

IN THIS ISSUE: Odd romance in "Spillikin," victims ceremony in Hanford, the oldest interracial newlyweds, 1918 influenza in Tulare County

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume V, Number 3 • May/June 2018



Simone Ungaro, CEO of Movendo Technology, battles one of his company's robots.

Senior Care Robots: Coming to a Bedside Near You?

By Steve Pastis

In the next five to ten years, caregiving robots will be used to improve the health and well-being of seniors.

"We are working towards a complete integration of robots in the caregiving sector to provide the caregiving person an overall robotic ambient that can make rehabilitation more effective, increasing the quality of life of the aging population," said Simone Ungaro, CEO of Movendo Technology in Genova, Italy, about Hunova, a robotic platform for rehabilitation that has recently become available in the U.S.

"Hunova is designed to provide a safe environment where seniors in nursing homes not only receive a state-of-the-art care but are also monitored to objectively evaluate their conditions and their improvements during the rehabilitation process," he said.

Seniors respond extremely positively to Hunova, according to Ungaro. He explained that every exercise is delivered through gaming, which completely transforms the rehabilitation process.

"Seniors are now asking their caregiving persons to use Hunova to 'play games,'" he said. "They are motivated to do more rehabilitation and more often, and the entire rehabilitation improves drastically because of this simple concept. Also, Hunova makes it easy for them to see what they are doing wrong and how can they improve their movements. This is made possible thanks to the sensor they have on their chest

which registers the trunk movements which they can see on the screen. Biofeedback helps them understand if the movements they do are correct or wrong and they can fix them right away, thus leading to an instant and quicker improvement. In this way, they also feel challenged to do better in the next session.

"What we are seeing is that objective evaluation is extremely appreciated because it is possible to show to seniors their improvements thanks to printed reports that work as a motivational
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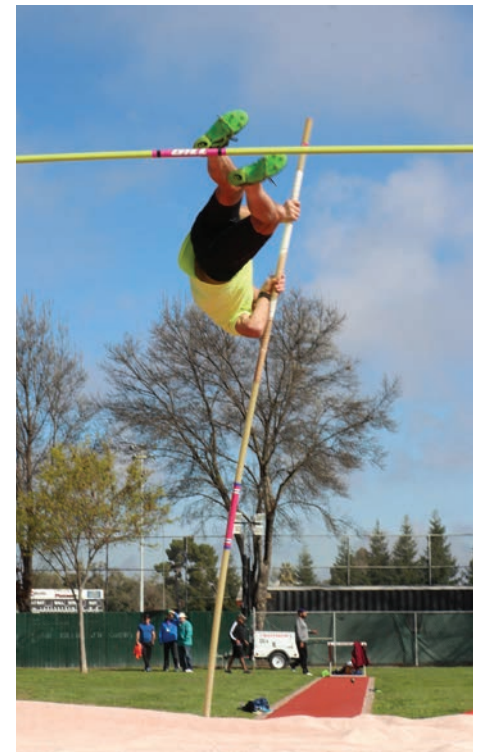
Hundreds Compete in 2018 Visalia Senior Games

The 2018 Visalia Senior Games surpassed all expectations this year with almost 530 athletes competing in various locations in Visalia over two weekends in March. The 2018 games attracted 25 more athletes than did the 2017 games.

Seniors from 93 California cities, and from as far away as Texas and Oregon, competed in various sporting events including archery, bowling, disc golf, golf, horseshoes, table tennis, pickleball, swimming, track & field events and trap shooting.

By far the most popular sports again were pickleball with 136 participants, followed by softball with 100. Fifty-four track & field athletes, 38 swimmers and 36 trap shoot competitors rounded out the top five events.

"We are thrilled to see new athletes joining our events every year," said Jeannie Greenwood, director of the Visalia Parks & Recreation Department. "This year, we met a wonderful group of archers from the Breaking the Barriers organization in Fresno and members of a new track club, also out of the



The pole vault was among the many track and field competitions at this year's games.

Fresno area."

In addition to the sporting events, the 2018 Visalia Senior Games included two social events on the Saturday of each of the competition weekends. The idea behind hosting the social events is to give the athletes and their family and
(continued on page 4)

'Senior Day in the Park' Set for Friday, May 18

The 49th Annual Senior Day in the Park, a free event for seniors, their families and caregivers, will be held from 9 a.m. to 2 p.m. on Friday, May 18, at Mooney Grove Park, 2700 S. Mooney Blvd., Visalia. This year's theme is "A Day at the Ballpark."

Entertainment will include Mariachi Juvenal Nueva Generacion, Jerry Hope singing "The Star Bangled Banner," Post 56 Color Guard and Flag Salute, and of course, a performance by "Elvis" (Jeremy Pearce).

There will also be a classic car show, informational exhibitor booths, cake walk (more than 300 cakes are expected to be donated, and additional donations are welcome), photo booths, raffle prizes, dancing and bingo.

Senior Day in the Park was

created to honor local seniors for their contributions to local communities.

This year's event is organized by CSET (Community Services Employment Training). Sponsors include Kings/Tulare Area Agency on Aging, Tulare County Health & Human Services, Kaweah Delta Health Care District, Family Health-Care Network, Salser & Dillard, HealthNet, A&W, Culligan Water and Vapor Trailers.

For more information, call Albert Cendejas, CSET's assistant director for community initiatives, at (559) 732-4194. Online registration for exhibitors and volunteers is at www.cset.org/senior-day.



"Elvis" will perform at this year's Senior Day in the Park.

World Elder Abuse Awareness Month
(see page 5)

FHCN Launches Mobile Dental Health Center

Family HealthCare Network (FHCN) has expanded its mobile health program with the launch of its new Mobile Dental Health Center. The Mobile Dental Health Center will offer dental services in multiple locations throughout Tulare, Kings and Fresno counties.

With the success of FHCN's first Mobile Health Center, launched in May 2017, the organization will focus this expansion on increasing access to oral health services in various communities throughout the three-county area. The 38-foot mobile unit includes two state-of-the-art dental operatories, and will offer services such as routine dental exams, cleanings and sealants, as well as fillings.

"We are committed to improving access to health care services for all communities, and look forward to working in partnership with various community based organizations and schools to offer dental services through this mobile health program expansion," said Family HealthCare Network President and CEO Kerry Hydash.

The Mobile Dental Health Center marks the opening of Family HealthCare Network's 25th site, and 21st clinical site. Family HealthCare Network's Mobile Dental Health Center



will offer dental services in Alhambra, Farmersville, Laton, Poplar and Richgrove. For more information about the new Family HealthCare Network Mobile Dental Health Center, call 1-877-960-3426 or visit the website at www.FHCN.org.

