Janice and Dave de Carion: Family, Music, and Fun in Los Gatos!
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LINDA L. LESTER, Owner | LeslerSquareLosGatos.com
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 David and Janice de Carion. Whether they’re spending time with their kids and grandkids, playing golf or tennis, or Dave is playing with his band, they both love their life in Los Gatos. Dave’s band, Severe Pleasure, has played all over the Bay Area and beyond. Janice has worked with many charitable organizations that have made a huge positive difference in our community. We know you will enjoy learning more about Janice, Dave, 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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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.

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I have been advocating for a balanced approach to opening the economy while keeping the public safe. This is not simple or easy. With daily changes to the number of COVID-19 cases and confusing State orders, Santa Clara County is working to slow the spread of the virus while allowing people to safely resume their lives. The State approved the opening of more businesses in our County on July 13. This is great news! But to keep things open, we need everyone to do their part by strictly following social distancing requirements, washing hands and wearing face coverings.

The impact of the COVID-19 pandemic has pushed us into a recession deeper than what we faced in 2008-2009. Santa Clara County government is currently anticipating a $300 million budget deficit for Fiscal Year 2021 due to increased costs and declining revenues as a result of fighting the pandemic. As with all levels of government across America, cuts are inevitable and services will be impacted. This is an extremely daunting budget season and my goal is to work with the community and my colleagues to minimize negative impacts to County services, such as our desperately needed health and hospital system battling COVID-19. Public budget hearings are scheduled for August 18th, August 19th and August 21st at 1:30 pm and can be watched live online at www.sccgov.org. In the coming months, I will draw on my business experience and my nearly 18 years of public service to help ensure that our budget meets the increasing needs of our residents.

I know I say this often, but I am so proud of the people and the spirit of Los Gatos in the face of adversity. My wife Kim and I marveled at how our town transformed almost overnight into a vibrant and welcoming place once again. Sidewalks are filled with outdoor diners under umbrellas, lively boutiques and shops beckon passersby and friends exchanging heartfelt greetings (from 6 feet away). Things don’t just happen: People make them happen and I am blown away by all that has been done to make sure the public knows that “Los Gatos is Open for Business.” Kudos to all involved with turning such a difficult event into an opportunity.

We Got This LG!

Mike Wasserman, Vice President
Santa Clara County Board of Supervisors
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.
EXPERT CONTRIBUTORS

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What does one do when a global pandemic threatens to “cancel” one of the biggest fundraising and social events of the summer? If you are Cancer CAREpoint’s passionate volunteer committee, you figure out a way to make it happen. The Garden Party is the main fundraiser for Cancer CAREpoint, a locally-founded cancer support organization. Cancer CAREpoint provides a broad range of services at no cost to support those touched by cancer, including counseling, nutrition and exercise classes, and a variety of programs supporting physical and emotional well-being.

For the last three years, Cancer CAREpoint has raised a record $1 million each year at the party with over 400 attendees. This year the committee, led by Co-chairs Sandi Frazer and Erin Baxter, “transplanted” the party from where it was planned at the beautiful Saratoga home of John & Melinda DiNapoli to an online event at www.cancercarepointlive.com.

The good news: everyone is invited to attend this year’s event at no cost. This has traditionally been a private, sold-out party, not to mention one of the best parties of the year!

The committee has created an impressive, interactive virtual event, replete with silent and live(ly) auctions. Cancer CAREpoint co-founder Gay Crawford hints that there will be some surprises and fun for sponsors and attendees at the transplanted Garden Party.

To bring a little taste of past events home, Garden Party sponsors will receive “Secret Garden Baskets,” filled with all they need to host a private viewing party with Hi-Five Catering and Joseph George wines, and some “secret” surprises. Cancer CAREpoint and the Garden Party Committee hope all virtual guests will sport their summer best with their own specialty CARE cocktail in hand while tuning in and bidding up a storm on over 100 auction items. One lucky bidder will be packing their bags for a five-day ocean view suite at the Four Seasons in Maui.

