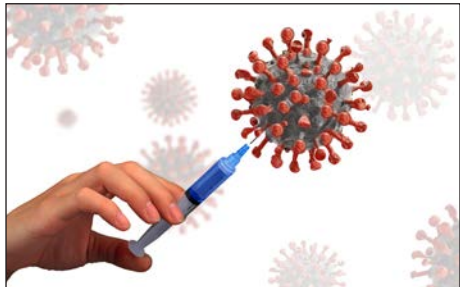




IN THIS ISSUE: "I Am Here," News from Labor Camp, Seniors Real Estate Specialists, Retire to Panama, "Lucy and Desi" Documentary

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume IX, Number 1 • May/June 2022



Second Booster Recommended for Seniors

On March 29, the Centers for Disease Control and Prevention (CDC) updated its recommendations to include a second booster shot for people over the age of 50 to increase their protection against COVID-19.

"Boosters are safe, and people over the age of 50 can now get an additional booster four months after their prior dose to increase their protection further," said CDC Director Dr. Rochelle P. Walensky.

"This is especially important for those 65 and older, and those 50 and older with underlying medical conditions that increase their risk for severe disease from COVID-19, as they are the most likely to benefit from receiving an additional booster dose at this time," she said.

"CDC, in collaboration with FDA (Food and Drug Administration) and our public health partners, will continue to evaluate the need for additional booster doses for all Americans," she added, opening up the possibility of a third booster shot in the future.

On the same day, the FDA also authorized a second booster dose of either the Pfizer-BioNTech or the Moderna COVID-19 vaccines for the same at-risk groups.

"Current evidence suggests some waning of protection over time against serious outcomes from COVID-19 in older and immunocompromised individuals," said Peter Marks, M.D., Ph.D., director of the FDA's Center for Biologics Evaluation and Research. "Based on an analysis of emerging data, a second booster dose of either the Pfizer-BioNTech or Moderna COVID-19 vaccine could help
(continued on page 13)

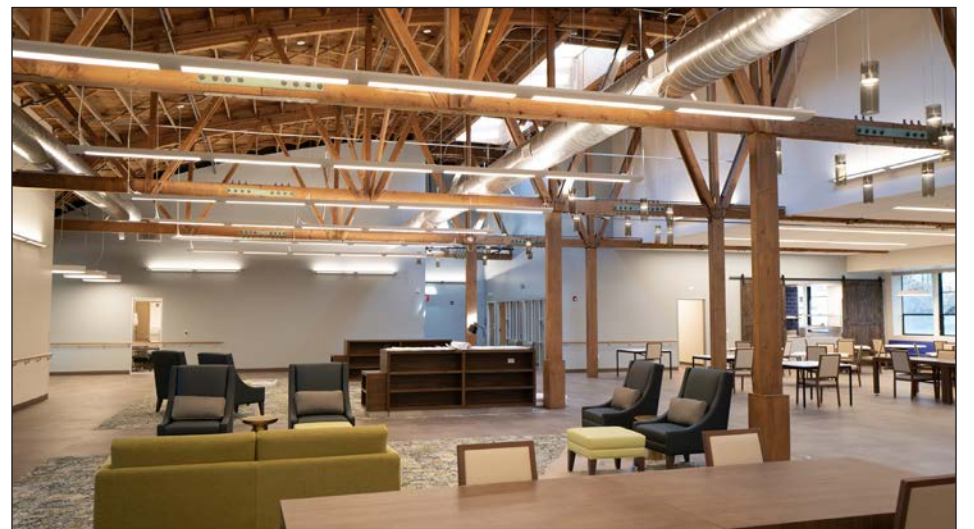
New Senior Center Proposed in Visalia

A proposed senior daily care facility across the street from the Visalia Mall would provide a multitude of social services and auxiliary medical services to seniors in the greater Visalia area. The existing 17,269-square-foot building at 2240 S. Mooney Blvd. in Visalia, currently the site of a Goodwill store, would be remodeled to accommodate the proposed facility.

The new project would bring a modern PACE (Program of All-Inclusive Care for the Elderly) facility and its associated services to Visalia. PACE individually coordinates the care of each participant enrolled in the program based on his or her needs as directed by an interdisciplinary team of health care professionals.

The goal of the innovative program is to improve the quality of life for seniors and to help them live independently in their home and community as their health and age advance. The company that will be operating the PACE facility was founded by mission-driven physicians with a commitment to serve the community's most vulnerable seniors with greater quality care and compassion.

PACE is a national program sponsored by the federal gov-



Pictured above is the multipurpose room at the Sequoia PACE senior center in Fresno, which hosts all types of social activities for Fresno-area seniors. The proposed Visalia facility would include a similar room - and offer a wide range of services to local seniors.

ernment, through Medicare, to enable individuals who are at risk of moving into a nursing home to continue to live safely in their homes and communities. Members must be 55 years or older, be eligible for nursing home-level care based on the State of California criteria, be eligible for Medicaid or Medicare (or be willing to use private insurance or pay privately), and be able to live safely in the community with PACE services.

Services Provided

The PACE model of care is built around an interdisciplinary team (IDT) which includes a pri-

mary care physician, nurse, social worker, physical therapist, occupational therapist, recreational therapist, dietician, center director, transportation coordinator, personal care worker and home care coordinator.

Each participant is comprehensively assessed upon entry into the program, then twice a year thereafter, by the IDT. Based on the team's assessments, the senior's needs and problems are identified and integrated into an individual care plan. Enrollment in the PACE program is voluntary. A senior
(continued on page 13)

Campaign and Flags to Mark Elder Abuse Awareness Month

June is World Elder Abuse Awareness Month, and the Tulare County District Attorney's Office will again air its extensive elder abuse awareness campaign using television, radio, newspapers and social media.

"We are ready to hit the ground running to bring valuable resources to our seniors as we carefully exit the pandemic," said Tulare County District Attorney Tim Ward. "D.A. staff has been creative in making sure seniors have been staying informed at home. Our office recently collaborated with CSET Senior Services to distribute 1,500 bilingual resource and scam guides with Meals on Wheels. It was a great outreach project, and we are ready to do more.



Tulare County District Attorney's Office staff stuff senior resource packets (above left) and work with CSET Senior Services to distribute materials with Meals on Wheels.

We encourage any group or club focused on senior issues to contact us for presentation opportunities. Call the TCDA Victim Services Division at 559-636-5471 to schedule."

Meanwhile, the Tulare County Health & Human Services Agency (HHSA) will participate

by encouraging community members to Wear Purple on World Elder Abuse Awareness Day, June 15, to promote a better understanding of abuse and neglect of older persons.

World Elder Abuse Awareness Day (WEAAD) was
(continued on page 3)

Alzheimer's Walk Set for October 1

Tulare and Kings County residents are invited to participate in the Alzheimer's Association's Walk to End Alzheimer's on Saturday, October 1, at Mooney Grove Park in Visalia.

This year's walk date was confirmed much earlier than in recent years, when the pandemic created uncertainty, as well as other challenges.

"The last couple of years have helped us handle whatever the pandemic looks like this fall," said Amanda Valenzuela, development manager of the Alzheimer's Association's California Southland Chapter. She added that adjusting to changes has become "a fluid process."

The annual Alzheimer's Association Walk is preceded by a series of kickoff events, including a "Paint It Purple" pre-game event at the Visalia Rawhide game on Wednesday, June 15, to bring attention to the disease and publicize the walk. The event also serves as a way for the local Alzheimer's Association chapter to raise funds.

A portion of the evening's ticket sales go to the Alzheimer's Association and, with a donation, people can customize pinwheel flowers to honor a friend or family member who has been a victim of the disease. As part of the event, "Paint and Sip Purple," an opportunity to sip wine and paint, begins at 5 p.m.



Distributing Alzheimer's Association information before last year's "Paint It Purple" event at Valley Strong Ballpark were Amanda Valenzuela, Ashley Sodergren and Emery Valenzuela.

Valenzuela credited Sherrie Wallace, chair of the walk, with developing a partnership with the Visalia Rawhide organization.

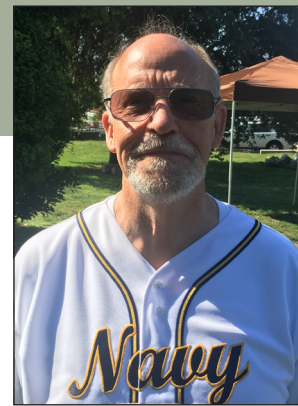
"The Walk to End Alzheimer's is a cause that is near and dear to many of us on the Rawhide staff, and we are honored to have the opportunity to play a part in the fight against this insidious disease," said Markus Hagglund, Visalia Rawhide assistant general manager. "We hope fans will come out to support the Alzheimer's Association so that the disease may one day be forgotten."