Family HealthCare Network is a private nonprofit organization that operates 25 sites, 21 of which are federally qualified health centers located throughout Tulare and Kings counties. With over 200 clinical providers in its network, FHCN provides access to a wide range of coordinated health services, including obstetrics and gynecology, dentistry, pharmacy, internal medicine, behavioral health, nutritional counseling, health education, case management, community health and outreach, and eligibility assistance. Specialty services include optometry, chiropractic care, podiatry, perinatology, endocrinology and general surgery.

For more information, call 1-877-960-3426, or visit www.FHCN.org or www.Facebook.com/fhcn.org, or follow FHCN on Twitter at www.Twitter.com/FHCN.

VETERANS CORNER

CalVet Homes

Welcome to Veterans Corner. I would like to talk about the California Department of Veterans Affairs (CalVet) Veterans Homes.



CalVet Homes "provide the state's aged or disabled veterans with rehabilitative, residential, and medical care and services in a home-like environment." The homes are a system of live-in residential care facilities offering a plan of medical, dental (on-site or the nearest VAMC), pharmacy, rehabilitation services and social activities within small community environments. They range in size from 60 residents to over 1,000 residents. When all homes are fully occupied, they will provide services for approximately 3,000 veterans. Currently, eight CalVet homes are located throughout the state with varying levels of care and occupancy statuses. These homes are located in Barstow, Chula Vista, Yountville, West LA, Lancaster, Ventura, Fresno and Redding.

If you are a veteran age 55 or older, discharged from active military service under honorable conditions, you are eligible to apply for admission. If you are disabled or homeless in need of long-term care, the age requirement can be waived. Medal of Honor recipients, Ex-POW's and wartime veterans have priority for admission over peacetime veterans.

For admission you must meet the following as well as the requirements above:

- Served on active duty in the Armed Forces of the United States, for other than training purposes.
- Provide proof of service by submitting a DD-214, or proof through the U.S. Department of Defense (DOD) or the United States Department of Veterans Affairs (USDVA).
- California resident at the time of application for admission.
- Test negative for Tuberculosis (TB).
- Not require more care and supervision than is provided at the Veterans home of choice.
- Not require acute hospitalization at the time of application.
- Not have a primary need for acute psychiatric care.
- Not have a past history of violence, mental illness, or a criminal record that would create a risk to yourself or the other residents.
- Not be under the influence of alcohol or illegal substances.
- Enrolled in a qualified health insurance plan, or have an application for such a plan pending.

Ken Cruickshank, the Veterans Services Officer for Tulare County, is a retired Navy Master Chief Petty Officer. Contact him at the Veterans Services Office at 3348 W. Mineral King Ave., Visalia; by phone at (559) 713-2880; or by email at KCruicks@tularehhsa.org

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Kings County Marks National Crime Victims Rights Week

The Kings County District Attorney's Victim Witness Assistance Program held two events to mark National Crime Victims' Rights Week in April.

The first event, held on the evening of April 9 at the Hanford Civic Auditorium, was a crime victims recognition ceremony honoring those who have lost their lives to crime in the county this past year, and recognizing others who have been victims of crime, including elder abuse. The evening included a balloon release, color guard, choir and proclamation. A social with refreshments and light appetizers followed, highlighted with a display of memorial quilts and a short video public service announcement.

On April 12, an Open House was held in the Multi-Purpose Room of the Kings County Gov-



Many of the balloons released at the April 9 recognition ceremony had personal notes from Kings County crime victims tied to them.

ernment Center. The event was also a dessert social and again the quilts were hung and the video was shared.



Elder abuse victim Reynaldo Arcino addresses the audience at the April 9th event.

"Both events were well attended," said Julia Patino, Kings County District Attorney Victim Witness Program coordinator, who estimated that about 300 people attended the April 9th event.

"The speakers stole the show," said Patino about the talks that evening from four crime victims. "The speakers were open and honest. It was shocking for the audience."

The speakers included Reynaldo Arcino, an elder abuse victim.

"He stole everybody's heart," said Patino. "He talked about physical and financial abuse that went on for several years.

He said he wished he had the strength to report it sooner."

In addition to service providers, many of those in attendance were previous crime victims and their families. Following the talks, everyone had the opportunity to release a balloon and include a note with it.

Eleven quilt squares were added this year, each representing someone who lost their life to crime in Kings County this past year.

The video public service announcement can be viewed online at <https://youtu.be/IQs-db-PgPNQ>



Eleven more squares were added to the quilt this year.

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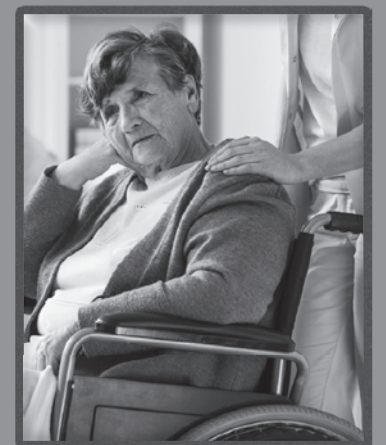
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Family Services of Tulare County now offers a safe and confidential hotline for individuals 50 and over who are being harmed by someone they trust.

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Family Services of Tulare County office: 559-732-7371



This project was supported by Grant No. 2015-EW-AX-K006 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Visalia Senior Games...

(continued from page 1)

friends the opportunity to take a break from competition and meet new people, both locally and from outside of the area.

The social events included a BBQ Mixer, originally scheduled to be held at Plaza Park, but later moved due to the weather conditions, and a Texas Hold'Em Tournament held at the Anthony Community Center. Both events featured raffle prizes, and the Texas Hold'Em tournament awarded medals to

the top three finishers.

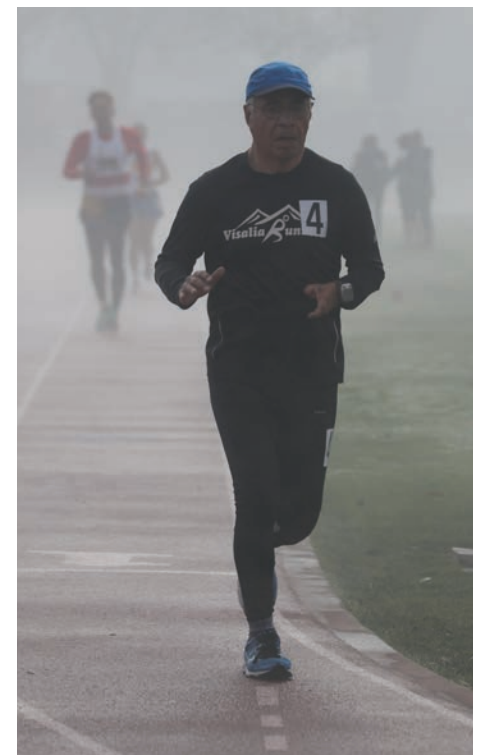
"Unfortunately, due to the weather conditions, the BBQ Mixer event was moved indoors to the Anthony Community Center," said Maggie Kalar, recreation supervisor for marketing with Visalia Parks & Recreation. "The rain didn't dampen any spirits at all and we were still able to have a great time dancing to the sounds of the Dirty Poppas, socializing and enjoying the delicious barbecue dinner."