Funds raised at the Garden Party will help grow the Next Decade of CARE for the over 10,000 Silicon Valley residents living with and living beyond cancer and their care networks. Cancer CAREpoint ensures no one has to go through cancer alone. As a Cancer CAREpoint client and cancer survivor, shares:

“When I first came to Cancer CAREpoint, I was dying of cancer. Or so I thought, until I attended my first Metastatic Cancer Support Group where I met fellow sojourners and an excellent counselor. All in one session, I was transformed from dying of cancer to living with cancer.”

Sponsorships are still available, and to attend the party, at no charge, visit cancercarepoint.org/gardenparty. Circle August 23 on your calendar and tune in at 6:00 pm to join the party. Your participation will make a difference in the lives of thousands of families in your community touched by cancer.
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Since I was a little boy I’ve always wanted a Saint Bernard. A house down the street from my childhood home had about 6 of them lounging around in the yard. To a 5 year old boy they were the most majestic creatures on earth. Since then the thought of getting one was never far from my mind, but it wasn’t until my brilliant wife, Christy, decided to look into getting a special 50th birthday present for me.

As usual she does tons of research and is very persistent in getting what she wants. She found an amazing breeder in southern Oregon who had a pregnant dog that was about to have a new litter. Normally these pups are spoken for as soon as word of the pregnancy gets out, but luckily for us a buyer from Brazil backed out at the last minute and Jasper, as he would come to be known, was offered to us. The following weekend we were on the road to Oregon to get our newest family member!

The drive was long but when we arrived we met them at a local dog show with not one but a dozen or more full grown beasts! Just like I had remembered from my childhood. We met Jasper for the first time and instantly fell in love with this 18 pound, 9 week old puppy. All of the pups in his litter had to have names that started with J, so his siblings are Jagger, and Cash (Johnny). Both of his parents are AKC grand champions in this breed, and his father was the Saint Bernard in the most recent Beethoven movie, ”Treasure Tail”.

We drove Jasper back home to Los Gatos and he sat on Christy’s lap the whole way. Even though he’s grown over a hundred pounds since then he still thinks of himself as a lap dog, and quickly jumps on the bed or the couch with ease. My kids love him as much as we do, and he certainly turns heads when we walk around the town. Jasper, like his parents, already has dog champion traits. He won his first dog show at 9 months of age!

He’s friendly and lovable, and yet clumsy. He’s fallen down the stairs a couple of times in his sleep! He certainly has that puppy energy still, and he clearly doesn’t know his own strength. Or maybe he does. When he doesn’t want to do something he lays down on the ground and refuses to move. It’s not easy moving a 130 pound stubborn tank who doesn’t want to!

We love Jasper and he has become part of the family with his very warm disposition. If you see him around town come by and say hi. He definitely enjoys all of the attention and is very friendly. A lot of love in a very big package!
My entrance to the world of cystic fibrosis (CF) came in 1995, when my beautiful daughter, Tess, was diagnosed with this progressive and fatal disease. At that time, cystic fibrosis was not included in California’s newborn screening panel, and the painful news came after months of invasive tests at Stanford to determine why she was severely underweight and in chronic pain. That day, my life was changed forever.

Prior to Tess’ diagnosis, I knew very little about cystic fibrosis, the most common fatal genetic disease in the United States. While improved treatments have increased the predicted age of survival for those with CF, there is no cure. Thick, sticky secretions impede the body’s ability to clear bacteria from the airways, leading to chronic infections that damage lung tissue and lead to respiratory failure. Other complications include fatigue, sinusitis, diabetes, early osteoporosis, liver cirrhosis and male infertility. For those with advanced lung disease, a double lung transplant may be the only life-prolonging option. Last year, the median age of death was only 30 years.

There is a tremendous learning curve to master the necessary daily CF medical regimen. Cystic fibrosis is a largely invisible condition; to look at my daughter and others with CF, you would likely never perceive their constant battle – with a staggering daily medical regimen – to slow a degenerative disease. Imagine spending hours each day breathing aerosolized medications while strapped into a mechanical shaking vest to help you cough up mucus trapped in your lungs. Consider taking a handful of capsules every time you eat in order to digest your food. With a minimum of two daily hours of respiratory therapy, 50 pills, diabetes management, equipment sterilization, and frequent home IVs, my daughter and her CF peers spend over 1,000 hours per year managing their disease – a part-time job!

