

IN THIS ISSUE: De Niro in "The War with Grandpa," a tribute to a father with Alzheimer's, Tipton Lindsey, new Amazon telephone scam.

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VII, Number 5 • November/December 2020



Event Chair Sherrie Wallace was pleased with the number of walkers.

Local Walk to End Alzheimer's Raises More than \$20,000

More than 130 area residents raised over \$20,000 in this year's Tulare & Kings Walk to End Alzheimer's on October 3rd. Due to the COVID-19 pandemic, participants walked as individuals or in small groups on sidewalks, tracks and trails across the area.

"Even during these uncertain times, the community members in Tulare and Kings Counties stepped up to raise over \$20,000 to support the mission of the Alzheimer's Association through the Walk to End Alzheimer's," said Sherrie Wallace, event chair. "I am so proud of the local support, allowing us to continue the free care and to provide the resources needed for those impacted by Alzheimer's and other dementia."

Internationally, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Funds raised at the Alzheimer's Association Walk to End Alzheimer's support Alzheimer's care, research and advocacy.

More than five million Americans are living with Alzheimer's disease, making it the sixth-leading cause of death in the U.S.

"We are still receiving donations through December 31 to achieve our goal of \$50,000," said Alzheimer's Association Regional Director Ashley Sodergren.

People can donate online at

<http://act.alz.org/visaliawalk> or by mail to: Alzheimer's Association, Attn: Tulare & Kings Walk, 5075 Shoreham Pl., #240, San Diego, CA 92122.

The Alzheimer's Association is a voluntary health organization dedicated to Alzheimer's care, support and research. For more information, visit alz.org or call 1-800-272-3900.

For more information about the local Alzheimer's Association chapter, support groups or education classes, visit alz.org/socal.

Five West Nile Virus Cases Reported in Tulare County

The Tulare County Health & Human Services Agency announced that five human cases of West Nile Virus have been reported in Tulare County.

Public health officials urge residents to take precautions against mosquito bites, as mosquito samples positive for West Nile Virus have been detected in multiple locations within the county. In addition, samples indicate that St. Louis Encephalitis Virus (SLEV) may also be present, posing a risk to the public.

"Due to this increased activity and these reported cases, we strongly encourage residents to use safeguards to reduce their risk of contracting both West Nile Virus and SLEV through mosquito bites," said Tulare County Public Health Officer Dr.

COVID-19 May Close Tulare County's Only Licensed Adult Day Care Center

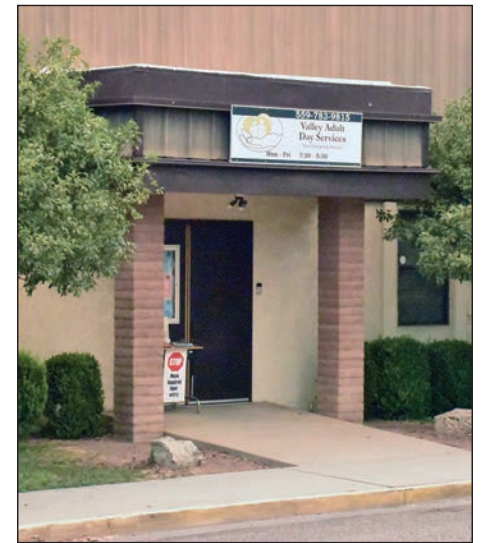
They cannot wear face masks. They do not understand social distancing. They would not be able to remember to take their temperature if they tried. Even the names of their spouses and their children sometimes escape them.

They are the silent victims of COVID-19 and in California, there are 690,000 of them - men and women over the age of 65 with Alzheimer's and dementia.

Those who take care of them say the pandemic, specifically shelter-in-place orders, have caused physical and mental regressions in an already vulnerable population.

COVID is also financially devastating and threatening the existence of adult day care centers that help those with Alzheimer's and other dementias, and make it possible for caregivers, some of whom are essential workers, to go to work and balance the intense demands of being a caregiver.

"This virus has all but taken everything out from under our feet," said Kayla Muller, executive director of Valley Adult Day



Valley Adult Day Services (VADS) in Porterville will have to close its doors permanently unless it receives additional funding.

Services (VADS) in Porterville.

