

# LOS GATOS

An exclusive magazine serving the residents of Los Gatos  
The Heart of Los Gatos

# Living



**Dr. Clyde Horn and  
Thu Cates-Horn**  
*Helping our  
Community*



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CST # 1002864-10

# Dear NEIGHBORS,

We hope that everyone is staying safe and healthy! While summer is looking different this year, we hope you are still able to get outside and enjoy the warm weather and our beautiful town.

This month, we have the pleasure of featuring the wonderful Dr. Clyde Horn and Thu Cates-Horn. Both Clyde and Thu do so much to help others in the community. Clyde, a veteran himself, has helped other veterans get the support they need. Thu and Clyde both love working with kids and have done so much with the Los Gatos Kiwanis Club. We know you will enjoy learning more about Clyde, Thu, and their family!

You'll also have a chance to read about community events and more in this month's issue.

Please feel free to send me any content you'd like to share. At *Los Gatos Living*, we love sharing what's going on in our community!

*See you in town,*



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# County Update - Looking back and looking ahead

By Mike Wasserman, Santa Clara County Supervisor



Disease. Death. Sheltering in place. Demonstrations. Distance with neighbors. Destroyed businesses. Anger, confusion and distrust. Was it the right choice? Did we wait too long or not act soon enough?

While I could easily be describing recent events and sentiments, I am reflecting on the past. On another turbulent upheaval that took place 2,500 miles east of Los Gatos and nearly 250 years ago. A revolt that began in 1765 and ended 18 years later with the birth of a nation. While it is easy to look back with certainty about what was right, who was right, and the worthiness of the sacrifices made for the cause, American independence was anything but certain at the time. And citizens on both sides of the fight experienced the destruction of their businesses, and the loss of their homes, fortunes and lives. While observing the American colonial struggle for independence, Thomas Paine wrote on December 23, 1776 that "These are the times that try men's souls." The same could be said for us living in 2020.

Since March, I have received more than 15,000 emails and messages about COVID-19 from the people I represent on the Santa Clara County Board of Supervisors. I read them -- from morning to night, seven days a week -- and respond to the pleas for help, demands for accountability, and the understandable expressions of anger, frustration and confusion. I have been a staunch advocate for re-opening our economy, as those who have contacted me or who watch the County Board of Supervisors meetings can attest. The insidiousness of a viral enemy makes it frustrating to fight because we cannot declare ourselves independent of it or vote it away. Instead we are left to wage a war of patience and cleanliness, and plan for an uncertain but hopeful future. And although I drew a parallel between the hardships faced by Americans 250 years ago and now, the common enemy is not a person or ideology. The enemy is COVID-19 plain and simple. I empathize deeply with the families who are struggling to keep food on the table and a roof over their heads. And much like during the aftermath of the American Revolution, I do believe that our economy is well-positioned to rebound and that recovery will happen.

Please visit my website at [www.SupervisorWasserman.com](http://www.SupervisorWasserman.com) for COVID-19 resources including where to get free testing, case tracking, business resources, assistance with food and housing as well as volunteer and donation opportunities.

See you around town! (From 6 feet away of course)

Mike Wasserman, Vice President  
Santa Clara County Board of Supervisors  
[www.supervisorwasserman.com](http://www.supervisorwasserman.com)

County Supervisor Mike Wasserman represents the Town of Los Gatos on the Santa Clara County Board of Supervisors. After serving eight years on the Los Gatos Town Council as Mayor and Councilmember, Mike was elected to the Santa Clara County Board of Supervisors in November 2010, and re-elected in 2014 and 2018. Mike and his wife Kim have lived in Los Gatos for 38 years where they enjoy taking their three French Bulldogs -- Coco, Max and Peaches -- for walks around Town.

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### FEEDBACK/IDEAS/SUBMISSIONS:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 7th of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [gloucher@bestversionmedia.com](mailto:gloucher@bestversionmedia.com).

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 Fire Prevention: 16795 Lark Ave., Suite 200, Los Gatos 95032  
 Los Gatos Fire Station: 306 University Ave., Los Gatos 95030  
 Winchester Fire Station: 14850 S. Winchester Blvd., Los Gatos 95032  
 Shannon Fire Station: 16565 Shannon Rd., Los Gatos 95032  
 Redwood Fire Station: 21452 Madrone Dr., Los Gatos 95033  
 Emergency: 911  
 Non-Emergency 24 Hour Dispatch Center: 408-299-2503  
 Administrative Offices Phone Number: 408-378-4010  
 Administrative Offices Hours of Operation: Monday - Friday 8 AM - 5 PM  
 Website: [www.sccfd.org](http://www.sccfd.org)  
 Social Media: @SCCFireDept #CountyFire

### IMPORTANT PHONE NUMBERS:

Police Department: 408-354-8600  
 Fire Department: 408-378-4010  
 Town Hall: 408-354-6834  
 Library: 408-354-6891  
 Parks and Recreation: 408-354-8700  
 Los Gatos - Saratoga Joint Union High School District: 408-354-2520  
 Los Gatos Union School District: 408-335-2000

### CONTENT SUBMISSION DEADLINES:

<b>Content Due:</b> .....	<b>Edition Month:</b>
January 7 .....	February
February 7 .....	March
March 7.....	April
April 7.....	May
May 7.....	June
June 7.....	July
July 7.....	August
August 7 .....	September
September 7 .....	October
October 7 .....	November
November 7 .....	December
December 7 .....	January

If the submission deadline falls on a weekend,  
 please submit by the Friday before no later than 5pm.

