

IN THIS ISSUE: "Senior Moment," Dividat Senso, Farm Labor at Linnell Camp, "My Diabetes Tutor," 80-Year-Old Tops UK Album Chart

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VIII, Number 3 • July/August 2021



Pictured (above left, l-r) are Tulare County Supervisors Eddie Valero, Amy Shuklian and Larry Micari; and (above right, l-r) Tulare County Supervisors Dennis Townsend and Pete Vander Poel placing purple flags on the lawn of Tulare County Government Plaza in recognition of World Elder Abuse month during the annual World Elder Abuse Month ceremony on June 1.

Tulare County Marks Elder Abuse Awareness Month

June is World Elder Abuse Awareness Month and Tulare County Health & Human Services Agency (HHS) participated by encouraging community members to wear purple on World Elder Abuse Awareness Day on June 15.

Purple promotes a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

On June 1, Tulare County HHS came together with community leaders to bring awareness by placing purple flags and ribbons on the grounds of Tulare County Government Plaza along Mooney Boulevard in Visalia in a show of support and awareness for World Elder Abuse Awareness Month.

Abuse Awareness Month.

Due to the ongoing COVID-19 pandemic, the flag ceremony planners limited the attendance to follow health and safety protocols.

World Elder Abuse Awareness Day (WEAAD) 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. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of the elderly.

In 2020, 866 reports of elder abuse were received in Tulare County. If you or a loved one is experiencing elder abuse, call (877) 657-3092.

New Alzheimer's Treatment Offers Hope, Uncertainty

On June 7, the FDA approved Aduhelm (the brand name for aducanumab) to treat patients with Alzheimer's disease using the "accelerated approval" pathway, which allows the FDA to approve a drug for a serious or life-threatening illness when the drug is reasonably likely to have a clinical benefit to patients, but when there remains some uncertainty.

Aduhelm is the first new therapy approved for Alzheimer's disease since 2003. The drug is the first treatment directed at the underlying pathophysiology of the disease, the presence of amyloid beta plaques in the brain.

The clinical trials for Aduhelm were the first to show that a reduction in these plaques – a hallmark finding in the brain of patients with Alzheimer's – is expected to lead to a reduction in the clinical decline of this devastating form of dementia.

"We are well-aware of the attention surrounding this approval," said Dr. Patrizia Cavazzoni, director of the FDA Center for Drug Evaluation and Research. "We understand that Aduhelm has garnered the attention of the press, the Alzheimer's patient community,

our elected officials and other interested stakeholders. With a treatment for a serious, life-threatening disease in the balance, it makes sense that so many people were following the outcome of this review."

She noted that the data included in the applicant's submission "were highly complex and left residual uncertainties regarding clinical benefit."

"There has been considerable public debate on whether Aduhelm should be approved," Cavazzoni conceded. "As is often the case when it comes to interpreting scientific data, the expert community has offered differing perspectives.

"At the end of the day, we followed our usual course of action when making regulatory decisions in situations where the data are not straightforward," she continued. "We examined the clinical trial findings with a fine-tooth comb, we solicited input from the Peripheral and Central Nervous System Drugs Advisory Committee, we listened to the perspectives of the patient community and we reviewed all relevant data.

"We ultimately decided to use the Accelerated Approval pathway – a pathway intended to provide earlier access to potentially valuable therapies for patients with serious diseases where there is an unmet need, and where there is an expectation of clinical benefit despite some residual uncertainty regarding that benefit."

Alzheimer's Association Response

"This approval is a victory for people living with Alzheimer's and their families," said Harry Johns, Alzheimer's Association president and chief executive officer. "This is the first FDA-approved drug that delays decline due to Alzheimer's disease. This means individuals



Life Slowly Gets Back to Normal for Local Seniors

It seems that things are changing and that life is getting back to normal following the lifting of the state mask mandate last month. There is one constant in recent months, however – there continue to be mixed messages about how much has actually gotten back to normal.

Local senior centers are waiting for city and county officials to give them a green light before they open their doors.

"We are awaiting new guidance from public health officials in order to determine when we will be able to offer in-person programming at the (Visalia) Senior Center," said Laurissa Rog-



Zumba in Hanford's Civic Park helps some to celebrate the end of the pandemic.

genkamp, recreation manager for the City of Visalia Community Services Department.

She also informed us that, "The status for Senior Games 2021 is yet to be determined."

"We're trying to get back to normal," said Armando da Silva, recreation supervisor for the City of Hanford. "We're in the process of hiring staff and once they are hired on, we will hopefully open up completely."

It should be noted, however, that the city's parks and community services department continues to host aerobics classes in Longfield Center and zumba classes in Civic Park.

No announcement was forthcoming from the City of Tulare.

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Heat and Older Adults

People aged 65 years or older are more prone to heat-related health problems. Below is information from the Centers for Disease Control and Prevention website (www.cdc.gov) about how you or the person you are caring for can stay safe during the heat this summer.

Why are Older Adults More Prone to Heat Stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
 - They are more likely to have a chronic medical condition that changes normal body responses to heat.
 - They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.
- ### Stay Cool, Stay Hydrated
- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or find an air-conditioned shelter in your area.
 - Do not rely on a fan as your main cooling source when it's really hot outside.
 - Drink more water than usual and don't wait until you're thirsty to drink.
 - If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during

hot weather.

- Don't use the stove or oven to cook – it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities, and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.
- Follow additional tips on how to prevent heat-related illness.

Stay Informed

- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Caretaker Checklist

- Keep a close eye on those in your care by visiting them at least twice a day, and ask yourself these questions:
- Are they drinking enough water?
 - Do they have access to air-conditioning?
 - Do they know how to keep cool?
 - Do they show any signs of heat stress?

VETERANS CORNER

Burial Benefits



Ken Cruickshank

Are you aware that the Department of Veterans Affairs (VA) offers burial benefits? One of these benefits is burial in a National Cemetery. National Cemetery burials include (at no cost to the family) a gravesite in any of the 155 national cemeteries that has space, opening and closing the grave, perpetual care, a government headstone or marker, a burial flag, and a Presidential Memorial Certificate.

The San Joaquin Valley National Cemetery in Gustine and the Bakersfield National Cemetery outside of Bakersfield are the two closest national cemeteries to Tulare County. Cremated and casketed remains are either buried or interred in the same manner and with the same honors.

A veteran's spouse or dependent can also obtain burial benefits at no cost, which includes eventual burial beside the veteran in a national cemetery and perpetual care. The veteran's headstone will include the spouse or dependent's name and dates of birth and death, even if he or she dies before the veteran.

If a veteran prefers a private cemetery burial, benefits include a government headstone or marker, a burial flag, and the Presidential Memorial Certificate, also at no cost. Some veterans may be eligible for a burial allowance, regardless of type of burial.

Specific National Cemetery gravesites cannot be reserved in advance; however, a veteran may complete a VA Form 40-10007 Pre-Need Determination Request. This form will not guarantee you will be buried in a specific national cemetery, but it will assist the VA in fulfilling your final wishes.

Veterans should advise their family members of their burial wishes, as well as where to find their separation papers (provided at separation from military service), because they establish the veteran's benefit eligibility. If you need copies of these papers, your local Veterans Services Office can help you apply for them. When the time comes, your family can easily seek assistance from a funeral home or cremation center.

If you have completed a Pre-Needs Request (this already determines your eligibility), you will have to make a call to 1-800-535-1117 to request a burial. If not, then the family must gather the documentation required to establish eligibility and fax it to 1-866-900-6417 and then make a call to 1-800-535-1117 to confirm the burial application. The VA does not make funeral arrangements or perform cremations; the family must make those arrangements.