Valley Adult Day Services, a 501 (c) (3) nonprofit in existence for 30 years, is the only adult day care center in Tulare County licensed by the state. The center offers participants daily activities including exercise, writing, math, etc., while caregivers run errands, take a break or work.

Recently though, the state's strict requirements for operating the center amid the pandemic, has cut the center's number of participants from 30 to just 10 - which is hardly enough to make ends meet, says Richard Eckhoff, chairman of VADS' Board of Directors.

But when the center put out the word that they might have to close, the community responded.

"One lady brought in a check and said, 'You can't close. You're too important,'" said Muller.

The center now has the funds to stay open through the end of the year, but more donations will be needed to keep it going.

Prior to the pandemic, many were already concerned with the lack of adult day services in Tulare County. Kaweah Delta Health Care District, which operates the largest acute care hospital between Bakersfield and Fresno, along with Quail Park, which offers retirement



The most likely source of local West Nile Virus cases is the *Culex quinquefasciatus*.

Karen Haught.

The West Nile Virus is transmitted to humans by mosquitoes, and there is no vaccine or medication to treat the virus. Most people infected with West Nile will have no symptoms, however, about one in five people will develop a fever with other symptoms from two to 14

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West Nile Virus...

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days after being infected.

Severe cases of West Nile Virus can affect the central nervous system, resulting in meningitis and/or encephalitis, and can result in death or long-term disability.

The St. Louis Encephalitis Virus is in the same virus family as West Nile Virus. Both viruses are transmitted to humans bitten by an infected mosquito. Most people infected with SLEV will have few to no symptoms. The most common symptoms are mild, flu-like symptoms, including fever and headache, from five to 15 days after being infected.

Severe cases of SLEV can also affect the central nervous system, resulting in meningitis and/or encephalitis, and can result in death or long-term disability.

Residents are urged to increase their awareness of potential breeding grounds around their properties. Be on the lookout for homes that are unoccupied or in foreclosure, since many have swimming pools or backyard ponds that are breed-

ing grounds for mosquitoes.

It is recommended that residents take the following precautions to avoid being bitten, thereby reducing their risk for exposure to both West Nile Virus and SLEV:

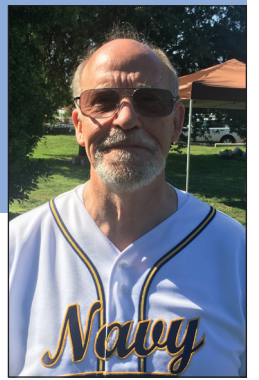
- Use EPA-registered insect repellent such as DEET. Always follow label instructions carefully.
- Dress in long sleeves and pants during dawn and dusk or in areas where mosquitoes are active.
- Drain standing water that may produce mosquitoes.
- Repair or replace door and window screens that have tears or holes.

Contact your local mosquito abatement district if you see areas of standing water that may be a breeding area for mosquitoes. Tulare County has three mosquito abatement districts providing abatement services to residents:

For more information, call the Delta Vector Control (Mosquito Abatement District) at (559) 732-8606 or visit them online at www.deltavcd.com.

VETERANS CORNER

The Property Tax Postponement Program



Ken Cruickshank

In this column, I would like to pass on information that is not limited to just veterans. It is my hope that this information will assist others who might qualify as well.

With all the uncertainty today, everyone knows someone who is trying to make ends meet. The challenge is often greatest for retirees on a fixed income and people with disabilities that prevent them from working. California offers property tax deferral for some of these vulnerable homeowners.

State Controller Betty T. Vee administers the Property Tax Postponement (PTP) Program that enables many homeowners who are seniors, are blind or have a disability to defer payment of residential property taxes. Applicants must meet certain income, equity, and other requirements. If approved for the program, a lien will be placed on the property. These deferred taxes accrue simple interest at a rate of 5% a year and become due if the homeowner moves or sells the property, transfers title, refinances, dies, obtains a reverse mortgage or defaults on a senior lien. For manufactured homes, a security agreement will be filed with the Department of Housing and Community Development. A lien or security agreement remains in effect until the account is paid in full.

PTP participants must reapply each year to demonstrate they continue to meet eligibility requirements. The application filing period for the 2020-21 tax year runs October 1, 2020, through February 10, 2021. Funds are limited and will be disbursed on a first-come, first-served basis. Last year alone, California homeowners were able to postpone \$4 million in tax payments with the assistance of the state's PTP program.

