

IN THIS ISSUE: Speed Dating for Seniors, Top Retirement Destinations, George Stockton Berry's Harvester, Raise Your Daily Step Count

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VII, Number 2 • May/June 2020



No New Dates Set for 2020 Senior Games

The 2020 Visalia Senior Games were postponed as a result of the COVID-19 pandemic. At this time, no new dates have been scheduled.

The Visalia Senior Games, the Central Valley's only senior games, were scheduled at various locations in Visalia on March 21-22 and 28-29.

More than 200 athletes were registered for the games when the pandemic forced their postponement.

In keeping with the most current state and county recommendations, all recreation programs, classes and sports leagues in the city have been cancelled until further notice.

All park amenities in all city parks are also closed until further notice. The list of amenities includes playgrounds, water fountains, bathrooms, tennis courts, pickleball courts, basketball courts and picnic areas.

For those who choose to utilize open spaces in parks, all trails and all walking paths remain open at this time. Park visitors are asked to adhere to all closure notices and to follow all CDC recommended social distancing guidelines in any open space, trail, or walking path.

The Visalia Senior Center will continue to provide lunch for seniors ages 55 and better. Lunches are available for pick-up/to-go only from 11:30 a.m. to 1 p.m. Monday - Friday until further notice. Lunches are \$4.50 for seniors; \$6 for others. Seniors must call (559) 713-4481 to reserve their lunch by noon one business day before.

For additional information and COVID-19 resources from the City of Visalia, visit www.visalia.city/COVID19 and follow @cityofvisalia for updates on Facebook, Twitter and Instagram.

SENIORS MOST AT RISK

COVID-19 Hits South Valley

As of April 19, Tulare County has 411 cases of COVID-19, also known as coronavirus. The virus has killed 17 people in the county.

Kings County has had 18 cases so far, with one death.

In addition to the health of local residents, the virus has impacted the area in other ways.

Redwood Springs

More than 100 of the COVID-19 cases in Tulare County are residents of the Redwood Springs Healthcare Facility in Visalia, and an additional 50 employees are infected. State and county health officials have stepped in to ensure new protocols are put in place.

Members of Kaweah Delta's nursing team have signed up to provide care alongside the Redwood Springs team. Sierra View Medical Center and Adventist Health Tulare have also sent staff members to help.

Lindsay Gardens

As of April 15, Lindsay Gardens Nursing and Rehabilitation Facility had 11 residents test positive for COVID-19. Its administration reached out to Tulare County Public Health (TCPH)



Kaweah Delta has offered appointment-only, drive-up specimen collection for individuals suspected of having COVID-19 since March 13, when it set up three tents outside of its Medical Center.

as soon as they observed symptomatic residents and those residents were able to be tested.

TCPH staff has been working actively with Lindsay Gardens and the California Department of Public Health Associated Infection Program.

COVID-19 Testing

Starting on April 1, a block of Floral Street on either side of Main Street in Visalia has been closed to allow Kaweah Delta to provide appointment-only, drive-up COVID-19 testing.

Individuals with COVID-19 symptoms, which can include fever and cough or difficulty breathing, should contact their physician first to inquire about testing. Individuals may also call 211 or Kaweah Delta's free COVID-19 screening hotline at (559) 624-4110.

Family HealthCare Network

On March 16, Family HealthCare Network (FHCN) announced its new visitor policy, which includes only one visitor being allowed to accompany a patient at all FHCN's sites, and all patients and visitors being screened before entering the facility.

"We do not want this viewed as a barrier or to in any way deter patients from receiving their routine care, but we strongly feel this change is in the best interest of the health of all of our patients, team members and communities during this time," said Kerry Hydash, FHCN president and CEO.

Adventist Health

A COVID-19 Virtual Assistant and Symptom Checker is now available at www.AdventistHealth.org/Central-Valley. An orange chat icon will appear when users toggle over the bottom right corner of the homepage. By clicking on the icon, patients may check symptoms and learn the latest about COVID-19.

More information and resources about coronavirus

Media Campaign to Mark Elder Abuse Awareness Day

In recent years, local events have been held to mark World Elder Abuse Awareness Day, including an Elder Abuse Awareness Flag Ceremony featuring local officials and other community leaders, and a display of purple flags.

"Prior to the COVID-19 shutdown, the Tulare County District Attorney's (TCDA) Office was planning on participating World Elder Abuse Awareness Day events that are hosted by Tulare County Adult Protective Services and the Public Guardian's Office, which are usually held at Government Plaza," said Nicole Burnham, TCDA victim advocate.

"We also traditionally host a booth at Senior Day in the Park where we can talk with seniors and caregivers and provide im-

portant resources," she added.

A media campaign will replace the Government Plaza ceremony, at least until a decision is made about possibly rescheduling the event.

"Our office will be launching a bilingual multi-media campaign on social media, television, radio and bus ads to advocate for victims and encourage the public to report suspected abuse," said Burnham.

"By setting aside time to focus explicitly on elder abuse, we send a message that this is a serious issue and we should never be tolerant of this crime," explained Tulare County District Attorney Tim Ward.