The VA does not control burials at either Arlington National Cemetery or The United States Soldiers and Airmen's Home National Cemetery; these cemeteries are under the control of the Department of the Army, which establishes eligibility. You will need to call 1-877-907-8585 to inquire about burial at either of these cemeteries.

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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The 2019 Walk to End Alzheimer's, held at Mooney Grove Park in Visalia, raised more than \$32,000 to fight the disease.

Elder Abuse Grant Continues to Serve Tulare County Seniors

In 2020, the Tulare County District Attorney utilized a Governor's Office of Emergency Services grant to advocate and assist victims of elder abuse. The \$190,000 grant fully funded two victim advocates, one of whom is bilingual, who work with victims through the court process, train caretakers and community members on elder abuse, and create awareness of the crime.



The grant funded books and other educational materials in both English and Spanish.

The grant also funds a yearly television and radio anti-abuse campaign, and associated materials for community distribution. During the 2020 grant cycle, advocates worked with over 300 victims of physical and financial abuse. During that same time, 55 cases of felony and misdemeanor elder abuse were filed by TCDA prosecutors. The grant was renewed for 2021.

"I don't have to remind anyone that the COVID pandemic was a stressful time for many and greatly inhibited our office's in-person contacts," said District Attorney Tim Ward. "However, staff was vigilant in its pursuit of justice for abused seniors and we look forward to increasing important outreach in 2021."

A significant resource was developed during the 2020 grant cycle - a bilingual book that addresses the most common scams targeting seniors

today. The books are free to the public and will be distributed at future events, trainings and presentations.

"With California on the verge of returning to pre-pandemic activities, we greatly encourage any community group, caretaker association, church, senior center or individual interested in spreading elder abuse awareness and education to contact our office for resources and presentations. Prevention is the key to stop seniors from becoming victims," said TCDA Victim Advocate Nicole Burnham.

For printed resources or to schedule a presentation, call the TCDA Victim Services Division at (559) 636-5471.

Local Alzheimer's Association Awaits OK for October Walk

The Alzheimer's Association is inviting Tulare and Kings County residents to join the fight to end Alzheimer's by participating in the 2021 Alzheimer's Association Walk to End Alzheimer's.

"We're moving forward with plans to host Walk to End Alzheimer's in person this fall," reported Amanda Valenzuela, development manager of the Alzheimer's Association's California Southland Chapter. "The health and safety of our participants, staff and volunteers remain our top priorities as we make decisions about event details, and we'll continue to offer options to participate online and in your neighborhood."

Plans for this year's walk, tentatively scheduled for Sat-

urday, October 2, at Mooney Grove Park in Visalia have been submitted to the Tulare County Parks & Recreation Department's Advisory Board, which evaluates each event's detailed COVID plan before approval.

The pandemic forced the cancellation of the traditional Mooney Grove event last year, replacing it by having participants organize walks in their own neighborhoods.

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. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and

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Hanford Endocrinologist Creates Diabetes Telehealth Program

Hanford-based endocrinologist Prem Sahasranam, MD, is now offering My Diabetes Tutor, a telehealth education program for residents struggling to manage their diabetes.

My Diabetes Tutor is an online program that focuses on helping the estimated one out of every two Valley residents who are living with high blood sugar but who have never seen a specialist in diabetes care and education.

According to a recent California Health Interview Survey, 48% of the population has been diagnosed with pre-diabetes, 13% has diabetes and 10% has gestational diabetes.

And the number of adults

diagnosed with diabetes has more than tripled locally and across the United States.

"People struggle with diabetes self-management, which can lead to high blood sugar over time and poor outcomes," Dr. Sahasranam explained. "Or they rely on their health care provider for help, but providers may lack the time to educate them, and there may be no other resources to help them."

That's where My Diabetes Tutor can help.

My Diabetes Tutor is the first statewide telehealth diabetes education program in California to receive national accreditation by the Association of Diabetes Care & Education Specialists. It provides five one-hour sessions to educate patients about type 1 and 2, along with diabetes in pregnancy, and insulin pump and sensor education and support, all via the internet.

Follow-up sessions are available to provide more information on topics such as nutrition and weight management. Patients can schedule an online video session with one of the certified diabetes care and education specialists via the secure, HIPPA-compliant secure platform.

The program has 18 educators who speak foreign languages such as Spanish, Hindi,



My Diabetes Tutor provides five one-hour sessions to educate patients about type 1 and 2 diabetes, along with diabetes in pregnancy, and insulin pump and sensor education and support, all via the internet.

Gujarati and Mandarin, Dr. Sahasranam noted.

"Telehealth is a convenient and effective way to help patients manage their diabetes from the comfort of their home, with the peace of mind that comes from knowing the providers are trained specifically to address the concerns of diabetes," Dr. Sahasranam said. "And we are seeing patients lower their HbA1c thanks to the right education."

"It's never too late to take action," he added.

The program is approved by the Center for Medicare and Medicaid services so it is covered by Medicare. And the practice is contracted with Tricare, Blue Shield, United

Healthcare, Aetna, Sante, Brand New Day, Blue Cross Medicaid and KEY MEDICAL (Kings and Tulare counties).

The practice is in the process of securing contracts with other major health plans and on the path to providing care to patients associated with Adventist Health, United Health Center facilities and Aria Community Health Centers in the Central Valley.

To learn more, visit www.mydiabetestutor.com and register online with one of the certified diabetes care specialists; email the practice at info@mydiabetestutor.com; or call 1-844-623-0999 to schedule an appointment or for more information.



Prem Sahasranam, MD



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Pinwheel gardens align the walkway at Stratford Library (above). Kings County volunteers (at right) take a moment to relax after completing yard improvements for a local senior.



Kings County Observes Elder Abuse Awareness Month

Volunteers from Kings County agencies were busy in June with projects to mark Elder Abuse Awareness Month.

Pinwheel gardens were planted throughout Kings County. Pinwheels and banners were placed on display at the Hanford Library, Stratford Library, Stratford Fire Department, and Fleet and Family Services.

"We also have banners and pinwheel gardens at City of Avenal, Hacienda Post Acute, Corcoran City Park, Kings County Commission on Aging and Kings County Human Services Agency," said Julia Patino, Kings County victim witness coordinator.

Patino also listed locations at the Kings County District Attorney's Office, Kings County

District Attorney Victim Witness Office and locations in Corcoran.

"Pinwheel gardens are just the beginning of the activities here in Kings County," she said.

The Kings County District Attorney's Office, Kings County Commission on Aging, Kings County Human Services Agency, Adult Protective Services, Kings Community Action Organization and Kings County Probation Department have teamed up to "Adopt a Senior."

Each week in June, the committee designated a senior in the community as the "adoptee," and worked together to assist the senior.

"Our first 'adoptee' we will call Ms. M," said Patino. "Ms. M needed a dried-up dead bush

removed from the front of her home. It truly was a fire hazard. Our Assistant Chief of Investigations Charlie Flores went to the home to assess the need. He realized that we could remove the bush but also do several other chores around the home. We reached out to Richards Tree Service and they donated their time and assisted us with trimming a large tree on the property as well.

"We also repaired a fence and disposed of yard debris - all because Ms. M had a bush that she needed removed."

Posters with statistics and drawings were put on display at the Hanford Mall on June 16.