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### Dr. Nava Fathi, Endodontist

408-358-8777, [www.samendo.com](http://www.samendo.com)

Dr. Nava Fathi is a graduate of the Arthur A. Dugoni Pacific School of Dentistry as well as the USC School of Dentistry graduate school of Endodontics. She currently serves as an associate professor at the Dugoni School of Dentistry. Dr. Fathi is a trustee on the California Dental Association and the American Association of Endodontists. She currently practices endodontics in her private office in San Jose, CA.



### Colin Triplett

408-370-1739, [www.mintconditionfitness.com](http://www.mintconditionfitness.com)

Born and raised in Los Gatos, Colin Triplett, owner of Mint Condition Fitness, has a passion for helping others maximize life and health. When he was young, his long-time mentor passed away after a long battle with his physical and mental health. In his memory, Colin dedicated his life to ensuring others not fall into the same downward spiral as his mentor.



After earning his bachelor's degree from Santa Clara University, Colin went on to found Mint Condition Fitness, which specializes in fitness over 48. Now as the #1 rated personal training studio in Los Gatos, he and his Mint team help members get more out of life by teaching them how to lose unhealthy weight, regain movement and stamina, and increase FUNCTIONAL strength.

### Dr. Christine Throm, Au.D.

408-498-7760, [www.losgatosaudiology.com](http://www.losgatosaudiology.com)

I believe in the idea of always expanding and always developing. That's what motivated me to start Los Gatos Audiology and Hearing Aid Center – helping people to hear better, improving their communication, and improving their lifestyle.



For over 20 years, I've built my career in the South Bay, most recently at the Ear Nose and throat of Los Gatos. I've always dreamed of expanding into my own private practice to serve the needs of local residents in the city where I live. In 2008, I earned my Doctoral degree in Audiology from Arizona School of Health Sciences, and in November 2013, my dream arrived when I hung out my own sign here in downtown Los Gatos.

We would love to meet you at Los Gatos Audiology and Hearing Aid Center!  
 Please contact us at 408-498-7760.

### Victor Adint, CFP®, Berkeley MBA

Victor Adint is a Wealth Advisor and CERTIFIED FINANCIAL PLANNER™ professional with Raymond James Financial Services, Inc. Member FINRA/SIPC. Victor has a passion for helping people understand important financial concepts so that they can make smart and informed financial decisions. His approach to investment strategy and planning benefits from his corporate finance background as well as his economics and finance education at U.C. Berkeley and U.C. Davis.



Victor's branch is located at 229 West Main Street, Los Gatos, CA, 408-402-3059.



## Dr. Clyde Horn and Thu Cates-Horn

### *Helping our Community*

*By Genevieve Laucher, Photos by Hyunah Jang*

**D**r. Clyde Horn and Thu Cates-Horn love spending time with family and helping the community in a variety of ways. From the Kiwanis to the Veteran's Memorial and Support Foundation, Thu and Clyde enjoy being involved in organizations that help others.

Thu was born and raised in Vietnam and moved to the U.S. with her family in 1973. In 1974, she went into business at the 7-Eleven store on North Santa Cruz Avenue and Blossom Hill Road. She still works there to this day and has gotten to know and love the community through her business. Thu and Clyde's children and grandchildren live locally, and their oldest grandchild now works with Thu at 7-Eleven as the store manager.

In 1980, Thu also became a Realtor with Team Fordyce, a small brokerage in Los Gatos. Thu mostly deals with residential real estate. Like with 7-Eleven, Thu enjoys getting to meet people in the community and help them out. She has gotten to know so many people in town and has formed lifelong friendships.

Clyde is from Oakland, but with his father in the Air Force, he and his family moved with his assignments. They lived all over the U.S. and in some foreign countries, including Morocco and the Philippines, where his younger brother was born. His family moved every year and a half until he graduated from high school in Oakland, finally returning to the same city where he had gone to kindergarten. Due to all of this moving, Clyde was familiar and comfortable with all different cultures from a young age.

When Clyde returned to the U.S., he encountered various movements and unrest. He began college, but in 1967 went to Vietnam as a combat soldier. He was there for one year in the jungles in the area known as the iron triangle. The war and being in combat was very hard, and something he struggled with after returning. However, Clyde was able to finish college and go on to graduate work when he returned from the war.

Clyde came back from the war with a lot of questions. He earned one Master's degree in theology and another Master's in

education, then began working with churches as a therapist and a minister. He decided he wanted to become a licensed therapist and earned a third Master's in marriage and family therapy. Clyde went on to also earn his PhD in clinical psychology. He loved helping others but was also seeking answers himself. He realized he had PTSD from the war and still struggled with it. It wasn't until Clyde met Thu that his life really changed for the better.