Kalar added that it takes a community to facilitate this type of event and the Visalia Senior Games committee is extremely thankful for the many sponsors who partnered with them to help make the 2018 event such a success, including the "Silver Sponsor" Kaweah Delta Health Care District; "Bronze Sponsors" American Ambulance, Jostens and Quail Park Communities; "Friends of Visalia Senior Games Sponsors" Buckman Mitchell, Inc., CourseCo, Rotary Club of Visalia, Eagle Mountain Casino and Smith Promotions; and the "BBQ Mixer Sponsors" Visalia Pride Lions Club, Visalia Breakfast Lions Club and Visalia Sunset Lions Club.

The planning committee is already setting its sights on the 2019 Visalia Senior Games with the tentative dates for the event set for March 23-24 and 30-31.

"We're excited to be thinking about next year's events already," said Greenwood. "In addition to keeping the same events, we're considering bringing back the 5K/10K road race and we are hoping to find some local cycling enthusiasts to assist us with adding a cycling time trial event next year.

"We'll continue to look for events to add so we can see the Visalia Senior Games continue to grow."



Not even the gloomy March weather could keep these athletes off the track.



Our best guess is that this softball was knocked over the fence.

"We're looking forward to working with our community and our committee members next year to make this an even bigger and better event," added Kalar.

Event standings and photos are posted at www.visaliaseniorgames.com. For more information, or to be added to the mailing list for the 2019 Visalia Senior Games, contact the Visalia Parks and Recreation Department at (559) 713-4365 or recreation@visalia.city.

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Tulare County Plans for World Elder Abuse Awareness Month

Events are planned in Tulare County to recognize June as World Elder Abuse Awareness Month.

On June 7, the Office of the Tulare County District Attorney will host Elder Abuse Training for law enforcement, attorneys, advocates, social workers and care providers. This free training will be held from 8:30 a.m. to 5 p.m. at the Visalia Convention Center.

"This event creates a great opportunity for those who care about the safety of our seniors to come together and share ideas that reinforce that elder abuse is unacceptable," said Tulare County District Attorney Tim Ward. "One of every 20 California seniors will be a victim of neglect, or physical or financial abuse this year. I encourage anyone who suspects abuse to call law enforcement or protective services. Our seniors deserve better."

The district attorney's office also plans to run a spring Elder Abuse awareness campaign online, in newspapers, on buses and on television, encouraging people to call the county hotline if they suspect elder abuse.

On Tuesday, June 19, "Elder Abuse Awareness Flag Ceremony 2018" will be held on the northeast lawn of Government Plaza, 5957 S. Mooney Blvd., Visalia, starting at 9 a.m. Coordinated by Tulare County Public Guardian & Adult Protective Services, the annual ceremony is expected to feature local officials and community leaders, and a display of purple flags.

"Each report of elder abuse will be recognized with a purple flag being placed on the front lawn of Government Plaza with the hope of bringing awareness of elder abuse and the need for increased prevention," explained Tammie Weyker-Adkins, Tulare County Health &

Human Services Agency (HHS) public information officer. "There were more than 2,820 reports of elder abuse or neglect in 2016-2017, which is a 1% increase from



Last year's Elder Abuse Awareness Flag Ceremony was attended by local officials and other community leaders.

the 2,737 reports in 2015-2016.

"Elder and dependent adult abuse can involve neglect, self-neglect and physical, emotional, sexual or financial abuse," she added. "It affects seniors across all cultures, races, and socioeconomic groups. Each year, older adults lose billions of dollars in telemarketing fraud, mail scams and fake lotto schemes."

"Here in California, Adult Protective Services receives more than 196,000 reports of elder and dependent adult abuse per year, and reports are increasing," said John Mauro, HHS deputy director of Adult Services. "It is estimated that only one in 24 cases is reported, and for financial abuse, only one in 44 cases is reported. But

together we can make a difference and help take care of those who have taken care of us. Through education, recognition, and reporting, we can improve the lives of elders and dependent adults in our community."

World Elder Abuse Awareness Day (WEAAD), which was later expanded to World Elder Abuse Awareness Month, was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. Its purpose is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons

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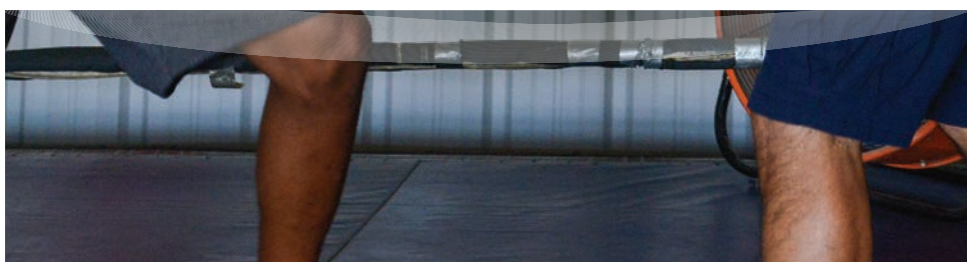


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Jesús Gamboa has been many things - a life-long runner, a former City of Visalia Mayor and Councilman, and trainer for the Northside Boxing Club, to name a few. But on trip to Washington, D.C. in 2014, he felt knee pain like never before.

Jesús went to local orthopedic surgeon Dr. Bruce Le, who announced it was time for a total knee replacement.

"I never considered going anywhere else because I know we have good doctors here. I had an awesome experience from Dr. Le to all the nurses at Kaweah Delta," Jesús said.

Today, Jesús is glad to be back in the ring. "I'm training amateur boxers and moving around with the kids doing lateral movements, moving forward and backward - my legs are good," he said.

"I never considered going anywhere else..."

-Jesús Gamboa

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Health & Wellness

Kaweah Delta Becomes First Primary Stroke Center in Area

The Joint Commission and the American Stroke Association have awarded Kaweah Delta Medical Center certification as an Advanced Primary Stroke Center, making it the first hospital with the designation in Tulare and Kings counties.