Community members were asked to draw or paint pictures of what the term "elder" meant

to them. The "elder" could be a neighbor, grandparent, friend or anyone else they cared about.



Kings County volunteers work hard for their "Adopt a Senior" program.

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Health is rising in our community, and we are faithfully leading the way.



New CDC Campaign Aims to Prevent Injury to Adults Ages 65 and Over

The Centers for Disease Control and Prevention (CDC) is launching "Still Going Strong," a national campaign to bring attention to ways adults age 65 and older can age without injury.

The campaign is raising awareness about the leading causes of unintentional injuries and deaths in older adults. Still Going Strong will encourage older adults to continue participating in their favorite hobbies and activities, while informing them and their caregivers of steps they can take to prevent injuries that disproportionately impact this population – falls, motor vehicle crashes, and traumatic brain injury (TBI).

"Experiencing injuries doesn't have to be a normal part of aging; many injuries that are common in older adults can be prevented," said Debra Houry, MD, MPH, director of CDC's National Center for Injury Prevention and Control. "We know that injuries and deaths from falls and motor vehicle crashes are increasing in older adults.

"We hope Still Going Strong will help inform our audience about simple steps they can do to prevent injuries and their lasting effects," she continued. "Everyone has a role – older adults, caregivers, loved ones and healthcare providers. By taking proactive steps, you can prevent potentially life-changing injuries

from happening and maintain your independence and mobility longer."

Older Adult Injuries

Older adults had over 2.4 million emergency department (ED) visits and 700,000 hospitalizations related to injuries from falls, motor vehicle crashes, opioid overdoses and self-harm in 2018, according to a new CDC report in the *Morbidity and Mortality Weekly Report*. Unintentional falls accounted for over 90% of these ED visits and hospitalizations.

Falls - Falls are the leading cause of fatal and nonfatal injuries in older adults. An older adult falls every second of the day, accounting for over 36 million falls each year. Of those falls, one out of every five causes a serious injury, such as broken bones or a head injury. After an older adult falls, their chances of falling again and getting injured increases.

Motor Vehicle Crashes - Older adults account for over 46 million licensed drivers in the United States – or one in five drivers. Driving helps older adults stay independent, but the risk of being injured or killed in a motor vehicle crash increases as we age. Every day, 700 older adults are injured in a motor vehicle crash and 22 die because of their injuries.

TBI - Falls and motor vehicle crashes are common causes of



TBI in older adults. TBI is a major cause of death and disability, and those who survive a TBI can face effects that last a few days or the rest of their lives.

Aging without Injury

Over 10,000 people in the United States turn 65 every day. Getting older doesn't have to mean giving up your favorite hobbies and activities. Older adults are more active and mobile than ever, but an injury from a fall or motor vehicle crash can decrease their independence. It's important for older adults and their caregivers to understand common injuries that can happen as we age and what they can do to prevent these injuries.

Older adults and their caregivers can help prevent injuries from falls and car crashes by asking their healthcare providers – including general practitioners, specialists, physical therapists and pharmacists – what safety measures they advise for their

older patients.

- Older adults can better maintain their independence and mobility, and minimize the risk of falls, by removing throw rugs and other potential tripping hazards. They can limit potential injury when travelling by always wearing a seat belt while driving or riding in a vehicle.

- Friends, family and caregivers can help loved ones live longer and healthier lives by talking with them about fall and motor vehicle crash prevention and by encouraging them to stay active and make safe choices, such as finding alternative transportation at night.

- Healthcare providers can ask their older patients if they have concerns about falling or driving safely. They also can review older patients' over-the-counter and prescription medications to identify if any cause drowsiness or dizziness.

CDC's Still Going Strong campaign will initially focus ads in metro and rural markets in four states: Maine, Oklahoma, Oregon, and Wisconsin. States were selected for their incidence of older adult falls, fall injuries, motor vehicle crashes and deaths caused by injuries. The campaign will have national reach through digital and social media and partner efforts.

Learn more about the Still Going Strong campaign at www.cdc.gov/StillGoingStrong



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Toni M. Onkka LCSW is a Clinical Social Worker Specialist with over 25 years of experience. She has a Bachelors Degree in Psychology and a Master of Social Work. She is licensed to practice by the state board in California (LCS 20402).

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The over-\$7 million project improved the 100-apartment, nine-story facility to a higher standard than what people expect from low income residential housing.

Town Meadows Extreme Makeover Nears Completion

By Larry Kast

While the rest of the world battled COVID-19, Town Meadows was more than lobby deep in a massive renovation project at the senior residential apartment complex in downtown Visalia.

Today, with just a few tweaks remaining, the over-\$7 million project catapults the multi-story building past what many would think of when it comes to low income residential housing.

"I think it's very nice. The common areas are beautiful," said Betty Giles, an 89-year-old who has lived at Town Meadows several times since originally moving there in 2000. "We have a beautiful kitchen. In the lobby, we have a beautiful couch and chairs. It's very, very nice."

The facility, purchased by Thomas Safran & Associates in August 2018, wasn't easy to transform during the COVID pandemic.

"It (COVID) was more of a hindrance to the project," said Lori Trowbridge, who manages the 100-apartment, nine-story facility. "Some of the construction employees didn't want to risk coming to work, especially at a senior residential facility,"

Town Meadows is a low income housing complex for those ages 62 or over, which receives subsidies from the U.S. Department of Housing and Urban Development that offset the cost of rent. Eligible residents pay 30% of their monthly income toward their rent, with all utilities included. But while low income housing might conjure images of spartan furnishings and 1960's decor, the remodel that began in the fall of 2019 did far more than paint a few walls and spruce up some pillows.

A new kitchen and computer lab were created. Where there were once storage rooms is now a beautiful lounge area with a massive TV and inviting couches. Outside the building

new landscaping was installed, including a planting bed for vegetables and a renovated barbecue area. Where there was once an awning outside the front entrance is now a massive pergola, including the facility's name and signature Thomas Safran & Associates clock.

A fully redecorated lobby greets residents and visitors upon entrance, and each apartment in the building was remodeled while the occupants were temporarily relocated to a nearby hotel, all at the new owner's expense.

Despite the cost of the project, residents' rent was not affected. But what was affected due to COVID was the normally long waiting list, which has dwindled. Prospective residents weren't allowed to tour the facility due to the shutdown caused by the pandemic, and what was once more than a year's wait to get an apartment after meeting qualifications has diminished.

"The motivation and inspira-

tion to renovate Town Meadows was to bring to life and beautify the already existing property that we had recently acquired," said Jordan Pynes, president of Thomas Safran & Associates. "The residents were already living in the community, and we recognized an opportunity to enhance the building."

The corporation has developed over 6,000 units of luxury, affordable and mixed-use rental housing in Southern California over the past 40 years, and said in a press release, "We are committed to providing superior design, maintaining our properties to the highest standards and enriching the lives of the people who reside in our buildings." While most of the corporation's properties are in Southern California, two are in Fresno.

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ENTERTAINMENT

Shatner, Smart, Lloyd Share a 'Senior Moment'



Sir Tom Jones

80-Year-Old Tops UK Album Charts

With the release of his newest record, "Surrounded by Time," Sir Tom Jones has become the oldest man to top the UK album chart.

The 80-year-old singer broke the record set last year by Bob Dylan, who was a mere 79 when his "Rough and Rowdy Ways" topped the chart. (Jones' new album includes his version of Dylan's song "One More Cup of Coffee.")