If you or someone you know could benefit from the PTP program, visit www.ptp.sco.ca.gov for more details and an application. Call (800) 952-5661, or email postponement@sco.ca.gov for more information.

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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A Theatrical Tribute to a Father with Alzheimer's

(Reprinted courtesy of the Alzheimer's Association.)

Yang Sun and S. Leo Chiang's moving documentary, "Our Time Machine," follows acclaimed Shanghai artist Maleonn as he stages a play for his father, who is battling Alzheimer's disease.

The play, "Papa's Time Machine," is a whimsical, autobiographical stage performance where two men representing Maleonn and his father, Ma Ke, attempt to go back in time to revisit the happiest moments of their lives.

"Our Time Machine" has played at over 70 film festivals worldwide, picking up 10 awards including Best Cinematography at the 2019 Tribeca Film Festival. It can be seen at www.amdoc.org/watch/ourtimemachine.

Maleonn, in the film, you say: "There comes a moment when we must grow up. We suddenly realize that 'forever' does not exist in this world." How do your words relate to your father's experience with Alzheimer's?

My father's disease – which has resulted in him losing his cherished memories – reminds me that everything in this world is fragile. Nothing lasts forever. I learned this not only from my father's dementia, but also from my own experiences.

Whenever I look back in my life, I'm not quite sure what is real and what is not. It's like re-drawing the contour of a faded sketch. I do it in order to refresh my memory, to remember what the original drawing looked like. But every time I do this, I change the drawing itself. After doing this again and again, the actual drawing – the memory itself – becomes something different. What I remember is no longer what took place. It's just something that I wished had happened.

I hope everyone knows one thing: Time takes everything away. You can't turn back the clock. We must cherish every moment we have now, today.

Throughout the documentary, you share stories your father has told you, ways he has influenced your imagination. How has he influenced you as a storyteller and as an artist?

Interestingly enough, my father and I rarely talk about creating art. We work in different fields. I create fine art, he directs Chinese opera. (Maleonn's parents were both part of the Beijing Opera before being sent to a labor camp during the 1970s Chinese Cultural Revolution. Maleonn was born in 1972.)

And yet there's an old Chinese saying that comes to mind: "Teach with your words, and with your actions," meaning that teaching by example is more effective than by lecturing.

I worshiped my father when I was little. I hung on his every word, observed his thought process, learned how he coped with frustration, was awed by his pas-



The Ma family, with Maleonn (Ma Liang) at top right

sion. Everything I observed in him influenced me. I think every little boy wants to become like his father.

In the documentary, we see your father struggle to finish writing a book about his life as an opera director. When did you first see signs of dementia in your father?

Six years ago, I visited my parents on their vacation in Southern China. There was a swimming pool that was empty at night, so I always swam there in the middle of the night.

As I swam, I saw my father at the poolside. He wanted to make sure that I was safe, so he came down to check on me. He asked, "Do you know how to float on water without moving your body, and not sink?" "Yes, I do," I replied, "You taught me this when I was little." He was satisfied, "That's good. You won't drown, then. If you feel tired, you can float in the water for a while." I nodded and continued swimming.

Five minutes later, when I came back to my father, he asked the same question again, "Do you know how to float?" I thought he was joking, so I showed him. He said again, "That's good. Then

you will be safe."

Several minutes later, he asked the same question again. I realized that something was wrong with his memory, because he was not making a joke. He just couldn't remember that he had asked me before.

That night, I remember floating in the water, filled with sadness. I knew that my father had Alzheimer's, the same illness that had affected my grandfather. I knew that one day, maybe one day soon, my father was going to be leaving me.

If a time machine could take you back to a favorite memory with your father, what moment would it be?

My father was always too busy to hang out with me when I was a child, too focused on his work after suffering greatly during the Cultural Revolution, a time when he was unable to create art.

When I was 14 years old, the two of us took a bike ride outside of the city. This was the first time I can remember him spending one-on-one time with me. That day felt very different. It's like my father suddenly realized that I was growing up and becoming a man. We took a long ride, even

exploring a remote forest.

That particular day felt amazing. It was as if I became older and bigger on that single day during that bike ride. I was no longer just my father's son; he had accepted me as his friend.

Your dad's hospital visits in the documentary result in him being unable to draw a clock set to the correct time, and not knowing the day of the week or even the year. Was this an eye-opening experience for you?