The certification, which is The Joint Commission's Gold Seal of Approval and the American Heart Association/American Stroke Association's Heart-Check mark for Advanced Certification for Primary Stroke Centers, was awarded after Kaweah Delta underwent a rigorous onsite review by The Joint Commission.

The Gold Seal of Approval and the Heart-Check mark recognize the quality of care that Kaweah Delta is providing to people who have a stroke or a transient ischemic attack, commonly referred to as a mini stroke.

"Kaweah Delta has thoroughly demonstrated the greatest level of commitment to the care of stroke patients through its Advanced Certification for Primary Stroke Centers," said Patrick Phelan, executive director, Hospital Business Development, The Joint Commission. "We commend Kaweah Delta for becoming a leader in stroke care, potentially providing a higher standard of service for stroke patients in its community."

When patients have a stroke or a stroke-like attack and come to Kaweah Delta,



Kaweah Delta Medical Center in Visalia

doctors, nurses and staff are following the most up-to-date, evidence-based guidelines for treating stroke patients, according to The Joint Commission. Additionally, for the past two years, Kaweah Delta earned national recognition from the American Heart Association/American Stroke Association by showing adherence to stroke achievement and stroke quality measures.

Such indicators and quality measures included the amount of time it takes to provide stroke patients with clot-busting medications, and whether stroke patients are given smoking cessation advice, among others.

"It is all about the patient, so we are doing everything we

can do for them to give them a better chance of survival and to reduce their chance of disability," said Cheryl Smit, Kaweah Delta's Stroke Program manager.

Earning The Joint Commission's advanced certification is a commitment to stroke care for this community, said Nancy Brown, CEO of the American Heart Association/American Stroke Association. "By adhering to this very specific set of treatment guidelines, Kaweah Delta has clearly made it a priority to deliver high quality care to all patients affected by stroke."

In 2015, Kaweah Delta established a stroke team to improve care for patients with a goal of becoming a primary

stroke center through Joint Commission accreditation. On average, Kaweah Delta sees approximately 45 stroke patients a month and approximately 40 TIA or "mini stroke" patients a month.

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the U.S. On average, someone in the U.S. suffers a stroke every 40 seconds, someone dies of a stroke every four minutes, and nearly 800,000 people suffer a new or recurrent stroke each year.

To spot stroke signs, people should refer to the letters in "FAST" and know when to call 9-1-1:

- F:** Face Drooping
- A:** Arm Weakness
- S:** Speech Difficulty
- T:** Time to Call 911

For more information about stroke risk factors, signs, symptoms and treatment, visit www.kaweahdelta.org/stroke. To take a free health risk assessment to determine whether you are at risk for stroke, visit www.kaweahdelta.org and click on "Health Risk Assessments."

Kaweah Delta is a publicly owned community healthcare organization that provides comprehensive health services to the greater Visalia region and Tulare County.

For more information, visit www.kaweahdelta.org

Multiple Respiratory Viruses on Rise in Tulare County

Multiple respiratory viruses are causing potentially serious illness in young children and adults with chronic conditions.

Tulare County Public Health Branch strongly encourages community members take preventative measures to prevent respiratory infections such as rhinovirus, coronavirus, RSV and human metapneumovirus.

Preventative measures to avoid respiratory infections include:

- Wash your hands often with soap and water.
- Use a tissue to cover your mouth when coughing or sneezing; avoid using your hands, but if you do, immediately wash or use antibacterial cleanser to help prevent germs from spreading.
- Avoid touching your eyes, nose and mouth.
- Avoid contact with sick individuals.
- If you experience illness, stay home 24-48 hours after symptoms resolve, unless you are seeking medical care.

- Use all medications, prescribed and over-the-counter, as instructed.

- There are no vaccines for these respiratory viruses, however, the influenza vaccine is still available.

Seek emergency medical care when you see signs of serious illness, such as:

- Shortness of breath, difficulty breathing, abdominal pain, dizziness, confusion, vomiting or dehydration.
- Hyperventilation or difficulty breathing, vomiting, dehydration, lethargy, irritability, restlessness or bluish skin color, especially in children
- Infants may experience a decreased appetite and dehydration, bluish color, fast or irregular breathing, irritability or excessive sleepiness.
- Any infant under three months of age with a temperature over 100.4 should be evaluated by a physician immediately.
- Symptoms that seem to resolve, but return with fever or



worse cough.

With serious illness from respiratory infection, supportive care with fluids and oxygen may be important, however, respiratory infections do not respond to influenza antiviral medication.

Symptoms of other respiratory viruses may be quite similar to influenza. Laboratory testing can often identify whether the infection is from influenza or another respiratory virus.

Influenza symptoms include:

- Fever

- Cough
- Muscle aches
- Sore throat
- Chills
- Headache

Influenza A and B virus infections continue to affect community members in Tulare County. Individuals with influenza, particularly those with risk factors such as pregnancy, diabetes, heart disease, asthma, kidney disease, and children age five and younger, should talk to their health care providers about antiviral medication.

Documentary 'Edith+Eddie' Focuses on Rights of Seniors

The award-winning and Oscar-nominated documentary "Edith+Eddie" is about America's oldest interracial newlyweds as their love story is disrupted by a family feud that threatens to tear the couple apart.

Edith Hill and Eddie Harrison were married in Virginia at ages 96 and 95, respectively. Dancing at the local honky-tonk and going to church, their newlywed life is filled with affection, prayer and faith.

Since tying the knot, both Edith and Eddie have experienced an awakening; they have a new reason to get up in the morning. At the start of each day, he helps her put in her teeth. They enjoy exercising and relaxing by the river. They are always holding hands. However, this fairytale love story is threatened by a nightmarish reality. The couple is embroiled in a legal battle between Edith's daughters over Edith's estate and her rights.

Edith has been diagnosed with mild dementia. Her daughter Rebecca is advocating for Edith's right to stay in her own home with Eddie. Meanwhile, Rebecca's sister, Patricia, who lives in Florida, is pursuing the sale of the home and Edith's eviction. The daughters are unable to reach an agreement, so a court has appointed an outside guardian for Edith. Stripped of her own decision making, Edith is now a ward of the state.

Edith and Eddie's marriage is in danger of being torn apart. Then things take a dramatic turn.

Filmmaker Laura Checko-



Edith and Eddie became America's oldest interracial newlyweds.

way presents an unforgettable emotional portrait of a guardianship abuse case. The story of "Edith+Eddie" is a testament to all elders who deserve dignity and the right to live out their last days as they have earned.

