

IN THIS ISSUE: Affordable Senior Housing Planned, Celebrating Classic Television Programs, Millwood & Stagecoaching, "Gregory"

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume IX, Number 2 • July/August 2022



TCDA Elder Abuse Prevention, Victim Services Program Grant Renewed

The Office of the Tulare County District Attorney was once again awarded a grant by the Governor's Office of Emergency Services to support victims of elder abuse and provide outreach to the community. The grant will continue through 2022.

The \$217,444 grant funds two full time victim advocates specifically assigned to assist victims of elder abuse through the criminal justice process. The advocates, one of whom is bilingual, also train caretakers, community members and others who work with seniors to recognize the signs of abuse. In addition, the grant funds resource packets and books, victim vouchers and outreach materials to educate seniors about scams and crimes targeting their community.

"We are always thankful for this grant and proud of its positive impact," said Tulare County District Attorney Tim Ward. "Not only does it provide victimized seniors with two incredible and caring advocates, it funds measures meant to prevent becoming a victim in the first place."

A large component of the grant funds a bilingual, multimedia public awareness campaign to bring attention to elder abuse and how to report it. Announcements are present on television and in movie theaters, on the radio and in print publications throughout the county.

In 2021, the Office of the District Attorney filed over 50 felony cases and over 20 mis-

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Most Local Senior Centers Back in Business

By Larry Kast

Those who came to count on the multitude of senior centers throughout Tulare and Kings counties for meals and socialization are seeing those pandemic-shuttered programs return to their previous popularity.

At least mostly.

There are more than a dozen senior centers in Tulare County, and most of those located in larger cities have been opened in one capacity or another for several months or longer. In Visalia, enrichment classes have begun once again at the Visalia Senior Center, where City of Visalia Recreation Supervisor Holly Ellis said there are six offerings during the week, including a few new classes like beginning drawing, studio ceramics and beginning watercolor.

"We actually did a soft opening in August last year for dine-in lunches," said Ellis, adding that as of now there are no mask, proof of vaccination or social distancing requirements.

"Of course, (seniors) can wear a mask if they'd prefer and can ask to sit somewhere with more distance," she said. "We just want them to be comfortable."

Ellis added that the Visalia Senior Center didn't reopen until given the approval of the city's safety officer who is responsible for such decisions.

"Seniors were very excited to have the center open," she said. "We really wanted them to feel comfortable, which is why we ran the lunch program through COVID. At least they had some connection to the outside world."

The lunch program previous to the reopening was limited to drive-through pickup of lunches, which has now ended. To-go lunches are still available for pickup, however.

"At this point, we are willing to bring back all the programming, but instructors are not available to offer it," she said, adding that due to COVID, several are no longer available, having found new jobs. So the search for new instructors and



Seniors enjoy playing mixed doubles table tennis at the Visalia Senior Center. More than a dozen players participated.

programming is taking place.

Meanwhile, in Kings County the Hanford Parks and Recreation Department has been offering classes for seniors "pretty much since last summer," said Armando Da Silva, recreation supervisor for the City of Hanford. "We are back to the numbers (of participants) we had before and have actually increased our numbers."

Seniors there enjoy water aerobics, senior aerobics and Zumba classes, while the Seniors Inc. organization has been

holding bingo at the veterans building a few times per week.

The Lemoore Senior Center claims the prize as the most resilient, according to those interviewed for this story.

"We were only closed for about two weeks when (the pandemic) struck," said a representative.

While social distancing and masks became a part of the bingo games played multiple times per week, those requirements have since been relaxed.

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Tulare County Marks Elder Abuse Awareness Month

The Tulare County Health & Human Services Agency came together with the Tulare County Board of Supervisors, Tulare County Sheriff Mike Boudreaux and Tulare County District Attorney's Office special victims investigators to bring awareness to World Elder Abuse Awareness Month by placing purple flags and ribbons on the grounds of Tulare County Government Plaza along Mooney Boulevard in Visalia.

Pictured above (l-r) are: Tulare County Sheriff Mike Boudreaux and Tulare County Supervisors Pete Vander Poel, Dennis Townsend, Amy Shuklian and Larry Micari.

If you or someone you know suspects elder abuse, call the County Adult Protective Services toll-free, 24-hour-a-day hotline at 877-657-3092.

In case of an emergency, always call 911.

Monkeypox Less Serious, Harder to Catch than COVID

The monkeypox virus is a completely different virus than the viruses that cause COVID-19 or measles, according to the Centers for Disease Control and Prevention (CDC).

It is not known to linger in the air and is not transmitted during short periods of shared airspace. Monkeypox spreads through direct contact with body fluids or sores on the body of someone who has monkeypox, or with direct contact with materials that have touched body fluids or sores, such as clothing or linens.

It may also spread through respiratory secretions when people have close, face-to-face contact.

In the current monkeypox outbreak, the CDC reports that those with the disease generally describe close, sustained physical contact with other people who are infected with the virus. However, other possible modes of transmission, such as through semen, are being studied.

Prior studies of monkeypox outbreaks show that spread of monkeypox virus by respiratory secretions appears uncommon. Most cases of monkey-

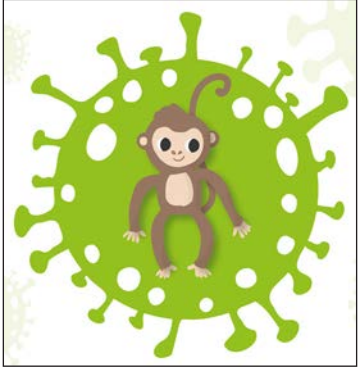
pox report close contact with an infectious person. While it is still unclear what role direct physical contact has versus the role of respiratory secretions, in instances where people who have monkeypox have travelled on airplanes, no known cases of monkeypox occurred in people seated around them, even on long international flights.

Less of a Threat to Seniors

"Monkeypox can be more serious in children, rather than individuals over the age of 65," said Dr. Karen Haught, public health officer for Tulare County. "Individuals over 65 likely had the smallpox vaccine when they were young and would have some degree of protection from that vaccine against monkeypox."

However, she added that the risk factors for being exposed would be the same for seniors as for other adults.

"The CDC is a great resource for information," she said. "The California Department of Public Health also provides information online at www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox.aspx"



VETERANS CORNER

Suicide by Veterans



The Department of Veterans Affairs (VA) seeks to continue efforts to reduce the issue of suicide by veterans. To assist veterans who need someone to talk to, the VA developed the Veterans Crisis Line. You can find more information at <http://www.veteranscrisisline.net/>

The Veterans Crisis Line operates 24 hours a day, seven days a week, 365 days a year to provide free, confidential support to veterans, whether they are currently registered with the VA or enrolled in VA health care. If you are a veteran, servicemember, or their loved one, you can call the Crisis Line at 1-800-273-8255; press 1. You may also send a text message to 838255 to receive support.

Established in 2007, the Veterans Crisis Line has answered more than 6.2 million calls and made more than 233,000 lifesaving rescues. Responders at the Veterans Crisis Line are specially trained and experienced in helping veterans of all ages and in a wide range of circumstances, including those coping with mental health issues that were never addressed to recently separated veterans dealing with relationships or transitioning back to civilian life.

Since 2009, when the Crisis Line implemented an anonymous online chat service, they have had more than 739,000 chats; in 2011, they established text messaging and have responded to more than 253,000 texts.

VA's 2018 National Strategy for Preventing Veteran Suicide (National Strategy) defined a broad vision for implementation of a public health approach to end veteran suicide. Executive Order 13861, signed on March 5, 2019, established a three-year effort known as PREVENTS, which further amplified this unified public health approach. Alongside Suicide Prevention (SP) 2.0 and SP NOW initiatives, PREVENTS is part of the National Strategy operationalized plans organized by the Office of Mental Health and Suicide Prevention.

Under leadership from the Veterans Health Administration (VHA), PREVENTS has a key focus to encourage veterans to securely store firearms. Increasing the time and distance between persons who are suicidal and their access to firearms is known to reduce suicide risk. The PREVENTS communications campaign publishes educational materials and resources to encourage secure storage of firearms.