People are encouraged to sign up as team captains, join a team or register to walk as an individual at alz.org/walk.

For more information, visit alz.org/walk or call (661) 437-8148.

VETERANS CORNER

College Fee Waiver



Ken Cruickshank

Are you aware of the California College Fee Waiver (CFW) Program, an education benefit available to the spouses and children of U.S. veterans through the California Department of Veterans Affairs (CalVet)? The Fee Waiver runs through the academic year, beginning with each fall semester. Once eligibility criteria are met, dependents can get their tuition fees waived when attending any California community college, California State University or University of California campus.

So, who is eligible and what are the criteria? The state offers Plans A through D, but here we will focus on Plans A and B.

Plan A: You must be the spouse, registered domestic partner (RDP), child or unmarried surviving spouse of a wartime veteran who is totally disabled due to a service-related illness or injury or who has died from a service-connected cause, or any dependent of a former POW or veteran who was declared MIA.

Under Plan A, there is no income limit, but the child of a veteran must be between 14 and 27 years of age (up to age 30 if the child is also a veteran). There is no age limit for a spouse or RDP. This benefit is not available to students who are also eligible for Chapter 35 VA benefits unless the Chapter 35 benefit is waived. Additionally, surviving spouses or RDPs must not have remarried. The veteran's date of death or date of 100% disability rating must have occurred before the child's twenty-first birthday.

Plan B: You must be the child of a veteran who has a permanent service-related disability or who had a service-related disability at the time of death, or who died from service-related causes.

Under Plan B, there is no age limit, but the child's income plus the value of parental support must not exceed the federal poverty level of \$14,097 (this figure may be adjusted annually). The academic year benefit is based on the previous year's annual income. This benefit can be used in conjunction with Chapter 35 benefits; wartime service is not a requirement; and the benefit is only available to the children of a veteran. To document the child's income, you may use either a copy of the current year's income tax return (either the 1040 or the 540) or a letter of non-filing provided by the Internal Revenue Service (IRS). The IRS usually starts issuing these letters after June 15 of each year. Be advised that without your meeting all the requirements, we cannot process the request.

Applications are available here in the Veterans Services office, or you can download it from www.tchhsa.org/vso and follow the California Fee Waiver link. Once completed, just return the application to us, along with proof of income (if enrolling under Plan B) and proof of your relationship to the veteran (such as a copy of your birth, marriage or domestic partnership certificate). Once the CVSO receives all the required information, a benefit letter will be mailed to you and to the appropriate school within two weeks.

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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 COMMUNICATIONS



To honor the 1,137 seniors who reported abuse in 2021, Tulare County HHSa will continue the tradition of planting purple flags on the lawn at Tulare County Government Plaza.

Elder Abuse Awareness...

(continued from page 1)

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

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

Last year in Tulare County, prosecutors filed 52 felony cases of elder abuse, and 23 misdemeanor cases. TCDA victim advocates served over 1,000 victims of the crime at various stages of the criminal justice process.

To honor the 1,137 seniors



who reported some form of abuse in 2021, Tulare County HHSa will be planting purple flags on the lawn at Tulare County Government Plaza on Mooney Boulevard in Visalia. The color purple is associated with royalty, dignity and respect - words often used to describe seniors - and community members are encouraged to wear purple in support of prevention of elder abuse and neglect. The purple flags will fly at Government Plaza for the entire month of June.

For more information about elder abuse, visit the National Center on Elder Abuse website at www.ncea.acl.gov

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

In case of an emergency, always call 911.

Older Participants Sought for Cognitive Survey

By Larry Kast

Area residents now have the opportunity to participate in a national study of the effects of COVID-19 on cognitive function.

Kaweah Health in Visalia is one of four locations nationwide participating in the two-year study that compares those who have had COVID vs those who have not. The only restrictions are participants must be at least 18 years old and have not had COVID-19 in the past three months.

They must also be available to participate in the 30-minute tests over the next two years. A total of 1,000 people, half having had COVID while the other half would never have tested positive, will participate. Other testing locations are located in Florida, the Midwest and at UC Irvine.

"We need people of all ages," said Dr. Richard Pantera, who oversees the administration of the study at Kaweah Health. "But people over 50 should be especially interested



The Cognitive Clarity testing tool is used to assess early signs of cognitive impairment.

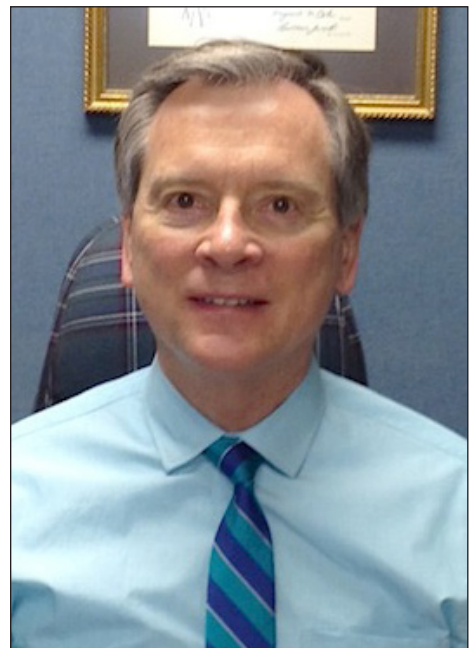
in doing this study."

Those who take part will participate in two examinations, one that utilizes a laptop-like machine to capture participant responses, and the other is a verbal response to questions asked by psychiatric residents. Including the time it takes to complete pre-exam registration for each of session, participants can anticipate about a 60-minute commitment.

The study is coordinated by Cognivue, which is also the maker of the Cognitive Clarity, an FDA-approved computerized testing tool designed to assess early signs of cognitive impairment. The technology objectively, quantitatively and reliably identifies changes in cognitive function that could be indicative of impairment. The test will include an emphasis on speed as well as other important criteria.

Older participants are encouraged to enroll in the study, which will provide a baseline of results that exams in the future can be compared to in order to determine if there has been cognitive decline, whether or not the person has had COVID.

For more information or to enroll in the study, call Kaweah Health at (559) 624-5200.



Dr. Richard Pantera

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Family HealthCare Network launched its new brand in March, including a new visual identity, strategy and messaging.

Family HealthCare Network Announces a Rebrand

Since 1976, Family HealthCare Network (FHCN) has served the Valley by providing healthcare for all. Over the last 45 years, FHCN has become recognized as the second largest Federally Qualified Health Center (FQHC) in the nation.

In March, FHCN launched its new brand, which includes a new visual identity, strategy and messaging. Over the coming months, the FHCN logo will change on all of its materials, and the network's core message to its patients and partners will be that its model of care "is not only centered on you, but centered on family, and centered on community."

"We are excited to embark upon this rebrand and believe our new look and core message supports our core values and our story as we continue our journey to transform health," said Kerry Hydash, FHCN president and CEO.

Family HealthCare Network is a private nonprofit Federally Qualified Health Center

that operates 41 sites, located throughout Tulare, Kings and Fresno counties. Its mission is to provide quality health care to all.

With more than 300 clinical providers in its network, FHCN provides access to a wide range of coordinated health services, including family medicine, obstetrics and gynecology, pediatrics, adult and children's dentistry, pharmacy, internal medicine, behavioral health, nutritional counseling, health education, case management, community health and outreach, and eligibility assistance.

An array of specialty services such as optometry, chiropractic care, podiatry, perinatology, endocrinology and general surgery complement its list of services offered.

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

Valley Adult Day Services Provides Respite for Caregivers

A longtime care provider that closed due to COVID-19 has reopened in Porterville.

Valley Adult Day Services (VADS) provides respite for caregivers from caring for patients or loved ones who require ongoing care and attention.

Previously known as Porterville Adult Day Services, the nonprofit operates near the city's center at 227 E. Oak Ave. in Porterville from 7:30 a.m. to 5:30 p.m. Monday through Friday.

Those with cognitive impairments are the core clients for VADS, including those with Alzheimer's, dementia, Parkinson's disease or a traumatic brain injury. In addition, VADS serves as an elder care resource and referral service for those seeking help but are uncertain where to turn.

"But you don't have to have an impairment to come here,"



Some just come to socialize.



VADS is an elder care resource.

said Laura Kaylor, executive director for VADS. "It could be that someone needs socialization," she said, adding that the only stipulation is that the person is 18 years old or older.

