

MAY 2021

A PRIVATE MAGAZINE FOR THE RESIDENTS OF LOS ALTOS HILLS, CALIFORNIA

LOS ALTOS *Hills*

Cover Photo by JetKat Photo

*Julie and
Buddy Urnheim*

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- Content Due:Edition Date:
- May 7 June
- June 7 July
- July 7 August
- August 7 September
- September 7 October
- October 7 November
- November 7 December
- December 7 January
- January 7 February
- February 7 March
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Dear Residents,

A year ago, shopping for me and my three kids, ages 19, 22, and 24 (all back home!) I had a grocery cart so freighted with water, canned goods, and various vittles

I practically needed a tow to the check-out lane.

Behind me stood a man buying a steak and a beer. Standing in line, I thought, I bet he wishes he was me. By the time I got home I wished I was him.

Now vaccinated and free to get out and about - I'm still reluctant to fly – I'm on the lookout for fun things to do, museums or art galleries, or unique things, like visiting the great white shark park near Santa Cruz. Juvenile great whites, 10 feet long on average, congregate there, mostly May through September, so tour boats drive to the area, settle in, and we get to see great whites next to the boat.

When we went last year, we hovered only 100 feet offshore, next to buoy sign that said, Swim Area, to warn boaters that swimmers are nearby. A few weeks later, I saw a drone YouTube video of a swimmer swimming over a great white shark. I don't recommend the swimming part...

For our monthly calendar pages, our Abbie enjoys learning about fun things to do, art, music, craft fairs, family events, or business and science events to share with our readers. If you have an idea, please email Abbie at aburgess@bestversionmedia.com. We publish free events and fee events in the calendar, and just need the specifics, like location, dates, and a couple of sentences.

Sincerely,

David Marin,

Publisher

dmarin@bestversionmedia.com

Atherton Living (2015)

Los Altos Hills (2018)

Mountain Home - Portola Valley/Woodside (2019)

..... HAPPY

Mother's Day

NEIGHBORHOOD CLASSIFIEDS

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LOS ALTOS HILLS HELPER

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Dear Residents,

When I discovered the Los Altos Kiwanis Pet Parade in 2019, I was enchanted. What an adorable concept! I had to see it for myself so I leashed Perry, my Terrier/Chihuahua/Pug/Mystery Mixed Breed and headed to State Street in Los Altos. I was a proud dog parent when he was awarded a blue ribbon and I kept it as a memento (okay, truth time: all the pets in attendance got one, even the lizards and chickens). Still, I marveled at the Cinderella story of this little mutt who came from the Animal Humane Society and was now quite a privileged pup.

A beloved community tradition for more than 70 years, the Pet Parade attracts thousands of people every year on the Saturday following Mother's Day. Hundreds of kids parade with their pets — dogs, cats, birds, chickens, turtles and even worms! This year an even greater variety of animals will be able to participate in the virtual event, themed The Healing Power of Pets! Pre-registered, decorated cars will proceed down the parade route and it will be broadcast online. Since the parade traditionally celebrates children and their pets, the youngest members of each car will be encouraged to introduce their furry friends on camera.

Do you have a remarkable pet? Send us a picture and why they are special to you, and your pet could appear in a future issue.

Sincerely,

Abbie Burgess

Content Coordinator

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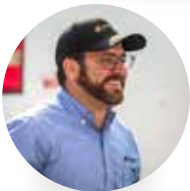
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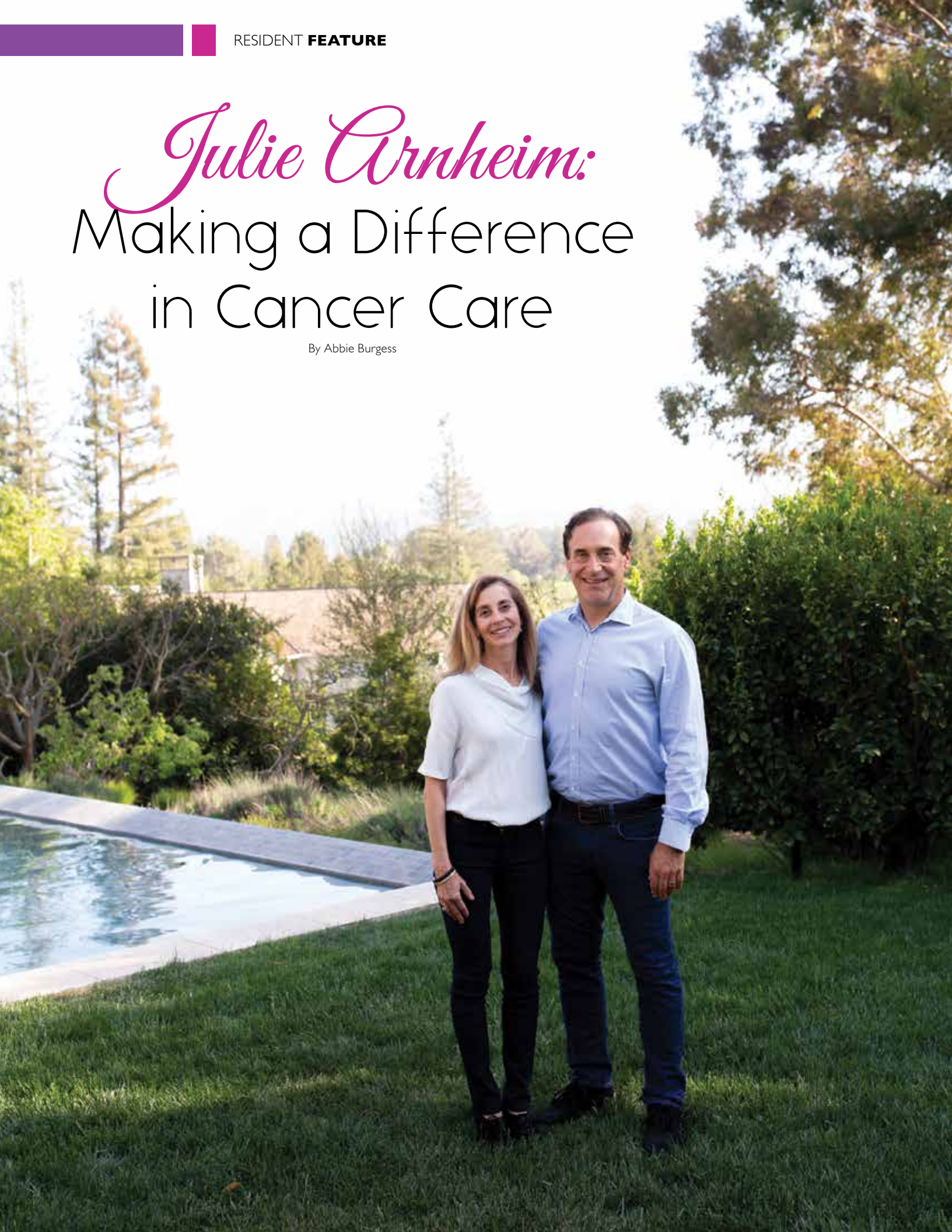
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Julie Arnheim: Making a Difference in Cancer Care