PREVENTS seeks to change the culture surrounding mental health and suicide prevention through enhanced community integration, prioritized research activities, and implementation strategies that emphasize improved overall health and well-being.

The goal of PREVENTS is to prevent veteran suicide. By adopting a holistic public health approach, PREVENTS is acting on the knowledge that suicide prevention is everyone's business, and that by working together, locally and nationally, we can prevent suicide.

PREVENTS' work is building on the critical successes of suicide prevention pioneers and agencies working with service members and veterans.

If you feel the need for services, please ensure that you reach out to someone who can assist you.

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@tularecounty.ca.gov

Physical and Cognitive Wellness in Older Adults



Here at **Prestige Assisted Living at Visalia**, we are as committed to the cognitive and emotional health of our residents as we are to their physical well-being.

We know more about health and wellness than ever before, and many older adults understand the importance of keeping their bodies and brains in good health.

The Centers for Disease Control and Prevention (CDC) suggests 150 minutes of exercise per week, with guidelines on splitting cardio and muscle-strengthening exercise.

Meanwhile, as Baby Boomers who watched their parents live with Alzheimer's disease or dementia age into that demographic themselves, they're ever more diligent about their own cognitive health.

So while the knowledge and awareness are there, what is often overlooked is the connection between brain and body fitness.

At Prestige Assisted Living at Visalia we're here to help. If you're interested in learning more about the connection between physical and cognitive health, or the importance of mental health in older adults, we have free webinars in July and August on those topics.

To learn more about the free webinars and to register, visit PrestigeCanHelp.com

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The three cemeteries that comprise the Exeter Cemetery District.

Cemetery Measure Heading Back to Ballot in November

Measure U, which would have provided funds to the Exeter Cemetery District, received most of the votes in the June elections, but lost.

The final election summary report on the Tulare County Registrar of Voters website showed 62.15% voters supported Measure U with 37.85% voting no. Special district measures need a two-thirds majority, or 66.66% approval, to pass.

The Exeter Cemetery District Board decided at its June 9 meeting to try again in the November general election. This time, the district plans to increase its community outreach efforts by publishing more articles in local news outlets, make more presentations to service clubs, and send out more mailers.

Annual Cash Losses

The cemetery district reported average losses of \$23,290 per year from 2017-2020. That trend has been the same for more than a decade. As of June 30, 2020, the district had only two years of cash reserves to sustain these losses.

During the fiscal year ending June 30, 2022, burial services increased by 38% as a result of the pandemic, with corresponding revenue increases, while costs remained relatively equal to prior years. This led to a greater cash reserve. However, the board's goal is to prepare for a return to the ten-year trend of declining revenues and seek a permanent cash flow solution.

If this \$35-per-parcel tax does not pass, the cemeteries have an estimated five years of cash reserve to sustain the losses incurred prior to 2021. Once the district runs out of money, the state will take over the three cemeteries and use the endow-

ment fund to maintain the cemeteries. Burial services will no longer be provided.

The Endowment Care Trust Fund

The Endowment Care Trust Fund was initiated in 1998 when cemeteries began to close because they no longer had burial space and as a result, no more revenue. The money was gone and many owners/districts walked away.

The endowment care funds are to provide care and maintenance once the cemetery plots are sold out and/or the location is closed. For Exeter Public Cemetery District, a \$350 fee is added to the price of each service for the endowment care trust fund.

"Deep Creek Cemetery has been out of water for 11 years," said Erica Pine, Exeter Cemetery District CPA and spokesperson. "The first use of funds would be for restoring water to Deep Creek and making that location a place of pride for the community again."

"All three locations need cremation crypts and alternative memorial options," she continued. "The use of funds will be reviewed by a community oversight committee made up of two Exeter residents, two Farmersville residents and one outlying community resident. These five community leaders will have a say in how the funds are used and we look forward to hearing new ideas."

"Cemeteries are an important reflection of a community," she said. "Declining revenues and rising costs are jeopardizing this. You can make a difference and ensure the future of Deep Creek, Exeter and Hamilton cemeteries."

HSSN Offers Tulare County Seniors Friendships, Activities

The Homebound Senior Social Network (HSSN) is a free program offered by the Valley Caregiver Resource Center and Kings-Tulare Area Agency on Aging (KTAAA).

Since 2007, the program, which is only offered to Tulare County residents ages 60+, has been funded by a grant from KTAAA.

The program is currently weekly, with seniors in Tulare County connecting by phone on Wednesdays from 1-2 p.m.

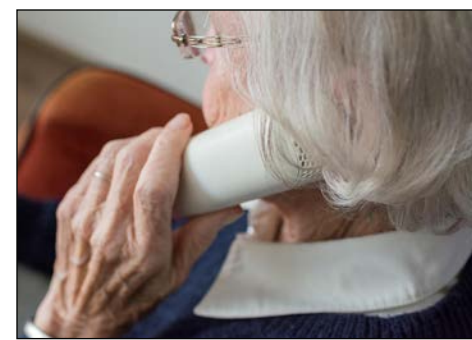
In addition to helping seniors make new friends, the program offers activities such as "Name that Tune," "Pet Tales," "Armchair Travels," "Food Talk," "Movie Trivia" and bingo.

HSSN also includes a different discussion topic every week. The topic may be healthcare one week, and meditation or taking care of yourself the next. The topic may also be inspired by an upcoming holiday, such as Valentine's Day.

The talks run about 30 minutes and are followed by the weekly activity.

Currently, about 10 people participate in the weekly sessions, a number which has remained fairly constant in recent years, including during the pandemic.

Yee Vue, Caregiver Resource Center program manager,



would like more seniors to participate.

"We'd like to grow it," said Vue, who noted that at one point, the program attracted between 20-25 seniors every week.

"It's a free service for the seniors of Tulare County," he said. "All they have to do is contact us at 800-541-8614. Our staff will reach out to them the day before and tell them the topic. We give them the conference call number that they need to call in."

HSSN also offers another benefit to the seniors who participate.

"At the end of the year, we send out 'care packages' to all the participants," said Vue, adding that in recent years, packages have included things like a stress ball and crossword puzzles, with bubble bath kits for women, and brushes and combs for men.

For more information, call (800) 541-8614 or (559) 224-9154.



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Tulare County Sheriff's Office Warns of New Telephone Scam

The Tulare County Sheriff's Office has received multiple calls from people saying they have been contacted by someone identifying themselves as a member of the Tulare County Sheriff's Office.

The caller appears to be replicating the sheriff's dispatch phone number to make it seem as if the call is actually coming from the Tulare County Sheriff's Office. Once on the line, the caller tells the person they have a warrant for their arrest and directs them to post bail using some type of cash app.

The Tulare County Sheriff's Office will never ask someone to pay bail using a cash app. This is a scam. If you are contacted by these individuals, do not send money. Instead contact your local law enforcement agency.

Social Security Benefits Lose Buying Power

High inflation has caused Social Security benefits to lose 40% of their buying power since the year 2000, according to the latest update of an ongoing study by The Senior Citizens League (TSLC).

"That's the deepest loss in buying power since the beginning of this study by The Senior Citizens League in 2010," says Mary Johnson, a TSLC Social Security policy analyst who conducted the research.

"Based on the most recent consumer price data, the annual cost of living adjustment (COLA) for 2023 could be around 8.6%," Johnson estimates.

Social Security purchasing power tracked by this study plummeted by 10 full percentage points, from a 30% loss of buying power in March of 2021 to 40% in March 2022 – the largest such drop ever recorded by Johnson's study. The study compares the growth in the Social Security COLA adjustments with increases in the price of 37 goods and services typically used by retirees.

While prices rose in almost every spending category, benefits were most impacted by sharp increases in energy costs for home heating, gasoline and higher food prices, and a steep 14.5% increase in Medicare Part B premiums in January of this year.