After Tess’ diagnosis, I coped by seeking information to help my daughter maintain her health and empower me to be her strongest advocate. I attended a conference hosted by Cystic Fibrosis Research, Incorporated (CFRI) that provided critical information from CF medical experts and connection with others walking the CF path. CFRI provided me with the tools to help my daughter, as well as a supportive community that enhanced my coping skills. I was hooked, beginning as a volunteer, then joining the Board of Directors, ultimately joining the staff in 2013. It has been an honor to be a part of CFRI’s expansion through the years, to meet the diverse needs of our CF community.

CFRI was founded in 1975, by a group of Peninsula parents whose children were not expected to reach their teen years. Initially formed to fund research, CFRI now offers a wide range of programs and services to our local and national CF community. Our educational programs – newsletters, conference, podcasts – keep people informed, while our psychosocial support programs address the depression and anxiety that are escalated for those living with CF. Due to extreme cross-infection risks, those with CF cannot be together – physical distancing, and the isolation it provokes, have long been a reality for our community. We offer counseling support, Mindfulness classes, support groups, Yoga, and more, as improved mental health translates to better physical health.

CFRI is also very involved with advocacy and awareness activities. With only 30,000 individuals living with CF in the nation, it is critical that we raise our voices to support research for a cure, while encouraging the FDA to fast-track new CF therapies through the review process. As a testament to the impact of our efforts, the FDA recently approved a new combination drug therapy that addresses the defect in the CFTR protein that causes CF. Sadly, not all with CF can use this drug, and it is not a cure. We still remain focused on hope for the future.

COVID-19 has raised fears for our community, due to its devastating respiratory impacts. We are fortunate that the infection-control measures recently put in place for the general public have been our “norm” for many years. Nonetheless, COVID-19 has raised many issues that impact our community, including medical rationing, state licensing for telehealth visits, early and extended prescription refills, and the need for extended leave for the parents of those with cystic fibrosis. Through this challenging time, CFRI has been at the forefront of efforts to help our community members survive the pandemic.

CFRI has many opportunities for volunteer participation and support. We welcome readers to visit our website at www.cfri.org to contact us. As the saying goes, “it takes a village,” and we cannot achieve our goals without the efforts of many. Until there is a cure, CFRI will remain the cystic fibrosis community’s partner in living.
David and Janice de Carion love living in beautiful Los Gatos. Between spending time with family, hobbies, travel, and Dave’s band, Severe Pleasure, they are always enjoying life!

Dave was born in New Rochelle, New York. When entering the second grade, his family moved to western Massachusetts. However, this turned out to be a bad decision. His mother had anemia and bronchitis, and their family was caught off guard with the coldest winter on the record at 36 degrees below zero. Dave says this is where he received his introduction to swearing, watching his father try to start the car in sub-zero weather. Cars back then had six-volt batteries and came with a crank for when the battery ran down in the winter. The engine could backfire and send the crank backwards breaking your arm. Needless to say, Dave’s family decided not to stay for another winter!

This time successfully relocating to warmer weather, the de Carion family moved to New Mexico and then later to El Paso, Texas, Clearwater, Florida, and Baton Rouge, Louisiana. Dave was at a new school every year up until high school when his family finally moved to Redondo Beach in California. He got to stay at the same high school for all four years. After graduating, he attended Cal Berkeley and has been in Northern California ever since.

