

Upcoming Events

National Senior Center Month- Strengthening Community Connections- September 2022

The National Council of Aging has created activity ideas and resources to highlight how senior centers improves the lives of older adults. Show your center's importance in the community and create interest in prospective new participants and collaborative partners. For more information [click here](#).

Falls Prevention Awareness Week- September 18-24

A nationwide effort to raise awareness that falls are preventable. Encourage older adults to be falls free and independent using the National Council of Aging resources. [Falls Prevention Toolkit: click here](#).

Asian Americans for Community Involvement (AACI) Senior Wellness- Falls Prevention Awareness Activities

AACI celebrates Better Health and Wellness with programs through September and October. For more information contact: AACI Senior Wellness at (408) 975-2339, or email at: senior.wellness@aacii.org. [\(ENG\) Summer Fall 2022 program Catalog \(fliphtml5.com\)](#) See schedule on pages 7 and 8.

Senior Safari at Happy Hollow Park and Zoo- July 28, August 25, September 22, October 27

Visitors aged 50 and up are invited to take over San Jose's iconic Happy Hollow Park & Zoo for Senior Safari 2022, presented by Kaiser Permanente. Come feel like a kid again and enjoy animal meet-and-greets, fresh air and rustling trees, and a variety of activities. FREE admission and parking! Call 408-794-6400 or click here for more information: [Happy Hollow Park & Zoo](#)

Saratoga Area Senior Coordinating Council (SASCC) and Counseling and Support Services for Youth (CASSY) Health Fair- September 10, 2022

The SASCC Health Fair 2022 intends to raise awareness around the parallels in mental health experienced across generations, de-stigmatize mental health, and create opportunities for healing after one of the most challenging periods in history. Through workshops, on-site counseling, resource tables, and Age-Friendly activities, this event will offer a space where people can gain tools to support their mental health, feel seen and heard, have fun, and leave feeling renewed and hopeful for the future. In addition to our focus on mental health, the SASCC Health Fair 2022 will also host traditional health screenings for blood pressure, hearing, vision, etc. 10AM - 4PM **Where:** Los Gatos High School Front Lawn **Admission:** FREE, no registration required [Click here](#) for more information.

Caregivers Count! 12th Annual Conference Virtual Event (4-Part Series)- September 10, 17, 24 and October 1

Designed for family and friend caregivers, this conference features expert speakers as well as senior service agencies sharing information about local supportive services. Visit the [Website](#) and [Registration page](#).

A Day of Action: California for All Ages & Abilities in Sacramento- September 20

SAVE THE DATE: for a full day, in-person event at the Sacramento Convention Center as we ask and explore the question: Are You **READY?**

We are **Re-envisioning Equity, Aging, and Disability, & You** are part of it all. Together we are gathering with our stakeholders to present the priorities and platforms that impact aging, disability and equity. Be part of the progress as we move forward with California's Master Plan for Aging, and what 21st century readiness could look like. This full day of events will elevate the platforms of our stakeholders, their individual committees, and their collective voices as we prioritize the Master Plan for Aging in years three and four.

Hear from some inspiring and well-known people, as well as those whose voices sometimes aren't heard from enough, through a series of big room events and breakout room smaller sessions as well. Additional details, agenda, and registration information to follow in the weeks to come. Learn more about the state [Master Plan for Aging](#).

Yu-Ai-Kai's L&L Chicken Curry Fundraiser- September 20-22

Purchase a meal from L&L Hawaiian Barbeque Restaurant to participate in supporting the essential services Yu-Ai-Kai provides to the community. [For more information and to purchase tickets: click here.](#)

Santa Clara County Falls Prevention Task Force- September 22

Celebrate Falls Prevention Day and Ellen Corman. Join a reception honoring Ellen Corman and her contributions to preventing falls in Santa Clara County, upon her retirement from the Stanford Trauma Center. At Happy Hollow Park & Zoo Learning Lodge. 10am – 12pm. [Click here to RSVP on Eventbrite.](#)

The White House Hunger, Nutrition, and Health Virtual Conference- September 28

Millions of Americans are afflicted with food insecurity and diet-related diseases—including heart disease, obesity, and type 2 diabetes—which are some of the leading causes of death and disability in the U.S. Lack of access to healthy and affordable foods is one of many factors impacting hunger and diet-related diseases. The COVID-19 pandemic has exacerbated these challenges further.