"It's wonderful that the public has allowed me to be musically expressive at my time of life and have shown their support," he said in an interview. "I am forever grateful."

The new release is Jones' fourth number one album and first since 1999.

For the "record" (sorry), the oldest person to top the British album chart was 92-year-old Dame Vera Lynn with her 2009 greatest hits collection.

Victor Martin (William Shatner) is a retired NASA test pilot often seen speeding around Palm Springs in his vintage Porsche convertible with his best friend Sal (Christopher Lloyd). His life changes when his license is revoked for drag racing and his car impounded in the new romantic comedy "Senior Moment."

Forced to take public transportation for the first time, Victor meets his polar opposite, Caroline (Jean Smart), and learns to navigate love and life again as he battles a new district attorney to get back his license and car.

"'Senior Moment' is a romantic comedy that will please many generations of viewers," said Director Giorgio Serafani. "It brings together two iconic actors in the splendid setting of Palm Springs."

"What attracted me to 'Senior Moment' was the possibility to make a film that will resist the test of time," he continued. "A film that has the potential to become a cult Valentine's Day re-run. It's



Christopher Lloyd and William Shatner star in "Senior Moment."

classic and modern, it's classy and funny. Just like the movies 'Something's Gotta Give,' 'It's Complicated' and 'When Harry Met Sally.'

"'Senior Moment' is a love story with a message," added Serafani. "It is an unpretentious reflection on growing older. With the only goal to make the audience laugh and cry, it is my goal to bring to screen a film that has

all the right elements to become a commercial success, led by a cast that everyone loves, from millennials to a mature audience."

"The central theme of this movie is you're never too old to fall in love," said Producer Gina Goff. "In addition to the large audience for our movie, we have a built-in audience of 50-plus viewers who represent 34% of the United States population and are underserved by our industry."

William Shatner, best known for "Star Trek" and "The Practice," stars in "Senior Moment." Jean Smart, his romantic interest in the movie, has appeared in movies such as "Watchmen" and "Garden State." Christopher Lloyd, who starred in the "Back to the Future" movies, as well as on the television show "Taxi," is also featured in the movie.

"Senior Moment" is now showing on Amazon's Prime Video and on Apple TV.



A tender moment between Jean Smart and William Shatner in "Senior Moment."

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Back to Normal...

(continued from page 1)

"We are playing it week by week," said Karie Rodriguez of City of Tulare Community Services

There was good news from Valley Strong Ballpark last month as the Visalia Rawhide was able to open the park to full capacity. (See article on page 10.) Many of the special game events will continue, but unfortunately, not all of them.

"We will not be having a Belle of the Ballpark this year because of not being able to have player involvement," said Jillian Gearin, the team's director of broadcasting and media relations manager, about the senior pageant. She explained that players still need to maintain social distance rules.

After the pandemic forced last year's Walk to End Alzheimer's from Mooney Grove Park in Visalia to neighborhood walks throughout the South Valley, the event looks to return to its traditional location this year.

"We're moving forward with plans to host Walk to End Alzheimer's in person this fall," said Amanda Valenzuela, development manager of the Alzheimer's Association's California Southland Chapter. (See article on page 3.) "The health and safety of our participants, staff and volunteers remain our top priorities as we make decisions



The message on the Visalia Fox Theatre marquee during the early days of the pandemic is finally about to come true.

about event details, and we'll continue to offer options to participate online and in your neighborhood."

And entertainment venues also expect to open their doors soon.

"We'll start having shows again in the fall," said Kent Stahl, production & operations manager of the Visalia Fox Theatre.

With any luck, this will be the last of our "pandemic updates." Congratulations to all of you for making it through the last 16 months!

Webinar Offered to Caregivers of Those with Memory Loss

It might start small - maybe your mom or dad forgets a birthday, or the cable bill goes unpaid for a month. It might seem like the type of thing that can slip anyone's mind.

But soon it progresses to more consistent forgetfulness. Maybe they go for a walk and then can't remember how to get home. Maybe their spending habits change, and suddenly more purchases are showing up at the door that they don't remember buying.

Before long, they receive a diagnosis that may not be surprising but is still devastating - Alzheimer's disease or some other dementia.

A diagnosis of a cognitive condition means that often the adult child has to assume the role of parent, as they care for their loved one who may not be able to live alone anymore. The demands of taking on that responsibility are stark - from worrying about nighttime wanderings to managing their finances. It might become a second full-time job on top of one they might already have.

If you find yourself in that position, know that you're not alone. The Alzheimer's Association estimates there are over 11 million Americans currently providing unpaid care to people living with Alzheimer's Disease



David Troxel, MPH

or dementia - in other words, family members or spouses who have taken on the responsibility.

If you have a loved one with a diagnosis of Alzheimer's Disease or dementia, or you are just concerned about cognitive decline, you will probably benefit from a free webinar presented by Prestige Assisted Living at Visalia at 2 p.m. on Tuesday, August 24.

David Troxel, MPH, will host the webinar entitled "Dementia - Lessons Learned through Purposeful Engagement," which will help provide caregivers with tools and strategies in caring for their loved one.

To sign up for the free webinar, visit www.prestigecanhelp.com



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QUAIL CORNER

Loneliness and Dementia; Insurance and Living Facilities

Q&A with Kimberly Jensen

My mom has been living by herself during the COVID pandemic, and I am noticing she is getting extremely forgetful. Does she have dementia?

The fear of getting COVID has been very detrimental to the mental health of our seniors. Older adults who are socially isolated show more rapid cognitive decline than those who are in a social senior setting.

Loneliness has been found to increase the risk of developing dementia exponentially, especially when there is a loss of a spouse (who used to bring much needed companionship). In fact, loneliness has an influence like other more well-established dementia risk factors such as diabetes, hypertension, physical inactivity and hearing. Social activity can buffer seniors against cognitive decline.

Maintaining relationships in person and staying social is a key element for protecting brain health from negative impacts of loneliness. Seniors who place themselves in a social setting such as a communal environment, like senior living, or move into a home with other seniors, feel more satisfied in their relationships and have a much lower risk of dementia.

Yes, your mother probably does have some dementia, but

by getting her involved with social interaction now, you can help to slow her decline. Now that churches, restaurants and senior centers are re-opening, it is important for her to feel purpose-filled and actively engaged with others.

I am looking into moving to a senior independent/assisted living community. Does insurance pay for it?

Independent living and assisted living communities in Tulare County are private pay. If you were wise enough to get a long-term care insurance policy (one that includes residential care facilities), it will help you pay the assisted living fees. Long-term care insurance policies are purchased separately from health insurance and have hefty premiums. They are life savers, however, when you start using them to cover expenses, and once activated, you no longer pay the premium. If you have a long-term care policy, look at it and see how much it will pay per day towards your assisted living fees. It will give you a better idea on how much you can spend when the time comes.

Many seniors want to stay in their homes for as long as possible, but with that comes isolation and possible falls and

injuries that occur when the delay of medical services is introduced. I always recommend that seniors who insist on living in their homes have a person they call twice a day to check in with them to say that they are alright.

Many independent and assisted facilities will allow friends to share apartments, which means they split the cost of senior living, making it easier on the finances. Make sure you get along well with your roommate because if one of the two of you are no longer in the apartment, the remaining party will have to pay the full price.

Kimberly Jensen has been working with Quail Park as a Senior Resource Advocate for over ten years and has helped hundreds of families find solutions to their senior problems. If you have a question, you can send it to her at KimberlyJ@QPCypress.com or call (559) 737-7443.