The story represents millions of American families who have gone through or currently embroiled in elder care disputes and guardianship cases. These cases are life-altering, emotionally and financially depleting, and dealt with in isolation.

Across the country, the guardianship system has allowed for court-appointed guardians to take advantage of vulnerable people. When someone is deemed incompetent and becomes a ward of the state, guardians benefit from exploitation and institutionalization because they are paid from the elders' estate.

So as we watch in disbelief as Edith appears to be kidnapped from her own home,

audiences should understand that this action is quite typical.

"Guardianship is the ultimate taking of dignity and human rights," said Hon. Kristin Booth Glen, a judge with a career rooted in legal capacity and human rights laws. "One of the things that's so astounding about guardianship is that we know nothing about what's really going on. The estimates are that there are between a million-and-a-half and three million people under guardianship in this country and a lot of people think that it's probably higher than that. There are no statistics because the courts don't keep them."


"Edith+Eddie" aims to incite new conversations on

both personal and policy levels. It's a small family story that will grow big: a family squabble that expands beyond the characters' control and intersects with many aspects of society. The family, legal and health care issues highlighted here impact 80 million American elderly and baby boomers who are current caretakers and soon to inherit this broken system themselves.

A nominee for the 2018 Academy Award for Best Documentary Short, "Edith+Eddie" was also the winner of the Best Short Award at the 33rd Annual IDA Documentary Awards in Los Angeles.

The film earned Best Short Documentary at the Hampsons International Film Festival, Best Documentary Short at the Palm Springs International Film Festival, Best Documentary Short at the Nevada City Film Festival, Outstanding Documentary Short Film at the Tallgrass International Film Festival, the Flicker's Youth Film Jury Award for Best Documentary at the Rhode Island International Film Festival, and an honorable mention for the Short Doc Award at the 2017 Sheffield Doc Fest.

"Edith+Eddie" was also nominated for the Cinema Eye Honors' Outstanding Achievement in Nonfiction Short Film-making Award.



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Calendar

May 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 - Healing Hearts Walks

Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host these events, which include a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk inside the cemetery. Call (559) 734-6181 for more information.

May 2, 7, 9, 14, 16, 21, 23, 28, 30 - Community Bingo

Tulare Senior Services Volunteers will host Bingo from 12:30-3:30 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. For more information, call (559) 685-2330.

May 2, 16 - Free Blood Pressure Screenings

Tulare Adult School and Tulare Nursing & Rehabilitation will offer free screenings from 10-11 a.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. For more information, call (559) 685-2330.

Friday, May 4 - Fiesta Day Luncheon

This event, sponsored by Steen & Company and Family Health Care, will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11:30 a.m. For more information, call (559) 685-2330.

Friday, May 4 - Cinco de Mayo Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, beginning at noon. The cost is \$4. For reservations (at least 24 hours in advance) more information, call (559) 713-4481.

Friday, May 4 - Mental Health Awareness Night

The Tulare County Health & Human Services Mental Health Branch will sponsor this event at the Visalia Rawhide baseball game, with a T-shirt giveaway to the first 500 fans in recognition of May as Mental Health Awareness Month. The turquoise jerseys that the players will wear that evening and the turquoise baseballs symbolize support for mental health awareness. Tickets are available by calling the Rawhide box office at (559) 732-4433.

May 4, 11, 18, 25 - Senior Dance

Tulare Senior Services will provide live music for listening or dancing from 7-10 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. Tickets are \$8. Bring potluck foods to share. For more information, call (559) 685-2330.

Wednesday, May 9 - Senior Health Festival

The Kings County Commission on Aging, the City of Hanford and the USDA will sponsor this event, featuring a pancake breakfast (9-10 a.m.), a live band, flu shots, zumba demonstrations, entertainment and informational booths, at the Hanford Civic Auditorium, 400 N. Douty St., Hanford, from 9 a.m. to 1 p.m. For more information, call (559) 852-2828.

Friday, May 11 - Mother's Day Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at noon. The cost is \$4. For reservations (at least 24 hours in advance) more info, call (559) 713-4481.

Friday, May 11 - Mother's Day Luncheon

This event, sponsored by United Way of Tulare County and Tulare Cabrillo Club, will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11:30 a.m. For more information, call (559) 685-2330.

Saturday, May 12 - Walk with a Doc

This informational walk and talk sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia, begins with registration at 8 a.m., followed by a zumba warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. The topic this month is "Osteoporosis."

Saturday, May 12 - Exeter's 15th Annual Garden Walk

This year's event, "Full Bloom 2018," offers visitors an opportunity to explore beautiful and unique private gardens in and around the Exeter area from 9 a.m. to 2 p.m. Tulare/Kings Master Gardeners will present a "Home Gardening Festival" at one of the gardens. Tickets are \$20 in advance, and available at the Exeter Chamber of Commerce and By the Water Tower Antiques. Tickets will be \$25 the day of the event, available only at By the Water Tower Antiques. For more information, call the Exeter Chamber of Commerce at (559) 592-2919.

Monday, May 14 - 'Hands On Skills for Family Caregivers'

The Valley Caregiver Resource Center will present this free workshop for family caregivers (only!) in the Founders Room at CSET, 312 NW 3rd Ave., Visalia, from 2-4 p.m. For more information, call (559) 224-9154.

Wednesday, May 16 - \$5 Country Barn Dance

The Hanford Recreation Department will host this country dance from 7-9 p.m. (doors open at 6:30 p.m.) at the Hanford Civic Auditorium, 400 N.

Douty St., Hanford. Tickets are \$5 (as you probably guessed by the name of the event). For more info, call (559) 362-3212.

Wednesday, May 16 - 'The Maltese Falcon'

Choices will present this classic from 1941. The show starts at 6:30 p.m. and tickets are \$5. For more info, call (559) 625-1369 or visit www.foxvisalia.org.

Friday, May 18 - Senior Day in the Park

The 49th Annual Senior Day in the Park will be held from 9 a.m. to 2 p.m. at Mooney Grove Park. (See page 1.)

Sunday, May 20 - Belle of the Ballpark

This pageant allows ladies age 70 and over to show off their talents in front of a crowd while participating in fun activities. The Visalia Rawhide is asking for nominations of ladies who are charismatic and would have fun participating. Participation is free, but limited to the first 10 contestants. For more information, call (559) 732-4433.

Monday, May 21 - Afternoon at the Movies

Aging in Community - Three Rivers will present the classic movie "Bringing Up Baby" at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Drive in Three Rivers. The event is free and refreshments will be available, but there is a senior lunch special available for \$5 before the movie (reservations required for lunch). For reservations, call (559) 561-4595.