The Conference will bring government leaders, academics, activists, and Americans from all walks of life together to achieve the goal of ending hunger and reducing diet-related diseases in the U.S. by 2030 – all while reducing disparities among the communities who are impacted the most by these issues. The conference will be livestreamed on this website:

<https://health.gov/our-work/nutrition-physical-activity/white-house-conference-hunger-nutrition-and-health>.

To receive updates regarding this upcoming conference, you can sign up here:

<https://whitehouse.us1.list-manage.com/subscribe?u=b999ee4d97253671de1a2d1fa&id=b3e39e1827>

Rotary Club of San Jose Foundation Community Grants- Due October 1

The primary purpose of the Rotary Club of San Jose Foundation Community Grants is to assist nonprofit organizations serving the residents of San Jose with grants up to \$10,000 for specific capital purchases. Recent examples include grants to purchase a commercial oven, refrigerator, computers, and furniture. Applications are due on October 1. **LEARN MORE**

Happening Now!

CalFresh EBT at Local Farmer's Markets

Most Santa Clara County Farmers' Markets now accept CalFresh EBT cards or WIC Farmers' Market Checks. A recipient can swipe their EBT card at the market info booth and get CalFresh dollars to spend at the market. Many markets also have a FREE matching program called Market Match. For every CalFresh dollar that is spent, they will receive a dollar-for-dollar match up to \$10 per day to spend on fruits and vegetables.

Find fresh fruit and vegetables, food vendors, and more! [Visit a Farmer's Market Near You!](#)

Friendly Voices Offers Training: How do we get beyond the small talk to engage our older adult clients in effective, meaningful conversation?

This 45-minute interactive training will coach your volunteers in best-practice communication skills so they can create authentic and effective relationships with your clients. Skills include open questions, active listening, holding silence, and more. Friendly Voices training used by San Mateo County Ombudsman and Institute on Aging. Training is live either by Zoom or in-person; sliding scale fee, training conducted by Laura Steuer, of [Friendly Voices](#). To schedule your training session, contact laura@friendlyvoices.org.

RYDE Program

RYDE is a curb-to-curb transportation and local trip planning service for adults 65 years of age or older living in certain parts of Santa Clara County. RYDE can be used for appointments, grocery shopping, visits with friends, other local trips, doctors' offices, hospitals, the Sunnyvale CalTrain Center, and the Veterans Hospital in Palo Alto (non-emergency trips only).

RYDE Scheduling

To request a ride, call 2 business days in advance. Rides can be booked up to 4 weeks ahead. Residents living in the following zip codes 95118, 95119, 95122, 95123, 95139 can schedule a ride by contacting (408) 755-7614 or RYDE@ssa.sccgov.org. For all other RYDE areas, visit www.rydescc.org.

For more information about eligibility, destinations, and fees, visit <https://socialservices.sccgov.org/food-assistance/transportation-services-older-adults>

Become a Dementia Friend!

Dementia Friendly America seeks to foster communities that are informed, safe and respectful of individuals living with dementia, their families and care partners. The Dementia Friends program is a global movement designed to help everyone in a community understand what dementia is and how it affects people. There are now more than 117,000 Dementia Friends across the country! As this year's Older Americans Month winds down, help spread the word to create inclusive environments and make a difference for people touched by dementia.

Becoming a Dementia Friend is quick and easy. In fact, you can become a Dementia Friend [online](#).