It is so hard for me to watch. I wasn't with him for all of his hospital visits, but the camera captured those moments for the documentary. When I watched the film for the first time, I cried. I know that these visits – where my father couldn't tell time, couldn't remember simple details – had been happening for a while. This knowledge is the source of a lot of pain for me.

My dad's memory used to be so great that he could even recite *Shi Ji*, the ancient Chinese book of historical records. That was an impossible accomplishment. He was able to recite long passages well into his fifties.

But that didn't matter. De-

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CALENDAR

Saturday, November 7 - 5th Annual Backyard BBQ & Cornhole

Hands in the Community is sponsoring this event, featuring a barbecue lunch, drinks and raffle prizes. The cost is \$100 for a team of two. For reservations or more information, visit seniorcaretkc.org, email seniortkc@gmail.com or call (559) 667-9601.

Saturday, November 7 - 27th Annual Christmas Boutique

Grace Lutheran Women's Missionary League will host this boutique shopping event, featuring a wide assortment of handmade gift items, and a bakery with cakes, pies, cookies, breads, jams and candy, from 10 a.m. to 3 p.m. at Grace Lutheran Church, 1111 S. Conyer St., Visalia. Face masks are required and will be available (along with a hand sanitizer station). For more information, call (559) 765-7966 or (559) 623-9588.

Saturday, November 14 - Second Annual Community Cremation Scattering Day

Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host this event, which helps families transition from personal possession of urns to permanent placement of their loved ones at the cemetery. The cost for the service is \$325. Deadline is October 30. Call (559) 734-6181 or visit www.visaliacem.org for more information.

Saturday, November 14 - Winter Wonderland Shopping Bazaar

The Vendors Network Association will host this holiday shopping event, featuring a raffle (donate a pair of new socks and receive a free ticket), from 11 a.m. - 4 p.m. in the parking area of Visalia Nazarene Church, 3333 W. Caldwell Ave., Visalia. Proceeds benefit Visalia Rescue Mission and the Valley Oak SPCA. Admission is free. Call (559) 623-2475 for more information.

November 15-21 - Festival of Trees 2020: "Trees & Trains"

This first-ever online benefit for St. Anthony Retreat Center in Three Rivers, featuring videos of the Christmas trees available for auction, as well as unique gifts and gift baskets, will be held at www.stanthonyretreat.org/fot2020. (See ad on page 7.)

December 3-5 - Visalia Gleaning Seniors Christmas Yard Sale

Visalia Gleaning Seniors will host their annual holiday sale from 8 a.m. to 2 p.m. at the Gleaner Yard, 28600 Road 156 in Visalia. For more information, call (559) 733-5352.

Friday, December 11 - 11th Annual Dinner & Silent Auction

Hands in the Community is sponsoring this virtual event, featuring a to-go dinner by Sue Sa's Creative Catering In Visalia. For reservations (required) or more information, visit <https://hnconline.org/events> or call (559) 625-3822.

Phony Amazon Callers Use BBB Phone Number

The COVID-19 pandemic has more people than ever ordering from Amazon. And, of course, scammers are finding ways to cash in on the trend.

Con artists are posing as Amazon employees, calling people, and claiming to need information about their account. And if that wasn't tricky enough, scammers are using the Better Business Bureau's (BBB's) phone number to do it!

How the Scam Works

You answer the phone, and it is a recorded message claiming to be from Amazon stating there is a problem with your Amazon account. The message ranges from a fraudulent charge on your Prime card, to a lost or damaged package, to an unfulfilled order for an iPhone 10. But no matter what the recording is, these scammers have the same goal: getting your personal information.

The con artists will either outright ask for credit card and account login details. Or, they will request remote access to your computer under the guise of "helping" to solve the issue.

Also look out for a confusing twist on this scam. The con artists are spoofing other organizations' phone numbers to help disguise their calls and lend them credibility - including BBB's number! That means they



are probably using other phone numbers too, so watch out.

How to Spot this Scam

Be skeptical of email and unsolicited calls. Some departments at Amazon will call customers, but Amazon will never ask you to disclose or verify sensitive personal information or offer you a refund you do not expect. Amazon will never ask you to make a payment outside of their website and will never ask you for remote access to your device.