Monday, May 28 - Avenue of Flags

Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host this program, which includes a presentation of wreaths and patriotic music, in its Pavilion. Call (559) 734-6181 for more information.



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More Calendar

June 1, 8, 15, 22, 29 - Senior Dance

Tulare Senior Services will provide live music for listening or dancing from 7-10 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. Tickets are \$8. Bring potluck foods to share. For more information, call (559) 685-2330.

June 4, 6, 11, 13, 18, 20, 25, 27 - Community Bingo

Tulare Senior Services Volunteers will host Bingo from 12:30-3:30 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. For more information, call (559) 685-2330.

June 5, 7, 12, 14, 19, 21, 26, 28 - Healing Hearts Walks

Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host these events, which include a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk inside the cemetery. Call (559) 734-6181 for more information.

June 6, 20 - Free Blood Pressure Screenings

Tulare Adult School and Tulare Nursing & Rehabilitation will offer free screenings from 10-11 a.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. For more information, call (559) 685-2330.

Thursday, June 7 - Elder Abuse Training

The Office of the Tulare County District Attorney will host this free training session for law enforcement, attorneys, advocates, social workers, and care providers from 8:30 a.m. to 5 p.m. at the Visalia Convention Center. (See page 5)

June 7-9 - Summer Yard Sale

Visalia Gleaning Seniors will host this enormous yard sale at 28600 Road 156 in Visalia. For more information, call (559) 733-5352.

Friday, June 8 - 'Havana Nights' Senior Prom

The Kings County Commission on Aging will host this event, featuring raffles, prizes, music and dancing, and an appearance by "Elvis," at the Hanford Civic Auditorium, 400 N. Douty St., Hanford, from 9 a.m. to 2 p.m. For more information, call (559) 852-2828.

Saturday, June 9 - Walk with a Doc

This informational walk and talk sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia, begins with registration at 8 a.m., followed by a zumba warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. The topic this month is "Brain Health Awareness."

Saturday, June 9 - Alzheimer's and Dementia Educational Seminar

Quail Park Memory Care Residences and the Alzheimer's Foundation of Central California will host this Neurological Educational Seminar, featuring guest speaker Perminder Bhatia, M.D., board certified neurologist, from 1-2 p.m. at the Lifestyle Center, 5105 W. Cypress Ave., Visalia. Admission is free. For reservations or more information, call (559) 656-0058.

Thursday, June 14 - Day Trip to Chukchansi Casino

This 8:30 a.m. to 5:30 p.m. trip will leave from the Tulare Senior Community Center, 201 North F St., Tulare. The \$20 cost includes casino credits. For more info, call (559) 685-2330.

Friday, June 15 - Father's Day Luncheon

This event, sponsored by United Way of Tulare County and Tulare Cabrillo Club, will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11:30 a.m. For more information, call (559) 685-2330.

Friday, June 15 - Father's Day Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, beginning at noon. The cost is \$4. For reservations (at least 24 hours in advance) more information, call (559) 713-4481.

Friday, June 15 - Murder Mystery Dinner Fundraiser

Visalia Host Lions Club will host this event, featuring a three-course meal catered by Sue Sa's Creative Catering and entertainment by The Murder Mystery Company of Los Angeles, at the Visalia Convention Center. Attendees in the dinner theater become participants in the murder mystery and interact with cast members to solve a fictitious murder scene. The evening begins with cocktails at 6 p.m. and dinner at 7 p.m. Tickets are \$75 per person. For tickets or more information, call (559) 936-5712 or email laguiar@thelockwoodagency.net.

Tuesday, June 19 - Elder Abuse Awareness Flag Ceremony 2018

This event will be held on the northeast lawn of Government

Plaza, 5957 S. Mooney Blvd., Visalia, starting at 9 a.m. The ceremony is expected to feature local officials and community leaders. (See page 5)

Wednesday, June 20 - \$5 Country Barn Dance

The Hanford Recreation Department will host this country dance from 7-9 p.m. (doors open at 6:30 p.m.) at the Hanford Civic Auditorium, 400 N. Douty St., Hanford. Tickets are \$5. For more info, call (559) 362-3212.

Monday, June 25 - Afternoon at the Movies

Aging in Community - Three Rivers will present a movie (to be announced), at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Drive in Three Rivers. The event is free and refreshments will be available. For reservations, call (559) 561-4595.

Please send information about your upcoming events to us at: editor@kastcompany.com

Elder Abuse Awareness Month...

(continued from page 5)

by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations and communities to raise awareness about elder abuse, neglect and exploitation.

Each year, an estimated 5 million older persons are abused, neglected and exploited. In addition, elders throughout the United States lose an estimated \$2.6 billion annually due to elder financial abuse and exploitation, funds that could have been used to pay for basic needs such as housing, food and medical care.

Training sessions will be conducted throughout Tulare County in June to help people recognize and resolve cases of elder abuse. The following ses-

sions are all free to attend, and all begin at 11 a.m.:

- June 4 - Cutler-Orosi Senior Center (559) 528-6108
- June 6 - Exeter Senior Center, (559) 592-5960
- June 11 - Woodlake Senior Center, (559) 564-3251
- June 14 - Goshen Senior Center, (559) 651-1030
- June 18 - Earlimart Senior Center, (661) 849-2232
- June 20 - Porterville Senior Center, (559) 782-4725
- June 21 - Lindsay Senior Center, (559) 562-5859



Alzheimer's and Dementia Educational Seminar



Learn about a Day Break Study, Agitation and Hallucinations in Alzheimer's.

Saturday, June 9, 1:00-2:00pm
The Lifestyle Center
5105 W. Cypress Ave. in Visalia

Guest Speaker:
Perminder Bhatia, M.D.
Board Certified Neurologist

Call for More Information
559.656.0058

www.QPMCR.com/GL

Quail Park Memory Care Residences of Visalia

Senior Care Robots...

(continued from page 1)

tool to continue the treatment," he continued. "Additionally, we are seeing that the caregiving persons really like the capability of Hunova to mobilize seniors, since they do not have to manually move the person during the treatment."

The cost of Hunova is between \$125,000 and \$135,000, depending on the configuration. Currently, Hunova is installed in nursing homes, hospital and private practices. "Private homes are definitely on the radar but that market would need to be reached with a different and complimentary technology," said Ungaro.

PAL Robotics

"At PAL Robotics, we develop service robots that are built to become an integral part of our daily life and enhance our quality of life," said Judith Viladomat, corporate communications for Pal Robotics, which is based in Barcelona, Spain. "One area where robots can make a huge difference is in ambient assisted living environments, and TIAGo robot is one of the platforms that we use the most in this scenario."

