

Silicon Valley Reads 2018

NO MATTER WHAT

CARING • COPING • COMPASSION



CALENDAR OF EVENTS FEBRUARY – MARCH

Authors • Panels • Films • Art Exhibit • Discussions

Activities for children and teens

Free events for all ages throughout Santa Clara County

PRESENTED BY:



SiliconValleyReads.org

DEAR COMMUNITY,

Each year the Silicon Valley Reads team works very hard to select books and a theme that will engage our community in a conversation about an issue relevant to our region. Our criteria are many and our standards are high. For 2018, we considered more than 60 books in a variety of themes before deciding upon our final selections.

Caregiving is a topic that touches us all at one time or another. It can be challenging . . . joyful . . . stressful . . . and critical to the well-being of ourselves, our families and our community. There is much to discuss and we hope that our selected books help you read, think and engage with others.

There are more than 100 events scheduled for all ages throughout Santa Clara County in February and March. All are free and we welcome you to participate in as many as you can.

Thank you for your continued support and involvement with Silicon Valley Reads. We look forward to seeing you at this year’s events.

Nancy Howe
County Librarian
Santa Clara County
Library District

Mary Ann Dewan, Ph.D.
Interim County
Superintendent of Schools
Santa Clara County Office
of Education

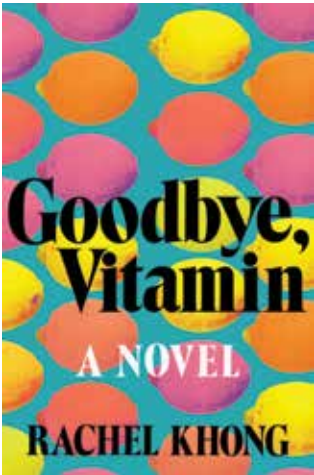
Jill Bourne
Library Director
City of San José

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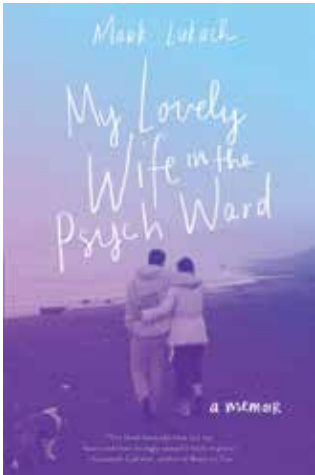
NO MATTER WHAT:
CARING, COPING, COMPASSION

FEATURED SELECTIONS

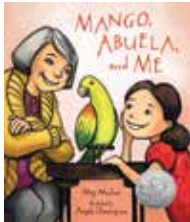


Named a Best Book of 2017 by NPR, O-The Oprah Magazine, Vogue, San Francisco Chronicle, Esquire, Huffington Post, Entertainment Weekly, BuzzFeed, Booklist and others.

International bestseller. “An honest and rewarding memoir of a couple’s compassion and love for each other.” (Kirkus Reviews)



COMPANION BOOKS FOR CHILDREN & TEENS



PreK-Gr 3

“A poignant tale of intergenerational connection, transition, and patience. The language and vivid illustrations ... are infused with warmth and expression.” (Booklist)



Gr 4-7

Winner of the Josette Frank Award. “Effectively portrays the frustrations of aging and memory loss through a mix of humor, sharp-eyed observations, and compassion.” (Publishers Weekly)



Teens

A Kirkus Best Teen Books of 2015 selection, an Amazon Best Books of December 2015 selection, Top 10 Winter 2015 Indie Next List selection, a 2016 CCBC Children’s Choice.



SILICON VALLEY READS 2018 KICK-OFF EVENT

Thursday, Feb 1, 7:30 p.m.

Visual & Performing Arts Center

De Anza College, Cupertino

Mark Lukach, author of *My Lovely Wife in the Psych Ward*, and **Rachel Khong**, author of *Goodbye, Vitamin* are interviewed on stage by Mercury News columnist **Sal Pizarro**. Co-sponsored by Commonwealth Club Silicon Valley and De Anza College.



Sal Pizarro

Doors open at 6:45 p.m. No tickets or reservations required. First come, first seated. The adjacent Euphrat Museum of Art will be open from 6:30-7:30 p.m. and during book signing for free viewing of the exhibit “Showing Up with Care.” The campus bookstore will sell books before and after the program and the authors will sign books after the program.

Free parking in Lots A and B beginning at 5 p.m. See campus map at DeAnza.edu/map. Information: SVReads@aol.com

A video of this program will be posted in the Video Library of the website SiliconValleyReads.org later in February.