VADS provides half-day and full-day programming for those living between Porterville and Visalia. Kaylor said she looks forward to being able to provide low-cost transportation services again at some point in the future, but for now, those participating in VADS have to provide their own transportation.

Opened in 1990, VADS came into existence when two ministers from different churches determined there was a serious need for adult day care to provide respite to caregivers in Tulare County. It has been supported by the United Way of Tulare County, as well as the Kings Tulare Area Agency on Aging.

For more information, go to www.valleyaduldaysservices.org or call (559) 783-9815.



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SRES Designation Indicates Realtor Dedicated to Serving Seniors

By Larry Kast

Today's real estate market is full of first-time home buyers, those who are moving up, and those who are moving away. But the segment of the market occupied by seniors is finally starting to catch a toe-hold in the South Valley by a little known specialist designation that's emerging among real estate agents.

Known as Seniors Real Estate Specialists (SRES), real estate agents who belong to the National Association of Realtors are taking coursework to obtain the NAR's designation that sets them apart from the rest of agents as having been trained to work with seniors who are selling their homes.

Although the SRES designation has existed since 2007, today there are a mere seven agents in the South Valley currently holding the certification, six of them in Visalia and one in Kingsburg.

In a prepared statement, the NAR said, "Our vision was (and is) to create a community of realtors and related professionals dedicated to serving the real estate needs of senior consumers." But clearly for the local agents, there is a passion behind the hours of coursework and training that is required to become an SRES.

"The training taught me how to be compassionate and



understanding of the process (of working with seniors)," said Yolanda Faubel, a realtor with Century 21 Jordan Link in Visalia. "Without the training, I wouldn't know how to talk with them."

Bob Patel, who is also with Century 21 Jordan-Link & Company, agreed.

"Agents with the designation get involved with the senior community, since they have to know what a senior is going through when they decide to sell their home" he said, referencing not only the mixed emotions homeowners have when selling a home where they raised a family, but also where they will be moving to if they are downsizing or moving to an independent or assisted living facility.

And then there are the adult

children of the homeowner, who may be placing their mom or dad someplace because they don't have an option.

"The kicker is the agent will know what the senior is going through and have a network they can contact to get special information a family might need," he said.

Nellie Pena is also an SRES certified agent with Jordan Link and is 73 years old. She added her concern for the vulnerability of seniors.

"I (became an SRES agent) because I know seniors that have been taken advantage of," she said. "We help them to sell their home, we help them to move to their new location. We do things for them that a typical broker won't."

Patel said such things might include helping seniors with

holding an estate sale, packing and marking moving boxes, and working closely with the senior and their family to develop a trusting relationship.

Agents earn an SRES certification by completing a course that covers far more than the sale of a house. Course topics include generational characteristics of demographic groupings in the 50 plus market; housing options, including active-adult communities, aging in place and assisted living; and developing a team of experts and service providers for clients ages 50 plus.

With nearly 200,000 residents of Kings, Tulare and southern Fresno counties over the age of 50, why aren't there more SRES certified agents? While the NAR stated it is actively recruiting agents to the SRES designation, both Pena and Faubel agreed there is a need to understand this exploding market.

"I don't understand why there aren't more," said Pena. "I'm just glad I'm one."

Faubel, who will turn 50 soon, said she sees the shortage as a problem. "Agents come and go and aren't willing to take time to learn how to work with seniors," she said.

To find an SRES agent, visit sres.realtor/work-sres-designee/find-member



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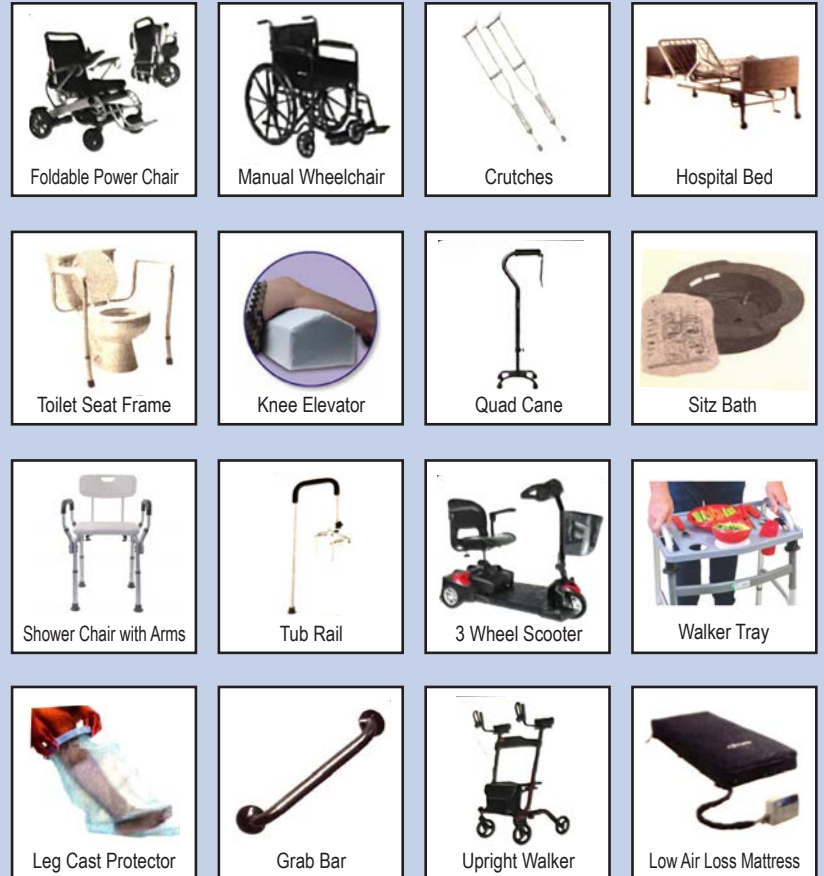
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'I Am Here' Celebrates the Remarkable Life of a Holocaust Survivor

"I Am Here" is a life-affirming documentary that celebrates the remarkable life of Ella Blumenthal, whose magnetic personality and spirit has remained undimmed despite living through one of history's darkest chapters. One of the oldest living survivors of the Holocaust, Ella celebrates her 98th birthday, where she reveals to close friends and family profound memories of her incredible survival in a way she has never done before.

"The (film's) title comes from a line in Hebrew that Ella says all the time when she is mustering up her strength: 'Baruch Hashem Ani Poh,' which translates to 'Thank God I Am Here,'" explained the film's director, Jordy Sank. "We thought that this was extremely poignant as she is here as one of the few remaining Holocaust survivors alive today. She is standing strong and resilient with an unwavering spirit."

Sank said that the idea for the documentary started at a friend's house during a Shabbat (Jewish Sabbath) dinner in South Africa, where completely unannounced an elderly woman energetically stood up and started speaking.

"The whole table went silent and we listened to her recount haunting tales of her survival during the Holocaust," he said. "We were all in tears by the time



Ella Blumenthal enjoying life in "I Am Here"

she finished. Then something peculiar happened. Her attitude completely changed and she was dancing, singing and joking around. She completely lit up the room. This was my first experience of the extraordinary Ella Blumenthal.

"I had interacted with Holocaust survivors before, but none were quite like this," he continued. "It got me thinking, 'How can someone go through one of the darkest periods in history and live with such an optimistic

appetite for life?' This was when I knew that the world needed to learn from Ella Blumenthal's stories and the awe-inspiring way she lives her life today. I was a teenager when this happened and I knew in that moment that I needed to capture her story."

Ella Blumenthal's outlook changed the director's life.

"She has given me a new perspective on life and I hope to spread as much love and joy in the world as she does," he said. "Her resilience after what

she went through is awe-inspiring and not only did she survive, but she managed to retain and nurture her zest for life. I hope that this film inspires our audience with Ella's contagious spirit, just as I have been so inspired.

"Ella's playful personality positions her a grandmother figure that we can all relate to and aspire to one day be."

Sank hopes that young people can connect with the Holocaust through his documentary.

"The younger generations will be the future of Holocaust remembrance going forward, especially in the next few years when there will be no more survivors left," he said. "I am a young filmmaker and I assembled a young team to give a fresh perspective to Holocaust documentaries, which are typically stock driven with talking heads. We made the creative choice to use 2D animation to visually show Ella's unimaginable memories. The animation does something that stock footage cannot, it paints a clear picture for the audience of moments that only Ella could see and allows one to fathom and resonate with the Holocaust."

"I Am Here" is a documentary with two messages, according to Sank.