This study examined expen-



ditures that are typical for people ages 65 and up, comparing the growth in the prices of these goods and services to the growth in the annual COLAs. It includes cost increases in Medicare premiums and out-of-pocket health care costs that are not tracked under the index currently used to calculate the COLA.

The study found that since 2000, COLAs have increased Social Security benefits by a total of 64%, yet typical senior expenses through March 2022 grew by more than double that rate – 130%. The average Social Security benefit in 2000 was \$816 per month. That benefit grew to \$1,336.90 by 2022 due to COLA increases.

Because retiree costs are rising so much faster than the COLA, this study found that a Social Security benefit of \$1,876.70

per month, or \$539.80 per month more than currently paid, would be required just to maintain the same level of buying power as in 2000.

"Retirees know all too well that Social Security benefits don't buy as much today as when they first retired," Johnson notes.

To put it in context, for every \$100 of goods or services that retirees bought in 2000, today they would only be able to buy \$60 worth," Johnson says.

To help protect the buying power of benefits, The Senior Citizens League supports legislation that strengthens and protects the annual cost of living adjustment and Social Security benefits.

To learn more about these initiatives, visit www.SeniorsLeague.org.



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Rectal Cancer Disappears After Experimental Use of Immunotherapy

Sascha Roth remembers the phone call came on a hectic Friday evening.

She was racing around her home in Washington, D.C., to pack for New York, where she was scheduled to undergo weeks of radiation therapy for rectal cancer.

But the phone call from Memorial Sloan Kettering Cancer Center (MSK) medical oncologist Andrea Cercek changed everything, leaving Sascha "stunned and ecstatic – I was so happy."

Dr. Cercek told Sascha, then 38, that her latest tests showed no evidence of cancer, after Sascha had undergone six months of treatment as the first patient in a clinical trial involving immunotherapy at MSK.

Immunotherapy harnesses the body's own immune system as an ally against cancer. The MSK clinical trial was investigating – for the first time ever – if immunotherapy alone could beat rectal cancer that had not spread to other tissues, in a subset of patients whose tumor contain a specific genetic mutation.

100% Remission of Rectal Cancer

These same remarkable results would be repeated for all 14 people – and counting – in the MSK clinical trial for rectal cancer with a particular mutation. While it's a small trial so far, the results are so impressive they were published in *The New En-*



Members of the research team included (l-r): Dr. Luis Diaz, Dr. Andrea Cercek, Jenna Sinopoli, Jill Weiss and Melissa Lumish.

gland Journal of Medicine and featured at the nation's largest gathering of clinical oncologists in June 2022.

In every case, the rectal cancer disappeared after immunotherapy – without the need for the standard treatments of radiation, surgery or chemotherapy – and the cancer has not returned in any of the patients, who have been cancer-free for up to two years.

"It's incredibly rewarding," says Dr. Cercek, "to get these happy tears and happy emails from the patients in this study who finish treatment and realize, 'Oh my God, I get to keep all my normal body functions that I feared I might lose to radiation or surgery.'"

Co-investigator, MSK medical oncologist Luis Diaz, Jr., is equally thrilled. He's spent his career studying how to defeat cancer with immunotherapy. "It's

really exciting," says Dr. Diaz, a member of the White House's National Cancer Advisory Board. "I think this is a great step forward for patients."

Using Immunotherapy Earlier

Drs. Cercek and Diaz explain that their team's research was sparked by two key ideas.

The first premise, says Dr. Diaz, is to figure out precisely which patients benefit most from immunotherapy, so they can receive it right away. "Immunotherapy has proven successful in treating a subset of patients with colon and rectal cancer that has metastasized, meaning spread to other tissues."

The patients in this subset, Dr. Diaz explains, have tumors with a specific genetic makeup known as mismatch repair-deficient (MMRd) or microsatellite instability (MSI).

Between 5% and 10% of all rectal cancer patients are

thought to have MMRd tumors, including all the patients in the MSK clinical trial that Sascha participated in. There are 45,000 Americans diagnosed a year with rectal cancer.

"An MMRd tumor develops a defect in its ability to repair certain types of mutations that occur in cells. When those mutations accumulate in the tumor, they stimulate the immune system, which attacks the mutation-ridden cancer cells," says Dr. Diaz, who heads the MSK Division of Solid Tumor Oncology and holds the Grayer Family Chair.

But cancer has a trick up its sleeve to stop the immune system from doing its job.

Helping the Immune System

Immune cells contain a safeguard called a checkpoint, to prevent them from attacking normal cells. Cancer cells can trip this safeguard and shut down immune cells, allowing a tumor to hide and grow.

However, immunotherapy can turn the tables yet again.

An immunotherapy agent called a checkpoint inhibitor releases the brake on an immune cell, freeing it to recognize and attack cancer cells.

"When the brakes are taken off the immune cells, MMRd cells look especially strange because they have so many mutations. So the immune cells attack

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Government Impostor Scams Costlier for Seniors, New BBB Research Shows

The COVID-19 pandemic saw a rise in reports of scammers pretending to be from government agencies. While reports slowed since peaking in early 2021, victims lost more than twice as much money, according to new research by Better Business Bureau (BBB).

In 2021, consumers reported losses of more than \$445 million in government impostor and government grant scams, up from \$175.4 million reported in 2020.

Likewise, BBB Scam Tracker data showed victims of government grant scams lost more money in 2021 than in the previous year. The median loss in government grant scams rose from \$800 to \$1,000, making it one of the more expensive and eighth riskiest scam reported to Scam Tracker in 2021, according to BBB Institute for Marketplace Trust's 2021 BBB Scam Tracker Risk Report.

Recognizing Scams

In government impostor schemes, scammers may spoof a legitimate government agency phone number to call a potential victim. The scammer threatens arrest if the consumer fails to comply with their requests. Scammers typically ask for payment in gift cards to rectify the problem. Social Security Administration (SSA) impersonators warn the targeted individual that their identity has been stolen

and ask them to verify their social security number and other personal information. Ironically, the individual may then actually become a victim of identity theft.

Fake Internal Revenue Service callers threaten arrest unless back taxes are paid.

In government grant fraud, scammers contact the consumer using an acquaintance's hacked social media account. The consumer is told about a lucrative grant program that only costs a small fee to receive. Once the first payment is sent, the scammer continues to add various fees. The consumer never receives the grant and loses whatever money and personal information they sent to the scammers.

While gift cards are still the method of payment of choice for scammers, more are beginning to turn to cryptocurrency. The FTC reported 1,392 complaints in 2021 about cryptocurrency use in government impostor scams, with losses of more than \$22 million.

2021 FTC statistics show that people young and old can fall prey to government impostors or grant scams, but the amount of loss increases with age.

Social Security Scams

When it comes to government impostor scams, no agency is more popular than the SSA. More than two-thirds of the government impostor scams re-



ported to BBB Scam Tracker in 2021 mentioned Social Security. Consumers who reported to Scam Tracker in 2021 lost nearly \$500,000 in these SSA scams.

Social Security scams also topped the Federal Trade Commission's (FTC) Consumer Sentinel Database listing of government impostor scams for three years running, starting in 2019. SSA impersonation scams are also the most-reported scam so far in 2022, according to FTC statistics. Nearly a half million such scams have been reported to the FTC since 2019, totaling more than \$209 million in losses. Of those reports to the FTC in 2021, 5.9% reported losing money, an increase from the 3.5% who reported losses in similar scams in 2019.

After a dip in Social Security scam reports in 2020, the scam dominated the statistics last year with more than 217,000 reports and nearly \$150 million in reported losses. The median loss for Social Security scams dipped to \$1,200, which is \$300 less than it was in 2019.

Reports show the most common Social Security-related scam involves arrest threats. Posing as law enforcement, the scammer calls and threatens the intended victim with immediate arrest if they do not comply with the scammer's requests. The scammer may claim that the victim's Social Security number has been compromised and used in a crime.