“SHOWING UP WITH CARE”
ART EXHIBIT

Feb. 1-March 22

Euphrat Museum of Art, De Anza College, Cupertino

“Showing Up with Care” explores caregiving, healing and the power of expression. The artists draw from personal experience, advocate for caregiver rights, and look at how art can be a vehicle for healing and transformation. Artworks include documentary photography, augmented reality videos, large scale collaborative paintings, narrative quilts, ceramic and mixed media sculpture, an interactive mandala, and more.



Artists include Chris Bunz, Annabel Clark, Brett Cook, Marion Coleman, Kate DeCiccio, Marisa Jahn, Pantea Karimi, Kristin Lindseth Rivera, Diwa Malaya, Mark Messenger, Adan Perez, George Rivera, Cynthia Siegel and Tony Stroman. Special project with De Anza College art and sociology students.

On Saturday, March 3, the public is invited to a “Radical Self Care Mandalas” workshop. Make your own self care mandala incorporating personal and cultural symbols for health/well being and healing. Drop-in, free of charge with ongoing activities 10 a.m. - 1 p.m.

Euphrat Museum of Art on the De Anza College campus is open Monday - Thursday, 10 a.m. - 3 p.m. (closed Monday February 19 for Presidents Day), Saturday, March 3, 10 a.m. - 1 p.m., Thursday, March 1, 5 p.m. - 7:30 p.m. for open mic night. Additional open hours by appointment. Information: 408-864-5464. There is no admission fee.



EVENTS WITH MARK LUKACH

Author of *My Lovely Wife in the Psych Ward*

Mark and Giulia's life together began as a storybook romance. They fell in love at 18, married at 24, and were living their dream life in San Francisco. When Giulia was 27, she suffered a terrifying and unexpected psychotic break that landed her in the psych ward for nearly a month. One day she was vibrant and well-adjusted – the next she was delusional and suicidal, convinced that her loved ones were not safe.

A story of the fragility of the mind, and the tenacity of the human spirit, *My Lovely Wife in the Psych Ward* is, above all, a love story that raises profound questions: How do we care for the people we love? What and who do we live for?



Sat, Feb 3, 11 a.m., Dr. Martin Luther King, Jr. Library
Co-sponsored by Friends of Dr. Martin Luther King, Jr. Library

Sat, Feb 3, 2 p.m., Campbell Library
Co-sponsored by Friends of Campbell Library

Wed, Feb 7, 6 p.m., West Valley Branch Library

Sun, Feb 11, 3 p.m., Palo Alto Library – Rinconada
Co-sponsored by Friends of Palo Alto Library
Join the Brown Bag Lunch Book Group (without Mark Lukach) to discuss *My Lovely Wife in the Psych Ward* on Tue, Feb 13, 12 noon, Palo Alto Library-Rinconada

Sat, Feb 17, 1 p.m., Almaden Branch Library

Sat, Feb 24, 10:30 a.m., Saratoga Library
Co-sponsored by Friends of the Saratoga Libraries

In conversation with Dr. Lucy Kalanithi



Mark discusses caregiving, coping and compassion with Dr. Lucy Kalanithi, a Clinical Assistant Professor of Medicine at the Stanford School

of Medicine and widow of Dr. Paul Kalanithi, author of the #1 New York Times-bestselling memoir *When Breath Becomes Air*. Co-sponsored by Friends of Milpitas Library.

Mon, Feb 12, 7 p.m., Milpitas Library

In conversation with Jeff Bell

Mark discusses adversity and advocacy with KCBS broadcaster Jeff Bell, author of *Rewind, Reply, Repeat* and founder of The A2A Alliance. Co-sponsored by Los Altos Library Endowment.

Fri, Feb 16, 7 p.m., Los Altos Library



In conversation with Lissa Kreisler

Mark discusses his book with Lissa Kreisler, host of the KCAT series "Community Storytelling" and Bay Area Radio Hall of Fame honoree. Audience Q&A follows. Co-sponsored by Friends of Los Gatos Library.

Sat, Feb 24, 1:30 p.m., Los Gatos Library



Using Technology, Innovations and Data To Create A New Future for Caregiving

More than 40 million Americans are caregivers to parents, partners, friends or children with disabilities -- yet many feel alone. How can current systems and the community do a better job to support unpaid caregivers? This panel will discuss how groundbreaking research, modern technologies and the personal experiences of caregivers and those who support them might be combined to achieve transformative change in our communities.