"'Never again,' the phrase used all too often," he said. (continued on page 10)



"I Am Here" uses animation to show the horrors of the Holocaust.

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'Lucy and Desi' Documents a Hollywood Love Story

Just days after Desi Arnaz passed away in December of 1986, Lucille Ball was honored at The Kennedy Center Honors. He had written a letter for her, special for the occasion, to be read aloud during the ceremony for all to hear.

The final line was, "'I Love Lucy' was never just a title."

"Lucy and Desi" is the documentary debut of filmmaker, actress and comedian Amy Poehler, exploring the real-life world of the performers behind America's most famous TV couple, Lucy and Ricky Ricardo.

Despite coming from very different backgrounds, Lucille Ball and Desi Arnaz somehow found in each other a unique once-in-a-lifetime connection, off which they built not only one of the most popular series in television history, but a Hollywood empire that invented and inspired many of the common production practices still used in today's global entertainment industry.

Lucy spent her childhood in Jamestown, NY, raised by an authoritative mother and her loving grandfather. She left for New York as a teenager in 1928. First, she became a model, and eventually she made her way to Hollywood to become a Goldwyn Girl, and then onwards to years of work at RKO, becoming known as "The Queen of B Pictures," for her roles in many smaller scale movies.

Desi was raised in wealth and privilege in Santiago de Cuba, his father the mayor, with intentions of his son becoming a lawyer or a doctor. But with the Cuban revolution in 1933, Desi's family was chased from power and jailed, and a 14-year-old Desi sent to Miami.

Having lost everything and starting from scratch, even cleaning canary cages, he soon discovered his skills as an entertainer. Through the mentorship he received by popular Latin bandleader Xavier Cugat, Desi became one of the most popular Latin artists in America at the time, famous now for in-



Lucy and Desi were preparing to have a family in this photograph.

roducing the Conga line to the USA.

He and Lucy met on the set of the 1940 RKO musical comedy, "Too Many Girls," and were married six months later. But through most of the 1940s, they rarely saw each other, with Desi's work with his band taking him on the road for much of the year.

It wasn't until 1948 when CBS decided to put Lucy on the radio, taking advantage of a rarely-tapped skill - her comedic talents - for a series called "My Favorite Husband." When the network decided to bring both the show and Lucy to television, the actress took one of the first of many groundbreaking steps, insisting that her Latin real-life husband play her television one, bringing the first mixed-race couple to American television.

The two, along with the writing team from Lucy's radio series, developed what became "I Love Lucy" in 1951, again

breaking new ground in its production. The couple, which by then had a new family member, their daughter, Lucie, had no interest in producing the show in New York, as the network wanted, nor in sending low-quality kinescope copies of the show for broadcast on the West Coast.

So, Desi created - a first - a production system of filming the show in front of a live audience with three film cameras, in a system crafted by legendary cinematographer Karl Freund ("Metropolis," "The Mummy"), which delivered uniform quality prints for every time zone.

Desi also arranged to own those prints, which ended up allowing for what became the creation of reruns in television, along with their own solid vested interest in the show.

When their real-life family was about to grow in 1953, the duo once again insisted on breaking the mold, allowing Lucy to be seen on camera

pregnant, something which had never occurred on television. The "Little Ricky" birth episode of "I Love Lucy" became one of the most seen episodes in television history.

Their own real family life blossomed during these years, as seen in "Lucy and Desi" via color home movies made available by Lucie Arnaz Luckinbill and the family estate. The footage depicts the couple's real life outside of the studio and the world of "I Love Lucy," something rarely seen before now.

Lucy and Desi formed their own studio, Desilu, to handle not only the production of their own show, but the development of others that came after - "The Untouchables" and "Star Trek," to name two. But as Desi's tasks shifted from making comedy with his wife to running a studio, the stresses that were introduced into their marriage - and the unhappiness it brought to Desi - eventually caused the couple to divorce in 1960, after the last "I Love Lucy" show was filmed.

Lucy went on to create her own series, "The Lucy Show," not long after, and in 1962, bought out Desi's share of Desilu, running the studio herself. She eventually found herself not enjoying the demanding life of being a studio executive, selling the company to Paramount in 1967. She created her last series, "Here's Lucy" in 1968, which featured both her children as her onscreen kids.

Both she and Desi found new people and remarried in the 60s, having long-term, happy marriages. Throughout this time, though, Desi remained in Lucy's life, and her in his. As they embarked on a lifelong friendship, Lucy often would call Desi to help her brainstorm on both of her later series. He would do what he always did best - ultimately, helping Lucy do what she always did best - which was to make us laugh, smile, and feel as one.

(continued on page 10)



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CALENDAR

Monday, May 2 - Victims of Crime Memorial Ceremony

The public is invited to observe National Crime Victims' Rights Week 2022 at the Tulare County District Attorney's annual memorial quilt unveiling at 6 p.m. in the Visalia Convention Center Charter Oak Ballroom.

May 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 30 - Aerobics

City of Hanford Parks and Community Services hosts aerobics from 9-10 a.m. at Longfield Center, 400 N. Douty St. in Hanford, three days a week. The monthly cost for those 55+ is \$16. For more info, call (559) 585-2525.

May 3, 10, 17, 24, 31 - Hanford Senior Creative Writing

This weekly event is held at the Veterans Memorial Building in Hanford from 10-11 a.m. For more information, call (559) 212-1628.

May 3, 5, 10, 12, 17, 19, 24, 26, 31 - Water Aerobics & Lap Swim

City of Hanford Parks and Community Services hosts these classes at The Hanford Plunge, 415 Ford St., Hanford, twice a week. For fee and other information, call (559) 585-2525.

May 3, 5, 10, 12, 17, 19, 24, 26, 31 - Zumba

City of Hanford Parks and Com-

munity Services hosts Zumba from 6-7 p.m. in Civic Park, 400 N. Douty St. in Hanford, twice a week. The monthly cost for those 55+ is \$16. Classes are also offered at Longfield Center, 560 S. Douty St., Hanford, from 9-10 a.m. For more information, call (559) 585-2525.

May 4, 11, 18, 25 - Bingo

The Tulare Senior Community Center, 201 N. F St., Tulare, will host bingo starting at 1 p.m. Doors open at 12:30 p.m. For more info, call (559) 685-2330.

Thursday, May 5 - 'It's Time You Started Using Timelines to Organize Your Research'

The Sequoia Genealogical Society will host this 6 p.m. presentation by Jamie Mayhew, a genealogical researcher for over 35 years who in 2010 started the research service California Cousins: Family History Research and Education. Refreshments will follow. The free event will be held at the Tulare Public Library, 475 M St. in Tulare. For more info, call (559) 685-4518.

Friday, May 6 - 9th Annual Golf Event

Hands in the Community is sponsoring this event at Ridge Creek Golf Club in Dinuba. For more info, visit www.hconline.org.

Friday, May 6 - Zumba de Mayo

City of Hanford Parks and Com-

munity Services will host this event from 6-9 p.m. in Civic Park, 400 N. Douty St. in Hanford. Tickets are \$10 in advance, \$15 on the day of event. For more information, call (559) 585-2525.

May 4, 11, 18, 25 - Friday Night Dances

The Tulare Senior Community Center, 201 N. F St., Tulare, will host this weekly event from 7-10 p.m. \$10 entry fee. For more information, call (559) 685-2330.

May 6-7 - Visalia Gleaning Seniors Yard Sale

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

Saturday, May 7 - Porterville Breakfast Rotary Club Annual 'Run for Life'

This walk and run fundraiser, taking place at Granite Hills High School at 8 a.m., will benefit Sierra View Medical Center's Roger S. Good Cancer Treatment Center. For more information, visit www.sierra-view.com or contact marketing@sierra-view.com

Saturday, May 7 - Butterfly Release

In memory of loved ones lost, American Care and the Fran Peterson Hospice Foundation are co-sponsoring this 11 a.m. fundraising event at Visalia First Assembly, 3737 S. Akers, Visalia. For more information, call (559) 619-8516.

Thursday, May 12 - Taste of the Mission

The board and leadership of Visalia Rescue Mission will host this celebration for the completion of VRM's Community and Navigation Center at 741 N. Santa Fe St, Visalia, from 4-6:30 p.m. For more information, visit <https://www.vrmhope.org>

Thursday, May 12 - Open House on Cloud Wine

Prestige Assisted Living, 3120 W. Caldwell Ave., Visalia, will host this event from 5-7 p.m. For more information, call (559) 735-0828.