By Abbie Burgess



Los Altos Hills resident Julie Arnheim was working for a different nonprofit when she got a call about a job opportunity with the Pink Ribbon Girls (PRG). The organization provides free services to those with breast and gynecological cancers including healthy meal delivery, house cleaning, rides to treatment and peer support.

The organization was looking to expand to the Bay Area, having been told that if they could scale here where the cost of doing business is more expensive than almost any other geographic region then they would be able to launch nationally in the next 3-5 years.

"I have, unfortunately, known too many women and close friends who have been diagnosed with breast or gynecological cancer," she says. According to the U.S. Breast Cancer Statistics, about one in eight U.S. women will develop invasive breast cancer over the course of her lifetime.

Julie was impressed with the organization. The founder is a force of nature, she says. "My role with the Pink Ribbon Girls is to put in place partnerships that would allow us to be more self-sustaining and scalable," Julie explains. "The first key to this was to find a healthy, organic meal provider. We were fortunate to enter into a partnership with Sunbasket who also views food as medicine." Through her work with Pink Ribbon Girls, she is helping make life a little easier for those undergoing treatment, and hopefully, improving patient outcomes.

Julie has many motivating stories about the impact of Pink Ribbon Girls. One is about a single mother who was diagnosed during her pregnancy, and now is undergoing treatment while parenting a three-month-old baby. "She cried when we told her that we would pay to have Uber Health stop on the way to treatment to drop off her baby at a friend's house," Julie shares. Another woman was renting a room without a refrigerator and had been eating only bread to save money for rent. The nonprofit paid to have a small, dorm-size refrigerator sent to her so now she could store the healthful meals they provided free for her.

Easing the Burden of Cancer Treatment

"Cancer not only creates a health burden for families but a financial one as well. Surveys suggest that one-third of families go into debt because of cancer," Julie explains. "Our surveys indicate that over 50% of our clients in the Bay Area are at the social determinant level of health (socio-economically disadvantaged/minorities/non-English speakers). Our services are essential to our immunocompromised clients, especially given the additional challenges presented by Covid." That said, there are no age restrictions and no income restrictions in order to receive help from the organization. "Our services are independent of age, stage, or socio-economic status because cancer doesn't discriminate."

Julie points out that the organization is not turning anyone away during the pandemic. In the words of a client who was diagnosed during the lockdown, "Thank you Pink Ribbon Girls for being an angel during one of the darkest moments of my life with my cancer treatment during Covid. You came to my rescue when other cancer resources had closed their doors or were no longer providing services during this period of uncertainty. As somebody who lives alone during these isolated times, I especially appreciated how PRG volunteers made themselves available if I ever needed to talk to someone."

"This job has been a gift during Covid, giving me perspective and purpose, knowing we are helping families at their time of great need," Julie says. "Pink Ribbon Girls strives to balance the fear and uncertainty that breast and gynecological cancers bring to women and their families, ensuring No One Travels This Road Alone,™" she adds, quoting the organization's tagline.

Los Altos Hills

Julie lives in Los Altos Hills with her husband Buddy Arnheim. "Both Buddy and I were born in the suburbs of Chicago," Julie says. They dated long-distance while at different colleges and first jobs. "We were engaged in Tuscany between Buddy's first and second year of law school and married during spring break of his third year. We were young, but had already dated for nine years!"

They are longtime members of Congregation Beth Am. Julie was involved in fundraising and Parent Education while her daughters were at Castilleja, and she also served as Fundraising Chair for The Los Altos Educational Foundation (LAEF). She is currently on the Planned Giving Committee for Los Altos Community Foundation (LACF).

The family loves adventure travel and looks forward to returning to their favorite destinations in Hawaii and Europe when they are able to. The children attended camp for many years in Estes Park, Colorado near Rocky Mountain National Park.

Julie says she is happy to have their three grown daughters here in the state of California for the moment. Natalie, 25, is working in food tech; Isabelle, 23, recently graduated from UC Berkeley and is excited about starting her career in Environmental Sustainability; and Emelia, 20, is in film school in Southern California.

"Our children think we invented Covid to force them into captivity with us," she says with a smile. "It is no secret that we love spending time with them and have created many treasured traditions over the years. Los Altos Hills has been a wonderful place to raise our children."



Continued >>>

Continued >>>



Julie wrote about the joys of family life in the local area in a Los Altos Town Crier column called Life in the Hills. In one of her favorite stories, titled "The Great Escape," she details the day a neighbor's goat got loose in their yard—an experience that speaks to the relatively rural existence here in Los Altos Hills.

Julie and Buddy had been house hunting in Chicago when Julie received a job offer from a financial software company in Berkeley. Buddy, an associate at a law firm in Chicago at the time, said, "Let me see what I can find." This was 1993 when Silicon Valley was just beginning to take off after recovering from a recession, Julie says. "Six job offers later with exciting start-up companies and a stop at Barbara's Fish Trap in Half Moon Bay, and Buddy was fully on board with the move."

They settled in Los Altos, but after welcoming their third child they needed more space. They found "a wonderfully overgrown lot with a tear down in Los Altos Hills," Julie describes. She was reluctant to leave her close-knit community in Los Altos, fearing she wouldn't be able to get to know her neighbors while living in a place with large lots and far-spread homes.