Law Enforcement Impersonators

Almost all government impostor scams use a law enforcement angle with some impersonating law enforcement agencies directly. These cases have a fairly high success rate. FTC statistics show that more than one in five people who reported a law enforcement impostor scam lost money, with a median loss of \$3,000 last year.

Grant Money Scams

With the federal government issuing billions of dollars in relief funding during the pandemic, scammers took full advantage by making up various grant programs. While the number of grant scams reported is down, those victimized are losing more money than they did prior to the pandemic.

Government grant scams reported to FTC fell 43% from 2019 through 2021. However, the median loss increased from \$500 to \$700 from the same period. And more than a quarter

of people who reported a government grant scam in 2021 lost money, up 5% from the 2019 numbers.

The second most popular target of scammers is Medicare. While there are many reports of these scams, people rarely fall victim to them. In 2021, there were nearly 30,000 Medicare scams reported to the FTC, but just 0.6% of respondents reported being victimized.

The IRS used to be a favorite target of scammers, but has diminished in recent years. Now most reports to BBB Scam Tracker are from people who lost money while filing for an Employee Identification Number from websites that looked like they were official.

The U.S. Department of Treasury, FTC and U.S. Postal Inspection Service are mimicked by scammers to a lesser extent, according to FTC statistics.

Protecting Yourself

Government agencies like the Social Security Administration, IRS or FBI do not call people with threats or promises of money.

Do not trust your caller ID, as scammers can spoof legitimate numbers. If you receive a phone call, check with the real agency by going to the agency's website directly, then click contact us to find out how to connect.

Do not trust numbers that may be included in emails or text messages.

Do not click on links inside a text message or email purporting to be from a government agency.

Social Security numbers are never "suspended." The Social Security Administration will never threaten to arrest you because of an identity theft problem.

Never provide your bank account or other personal information to anyone who calls you claiming to be associated with the IRS. The IRS generally makes its first contact with people by regular mail - not by phone - about taxes.

Never pay with a gift card, wire transfer or cryptocurrency. No government agency will take those forms of payment.

Don't pay for a "free" government grant. If you must pay money for a "free" grant, it isn't free. Go to Grants.gov and Financial Consumer Agency of Canada for lists of official grants.

To Report a Possible Scam:

- File a report with BBB Scam Tracker.
- The Social Security Administration has an online form for complaints about frauds impersonating the SSA.
- The IRS advises people to fill out the "IRS Impersonation Scam" form at [tigta.gov](https://www.irs.gov), or call TIGTA at 1-800-366-4484.
- Federal Trade Commission - 877-FTC-HELP or www.ftc.gov.
- The FBI's Internet Crime Complaint Center is at www.ic3.gov.

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Affordable Senior Housing Projects Planned in Visalia

Plans for two affordable senior housing projects are currently going through the City of Visalia's approval process.

Both projects are being planned as affordable housing, which has strict guidelines from the U.S. Department of Housing and Urban Development (HUD).

Christian Church Homes (CCH), which built The Meadows, Oak Meadows and Sierra Meadows in Visalia, submitted plans for Visalia affordable senior housing with 70 units on the 2400 block of North Highland Street.

The project includes a 1,200-sq.ft. community room and kitchen, which open up to an outdoor amenity space for large events, as well as a classroom that can become a library or computer room. In addition to a community garden and laundry facilities, there will either be a fitness area or a dog run.

"We always like to set up a flexible space and then work with residents to see what they really want," explained Sidney Stone, CCH director of real estate development.

"If the residents want to have a Sunday or Saturday service, they can certainly get a room for that," he said.

"All of our units are designed so they can accommodate the needs of our residents," said Stone. "The cabinets can be lowered very easily and there are bars in the showers."



The proposed Visalia Senior Village

The project is currently called CCH Visalia Senior Affordable Housing, according to Stone, but he expects the name to change.

"We are going through our funding application period right now, including for this project," he said.

If all goes well, Stone expects to have permits by early 2023 and start leasing sometime in 2024.

CCH also has current projects in Redding (60 units), Hayward (80 units), Reedley (70 units) and Sacramento (150 units), as well as new developments in Tennessee, Colorado and Arizona.

Visalia Senior Village

Visalia Senior Village, a project of Studio 5 LLLP, is planned as a 140-unit senior housing complex with both single and two-story units planned on the

property at the corner of Douglas Avenue and Tracy Street in Visalia.

The project will include a gathering room with kitchen for social events, laundry facilities, a gym for working out and for aerobics instruction, and a swimming pool.

"I know there's a big need for senior housing in Visalia," said Justo Padron Jr., CEO of Studio 5, which is based in Fresno where they are planning another senior homes project.

"We plan to submit to the city by the end of the year," he said, adding that if all goes according to plan, the project would be completed in 2024.

What is Affordable Housing?

(The following is from www.housingca.org)

HUD considers housing to be affordable when a household spends 30% or less of its income

on housing costs. According to the National Low Income Housing Coalition (NLIHC), in 2021, the Fair Market Rent (FMR) for a two-bedroom apartment in California was \$2,030.

In order to afford this level of rent and utilities – without paying more than 30% of income on housing – a household must earn \$6,766 monthly, or \$81,191 annually. To put this in perspective, renters currently need to earn nearly three times the state minimum wage to afford average asking rents in California.

Affordable housing can be any type of property, including single family homes, duplexes, or multi-family buildings. However, multi-family buildings comprise most affordable housing, as these types of developments are much more cost effective and able to serve many more households. Similarly, affordable housing can be rental housing or owner-occupied housing, but the majority of affordable housing stock is rental housing.

Most affordable housing is made affordable to low-income households by subsidizing the rents or mortgage that the occupants are paying. Just as the government subsidizes critical infrastructure like water and sanitation or healthcare for seniors, people with disabilities, and low-income households, so too does the government help pay for housing for those who need it.



Christian Church Homes' proposed affordable senior homes project in Visalia

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CALENDAR

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.

July 1, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29 - Aerobics

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

July 1, 8, 15, 22, 29 - 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.

Sunday, July 3 - Independence Celebration

Exeter Lions Club will host this event, featuring games, vendors, food, a concert and fireworks

from 10 a.m. to 5 p.m. at Exeter City Park. For more info, call (559) 799-6326.

July 5, 12, 19, 26 - Drop-In Zumba

This session, featuring movement to dance rhythms, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 1-2 p.m. The cost for Visalia residents 55+ is \$3. For more information, call (559) 713-4481.

July 5, 12, 19, 26 - Hanford Senior Creative Writing

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

July 5, 7, 12, 14, 19, 21, 26, 28 - 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.

July 5, 7, 12, 14, 19, 21, 26, 28 - Zumba

City of Hanford Parks and Community Services hosts Zumba from 6-7 p.m. in Civic Park, 400 N. Douth St. in Hanford, twice a week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

July 6, 13, 20, 27 - 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, July 7 - "The 1950 Census: What's Buried in Those Numbers?"

The Sequoia Genealogical Society will host this 6 p.m. presentation by Melissa Scroggins. 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.

Saturday, July 9 - Walk with a Doc

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

Friday, July 15 - 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.

Tuesday, July 18 - Caregiver Dementia Support Groups

Quail Park on Cypress, 4520 W. Cypress, Visalia, will host this 10:30 a.m. monthly session. For more info, call (559) 624-3511.

August 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29, 31 - Aerobics

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

August 2, 9, 16, 23, 30 - Drop-In Zumba

This session, featuring moving to dance rhythms, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 1-2 p.m. The cost for Visalia residents 55+ is \$3. For more info, call (559) 713-4481.

August 2, 9, 16, 23, 30 - Hanford Senior Creative Writing

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

August 2, 4, 9, 11, 16, 18, 23, 25, 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.

August 2, 4, 9, 11, 16, 18, 23, 25, 30 - Zumba

City of Hanford Parks and Community Services hosts Zumba from 6-7 p.m. in Civic Park, 400 N. Douth St. in Hanford, twice a week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

August 3, 10, 17, 24, 31 - 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, August 4 - "Sex, Lies and Genealogical Tapes"

The Sequoia Genealogical Society will host this 6 p.m. presentation by Ron Arons. 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, August 5 - 34th Annual Kaweah Health Golf Classic

This fundraising event for the Kaweah Health Foundation will be held at the Visalia Country Club starting at 9 a.m. For more information, including sponsorship info call (559) 624-2359.