At a friend’s wedding, Dave met his wife, Janice, and they got married in 1965. This year, they celebrated their 55th wedding anniversary! Janice grew up in Tracy and unlike Dave, spent her whole childhood in one place. She graduated from the same high school that her parents did and then went on to Chico State, where she earned her teaching credential. Janice taught second grade for seven years with San Jose Unified at Almaden School, quitting when their first son was born. She became a stay-at-home mom and volunteered at their schools.
Dave and Janice bought their first house in Los Gatos in 1969. In 1976, they moved into a larger house in Saratoga where they lived for 26 years. They moved back to Rinconada Hills in Los Gatos in 2003. Their sons, Dave Jr. and Jim, both went to Oak Street School in Saratoga and had the privilege of having Betty Peck as their kindergarten teacher. Grown up now, Dave Jr. was a pilot in the Marine Corps and retired after 21 years. He is now in investment property sales and leasing, which is one of Dave’s businesses that he started back in 1972. Jim is now a teacher in San Francisco and his wife is a special education coordinator in Marin County.

Dave Jr. has three kids, ranging in age from six months old to twelve years old. Jim has two kids, ages five and six. Janice and Dave love spending time with their grandchildren and enjoy all of the funny and cute things they say. When Dave Jr. had his first kid, he asked Dave and Janice what they wanted their grandkids to call them. Dave joked that instead of “grandpa,” his grandkids should call him “The Great One.” Now it’s a joke in the family with their sons and their wives. Their oldest grandchild couldn’t pronounce “grandma” and started calling Janice “Mau Mau,” another nickname that stuck. Janice often makes muffins for her grandkids and they call them “Mau Mau muffins.”

Dave started his career as a chemist but only did this for five years while getting his MBA from Santa Clara. He then went to Stanford Research Institute and worked as an economist, and after that went into commercial real estate, which he still does. In commercial real estate, you’re lucky if you do four transactions a year, so it can be risky. But he found there is something valuable to learn from every job. Dave has sold property all over the country including Illinois, Texas, Washington and New York. He is a numbers person, and enjoys analyzing how a property will perform and whether it is a good investment.

In addition to real estate, Dave went to law school in 1986, graduated in 1990, and has been practicing law since then. He enjoys the practice, although it is high stress, so he is glad that it is not his entire career. Now he does only transactions and is no longer litigating, which makes it less stressful, and has now reduced his caseload to only family, longtime clients and friends. He enjoys helping people out when they need it.

After Janice left teaching and raised their kids, she wanted to go back to work and do something to help out the community. She worked for various nonprofit organizations in the valley including Rebuilding Together, the YWCA, Design Response and Sacred Heart Community Services. Janice worked mainly in an administrative capacity and enjoyed seeing the different things these organizations did to support those who needed help.

With Design Response, Janice ran a warehouse where corporations would donate furniture, then make it available to nonprofits and teachers. With the American Cancer Society, Janice participated in putting on the Grandview League’s Cattle Baron’s Ball, an important fundraiser. She also twice chaired Courageous Kids, the annual event founded by Saratogan Gay Crawford and hosted by Great America Park for all Northern California children suffering from cancer and their families. It’s important for Janice to make a positive difference in our community with her work.
Dave and Janice have a lot of enjoyable hobbies. Dave has always been interested in music from classical to modern jazz to rock. For his 67th birthday, Janice got him a bass and he started taking lessons. Dave started his own band, called Severe Pleasure, and they have been together for ten years. They have played all over the Bay Area and also other locations including Placerville, Mendocino at the lighthouse, and as far south as Laguna Beach. Playing music is always so much fun. Dave can see how going out and listening to music helps people forget about their problems for a while. Severe Pleasure encourages people to dance, play the tambourine, sing into the mic with them, and enjoy life!

Severe Pleasure plays classic rock, including Tom Petty, Creedence Clearwater, Van Morrison, and many more. They play at restaurants, bars, weddings, birthdays; even Celebrations of Life events. Some local venues they have played at include The Boulevard Tavern, the Saratoga Rotary Art Show, Viva Restaurant, The Cats Restaurant, La Rinconada Country Club, Savannah Chanelle Winery in Saratoga, the Los Gatos Wine Walk, and more.