But Julie discovered there was so much to love in her new town. What does she enjoy about living in Los Altos Hills? "Everything! The rural feel yet proximity to town; the miles and miles of pathways; the interesting, creative, philanthropic people; the access to cultural events; the schools."

During his 22-year career at Perkins Coie, Buddy launched and grew the firm's startup and VC practice which has emerged as one of the elite startup practices in the U.S. On the side, he co-founded Titan Aerospace, a startup seeking to build atmospheric satellites (solar-powered drones that fly perpetually at high altitude) which Google acquired in 2014, and space launch upstart SpinLaunch. He was an early investor in businesses including OpenTable, Trulia, Cloudera and HotelTonight. This spring, Buddy announced he is retiring from the practice of law to co-found a new VC firm, Lobby Capital.

Julie and Buddy have two Portuguese Water Dogs named Maverick and Nala, and some chickens. "We credit our dogs for getting us out to walk regularly, providing the perfect opportunity to meet our lovely neighbors," she says. "Over the years, we have enjoyed a block party, open houses, drinks and barbecues with many of them. The Nextdoor app has been a wonderful way to connect and share resources."



Get Involved

"There is a wonderful Hebrew term, 'Tikkun Olam,' which literally means, 'to repair the world,'" Julie shares. "I also strongly believe that no one should be left behind and that a donor benefits from giving, just as much or even more than their recipients benefit."

"As we get closer to being able to host in-person events—we have two major events in the works right now—we will be looking for sponsors and day-of volunteers." Other volunteer opportunities with the Pink Ribbon Girls include writing cards to clients and nurse navigators and serving as peer mentors. Find out about these openings and more by visiting: www.pinkribbongirls.org/bay-area-donation-form.



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113830 Page Mill RD	4	3	2	1	2131	219288	578	41	\$ 10,988,000	\$ 9,900,000	Sold	3/22/2021	1/13/2021
10340 W Loyola DR	4	7	4	3	7540	74684	6	50	\$ 8,375,000	\$ 8,240,025	Sold	3/11/2021	2/9/2021
26270 Purissima RD	5	6	5	1	6381	90013	190	0	\$ 7,850,000		Contingent	6/30/2021	4/3/2021
10650 Magdalena RD	5	7	4	3	6729	46599	27	16	\$ 6,488,000		Contingent	5/17/2021	4/8/2021
13456 Country WAY	5	4	3	1	5515	102371	23	40	\$ 6,195,000		Pending	4/30/2021	4/3/2021
11491 Old Ranch RD	6	7	6	1	6636	43764	5	66	\$ 5,998,000		Pending	4/30/2021	3/31/2021
12175 Edgcliff PL	5	6	5	1	3970	49775	13	1	\$ 6,198,000	\$ 5,880,000	Sold	2/26/2021	2/14/2021
24660 Nicole LN	5	5	4	1	5930	79714.8	125	41	\$ 5,498,000	\$ 5,498,000	Sold	2/22/2021	1/26/2021
27600 Edgerton RD	4	4	4	0	3995	47496	26	59	\$ 4,898,000		Pending	4/20/2021	3/17/2021
14388 Liddicoat CIR	5	4	3	1	3567	58831	5	50	\$ 4,890,000		Pending	4/19/2021	3/26/2021
13630 Roble Alto CT	4	4	4	0	3800	47833		46	\$ 4,850,000		Pending	5/4/2021	4/6/2021
26425 Aric LN	4	3	2	1	3603	47446	0	59	\$ 4,500,000	\$ 4,450,000	Sold	3/18/2021	3/18/2021
27650 Edgerton RD	5	4	4	0	3257	134167	6	64	\$ 3,995,000	\$ 4,410,000	Sold	3/15/2021	2/25/2021
11559 Hillpark LN	4	4	3	1	4187	54581		57	\$ 4,295,000		Pending	5/4/2021	3/24/2021
26050 Kriste LN	3	3	2	1	2678	45627	11	64	\$ 3,550,000	\$ 4,100,000	Sold	3/16/2021	3/5/2021
28190 Raddcliffe LN	4	3	3	0	2764	44152	10	47	\$ 3,595,000		Pending	4/15/2021	3/16/2021
25396 La Loma DR	5	4	4	0	4010	71877	13	52	\$ 3,695,000	\$ 3,550,000	Sold	3/26/2021	2/17/2021
27490 Sherlock RD	4	3	3	0	3105	56802.24	107	70	\$ 3,498,000		Contingent	4/16/2021	1/13/2021
27272 Byrne Park LN	3	2	2	0	2372	54658	5	45	\$ 2,998,000	\$ 3,150,000	Sold	3/26/2021	2/24/2021
27690 Arastradero RD	3	2	2	0	1375	96267	7	66	\$ 1,988,000	\$ 2,800,000	Sold	3/16/2021	2/17/2021

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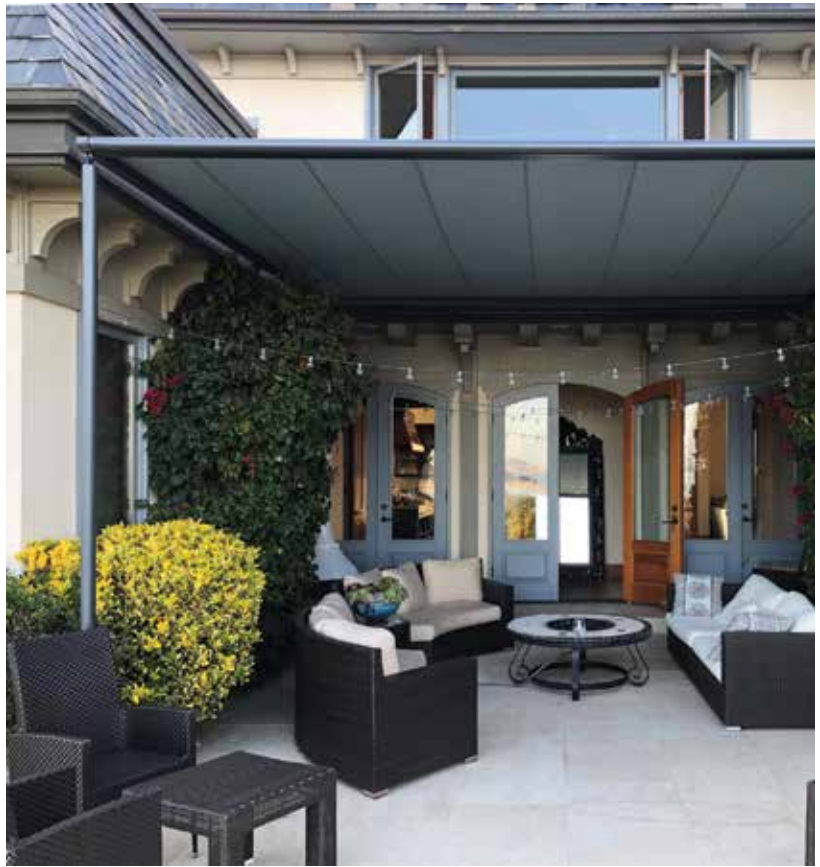
For video tour & more photos, please visit: www.26946Dezahara.com