Visalia Rawhide Open Ballpark to Full Capacity

Valley Strong Ballpark opened at full capacity on June 22. The Visalia Rawhide, following the recommendations of the California Department of Public Health (CDPH), no longer require social distancing.

"Our staff is excited to finally have Valley Strong Ballpark filled with Rawhide fans," said Sam Sigal, president and team co-owner. "This has been something our entire community has been working towards. We are grateful to Tulare County for all of their hard work."

This announcement means there will no longer be pod seating, limited group areas or a buffer zone between players and fans. All group outing areas can be used to full capacity and the 100-level grandstands will be available for seating.

Masks will no longer be mandatory to enter Valley Strong Ballpark if you are fully vaccinated, but the Tulare County Health & Human Services Agency and Visalia Rawhide recommend fans continue to wear them except when actively eating and drinking. Sanitizing stations will continue to be throughout the ballpark.

Tickets can be purchased at www.rawhidebaseball.com, as well as by calling (559) 732-4433.

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American Ambulance POD Program Assists Vaccination Efforts

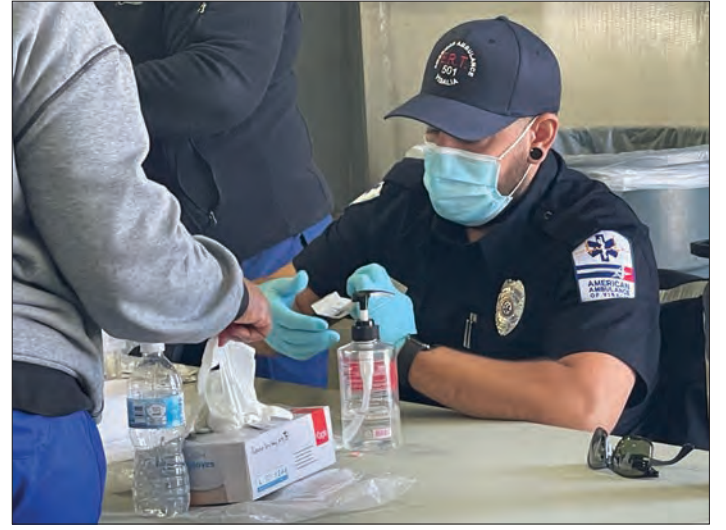
With the world opening up again and California's mask mandate having been lifted, many local seniors who have not yet received the COVID-19 vaccine may be wondering how they can get vaccinated.

One solution, especially for those who are homebound, may be American Ambulance of Visalia, which has partnered with the Tulare County Health and Human Services Agency to establish a vaccination POD (point of distribution) program to increase vaccine accessibility in the South Valley.

Currently, American Ambulance vaccination PODs, which are fixed locations where anyone 12 years of age and older can get vaccinated, are regular fixtures at several standing and rotating events throughout the area, including the Visalia Farmers Markets and several Visalia Rawhide home games.

(Those receiving the COVID-19 vaccine at Rawhide games from 3-6 p.m. in the Terrace Lounge of Valley Strong Ballpark on July 3 or 24, August 21 or September 11 will receive a complimentary ticket to that day's game.)

In many cases, however, the ability to get to a vaccination



American Ambulance of Visalia administers vaccinations at the Visalia Farmers Market (above left). Paramedic Nolan Marros prepares a COVID-19 vaccine at the POD at the Tulare County AgriCenter.

location has been a prohibiting factor for people with mobility issues or who are shut-in, as both groups have limited ability to leave their home. In instances like this, American Ambulance offers homebound appointments, delivering and administering the vaccine to those who cannot visit a POD or other vaccination center.

"There are so many folks who are elderly or injured or otherwise can't get to a vaccination site," said Jeff Ruch, operations supervisor at American Ambulance of Visalia. "It's been game-changing to have the resources and other capacities to go directly to

these peoples' homes and get them vaccinated."

Homebound appointments and requests for scheduling a vaccination POD at a company event, assisted living facility or other singular event must be booked through the myturn.ca.gov website, which connects people with their respective county health and human services agency.

All COVID-19 vaccinations are free to the public, including those administered at an American Ambulance vaccination PODs. Vaccination appointments take approximately 15 minutes for patients without a pre-existing medical condition,

and approximately 30 minutes for patients with one or more pre-existing medical conditions.

"American Ambulance has performed homebound vaccinations in Visalia, Goshen, Dinuba, Tulare and Cutler-Orosi areas," said Paul Main, president of American Ambulance, who estimated that as of mid-June, the program had vaccinated about 50 homebound seniors.

"American Ambulance plans on offering these services in conjunction with Tulare County for as long as they request our assistance," Main added. "We are glad to help our communities stay safe any way we can."

CALENDAR

Saturday, August 14 - 13th Annual Veterans Salute Dinner-Dance & Silent Auction

Central Valley Vietnam Veterans is sponsoring this event at the Visalia Veterans Memorial Building, 609 W. Center Ave., Visalia, starting with no-host cocktails at 5:30 p.m., followed by dinner at 7 p.m. For tickets (\$35), to become a sponsor or for more information, call (559) 731-8989.

September 15-19 - 2021 Tulare County Fair: 'It's a New Beginning'

The Tulare County Fair features new rides, tribute bands, the popular Destruction Derby, fun fair food, livestock competitions and more. The live music lineup includes Nashville Stars Live, featuring tributes to Carrie Underwood, Eric Church and Thomas Rhett; Journey Revisited; 24K Magic, a tribute to Bruno Mars; Best of Both Worlds, featuring a tribute to Van Halen with Sammy Hagar and David Lee Roth; and a Karla Perez tribute to Selena. Admission and grandstand event tickets will be on sale by mid-July. For more information, visit www.tc-fair.org or call (559) 686-4707.

Saturday, September 25 - 2nd Annual Sporting Clay Classic

Hands in the Community is sponsoring this event at Sun Mountain Gun Club, 32868 Shotgun Lane, Coarsegold,

starting at 10 a.m. To become a sponsor and/or a shooter, or for more information, visit www.hconline.org or call (559) 625-3822 ext. 100. (See ad on page 7.)

Friday, October 8 - 7th Judy Sarber Memorial Golf Tournament

Habitat for Humanity of Tulare/Kings Counties is sponsoring this event at River Island Country Club, 31989 River Island Dr., Porterville. To register or for more information, call (559) 734-4040 ext. 106.

Walk to End Alzheimer's...

(continued from page 3)

abilities to join the fight against the disease.

"Alzheimer's is not taking a hiatus during COVID-19 and neither are we," said Sherrie Wallace, event chair for this year's event. "We must continue Walk to End Alzheimer's, and we are working with all participants to ensure they have a powerful and moving experience that is felt when we are together. Many of our constituents are at higher risk when it comes to COVID-19 and we know that our volunteers and

participants appreciate our commitment to keeping all involved healthy and safe."

More than six million Americans are living with Alzheimer's disease - a leading cause of death in the United States. Additionally, more than 11 million family members and friends provide care to people living with Alzheimer's and other dementias.

To register or to receive the latest updates (including confirmation of the date) for this year's Walk to End Alzheimer's, visit: alz.org/walk

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Kaweah Delta Rebrands as Kaweah Health

To better reflect the wide range of health services it offers to residents in Tulare and Kings counties, Kaweah Delta became Kaweah Health on May 1st.

The largest acute care hospital and the only trauma center between Bakersfield and Fresno announced that it completed an extensive rebranding initiative that includes a new name, a new logo and an updated website.