In 1995, Thu and Clyde met while ballroom dancing! Clyde wanted a place to meet people, not necessarily dating, but a great social group. Thu had grown up focusing on academics and was never allowed to have extracurricular activities, so she wanted to do something different just for fun and exercise, and to meet friends in a safe environment. This led them both to try out ballroom dancing, and when they met, they found that they were the perfect match. They still occasionally do social ballroom dancing when they go on vacations and have a lot of fun.

Both Thu and Clyde love children and have kids from their previous marriages. They have seven grandchildren, all who live close by, and range in age from nine to twenty-four. Their grandkids have grown up helping Thu in 7-Eleven and always come by when they want to earn some money. Because they both love working with children, both Thu and Clyde are members of the Los Gatos Kiwanis Club. Clyde has a lot of experience working with children with disabilities or trauma at the county level and at school districts. The Kiwanis Club focuses on children's charities, including scholarships for high school students.

Clyde, as a veteran himself, is also very dedicated to helping veterans in the community. He was a committee member of the Los Gatos Veteran's Memorial and Support Foundation and is now an honorary board member. The Foundation supports local veterans in perpetuity. One way that Clyde helps is by writing articles around the issues that veterans face. He also has hosted a Friday breakfast for veterans at the Denny's in Campbell every week since 2009. Since Coronavirus, he has been doing a weekly email instead, but hopes they can meet for breakfast again soon. Each week, Clyde gives a short talk on an issue, but mostly the veterans share about their weeks, support each other, and check in on each other.

When Clyde returned from Vietnam, even as a wounded veteran who had been awarded the Purple Heart, there were no services available. When he retired from his full-time work in 2008, he revisited the VA in Palo Alto to find that there are now many more services available for veterans. He discovered through a veteran's services officer that he had free medical care for the rest of his life, as well as disability services, even though he had never been notified about this. Clyde applied to disability benefits due to PTSD and heart attacks as a result of being exposed to Agent Orange. It was still very difficult to navigate the system, though, and this is something that Clyde helps other veterans with today. It took Clyde two years to navigate the disability system and he is now a 100% disabled veteran.

Continued on page 8



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Clyde chose to get treatment through art therapy and discovered his love for photography and using his creativity. He began to use photography as a means to express his thoughts and feelings, and then began to write as well. He wrote two books, PTSD in Pictures & Words and Veteran Guilt in Pictures & Words, both published by a local publisher. A company called ArtLifting that only sells art by individuals impacted by disabilities or homelessness discovered Clyde's photography and asked him to send them some to their art gallery in Boston. They have sold his art to companies throughout the country.

Both Clyde and Thu love to be outdoors and can often be found walking or hiking together. Clyde says that Thu helped him to

become more spontaneous; she loves to get up and do something new. They love traveling and experiencing different places and cultures. Thu also loves to cook and learn new recipes from all different cuisines.

Thu and Clyde are both very compassionate and spend a lot of their time caring for others; Thu with her network of friends who she is always there for, and Clyde with his group of veterans who he supports. Both of them love helping children as well through their work with the Kiwanis. We are very lucky to have caring people like Thu and Clyde as part of our community!

Learn more about Clyde's books at [www.rp-author.com/horn](http://www.rp-author.com/horn).

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By Genevieve Laucher

Counseling and Support Services for Youth, also known as CASSY, aims to de-stigmatize mental health services and make supporting students' social and emotional well-being the norm in our local schools. CASSY started in 2009 with just two therapists running a summer camp in East Palo Alto. Los Gatos High School asked CASSY to come to them that same year, and

CASSY has since expanded to over 50 schools in San Mateo and Santa Clara County.

All CASSY clinicians are licensed therapists with graduate degrees. They use experienced therapists to tackle their clients' issues rather than using their clients' issues to train inexperienced therapists.

Schools hire CASSY to provide professional mental health services to students on campus. They are assigned a therapist, or multiple therapists depending on their needs, who are at the school site all day and become interconnected with the school community. The therapists are available for students to drop in, easing the barriers of cost and transportation to make mental health services available.

CASSY clinicians are trained on age-appropriate therapies for their schools. For example, a therapist at an elementary school can provide services in the classroom setting, working with teachers to model mindfulness skills or create Calming Corners to reduce anxiety. Therapists at high schools can offer one-on-one sessions or group counseling. Schools will work with CASSY therapists to identify the needs of their students. CASSY therapists work closely with school staff, are available for consultations and, when necessary, intervene in crisis situations.

Marico Sayoc, former Mayor of Los Gatos, joined CASSY as the executive director in December 2019. She is helping to make sure that all kids have the care they need, even during these challenging times. Since schools closed in March, CASSY therapists have been providing virtual support to students. They faced some difficulties in the beginning, since some students did not have access to devices or wifi. However, CASSY worked with school districts to identify who needed what and made sure that students could still access their services.