Besides music, Dave plays a lot of tennis, mostly with younger people (because at his age, nearly everybody is younger than he is). Sometimes they will ask how long he has been playing, and he jokes that when he learned, tennis was a lot more difficult because then, all the tennis balls were made out of stone. Janice plays more golf these days, but sometimes they will play either tennis or golf together. Janice and Dave also enjoy bridge, walking, reading, and recently, doing lots of jigsaw puzzles. They also enjoy traveling and go to Hawaii every year. Janice likes to do adventurous things, and went skydiving for her 60th birthday!

Although live concerts are currently on hold, you can watch some of Severe Pleasure’s videos on their website, severepleasurerocks.com, and hopefully see them live soon!
When I was in high school, I was obsessed with Albert Camus, especially The Stranger and its philosophy about the absurdity of life, but also The Plague. I’ve noticed since the advent of COVID-19 a lot of people have gone back to reading The Plague to see if it has any lessons for us during this difficult time. So I’ve done the same.

As we are all experiencing social isolation, not just social distancing, I’ve spent quite a bit of time thinking about community and what it means and how this continued social isolation is going to impact our sense of community and our connections to others.

The Fourth of July was a demonstration of the change we have been experiencing. As mixed as the founding of this country has been for some people, the holiday has always been one where there were parades, picnics, and gatherings with family and friends, topped off for my family with a hike to the top of burro hill (near Testarossa Winery, now) to watch fireworks along the bay.

Not this year. Instead it was just another day. But it was a stark reminder that how our lives might continue to change completely after the pandemic.

The Plague provides an interesting perspective of what we are going through. Quarantine was imposed, and the gates to the city were closed, cutting people off from one another. But Camus observed that instead it meant that all people were in the same boat: “a feeling normally as individual as the ache of separation from those one loves suddenly becomes a feeling on which all shared alike” and along with fear, becomes the “greatest affliction of the long period of exile that lay ahead”.

Ultimately, Camus understood that what we need in this circumstance is to love our fellow humans and to work to help those who are suffering. “This whole thing is not about heroism. It’s about decency. It may seem a ridiculous idea, but the only way to fight the plague is with decency.”

And this is essentially what community is. It’s knowing that our actions and lives are bound up with others, that the health of our society requires that we promote the good of others, and that we have compassion for and understanding of one another’s differences.

There are many ways that we can help each other in our communities. An initiative started by Governor Newsom after COVID is California Volunteers #Californians for All. This initiative connects Californians of any age with safe volunteer opportunities. Many opportunities are either to donate to or work in food banks, because food insecurity is an increasing problem as unemployment rises in this valley. But people can choose what sorts of activities they want to do to help their neighbors. As First Partner Jennifer Siebel Newsom said: “Californians across the state have been rising up to meet this moment and created a culture of me to WE.” Interested volunteers can visit CaliforniansForAll.ca.gov

Community is empowering. So we will come out of this stronger.

“Behind the mask beats a loving heart, ready to serve”

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Everyone is Wrong

By Victor Adint

In my profession, I have to have an opinion, and I always do. However, when asked, I like to say “I am wrong; everyone is wrong.” Now, more than most any other time, we simply do not know what the future might look like over the next couple years. Any opinion about the economy or market can only be right through pure luck. Knowing this can help us avoid costly mistakes based on overconfidence in opinion, ours or others, and can allow us to not be so attached to the sometimes toxic news cycle.

Focus on what we know and trust in discipline

There is not much we can do to protect ourselves from the darkest of possibilities and, therefore, it serves no real purpose to spend time there in our minds. We do know that our country, our people, have overcome great difficulties in the past with amazing resilience. I think we can have some confidence in our ingenuity, our science, and our persistence.

There is a reasonable likelihood that we will have an effective treatment and/or vaccine and that this situation is transitory. This together with the actions taken by the government and the Fed to lessen the blow to the economy and to support the bond markets have lessened the likelihood of another “Great Depression.”

The hyperbole is intoxicating

This a great time for narcissistic pundits and pseudo intellectuals to predict the extreme. The media loves them because they generate eyeballs and clicks; these pundits win no matter what because if they are right, they are a genius, if they are wrong, no one remembers what they said. The media is toxic and polarized.