"Last year, saw nearly 60 cases of abuse filed," he said. "So far in 2020, we have filed near-

(continued on page 5)

(continued on page 6)

Avoiding Social Security Scams during COVID-19

By Jim Kreidler

While some of you are home, practicing social distancing and frequent hand washing to avoid the coronavirus, remember that scammers are still busy trying to take advantage of people. Some scammers are pretending to be from the Social Security Administration (SSA) and trying to get your Social Security number or your money.

Here's what to know:

- Do not trust caller ID. Scam calls may show up on caller ID as the Social Security Administration and look like the agency's real number, but it's not the SSA calling.
- Your Social Security number is not about to be suspended. And your bank accounts are not about to be seized.
- Don't verify your Social Security number or any other personal information to anyone who calls out of the blue. If you already did, visit www.Identity-Theft.gov/SSA to find out what

steps you can take to protect your credit and your identity.

- SSA will never call to threaten your benefits or tell you to wire money, send cash, or put money on gift cards. Anyone who tells you to do those things is a scammer. Every time.
- Talk about it. If you're getting these calls, chances are your friends and family are too. Please talk with them about it.
- People who know about scams are much less likely to fall for them. So by discussing them you are helping protect people you care for and people in your community.

Find "Hang Up on Social Security Scam Calls" at www.YouTube.com for more information.

Want more information on the latest Coronavirus-related scams we're seeing? Visit ftc.gov/coronavirus, and sign up for our consumer alerts.

Jim Kreidler is a consumer education specialist with the Federal Trade Commission.

Visalia Gleaning Seniors Continue Deliveries

The Visalia Gleaning Seniors want local seniors to know they are still delivering food to their members, even though their office is closed.

They are also still accepting donations Monday through Thursday from 8-10 a.m. for their next large yard sale at their yard. These donations help Visalia Gleaning Seniors raise money to pay their operating expenses.

For more information, call (559) 901-7079.

COVID-19 DRIVE THRU TESTING



a california *health*.center
Your Health. Our Mission.

Family HealthCare Network is now offering COVID-19 testing for patients considered high-risk or experiencing severe symptoms presented by this virus. If you are having symptoms or feel you need testing please call FHCN's COVID-19 hotline at (559) 741-8444.

HOW TO GET TESTED

Our staff will evaluate your current symptoms and determine if you are eligible for COVID-19 testing through our Hotline.

LOCATIONS Current COVID-19 testing sites.

- VISALIA** 401 E. School Avenue, Visalia, CA 93291
- HANFORD** 250 West 5th St., Hanford, CA 93230
- FRESNO** 290 N. Wayte Ln. Fresno, CA 93701
- PORTERVILLE** 65 N. Hockett St. Porterville, CA 93257

HOW IT WORKS

For people experiencing symptoms associated with COVID-19

STEP 1: Call to get screened, if you are eligible an appointment will be scheduled

STEP 2: Drive to closest COVID-19 testing site, tests can take 10 minutes, remain in car during testing

STEP 3: Results take 4-5 days, once received an FHCN provider will call you

COVID-19 Symptoms
Within the last 14 days

- ♦ Fever of 100.4°F (38°C) or higher
- ♦ Excessive dry cough
- ♦ Shortness of breath or difficulty breathing
- ♦ Exposure to someone with confirmed case of COVID-19 virus

FOR ALL OTHER APPOINTMENTS CALL

Fresno County

866-342-6012

TELEPHONE & VIDEO VISITS

AVAILABLE NOW

Tulare & Kings Counties

877-960-3426

VETERANS CORNER

Presumptions for Claims



Ken Cruickshank

The Department of Veterans Affairs (VA) has established presumptions for service connection for veterans who were on Active Duty, Reserves or in the National Guard, and served at Camp Lejeune a minimum of 30 days (cumulative) between August 1, 1953 and December 31, 1987, and have been diagnosed with any of the following conditions:

- Adult leukemia
- Aplastic anemia and other myelodysplastic syndromes
- Bladder cancer
- Kidney cancer
- Liver cancer
- Multiple myeloma
- Non-Hodgkin's lymphoma
- Parkinson's Disease

Presumption of exposure area includes all of Camp Lejeune and MCAS New River, including satellite camps and housing areas.

Although the following are not presumptive for the purpose of filing a benefits claim, you may receive medical care through the Department of Veterans Affairs for the following health conditions:

- Esophageal cancer
- Breast cancer
- Lung cancer
- Multiple myeloma
- Renal toxicity
- Hepatic steatosis
- Female infertility
- Miscarriage
- Scleroderma
- Neurobehavioral effects

Veterans who are already enrolled in VA healthcare need to contact the local healthcare facility – either the South Valley Clinic in Tulare or the Fresno VAMC – to receive care under the new law.

As always, if you would like further information or assistance in completing your claim for benefits, call (559) 713-2880.

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.

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VII, Number 2 • May/June 2020

Publisher/Webmaster - Larry Kast

Managing Editor/Art Director - Steve Pastis

For advertising information, call:
Steve at (559) 280-9774, or Larry at (559) 732-5030

The Good Life is published by Kast & Company Communications. Articles and information not written by Kast & Company Communications are assumed to be accurate as provided. This publication does not provide professional, medical, legal or accounting advice, and always recommends seeking counsel from an appropriate professional.