During this time of remote therapy and more people being at home, CASSY clinicians have been able to deepen their connections with parents. Some parents have found that they needed more resources to help their children during this time. CASSY has stepped up to support parents too, holding two webinars so far that had over 200 parents attending each one.

CASSY has also supported families with weekly care kits, links to tools and resources based on a specific subject each week, including stress, mindfulness, and parent-child bonding. CASSY has sent these resources to schools as well, and they hope to continue this in the upcoming school year. They also want to continue to build out parent counseling, whether that is after-hours, remote, or through more webinars.

As CASSY continues to adapt to the unknown, they are currently planning for the upcoming school year, working with school districts to ensure that they can continue to support students whether that is in person or remotely. CASSY would also like to focus on broadening their reach in the community. There is an increased interest in mental health and need for resources and services. CASSY will continue to meet students' needs and look after their well-being in every way they can.

To learn more about CASSY, visit [www.cassybayarea.org](http://www.cassybayarea.org). View the weekly care kits under "Resources."

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# THE FLAME OF LIBERTY BURNS BRIGHT

1<sup>ST</sup> ANNIVERSARY OF A MEMORIAL DEDICATION

HONORING U.S. MILITARY, FIRST RESPONDERS & LOCAL 9/11 HEROES



By Ellen Manzo, Photos by Glenn Kishi, Tony Avelar, Roy Prasad, Dr. Clyde Horn

**VETERANS**  
MEMORIAL & SUPPORT  
**FOUNDATION**  
OF LOS GATOS

On June 15, 2020, the Veterans Memorial & Support Foundation honored the courage and sacrifice of all U.S. military service members, veterans, first responders, and two local 9/11 heroes – Mark Bingham and Todd Beamer, as they marked the anniversary of the dedication of The Flame of Liberty. The memorial honors those who are responsible for defending America’s freedom and security. As the Foundation celebrates the first anniversary, they remember the spirit of service and solidarity that so many of America’s citizens showed during the conflicts that plagued our country over time and following the terrorist attacks of 9/11. The examples of heroism are especially inspiring and vital right now when considering the many U.S. service members and first responders who have placed their own lives on the line and are confronting COVID with courage.

Today, Silicon Valley is fortunate to have The Flame of Liberty enlighten us to the fact that our community members now have the chance to celebrate all of those on the front line of battle, on the front line of natural disasters, on the front line of American law and order, on the front line of COVID-19, and on the front line of American values and freedom.



A GRATEFUL NATION HONORS THE COURAGE AND SACRIFICE OF ALL VETERANS WHO SERVED TO ENSURE OUR LIBERTY



The work of the Veterans Memorial & Support Foundation is far from complete. The members of the Foundation relish the fact that eight years of planning and securing Town support for The Flame of Liberty is behind them as a result of their efforts, a beautiful world-class memorial stands in Silicon Valley at the Los Gatos Civic Center. Today, the members of the Foundation continue to secure funds for their capital campaign and plan steps towards accomplishing their next mission of delivering support and improving the lives of veterans, service members, and their families. See [www.honoravet.org](http://www.honoravet.org) for more information about the Veterans Memorial and Support Foundation of Los Gatos or how you can be part of this important community endeavor.

# Jazz on the Plazz

By Teri Hope

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Photo supplied by Jazz on the Plazz

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Los Gatos Music and Arts is a non-profit organization, with the mission of providing free-to-the-public music and art productions. We have kept this great summer concert series going for 17 years and we will continue to bring world-class musicians and artists to our community in any way we can.

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To help continue our efforts there are opportunities for you to support the artists through the LGM&A program on our website.

*P.S. If you are having trouble viewing the show at any time please message us at [losgatosmusicandarts@gmail.com](mailto:losgatosmusicandarts@gmail.com)!!!! We will try and help!!!*



# A canceled plant sale led to growing food to help our community!

By Rebecca Jepsen

Due to COVID-19 our annual Spring Garden Market had to be canceled this year. As a long-term Santa Clara Master Gardener, I was concerned about the financial impact to our organization and I couldn't bear the thought of any of those amazing tomatoes and peppers finding their way into a compost pile!

I decided to buy several hundred plants in hopes of donating them to a garden that would grow food for our local safety net organizations and soup kitchens that are struggling to feed our (unfortunately) ever-growing homeless population.

The only problem...I couldn't find a garden explicitly doing that, so I decided to enlist a few friends and find a place to do it ourselves. I called up my good friend, AJ Anderson, the director of facilities and real estate for Uplift Family Services and ask her if she could find us some space at her Los Gatos location.

Of course, not only did AJ say yes – true to her nature – she whole-heartedly jumped in to help! “I thought it was fantastic; there's nothing like being able to give back to families in need,” she added.

I went to two local nurseries and they graciously loaned me over 100 five gallon pots. I then purchased 2½ yards of potting mix, called up some of my fellow Master Gardeners, friends and clients – and in no time we had a team of 12 ready to grow!

We planted about 70 tomatoes, peppers and pollinator plants in the pots and placed them in a terraced planting area that hadn't been used in quite some time. We also planted another 70+ plants in a raised bed garden area.