Friday, August 5 - Luau 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. For more information, call (559) 713-4481.

(continued on page 9)

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MORE CALENDAR...

(continued from page 8)

August 5-6 - 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.

August 5, 12, 19, 26 - 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.

Saturday, August 13 - Walk with a Doc

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

Tuesday, August 16 - Caregiver Dementia Support Groups

Quail Park on Cypress, 4520 W. Cypress, Visalia, will host this 10:30 a.m. monthly session. For more info, call (559) 624-3511.

Friday, August 19 - 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, August 26 - Summer Soirée: "An Evening in Santorini"

Salt and Light Works will host this dinner-dance, featuring a presentation by New York Times best-selling author Bob Goff, at the Visalia Convention Center. For more information, call (559) 731-3034 or visit www.saltandlightworks.org.

Thursday, September 1 - The History of Tulare Lake

The Sequoia Genealogical Society will host this 6 p.m. presentation by Michael Semas. 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.

September 2-3 - 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.



Godfrey J. Rayner stars in the title role of "Gregory."

'Gregory,' Brief but Memorable

"Gregory" is an intensely personal film by Ben McHugh, CEO of Brooklyn Oz Productions, who took time from his other film projects to make a film inspired by his late father, who passed away in 1984.

"I dream of meeting him now as if he had never died," McHugh told *The Good Life*. "This is my way of achieving that through this medium. Just the longing of a son to have grown old with his father. I know how he was when he was 40. I wonder how he'd be now."

"Many, many years have passed since my father died, and I have often wondered if he's been watching me - what he thinks of me as a man, and a father," he explained. "A quiet longing I've had, is that I see him again for a brief moment... across a crowded room, or on a street... where I catch a glimpse of him smiling and nodding, letting me know he's proud of me. 'Gregory' is that moment."

In the film, Gregory is seen

feeding pigeons alone on his favorite park bench, as he regales them with the song "Shadrack," and the joyful memories it brings him of his young son singing it.

Distracted by a young father (played by McHugh) and daughter playing soccer nearby, joy turns to yearning - of time lost and forgiveness for mistakes he made as a young, inexperienced parent.

Gregory is about to leave when he is interrupted by a wayward soccer ball and the young girl, Skye. He shares with her it's his 77th birthday - a celebration with his pigeon friends "Shadrack," "Mesach" and "Abednigo" - and he playfully serenades the song to her.

"Gregory," which has won awards in both domestic and international film festivals, can be seen online at www.brooklyn-oz-productions.com/originals/gregory.

Its running time is a little over six minutes.

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



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Kaweah Health wishes you a healthy Fourth of July.



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QUAIL CORNER

Long COVID & Power of Attorney

Q&A with Kimberly Jensen

Question: *I was fully vaccinated and boosted for COVID, yet I still got it. Now that I have recovered, I am still fatigued, get short of breath easily, and have a foggy brain. Why is that?*

The CDC recently reported on a large study conducted in the USA, where they used 30,000 people who received the vaccine. They found that "Long COVID" (lasting effects of the virus) can occur for months after recovering from COVID. Long COVID has lingering symptoms such as respiratory problems, loss of taste and smell, fogginess of thought and feelings of being tired and lethargic. You can get Long COVID whether you were vaccinated or not.

The Department of Veterans Affairs ran this study, and it showed that the vaccines were only 15% effective in stopping Long COVID from occurring. While the vaccines are effective at preventing death or serious illness from COVID, when it came to symptoms of Long COVID, they were much less effective.

Researchers said it was disappointing, as cases of Long COVID continue to grow in vaccinated people who still contracted the virus. The study

showed that 1 in 5 American adults ages 18-65 who got COVID suffered from symptoms of Long COVID, while older Americans over the age of 65 have a 1 in 4 chance of having it.

I recommend that you get plenty of rest, exercise the best you can and eat healthy foods. Eat full meals, even if you cannot taste or smell your food. Your body needs the nutrients to recover. Make sure to stay hydrated. Make lists if you are being forgetful, so that you can use them to remind you of things you need to do. Staying social and active is very important for your mental health. Understand that you are not the only one that is going through Long COVID.

Question: *I do not have any family to be my power of attorney. Both my husband and sister have passed away, and I never had any children. Who will legally handle my financial and healthcare decisions when I need help and can no longer do it for myself? Is there someone around here locally that might be able to help?*

Many seniors are in your same position. Some seniors reach out to their pastors,

neighbors and friends to be their power of attorney. However, being a power of attorney is very time consuming and burdensome. You want to make sure that whomever you choose is trustworthy, able and willing to have your wishes be granted.

Many seniors choose to hire professional fiduciaries. Fiduciaries fill many roles and are often appointed by courts to be conservators, trustees, personal representatives, guardians of estates, or agents under power of attorney. They are governed by state statute. Every county in California has a probate part of its superior court that oversees them.

Fiduciaries can serve as your trustee, personal representative, conservator and representative payee. There is a fee for their services, so make sure to check on their fee schedule.

As power of attorney, they can perform duties including making health care decisions, paying bills, filing taxes, and making placement and treatment decisions. They take your interest to heart and make sure your wishes are respected.

I am very familiar with Perine and Dicken Fiduciaries, due to the fact that they have represented many of our residents at Quail Park. They have a



wealth of knowledge and many contacts. If you call them, they will be more than helpful in answering any concern you have. They can tell you how to get the process going to make you feel more comfortable planning your future.

You can also speak with your attorney to see what his suggestions might be. Attorneys have a huge resource of information that might also be able to guide you. Having options on who can fill in as your power of attorney and making those decisions, is a very important part of planning for your tomorrow.

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.

Walking May Help Prevent Alzheimer's Disease

Dr. Elna Tymes

Walking for as little as 15 minutes a day may help stave off Alzheimer's Disease, says a study at the Washington, D.C. VA Medical Center. The study found that regular habits of daily or frequent walks were instrumental in helping reduce the likelihood of developing Alzheimer's disease.

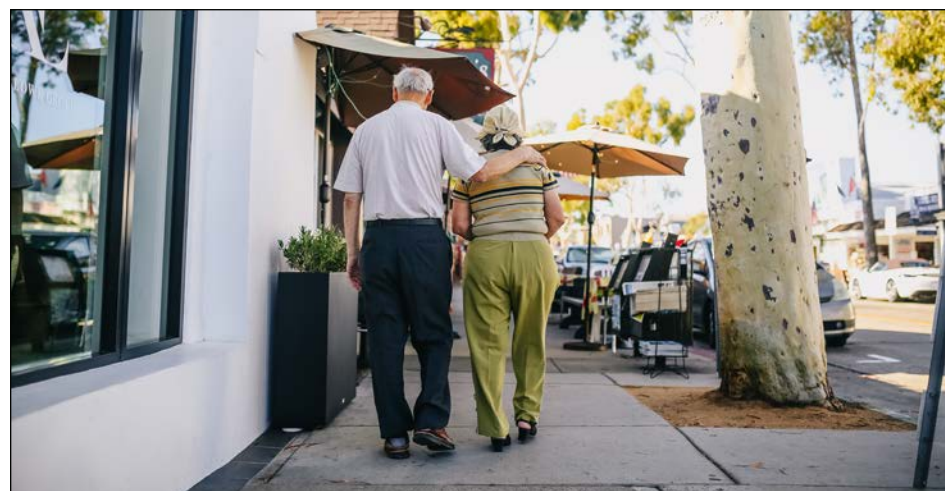
According to study author Dr. Edward Zamrini, "One exciting finding of this study is that as people's fitness improved, their risk of Alzheimer's disease decreased - it was not an

all-or-nothing proposition."