Thur, March 8, 6:30 p.m.
Tech Museum of Innovation



Rajiv Mehta



Dawn Nafus



Gary Wolf



Barbara Marshman

Panelists include:

- Rajiv Mehta, CEO and Founder of Atlas of Caregiving
- Dawn Nafus, Anthropologist, Senior Research Scientist, Intel Corporation
- Gary Wolf, Co-Founder, Quantified Self, and Contributing Editor, Wired
- Mark Lukach, author, *My Lovely Wife in the Psych Ward*

Moderated by Barbara Marshman, Editorial Page Editor, Mercury News

Co-sponsored by the Seniors' Agenda, Santa Clara County Department of Aging and Adult Services and The Tech Museum of Innovation

EVENTS WITH RACHEL KHONG

Author of *Goodbye, Vitamin*

Freshly disengaged from her fiancé and feeling that life has not turned out quite the way she planned, 30-year-old Ruth quits her job, leaves town and arrives at her parents' home to find that situation more complicated than she'd realized. Her father, a prominent history professor, is losing his memory and is only erratically lucid. Ruth's mother, meanwhile, is lucidly erratic. But as Ruth's father's condition intensifies, the comedy in her situation takes hold, gently transforming her and her grief. Told in captivating glimpses and drawn from a deep well of insight, humor and unexpected tenderness, *Goodbye, Vitamin* pilots through the loss, love, and absurdity of finding one's footing in this life.



Sat, Feb 17, 11 a.m., Vineland Branch Library

Sat, Feb 17, 2 p.m., Joyce Ellington Branch Library
Co-sponsored by Friends of Joyce Ellington Branch Library

Sun, Feb 18, 2 p.m., Santa Clara Central Park Library
Co-sponsored by Santa Clara City Library Foundation & Friends and the Santa Clara City Library

Sun, Feb 18, 4 p.m., Cupertino Community Hall
Co-sponsored by Friends of Cupertino Library

Sat, March 24, 11 a.m., Gilroy Library
Co-sponsored by Friends of Gilroy Library

Sat, March 24, 3 p.m., Morgan Hill Library
Co-sponsored by Friends of Morgan Hill Library

Sun, March 25, 2 p.m., Dr. Martin Luther King, Jr. Library
Co-sponsored by Friends of Dr. Martin Luther King, Jr. Library

Book Group Discussions of *Goodbye, Vitamin*

Tue, Feb 6, 7:30 p.m., Morgan Hill Library

Tue, Feb 27, 7 p.m., Gilroy Library

Fri, March 2, 10:15 a.m., Gilroy Library

Mon, March 5, 7:30 p.m., Saratoga Library

Thur, March 29, 7:30 p.m., Palo Alto Library – Mitchell Park

PROGRAMS ON MEMORY

Healthy Living for Your Brain and Body

Presented in English and Mandarin, this program will describe lifestyle habits that can help maintain or potentially improve health. These habits may also help to keep the brain healthy as we age and possibly delay the onset of cognitive decline. Lifestyle habits associated with healthy aging include: cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

Fri, Feb 9, 10:30 a.m., Saratoga Library

The Brain and Transformation



Professor Nick Fortino, Ph.D. of Gavilan College will discuss the way the brain functions and how it can change. He will describe how people can use the principles of brain

function to transform themselves into who they wish to be. Co-sponsored by Gavilan College.

Tue, Feb 6, 7 p.m., Gilroy Library

Maximize Your Memory

Presented in English and Mandarin, this program covers how memory works, the difference between normal and abnormal memory loss, tips for increasing your memory and three keys to maintaining brain health.

Fri, March 16, 10:30 a.m., Saratoga Library

Maximizing Your Memory: Tips and Strategies

Are you concerned about your memory? This informative and interactive program will focus on how to tell the difference between normal age-related memory loss and dementia. Participants will also learn tips and strategies for improving memory. Co-sponsored by the Alzheimer's Association.

Thur, March 8, 3 p.m., Gilroy Library



PROGRAMS ON CARE AND COMPASSION

Agnews Museum Tour: History of Caring and Compassion

Wed, March 7, 10 a.m.-12 noon
Agnews Historic Cemetery & Museum

In 1885 the Agnews Residential Facility was established by the California State Legislature as a neuropsychiatric institution for the care and treatment of the mentally ill. It was considered a leader in adopting progressive treatments of mental illness and later became a resource



special walking tour of the Agnews Historic Cemetery & Museum in Santa Clara. Due to limited space, pre-registration is required at <http://bit.ly/Agnews18>.

for developmentally disabled. Join former Agnews Development Center staff member and current museum volunteer Kathleen Lee for a

Creating Moments of Joy: The Untapped Potential of Caregiving

The greatest gift you can give someone is your time. As scarce a commodity as that may be for you, it is even more precious for an aging parent or loved one. Yet far too many people embrace their caregiver role too late, seeing it only in its most negative terms and missing out on what might become some of life's most cherished memories. Start spending quality time now to experience the "Aha!" moment of what matters in life. Gerontologist Esther Koch will help you tap into your potential to create moments of joy as a caregiver.