We are using a trellising method called the “Florida Weave” to shore up the tomatoes. It is much easier and more economical than buying tomatoes cages. We initially planted on May 2nd, and the plants are doing amazingly well!

We can't wait to start harvesting and delivering the produce to our friends and neighbors who are in need. With all the issues around COVID-19, folks need healthy, nutritious food now more than ever. And, there is nothing better than fresh tomatoes and peppers straight “off-the-vine”!

I grew up on a farm in the Midwest, so growing food and eating fresh, seasonal produce is part of my DNA. And, I try to build community in everything that I do. My dad always taught me that, “if you've done well – you need to do good”! And, as a Realtor with Golden Gate Sotheby's Int'l Realty, I have been blessed.



Overall, I spent less than \$1000 on the garden. And, it only took the team about 3 hours for all of the planting. We were able to fit the pots into an area that is about 30' x 40'. We do go back on a regular basis to water, check on the plants, and add rows of twine as the plants grow.

I am hoping to be a catalyst for others to see just how they, with just a few friends and a crazy idea, can truly make a difference in our community.

If you would like to start a similar project at your company, church, or in your own backyard, just call me — I am here to help!

Rebecca Jepsen: 408-357- 3990, [rjepsen@ggsir.com](mailto:rjepsen@ggsir.com), [www.rebeccajepsen.com](http://www.rebeccajepsen.com), [www.growing2shine.com](http://www.growing2shine.com).

## RAT RACE LIFESTYLE

# Revisions

By Jeff Blum

At the outset of the pandemic, my stumble and fall in the dark while running on the road, was a fitting sign of the times. Like many other people, I was not ready to change my routine despite the pandemic, and I was disoriented by the changed, seemingly unknowable new world.

Despite sustaining a large gash on my forehead and injuries to my hip, knee, and arm, I bandaged myself up and completed my four plus mile run. Granted, I was crazy to allow my usual goal driven mind set to prevail. However, I was not going to allow this Corona Virus thing, whatever it was, deter me. Never mind that I was only a few months away from my 69th birthday and transitioning my divorce litigation and mediation law practice to semi-retirement mode. I was bound and determined to remain a programmed work and workout machine.

My stubborn insistence that I maintain a rigorous work and workout routine despite the pandemic, led me to up the ante. I began running longer distances. I included in my daily routine, two walks. Then I hit a wall.

The wall first manifested itself in a swollen and sore right ankle. Despite this injury, I tried to continue my workout routine until suddenly, I was barely able to do any more than one walk a day, taken at a very slow pace.

It wasn't just the ankle injury that did me in. I experienced shortness of breath, headaches, body aches and chest pressure. My body told me what my brain refused to accept. This Pandemic had pushed me over the edge because of my persistent desire to maintain the norm.

My shortness of breath and other symptoms led me to the emergency room in the middle of the night a few weeks ago. After two days there, and a major heart related health scare, I went through an angiogram procedure. After the successful procedure requiring no stents and no further interventions, I returned home. I had not gotten the coronavirus although the virus hysteria had, in its own way, gotten to me. Instead of contracting the coronavirus (I tested negative for it twice), I'd panicked out of fear of contracting the coronavirus and I'd caught some other type of virus.

Day after day at the sound  
of the gun we fight for positions  
Elbow to elbow we run.

Excerpted from "Rat Race" by Kip Wringer,  
Reb Beach and Don Purne

Upon being released from the hospital, I was instructed to take it easy for two weeks, but I couldn't do it. Much to the despair of loved ones, I got back on the road the day after returning home from the hospital for a walk/run. I combined it with a walk later in the day. I was heading back into fully embracing the rat race routine. My New York go go go upbringing, some Protestant work ethic (although I am Jewish) or my mother's one time comment when I was a child that I was "lazy," made me spin and spin some more on the rat race wheel. Parents beware; your off the cuff comments can have consequences.

I was finally forced to slow down largely out of circumstances beyond my control. With Courts closed and Judges postponing hearings, my work slowed down. As a concession to my plan to curtail my work load, I stopped taking new cases. Limited to Zoom calls with friends and family, my social calendar was reduced. Running slower and walking less came less easily, but adding Podcasts to my outdoor exercise routine and acknowledging the reality that I'd just turned 69 years old and I'd been set back seriously by pandemic panic, helped me ease up on the workout regimen.

I worry that when things reopen more, and this pandemic really passes, I will return to the rat race routine I'd engaged in before. As I relive the past few months in my thoughts, I look towards the future with trepidation and also hope about my ability to remain off the rat race spinning wheel.

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## YOUR HEALTH, the FUTURE, and

# MEDICARE



By Lucille Maravilla

Over the past year I have been writing about how to enroll in Medicare, why you enroll, how Medicare covers health costs, and additional plans that are available to compliment Medicare and cover some of its costs . We have also discussed deadline pitfalls, and Medicare fraud. These articles have contained

Medicare “how to” instructions and information. However, it is important to look at the bigger picture. Many of us forget to think about what the future might hold. As you near Medicare age, here are some questions to consider.