Ignore unsolicited messages that ask for personal information. Amazon will also never send you an unsolicited message that asks you to provide sensitive personal information, such as your tax ID, bank account number or credit card information.

Ignore calls for immediate action. Scammers often try to get you to act before you think by creating a sense of urgency.

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Robert De Niro Stars in Holiday Comedy 'The War with Grandpa'

Based on the best-selling novel by Robert Kimmel Smith, the new holiday-themed movie "The War with Grandpa" features an all-star cast led by Robert De Niro, Christopher Walken, Cheech Marin, Jane Seymour, Rob Riggle and Uma Thurman.

There's an old expression that, "A man's home is his castle." That's exactly how sixth grade student Peter feels about his second-floor bedroom in his family's comfortable suburban home. It's a place where he can get away from his folks, his boy-crazy older sister and his Christmas-obsessed little sister.

Peter is pretty much an average kid. He loves gaming, hanging out with his friends and wearing his beloved pair of Air Jordans. But when his recently widowed grandfather Ed (De Niro) moves in with Peter's family, the boy is forced to give up his most prized possession of all - his bedroom.

Unwilling to let such an injustice stand, Peter, with the help of his closest buddies, devises a series of increasingly elaborate pranks to drive out the interloper.

Grandpa Ed has his own issues. A contractor before his retirement, Ed built the home where he lived happily for years with his wife, but since her death, the house has become a little bit more than he can manage on his own.



Robert De Niro (at right) in an apparently peaceful moment with his grandson in "The War with Grandpa."

Even so, Ed was not willing to admit he needs help.

But after an incident involving a self-checkout machine at the market and a minor fender-bender, Ed's daughter Sally insists that her father renounce his stubborn ways and move in with her family full-time.

With only so much room in the house, Peter is told he must give up his sanctuary and move into the musty, dusty attic so that his room can go to Grandpa Ed. While Peter adores his grandfather, there are some sacrifices that are just too great.

So, amid the cobwebs of his attic lair, Peter resolves to take action. If Ed won't go nicely, Peter will just have to drive him out, one hilarious prank at a time. But as it happens, the boy might have misjudged his opponent,

who proves to be quite the worthy adversary.

Grandpa Ed won't go without a fight. He even enlists his own pals - Jerry (Walken), Danny (Marin) and Diane (Seymour) - to join the battle. Soon, it's all-out war, with each side willing to stop at (almost) nothing to claim victory.

"Every kid can understand the dread of too much time with grandparents, let alone when they are coming and taking your room," said producer Marvin Peart. "A lot of families are dealing with consolidating their family. Someone passes, or gets too old to care for themselves, or both parents are working and need a babysitter that they can't really afford - it makes sense for the grandparents to come and live with them."

"You had to make sure, just like the book did, that both characters are very sympathetic," said co-screenwriter Matt Ember. "The boy is being displaced from his room, and any child would feel the classic child's lament of 'That's not fair.' And the grandfather is a widower, so built-in, you understand these people. And that matters. Even if they're being a little callous toward one another, you understand where both are coming from at all times."

One of the film's funniest scenes is an intense game of dodgeball between Peter and his friends, and Ed and his pals that takes place at a local Sky Zone Trampoline Park.


"It was terrifying," said Walken. "I had never been on a trampoline before. This dodgeball scene we are playing, the kids are much better than we are. And it's true - I am getting older. When I fall down, it's much harder to get up."

Although there are no easy answers to their dilemma, both Peter and Grandpa Ed learn a few things about healthy and productive conflict resolution.

"It's a comedy, so it is fun," said Oakes Fegley, who plays Peter. "But it has a moral behind it that you should respect your elders, and that you don't have all the time in the world with them so, you should have fun with them while you can."

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Adult Day Care Center...

(continued from page 1)

communities and memory care in Visalia, were actively working with VADS to evaluate expansion into Visalia.

"Adult day care services are of significant value to our community," said Marc Mertz, vice president and chief strategy officer of Kaweah Delta. "These centers can be extremely beneficial to participants, and can often help ensure that someone can remain living at home rather than move into a residential center. They are also very helpful to family members and caregivers, who need a break from around-the-clock care and supervision."

Already, the circumstances surrounding the pandemic have caused irreparable damage to Alzheimer's patients and VADS participants. When VADS closed for three months following the governor's order, it meant that participants including Rebecca Carley had no place to go during the day while loved ones were at work.