I recommend not being attached to the news cycle and when consuming news, that we bias sources that are as independent as possible. I personally find the Wall Street Journal, Bloomberg, and the Associated Press to be more balanced and appropriate for consumption. Confirmation bias is the enemy of good decisions and healthy news consumption.

There is a freedom, even a comfort, in accepting we can be wrong

If we can accept what we do not know, focus on what we do know and maintain investment discipline, we can relax more into our present reality, make better decisions, react less, and be more present to those we love.

Yes, we need to make decisions based on assessments of probability and we need to try to understand more deeply this changing world. But if we accept that we and others are likely wrong when forecasting the market and economy, and we spend less energy defending our opinion, we are more likely open to new information. We can pivot more quickly, and change course in more rational and less reactive ways.

If we stop trying to predict and focus on having a disciplined investment strategy, one that we can ride out a difficult market with given our goals, we can pull ourselves out of the reaction, fear and greed cycle. We can make better decisions and focus on what really matters.

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The opinions in this newsletter are those of the author and not necessarily those of Raymond James. Raymond James does not offer tax or legal services. You should discuss any tax or legal matters with the appropriate professional.
Silicon Valley has one of the most talented and educated populations in the country. For many years it’s been the norm to retire at 65, maybe collect Social Security, or at least tap into retirement savings like a 401k. So much of popular thinking suggests that at 65 we get tired of working and it’s time to slow down. However, with the influence of Silicon Valley’s high tech culture, many are choosing to continue working. Many people like the intellectual challenge of their work or their company values a particular skill set not available with less experienced employees.

So what do you need to know if you plan on working past 65? One, it’s important to understand your options for health insurance coverage. Second, there are rules regarding who needs to enroll in Medicare Part B and when they must enroll.

Most working people have group insurance through their job. Your group health insurance plan should provide “credible coverage.” You should receive an annual letter confirming this. It means that your coverage meets certain standards. Consult with an experienced Medicare agent to determine if your group health insurance plan meets this criteria. A plan that is not credible can create problems regarding future Medicare eligibility and fines.

The number of employees working at a company can affect when and how to enroll in Medicare Part B. If you work for a company that has less than 20 full time employees, and it offers health insurance, you should enroll in Medicare Part B when you turn 65. The reason for this is that Medicare is considered the main or primary coverage for health. The group health insurance is secondary. For example, if you are hospitalized, Medicare would be billed first and the group health insurance would then fill in the gaps. Most insurance companies would refuse to pay for services until Medicare has been billed.

If you work for a company with 20 or more employees that offers group health insurance, you do not have to enroll in Medicare Part B. The group health insurance will continue to provide coverage as long as you are employed. You do have the option of enrolling in Medicare Part B and getting additional Medicare coverage like a Medicare supplement and drug plan or a Medicare Advantage plan. If you decide to do this, compare costs and coverage. Some employers are willing to pay for your Medicare coverage. An experienced Medicare agent can provide an analysis which includes plan cost comparisons and drug formulary review.

In these uncertain times, it’s probably a good idea to consider your options even as you continue to work. An unexpected lay off or company going out of business can create unexpected consequences. Have you considered how these changes might affect your life plans and your Medicare decisions. Your Medicare agent can create scenarios with different time lines as well as costs. No one can predict the future but you can prepare for it.
An apple a day, well you know….. Hopefully you are growing your own apples at home – they grow well here in the Bay Area. They are great for eating fresh, making juice and/or applesauce for the kids and, of course, for pies! Many varieties are affected by a disorder called bitter pit, caused by low levels of calcium in the fruit. If you going to plant a new tree, try Jonagold, Gala, Golden Delicious or Winesap which have been known to be resistant to bitter pit.

Fava Beans

If you only grow 1 cool season veggie – make it a fava bean. They are fun to grow with the kids because they sprout so quickly (in just a week or two) and they are really cool plants to look at. Some varieties can get 7 feet tall! They are great for your soil because they are “nitrogen fixers”, they attract pollinators, and they taste great too! Try them in pasta, soups, sautéed, mashed, or even raw. They are a great source of lean protein, and offer a high concentration of thiamin, copper, selenium, potassium, magnesium, and vitamins K and B6 – what’s not to love!?