Kast & Company Communications
P.O. Box 7173, Visalia, CA 93290
(559) 732-5030



Ad & Article Deadline:

Wednesday, June 17, 2020

Send ads, articles & calendar listings to:

editor@kastcompany.com

Documentary Becomes Campaign for Senior Speed Dating

By Steve Pastis

"The Age of Love" was inspired by a conversation filmmaker Steven Loring had at his mother's kitchen table in 2011. At the time, his 71-year-old newly widowed mother was trying to adjust to the changes in her life.

"Who's ever going to hug me again for the rest of my life, or hold me, or touch me?" she asked. "Now I'm just another old lady in the world, alone."

Loring's response took almost four years - the making of the documentary "The Age of Love," which premiered in 2015. The film follows a group of seniors before, during and after a speed dating session in Rochester, New York.

Actually, Loring's response has become more than just the film.

"To me, it is more of a movement," he said. "The movie continues to draw a lot of interest. We had 100 screenings last year. Two hundred communities have signed on to do speed dating."

"The Age of Love" is available for screenings at www.theageoflovemovie.com. The website also offers a speed dating kit created for senior homes, senior centers and organizations interested in hosting a speed dating session for seniors.

So far, more than 200 communities have used the kit to host sessions.

"I know of three weddings and numerous friendships," said Loring about the results of the speed dating sessions inspired by the movie.

"The Age of Love" has been shown to sociology and nursing students at colleges.

"Those who teach young people about aging are seeing it as a resource," said Loring. "Young people find it illuminating to see someone 80 have the same hopes and insecurities they do."

"I really see it as being about the endurance of love and that older people are not beyond it," he said.

Making 'The Age of Love'

"Making a documentary is expensive and time-consuming," said Loring. "It's not the most



Thirty seniors participated in the speed dating event for people between 70 and 90.

rewarding job in the world. You have to believe there's a story on the other side."

Loring believes that most of the seniors who signed up for the speed dating session did it "on a whim" and "they probably didn't tell their children about it."

Fifteen men and 15 women signed up for the speed dating session and then Loring's work became challenging.

"I had to get signed releases from all of them," he said, which required him to convince a few of the participants that he was "not trying to embarrass anyone."

He was surprised by the response he received from one woman as he was making his case.

"At some point, she stopped me and said, 'I'm invisible in the world. Why wouldn't I want to share what I have to say?'"

Twenty-nine participants agreed to sign releases following Loring's phone calls. The 30th person agreed after meeting him in person.

"Before we shoot, can you look through my closet and tell me what I should wear?" asked one of the women.

"We're seeing that the 18-year-old was still alive in all of these people," Loring noted.

Three weeks before the speed dating event, Loring took his camera and tripod to visit and talk to the participants.

"I'm not going to ask questions," Loring told each of them. "I just want to hear what you have to say. I wanted all of them to speak from their hearts."

"It became a friendship in a

way," he said. "There was instant chemistry."

The result of the filming was 168 hours of tape, which took more than a year to edit.

At the risk of spoiling the movie, I had to ask Loring what happened to the people it introduced me to.

"Nobody who was in the film ended up in a marriage, but there were 48 dates from the matches," he said. "Everyone who picked someone on their scorecard ended up with some dates. One guy ended up with nine."

The main benefit for the participants was that most of them realized that the potential to meet someone exists inside of them, according to Loring.

"They wanted me to know what we did led them to find something meaningful," he said.

"It was less about coming to meet someone and more about still 'being in the game.' Everyone felt empowered."

One participant told Loring at the movie's premier, "Now I talk to women in the grocery store."

An underlying question in "The Age of Love" is whether the experience of love changes over a lifetime. Loring responded with what one speed dating participant told him.

"When he was young, he always put on a show. He never admitted to feeling vulnerable. Now that he's in his 70s, the expression of love is much deeper. 'Now we're able to express our vulnerabilities,' he told me. 'We share things more openly and honestly. We show our fears and vulnerabilities and understand we're not alone. Love becomes more meaningful.'"



DURING TIMES OF CRISIS, WE ANSWER THE CALL

Thank You to All the Brave Men and Women of American Ambulance Who Show Up When the Community Calls

EMS STRONG



Law Offices of Houk & Hornburg, Inc.



Gareth W. Houk Jr.
(1937-2009)

Thomas E. Hornburg
C. Matthew Gaebe
William N. Hannah
Philip T. Hornburg (Retired)

Paralegals: Robert Nix • Michelle Barnes • Sarah DeJohn • Pamela Cardoso

PROVIDING SERVICES IN:

Business Law • Corporations • Partnerships • Real Estate
Landlord/Tenant • Wills and Trusts • Civil Litigation
Family Law • Probate • Farm and Ranch Law

206 S. Mooney Blvd., Visalia, CA 93291 • (559) 733-1065



The three top retirement destinations were (left to right): Panama, Ecuador and Costa Rica.

The Top 3 Retirement Havens with Best Retiree Benefits Named

The most popular destinations for retirees abroad offer a lower cost of living, great year-round weather, a less stressful lifestyle, and a tradition of respect for elders. But some locales are doing even more to actively attract retirees from the U.S. and elsewhere.

"In many of these countries, it's the cultural norm to treat retirees and older people with respect and deference," says Dan Prescher, a senior editor for *International Living* (IL). "Often this includes preferred places in line and significant discounts on transportation, entertainment and public services.