Rebecca's husband, Michael, tried for weeks but ultimately could not safely manage her care while on videoconferencing calls for work and overseeing his son's videoconferencing calls for school. She was also having trouble with balance.

"It was less safe for her to be at home," said Michael.

So Michael made one of the hardest decisions of his life



Rebecca Carley

- placing his wife in a full-time skilled nursing facility.

On May 13, Michael and his 12-year-old son drove Rebecca to the facility, with a box of her belongings and one-page introduction for the staff, a couple of family photos, and a note saying, "Rebecca loves art and beautiful things, pugs, scuba diving, Shrek, Aquaman and Star Trek."

On June 27, she died as a result of COVID-19.

"It's amazing and heartbreaking," said Michael, who after that day never saw his wife again in person due to visitor restrictions.

Rebecca tested positive for COVID on June 22, her 51st birthday. She had a hard time adjusting, wasn't eating well and had lost one-third of her

body weight, Michael said.

"There wasn't COVID in the facility when she was placed, but once it got in, it was hard to prevent it from spreading," he said.

Michael says he will remember Rebecca, not as the person she was in her final days, but as the wife, mother, musician, artist and avid scuba diver she was before the disease took hold of her. He doesn't blame the pandemic for her death, instead he speaks to the value of adult day care centers such as VADS.

"They gave me another year-and-a-half with my wife at home," he said. "Without their service, I would have been faced with a decision to either quit my job or have her placed in a residential center in 2018."

Caregivers such as Michael pay less than \$5 an hour for their loved one to be in day care for up to 10 hours. But the fate of VADS could turn with financial support, Muller said.

Muller said community support would ensure that an adult day care center remains a choice for caregivers in Tulare County.

"We work really hard to make sure that when someone comes in, we're going to make them safe," he said. "There is a financial component to this and unfortunately, we're looking at devastating times when it comes to our client and the caregiver. We've been an outlet for them and we don't know

how much longer that can continue."

Many cannot imagine what life will be like for both caregivers and those who have Alzheimer's or dementia if Valley Adult Day Services had to close its doors, including Jennifer Corum, a Visalia resident and a newly appointed Valley Adult Day Services Board Member.

Her father was diagnosed with Alzheimer's in 2015 at the age of 65.

"My mom was really in a desperate place when my dad was diagnosed and the day program was a light in a dark place," she said. "We were terrified and desperate. We knew we needed care for him, but we didn't know how to do that in an affordable way. This center bridges the gap for so many who are not able to put their loved one in a facility."

Valley Adult Day Services is located at 227 E. Oak Ave. in Porterville. For more information or to make a donation, visit ValleyAdultDayServices.org or call (559) 783-9815.

Donations can also be made through a GoFundMe page at www.gofundme.com/f/valley-adult-day-services. The web page allows people to make a donation to Valley Adult Day Services by using a credit card or paying through a Paypal account.

"Any donation will help make an impact," said campaign organizer Bob Patel.

Could a Visalia Senior Day Care Center Open Soon?

By Donna Orozco

If Valley Adult Day Services can stay afloat in Porterville, the goal is to downsize the facility and put funding into a second center in Visalia, where there is a need to provide stimulating day services for dementia patients while giving caretakers a much-needed break.

Kimberly Jensen, community liaison at Quail Park Senior Living in Visalia, has been building the dream ever since she began working at Quail Park 10 years ago.

She envisions a facility that's like a little village for dementia patients, with each storefront providing a fun therapy. Participants will be able to "ride" on a train with TV screens that change outdoor scenes from the windows, with clacking tracks underneath. The riders can have lunch on the train if they want.

"Travel therapy is huge," said Jensen. "They will feel like they're going on an adventure, like they're doing something on their own."

There will be a malt shop to go for ice cream, also offering selections for diabetics. There will also be a nail salon for touch therapy.

"Touch is so important. Your



A new senior day care center would incorporate fun activities.

loved ones can be pampered."

Then there's the aquarium, no water but a room all painted in blue with TV screens and speakers so seniors can watch scenes of fish and whales with calming music.

"This is for meditation therapy, where participants can go if they get agitated," said Jensen.

Outside of the storefronts, the common area will be filled with park benches and places where they can paint, listen to volunteer musical events and watch children's dance performances.