The study found that people who took a 30-minute walk five days a week, or a 15-minute walk daily, were 33% less likely to develop the disease. The key was doing the walk regularly.

The study group consisted of 649,605 military vets, average age 61, none of whom had Alzheimer's disease when they began the study. The group was followed for nine years, after being divided into five groups based on their fitness.

How well participants did



on a treadmill test determined which group participants were in.

For those who were middle-aged and older, the highest level of fitness was achieved by a half hour of walking briskly five days a week. The group with the lowest level of fitness developed Alzheimer's at a rate of 9.5 cases per 1,000 person-years, compared to 6.4 cases per 1,000 person-years for the most fit group.

Regular exercise has long been recommended as a deterrent to developing Alzheimer's or other dementias, as

well as many other conditions associated with aging bodies.

Additionally, a diet comparable to the Mediterranean or DASH diets, at least 7-9 hours of sleep per night, regular mindfulness exercises or meditation, stress reduction, some regular form of cognitive stimulation, and regular socialization are all helpful in at least stalling the development of Alzheimer's symptoms.

Dr. Elna Tymes has a private practice in Alzheimer's and other dementias.

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**The deadline for the
September/October issue is
Monday, August 15, 2022**



Above, left to right: Farmer Bob (wearing vest) and a guest in the orchard; the Wagon Tour; seniors enjoying their visit.

Farmer Bob World Offers a Fun and Educational Ag Experience

Farmer Bob's World has become a local attraction in the South Valley, presenting the farm experience to visitors from all over the valley, as well as from throughout the country and the world.

"This February, a group of international guests from the World Ag Expo joined us for a wagon tour, and guests have visited us from Singapore, Korea, England and the Ukraine," said Deanna Saldana, executive director at Farmer Bob's World.

In 2013, Bob McKellar started hosting children, families and schools for group wagon tours around the working citrus farm at McKellar Family Farms in Ivanhoe. The experience was so rewarding for Bob and the guests to the farm, that he started the process of creating Farmer Bob's World.

In 2016, McKellar Family Farms, Inc./Farmer Bob's World became a 501(C)3 non-profit and now offers tours to schools, families, businesses and visitors on their way to the national parks.

Guests can experience a walking tour of the orchards or a covered wagon tour that makes stops throughout the groves to learn about the process of planting, growing and picking oranges.

"Consumers are very disconnected from their food, thinking it comes from the grocery store, and the appreciation of land, water and farming is lost, even from people who live and work in the area and drive past orchards every day," said Saldana.

"The Central Valley gen-

erates \$47.1 billion to the state's economy and accounts for 54% of the total U.S. citrus production," she continued. "More than half is grown in our own backyard. We believe that connecting people back to the land is vital for the conservation and sustainability of farming in Tulare County and the Central Valley."

Tours and Activities

Guests can purchase a ticket for a farm tour which includes seeing Farmer Bob's farm exhibits, picking an orange in the U-Pick Orchard, wandering the demonstration orchard that features more than 40 different varieties of citrus, enjoying the live animals on the farm - ducks, rabbits, chickens and peacocks - and taking advantage of photo opportunities.

There is also a picnic area for lunch and snacks. All tours are presently by reservation only. Farmer Bob's World also hosts special events.

"We feature a monthly event that gives community members the opportunity to come learn fun DIY projects that they can do themselves," said Saldana. "Past events have included succulent planting, making bath salts and body scrubs and a 'Painting a Pot' art project for kids."

Senior-Friendly

Farmer Bob's World takes pride in being senior-friendly.

"There are senior tours booked here at Farmer Bob's World and we want to engage more," Saldana said. "We are working with local senior living facilities giving them the opportunity to have their residents join us at the farm."

"Seniors are a very important group in spreading the understanding of the relationship between farms, farmers and the folks who purchase food," said McKellar, also known as Farmer Bob. "Many seniors come from a farm background, in fact, many seniors have been farmers. Visiting us rekindles fond memories for many. Others enjoy bringing their children or grandchildren to the farm for show and tell."

"At Farmer Bob's World, we work hard to be as inclusive as possible to provide the best farm experience for all our guests," said Saldana. "There are concrete ADA-compliant parking stalls, concrete walkways to and from the wagon tour for walkers and wheelchairs, and a ramp for ease of access to the wagon. Both the picnic area and the gift shop are on concrete, and there is an ADA-compliant bathroom in

the gift shop."

Farmer Bob's World has plans for creating a permanent event space where people can come and enjoy music, food and the farm.

"We hope to engage the local community in family friendly events and opportunities to learn more about the local agricultural industry with a focus on citrus farms," said Saldana.

There are plans for an interactive pavilion featuring more information on citrus growing and varieties, the international citrus market, pest control and diseases, water conservation, farming history and sustainable farming. These projects are expected to be ready for visitors over the next one-to-three years.

Farmer Bob's World is located at 32988 Road 164, Ivanhoe. For tickets or more information, call (559) 798-0557 or visit www.farmerbobsworld.com.

2021-2022 CIVIL GRAND JURY FINAL REPORT



The 2021-2022 Civil Grand Jury Final Report is now available to be viewed by the public.

The following are titles of reports for 2021-2022:

- ALTA HEALTHCARE DISTRICT
- BOB WILEY DETENTION FACILITY
- EDUCATION BEYOND PLANET EARTH
- LINDSAY LOCAL HOSPITAL DISTRICT
- MENTAL HEALTH - DO YOU NEED HELP?
- MORE THAN JUST BOOKS: TULARE COUNTY LIBRARY
- PARKS: RELAX AND ENJOY
- SURPLUS STORE: A PLUS
- VAPING, JUST A SMOKESCREEN?
- WHAT HAPPENS WHEN THE CASE GOES COLD?
- WHO ARE YOU GOING TO CALL: TCOES

You can access the report electronically at the Tulare County Civil Grand Jury's website:

<https://tularecounty.ca.gov/grandjury/>

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Pinochle and bridge are popular card games at the Visalia Senior Center.

Senior Centers Open...

(continued from page 1)

"Things are pretty much back to normal," she said.

At the Tulare Senior Center, drive-through lunches are still being offered instead of a dine-in option, but programming such as arts and crafts has begun to return. Bingo is offered during the week now, and classes are beginning to be added.

The Dinuba Senior Center is also seeing activity pick up after reopening in June last year.

"It was low attendance at first but it built back up to what it was before," said Cece Bobst, senior center coordinator for the City of Dinuba. She said they are serving 130 lunches on days when meals are offered, and in July, participants will see the resumption of bus trips, with an excursion to Avila Beach scheduled for July 20.

But for those who attend centers in Porterville, Lindsay, Exeter, Woodlake, Earlimart, Goshen, Orosi and Farmersville, the situation is more bleak. None of the eight centers managed by Community Service Employment Training (CSET) have reopened. According to the CSET website, centers have been closed since March 2020, and seniors were automatically enrolled in a meal delivery program.

"I've been asking every day when we are going to reopen and have yet to get an answer," said a manager at one of the eight centers.

"It's a shame for those seniors," said Julie Burger while playing cards at the Visalia Center, regarding the eight shuttered senior centers. "Seniors need it more than anything, the support and friendship."

Cancer Disappears...

(continued from page 5)

with much more force," explains Dr. Cercek.

Dr. Diaz's pioneering research in treating cancer with immunotherapy had already shown that checkpoint inhibitors could "help people with MMRd colorectal tumors that have spread," he says. "We thought, 'Let's try it before cancer metastasizes as a first line of treatment.'"

Potential Help for Other Cancers

As MSK's rectal cancer trial continues, Dr. Diaz says he hopes "it's the tip of the iceberg." He explains that "we are investigating if this same method may help other cancers where the treatments are often life-altering and tumors can be MMRd. We are currently enrolling patients with gastric (stomach), prostate and pancreatic cancers."

Dr. Diaz has coined a term for

this new method of using immunotherapy alone to target MMRd tumors, calling it "immunoablative" therapy – that means using "immunotherapy to replace surgery, chemotherapy and radiation to remove cancer." Dr. Diaz says, "That might sound futuristic – but in this trial, we have a clinical example where that happened."