Does my current lifestyle keep me healthy? Are my day- to-day activities contributing to my health or depleting it? If I am healthy, will I need average care or do I want access to state-of-the-art medicine if something goes wrong? If I have health issues, what kind of support will I need? Do I want to keep my doctors or am I open to seeing new ones? Do I want to travel if I have health issues? Have I invested or saved enough for health events not covered by Medicare?

For example, although some Medicare Supplement or Advantage plans may provide dental and vision coverage, this coverage is generally for common problems. If you are going to need dental implants or lots of root canals, or maybe you want the newest lenses when you have cataract surgery: current thinking says that to meet these costs, you can expect to spend almost \$200,000 over your lifetime after age 65.

If you don’t already have one, you might consider working with a financial planner to help create a strategy for how you will meet your health expenses. A good financial planner usually introduces many of the situations I just mentioned, in anticipation of addressing these issues. We can’t control what will happen, but we can prepare for the possibilities.

If you have children, include them in the discussion of how you are preparing for your health future. If something happens to you where you cannot make decisions or remember where you have stored important information, i.e. Medicare plan names and description of coverage, drug usage with plan name and dosage, then your children can step in to help. No children? Share your strategy and information with a trusted friend or designate a fiduciary. Medicare insurance companies provide authorization forms that can give permission for family and others to review billing, make address changes, pay bills, or make inquiries on behalf

of the insured party. The insured party must sign the authorization form. Medicare and Social Security also have these forms.

Much of what I have discussed is not fun to think about. But if you plan ahead, making the shift to Medicare will go smoothly. You will have a clearer picture of what you want. Your Medicare agent will then help you sort thru the choices available to you. You can choose the coverage that financially works best for you and you will feel confident about your choices.

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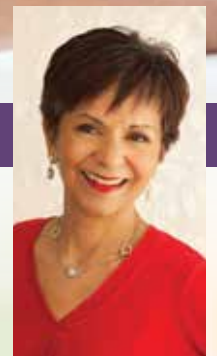
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# GROWING 2 SHINE!

## Growing Food & Community Together

By Rebecca Jepsen

[Growing2Shine.com](http://Growing2Shine.com)

Your tomato plants should be growing strong now! Some early varieties may even be producing. Tomatoes can be affected by fusarium or verticillium wilts (leaves and branches will turn yellow and wilt) – it's best to remove and replace the plant if you encounter these problems. Try planting resistant varieties in the future. Blossom end rot is a common problem caused by a calcium deficiency and/or uneven watering. Also be on the

lookout for tomato hornworms, they can be 4" long and can do significant damage!

### Brussels sprouts

Brussels sprouts are known as a "superfood." They are a great source of protein, iron and potassium. They are even a good source of vitamins C, K, and B1 as well as omega-2 fatty acids – talk about a power-house veggie! Try shaving them and sautéing them in olive oil, garlic and mushrooms – I promise you will be truly impressed!

### What to Plant in July

Key: • Seed | • Transplant | • Bareroot

- beans
- Brussels sprouts
- chayote
- okra
- squash, summer
- zucchini

Local nurseries should have a good supply of most of these.

### What to harvest this month:

- apricots • beans • blackberries • blueberries • corn • cucumbers • citrus • grapes • eggplant • olallieberries • most herbs • nectarines • peaches • radishes • raspberries • tomatoes • turnips • zucchini

### Green Tip of the Month

If you are running a quick errand around town, try walking or riding your bike. Not only will you get some fresh air and exercise, you will also save on gas, and – you will only buy what you can carry – now that truly is savings on top of savings!

If you have a question or comment, I'd love to hear from you...  
Rebecca Jepsen, 408-357-3990, [rjepsen@ggsir.com](mailto:rjepsen@ggsir.com)

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# Bok Choy Salad

By Madison Farkas

Bok choy, also known as Chinese cabbage, is a leafy green available in most grocery stores. It forms the base of this Asian-inspired salad, which makes a great addition to your next backyard barbecue.

## INGREDIENTS

### Salad

- 1 small bok choy, chopped
- 2 green onions, sliced
- ½ lb. bean sprouts
- 1 lb. mushrooms, thinly sliced
- ½ cup toasted almonds
- ½ pkg chow mein noodles
- 1 pkg dry ramen noodles, broken up
- 2 Tbsp toasted sesame seeds

### Dressing

- Seasoning packet from ramen
- ½ cup canola or peanut oil
- 1 tsp salt
- 3 Tbsp white vinegar
- 1 Tbsp soy sauce, to taste
- 1 tsp sugar
- 1 tsp pepper

## DIRECTIONS

1. Combine salad ingredients in a large bowl.
2. Combine dressing ingredients in a glass jar or sealable container. Shake to mix, then toss with salad.

# Beyond Shelter-In-Place: Lifestyle Wellness Tips



By Nita Bhatt

One's lifestyle contributes significantly to the well-being of our mind and body! Today's chaotic times have resulted in changed lifestyles, "a new normal", where the boundaries between work and home are not often clear. We feel uncertainty and anxiety because we don't know what the future holds. Our sleep and eating schedules may be off and we are not exercising regularly. All of this can eventually lead to physical disease.