Monday, May 30 - Avenue of Flags

The Avenue of Flags is presented by the Military Veterans Association in the Pavilion at Visalia Cemetery starting at 10 a.m. Seating fills up fast so bringing your own lawn chair may be helpful. Flags are up by 8 a.m. and down by 4 p.m. For more information or to volunteer, call (559) 734-6181.

June 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29 - Aerobics

City of Hanford Parks and Community Services hosts aerobics from 9-10 a.m. at Longfield Center, 400 N. Douty St. in Hanford, three days a week. The monthly cost for those 55+ is \$16. For more info, call (559) 585-2525.

June 2, 7, 9, 14, 16, 21, 23, 28, 30 - Water Aerobics & Lap Swim

City of Hanford Parks and Community Services hosts these classes at The Hanford Plunge, 415 Ford St., Hanford, twice a week. For fee and other information, call (559) 585-2525.

June 2, 7, 9, 14, 16, 21, 23, 28, 30 - Zumba

City of Hanford Parks and Community Services hosts Zumba from 6-7 p.m. in Civic Park, 400 N. Douty St. in Hanford, twice a week. The monthly cost for those 55+ is \$16. Classes are also offered at Longfield Center, 560 S. Douty St., Hanford, from 9-10 a.m. For more information, call (559) 585-2525.

Thursday, June 2 - 'What Headstones Can Tell Us'

The Sequoia Genealogical Society will host this 6 p.m. presentation by Marmie Fidler, who with husband Shelby Fidler own and operate Barnes Memorials Headstones & Monuments in Tulare. Refreshments will follow. The free event will be held at the Tulare Public Library, 475 M St. in Tulare. For more info, call (559) 685-4518.

June 3, 10, 17, 24 - Friday Night Dances

(continued on page 9)

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MORE CALENDAR...

(continued from page 8)

The Tulare Senior Community Center, 201 N. F St., Tulare, will host this weekly event from 7-10 p.m. \$10 entry fee. For more information, call (559) 685-2330.

June 3-4 - Visalia Gleaning Seniors Yard Sale

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

June 7, 14, 21, 28 - Hanford Senior Creative Writing

This weekly event is held at the Veterans Memorial Building in Hanford from 10-11 a.m. For more information, call (559) 212-1628.

June 7, 14, 21, 28 - Bingo

The Tulare Senior Community Center, 201 N. F St., Tulare, will host bingo starting at 1 p.m. Doors open at 12:30 p.m. For more info, call (559) 685-2330.

Wednesday, June 15 - 'Paint It Purple'

(See page 2 for information about this Alzheimer's Association event.)

Thursday, June 16 - Caregiver Dementia Support Groups

Quail Park at Shannon Ranch, 4520 W. Cypress, Visalia, will host

this 10:30 a.m. monthly session. For more information, call (559) 624-3511.

Friday, June 17 - Caregiver Dementia Support Groups

The Remington, 2727 N. 11th St., Hanford, will host this 10:30 a.m. monthly session. For more information, call (559) 624-3511.

Friday, June 17 - Father's Day Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost for Visalia residents 55+ is \$4.50. Tickets must be purchased in advance. To-go meals will be available for \$5. For more information, call (559) 713-4481.

Friday, July 1 - Independence Day Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost for Visalia residents 55+ is \$5. Tickets must be purchased in advance. To-go meals will be available for \$5.50. For more information, call (559) 713-4481.

July 1-2 - Visalia Gleaning Seniors Yard Sale

Visalia Gleaning Seniors will host this 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.

'Prestige Sings!' Online in June

Fitness and wellness for older adults is vital to maintaining both physical and emotional health.

There's one activity that helps both of those aspects at the same time. It can be done morning, afternoon or evening. It can be done at home or in the car. Performed seated or standing. It brings joy while also improving lung function. It doesn't require any equipment or a gym membership.

It's singing. (Yes, singing.)

The health benefits of singing, along with the stress relief and pleasure it brings, make it the perfect activity for seniors, both physically and emotionally.

Studies show that in addition to the improved lung function, singing can even help improve pain thresholds and boost the immune system. It also is proven to help the mental health of older adults, who can have fond feelings come flooding back when singing a song from their younger days.

That happiness extends to those living with Alzheimer's Disease or dementia. Despite the challenges that come with memory loss, singing often remains a favorite activity.

According to the Mayo Clinic, "Musical memories are often preserved in Alzheimer's Disease because key brain areas linked to



musical memory are relatively undamaged by the disease."

'Prestige Sings!'

Those benefits, and the fun of singing, are why Prestige Assisted Living at Visalia takes part in the annual "Prestige Sings!" virtual karaoke contest throughout the month of June.

Prestige Senior Living has communities located throughout the Western U.S., and residents and staff submit videos of themselves performing, with weekly voting until a winner is crowned.

This gives residents a chance to show off their skills and builds camaraderie as they support their friends. Visit www.prestigecare.com to learn more and see the talents of its residents and staff.

To learn more about Prestige Assisted Living or to book a tour, call (559) 735-0828.

A more complete calendar is on our website: www.thegoodlifesv.com



A Head Above the Rest

A scooter ride gone wrong changed his life in an instant. Because of world-class care from Kaweah Health, he's enjoying the ride of life.



It was just four days after Christmas 2019. Hans Gilkey and then girlfriend Kaylyn Hofstee were enjoying a ride on their new electric scooters when Hans fell, suffering a traumatic head injury. He was rushed by ambulance to Kaweah Health's Emergency Department where Charles Liu, MD, a board-certified, Kaweah Health-affiliated neurosurgeon, assembled a world-class team to save Hans' life.

Hans' road to recovery has been long, but it just recently reached a happy destination. Through physical, occupational, and speech therapy at Kaweah Health Rehabilitation Hospital, Hans and Kaylyn have been able to focus their attention on something very special—their wedding day.



QUAIL CORNER

Masks at Gatherings? Local In-Person Caregiver/Dementia Support Groups?

Q&A with Kimberly Jensen

Question: Why do I see some people not wearing masks and gathering in places while we have a COVID virus?

COVID has taken a dramatic decline in recent weeks. Kaweah Health Hospital posted, as of April 13, that they only had eight in the hospital with COVID and none in the ICU. More and more seniors are finally feeling comfortable coming out of their isolation. Churches are now open, senior centers are starting to have gatherings throughout the nation. A record number of seniors are now taking this opportunity to move into senior communities for socialization and fun activities. Many of the senior communities have available apartments and are offering incentives to move now.

For over two years, seniors remained in their homes out of fear of getting the virus. They rarely went out, except for brief shopping days or doctors' appointments. Many of those seniors are not with us now, because they neglected scheduled surgeries or therapy appointments. The fear of COVID



is fading. Spring has ushered in a way of life that we use to take for granted. Many are opting out of masking due to the low risk of getting ill. Some are still choosing to stay masked. The choice is yours.

Question: Do you know of any in-person caregiver/dementia support groups? I have been dealing with my husband, whose dementia has declined dramatically in the past year. I would like to get away from home and visit with others going through the same type of stress.

Due to the shutdown, caregiver support groups were no longer an option for caregivers for the past two years. There will be two opportunities to

participate in caregiver support groups, starting in June.

Quail Park on Cypress is offering an in-person support group in Visalia. The Visalia support group will be at 10:30 a.m., on the third Thursday of every month at Quail Park on Cypress, 4520 W. Cypress Ave., Visalia, in the library.

The Remington, in Hanford, will have their support group at 10:30 a.m., on the third Friday of every month. They are located at 2727 N. 11th Ave., Hanford.

Everyone is welcome to attend, but we suggest that you do not bring the person with dementia with you. We will be sharing helpful tips for you to better deal with difficult behaviors. Both caregiver support groups are free of charge and are not specific to only dementia.

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@QP-Cypress.com or call (559) 737-7443.

'I Am Here'...

(continued from page 6)

"Prejudice, stereotyping, violence and extremism around the world plague us on a day-to-day basis. Xenophobia, antisemitism, racism and basic 'othering' still remain ubiquitous. This has to change. The only way to have empathy is to have understanding.

"Through this film, Ella allowed us to unlock her most haunted memories and recollections about her experiences during one of the most horrific moments in living memory. We strongly believe that allowing the audience a glimpse into her world is the perfect catalyst for conversation and understanding. As one of the last remaining Holocaust survivors, the timing could not be more pertinent.

"The other message is one of hope. We can learn from Ella to infuse hope and meaning into our lives, living each day with zest, positivity and purpose. We all go through difficult times in our lives and if Ella can maintain a positive outlook on life, after all that she has faced, then surely we can too."

