearing. Earbuds worn directly in the ear canal produce sound 7-9 decibels higher and increase the risk of permanent damage in as few as 8 minutes of listening. Protect your hearing with the 60/60 rule: *use earbuds no more than 60 minutes per day, at no more than 60% maximum volume.*

Over-the-ear headphones expose the ear drum to less direct sound waves and are a better choice overall.

Know the level of the noise: Many of the sources of noise we encounter are expected: concerts, sporting events and lawnmowers can lead to noise-induced hearing loss, even if exposure is only occasional.

Know which noises can cause damage (those at or above 85 dB):

Normal Conversation: 60dB

Power Lawn Mower: 90 dB Motorcycle: 95 dB

Emergency Siren: 120 dB Firecrackers: 150 dB

Use Protection: One easy way to protect yourself is to always carry earplugs. One-time use disposable earplugs are inexpensive, compact, and very helpful in preserving hearing. Don't forget to protect the ears of children too young to protect their own (children's earmuffs are readily available). *Custom earplugs are also available for musicians, construction workers, and other professionals.* Ask your audiologist if custom ear plugs may be right for you.

Recovery Time After Exposure: If you are in a loud environment, take a break from the noise every so often to give your ears a rest. If you can't reduce the noise or protect yourself, move away from it.

Regular Screenings: Annual hearing exams are key to prevention. Hearing loss happens progressively, and often is overlooked until it has developed significantly. With regular screenings, you can catch hearing damage before you notice it yourself to prevent further loss.

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

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

Free Community Seminar Want more information about hearing health?

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



Friday, July 7, 2023: Noise Induced Hearing Loss
Friday, Aug 11, 2023: Hearing Loss & Cognitive Decline
Friday, Sept 8, 2023: Hearing Loss and Risk of Falls
Friday, Oct 20, 2023: Hearing Loss and Depression
Friday, Nov 10, 2023: Diabetes and Hearing Loss
(Dates and location subject to change)

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

Seating is limited for these FREE events.

Please call for time and location information

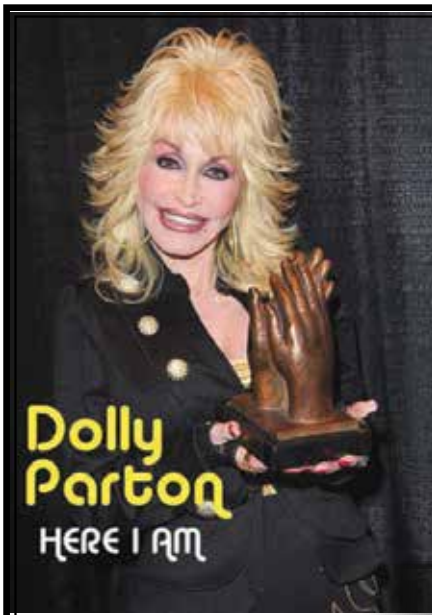
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15899 Los Gatos-Almaden Rd. Suite 8, Los Gatos, CA 95032
(on the corner of National and Los Gatos-Almaden Rd.)

www.LosGatosAudiology.com



Dolly Parton: Here I Am (2019)

In this documentary, the life, career and music of Dolly Parton are reflected in interviews with friends and companions and the artist herself, interlaced with clips of Parton's performances.

TV-14 | 1h 30min | Documentary, Biography, Music

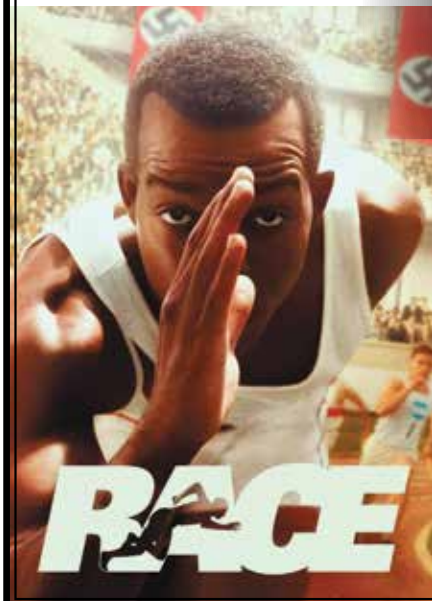
The Glass Castle (2017)

A young girl comes of age in a dysfunctional family of nonconformist nomads with a mother who's an eccentric artist and an alcoholic father who would stir the children's imagination with hope as a distraction to their poverty.