Listed by Michael Repka of the DeLeon Team, the #1 Team in Los Altos Hills

Data from BrokerMetrics® based on MLS sales from January 1, 2020, to December 31, 2020, in Los Altos Hills, residential properties, with no off-MLS sales included in the rankings.

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calendar of events

MAY 2021

All Month

Immersive Van Gogh

@ 10 South Van Ness Ave, San Francisco, CA 94103, United States

Get up close with Van Gogh's famous paintings in an interactive exhibit. Social distancing protocols will be followed.

Show runs through September 6.

Cost: \$25.99+

<https://vangoghsf.com>

May 1 through May 22

Youth Art Show 2021

@ Palo Alto Art Center, 1313 Newell Rd., Palo Alto, CA

The Art Center continues its tradition of showcasing youth creativity in a special 2021 presentation of Youth Art that will feature middle and high school students enrolled in Advance Placement art classes. Enjoy this crowd-pleasing exhibition featuring work in a wide range of media May 1-22, 2021.

Cost: Free

www.cityofpaloalto.org

May 15, Sat.

Car Pet Parade

@ State Street, Los Altos and streaming online

In keeping with the safety concerns of COVID, this year's Parade will be rolled out in your automobile, and LIVE STREAMED thanks to KMVT 15 Community Media!

Time: 10am

Cost: Free

www.losaltoskiwanis.org

Through May 31, Mon.

Arianna Tamaddon: "Covet - Trophies in an Age of Artifice"

@ Art Ventures Gallery, 888 Santa Cruz Ave, Menlo Park, CA 94025

Arianna Tamaddon creates photorealistic oil paintings that decrie the dynamic of power, femininity, and impermanence within our superficial and unfortunately consumer-driven world. The visual theme she uses to depict this is the imposition of an external force not the subject - mostly plainly expressed through the intersection of organic and inorganic surfaces. These external forces attempt to distort, elevate, or preserve the appearance of each painting's subject.

Time: Gallery hours

Cost: Free

www.artventuresgallery.com

Through May 31, Mon.

Shalom Flash: Stolen Views

@ Art Ventures Gallery, 888 Santa Cruz Ave, Menlo Park, CA 94025

Time: Gallery hours

Cost: Free

www.artventuresgallery.com

May 15, Sat.

Exercises for Gardening Fitness

@ Online

This 60-minute class will be a full-body workout to strengthen the muscles tailored for our gardening needs.

Questions may be asked through "Chat" and Jenni will answer them as time permits after the program.

This class will be held via Zoom.

Gamble Garden will email all registered attendees the class Zoom link 1-2 days prior to the class.

Time: 10:30am - 11:30am

Cost: \$15

www.gamblegarden.org

May 20, Thurs.

How to Plant a Bee and Butterfly Garden

@ Online

Do you want more bees, butterflies, and hummingbirds in your garden? Then join us for this presentation from Master Gardener Cindy Burdorf where you'll learn how to attract pollinators to your garden by creating an inviting habitat. Get to know our local pollinators and what they need to thrive.

Time: 4-5:30pm

Cost: Free. Registration required.

smcl.org

May 21-24, Fri. - Mon.

Pianist Albert Cano Smit

@ Virtual

Twenty-four-year-old Swiss-born pianist Albert Cano Smit has been winning international competitions since age 14. CBC Music notes that he "plays with the maturity of someone three times his age." Smit finished his Master's at Juilliard in 2020 and is currently in the Artist Diploma program as a student of Robert McDonald.

Cost: \$20

<https://steinwaysociety.com>

May 24, Mon.

Virtual Cooking Class - Celebrating Spring Produce

@ Online

Learn how to make the most of springtime's bounty, boost your intake of fruits and vegetables, reduce added sugar, and add variety to your diet in this hands-on virtual cooking class. You will discover simple techniques to build flavor and deliciousness while preparing a nourishing strawberry quinoa salad with roasted strawberry balsamic vinaigrette.

Time: 5-6pm

Cost: \$35

<https://bewell.stanford.edu>

May 27, Thurs.

Heino Falcke: Black Holes, the Universe, and Us

@ Online

Join us for a virtual discussion, live-streamed direct from Berlin, Germany, with Heino Falcke, the German astrophysicist, about his research into the nature of black holes. His new book A Light in the Darkness is the story of how the first photographic evidence of black holes was achieved by Falcke in April 2019, and what its significance for humanity might be. Falcke wrestles with the ways in which black holes force us to confront the boundary where human life ends and the celestial begins.

Time: 10am

Cost: \$5

www.commonwealthclub.org

June 2, Wed.

Garden Talk: Pests

@ Online

Start the next generation of gardeners from the ground up!

We'll talk about planting choices, garden tasks, and keeping things pleasant and educational for everyone. Menlo Park Library's Garden Talk series takes place on the first Wednesday of each month.

Time: 7-8:30pm

Cost: Free

menlopark.org

June 5, Sat.

Musical Bridges Virtual Performances

@ Online

Tune in to be serenaded by Serena, a virtual virtuosa, and her group Musical Bridges. Serena formed Musical Bridges in a student music club at her high school to allow students to share their love for music with the community. The virtual performances will feature a duetting violinist and cellist performing well-known classical and Disney pieces in hopes of amusing a variety of age groups! RSVP online.