Jensen has done much research on what makes a good dementia day facility and has

even identified a building she believes will work.

The facility would be a one-stop shop for seniors and their caregivers. Once dropped off, participants could have their physical therapy and their blood draw there.

"That means caregivers will have one less appointment they have to take their loved one to," Jensen said.

Jensen runs support groups for caregivers and understands their exhaustion and frustration.

"I started seeing more and more care givers passing away before their loved ones. I started doing research, and it shows that

30% of caregivers die before the patient," she said.

"They're just desperate for help," she added. "It's hard enough for them to get their loved ones to all their appointments, let alone going to the doctor for themselves."

The senior day care center would allow the caretaker to drop off their loved one for some respite time, to go to work or to do some shopping.

It would be in a safe place, with fun activities and healthy meals. Jensen would like to see the cost on a sliding scale, based on the family's ability to pay.

"It will be a place of dignity and respect for those who desperately need stimulation and a thriving environment," she said. "These are real people inside their dementia. They might not be the person they were, but they are the person they are now. We want them to rediscover adventure, purpose and fun."

But it will take the community to make this a reality. Fundraising is needed. Architects, builders and other volunteers are needed.

If you can help or want to learn about support groups, call Kimberly Jensen at (559) 737-7443.

When Cattle Were Put on a Short Leash

It was inevitable...the two sides were going to clash! The cattlemen were first to come to the Tulare Valley, now called the San Joaquin, and were very pleased with the abundant grass and water that nourished their herds. They especially liked the vast open range land that gave their cattle plenty of space to roam. So it wasn't surprising that cattle operations became big business.

In 1857, the *Mariposa Gazette* took note of this, reporting, "The raising and fattening of cattle is the great business of the valley." And it didn't take long for crop farmers to join the stockmen. The sandlappers, a derogatory term for these toilers of the soil, also liked what they saw, especially when the government was offering homesteaders such sweet deals on large acres of land.

But the farmers soon discovered a problem. True, there was plenty of water flowing from the Sierra, but the precious liquid wasn't always where their crops were, so they dug ditches and canals to move it to where it was needed. As a result, the open range land was undergoing significant change. The cattlemen watched anxiously and with great suspicion.



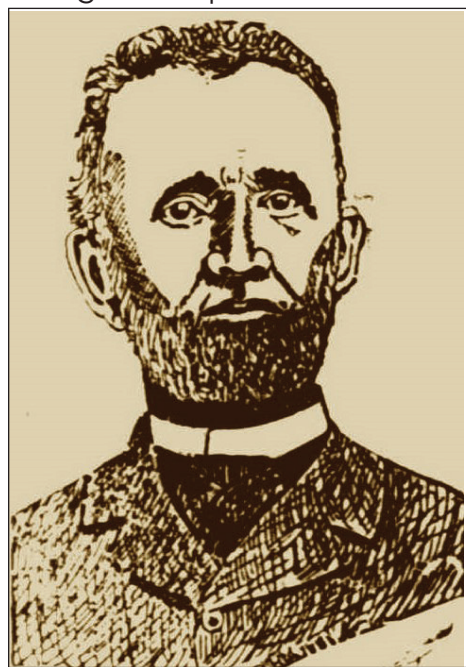
Thomas Fowler who opposed the fencing legislation is shown here circa 1880.

It didn't take long for the differences between the farmers and cattle owners to surface. On more than one occasion, tensions developed when homesteaders discovered damage or even devastation to their fields when their crops became "pasturage" for marauding herds.

Farmers considered fencing their crops, but the cost was more than their budgets could handle. Suing the cattlemen for damages was an option, but the wealthy bovine owners, according to the homesteaders, could afford the "very best legal talent" and the farmers with fewer financial resources couldn't compete.

By the early 1870s, a remedy to the problem was making its way through the state legislature and it involved fencing. The farmers argued they should not have to build fences as their crops were not injuring the neighboring land. According to them, the cattle were the problem. The argument seemed to work as the proposed draft legislation was forcing cattle owners to fence in their livestock. Clearly this did not make the stockmen happy.

In 1873, California State Senator Thomas Fowler, who represented Kern, Fresno and Tulare Counties, was strongly opposed to the pending legislation, which was no surprise as he was one of the largest cattle



Tipton Lindsey who supported the "no fence" law is shown here in a line drawing that appeared in the *Visalia Weekly Delta* on March 8, 1894.