Here are some suggestions for improving your overall well-being for a healthy mind and body:

- » **Attitude:** Choose victory over becoming the victim!  
The key is to develop gratitude and have a positive outlook. Recognize that people may not meet your expectations but that you must move forward for your own well-being.
- » **Stress relief:** Find what works for you!  
Take nature walks, connect with a loved one, read, volunteer/help others, pursue hobbies or learn a new skill.
- » **Find your purpose:** Research shows that doing worthwhile work, however small or big, brings a sense of inner harmony!  
Start preparing your mind the night before. Find a "purpose" for the next day!
- » **Diet:** You are what you eat!  
Maintaining adequate hydration and a healthy diet leads to a healthy mind and body. Minimize caffeine and alcohol.
- » **Exercise:** Stay consistent!  
Start at your own pace and gradually increase the intensity and frequency. Remember to stretch and warm up. Please consult your doctor if you have pre-existing conditions before you start any exercise program.



- » **Environment:** Make your surroundings your sanctuary!  
Avoid distractions and clutter. Simplify your space so that it feels soothing and comfortable for you.
- » **Whilst at work:** Take short 2-5 min "moving/stretching" breaks, 2-5 times a day. Open a window to get fresh air circulating. Keep the room temperature comfortable. Rejuvenate by taking a deep breath!
- » **Sleep is the best medicine:** Quality over quantity of sleep!  
Invest in a good mattress and pillow that supports your head in relation to your shoulders and spine. Seven to nine hours of sleep is recommended for optimal well-being. If you have trouble sleeping, wake up 30 minutes earlier in the morning. This will make you more tired at bedtime.
- » **30 minutes before going to bed:** Establish a routine!  
Take a warm bath or drink a glass of warm milk, herbal tea or water. As you unwind, turn off all screens, read a book or listen to relaxing music to make your sleeping environment more peaceful. Smile! Spend a few minute meditating.

**Wake up with determination and go to bed with satisfaction!**

Nita Bhatt is a Board-certified Occupational Therapist and Ergonomist. Apex Homehealth Services provides In-home Nursing, Physical and Occupational therapy services and is MEDICARE certified.

For more information, call 408-410-9059 or  
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# INDEPENDENCE DAY: A BRIEF HISTORY

BY KADY PARKER

Each year on July 4th, we celebrate the day the United States emerged as an independent nation in 1776. While many Americans know the significance of this federal holiday and the basic facts about it, let's take a few moments to refresh our memories when it comes to the history surrounding the birth of American independence.

New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, New Jersey, Pennsylvania, Delaware, Maryland, Virginia, North Carolina, South Carolina and Georgia. These were the 13 colonies established by Great Britain during the 17th century. When Great Britain imposed taxes on these colonies, there was a great deal of resistance from the colonists who felt it was unfair, given they didn't have any representation in Parliament. In fact, "no taxation without representation" would later be chanted by colonists and cited as one of the major grievances that led to the Revolutionary War.

As a result of these tensions, the Revolutionary War (also referred to as the American Revolution) began in April 1775. A motion for the colonies' independence was proposed on June 7th, 1776, by Virginia delegate Richard Henry Lee. In it he wrote, "That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection

between them and the State of Great Britain is, and ought to be, totally dissolved; that measures should be immediately taken for procuring the assistance of foreign powers, and a Confederation be formed to bind the colonies more closely together." (www.history.com).

Continental Congress passed the resolution by a large margin on July 2nd, 1776, and the Declaration of Independence was officially adopted on July 4th. So while the vote was passed two days prior, America's independence has always been celebrated on the 4th. In a letter to his wife Abigail, John Adams wrote that the day should be commemorated with "pomp and parade...games, sports, guns, bells, bonfires and illuminations from one end of this continent to the other." (www.history.com).

Shortly after the declaration, celebrating freedom from the monarchy included mock funerals for King George III. By 1777 though, the festivities included bonfires, parades, concerts, and the firing of cannons and muskets, as well as public readings of the Declaration of Independence, to mark the day. To this day, Americans celebrate liberty from Great Britain by flying the American flag, attending concerts or parades, lighting fireworks and remembering the sacrifices made in order to secure our freedom.

Source consulted: [www.history.com](http://www.history.com).