Wed, Feb 21, 7 p.m., Los Altos Library
Fri, Feb 23, 10:30 a.m., Saratoga Library
Mon, March 12, 7 p.m., Gilroy Library
Thur, March 15, 7 p.m., Milpitas Library



CareMapping Workshop

In this two-hour interactive workshop, participants will learn about and draw their own "CareMap" – a diagram of their care ecosystem. The Atlas CareMap illustrates the caregiver's own support system, highlights what is working well, and can reveal duplication or gaps in care and resources. The workshop was developed with funding from the Robert Wood Johnson Foundation, the Santa Barbara Foundation and AARP and has been presented to hundreds of individuals over the past two years. Co-sponsored by the Seniors' Agenda, Santa Clara County Department of Aging and Adult Services.



Mon, Feb 12, 4:30 p.m., Alum Rock Branch Library
Tue, Feb 13, 7 p.m., Morgan Hill Library
Thur, Feb 22, 2 p.m., Campbell Library
Fri, March 2, 10:30 a.m., Saratoga Library
Mon, March 5, 7 p.m., Gilroy Library
Mon, March 19, 7 p.m., Los Altos Library



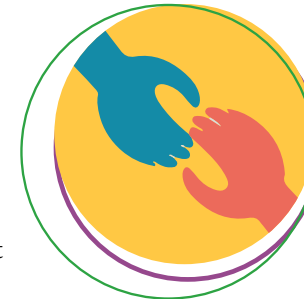
Preserving Our Vision Over the Years

This program will discuss how aging and eye diseases can threaten vision, and what you can do to preserve your most precious sense. Dr. Martin Fishman, a Los Gatos ophthalmologist and Clinical Professor of Ophthalmology at Stanford Medical Center, will discuss common eye diseases, preventative measures, therapies and the latest medical and surgical approaches to cataracts, glaucoma, macular degeneration and other eye conditions.

Wed, March 7, 10:30 a.m., Saratoga Library

Hospice 101

This program will provide information about the myths and facts of hospice care and its impact on both the patient and the family. Co-sponsored by Hospice of the Valley.



Thur, March 8, 2 p.m., Campbell Library

Holistic Nutrition

Indian Business and Professional Women (IBPW) will host a talk on holistic nutrition, based on Rachel Khong's novel *Goodbye, Vitamin*. Lata Patil will address senior citizens on the topic of "Cooking, Care and Compassion."

Tue, April 10, 12 noon, India Community Center

Mental Illness and Family Relationships

Based on Mark Lukach's memoir *My Lovely Wife in the Psych Ward*, Indian Business and Professional Women (IBPW) will host a panel discussion to address the issues around mental illness and its effect on relationships. Psychiatric professionals on the panel will discuss how to cope by anchoring compassion, devotion and love.

Sun, April 15, 1-3 p.m., India Community Center

Self-Care for Caregivers

Becoming a caregiver is a life-changing experience, whether you are caring for a loved one or working in a healthcare profession. Compassion and mindfulness teacher Emily Hine, CEO of HineSight Consulting, will offer practical mindfulness strategies and compassion practices to reduce caregiver stress, depression and burnout. This engaging presentation will help you develop coping strategies to help you better care for yourself and others.



Tue, March 6, 7 p.m., Campbell Library

Mon, March 12, 7 p.m., Los Altos Library

Mon, March 19, 7 p.m., Saratoga Library



Mindfulness: Learning To Be Happy, Healthy and Stress Free – No Matter What

In this session on mindfulness and meditation, participants will be introduced to the benefits of yogic breathing exercises by experiencing guided relaxation through breathing, light yoga and stretching, and guided meditation. A discussion will follow on insights into the nature of the mind with a focus on compassion.

Mon, Feb 12, 7 p.m., Gilroy Library

Fri, March 9, 5:30 p.m., Los Altos Library

RESOURCES FOR CAREGIVERS

Santa Clara County Library District has compiled a list of organizations that provide resources to all types of caregivers and to individuals who are experiencing aging, health or disability issues.

Download the list from the home page of SiliconValleyReads.org.





films



ALIVE INSIDE: THE STORY OF MUSIC AND MEMORY



This film is a joyous cinematic exploration of the capacity of music to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music. 78 min.