"TIAGo is provided with a mobile base, a lifting torso, a head and a tablet," she continued. "In some configurations, it can also have an articulated arm with a dexterous hand. Such elements, altogether with the numerous sensors, computers and programming integrated, enable the robot to safely interact with the environment and undertake any task that requires of perception, mobility and manipulation skills. TIAGo's abilities open many possibilities for helping old people in their daily activities. The aim is that of prolonging the time that he or she can live independently in their own home, without needing anyone else."

Human/robot interaction skills are an important factor in TIAGo's design. The mobile manipulator robot speaks several languages, responds to voice commands and can be easily controlled through diverse interfaces such as a mobile phone or a tablet. This allows



PAL Robotics' TIAGo robot has been designed to give seniors increased autonomy.

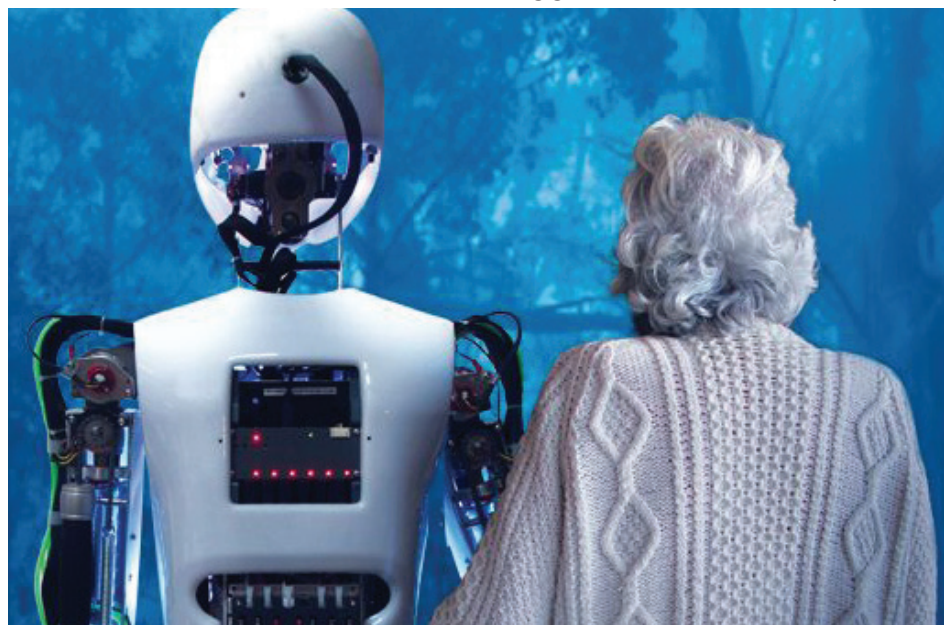
people without much technical experience to easily control the robot.

"This is even more relevant in this case, when we talk about old people that may not be familiarized with the latest technologies," said Viladomat.

PAL Robotics is involved in several research projects that are focused on introducing TIAGo robots for caregiving tasks. One example is EnrichMe, a research project conducted in partnership with other European companies to develop an application for TIAGo to assist seniors in their daily routines, especially those who are starting to suffer from dementia.

TIAGo helped support seniors' daily routines at home in testing conducted in Poland, England and Greece.

"Selected seniors had a TIAGo robot helping them at home for up to 10 weeks, and they gave us a very positive feedback of the experience," said Viladomat. "The robot was used as an alarm for appointments, remind the medication time and suggest meals to follow a well-balanced diet. It also tracked the person's temperature and sent the data to their doctor. Besides, TIAGo could also locate some objects, such as keys, wallet or mobile phone inside the house. The robot had also some memory games and physical activity exercises that it periodically suggested to the senior person."



OK, maybe the play "Spillikin" takes this idea too far. Artificial intelligence meets senior care in an odd-couple romance featuring four actors and a real robot. In response to a woman's Alzheimer's diagnosis, her husband builds a perfected robotic version of himself, to be deployed after his death. The play has been performed in locations in England, but so far has not made its U.S. debut.

Participants felt they gained autonomy in their routine and felt more optimistic when they thought about the future and the effects of age or cognitive impairments, according to Viladomat. Likewise, the majority of participants engaged with the physical and mental exercises proposed by the robot and got used to them, becoming more active both mentally and physically.

"Another research project in which we participate is SACRO, a European project where TIAGo is located at a home of an old or disabled person and is teleoperated by a nurse whenever the individual requires attention," said Viladomat. "The robot is controlled from a cockpit using an haptic sensor by the healthcare professional, who can provide a basic assistance through it. For example, the nurse can talk with the patient through the robot, or grasp objects and bring them to the person. With the robot, services are provided much faster and the nurse's time travelling from one house to another is avoided."

"We expect that all the advances achieved with projects like Enrichme consolidate and jump from the research level to the homes of senior or disabled people, so that such improvements are finally accessible to those who can benefit the most from them. We are confident that in five or ten years this technology will be ready and entering seniors' homes."

Not a Replacement

"It is important to point out that robots should be understood as a support, having a caregiving robot is not about replacing professionals," noted Viladomat. "There are certainly many aspects of assistive services that can only be given by caregiving people: human contact, empathy, socialization. We see robots as a support for seniors' routine, doing mechanic or physically demanding tasks that do not require that much of a human element, or that don't need any added value. In uncomfortable situations, such as those that happen during night time or those that are intimate, robots are especially suitable. Of course, if certain situations need more attention than what a robot can provide, healthcare professionals should take action. Still, there are many tasks that a robot can already do. In the end, it is about gaining independence and control of the person's own life without depending on anybody else, which is something that in many cases makes the person feel dignified."

In the beginning of the testing process, the idea of having a robot assisting the seniors made them feel a bit of distrust towards the robot, said Viladomat. "In some cases, the skepticism towards the robot or any new technology was particularly relevant. It is significant to see how

this impression changed at the end of the (testing period), when these people explicitly endorsed the good results of the pilot and talked about the potential that robotics can have for assisting old people at home.

"The level of loneliness that the old people felt remained the same before and during the robot's stay at their home," she added. "Such result supports our idea that a robot has to be a dynamic and friendly tool to enhance our life quality, but never replace a human."

With a few weeks of training, the participants were able to use the robot confidently. When seniors first thought about the idea of having a robot helping out, some of them were skeptical or even a bit scared by it. This research demonstrates that the "technology fear" that someone would think about was not a barrier after receiving some training. In fact, the familiarization of seniors with such new technology made them gain confidence in the possibilities of acquiring new skills.