Time: 1-1:30pm

Cost: Free

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Various Dates

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Over 500,000 cubic feet of projections illuminate Van Gogh's art. Photo by Cheshire Isaacs.



Step Inside Van Gogh's Art

By Abbie Burgess

Art enthusiasts the world over are familiar with legendary Dutch painter Vincent van Gogh, who painted more than 2,000 artworks ranging from ordinary household items and self-portraits to surreal landscapes. But few have had the opportunity to step inside the beauty, emotion and color of his iconic paintings. This spring, an exhibit in San Francisco transports viewers into the post-Impressionist art of Van Gogh. The West Coast premiere of Immersive Van Gogh has experienced unprecedented advance ticket sales since its opening March 18.

Experiential Art

The show uses art, light, music, movement, and imagination to transport viewers inside the art. Utilizing the venue SVN West's unique architecture, over 500,000 cubic feet of projections illuminate Van Gogh's 2,000+ lifetime catalog of masterpieces, including *Mangeurs de pommes de terre* (The Potato Eaters, 1885), *Nuit étoilée* (Starry Night, 1889), *Les Tournesols* (Sunflowers, 1888), and *La Chambre à coucher* (The Bedroom, 1889). His paintings will be presented as how the artist first saw the scenes they are based on: active life and moving landscapes turned into sharp yet sweeping brushstrokes.

This experiential art show was designed by creative director and Italian film producer Massimiliano Siccardi, with original, mood-setting music

by Italian multimedia composer Luca Longobardi, who provided a score that combines experimental electronic music with ethereal piano.

Immersive Van Gogh has received rave reviews from critics since it premiered in Toronto in 2020. Artnet news calls it a "blockbuster digital experience that has taken the art world by storm." Our magazine publisher, David Marin, and his family visited the San Francisco exhibit and enjoyed it!

Health and Safety at the Show

The walk-through experience has been designed with health and safety as a priority. Admissions will be limited and in line with the City and County of San Francisco's capacity guidelines with touchless ticket taking, temperature checks upon arrival, hand sanitizer stations, social distancing markers prominent throughout the venue, and digitally-projected social distancing circles on the gallery floors to ensure appropriate spacing. All guests must wear a face covering at all times during their visit.

Show Information

The show is held at SVN West, located at the intersection of South Van Ness and Market St. Tickets are on sale for all dates through Monday, September 6, 2021 by visiting www.vangoghsf.com or calling 844-307-4644. Ticket prices start at \$39.99 (\$24.99 for children 16 or younger), with VIP, timed, and flexible ticket options available.

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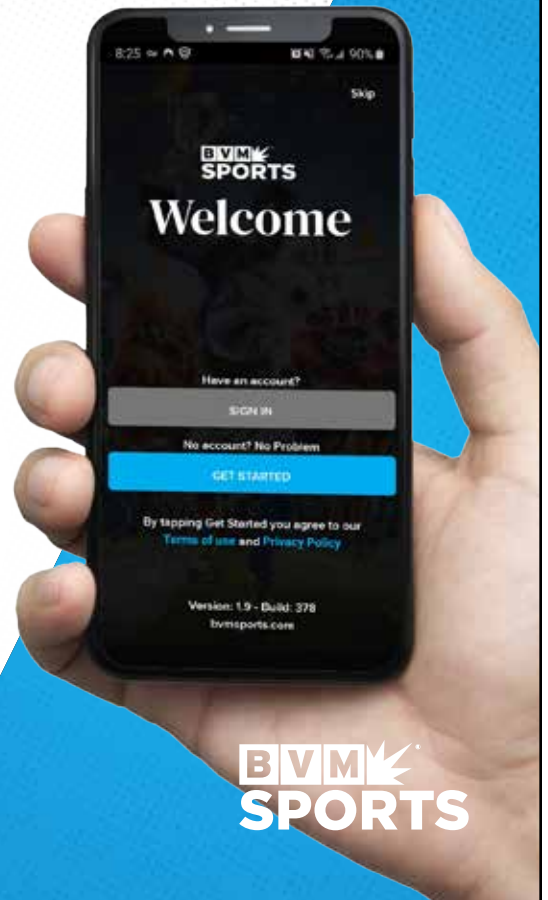
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Forget Your Troubles, Come On Get Happy

By Kelli Richards

Tips to Help You Stop Worrying, Manage Your Anxiety and Start Embracing Life

Over the past year since the pandemic and subsequent shut-downs have up-ended our world, there have been many things to worry about (legitimately). That said, worrying is most often a complete waste of time and energy. It doesn't solve the issues we're faced with. Clear thinking and focused action solve problems. Worry and anxiety simply mask our thinking (like a Band-Aid) and drain us of vital energy when we could be applying our minds towards tangible solutions. Here are a few tips to support you in reducing your worries and embracing your life.

Take a Closer Look

The next time anxiety strikes and you feel overwhelmed or paralyzed, the best thing to do is to slow down and pause to stop the monkey mind that goes on in your brain. With just a brief break in the action and a deep breath, you can regain your composure, reflect on the situation objectively, and identify possible options to address it. You can reach out for support from trusted others around you as desired to provide you with much-needed perspective and insights.

From there, map out your worry about the situation in detail—and jot down at least three alternate courses of action you could take to address it. Options demonstrate there are several ways you can look at what's going on, that you have choices, they can support your confidence, and provide you with the realization that you have more control over the situation than you first thought. It's all about how you react. By giving yourself a temporary

pause, writing down and reflecting on the cause of your anxiety you gain emotional distance. From there you can more objectively evaluate your options and which feels like the best course of action in the moment. The more action you take, the more your worries face away and the better you feel.

Accept The Worst-Case Scenario

When you break down your fears and get to the essence of what's creating your anxiety, you come to the worst-case scenario around a given situation. At that point, you can see whether you could accept that scenario (the answer is usually yes if you get creative with options), and you can also evaluate objectively the likelihood of that worst-case outcome really taking place. Most often the reality is that it won't happen and if it did, that you'd be equipped to handle it.