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17770 Tournay Road	\$6,000,000.00	0	5	5/1	4,772	3.28 Acres	Los Gatos	Res. Single Family	42
17930 Vineland Avenue	\$4,400,000.00	95	5	3/2	4,097	29,998 Lot SqFt	Monte Sereno	Res. Single Family	67
16141 Rose Avenue	\$3,580,000.00	11	5	5/0	3,375	10,872 Lot SqFt	Monte Sereno	Res. Single Family	13
14990 Winchester Boulevard	\$2,950,000.00	21	3	2/1	3,201	35,837 Lot SqFt	Los Gatos	Res. Single Family	74
16180 Jasmine Way	\$2,900,000.00	3	3	2/1	2,571	10,380 Lot SqFt	Los Gatos	Res. Single Family	64
16195 George Street	\$2,800,000.00	157	0	0/0	2,144	15,497 Lot SqFt	Los Gatos	Res. Single Family	109
15930 Rose Avenue	\$2,725,000.00	0	5	4/0	3,088	8,684 Lot SqFt	Los Gatos	Res. Single Family	33
249 San Mateo Avenue	\$2,600,000.00	0	4	3/0	2,300	6,746 Lot SqFt	Los Gatos	Res. Single Family	82
124 Bersano Lane	\$2,425,000.00	0	4	3/0	2,324	4,925 Lot SqFt	Los Gatos	Res. Single Family	13
17598 Via Sereno	\$2,405,000.00	9	4	2/0	2,316	9,378 Lot SqFt	Monte Sereno	Res. Single Family	50
16421 S Kennedy Road	\$2,400,000.00	13	5	3/0	2,624	1.12 Acres	Los Gatos	Res. Single Family	47
16107 Mays Avenue	\$2,300,000.00	5	3	1/0	1,472	13,414 Lot SqFt	Monte Sereno	Res. Single Family	95
15807 Union Avenue	\$2,300,000.00	6	4	3/0	2,769	20,096 Lot SqFt	Los Gatos	Res. Single Family	59
231 Arroyo Grande Way	\$2,235,000.00	0	4	2/0	1,823	14,044 Lot SqFt	Los Gatos	Res. Single Family	61
11 Peralta Avenue	\$2,200,000.00	10	4	3/0	2,052	7,000 Lot SqFt	Los Gatos	Res. Single Family	130
15280 Blackberry Hill Road	\$2,200,000.00	9	5	3/2	3,937	6.33 Acres	Los Gatos	Res. Single Family	40
16750 Magneson Loop	\$2,060,000.00	0	3	2/0	2,033	8,101 Lot SqFt	Los Gatos	Res. Single Family	88
16161 Azalea Way	\$2,000,000.00	0	5	2/1	2,166	9,041 Lot SqFt	Los Gatos	Res. Single Family	65
133 Blossom Glen Way	\$2,000,000.00	0	3	2/1	2,100	8,322 Lot SqFt	Los Gatos	Res. Single Family	57
124 Craig Way	\$2,000,000.00	0	4	2/1	1,935	7,859 Lot SqFt	Los Gatos	Res. Single Family	53
15730 El Gato Lane	\$1,980,000.00	8	4	2/0	1,985	8,156 Lot SqFt	Los Gatos	Res. Single Family	10
16998 Kennedy Road	\$1,925,000.00	0	2	2/0	1,375	7,894 Lot SqFt	Los Gatos	Res. Single Family	82
112 Las Astas Drive	\$1,910,000.00	0	4	2/0	1,983	9,626 Lot SqFt	Los Gatos	Res. Single Family	0
15701 Toyon Drive	\$1,780,000.00	0	3	2/0	2,051	27,565 Lot SqFt	Los Gatos	Res. Single Family	64
1621 Hyde Drive	\$1,700,000.00	3	4	2/0	1,854	8,270 Lot SqFt	Los Gatos	Res. Single Family	52
17730 Bruce Avenue	\$1,690,000.00	0	2	2/0	1,184	10,009 Lot SqFt	Monte Sereno	Res. Single Family	66
536 Roxbury Lane	\$1,631,000.00	0	4	2/1	1,752	8,125 Lot SqFt	Los Gatos	Res. Single Family	59
120 Las Astas Drive	\$1,605,000.00	19	4	2/0	1,292	6,561 Lot SqFt	Los Gatos	Res. Single Family	62
15940 Rochin Terrace	\$1,583,500.00	0	3	2/0	1,616	8,751 Lot SqFt	Los Gatos	Res. Single Family	59
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106 Almond Hill Court	\$1,260,000.00	0	3	2/0	1,295	3,077 Lot SqFt	Los Gatos	Res. Townhouse	47
15720 Los Gatos Almaden Road	\$1,100,000.00	0	3	2/0	1,494	1,812 Lot SqFt	Los Gatos	Res. Townhouse	48
55 Rogers Street	\$960,000.00	28	1	1/0	550	10,003 Lot SqFt	Los Gatos	Res. Single Family	90
71 Roberts Road, #5	\$940,000.00	0	2	2/0	1,154	Lot SqFt	Los Gatos	Res. Condominium	35
439 Alberto Way, #104	\$565,000.00	0	2	2/0	888	Lot SqFt	Los Gatos	Res. Condominium	42

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Guiding  
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Hosted by  
Nicholas J. Welzenbach



This podcast is a series of conversations around something we all will feel and yet no one really talks about and we are never prepared for. **Grief**

My goal is to provide a resource people can access to help them understand they are not alone as they experience grief.

Stay tuned for future episodes, we'll host:

- Faith leaders with decades of experience helping people deal with grief
- Hospice workers and Nurses sharing their experiences
- And other Gurus talking about the effect physically and emotionally people may go through as they travel their own grief journey.



<http://bit.ly/2U0PbkF>