Fri, Feb 9, 2 p.m., Gilroy Library
Tue, March 13, 7:20 p.m., Campbell Library

CARING FOR MOM AND DAD



Who will take care of those who can no longer care for themselves? How will the nation adapt to ensure that adequate care can be provided for both the caregivers and for those being cared for? This PBS documentary seeks to answer these questions as it explores the emotional, health and financial challenges that many caregivers face every day, and offers solutions and tips to help others embarking on this new future. 60 min.

Thur, Feb 22, 5:30 p.m., Educational Park Branch Library
Wed, Feb 28, 6:30 p.m., Dr. Martin Luther King, Jr. Library
Mon, March 5, 5:30 p.m., Alum Rock Branch Library
Sat, March 10, 1:30 p.m., Evergreen Branch Library
Sat, March 10, 2 p.m., Milpitas Library
Thur, March 22, 5 p.m., Edenvale Branch Library

THE SANDWICH GENERATION

In this emotionally charged account of family caregiving, filmmaker Julie Winokur and her husband, photojournalist Ed Kashi, expose their personal lives with unflinching candor. Winokur and Kashi uprooted their two children and their business in order to move 3,000 miles cross-country to care for Winokur's father, Herbie.



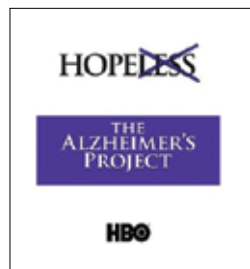
At 83, Herbie suffers from dementia and can no longer live alone. Winokur and Kashi are faced with difficult choices and overwhelming responsibility as they charge head on through their "sandwich" years. 28 min.

Wed, Feb 7, 5 p.m., West Valley Branch Library
Sat, Feb 17, 11 a.m., Dr. Martin Luther King, Jr. Library
Thur, Feb 22, 6:15 p.m., Rose Garden Branch Library

THE ALZHEIMER'S PROJECT: CAREGIVERS

Five portraits of caregiving for Alzheimer's. Created by an award-winning HBO team, this multi-platform series takes a close look at groundbreaking discoveries made by the country's leading scientists, as well as the effects of this debilitating and fatal disease on those with Alzheimer's and their families. 48 min.

Mon, Feb 5, 5:45 p.m., Rose Garden Branch Library
Tue, Feb 13, 4 p.m., Tully Community Branch Library
Sat, Feb 24, 2 p.m., Dr. Martin Luther King, Jr. Library
Sat, March 3, 1:30 p.m., Evergreen Branch Library
Wed, March 7, 1 p.m., Almaden Branch Library
Mon, March 12, 6 p.m., Alum Rock Branch Library
Tue, March 13, 7 p.m., Saratoga Library



ALZHEIMER'S: A LOVE STORY



Those diagnosed with Alzheimer's live an average of eight years after their symptoms first become noticeable. It has been 11 years for Greg, who now lives in a memory care facility. Every day, his husband Michael visits the love of his life and fights to preserve the memory of their 40 years

together. This documentary has been screened at more than 50 film festivals internationally and won both audience and juried awards, including the Best Short Film and Best LGBT Film at the Cannes American Pavilion Emerging Filmmakers Showcase. 16 min.

Tue, March 13, 7 p.m., Campbell Library

BEST BOY

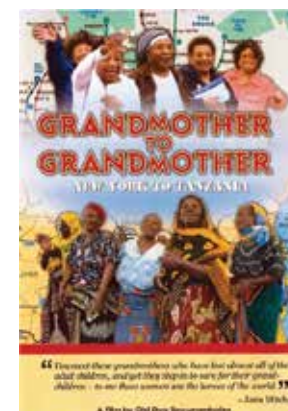


Director Ira Wohl documents three years in the life of his cheerful, mentally handicapped 52-year-old cousin, Philly Wohl, whose elderly parents have recently started to prepare him for the day when they can no longer be his caretakers. Ira follows Philly as he travels from his apartment in Queens into Manhattan, where he takes classes to learn to care for himself. Slowly, Philly begins to learn the ways of the world and becomes more self-reliant and independent. Initially released in 1979, this film won an Academy Award for Best Documentary Feature. 110 min.

Tue, Feb 13, 7 p.m., Saratoga Library

GRANDMOTHER TO GRANDMOTHER

This film introduces two outstanding projects – one in the Bronx, one in Tanzania. The founders of these projects are finding simple and effective ways to support grandmothers who are raising grandchildren. Children who were 'at risk' are now thriving. Grandmothers who felt hopeless are beginning to have hope. 56 min.