For example, let's say that you or your spouse gets laid off from your job unexpectedly. That's a big fear that many people have! Typically either you have some emergency savings set aside in a rainy day fund and/or you'll have some form of severance (and unemployment pay) and/or one of you is still bringing in an income. Reducing your spending while the person out of work seeks a new job is often quite helpful—and you find that you may have been overspending on things that you didn't really need to be which in itself can lead to better habits moving forward. You probably wouldn't lose your house, and if you did then what? You may be able to move in with family or friends temporarily (or rent a place) until you got back on your feet financially. Would these be challenging options to have to deal with? Yes, but you would survive what undoubtedly would be a reasonably temporary situation. If you had to start over you could.

Knowing that you could survive your worst-case scenario provides you with a sense of calm, confidence, and peace of mind allowing you to take action and forge ahead.

Contain And Address Your Concerns

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is to take focused action to move through them. When you can compartmentalize the situation at hand that's got you in its grip, you can take the actions that are yours to take—and then get on with the rest of your life. Whatever's causing the anxiety doesn't need to paralyze you and your whole world as long as you're taking productive steps towards resolving your concerns.

Again, this is where having a great support system and people in your inner circle that you can talk through options with can be instrumental in helping you get through trying times and unexpected challenges. They can support you emotionally and mentally to re-frame your reality, provide perspective, and often come up with creative options and solutions you may not have thought of in the heat of the moment when you're too close to the situation at hand.

You've Got This


When something shakes up your world, give yourself the gift of a "time out" to pause, reflect and address the situation with calm, objectivity and support. That in itself should



provide some much-needed relief. Keep breathing and keep the faith. When you trust yourself and come from a position of agency and composure knowing you can take care of virtually any situation (and manage your anxiety when it arises), you can often right the ship by identifying solutions and specific actions you can take to handle whatever is going on in your life. Remember that when

you take care of today, tomorrow takes care of itself. No matter what, you've got this!

Kelli Richards, founder and Managing Director of The All Access Group is the exclusive provider of business consulting, mentoring, and strategic connections editorial in Los Altos Hills magazine. For more information, visit allaccessgroup.com.



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Dr. Adamson and her team are offering to support local community members affected by long-COVID.

In for the Long Haul with COVID-19

By Rita Hitching, M.Sc., BSc. Psychology

It's almost 18 months since the first diagnosed case of COVID-19 in December 2019, or more precisely SARS-CoV-2. Named in part due to the associated severe acute respiratory symptoms (SARS) that follow infection and the external shape of the virus (V) itself resembling a corona (Co). The need to distinguish the current strain of the virus from prior SARS epidemics resulted in the number 2 being added to the name.

Since then, infection rates rose exponentially. Many of us saw family members and friends battle the virus, and sadly, some succumbed to it. The recent Centers for Disease Control (CDC) statistics show that the number of new infections appears to be declining - welcome news indeed.

Atypical Virus

Despite COVID's high transmission rate, the majority of patients experience mild and self-limiting symptoms - fever, sore throat, shortness of breath, cough, and chest pain. About 20% of infections are deemed severe enough to warrant medical care, in some instances even hospitalization. Severity is primarily attributed to the impact of the virus on multiple-organ systems and its greater force on those with pre-existing conditions such as diabetes or coronary heart disease. Thankfully, even in cases where hospital admission is needed, only 5% will need critical care, often assisted ventilation.

Most viral infections, like the common cold, do not require medical intervention. Rather a period of typically 2 weeks of rest and good nutrition while the body recovers. Consequently, it's understandable that the initial prognosis given to the majority of patients infected with COVID-19, which as a reminder - is a viral and not a bacterial infection, was that a full recovery is anticipated within a couple of weeks. Regrettably, this is not always the case.

COVID-19 does not seem to be behaving in a traditional viral way. Prolonged periods of recovery are common. Patients with initial mild reactions following infection or not deemed severe enough to require medical care are experiencing ongoing impairment. The type and severity of impairment varies, but mirror those of feeling jetlagged, and has resulted in these patients being labeled as having "long-hauler syndrome or long-COVID."

Long-COVID

The sheer number of patients reporting persistent symptoms beyond

the initially anticipated 2 week recovery period typical of other viral infections, paired with the significant viral load and colossal autoimmune response, resulted in a revision of the guideline for what a normal recovery period should be. Currently, the term "long-COVID" is being given to patients that are reporting symptoms that are continuing beyond 12 weeks. Patients report a combination of physiological, neurological, and psychological symptom clusters. Breathlessness, cough, tiredness, fatigue, and aches and pains; persistent fever, and gastrointestinal symptoms. In addition to impaired memory, attention, focus, and ability to think, colloquially called "brain fog", low mood even depression, increased anxiety, disrupted sleep. The implications of long-COVID are significant. Patients are unable to resume many of the activities they engaged in before becoming infected, including returning to work.

The nature of long-COVID is mercurial and labile. Over time patient's unique presenting symptoms wax and wane, emerge and fade, morph and transform, and range from mild to incapacitating. Our understanding of the virus is dynamic. So far, we know that being older or having experienced 5 or more symptoms associated with initial COVID infection appears to increase the risk of developing long-COVID. Interestingly long-COVID appears to affect women more than men, and asthma is the only pre-existing condition with any evidence of a greater risk profile for long-COVID.

The prevalence of long-COVID is hotly debated, and epidemiological data scarce. A March 2021 report by Francis S. Collins, M.D., Ph.D., Director of the National Institute of Health (NIH) states 1/20 will have symptoms that persist beyond 8 weeks and 1/50 beyond 12 weeks. If like me, math is not your strong suit, and your grappling with the numbers or what the implications of those statistics are - even if long-COVID continues to only affect a small proportion of patients when you consider the number of people who've been infected, the potential public health impact is likely profound. Millions of people whose lives have not returned to normal, and it remains unclear when they will.

Looking Ahead

Scientists continue to converge on the myriad of ways COVID affects the body, but there's limited consensus as to the mechanism of action of long-COVID. Researchers have proposed long-COVID is linked to the physical deconditioning that results from the body's attempt to fight the virus by generating a powerful anti-inflammatory response. That response generates a "cytokine storm" that is very taxing on the

body, explaining why recovery is protracted. Other scientists suggest the opposite, that the body's initial weak autoimmune response to the virus is the reason why symptoms persist.