Caregiving robots are still not in a commercialization phase, they are not for sale to the end user yet, said Viladomat. "Research is promising and the pilots undertaken in EnrichMe were so successful that we feel more motivated to continue collaborating with partners and working to make this a solution that anyone could buy and use. We expect that in the upcoming five to ten years, caregiving robots will be able to start working at old people's homes and increase their life quality."

Some examples of environments where caregiving robots can be of support are nursing homes, senior homes and also private homes. The potential of robotics is enormous, and the possibilities for customizing a TIAGo robot or adapt it to specific needs are endless.

Engineered Arts Ltd.

"We don't make robot caregivers or companions," explained Will Jackson, director at Engineered Arts Ltd., based in England. "Our robots are generally used for communication and entertainment, which of course includes seniors, but not in a domestic or personal context. Robots are very expensive and of very limited utility, so commercially and practically it doesn't make much sense to have one robot attempt to assist one person."

"We have collaborated on a stage play 'Spillikin,' which explores the idea of a robot caring for an Alzheimer's sufferer - but such scenarios are still fiction at present," he continued. "There are some simple robots marketed as 'companions.' Personally, I think a cat or dog is currently a far better choice."

Please send your comments about robots in senior health care to us at editor@kastcompany.com

Deadly Influenza Comes to Tulare County (1918)

No one seems to know the exact origin of the historic killer virus, but many know about its terrible trail of sickness and death. It left an estimated 500 million, or about 1/3 of the world's population at the time, infected and some researchers put the death toll at 50 million. This year marks the 100th anniversary of the horrible ordeal...one that became known as the Influenza Pandemic of 1918.

And Tulare County did not escape the bug. No areas of the county were immune from what was also called the Spanish Flu, but most of the media tried to play it down. *The Woodlake Echo* newspaper, for example, in October 1918 reported that the conditions locally were not a cause for hysteria. "Keep your head cool, your feet warm and your bowels open," they advised.

Controlling the highly contagious disease required limiting contact between people, so the little town of Woodlake closed the high school and grammar school. The action seemed to work as many school age children were not infected.

Other Woodlake residents were not so lucky. Valentine Gunzalos, for example, was taken to the Tulare County Hospital in Visalia, and died there of pneumonia caused by the flu.

The city of Tulare had casualties too. Kenneth Russell, age 19 and the son of a prominent Tulare family, died of flu-caused pneumonia. This recent Tulare High School graduate was set to begin college at Stanford University, but instead returned home in a casket. Thirty-five-year-old A. Ramirez of Tulare fell victim to the deadly disease and also died at the county hospital.

Tulare played another role in the history of Spanish Flu in the county. A family of six from Oklahoma got sick on the train. They were forced to get off in Tulare on October 1. Then they were taken to the county hospital in Visalia, an act that caused the *Visalia Daily Times* to announce on October 3, "Spanish Influenza Reaches Visalia." Six days later, the Visalia paper did a sad follow-up story announcing Visalia's first influenza death. William Rutherford, the 31-year-old husband and father of the family from Oklahoma, died of pneumonia brought on by the flu. He was buried in the Visalia Cemetery, leaving his surviving family to grieve his passing.

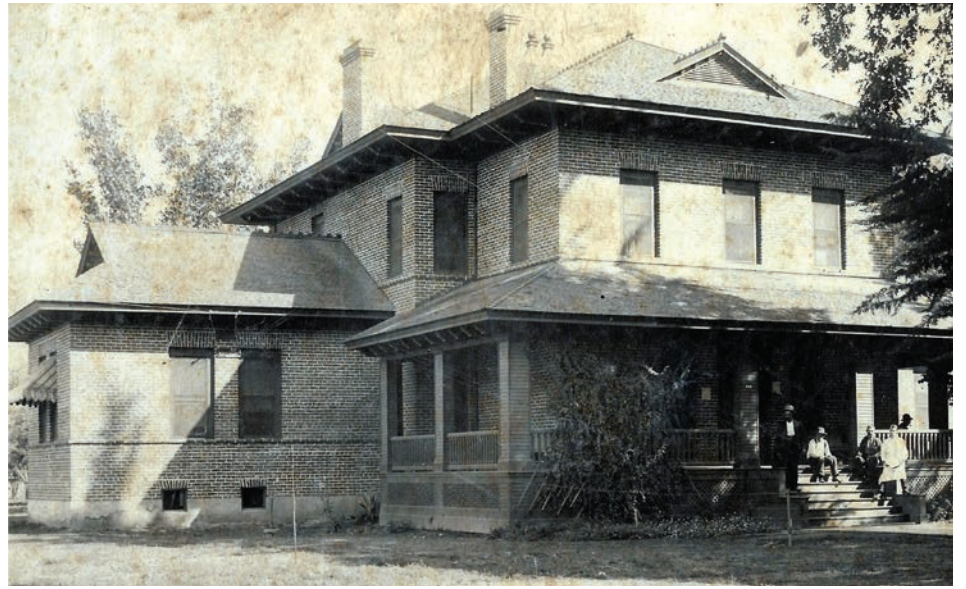
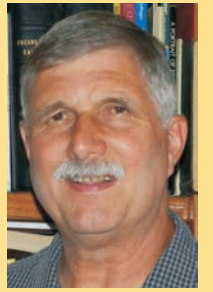
By mid-October, the number of cases in Visalia was increasing dramatically. Thirteen new ones were reported on October 16, a slightly larger number than had been reported the day before.

The city board of health met in special session and recommended that the Visalia City Trustees (city council) order the closing of all public gathering places like schools, theaters, churches, etc. The trustees took the steps recommended by the Board of Health. All "places of public assemblage" were ordered closed.

By October 19, the city had recorded 150 cases. Obviously, not all were fatal. In fact, the vast majority of those infected made a full recovery. Regardless, fear gripped Visalia and the other county communities.

On October 30, the trustees issued another emergency order. Effective immediately, every person in Visalia traveling outside of their home was required to wear a mask. Violators could be fined or given jail time.

Dusting Off History
with Terry Ommen



Many Spanish Influenza patients died at the Tulare County Hospital in Visalia located on Murray between Bridge and Santa Fe. The Tulare County Hospital was moved to Tulare in 1928. (Photo circa 1910)

On January 4, 1919, Visalia's health officer, Dr. A. W. Preston gave a cautiously optimistic report on the outlook for the epidemic. As the year went on, fewer and fewer cases were reported, but it took another year before the trustees lifted the ban on public gatherings.

Officially, the flu pandemic continued into 1920, however, its major impact seemed to be in 1918. The total Tulare County death toll from the flu is not known, but based on Visalia Cemetery records, 44 people buried there died from the dreaded Spanish flu.



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