"It's the perfect time to reinvent, to redefine, to modernize and to distinguish ourselves as much more than a hospital or a medical center," said Gary Herbst, Kaweah Health's CEO. "Our new name reflects our changing role from being a healer of sickness and injury to a champion of health and wellness."

Over the last 60 years, Kaweah Health has grown exponentially from its beginnings as a 68-bed community hospital to a healthcare system with eight campuses across Tulare and Kings counties, anchored by a 435-bed acute medical center in downtown Visalia.

It is the largest district hospital in the State of California, with a combined 613 licensed inpatient beds and it is also the largest employer in Tulare



County with more than 5,000 team members working beside more than 300 active medical staff members. Together, the Kaweah Health team offers cardiac surgery, neurosurgery, vascular surgery, trauma, invasive, non-invasive and interventional cardiology, along with everything from mental health to dialysis, cancer care and more.

"We have really become a comprehensive, state-of-the-art, integrated health system with numerous outpatient clinics and urgent care centers," said Herbst, noting that the organization has been named one of the best 250 hospitals in the nation by Healthgrades for three years in a row and one of the country's top 50 cardiac surgery programs for four years in a row.

Kaweah Health is also the only cardiovascular affiliate of the Cleveland Clinic in California, and has in recent years, partnered with USC and Valley Children's Hospital to help raise the level of care available to children and adults in Tulare and Kings counties. Kaweah

Health is a fully-accredited teaching hospital with close to 130 residents training in six different residency programs.

For the past 10 years, the healthcare district watched others change their names to better reflect their broadening offering of services and their changing role in their communities. Two years ago, the idea of its own rebranding initiative picked up steam after Kaweah Delta adopted a new mission and vision statement to better reflect Kaweah Health's purpose, passion and reason for existence.

Kaweah Delta's board of directors unanimously approved the rebranding initiative, which also received unanimous support from those employees, physicians, and community leaders and members who participated in focus groups.

David Francis, president of the Kaweah Delta Health Care District Board of Directors, said he quickly learned after joining the board in 2018 that Kaweah Delta was more than just a hospital.

"It isn't just a hospital, it's a system that's dedicated to the wellness and health of the community and making sure that everybody is as healthy as they can possibly be," he said.

The estimated cost of rebranding is between \$600,000 and \$700,000 or roughly \$10,000 per year - .00125% of the system's \$800 million annual operating budget, if Kaweah Health stands for another 60 years like Kaweah Delta did, Herbst said. Kaweah Health hopes to further defray costs through potential community fundraising as part of the Kaweah Delta Hospital Foundation's 2021 Modernization Campaign.

"We firmly believe Kaweah Health to be an investment in our future. It will help us grow our market and our share of the market by making our services and facilities recognizable, accessible and preferred," Herbst said. "We'll continue to put our patients first as we invest in new services, new technologies, and new facilities. We'll also be able to continue our efforts to recruit and retain the best and brightest who not only provide world-class care, but who infuse millions into our local economy as they buy homes here and shop local."

Seven Tips to Help Seniors Get Affordable Car Insurance

The number of senior citizens who are driving in the US is constantly increasing. This means that the demand for affordable car insurance for senior drivers is also increasing. However, car insurance companies are seeing these things from a different perspective. The more senior drivers are on the roads, the higher are the chances for an accident to happen.

Nevertheless, senior drivers can obtain affordable car insurance if they follow the next tips:

- Look for senior driver discounts. Some insurance companies consider that seniors are safe, responsible and defensive drivers while on roads. For these

reasons, senior drivers can gain a discount that is about 5% off their insurance.

- Enroll in a defensive driving course. Insurance companies will offer a discount to senior drivers who attend and graduate a defensive driving course from any of the state-approved training institutes.

- Drive safely. One of the best methods used by senior drivers to save money on insurance is to drive carefully in order to maintain a clean driving record and the no-claim bonus.

- Drop coverage on older vehicles. Seniors who have full coverage and drive older vehicles should think twice if keeping full coverage is worth



it. Usually, if their car's value is less than ten full coverage payments, then senior drivers are recommended to drop full coverage and keep only the minimum required insurance by law.

- Obtain a low-mileage discount. Senior drivers are usually retired and are driving fewer miles than the average person, so senior drivers should contact their insurance providers and

check if they are eligible for a low-mileage discount.

- Raise the deductible. One of the easiest methods used to save money on insurance is to raise the deductible. Senior drivers should raise the deductible only if they have enough money to pay for it if something happens to their vehicles and they need to file a claim.

- Compare quotes. Comparing online car insurance quotes can help senior drivers discover better insurance deals than the ones they currently have.

For more information, visit <http://compare-autoinsurance.org>, which brings online visitors deals from many different insurance carriers.



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Dividat Senso Fights Dementia with 'Targeted Play'

By Steve Pastis

Cognitive motor training helps in the fight against Alzheimer's and other forms of dementia, according to a study by an international team of researchers with ETH Zurich, a public research university in Zurich, Switzerland.

"It has been suspected for some time that physical and cognitive training also have a positive effect on dementia," said ETH Zurich researcher Eling de Bruin. "However, in the past it has been difficult to motivate dementia patients to undertake physical activity over extended periods."

To overcome this challenge, Eva van het Reve, a former ETH Zurich doctoral student, founded Dividat in 2013, together with her Ph.D. supervisor de Bruin and another doctoral student.

"We wanted to devise a customized training program that would improve the lives of older people," said van het Reve.

The new company developed fun exercises to encourage people with physical and cognitive impairments to participate. The result of their efforts was the Dividat Senso training platform.

The platform includes a screen that plays game software and a floor panel with four fields that measure steps, weight displacement and balance. Users attempt to complete a sequence of movements with their feet as indicated on the screen, enabling them to train both physical movement and cognitive function simultaneously.

"The first idea of a device like the Dividat Senso came up in 2014 when I was finishing my Ph.D. in Movement Sciences at ETH Zurich, Switzerland," van het Reve told *The Good Life*. "I investigated the effect of cognitive and motor training solutions in older adults, aiming to help them reduce falls and remain independent as long as possible. The findings were amazing and we reported an 80% fall reduction in a larger study with 182 participants."

"We learned that it is relevant to include exercises that challenge the brain and especially the frontal brain. I also knew about the challenges people face when they get older. At that time, my father was working as a managing director at a senior living facility in our hometown, Schindellegi-Feusisberg, Switzerland. We tested our prototypes there and people enjoyed the exercises a lot."

The Good Life: What makes the Dividat Senso better than simple exercise?