Wed, Feb 14, 6:30 p.m., Dr. Martin Luther King, Jr. Library
Thur, Feb 22, 5 p.m., Edenvale Branch Library
Thur, March 1, 11:30 a.m., Gilroy Library
Thur, March 1, 5:30 p.m., Evergreen Branch Library
Tue, March 13, 5:30 p.m., Willow Glen Branch Library
Sat, March 17, 3 p.m., Alviso Branch Library

YOU'RE LOOKING AT ME LIKE I LIVE HERE AND I DON'T



This is the first documentary filmed in an Alzheimer's unit told from the perspective of an Alzheimer's patient. In Danville, Lee Gorewitz wanders on a personal odyssey through her Alzheimer's & Dementia care unit. From the moment she wakes up, Lee is on a quest -- for reminders of her past and her identity. A total immersion into the fragmented day-to-day experience of Alzheimer's, "You're Looking At Me Like I Live Here and I Don't" is filled with charismatic vitality and penetrating ruminations that challenge our preconceptions of illness and aging. 53 min.

Tue, Feb 20, 7 p.m., Saratoga Library

NINE TO NINETY

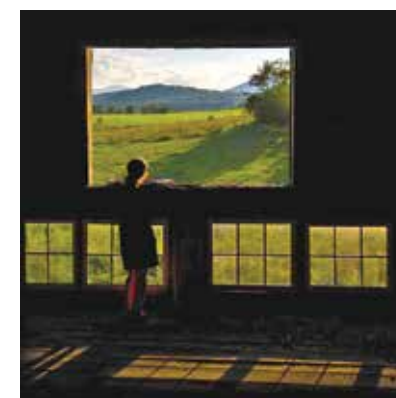
A story of a family at a crossroads, this PBS documentary is an intimate portrait of three generations coming together to face the questions and consequences of aging. The heart of the film is the love story of Phyllis and Joe Sabatini, who at ages 89 and 90 live in the home of their daughter and son-in-law, where they relish time with their family but do not want to be a burden on their children. 29 min.



Wed, Feb 7, 5:30 p.m., West Valley Branch Library
Sat, Feb 17, 10:30 a.m., Dr. Martin Luther King, Jr. Library
Wed, Feb 21, 1 p.m., Almaden Branch Library
Mon, March 5, 5 p.m., Seven Trees Branch Library
Mon, March 12, 5:30 p.m., Alum Rock Branch Library

HERE ONE DAY: A FAMILY COPES WITH MENTAL ILLNESS

When filmmaker Kathy Leichter moved back into her childhood home after her mother's suicide, she discovered a hidden box of audiotapes. Sixteen years passed before she had the courage to delve into this trove, unearthing details that her mother had recorded about every aspect of her life, from the joys and challenges of her marriage, to her son's estrangement, to the highs and lows of living with bipolar disorder. This emotionally candid film is about a woman coping with mental illness, her relationships with her family and the ripple effects of her suicide on those she loved. It is being used in classrooms across the world to teach how mental illness and suicide impact families, reduce stigma, raise awareness, and educate policymakers and mental health professionals on the future. 76 min.



Tue, Feb 13, 7 p.m., Campbell Library
Tue, March 6, 7 p.m., Saratoga Library
Sun, March 18, 2 p.m., Milpitas Library
Mon, March 19, 6 p.m., Gilroy Library

ACTIVITIES FOR TEENS

Teen Writing Workshop



Eric Lindstrom, author of *Not If I See You First*, will share creative writing tips with teens on Wednesday, Feb. 7, 7-8 p.m. at Cupertino Library.

Author Eric Lindstrom will visit local public high schools in February and March to talk about his book and writing.

Solidifying Your Mindfulness Practice through Bullet Journaling: A Workshop for Teens

In this special workshop for teens, creativity coach and author Kanesha Baynard will show participants how to expand their mindfulness practices through bullet journaling. Bullet journals can be simple and streamlined or elaborate works of art. People use bullet journals to spark creativity, decrease their screen time, increase their mindfulness, improve memory,



extend and improve family communication, take better care of themselves and get their “to do” lists under control. Participants will be able to apply the layouts, spreads, journaling tools and customizable bullet journal structure to their daily lives, creative endeavors and wellness practices.