"I Am Here" opened at select big city theaters on March 11. Watch for it on a streaming service.

'Lucy and Desi'...

(continued from page 7)

Making of 'Lucy and Desi'

It is often hard to tell the story of how something is made, yet for a documentary that goes behind-the-scenes as much as "Lucy and Desi" does, the "making-of" in this film's case is straightforward. It began with a team of talented producers finding the right director.

Producers Michael Rosenberg and Justin Wilkes of Imagine Entertainment, Jeanne Elfant Festa and Nigel Sinclair of White Horse Pictures, all had Amy Poehler on their minds when it came to who would be the best person to tell this story.

"I had seen her films, I knew she was directing, but I didn't know if she wanted to do a documentary," says Festa. "She was in our living rooms - we all felt like we knew her character, Leslie Knope, from 'Parks & Recreation' - just like we feel like we know Lucille Ball, from 'I Love Lucy.' But both are, of course, completely different people from their characters."

Poehler's earliest memories, as a child, of "I Love Lucy" are of countless chuckles coming from her family's living room, hearing her parents' laughter as they watched the show.

"I Love Lucy' and television were almost fused," she states. "It was as if that show came with



Lucy and Desi had a love that survived the stresses of building a television empire, Desi's affairs and even a divorce.

every television." But it was not until she was deep in her own career that she truly connected with it - and with its stars. "It wasn't until I got older, and doing comedy myself, that I really understood what they were doing, and was able to see the many layers to their genius. I'm inspired by the big swings that the two of them took. They came to their success with a lot of confidence. And, because of that, they said 'No' to a lot of things. They took giant leaps. They left their homes and worked really hard, and just kept gambling. And they didn't

play small. They were very, very brave.

"The way in to a lot of stories, for most people, is a love story," Poehler explains, "It's really universal. I knew I wanted to touch on important themes - the different ways they approached work, what kind of work comedy is, and what they did as pioneers for television. But we succeed and fail based on how much we care about their love story."

Poehler was also keen to tell the story of how Ball and Arnaz completely turned the television world upside down,

Sinclair notes. "Amy came to this with a very strong point of view about who Lucille Ball was - an insurgent or a disruptor of the business. They shot in L.A., they shot it on film, they used three cameras, they cast a man of color in the leading role for a national sitcom. This isn't just a story of 'funny' - it's a story of disrupting the TV business, and of a relationship that breaks and makes."

Another key part of their story for Poehler quickly became evident. "One of the themes that I grasped onto very early on was the idea of 'rupture and repair.' Which is something that comedy can do really well. It's what people turn to when their own lives are chaotic. And 'I Love Lucy' was one of the early adopters of that genre: you have a problem, let everything unravel, but, don't worry, it's gonna be okay."

As Lucie Arnaz describes it, "I Love Lucy' really was about unconditional love and forgiveness. Somebody screws up really bad, and at the end of the 30 minutes, somebody goes, 'Oh, honey... I love you, blah blah blah.' I always say it could have been called, 'I Love Lucy Anyway!'"

"Lucy and Desi" started streaming on Prime Video in March.



The proposed aquatics facility in Visalia will not be constructed anytime soon.

Visalia City Council Sinks Aquatics Complex Proposal

By Steve Pastis

The City of Visalia will not be constructing the aquatics facility proposed by Councilmember Greg Collins anytime soon. His motion to place the proposal on the agenda of a future council meeting was defeated at the April 18th Visalia City Council meeting.

"On a 3-2 vote, the council voted not to put the item on a future agenda, which precludes any public input," said Collins. "At first when the vote was taken, I was in disbelief that the council would take a position that would not allow the public to weigh in on this. After awhile, my disbelief turned into being disgusted."

The council wanted other entities (Visalia Unified School District, Visalia Parks and Recreation, etc.) to participate in the funding of the project before making any commitment, according to Collins.

"But how can you expect participation when the council hasn't given the green light themselves?" he asked rhetorically.

Collins previously announced that California Water Service was willing to donate \$500,000 over 10 years for the naming rights of the complex. He also reported finding supporters who would each pay \$25,000 for the naming rights for each of the 20 racing lanes in the pool.

"We deal with this item on a routine basis - like about every six months - and I have not

wavered in my position on the pool complex," said Mayor Steve Nelson, who opposed the motion. "I am in favor of a rec park kind of pool, which would be for swim lessons, senior aerobics in the water - a playpool kind of concept. I do think that is sorely needed in the City of Visalia, but I will share also that the city has a lot of projects on the books for this budget year."

The mayor cited several current projects, including the Eastside Regional Park, ponding basins, public safety and council chambers.

"I don't think this is an appropriate time to add anything to this year's budget," he said.

Survey Reports 1 in 5 on Medicare Use Medical Marijuana

MedicarePlans.com, a platform for health care resources for the elderly and disabled, has published a new survey report that provides insight into the use of medical marijuana among American seniors.

According to the report, one in five Medicare recipients currently uses medical marijuana to treat one or more health conditions. Sixty-six percent of respondents believe that Medicare should cover cannabis products and treatments.

Nearly 60% of seniors who support health insurance coverage for medical marijuana think it could be more effective when other treatments fail. Additional reasons why most respondents agree that Medicare should cover cannabis treatments are its non-synthetic or natural compounds, non-addictive properties and affordability.

Survey results indicate that older adults are seeking marijuana treatment for a broad range of mental and physical conditions. Anxiety, chronic pain, and depression are the top three conditions that users try to remedy with medical marijuana. Comparatively, 32% of respon-

dents use medical marijuana to treat anxiety, while 31% use it for chronic pain. Forty-eight percent of Medicare recipients say insurance should cover cannabis because it can treat multiple health concerns, including pain and inflammation, appetite loss, and sleep disorders or insomnia.

The study also suggests that Democrats are more likely than Republicans to seek medical treatment using marijuana. Twenty-one percent of respondents, who identify as Democrats, use medical marijuana. In contrast, only 14% of Republican Medicare recipients currently use cannabis remedies.

Conversely, 34% of seniors oppose health insurance coverage for medical marijuana. Among this group, 38% say they fear cannabis prices will increase if insurance and pharmaceutical companies get involved in the distribution of the products. Moreover, 31% of non-supporters say the long-term impacts of using medical marijuana are still unknown.

The full report can be seen at www.medicareplans.com/1-in-5-medicare-recipients-use-medical-marijuana

Caregiver Dementia Support Groups

Starting in June

Quail Park on Cypress
4520 W. Cypress, Visalia
Third Tuesday of Every Month at 10:30 am


The Remington
2727 N. 11th Ave., Hanford
Third Friday of Every Month at 10:30 am

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Panama Tops InternationalLiving.com's Global Retirement Index

For the 11th time, Panama takes the top spot in InternationalLiving.com's Annual Global Retirement Index.

"Some say the only constant in life is change," says Jessica Ramesch, *International Living* Panama editor. "But after more than 15 years in Panama, I've found that some of the best things in life remain the same. It's no surprise to me that this tiny powerhouse has once again taken the number one spot in *International Living's* Annual Global Retirement Index.

"We've been here before... and with good reason. That's because, when it comes to overall benefits and value, Panama is very tough to beat. All any doubter has to do is make a list.

"Start with Panama's geographical position and climate. Just a three-hour flight from Miami, it's perfectly positioned between North and South America, on a narrow isthmus between the Pacific and the Caribbean," she continued. "It's warm and tropical, but completely outside the treacherous hurricane belt - but it's not just the climate.

"The simple fact is that, here, all legal residents are entitled to 20% off prescription medications if they're of 'pensioner' age. And the threshold is low - just 55 for women, 60 for men.

"Panama may not be perfect - no country is - but I wouldn't trade it for anything," said Ramesch. "As a single woman, I feel safe and free to live my life here, whether I'm going out to dinner and Ubering home late at night, or driving cross-country to visit friends. Perhaps that's because this is truly a land of opportunity, home to thousands of hard-working, upwardly mobile locals and immigrants.

"There have been a lot of ups and downs over the past couple years - in Panama and all over the world, but this country has a well-deserved reputation as Central America's powerhouse. And here's the thing



Panama City, the capital of Panama

about living in a powerhouse nation: Panama was perfectly poised to weather the financial and health-related storm, with excellent healthcare and a strong economy that was bound to bounce back."

Ramesch is just one of many who have discovered the joys of Panama - the world's #1 retirement destination for 2022.

"When we saw that we could get a (water) view for less than a quarter of a million dollars, we said right away, 'We're in!' It was like a dream come true."