Eva van het Reve: The brain is the conductor of most human movements. Its role should be accordingly central in every

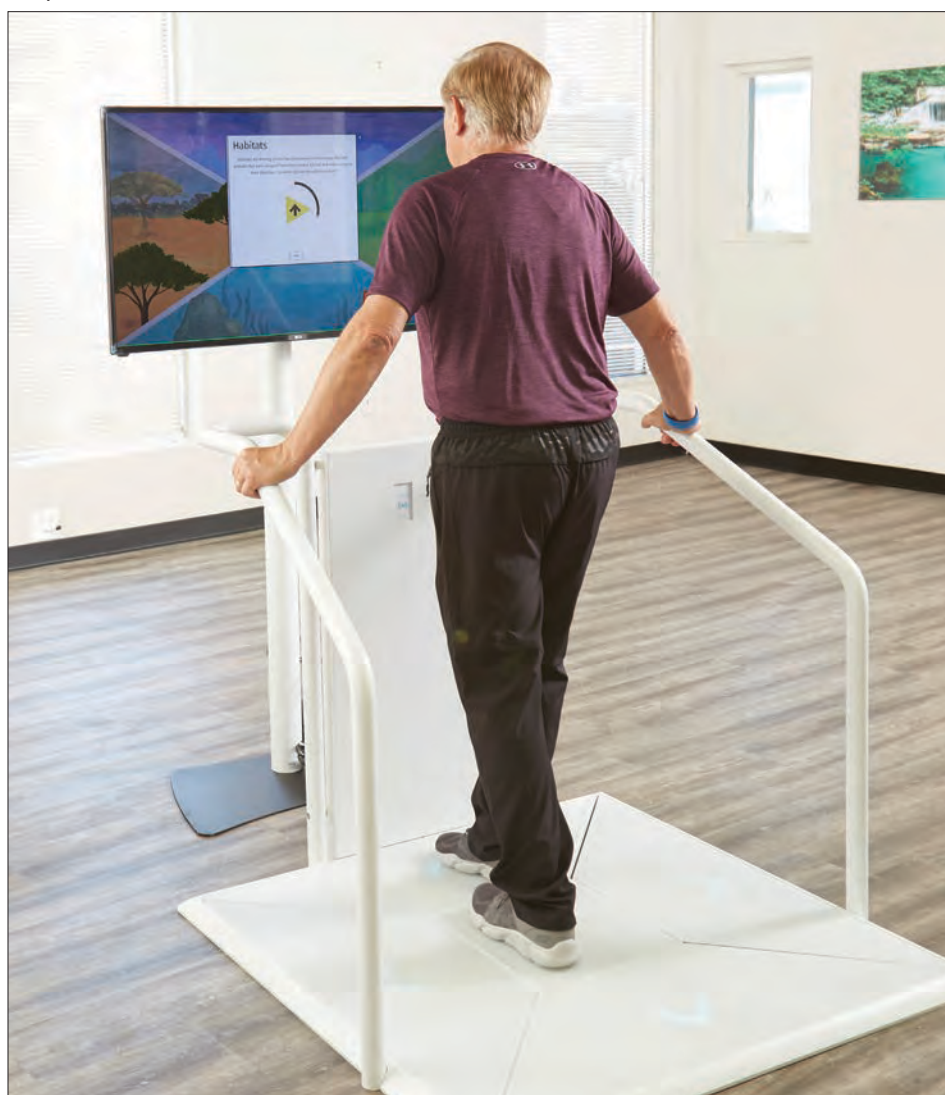


Eva van het Reve explains the rules of the Dividat Senso game showing on the screen.

training program. The Dividat Senso trains the interaction of cognitive and motor skills simultaneously and thus supports the coordination of the musculoskeletal system.

Harmoniously orchestrated movements are a prerequisite for an independent life in all phases of life. Simple exercises can improve certain aspects of the body the same as certain instruments in an orchestra are played. But to synchronize all your movements, you will need to improve the conductor of your body - the brain.

Muscle mass, as an example, can be increased by strength training, because the loss of muscle mass is mainly a problem of our muscular system. The loss of muscle strength, on the other hand, is a combined problem of our muscular and our central nervous systems. It is not surprising that to gain muscle strength, the body-brain interaction needs to be improved.



The platform includes a screen that plays game software and a floor panel that measures steps, weight displacement and balance.

tion, and working memory.

Targeted play means that we offer specific and goal-directed cognitive-motor exercises for different health problems and symptoms to find improvements in daily life.

TGL: How does the Dividat Senso slow the progression of Alzheimer's and other dementias?

Eva: A recently published study showed for the first time that a specific training program on the Dividat Senso that addresses cognitive and motor skills can weaken the symptoms of neurocognitive disorders. Improvements in lower extremity functioning, cognitive performance, step reaction time and symptoms of depression have been found.

We strongly assume that people with neurocognitive disorders benefit from the Senso because we focus on brain regions that are often deteriorated in these patients. A next trial will be launched this summer at ETH Zurich with people with mild cognitive impairment. In addition to the training programs that help weaken the symptoms, we will also implement a standardized assessment tool to measure functions that might allow early detection of cognitive changes (e.g. in executive functions, attention or memory).

TGL: What other health benefits does the Dividat Senso have? Does it slow the progression of other age-related diseases such as Parkinson's?

Eva: More than 15 scientific trials have been conducted or are in progress in the fields of geriatric rehabilitation, neurorehabilitation (MS, Parkinson's, stroke and acute vestibular syndrome), cardiac rehabilitation, orthopedic rehabilitation (ACL injury), and also, the first study has been conducted with employees in the sense of health promotion and stress reduction at work.

There is a strong connection between cognitive and motor functions, and the interaction between body and brain is often disrupted in diseases such as Parkinson's. Gait initiation for example is a complex task for these people and we train it a thousand times on the Senso. All these trials found positive effects on body and brain functions and, therefore, quality of life.

My most impressive experiences are when you see old and frail people or people with neurological diseases moving on the Senso almost normal, even if they are not able to walk. The Senso is a new way for these patients to increase their quality of life.

(continued on page 14)



The Dividat Senso offers a variety of games to keep participants challenged and involved.

Dividat Senso...

(continued from page 13)

TGL: How are Dividat Senso sales in the U.S., and what plans do you have to increase sales in the U.S.?

Eva: Since 2019, there are around 80 senior living communities that offer their residents training on the Dividat Senso. More and more communities decide to invest in equipment that helps their customers to manage health problems and prevent them.

This year, we decided to increase our sales activities and to quickly go forward in the U.S. because we are sure that the Senso will be an efficient and affordable solution for hospitals, clinics, care homes and at home for the prevention of several health problems.

TGL: What other devices are you working on to help seniors

(and others)?

Eva: We are currently working on a solution that can be used at home. The Dividat Senso was mainly designed for institutional clients and in many cases, it is too bulky to place in your living room. We want to get as many people exercising as possible and that's why it is important to have a solution that is lighter and more mobile. The Senso-Flex will be available at the End of 2021.

TGL: Is there anything else you would like to say to seniors in California's Central Valley?

Eva: Health is in constant change and flow, it knows ups and downs, and this in all phases of life.

Your health is the most important asset - protect it, throughout life!

New Alzheimer's Treatment...

(continued from page 1)

may have more time to actively participate in daily life, have sustained independence and hold on to memories longer. We can experience longer – the relationships we hold most dear – our families and friends.”

“This FDA drug approval ushers in a new era in Alzheimer’s treatment and research,” said Maria C. Carrillo, Ph.D., Alzheimer’s Association chief science officer. “History has shown us that approvals of the first drug in a new category invigorates the field, increases investments in new treatments and encourages greater innovation. We are hopeful and this is the beginning – both for this drug and for better treatments for Alzheimer’s.”

This enthusiasm was shared by the leadership of the Alzheimer's Association's California Southland Chapter, which includes the South Valley.

“This is a new type of Alzheimer’s treatment, and it addresses the disease in a way that has never been done before, compared to currently approved drugs,” said Meg Barron the chapter's regional leader and executive director. “It is the first approved therapy of this type; it demonstrates that removing amyloid from the brain may delay clinical decline in people living with Alzheimer’s.”

Local Health Officers' Responses

“This treatment is the first Alzheimer’s drug to target the amyloid plaques in the brain thought to causes Alzheimer’s Disease,” said Dr. Karen Haight, public health officer for Tulare County. “The Accelerated Approval Program allowed approval of the treatment based on the reduction of amyloid plaque rather than requiring the clinical trials to show clear clinical improvement or slowing of the progression of the disease.”