Mon, Feb 26, 4 p.m., Milpitas Library

Sat, March 3, 10:30 a.m., Gilroy Library

Sat, March 10, 3 p.m., Morgan Hill Library

Tue, March 27, 4 p.m., Los Altos Library

Self-Compassion for Teens

Teens, discover a place to unwind and be yourself. As a teen in today's fast-paced, technically saturated world, you probably experience stress, at least



occasionally. And is it any wonder? You're juggling schoolwork, friendships and other

responsibilities. Sometimes you need a place to chill and be yourself. Dr. Amy Saltzman author of *A Still Quiet Place*, will help you find that place – a place of power and peace inside you. This short workshop will offer a way to deal with stress, and provide tips for being kind to yourself and others.

Tue, March 6, 7 p.m., Los Altos Library

Wed, March 14, 7 p.m., Cupertino Library

Mindfulness for Teens

This one-hour fun, interactive session is conducted by instructors from the YES! For Schools program that has been taught to more than 13,000 students in the Bay Area. The session includes: tension releasing exercises, targeted breathing techniques to help reduce stress, full body relaxation and short guided meditation. Participants are requested to bring a yoga mat or a large towel.

Mon, Feb 5, 4 p.m., Milpitas Library

Tue, Feb 6, 4 p.m., Morgan Hill Library

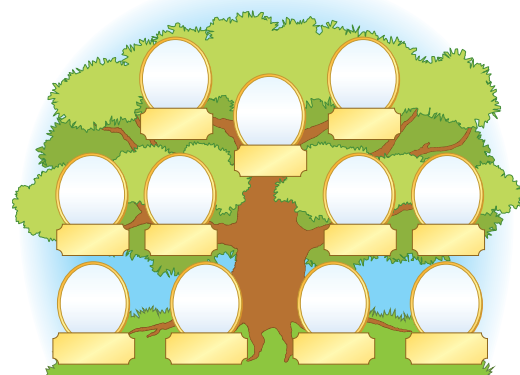
Mon, March 5, 4 p.m., Gilroy Library

Tue, March 20, 5 p.m., Campbell Library

Fri, March 23, 5:30 p.m., Los Altos Library

Family Histories Teen Program

Teens will learn about family connections and basic family research in this introduction to unlocking family histories. Provided resources



will include a blank family tree page, a blank leaf page and an introduction to sources such as directories, census records, online newspaper collections, and obituaries. This program will be offered at many libraries in February and March. For dates, times and locations, visit SiliconValleyReads.org.

ACTIVITIES FOR CHILDREN AND FAMILIES



“When a community reads together, it becomes a place where more understanding and empathy are possible. It becomes a kinder place for people to live.”
– Meg Medina

Storytimes

Storytimes at many libraries in February and March will feature a reading of *Mango, Abuela and Me*. Some storytimes will be bilingual. For dates, locations and times, visit SiliconValleyReads.org.

Family Reading Program

FIRST 5 Santa Clara County will host readings of *Mango, Abuela and Me* for children under the age of 6 and their families at local Family Resource Centers in February and March, open to the public. The first 50 families in attendance at each event will receive a free copy of the book, in English or Spanish, to take home. For dates, times and locations, visit SiliconValleyReads.org.

Cool Kids Read Book Club

Students in grades 4-6 are welcome to join a discussion of *The Secret Life of Lincoln Jones* by Wendelin Van Draanen.

Thur, Feb 15, 4 p.m., Los Altos Library

Learning To Help Children's Activity

Following a reading aloud of *Mango, Abuela and Me*, children will create a chart showing how they can support and help their families. The activity will guide children to identify teachable skills for themselves and family members. This program will be offered at many San Jose Public Library branches in February and March. For dates and times, visit SiliconValleyReads.org.

Happy Birds

In this year's selected picture book *Mango, Abuela and Me*, a parrot named Mango helps Mia and her grandmother get better acquainted. Meet smart and beautiful real parrots in a special program with Happy Birds.



Sat, Feb 17, 3 p.m., Saratoga Library

Wed, Feb 21, 3 p.m., Morgan Hill Library

Thur, Feb 22, 3 p.m., Milpitas Library

Wed, Feb 28, 5 p.m., Almaden Branch Library

Thur, March 15, 4:30 p.m., West Valley Branch Library

Wed, March 28, 4:30 p.m., Campbell Library

Wendelin Van Draanen

Tue, March 13, Cupertino Library

4 p.m. – Students in grades 4-7 are invited to meet Wendelin Van Draanen and discuss her book, *The Secret Life of Lincoln Jones*.

7 p.m. – Adults with an interest in children's literature are invited to meet Wendelin Van Draanen and discuss her books. Registration required at either the Cupertino Adult or Children's Reference Desk beginning Feb. 1.



Author Wendelin Van Draanen will visit local public schools in March to talk to students in grades 4-7 about her book and writing.