Dusting Off History with Terry Ommen



Before 1874 in California, cattle could roam free on the open range unmolested, except of course when they needed to be branded.

barons in the valley with a herd estimated to number 200,000 head.

Fowler was defeated in his re-election bid by Tipton Lindsey, a Visalia man with large land holdings. Lindsey too at one time had owned a substantial number of cattle, but had given the business up for crop farming.

The "fencing" or "no fencing" issue continued to be a contentious one throughout the valley. In 1874, newly elected Senator Lindsey introduced the legislation that the stockmen feared, and it passed.

Even though the legislation restricting the grazing became law, there was no effective en-

forcement mechanism in place. So trespassing animals continued to be a problem and the war between the two sides continued. In 1878, one incident seemed to highlight the problem when about 70 trespassing cattle were shot and killed near the Tule River. The shooters were never identified.

The mass killing helped motivate cattlemen to confine their herds, but many relocated their animals to areas in what are now Arizona, Nevada and New Mexico.

The "no fence" law, as it became known, did not end cattle ranching in the valley, but stock raising today requires herds be confined behind fences.



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Theatrical Tribute to a Father...

(continued from page 3)

mentia still caught up with him. The disease has taken his superpower away. There were moments of great panic for him. At a low point, he said, "I don't remember anything now. Am I becoming a fool?" I tried to comfort him, knowing that it was irreversible. He knew it too. I could sense his fear. When your memory fogs over, covering up everything, anyone would be frightened. I tried to be there for him the only ways I knew how.

In the film, your mother expresses the stress of caregiving. What has this experience been like for your mom?

My mother is strong, resilient and open-minded. She is an incredible woman.

After my father was diag-

nosed with Alzheimer's, she showed her courage and wisdom by making critical decisions, including deciding that they should move to a nursing home to be with old friends. They have lots of activities to keep their lives full and enriched, plus the necessary medical care and attention.

This year, my father took a fall and hurt his legs, so he isn't able to walk much anymore. But before that, and before COVID-19, my mother constantly took my father on trips. They've been all over! They never worried about the inconvenience of traveling.

I am sure their active social life and those trips have helped my father live meaningfully with Alzheimer's disease. It has also lessened the pressure on my mother as his primary caregiver.

Tell us about the importance of art and music in the lives of people living with dementia.

My father learned Chinese opera as a child. We brought him DVDs of Chinese opera performances, and now he spends a lot of time watching these shows. I'd like to think that these videos bring back some bits of his happy memories training for the opera as a young child. When he watches them, he is always very peaceful. It seems to soothe him.

As an artist with a father living with Alzheimer's, I can see that music and art offer comfort, and seem to ease the person's anxiety or restlessness.

The film opens with a sonogram of a baby and the words: "Dear Child, How should I introduce you to this beautiful world?" Your baby was born a year after finishing this project. As the circle of life continues, what lessons from your father will you teach your daughter?

I've been thinking a lot about the journey of life recently. My daughter is now a toddler stumbling around. We lead her by the hand, but I know one day she will want us to let go, so she can go on her own journey.

We are walking alongside our parents now, but they are walking slower and slower. One day, they will have to stop. They will not keep up with us, but the memories of our walk together



Maleonn's parents, Zheng Wei Tong and Ma Ke

will always be with me.

My father gave me a lot of great advice when he walked beside me. He taught me to be idealistic, to live with a purpose, and to chase dreams with passion. He taught me to be optimistic and hopeful, and not be easily knocked down by the many obstacles in life. He taught me to be kind, to confront problems as things of beauty, and to avoid dogma and rigidity.

While I walk with my child, I'd like to pass these gifts to her. This is why we are on this journey. By understanding this, the process of aging, illness and even death do not seem as scary any more.

Phony Callers...

(continued from page 4)

Don't fall for it!

Beware of requests to pay via wire transfer, prepaid debit card or CashApp (such as MoneyPak, iTunes or similar cards). These are almost always a sign of fraud.

Report it to Amazon. Any customer who receives a questionable email or call from a person impersonating an Amazon employee should report them to Amazon customer ser-

vice. Amazon investigates these complaints and will take action, if warranted.

For More Information

Learn more about phishing scams at BBB.org/PhishingScam. Learn more about how to identify whether a call or message is really from Amazon.

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