"But some of these special places go further to actively attract expat retirees by offering benefits and discounts like tax breaks, lower prices for services, and easy residency requirements.

"These are the countries that top the Benefits and Discounts category of our 2020 Global Retirement Index," says Prescher. "They are especially welcoming locales for older North American expats to relocate or retire."

The three countries that rank the highest in the Benefits and Discounts category in *International Living's* 2020 Annu-

al Global Retirement Index are Panama, Ecuador and Costa Rica.

#1 Panama

Panama claims top ranking in the Benefits and Discounts category, scoring 96 points out of 100, in *International Living's* 2020 Annual Global Retirement Index.

"One area where Panama excels for retirees is the benefits and discounts it offers," says Jessica Ramesch, IL Panama editor. "The country's famed Pensionado Program is one of the best retiree programs in the world today and it's open to everyone. The program entitles pension-holding retirees to a long list of discounts...and I'm talking across the board.

"From medical expenses to entertainment, retirees in Panama can seriously stretch their dollars. Like 25% off airline tickets, 25% off your monthly energy bills, and up to 50% off hotel stays."

IL Chiriquí correspondent Nanette Witmer echoes the sentiments, "When women reach the age of 55 and men 60, they can automatically start using the benefits that the Pensionado provides. By showing your residency card you are entitled to discounts."

#2 Ecuador

Ecuador, the Land of Eternal Spring, takes second place in this category with 95 points. Here, not only can you retire on little money, you can also live very well.

For retirees 65 or older and looking for an incentive to retire overseas, Ecuador offers a lot. Ecuador's constitution guarantees foreign residents the same rights as citizens, so expats can enjoy the same benefits as locals.

And the Ecuadorian Constitution actually guarantees those rights. Articles 36, 37 and 38 detail rights and protections for men and women 65 years and older – what Ecuadorians call "tercer edad," or "third age."

These articles spell out prioritized treatment and protections that include: tax exemptions on some municipal and utility taxes, exemption from notary and registration fees, preferential care in cases of disasters or emergencies, and special care and assistance for those with chronic or degenerative diseases...and much more. The constitution also states that abandonment or mistreatment of the elderly by relatives or institutions is punishable by law.

"I have never been happier than when I turned 65 and was able to take advantage of

Ecuadorian benefits," said Donna Stiteler, IL Cuenca, Ecuador correspondent. "You get 50% off certain forms of transportation, including on buses and airline flights, a 12% reimbursement on sales tax and 50% off utility bills.

"But one of my favorite things is seniors don't have to wait in long lines at banks, government offices and grocery stores...you automatically go to the front of the line."

#3 Costa Rica

In third place with 88 points is Costa Rica.

"Once you have acquired legal residence in Costa Rica, a number of discounted opportunities await," says Kathleen Evans, IL Costa Rica correspondent.

"All of the national parks and some of the museums and attractions offer deep discounts for Costa Rican residents. It can be anywhere from 25-75% depending on the venue. At certain times of year some of the national airlines also offer a 'locals' rate for domestic flights within the country.

"If you are 65 years or older, you can apply for the Ciudadano de Oro or Golden Citizen card for free. The Costa Rican culture shows respect to their senior citizens. And this card exemplifies that tradition. With this

(continued on page 7)

BONES | STRENGTH | BALANCE

OSTEO STRONG

NO PAIN ALL GAIN

60 Seconds a Week to Improved:

Book A FREE Session!

BALANCE POSTURE STRENGTH POWER AGILITY ENERGY

**Joint & Back Pain?
Osteoporosis?
Type 2 Diabetes?**

NOW OPEN!

1570 W Olive Ave
Porterville, CA 93257
(559)782-1570

5410 W Cypress Ave
Visalia, CA 93277
(559)409-2426

THE ULTIMATE BIOHACK

Follow us on Facebook at OsteoStrong Porterville or OsteoStrong Visalia

**Turning 65?
Check out your
Medicare options!**

Karen Munger
CA License #0D73967
**4142 S. Demaree Rd.
Visalia, CA 93277**
EMAIL KarenMunger@
HealthPlans2ProtectU.com

Finding the right Medicare supplement insurance is just around the corner.

559-737-9660

Coronavirus: Scammers Follow the Headlines

By Colleen Tressler

Scammers are taking advantage of fears surrounding the coronavirus. They're setting up websites to sell bogus products, and using fake emails, texts and social media posts as a ruse to take your money and get your personal information.

The emails and posts may be promoting awareness and prevention tips - and fake information about cases in your neighborhood. They also may be asking you to donate to victims, offering advice on unproven treatments, or contain malicious email attachments.

Here are some tips to help

you keep the scammers at bay:

- Don't click on links from sources you don't know. It could download a virus onto your computer. Make sure the anti-malware and anti-virus software on your computer is up to date.
- Watch for emails claiming to be from the Centers for Disease Control and Prevention or experts saying that have information about the virus. For up-to-date information about the coronavirus, visit the Centers for Disease Control and Prevention and the World Health Organization (www.cdc.gov).
- Ignore online offers for vaccinations. If you see ads tout-



ing prevention, treatment or cure claims for the coronavirus, ask yourself: if there's been a medical breakthrough, would you be hearing about it for the first time through an ad or sales pitch?

- Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card or by wiring

money, don't do it.

• Be alert to "investment opportunities." The U.S. Securities and Exchange Commission is warning people about on-line promotions, including on social media, claiming that the products or services of publicly traded companies can prevent, detect or cure coronavirus, and that the stock of these companies will dramatically increase in value as a result.

Want more information on the latest scams we're seeing? Sign up for our consumer alerts. If you come across any suspicious claims, report them to the Federal Trade Commission at www.ftc.gov/complaint.

Colleen Tressler is a consumer education specialist with the Federal Trade Commission.

Elder Abuse Awareness Day...

(continued from page 1)

ly 20 cases. Through education and community outreach, we want to prevent our seniors from becoming victims. That includes media campaigns in both English and Spanish, outreach events with caregivers, and community presentations with advocates specially trained in recognizing abuse."

"If you suspect elder abuse, you can contact law enforcement or you are encouraged to call the County Adult Protective Services toll-free, 24-hour-a-day hotline at 1-877-657-3092 to report confidentially," Burnham said.

"The National Center on Elder Abuse is a fantastic resource for victims and those looking for education on what this crime entails (www.ncea.acl.gov)," she added. "To schedule a presentation, call our victim services division at (559) 636-5471.

"However, due to the health precautions surrounding COVID-19, TCDA has postponed all community outreach events, as have other surrounding county agencies," Burnham said.

The TCDA's Office advises that in case of an emergency, to always call 911.

Alzheimer's Association Offers Online Activities

The Alzheimer's Association has converted all of its in-person programs and support groups to virtual platforms for education, and to telephone for support groups.

"In addition to converting all of our local programs, the California Southland Chapter has added several new virtual programs and support groups," said Judy Arday, the chapter's educator and care specialist. "You don't have to be a caregiver to participate in our education programs. This time of sheltering at home offers an opportunity for people who want to learn more about Alzheimer's and other forms of dementia."

For a complete schedule, visit www.alz.org/socal and scroll down to Events. The Educational Programs link leads to online events and activities.

DON'T WANT MOSQUITO BITES?

Mosquito-borne diseases can be transmitted to people through the bite of an infected mosquito. Do your part to protect yourself, your family & your community.



Report **neglected pools** & hot tubs **anonymously**



Keep **fountains** running & chlorinated or empty



Fill empty **plant trays** with soil/sand or perlite



Place window screens over **yard drains**

Mosquitoes lay eggs on standing water. Eggs can develop into biting adults in as little as a week. Fix these common mosquito water sources or dump them weekly for a bite-free summer.



THERE IS NO CHARGE WHEN USING DISTRICT SERVICES.

Delta Vector Control District is an independent special district that is committed to protecting public health. For more information on the District and our services, visit the website, or call Monday - Friday, 7:30am to 4:00pm.

(559) 732-8606

www.deltavcd.com



@Deltavcd

COVID-19 Hits the South Valley...

(continued from page 1)

may be found by visiting www.AdventistHealth.org/coronavirus-preparedness.

Tulare Senior Center

The center closed on March 19, but started its Grab & Go Program the next day.

"Seniors drive up and we give them a meal, check them off on our lunch reservation list, take donation (\$3) and they exit," said Lorraine Zorn, senior services administrator. "We serve meals Monday through Friday, 11:30 a.m. to noon."

The center delivers lunch to the homes of seniors who used bus or dial-a-ride transportation, and frozen meals to its regular Meals on Wheels clients. For program updates, call (559) 685-2330.

Reports of Price Gouging

In the first weeks of the pandemic, the Tulare County District Attorney's Office Bureau of Investigations received over 50 calls from residents reporting price gouging. Price gouging is when a seller tries to take an unfair advantage of consumers during an emergency or disaster by greatly increasing prices for essential consumer goods or services.

Violations of California's price gouging statute are subject to criminal prosecution that can result in one-year imprisonment in county jail and/or a fine of up to \$10,000. To report possible price gouging, call (559) 636-5410.

Emergency Bail Schedule

The California Judicial Council adopted emergency rules on April 6 including eliminating bail for all misdemeanor and felony offenses. Exemptions to the new schedule include violent crimes such as murder, rape, and child molestation, but eliminate bail for a variety of crimes including elder abuse.

"This approach is reckless and is a disservice to victims of crime, business owners, and the community as a whole," said Tulare County District Attorney Tim Ward. "Under this emergency rule, victims are placed in the dangerous and vulnerable position of having their abuser return quickly and



Prestige Assisted Living at Visalia is among the many local facilities keeping their senior residents safe by maintaining social distancing, ensuring all staff wear masks and not allowing visitors. At the same time, they keep them active and entertained with rock painting and bingo, and by inviting horseback riders to circle the buildings. The riders are pictured above, with one holding up a sign reading, "Love You Claire" while 99-year-old resident Claire Brooks watches.

continue such abuse."

"There is no reason for the early release of prisoners as we currently have an effective quarantine plan within the jails if needed," said Tulare County Sheriff Mike Boudreaux. "We also have 24-hour medical care. Our jails are not overcrowded nor do we have any reports of staff or inmates infected with COVID-19, which raises the question of scope and intent of this order."