Silicon Valley Reads 2018 Event Locations

Agnews Historic Cemetery & Museum
1250 Hope Dr., Santa Clara

Almaden Branch Library
6445 Camden Ave., San Jose

Alum Rock Branch Library
3090 Alum Rock Ave., San Jose

Bascom Branch Library
1000 S. Bascom Ave., San Jose

Berryessa Branch Library
3355 Noble Ave., San Jose

Biblioteca Latinoamericana Branch Library
921 S. First St., San Jose

Calabazas Branch Library
1230 S. Blaney Ave., San Jose

Cambrian Branch Library
1780 Hillsdale Ave., San Jose

Campbell Library
77 Harrison Ave., Campbell

Cupertino Community Hall
10350 Torre Ave., Cupertino

Cupertino Library
10800 Torre Ave., Cupertino

De Anza College
21250 Stevens Creek Blvd., Cupertino

Dr. Martin Luther King, Jr. Library
150 E. San Fernando St., San Jose

East Carnegie Branch Library
1102 E. Santa Clara St., San Jose

Edenvale Branch Library
101 Branham Lane East, San Jose

Educational Park Branch Library
1771 Educational Park Dr., San Jose

Euphrat Museum of Art, De Anza College
21250 Stevens Creek Blvd., Cupertino

Evergreen Branch Library
2635 Aborn Rd., San Jose

Evergreen Valley College
3095 Yerba Buena Rd., San Jose

Gilroy Library
350 W. Sixth St., Gilroy

Hillview Branch Library
1600 Hopkins Dr., San Jose

India Community Center
525 Los Coches St., Milpitas

Joyce Ellington Branch Library
491 E. Empire St., San Jose

Los Altos Library
13 S. San Antonio Rd., Los Altos

Los Gatos Library
100 Villa, Los Gatos

Milpitas Library
160 N. Main St., Milpitas

Morgan Hill Library
660 W. Main Ave., Morgan Hill

Mountain View Public Library
585 Franklin St., Mountain View

Palo Alto City Library, Mitchell Park Branch
3700 Middlefield Rd., Palo Alto

Palo Alto City Library, Rinconada Branch
1213 Newell Rd., Palo Alto

Pearl Avenue Branch Library
4270 Pearl Ave., San Jose

Rose Garden Branch Library
1580 Naglee Ave., San Jose

Santa Clara Central Park Library
2635 Homestead Rd., Santa Clara

Santa Teresa Branch Library
290 International Circle, San Jose

Saratoga Library
13650 Saratoga Ave., Saratoga

Seven Trees Branch Library
3590 Cas Dr., San Jose

Sunnyvale Public Library
665 W. Olive St., Sunnyvale

Tech Museum of Innovation
201 S. Market St., San Jose

Tully Community Branch Library
880 Tully Rd., San Jose

Village Square Branch Library
4001 Evergreen Village Square, San Jose

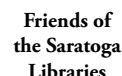
Vineland Branch Library
1450 Blossom Hill Rd., San Jose

West Valley Branch Library
1243 San Tomas Aquino Rd., San Jose

Willow Glen Branch Library
1157 Minnesota Ave., San Jose

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PAST SILICON VALLEY READS SELECTIONS

2017



Unfair
Adam Benforado



Writing My Wrongs
Shaka Senghor

2016



Memory of Water
Emmi Itäranta



Sherwood Nation
Benjamin Parzybok

2015



We Need New Names
NoViolet Bulawayo



Stealing Buddha's Dinner
Bich Minh Nguyen



The Book of Unknown Americans
Cristina Henríquez

2014



The Shallows: What The Internet Is Doing To Our Brains
Nicholas Carr



Mr. Penumbra's 24-Hour Bookstore
Robin Sloan

2013



Minefields of the Heart
Sue Diaz



The Long Walk
Brian Castner

2012



The Muslim Next Door
Sumbul Ali-Karamali



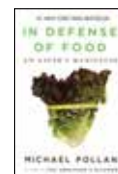
The Butterfly Mosque
Willow Wilson

2011



The Year of the Fog
Michelle Richmond

2010



In Defense of Food
Michael Pollan

2009



Not a Genuine Black Man
Brian Copeland

2008



The Distant Land of My Father
Bo Caldwell

2007



Tortilla Curtain
T.C. Boyle

2006



When the Emperor Was Divine
Julie Otsuka

2005



Epitaph for a Peach
David Mas Masumoto

2004



Fahrenheit 451
Ray Bradbury

2003



Breaking Through
Francisco Jimenez



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