Today, nearly two years after she began the trial and remains cancer free, Sascha continues to live a normal life. She runs a family-owned home-furnishing and interior design business and often speaks to people facing rectal and other cancers.

"My whole experience has been like a dream," she says. "MSK research and cancer care is simply years and years ahead of where other hospitals – even really good ones – are or should be."

TCDA Grant Renewed...

(continued from page 1)

demeanor cases of elder abuse, with advocates serving over 1,000 victims at varying stages of the criminal justice process.

"Prevention is key to stop seniors from becoming victims," said Ward. "Trained TCDA advocates are ready to share their expertise with the community so that everyone can be on the

lookout for this crime. To schedule a presentation or obtain resources, contact our Victim Services Division at (559) 636-5471."

All resources and presentations are free of charge. If you suspect elder abuse, anonymously call the Adult Protective Services 24/7 hotline at 1-877-657-3092.

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Above left photo (l-r): Larry Mathews ("The Dick Van Dyke Show"), Stan Livingston ("MyThree Sons"), Stu Shostak, Lydia Cornell ("Too Close for Comfort"), and Paul Petersen ("The Donna Reed Show"). Above center: Shostak in his film archives. Above right: Shostak with Bonnie Franklin and Pat Harrington ("One Day at a Time").

'Stu's Show' Celebrates Classic Television Programs

By Steve Pastis

"Stu's Show" is an online show about classic television, featuring interviews with the stars and creators of the most memorable shows of the 1950s and 1960s.

So far, there have been more than 500 broadcasts and the celebrities appearing on "Stu's Show" over the years have included such notables as Ed Asner, Carl Reiner, Pat Harrington, Bonnie Franklin, Dwayne Hickman, Alan Young, Jimmy Garrett, Jay North, Jerry Mathers, Tony Dow, Ken Osmond, and game show hosts Bob Barker, Tom Kennedy, Jack Narz, Monty Hall and Wink Martindale.

Since the broadcast moved to Pine Mountain Club, a small town in the mountains between Los Angeles and Bakersfield, classic TV celebrities have had to make the drive, which includes about 15 miles of winding mountain roads each way.

Celebrities do it because of the persuasive personalities of the show's host, television historian and archivist Stu Shostak, and his wife, Jeanine Kasun.

Shostak radiates enthusiasm when he talks about the television shows he grew up with. He recalled that the worst punishment his parents could give him was talking away his television privileges.

"Taking TV out for a night was a big deal to me," he said. "God help my parents if I missed 'The Flintstones.'"

Meanwhile, many of the show's guests, including Ed Asner, have been swayed by Kasun's charm.

"I meet these people and they fall in love with me," said Kasun, as modestly as it is possible to say those words.

"After I'd done the show for a couple years, I had a reputation," Shostak said, about how well he treats his guests. "I always take my guests to lunch after the show."

He gives his guests time to tell their stories without rushing them through their interviews.

"It's not a ten-minute one-and-done," he said.

"Carl Reiner loved to talk about the ('Dick Van Dyke') show because he had two hours to talk about it," said Shostak, adding that he could go into detail about some of the deci-

sions he made, including when he had to cut down what he thought was one of the funniest episodes. "You never hear people on a talk show talk about things like that. They're not going to do it on 'The Tonight Show.'"

Usually, "Stu's Show" is not rehearsed.

"If there's a troubled part of their life, I'll ask them (before the show) if they want to talk about it," he said. "Bob Barker cried on my show."

Barker, who was the long-time host of "Truth or Consequences," was told in 1965 that the network had decided to end the show. Barker said his goodbyes during the last few minutes of what he thought would be his final show. He hadn't seen that episode in 50 years when Shostak played it for him.

"He teared up when I played it," Shostak recalled. "He said, 'I thought my career was over.'"

Fortunately for Barker, as well as for "Truth or Consequences" fans, the show became the first game show to go into syndication on stations across the county.

The Inside Scoop about the Stars of Classic TV

Shostak described Stan and Barry Livingston from "My Three Sons" as "down-to-earth. The fame really didn't hurt them."

He compared the Livingston brothers to the children on "Different Strokes" who "had too much money and too much fame. They didn't handle it very well."

"Gary Coleman was a victim of his manager and his parents," he said. "Gary didn't see much of the money (from 'Different Strokes'). He did not die very wealthy."

For more than 50 years, Shostak has been Lucille Ball's archivist, a job he is also doing for Dick Van Dyke.

He described Ball, whom he considered a good friend, as "one of the most talented people to ever come into show business. She was smart, she knew show business, she was motherly and she had a heart of gold."



Jeanine Kasun and Ed Asner

Shostak knows a lot of the stories about the stars of classic TV, such as the time that Lucille Ball stood up for "Mission Impossible," a program that CBC had turned down.

"She had faith in 'Mission Impossible' and told CBS, 'If you don't pick this show up, I'm not going to do my show.'"

Shostak is not likely to write a tell-all book about the stars of 1950s and 1960s television.

"People have asked me to write about my life, but some things are sacred," he explained, preferring to let the interviews he conducts stand by themselves. "There's nothing like hearing it in their own words."

"I have too much respect for these people," he added.

'Stu's Show' Documentary

Described as "a Hollywood love story about finding your leading lady... and the fight to keep her alive, the newly released "Stu's Story" documentary tells Shostak's story from

his days handing out tickets to Norman Lear show tapings, to doing audience warm-ups for shows such as "All In The Family" and "One Day at a Time." His relationship with Ball is also in the film.

At a "Loving Lucy" convention, Shostak met Kasun, a Lucy superfan, and they soon shared long phone calls and started dating. All seemed to be well before Kasun suffered a brain aneurysm, which threw the two of them into a battle with the medical industry to keep her alive.

"She comes along and loves everything I love," Shostak said. "Now you're going to take away the one thing I waited my whole life for?"

The story of how a love of classic television brought Shostak and Kasun together - and their fight with the health industry - inspired documentary maker C.J. Wallis to tell Shostak, "This is my next documentary. People need to know."

Wallis was also intrigued by Shostak's personality.

"He said, 'You're kind of a quirky guy and you collect old TV. It's a wonder that you don't live in your mother's basement.'"

Episodes of "Stu's Show" can be seen online at www.stus-show.com, along with information about the show.

The "Stu's Show" documentary can be seen on various streaming and pay-per-view services. It is available for sale on Apple iTunes, Amazon Video and YouTube.



Stu Shostak and Jeanine Kasun

Master Gardeners' Tips for July

By Peyton Ellas
UCCE Master Gardener

Be easy on yourself and on your garden this month. Do everything you can to conserve water. Enjoy the harvest of the summer garden.

Planting

Don't plant ornamental plants in July. Instead use your water to keep the vegetable garden, orchard and existing plants (especially trees) healthy. Late in the month, you can start seeds for fall-harvested vegetables like broccoli, cauliflower, chard, kale and cabbage. Plant in the ground or start seeds in containers for transplanting in September.

Maintaining

Monitor and test your irrigation system at least once during summer, especially if you will be gone more than a few days. It's tempting to over-water, but not only is it a waste, but many disease and insect problems are encouraged by too much

during the day. Our University of California system has a website devoted to lawn care: <http://ipm.ucanr.edu/TOOLS/TURF/>.

On the other hand, if lawn removal is your goal, July is an excellent month for solarization or mechanically removing the sod and allowing the summer heat and lack of moisture to kill any remaining bits. Remember to cover your bare soil with mulch, cardboard or weed cloth, or spray with herbicide until fall planting time to avoid opportunistic weeds becoming the lawn replacement "garden"!

Continue dead-heading roses and daylilies. Remove spent flower heads and the entire flowering stem from hydrangea, leaving only a few buds per stem for next year. You can begin to divide bearded iris in July or wait another



Bearded iris

the garden. There are few things more rewarding than harvesting from your own backyard and few things that are better therapy than spending time at the end of the day working in the garden.