In anticipation of Tulare County courts ordering the emergency bail schedule, prosecutors worked around the clock and filed motions opposing early release for inmates who would otherwise be eligible for immediate release with no bail required.

Porterville Developmental Center

On April 8, the U.S. Army Corp of Engineers began construction on six buildings at the Porterville Developmental Center to provide a total of 246 beds to treat coronavirus patients. Construction should already be complete as you read this.

Protective Mask Shortage

Desperately short of crucial protective masks to protect its medical workers, Sierra View Medical Center (SVMC) in Porterville is calling on community members to help.

Those interested in producing masks (using the custom pattern, guidelines and instructions at www.sierra-view.com/covid-19-resources/facemasks) and donating them to SVMC, should email marketing@sierra-view.com or call Robin Cunha, volunteer coordinator, at (559) 788-6076.

United Way of Tulare County

To donate to the COVID-19 Emergency Fund to support Tulare County families, text COVIDTC to 41444.

Visalia Public Cemetery

The city's cemetery district is considered an essential service, reports Cindy Summers, Visalia Public Cemetery District manager. "The Healing Heart Walks will continue," she said. "We make sure we use social distancing, the same thing we do for services. We are in a holding pattern for Avenue of Flags on Memorial Day. It just depends on what the health officials are advising at that time. At this point, it is subject to cancellation."

Local Mortuary

"We are still offering services in our chapel but asking that it be limited to family only and to please respect the CDC recommended social distance," said Steve Dillard, owner of Salser & Dillard Funeral Chapel in Visalia.

"As you know when a death occurs, a family comes together and often commute in the same vehicle, so the exposure to one another has already occurred," he continued. "We have been live webcasting services for those extended family members and friends that live out of the area or simply want to avoid social contact. I would say it's business as normal with a modified schedule."

Visalia Transit

All Visalia Transit fixed-route fares are free until further notice. Dial-a-Ride will also be free at this time, but limited to ADA and senior passengers only.

In response to the COVID-19 pandemic, Visalia Transit has made a number of operations adjustments: All passengers

will board from the back of the bus. The front doors of the buses will remain locked. The first few rows of seats in the buses will be blocked off to distance drivers and riders. No more than nine riders will be allowed on board at one time.

Passengers are encouraged to distance from each other while riding. The ticket counter at the Transit Center will remain closed. The Transit Center doors will be locked, and the lobby will be closed.

For more information, call 1-877-404-6473.

Senior Shopping Hours

Several stores - including Grocery Outlet, Costco, Save Mart and Smart & Final - created senior shopping hours to allow those most vulnerable to the virus to shop before the general public. Some drew large crowds, which initially forced seniors to stand outside in a long line in the cold and rain.

Cancellations & Postponements

The 2020 Senior Day in the Park has been indefinitely postponed.

The Visalia Fox Theatre has cancelled all shows until further notice.

The Sierra View Foundation postponed its annual golf tournament at River Island County Club to October 2.

Protecting Yourself

"The most important thing is for people to stay home, unless they must go out to get groceries or medication," Tulare County Public Health Officer Dr. Karen Haught told *The Good Life*. "People should not have direct contact with others, such as at any type of gathering (family included), or when family members or friends bring them supplies; instead, keep social distancing rules.

"Wash hands and surfaces often, especially after bringing in new supplies or even mail. If one must go out to get groceries or medications, ensure that a mask is worn, sanitize all supplies, and wash hands afterwards. If gloves are worn, discard them and then wash hands.

"Last, monitor your health daily. If you have questions or concerns, please contact your primary care physician right away. If you have the symptoms of fever, cough, trouble breathing, or a loss of taste or smell, please call your primary care physician, 2-1-1, or call your area hospital to ask if you may need to be tested for COVID-19."

More Information

For current COVID-19 information in Kings County, visit www.kingscovidinfo.com.

For current COVID-19 information in Tulare County, including updated statistics and a map of cases in the county, visit www.tchhsa.org.

Kaweah Delta shares COVID-19 updates with the community at www.kaweahdelta.org/COVID19.

PRESTIGE ASSISTED LIVING AT VISALIA



If you knew that there are several simple steps you can take to reduce your risk of falling, would you do it?

Stay independent longer by fall proofing your home and by getting your glasses and feet checked. Most importantly you can energize your body with exercise.

By improving your strength, flexibility and balance you can significantly reduce your risk of a potentially serious fall.

For a limited time, we're offering a **FREE** fall risk assessment. Call **(559) 377-6985** to schedule your phone screening today.

Are you worried about falling?

Prestige Assisted Living at Visalia
3120 W Caldwell Ave.
Visalia, CA 93277
www.PrestigeCare.com




Prestige Senior Living, L.L.C. License #: 547200844

George Stockton Berry and His Harvester

The San Joaquin Valley has long been known for its highly productive agricultural land. Mention the valley and many people automatically think "bread basket." Tulare County is one reason for that reputation. Early on, the county captured the attention of the media and farmers looking for a place to earn a living off the soil.