PG-13 | 2h 7min | Biography, Drama



NOW STREAMING



Race (2016)

Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy.

PG-13 | 2h 14min | Biography, Drama, Sport

Rebecca (2020)

A young newlywed arrives at her husband's imposing family estate on a windswept English coast and finds herself battling the shadow of his first wife, Rebecca, whose legacy lives on in the house long after her death.

PG-13 | 2h 3min | Drama, Mystery, Romance



PLAYING NEAR YOU

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



Indiana Jones and the Dial of Destiny

Archaeologist Indiana Jones races against time to retrieve a legendary artifact that can change the course of history.

PG-13 | 2h 34min | Action, Adventure

Stars: Harrison Ford, Phoebe Waller-Bridge, Antonio Banderas

Mission: Impossible - Dead Reckoning Part One

Ethan Hunt and his IMF team must track down a dangerous weapon before it falls into the wrong hands.

Releasing July 11.

PG-13 | 2h 43min | Action, Adventure, Thriller

Stars: Rebecca Ferguson, Tom Cruise, Hayley Atwell



Barbie

To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken. **Releasing July 20.**

PG-13 | 2h 21min | Adventure, Comedy, Fantasy

Stars: Margot Robbie, Kingsley Ben-Adir, Ryan Gosling

Oppenheimer

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. **Releasing July 20.**

3h | Action, Adventure, Sci-Fi

Stars: Biography, Drama, History



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www.amctheatres.com/movie-theatres/san-jose/amc-saratoga-14

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 (408) 399-9800
 43 N Santa Cruz Ave, Los Gatos, CA 95030
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Stay informed - July/August

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:
July 11, 18, 25, August 1, 8, 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: July 12, 4:30-5:30 p.m.

View agenda and meeting info at www.losgatosca.gov/200/Conceptual-Development

Planning Commission: July 12, 26, August 9, 7 p.m.

View agenda and meeting info at www.losgatosca.gov/189/Planning-Commission

Complete Streets and Transportation Commission: July 13, August 9, 7:30 a.m.

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

Arts and Culture Commission: July 19, 5 p.m.

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

General Plan Committee: July 20, August 9, 5:30 p.m.

View agenda and meeting info at www.losgatosca.gov/199/General-Plan-Committee

Housing Element Advisory Board: July 20, August 3, 7 p.m.

View agenda and meeting info at www.losgatosca.gov/1735/General-Plan---Housing-Element

Council Policy Committee: July 25, 5 p.m.

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

Historic Preservation Committee: July 26, 4 p.m.

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



Saratoga

City Council: August 2, 7 p.m.

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

Heritage Preservation Commission:

July 11, August 8, 8:30 a.m.

View agenda and meeting info at www.saratoga.ca.us/285/Heritage-Preservation-Commission

Parks and Recreation Commission:

July 11, 6:30-8:30 p.m.

View agenda and meeting info at www.saratoga.ca.us/364/Parks-Recreation-Commission

Planning Commission: July 12, 7 p.m.

View agenda and meeting info at www.saratoga.ca.us/357/Planning-Commission

Traffic Safety Commission: July 13, 6:30-9:30 p.m.

View agenda and meeting info at www.saratoga.ca.us/329/Traffic-Safety-Commission

Public Art Commission: July 17, 7 p.m.

View agenda and meeting info at www.saratoga.ca.us/510/Public-Art-Commission

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

View agenda and meeting info at www.saratoga.ca.us/350/PEBTAC-Trails-Advisory-Committee

Finance Committee: August 8, 4 p.m.

View agenda and meeting info at www.saratoga.ca.us/359/Finance-Committee

Save the Date:

August 12, 2023

9:30 a.m. – 1 p.m.

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

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

In-Person at Student Services Building.

Free event parking in lot 4.

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