A little weeding, insect management or observation, and harvesting daily is part of a great life. At least I think so! Happy Gardening!

Meet Us

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

Visalia Farmers Market - 1st & 3rd Saturdays, 8-11 a.m., 2100 W. Caldwell Ave (behind Sears)

Hanford Farmer's Market - 4th Thursday - 5-9 p.m.

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

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

Call Us

Master Gardeners in Tulare County: (559) 684-3325, Tues & Thurs, 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 to email us with your questions: http://ucanr.edu/sites/UC_Master_Gardeners/

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Daylilies

moisture during hot months. Let the first inch or more of soil dry out between watering. If a heatwave is predicted, water a day or two in advance, and then not again until the soil dries out a little. Established ornamental trees and shrubs should be deep-watered, but on a less frequent schedule than smaller perennials and new transplants.

Consistency is important for the edible garden, including fruit trees. Lawn diseases and pest insects are almost guaranteed in over-watered summer lawns. Water will not cool turf grass, it only replaces what moisture the plant transpires

er month if they still look lush and green. If you decide to divide, lift the entire clump. Trim leaves to about six inches. Set exposed sections in the sun to dry for a few days to callus over any cut sections. Plant the rhizomes (that big gnarly root-like mass) just below the soil surface, water well and mulch.

Prune spent berry canes to the ground after harvesting. Trellis new canes as they emerge. Pinch new growth on chrysanthemums. Lightly prune bougainvillea to promote more flowers. Wait until the weather cools for major pruning unless it's for safety. You can lightly prune in the cool morning or

evening hours, but not if a heat wave is predicted in the next few days.

Do not fertilize anything during July with high-nitrogen products, including lawns. Fertilizing itself is stressful to plants. July is a good month to let the garden rest.

Conserving

Native bees and wasps are active in the summer months. Most of these tiny insects are hardly noticed because European honeybees are also active. Leave flowering ("bolting") plants like radish, onion and carrots for beneficial insects, and if you can, leave a little bare dirt here and there for ground-nesting solitary bees. Reduce or eliminate strong, non-specific insecticides to avoid harming beneficial insects. Maybe this is the year you decide to get your garden growing in balance and save money and time fighting everything?

As you begin to enjoy the active outward life again, continue to make some time for



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Millwood and Stagecoaching to the Timber

Stage travel in the mid to late 19th century was a common form of transportation. Even though the ride could be bumpy and dusty, it was preferred by many to riding horseback, bicycling or walking. So, entrepreneurial businessmen established stage lines to the more popular destinations. One of those routes was the Visalia-to-Millwood line.

Millwood, first called Sequoia Mills, was a popular mountain settlement just over the Fresno County line near General Grant National Park. At slightly over 5,000' elevation, it started as a lumber camp in the pine and redwood forested area.

During the summer, hundreds of loggers worked there and at nearby smaller logging operations. Married workers lived in small cabins and single men lived in basic dormitories.

Workers were not the only people that found Millwood comfortable. Tourists from the valley floor especially were drawn there as well. They came to escape the treacherous valley heat and to experience the beautiful Sierra scenery.

By the mid-1890s, Millwood was a bustling community with a shoemaker, photographer, barber, blacksmith, doctor and an undertaker. It had a post office, general store, butcher shop, livery stable, school, two hotels and several saloons and brothels.

Life in the camp was busy, mainly with men engaged in all the work connected to logging. Loggers at the mill worked six days a week and used their day off to relax and play baseball. As the workers were generally a rough and tumble lot, the evenings oftentimes were spent drinking, which could lead to fights.

One of the valley towns that offered stage service to Millwood was Visalia. In the early 1890s, the stage left Visalia in the early morning for the all-day trip to Millwood via Camp Badger. The return trip would leave Millwood at 6 a.m. and arrive in Visalia by 4 p.m.

The ownership of the line changed hands several times, and with it the departure times and locations. Sometimes the stage would start at the Palace Hotel and other times from the Visalia House.

The stage carried the U.S. mail, light freight and passengers. The bumpy and dusty ride oftentimes became an adventure for both animals and humans. In December 1897, the stage was returning to Visalia with Cal Brotherton the stage driver and seven passengers on board. It had recently rained and at a curve on the mountain road, the stage slipped in the mud and turned over completely. All on board were injured, although

Dusting Off History with Terry Ommen



not seriously, but Brotherton was knocked unconscious. Visalia Dr. A. B. Cowan treated Brotherton and he recovered.

In 1904, the stage had another close call when Milo Bacon, the stage driver, was approaching Badger on the return trip to Visalia. The mill was closing for the season, so the stage carried about nine passengers and their belongings. Four were in the cab of the stage, a couple on the seat with the driver, and the rest were on top.

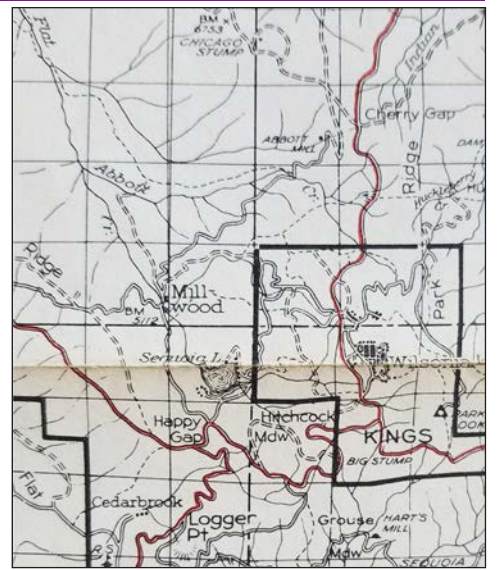
As the stage approached a steep grade near Badger, the top-heavy coach rolled over. One passenger, Paul Hansen, was pinned under it, but miraculously, the others escaped injury. The passengers were able to lift the vehicle back onto its wheels, freeing Hansen. The injured man and the others arrived in Visalia where Dr. Mark Pettit treated



Hansen who escaped serious injury.

Humans were not the only victims. In July 1906, on a day described as "hot and sultry," the Millwood stage arrived in Visalia. As it stopped, one of the horses collapsed to the ground. The animal was unhitched and sprayed with water. Fortunately, the horse survived heat exhaustion.

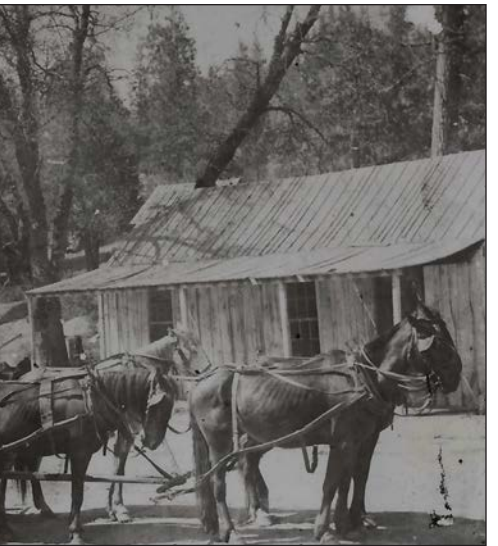
In November 1908, the *Daily Visalia Delta* announced that "Millwood as a mountain town is approaching dissolution." The new Hume-Bennett Lum-



Above: A portion of the 1952 U.S. Forest Service map of the Hume Lake District.

At left: Millwood in its heyday. Notice stacked lumber, the train and numerous buildings. (Photo circa 1895)

Below: One of the early stages used on the Millwood-Visalia line. (Photo circa 1892)



ber Company on Ten Mile Creek (Hume Lake) had "taken away all the business of that former thriving village." As a result, "the stage line (Visalia to Millwood) would stop on Saturday, November 21, 1908."

After that, the Millwood mail would be left at the Badger Post Office for pick-up. The once popular stage line was no more. Today the site of the old ghost town of Millwood serves as a reminder of the short-lived existence of what many believe was a destructive logging operation.

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