Maheen Mausoo Adamson, Ph.D. is a clinical associate professor (Affiliate) of Neurosurgery at Stanford School of Medicine and Clinical Research Director for Rehabilitation Services at VA Palo Alto, and part of a global team of researchers investigating biomarkers associated with Long COVID. Adamson added, "We've started looking into identifying the risk factors and exploring the underlying mechanism for long-COVID; and more needs to be done. We are starting to shift the focus on devising a phenotype of the disorder that facilitates early detection, and most importantly treatment."

Currently, there are no approved diagnostic or evidence-based treatment guidelines for patients experiencing long-COVID. Typical lab tests that clinicians rely on to corroborate a diagnosis or guide severity such as blood biomarkers or radiological tests are not reliable, let alone a unified definition of long-COVID.

The anticipated long-term morbidity risk associated with long-COVID has led the NIH to announce a \$1.15 billion investment to support research into what is being collectively referred to as PASC (Post-Acute Sequelae of SARS-CoV-2 Infection) syndrome. One of the ways the funding has been allocated includes a longitudinal follow-up study of 40,000 people infected with the virus to uncover who goes on to develop long-COVID.

Shortcomings the NIH's PASC Initiative is hoping to address in funding research focused on deciphering the underlying cause of long-COVID and developing treatments for patients that don't recover.

Post-Viral Infections

The presenting symptoms of patients with PASC echo those of other post-viral and autoimmune diseases such as Myalgic Encephalitis (ME)/Chronic Fatigue (CF). As Dr. Adamson explained, "ME/CFS is characterized by unexplained fatigue, cognitive deficits, post-exertional malaise (PEM), and chronic pain, including headaches. Approximately 36% of long-COVID patients report similar manifestations, suggesting that SARS-CoV-2 is a neuroinvasive virus with a neurological symptom profile similar to ME/CFS."

Considering the overlap in presenting symptoms of all post-viral infection disorders, it's not surprising that the secondary aim of the PASC initiative is – to understand how we recover from viral infection.

Conclusion

The pandemic has given us all a new perspective on life and a newfound appreciation for science. We should all celebrate the declining infection rates and the growing number of vaccinations. Thankfully not all patients infected with COVID-19 go on to develop long-COVID. However, if you're struggling with symptoms of long-COVID know that researchers like myself will go above and beyond to help.

Dr. Adamson and her team are offering to support local community members affected by long-COVID, her website www.adamsonlab.stanford.edu is a good place to start.

Los Altos Hills resident Rita Hitching is the founder of www.teenbrain.info.



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Planning for the Unexpected: Protecting Yourself and Your Family with Estate Planning

By Alma Guimarin, CIMA®, CPWA®, CFP® Managing Director, Wealth Management, Family Wealth Director, Financial Advisor and Trevor Shephard CFP®, CIMA®, Vice President Financial Planning Specialist, Financial Advisor

For many of us, estate planning is something we know we should do but often manage to postpone until some indefinite time in the future. But, putting off this part of your financial life could mean passing over an opportunity to protect the lifestyle you've worked so hard to create and to dictate your legacy on your terms.

Why You Need an Estate Plan

The primary purpose of estate planning is to ensure that you control how your assets are distributed. Estate planning is also about planning for unexpected events, such as physical and mental impairment, which may place financial strain on your family.

A well-crafted estate plan is likely to have multiple goals:

- To protect your lifestyle
- To provide for your family and others, including charitable organizations that are meaningful to you
- To control distribution of your assets
- To minimize estate taxes
- Your Estate Planning Checklist

Depending on your goals, you may need to consider different tools, resources and strategies to help you develop an estate plan that reflects your priorities. Here are some important documents and services you may need to help protect you and your family in the event of disability:

- **A living will** is a legal document containing your wishes regarding medical measures that might be taken to prolong your life in case of serious illness or injury.
- **A durable power of attorney for health care**, also known as a health care proxy, appoints someone you trust to make health care decisions on your behalf if you are unable to do so.
- **A durable power of attorney for financial matters** gives someone you trust legal authority to make financial decisions on your behalf if you are unable to do so.
- **An inventory of important information** includes information about your property, bank accounts, insurance policies, employee benefit plans, mortgages and debts. It also includes your estate planning documents and beneficiary designation forms.
- **Disability insurance** replaces a portion of lost income if illness or injury prevents you from working.
- **Long-term care insurance** protects against the costs associated with disabilities caused by age and infirmity, such as nursing home care.

Other important documents help to protect your family and your legacy in the event of your death:

- **Life insurance** provides financial benefits for your loved ones if you pass away. Used strategically, life insurance can also help address your other estate planning objectives, such as reducing the impact of estate taxes.
- **A Last Will and Testament** is a state-specific legal document that sets forth your wishes regarding the distribution of your property and names the guardian(s) who will care for any of your minor children.

Trusts may be beneficial for a variety of life events and situations, including tax law changes, marriage, collage saving, a child with special needs, serious illness, inheritance and retirement planning.

The most difficult part of estate planning is getting started. Once you begin, you will find estate planning is a positive and constructive way to put yourself in control of your legacy.

Need help taking the first step? Working with a Financial Advisor can help you bring all the elements of your estate plan together to help ensure that you have an integrated strategy in place to protect yourself and your family.

Disclosures

Article by Morgan Stanley and provided courtesy of Morgan Stanley Financial Advisor. Alma Guimarin and Trevor Shephard are Financial Advisors in San Jose at Morgan Stanley Smith Barney LLC ("Morgan Stanley"). They can be reached by email at Alma.Guimarin@morganstanley.com or Trevor.Shephard@morganstanley.com or by telephone at 408-947-2298 or 408-947-3704. Their California Insurance License #s are 0A43259; 0K5920. Their website is advisor.morganstanley.com/the-guimarin-shephard-group.


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Call for Compassion:

Managing Change When Hiring Home Care Services in the Bay Area

By Vanessa Valerio, RN

Change: the only constant in human life. Unfortunately, knowing that doesn't always make change easier. The transition from living independently to needing extra help around the house, or perhaps a bit more assistance, can be a significant change to manage for the person needing assistance and their family and friends. The person who was once the caregiver needs caregiving, and it's a time to honor that loved one and ensure they don't feel shame.