What to Plant in August

Key: • Seed | • Transplant | • Bareroot

- arugula
- Asian greens
- beets
- broccoli
- Brussels sprouts
- cabbage
- chayote
- cilantro
- fava bean
- leeks
- peas

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

What to harvest this month:

- almonds
- apples
- corn
- grapes
- green beans
- nectarines
- okra
- pears
- peas
- peaches
- raspberries
- tomatoes

Green Tip of the Month

Remember – don’t pre-rinse your dishes before you put them in the dishwasher. According to Consumer Reports, pre-rinsing can waste 6,000 gallons of water per year per household!

If you have a question or comment, I’d love to hear from you... Rebecca Jepsen, 408-357-3990, rjepsen@ggsir.com
What to Plant in August

Key: • Seed  |  • Transplant  |  • Bareroot
Covid-19 has turned the world as we know it upside down. Our everyday lives are in a whirlwind of change. Restrictions and precautions are our new normal. As we are all learning to navigate through all the changes we have encountered over the past months, our dependency on technology has increased tremendously. Applications like Facetime, Skype, and Zoom have become a normal part of everyday life. While that may have been true prior to Covid-19 for many people, these applications are now used by much of our population who didn’t even know what those words meant six months ago.

Residents in care facilities depend on visits from friends and family. Unfortunately, that is not always the case as many residents do not receive many, consistent or even any visitors at all. These visits are so very important because it gives them something to look forward to, keeps them connected to the outside world and can most certainly help keep their mental state positive and cheerful. Families who have a loved one living with Dementia are already living in a world that is confusing and filled with daily uncertainties. There are compounded difficulties for people who no longer have the ability to reason and understand simple situations, let alone something as life altering as Covid-19. Although there may be no verbal statements from a resident about where their loved ones are or why they are no longer visiting their general behavior may change in such a way that it becomes obvious that they are sad or unhappy.

With the new restrictions on visitation, facilities have been quick to incorporate the technologies that make it possible for loved ones to keep in touch with residents. This has enabled loved ones to see for themselves how their loved one is doing and helps to relieve some of the stress involved during this time of physical separation.

For people with Dementia, whether they are verbal or not, hearing their loved ones’ voices and seeing them on the screen of an iPad is comforting and reassuring. Even residents with severe limitations seem to respond to the voices of those they love.

Many residents have been quick to adapt to this new way of visiting. Residents who are able to converse with others enjoy a video visit as much as they enjoy an in person visit. The residents are able to stay connected to loved ones and know what is going on in their lives. They have had the opportunity to meet their new grandchildren and great grandchildren thanks to this technology. They have celebrated birthdays and graduations. Although they don’t understand the “Why” for visiting this new way, they are accepting of it. Their response has been a good lesson for those of us who do know the “Why.”

Support groups are an important component in residential care. It is important to a loved one’s well-being to be connected to people who share their common circumstance. Zoom meetings have enabled loved ones to continue to maintain a forum where they are able to express their feelings, vent their frustrations and offer support to one another.

Activities and entertainment provided by outside parties have also been affected by the ongoing visiting restrictions. However these technologies have presented an opportunity to explore new ways to entertain the residents. Many entertainers have used YouTube to prepare sing along sessions and some are offering live performances via Zoom. As time has gone by and the realization that our lives will be different for longer than we anticipated we are learning to embrace these opportunities to entertain our residents.

Virtual visiting is absolutely not the same as having loved ones come to holiday events and partake of all the fun along with us but, for the time being, these technologies are a valuable tool in maintaining joy and achieving as normal an environment as possible.

We live in an inventive society that has been presented with a challenge that hasn’t just affected a certain segment of our population. It has in essence affected everyone on our planet. It is another example of how we are all connected – in small ways and in big ways. No matter what our personal circumstance may be we are finding ways to reach out to each other and remain connected until we can return to the touch of a hand and a warm and heartfelt hug.
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