“This approval pathway has been used for treatments for life threatening conditions when there is not currently an alternative treatment option,” she continued. “After the approval, the FDA is requiring additional clinical trials to establish whether or not there is clinical improvement or slowing of disease progression associated with the reduction in amyloid plaque.”

“We look forward to the findings of these additional trials. We all hope for an effective treatment to help our loved ones and their families affected by Alzheimer’s Disease.”

Dr. Milton Teske, health officer for the Kings County Department of Public Health, offered a different opinion on the FDA’s decision. He noted that aducanumab was not recommended by the review committee.

“There are 11 members on the committee and 10 voted not to approve,” he said, adding that the FDA is not bound to accept the committee's recommendation.

“I wouldn’t rush out to use it,” said Dr. Teske, who believes that the FDA acted “prematurely” in approving the drug.

“There’s a number of drugs that dissolve plaques but none have been shown to improve patients,” he said. “There are a lot of unknowns. They have to do more research on it.”

Teske believes that a better approach to fighting Alzheimer's would be one that addresses how people live their lives.

“Alzheimer’s is primarily dietary and lifestyle-driven,” he said, disagreeing with those who “think you’re going to find one drug that will cure Alzheimer’s. If you want to cure the disease, you have to eliminate the cause.”

Teske recommends the approach promoted by Drs. Dean and Ayesha Sherzai, co-directors of the Brain Health and Alzheimer’s Prevention Program at Loma Linda University.

Their books, such as *The 30-Day Alzheimer's Solution: The Definitive Food and Lifestyle Guide to Preventing Cognitive Decline* and *The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age*, present the argument that lifestyle choices are the best defense available in fighting cognitive disease.

How Things Now Stand

The FDA will continue to monitor Aduhelm as it reaches the market and ultimately the patient’s bedside. Additionally, FDA is requiring Biogen, the manufacturer of aducanumab, to conduct a post-approval clinical trial to verify the drug’s clinical benefit.

“If the drug does not work as intended, we can take steps to remove it from the market,” said Cavazzoni. “But hopefully, we will see further evidence of benefit in the clinical trial and as greater numbers of people receive Aduhelm. As an agency, we will also continue to work to foster drug development for this catastrophic disease.”



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The Linnell Camp Post Office as it appeared in about 1940. (Photo courtesy Stein Collection, Tulare County Library History Room)



Dust Bowl migrants arrived at Linnell Camp oftentimes carrying all their worldly possessions. (Photo courtesy Stein Collection, Tulare County Library History Room)

Farm Labor and Linnell Camp

It's no secret that agriculture is king in Tulare County. It always has been. Rich soil, favorable climate, plenty of water, good farming practices, and hard working laborers all have combined to make the county an amazing success story. So much so that Tulare County, and really all of California's Great Central Valley, has earned the well deserved title "breadbasket of the world."

With vast acres of farmland under production, having an adequate number of farm laborers to work the soil has always been a challenge. Farmers have historically relied on migrant workers to supplement the local workforce. In the late 1800s and early 1900s, for example, Chinese and Japanese workers came to Tulare County, and many other labor groups followed.

In 1929 and for a number of years thereafter, the United States went through a significant economic collapse – a period that became known as the Great Depression. Many workers lost their jobs and many farmers went bust. The midwestern and southern state farmers were especially hard hit, made worse by a long period of drought.

Many of these families packed their belongings and headed west to California and Tulare County hoping to continue to use their skills to work the land. These dustbowl immigrants came from all over the country, but states like Oklahoma, Missouri, Arkansas and Texas contributed the most. Collectively, the new arrivals were called "Okies."

Fiercely proud, they struggled to settle in this new land. The lucky ones lived with friends or relatives until they could get on their feet. The less fortunate just found an open space along

a highway or ditch bank to pitch a tent.

Living conditions were obviously primitive. Poor sanitation became a serious concern and the fear of disease was on everyone's mind. Health officials would "clean out these squatters' camps and drive the people on, but almost as soon as one lot goes, another moves in."

Adequate housing for the migrant workers became a priority, and thanks to President Franklin D. Roosevelt and his "New Deal," help was on the way. His plan included a large package of programs designed to address many of the problems, including migrant housing. The federal government searched and they found a large parcel in Tulare County about five miles east of Visalia. The land at one time had belonged to the Linnell family.

Construction for the housing facility began in about July 1938, and on December 16th, R. S. Hardie, the Farm Security Administration camp manager, announced the official opening of the Migratory Farm Labor Camp, sometimes referred to as the Visalia Migratory Farm Labor Camp. To qualify to live there, the principal family wage earner had to be an agricultural worker. In the years that followed, the facility would go through several name changes, many that included the name Linnell.

The camp was laid out in a hexagonal pattern complete with streets. A variety of dwellings were built, including one-room metal buildings, trailer houses, garden homes and apartments. Concrete tent pads were also poured. The metal buildings measured about 12' x 16' and initially had no electricity or running water.

The camp resembled a

Dusting Off History
with Terry Ommen



small city. It had its own water and sewer system, shower and laundry facilities, community hall and council, health center, branch of the Tulare County Public Library, U.S. Post Office and a newspaper called *The Hub*.

Even though living condi-

tions there were basic, the facility was a godsend to many. Eventually, the management of the labor camp was turned over to the Housing Authority of Tulare County.

Linnell Camp remains today and continues to be a welcoming place for many.

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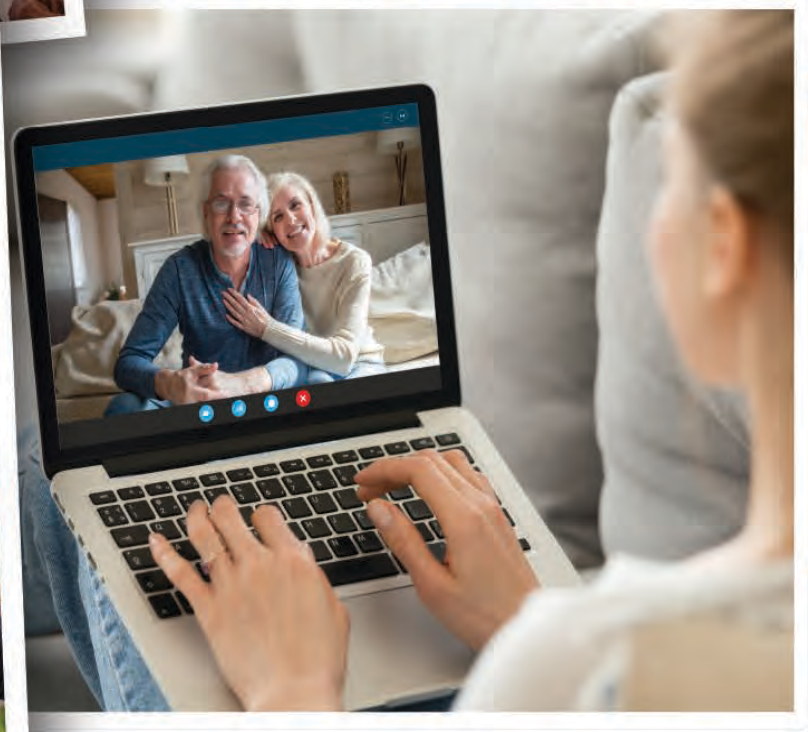
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**The deadline for the
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