The narrative surrounding receiving home care services in the Bay Area is disappointingly negative. Asking for help in any situation is always a good thing. What's more, what too few people realize is that the sooner someone asks for help, the longer they can live more independently.

In-home nursing in the Bay Area, however, it takes shape, isn't a sign that someone is giving up on life. Instead, it shows that they want to live life to the fullest.

If the thought of hiring a private nurse has crossed the minds of the person needing extra assistance, or any member of the family, then it may be time to consider the options available. The problem is, people usually ask for help far after when they should have. No one wants to be a burden, but again, the sooner a person gets the assistance they need, their life and the lives of the people who love them can be improved exponentially.

Starter Steps

Contemplating hiring a service that provides hospital sitting in the Bay area? Here are some facts to consider:

Before families hire services like in-home nursing, the overwhelming majority of care is provided by family. While short-term care by a family member is often necessary before final plans are cemented, such an arrangement's long-term effects can be very harmful to both parties. Again, an overwhelming majority of families that take care of a loved one in need of more extensive assistance eventually report feelings of burnout and resentment, further pointing to how necessary it is to be proactive and realistic about care needs.

The experts can see the signs, whether it's an advancing health issue or something a little more subtle. Employing someone outside the family to help care for a loved one also equals a fresh set of eyes to note any issues. It also helps to ensure there is a dedicated individual to foster overall wellness for those being cared for, which is a massive relief for everyone involved.

Socialization is important, and it seems like there isn't enough time for everyone, which can leave loved ones who are compromised, feeling like a burden, lonely, and even depressed. Having someone for companionship as well as assistance is part of the role of caregivers. Caregiving should be considered in a far broader sense to include friendship, compassion, and camaraderie. Consistent socialization helps people live longer, healthier, and happier lives.

Receiving appropriate medical and wellness attention allows people to stay inside longer. Ultimately, most people want to stay in the comfort of their house for as long as possible, and getting the appropriate caregiving is the secret to success.

Tough Conversations

So, how should you have a conversation about hiring a private nurse in the Bay Area?

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"Mom was in bad shape and need of some extra help and caregiving; there will continue to be someone coming over to assist her every day for a few hours. She loves the company, and her health has improved exponentially." This quote is what every member of the family hopes to say once the caregiving for their loved one is addressed. Getting to this point isn't always easy, but considering the following issues when broaching such a uniquely challenging subject can be most helpful:

Needing caregiving is inevitable as individuals age: Life is rife with difficult conversations, but initiating a conversation with a loved one about needing caregiving can isn't always easy. Even though over half of Americans admit that they will probably need some type of caregiving as they age, it's a lot like having a conversation about the birds and the bees with a preteen: essential but not short on discomfort for both parties. The reality is, the sooner a plan everyone can agree on is set in place, the more smoothly life will go, especially for the person in need of caregiving.

No matter what, come from a place of love: "Receiving the right caregiving will allow a person to live a healthier and more contented life," or "the family wants you to be around to keep us all in line for as long as possible..." There are so many avenues to take when broaching such a complicated and emotional topic. No matter what, coming to the conversation with pure and good intentions will ultimately show through, even if a loved one doesn't want to see it immediately.

Embrace the reality of the situation: Needing extra caregiving can feel like a hit to the ego. If someone has been perfectly independent for over 60, 70, or 80 years, accepting what can feel like a radical life

shift is liberating, not embarrassing. Approaching the subject of hiring a caregiver must be compassionate, but it also has to be straightforward and have an end goal in mind.

Go with the gut: while intuition isn't fool-proof, if there is an inkling feeling that employing some help would help listen to it. Ensuring someone is living to the utmost of their ability takes planning, consideration, and organization, but it is possible.

It's time to accept a new chapter and plan for it accordingly. Compassion, kindness, and consistency when providing caregiving are the hallmarks of a successful caregiver-client relationship and can be arranged for with a bit of hope and perseverance.

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Braised Fish Maw with Prawns

By Diana Chan

Ingredients:

- 4-6 dried pieces of fish maw
- 12 large prawns
- 1 can of whole straw mushrooms
- 1-1 ½ cans of Swanson low sodium chicken broth
- 6 ozs snow pea sprout leaves, washed
- 6 cloves of garlic, peeled
- Ginger, sliced
- 3-4 Tbsp grape seed, avocado, or extra virgin olive oil
- 1-2 Tbsp Lee Kum Kee premium oyster sauce
- 3-6 Tbsp Hshio Hsing Hua Diao Rice wine

Fish maw is a health food that is prized by Chinese gourmets since it is highly nutritious. It is available in certain specialty stores* that sell dry ingredients ranging from mushrooms to sea cucumbers, fish maw, dried scallops, herbs and vegetarian specialties. Fish maw is the air bladder, or float, from large fish such as sturgeons and pike; it is rich with protein, calcium, and has no cholesterol. Fish maw has collagen and is good for the joints and skin. Fish maw has a developed taste that I acquired, especially since I am interested in nutritious cooking. This highly prized healthy and tasty food is surprisingly easy to make.

Soak the fish maw in hot boiling water overnight or for several hours until softened. Cut into small pieces and rinse multiple times in clear water. Sauté fish maw with 2 Tbsp oil with lots of garlic and ginger so that the food is tasty and fragrant, not fishy. Add chicken broth, wine, and a dash of oyster sauce. Simmer on low until tender. Do not overcook. Set aside.

Soak fresh or frozen peeled prawns in cold water with 1 Tbsp of salt for 20 minutes. Salt improves the texture of prawns. Rinse in cold water several times to get rid of the salt. Drain. Sprinkle 2 Tbsp tapioca starch on shrimp and sauté in wok with hot oil and garlic until barely cooked. Add drained mushrooms, snow pea leaves, and a little wine to keep the food sizzling. Combine with cooked fish maw. Season to taste with a sprinkling of sugar and a dash of sesame seed oil. The tossing in the wok takes just a few minutes to create a healthy, tasty, and delicious entrée.

*Chung Chou City, a Specialty Shop for Chinese Dry Ingredients: 10925 NWolfe Road, 10925 N.Wolfe Road, Cupertino, CA Tel: 408 996-3988



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