As early as 1854, folks were talking about Tulare County. In fact, San Francisco's newspaper the *Daily Alta California* announced that, "Tulare County is fast settling with farmers," and the paper followed up calling it "one of the best agricultural and grazing counties in the state." But productive land requires more than just quality soil, it requires capable caretakers with good farming practices. Fortunately, from the beginning, the county has had all necessary elements.

In the 1870s and '80s, wheat was a major crop in the county. There were big ranches in the hands of families with names like Cairns, Mehrtens, Roth, Bienenhorn, Orton, Reed and Berry, each with thousands of acres in production.

Within this group, there was one man who distinguished himself and he became a well known name even beyond the borders of Tulare County. His name was George Stockton Berry, and is known as the in-

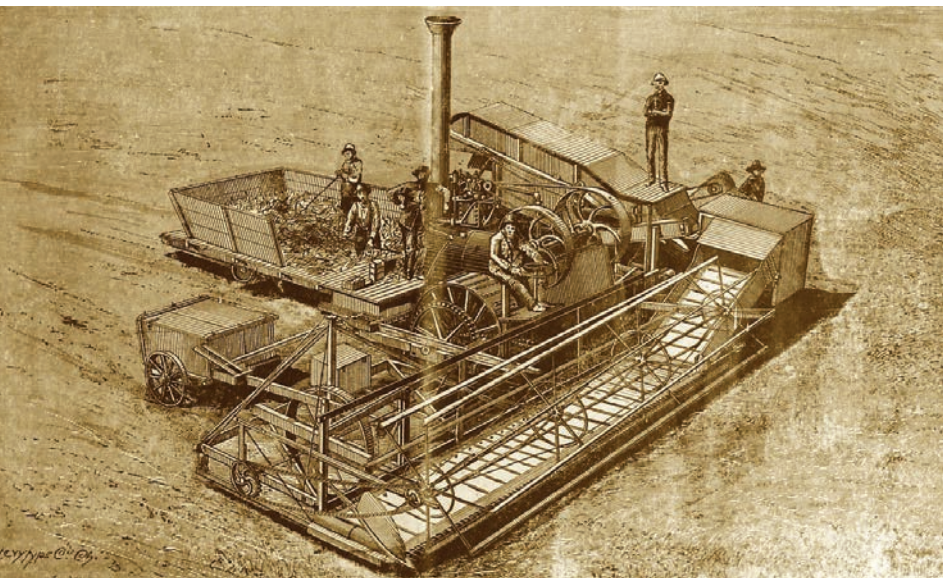
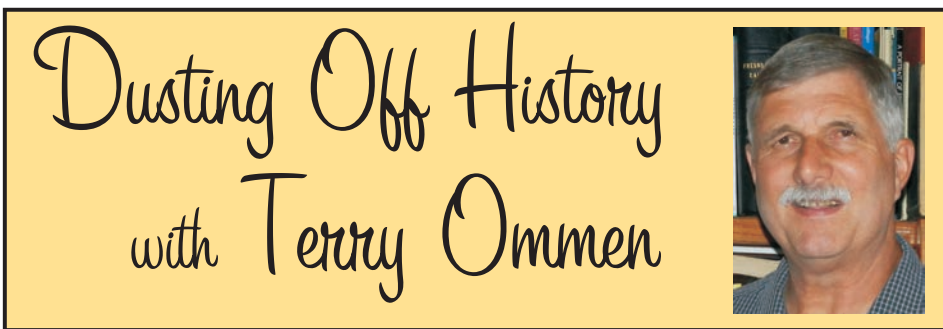
ventor of Berry's Combined Steam Traction Harvester.

He was born in Missouri in 1847 and as a young boy came with his parents to California. He was raised a farm kid, so it wasn't surprising that in about 1875, the young man bought 2,000 acres of land near what is now the town of Lindsay. It was there that he developed a reputation as a model farmer.

In about 1880 while he was a big wheat farmer, he started thinking about a better way to harvest all his grain. His massive harvester pulled by 32-36 mules or horses was slow, especially during the summer months. Pulling the big heavy machine in the heat was hard on the animals and they died regularly from the strenuous work.

He tinkered with his machine and explored how to incorporate steam power into it for propulsion. He fabricated some prototypes at his ranch and by 1885, he had a working version. To everyone's amazement, the finished machine worked exactly like it was designed. He filed for and received a patent. He took charge of the manufacturing process and in 1886, he used his ranch as an assembly plant.

That same summer, a *Visalia Weekly Delta* reporter made a trip to Berry's Ranch to see the new machine in action. What he saw was a huge piece of



Berry's self-propelled harvester had a number of improvements and eliminated the need for animal power. (Drawing circa 1886)

equipment with several sections hinged together to allow it flexibility to maneuver over uneven ground. The implement was irregularly shaped, but it was roughly a square of about 38 feet. It had two steam engines – one to self propel it and drive the cutting blades, and the other ran the separator. The blade face was 22 feet long, allowing it to make a wide swath. The machine required

an 11-man crew to operate, but no animals were necessary.

As each wheat stalk was cut, the kernel was separated and taken by an elevator mechanism to a human "sacker" who manually bagged the seed. The straw that was the byproduct of the process was mechanically delivered to the men operating the boilers and it became the fuel for the steam engines.

Obviously impressed, the reporter for the *Delta* called the harvester a "marvelous invention." The article ended on a positive note, "We trust that Mr. Berry will realize well financially from his invention, it being justly his due."