That's what Judy Whaling, a retiree happily settled in Panama, says about her new home. A native Californian, she recalls a time when regular folks could afford to live within easy reach of the beach and enjoy it as part of their day-to-day lives. But no more.

"I couldn't afford a view in Southern California... not even for the weekend," she says. So she and her husband left - and upgraded their lifestyle in the process.

"Now, here I am in Panama looking out my bedroom window, and I see miles of shore-

line, and mountains, too. This is gold to us...we struck gold."

The Global Retirement Index

InternationalLiving.com's 2022 *Global Retirement Index* is a comprehensive and in-depth survey. Their editors and correspondents focus on actually living overseas, not on finding the latest fashionable vacation spot. They report hard facts and practical details such as rental costs, medical provision and economic stability, as well as the more enjoyable things like climate and the cost of a nice meal out.

The index scores the world's top 25 retirement destinations across 10 categories, including cost of living, governance, retiree benefits, climate and healthcare. This year's index - the 31st annual from the magazine - examines 25 safe, good-value destinations beyond the U.S. or Canada, comparing, contrasting, ranking and rating them in categories to select spots across the globe where a retired couple can live a comfortable, carefree life on as little as \$2,000 a month.

"This *Index* is designed to be a cheat-sheet of sorts, to help point people toward the spots that might make the most sense for them overseas," says Jennifer Stevens, *International Living's* executive editor.

"All 25 countries we consider are worth your attention, so the *Index* is most useful if you come to it with some sense for your own priorities. Maybe you're most concerned about cost of living, or proximity to home, or access to good affordable healthcare," she said. "Whatever it may be - have those things in mind, and you can use the *Index* to narrow down your options.

"The idea of going overseas to a place where the living

is good and the costs are low is more timely than ever.

"That's because going abroad provides a viable solution for lots of folks considering what they want their lives to look like over the next decade-or two or three decades.

"Americans today are looking long and hard at their own values, and at the way they spend their days and many are coming to the conclusion that they need a change," Stevens continued. "They want more time with family and friends, more time to pursue their interests, more freedom to arrange their days the way they prefer.

"But it can be hard to know how to afford that life. Overseas, in the right places, it's easy.

"Three million baby boomers retired early in the pandemic - some of whom have enough to retire comfortably and so took that early retirement voluntarily," she said. "But others of whom weren't prepared to stop working so soon and now are worried about their nest eggs holding out.

"Millions more people lost their jobs or were furloughed. And then you bring the 'Great Resignation' into the mix. The upshot is that people - in huge numbers - are finding themselves at a crossroads. And going overseas can provide a path to that better-balanced, more affordable life folks are craving. *IL's Global Retirement Index* provides a roadmap."

"Our choice of countries reflects a huge range of lifestyles and locations. They're the places we think you'll find the best combination of factors to suit your overseas retirement. We've got people on the ground in each of them,

(continued on page 13)



Panama features beautiful beaches

Proposed Senior Center...

(continued from page 1)

will stay enrolled as long as he or she wants to be regardless of changes in health status.

Once enrolled as a participant, the PACE provider coordinates all Medicare, Medical and other payments to the participant's care and service providers.

In addition to off-site services available 24/7, 365 days a year, the facility operates Monday through Friday from 8 a.m. to 5 p.m. as a daily care center. PACE services are delivered to participant's homes in the community, and at the PACE facility, in order to help the senior live independently in his/her home and community.

On-Site PACE Services

The on-site medical benefits include: physician care, nursing, dentistry, rehab (therapy/exercise).

On-site care benefits include: rehabilitation therapies, physical therapy, occupational therapy, speech therapy and memory care.

Personal care includes hair care and nail care.

A 4,170-square-foot Great Room will allow for engagement programs where seniors can socialize with others, listen to music, participate in group exercise activities and enjoy cultural events and games. The 2,188-square-foot Dining/Day



The Goodwill store on Mooney Boulevard in Visalia is expected to move to another location in the city in the near future.

Room will host meals and nutritional counseling, and include a serving kitchen.

Social services will include connections to community resources, benefits support, counseling and psychological services, and guidance and support for participants and caregivers.

The project will employ 80 full and part time employees. Because of the combination of facility-based and home-based care, as well as care provided within the community, only half of the team members will be on site at any given time.

The project went through the city's site plan review process early this year. The next step is applying for a conditional use permit. If the permit is ap-

proved, the project moves on to a public hearing before the Visalia Planning Commission.

If all goes as quickly as possible, work would begin on the facility in the spring of 2023 and the new senior center could open as early as July 2024.

Second Booster...

(continued from page 1)

increase protection levels for these higher-risk individuals."

"Vaccine recommendations continue to be updated as new data becomes available," said Tulare County Health Office Dr. Karen Haught. "While the vaccine remains very effective at preventing hospitalization and death from COVID-19, booster vaccines help ensure

Panama...

(continued from page 12)

reporting facts and figures, and sharing their insights about the places they enjoy calling home."

According to *InternationalLiving.com's 2022 Global Retirement Index*, the world's top 10 retirement destinations are:

- #1 Panama
- #2 Costa Rica
- #3 Mexico
- #4 Portugal
- #5 Colombia
- #6 Ecuador
- #7 Malta
- #8 France
- #9 Spain
- #10 Uruguay

International Living's 2022 Annual Global Retirement Index can be found at "The World's Best Places to Retire in 2022" at <https://internationalliving-magazine.com>

ongoing protection and are a normal part of most vaccine series. Staying up-to-date with vaccines helps protect the health and well-being of all family members in the home."

Booster vaccines are available at any pharmacy or clinic where the COVID-19 vaccine is offered. Visit myturn.ca.gov for clinic locations or to set an appointment.

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Keep **fountains** running & chlorinated or empty



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



Place window screens over **yard drains**

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Garden Tips for May and June

By Peyton Ellas
UCCE Master Gardener

While May can bring a mix of warm and cool weather, June typically means hot and dry, with occasional drops in temperature. Without adequate snowpack and rainfall this winter and spring, we are in another drought year, but we know how to keep our gardens healthy and growing with water-efficient practices and low-water-use plants. Our gardens will get through this drought cycle too. We may even be surprised, as in the last drought, how well some of our established garden plants grew and thrived.

Planting

If you must plant ornamentals as the weather gets into the really hot days, choose water-tolerant plants. In low-water-use gardens, this can be the many sages (salvia), among them California native sage, sage hybrids and cultivars like "Hot Lips," and "Flame," plus other plants like California fuchsia (epilobium), Yarrow (achillea), butterfly bush (buddleia), crape myrtle (lagerstroemia), bougainvillea, rosemary, hesperaloe, quail bush (lentiformis) and apricot mallow (sphaeralcea.). Be prepared to baby any plantings if the heat arrives before they've had a chance to develop a healthy root system.

In the edible garden, you can still plant melon, winter squash and pumpkin, basil, corn, and okra. Edible gardening is a high-maintenance project and is not low-water. But it is a wise use of water and time, as long as we don't waste or overuse water, and we maximize our harvest by controlling pests and diseases.

Maintaining

Lawns should be watered deeply and infrequently. Keep your grass at least three inches tall to help the crowns stay cool and not dry out between watering. Consider reducing the lawn size and/or switching from a high-water-use species to a low-water-use lawn.

Monitor your garden, both edible and ornamental, for pest insects like scale, aphid, whitefly, stink bug, spider mite, and earwigs.

In a well-managed garden, you will find a large number



Pineapple sage

of beneficial insects like lacewings, lady bugs, pirate bugs and spiders of all colors and sizes.

Monitor populations of pest insects and see if the beneficials, including birds, can keep the numbers manageable. If some help is needed, follow the "least toxic first" method of Integrated Pest Management (IPM) practice before you reach for the kills-everything insecticide.

Other tasks this month include:

- Deep-water ground covers, lawns, shrubs, and trees, including fruit trees.
- Divide bearded iris once they finish blooming. First care-

fully dig up plants and discard old rhizomes and any diseased or rotted sections. Replant the healthy rhizomes, making sure to plant shallowly. Just barely cover the rhizome with soil before watering.

- Prune azalea, camelia and hydrangea after bloom.

• After harvest, clean up berry vines. Cut this year's fruiting canes to the ground and tie up the new green canes in their place. Spread compost or fertilizer in the bed, then deep water.

- Prune apricot trees in the summer. You can also do a light summer pruning of other stone fruit trees. Beware of pruning too much, since bark that has



Crape myrtle (lagerstroemia)

previously been in the shade can be extra-sensitive to sunburn.

