



## District 8 Community Round Table – D8CRT

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### **Meeting Agenda**

**May 6, 2021 @ 7:00 PM – 9:00 PM**  
**Virtual Meeting via Zoom**

The meeting was called to order by President Jeremy Barousse at 7:00 p.m.

President's Report – Dues are \$20 per year and can be submitted online to District 8 Community Round Table through Venmo. Our meeting next month will be a discussion concerning the VTA expansion along Capitol Expressway near Eastridge.

SJPD Capt. Todd Trayer – They have been concentrating on retail burglaries, vehicle sideshows and illegal fireworks, and Cinco de Mayo. Residential car thefts have also been up.

How to Cope with Depression & Anxiety related to COVID-19 re-opening scheduled for June 15 – Dessera Vega of the Alum Rock Counseling Center. People are reporting anxiety and concern about the upcoming re-opening. There has been an increase in mental health telehealth visits. Both adults and children have been reporting difficulty managing emotions and coping with stress and everyday life during the pandemic. People are concerned about health and finances, and are having trouble with concentration. Sleep issues are also a concern. Children and parents have anxiety about what will happen when the students return to school. Students are often behind in their normal learning, and also have jitters about returning to their normal social lives after such a long time away. Many people have reported feeling depressed about missing things they used to enjoy – meeting with friends and family, social activities, etc. Ms. Vega encouraged parents to try to spend more one-on-one time with their children – at least 15-30 minutes per day. People are struggling to self-cope – physical, emotional, social, spiritual, personal, financial and work issues. The number for Alum Rock Counseling Center is 408.294.6500.

Ravi Pathak gave us all great tips for both adults and children to try to help relieve their stress. People of all ages should try to take some time out of each day to relax, quietly meditate and concentrate on all of the good, positive things they still have in their lives, and look forward to soon regaining the things they have missed out on all year.

Otto Lee's office – The-Vu Nguyen reported that vaccines will now be available in Santa Clara County for children over 16.

Evergreen Elementary School District – schools are now doing some in-person learning. They are expecting full school attendance in September.

Land Use Subcommittee – There will be a virtual meeting on May 15<sup>th</sup> at 10 am. regarding the 27 acres at Evergreen Valley Community College.

The next D8CRT meeting will be Thursday, June 3<sup>rd</sup> at 7:00 p.m. via Zoom. The topic will be the proposed VTA Light Rail expansion on Capitol Expressway.

The meeting was adjourned at 9:00 p.m.