George Stockton Berry was elected to the California State Assembly in 1888 and the State Senate in 1890. After leaving office, he continued to farm at his home ranch. He died in 1916, but his creative genius left a lasting agricultural legacy in Tulare County.



Prior to Berry's invention, grain harvesters were pulled by mules or horses. (Photo circa 1883)

Retirement Havens...

(continued from page 4)

card, not only do you get preferential treatment, such as not having to wait in long lines, but there are discounts (2-20%) at over 5,000 retailers, plus free public bus rides.

"Even without residence, some expat community's restaurants will offer a local night cash discount where food and drinks can be as much as 25% off regular prices.

"All of this adds up to some pretty incredible money-saving benefits."

More information on the countries that offer the best benefits to retirees can be found at www.internationalliving.com.



Caregivers - We See You!

Care-giving presents an array of challenges, from maintaining your loved one's (and your) physical and emotional health to meeting medical needs, finding financial resources and arranging long-term care.

Have questions about caring for your loved one?

Call our Support Hotline to sign up for your personalized phone consultation.

Ask for Kim.

559.624.3500



Brilliant Senior Living

Quail Park On Cypress

QPCypress.com | 559.624.3500 | 4520 W. Cypress Ave. Visalia, CA 93277

Higher Daily Step Count Linked with Lower Mortality

In a new study, higher daily step counts were associated with lower mortality risk from all causes. The research team, which included investigators from the National Cancer Institute (NCI) and the National Institute on Aging (NIA), both parts of the National Institutes of Health, as well as from the Centers for Disease Control and Prevention (CDC), also found that the number of steps a person takes each day, but not the intensity of stepping, had a strong association with mortality.

The findings were published March 24 in the *Journal of the American Medical Association*.

"While we knew physical activity is good for you, we didn't know how many steps per day you need to take to lower your mortality risk, or whether stepping at a higher intensity makes a difference," said Pedro Saint-Maurice, Ph.D., of NCI's Division of Cancer Epidemiology and Genetics, first author of the study. "We wanted to investigate this question to provide new insights that could help people better understand the health implications of the step counts they get from fitness trackers and phone apps."

Previous studies have been done on step counts and mortality. However, they were conducted primarily with older adults or among people with debilitating

chronic conditions.

This study tracked a representative sample of U.S. adults aged 40 and over; approximately 4,800 participants wore accelerometers for up to seven days between 2003 and 2006. The participants were then followed for mortality through 2015 via the National Death Index.

The researchers calculated associations between mortality and step number and intensity after adjustment for demographic and behavioral risk factors, body mass index and health status at the start of the study.

They found that, compared with taking 4,000 steps per day, a number considered to be low for adults, taking 8,000 steps per day was associated with a 51% lower risk for all-cause mortality (or death from all causes). Taking 12,000 steps per day was associated with a 65% lower risk compared with taking 4,000 steps.

In contrast, the authors saw no association between step intensity and risk of death after accounting for the total number of steps taken per day.

"At NIA, we've long studied how exercise is important for older adults, and it's good to see further evidence from a large study with a broad sample that the main thing is to get moving for better overall health as we



Please remember this information whenever they let us play outside again.

age," said Eric Shiroma, Ph.D., a co-author and NIA Intramural Research Program scientist.

In analyses by subgroups of participants, the authors found that higher step counts were associated with lower all-cause death rates among both men and women; among both younger and older adults; and among white, black and Mexican-American adults.

In secondary outcomes of the study, higher step counts were also associated with lower rates of death from cardiovascu-

lar disease and cancer.

Data collection was conducted through the CDC's National Health and Nutrition Examination Survey, a program of studies designed to assess a nationally representative sample of the health and nutritional status of adults and children in the United States.

The researchers were surprised they didn't find an association between higher stepping intensity and all-cause mortality after adjusting for the total number of steps per day.

Because few studies have investigated an association between mortality and intensity among adults going about their daily lives, the study authors wrote that future studies of walking intensity and mortality are warranted.

"Being physically active has many benefits, including reducing a person's risk of obesity, heart disease, type 2 diabetes, and some cancers. And on a daily basis, it can help people feel better and sleep better," said Janet Fulton, Ph.D., of CDC's Division of Nutrition, Physical Activity, and Obesity. "CDC is working with communities and partners across the country, as part of the Active People, Healthy Nation initiative, to make it easier, safer, and more convenient for people to be active in their own communities."



Healthcare, Anywhere.

Virtual visits with your provider!

Kaweah Delta is providing patients with access to virtual (video) visits with providers for select health services. Now you can have a face-to-face interaction with a provider and receive the care you need without having to leave the comfort and safety of your home.

Virtual visits provide our patients with convenient, quality care from anywhere for medical conditions that do not require a physical assessment - reducing your risk of exposure to COVID-19.

Virtual visits are available for primary, specialty, and urgent care services, including:

- Family Medicine
- Pediatrics
- Physical Therapy
- And more!



How It Works Three Easy Steps:

1. Call our providers to see if your visit can be virtual
2. Schedule your virtual visit
3. Visit with your doctor from any internet connected device

 **Kaweah Delta**

LEARN MORE kaweahdelta.org/virtualvisit