- Pinch asters, chrysanthemums, and sedum 'Autumn Joy' to encourage branching and more blooms in the fall.

• Lightly cut back any perennials that are becoming too leggy.

- Snip spent flowers from summer blooming annuals and perennials.

• Wisteria can be pruned aggressively now. Cut back to two nodes on the new branches, as this will keep the plant from unrestrained growth, while giving it time to put on a spectacular display of blooms next year.

- Manage mosquitos by limiting standing water and using dunks containing Bacillus thuringiensis israelensis (BTI).

Conserving

Conserving this summer is mostly about water. If you do only one thing, repair leaks! If you can do more, SaveOurWater has easy to follow tips for prioritizing water use and conserving water (<https://saveourwater.com/en/How-to-Save-Water/Around-the-Yard>.) Many of these tips are easy to make into a life-long habit, drought or no drought.

Have a safe, healthy, full-of-garden-wonder month!

The Master Gardeners will be available to answer your questions at a few select locations in the next few months:

Ace Hardware, Visalia - 1st Saturday/every month, 10 a.m.-1 p.m.

Luis Nursery, Visalia - 2nd Saturday/every month, 10 a.m.-2 p.m.

Questions? Call us:

Call us: Master Gardeners in Tulare County: (559) 684-3325, Tuesday and Thursday, 9:30-11:30 a.m.;

Kings County: (559) 852-2736, Thursday only, 9:30-11:30 a.m.

Visit our website to search past articles, find links to UC gardening information, or email your questions to us at: http://ucanr.edu/sites/UC_Master_Gardeners/

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News from the Visalia Migratory Labor Camp

Over the years, Tulare County has been very fortunate to have many newspapers. Whether it was the small town of Traver that had the *Traver Advocate*, or the larger town of Tulare that had the *Tulare Advance-Register*, these community newspapers provided readers with a glimpse of world and local news.

A number of the county papers lasted just a short time and shut down operations. Others merged with neighboring publications, and still others published for a long time. In fact, one Tulare County newspaper has operated under one name

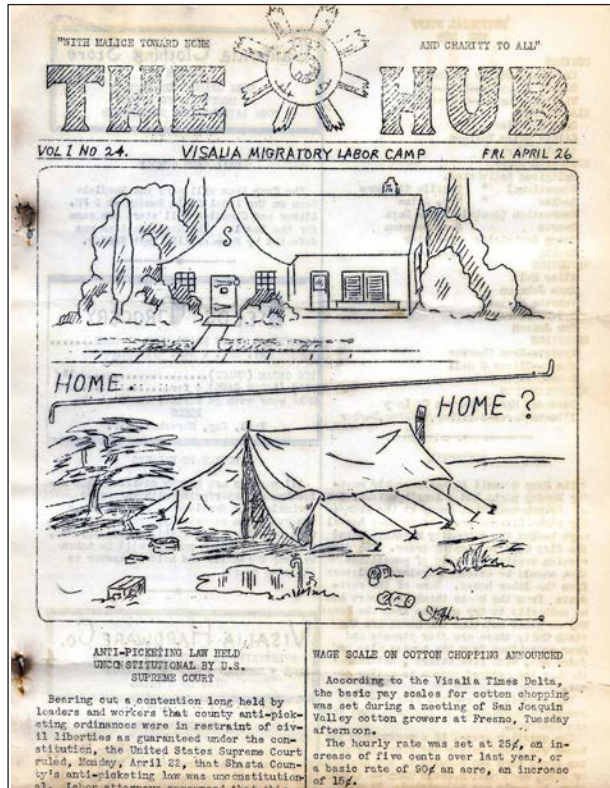
or another continuously for 163 years – the *Visalia Times-Delta*, and it still publishes today.

Newspapers have been around for a long time and have a rich tradition of filling an important need in society. Thomas Jefferson, one of our country's founding fathers, commented on their importance saying, "Were it left to me to decide if we should have a government without newspapers or newspapers without a government, I shall not hesitate a moment to prefer the latter." Humorist Mark Twain was more whimsical saying, "If you don't read the newspaper, you're uninformed. If you do, you're misinformed."

Most towns at one time or another have opted to have some newsy publication, but there are other small like-minded groups of people that had them, too. One was the Visalia Migratory Labor Camp, later renamed Linnell.

The farm labor community had its beginning in the Great depression of the 1930s. A large number of Dust Bowl migrants, many who decided to leave their devastated midwest homes and farms, loaded their families and a few belongings in their pickup trucks, and headed to California. Because of its large agricultural industry, Tulare County became the stopping point for many of the dispossessed. When housing and sanitation for the new arrivals became a problem, the federal government stepped in as part of President Franklin D. Roosevelt's "New Deal" and built migrant labor camps. Several were built in California.

In July 1938, construction began on one of these centers. It was named Visalia Migratory Labor Camp – named "Visalia" even though it was not in the county seat and was actually located much closer to Farmersville. On Saturday, December



Shown here is the front page of the Friday, April 26, 1940 *The Hub* newspaper. The slogan at the top reads "With Malice toward None and Charity to All."

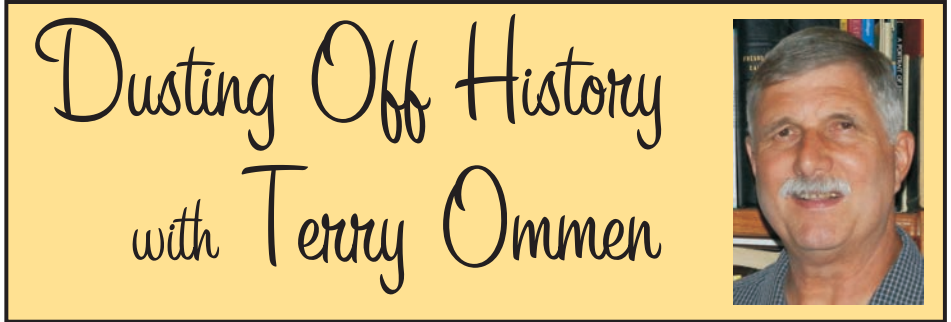
15th, occupants moved into the first group of 150 prefabricated steel single room dwellings. Rent was 10 cents per day for each building. As the camp developed, it "resembled a small city...with its own water works and sewers, streets that were named, a community hall, utility building, health center, administration office..." reported the *Exeter Sun*.

Starting on November 10, 1939, the camp printed a weekly newspaper called *The Hub*. Every week, the eight-page mimeographed publication was made available to the 1,000 residents of the camp.

The Hub newspapers, at least in the early years, were laid out by hand using typewriter and pencil art illustrations. The paper, including the masthead, wasn't fancy, but it served its purpose. The front page often-times included satirical artwork that depicted the plight of the farm workers and poor people.

It appears that many issues had an editorial opinion column similar to the one that appeared in the April 26, 1940 edition (pictured above). The column reminded the residents that the camp had rules of conduct and that the "community marshals and flag boys" were responsible for enforcement. It added a warning that the community "court" could dispense justice, including fines and hours for community service. The paper included minutes from camp council meetings and reports of committees and clubs.

Each issue had advertisements from nearby merchants, like the handlettered display ad from the Mohawk Filling Station – A Place with a Smile "across from the camp entrance." In the April 19, 1940 paper, Visalia's Cafeteria Shoe Store advertised a big shoe sale as part of the grand opening celebration.



This 1941 aerial photograph shows the farmworker community between Visalia and Farmersville. (Photo courtesy of Tulare County Housing Authority. Photo credit Relander.)

In the same issue, it was reported that "the ladies of the camp are having a health class every Friday afternoon in the sewing room." The "Personals" column, reported, "We are very sorry to hear about Mrs. Ike Ramsey going to the hospital again. We are hoping she soon will be back in our neighborhood."

Exactly how long the camp newspaper published is not known, but it appears that at least 25 weekly papers circulated. There were probably many more. Regardless, *The Hub* has earned a place on the list of Tulare County newspapers, and fortunately several issues are available today.

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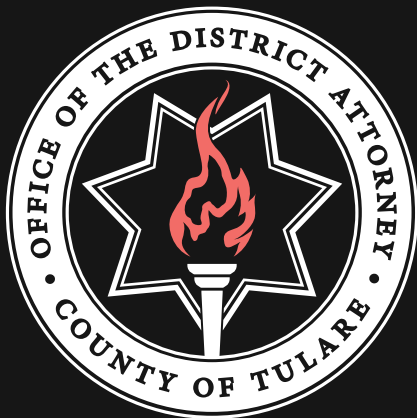


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