



IN THIS ISSUE: CSET Reopens Senior Centers, WWII Greatest Generation Mural Fundraiser, USS Tulare, Adonis the Vulture

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume IX, Number 3 • September/October 2022

FHCN Adult Day Care Center Planned in Downtown Visalia

An application for a new 25,000-square-foot adult day-care facility in downtown Visalia is currently in the City of Visalia site plan review process.

The application was submitted on behalf of Family Health-Care Network (FHCN), which owns the property.

With enough parking for 101 vehicles, the proposed project would use all of the 1.75 acres on the block surrounded by Murray Avenue, Tipton Street, School Avenue and Santa Fe Street. The two-story building would face Murray Avenue.

The planned large day center room on the first floor would

be surrounded by activity rooms, a memory care activity room, physical therapy rooms, offices, a kitchen, a salon, examination rooms, private therapy rooms and consultation rooms. The second floor would have a conference room, break room and additional offices.

The project is being designed by EBM Design Group, Inc., a Visalia-based architecture firm whose portfolio includes the Kaweah Health Urgent Care facility in Tulare, Hanford Veterinary Hospital, Dinuba Transit Center, Tulare County Library, Kings Rehabilitation Center, and Phases III, IV and V of the Tulare Outlet Mall.



If the proposal currently making its way through the City of Visalia planning process is approved, this empty lot could soon be the site of a 25,000-square-foot FHCN adult daycare facility.

Alzheimer's Walk Scheduled at Mooney Grove Park on Oct. 1



The effort to end Alzheimer's involves people of all ages.

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.

Participants will complete a two-mile walk and learn about Alzheimer's disease, advocacy opportunities, clinical studies enrollment, and support programs and services from the Alzheimer's Association. Participants will also take part in a tribute ceremony to honor those affected by Alzheimer's disease.

On walk day, participants will honor those affected by Alzheimer's with the poignant Promise Garden ceremony – a mission-focused experience that signifies solidarity in the fight against the disease.

(continued on page 9)



Attendees meet with vendors to get helpful information at the Fall Open House.

Visalia Senior Center Fall Open House Planned for Oct. 13

School is back in session, which means that fall is just around the corner and the Visalia Senior Center is getting ready to celebrate fall with its annual Senior Center Fall Open House.

This event, scheduled for Thursday, October 13th, from 10 a.m. to 1 p.m. at the Visalia Senior Center, 310 N. Locust St., Visalia, will feature plenty of information, programs and a lunch (\$6). Attendance is free for guests of all ages.

The Fall Open House will feature 40+ local vendors, each hand-selected as an agency, program or business that offers vital resources for mature adults. As a result, the event connects seniors, families and caregivers with the community resources available to them.

"The Visalia Senior Center (continued on page 5)

Local Committee to Help Create 'Rural Master Plan on Aging'

A committee has been given the task of helping to create "a rural Master Plan on Aging." Members will consider the needs of rural elders and develop specific recommendations, goals and strategies for Kings and Tulare counties to be incorporated into the state's Master Plan for Aging.

The local committee will collaborate with the California Department of Aging and the two other participating rural county areas: Riverside/San Bernardino and Shasta/Butte/Glenn.

The Kings/Tulare Master Plan for Aging Advisory Committee consists of elected officials and members of organizations serving older adults, including both county boards of supervisors, health and human services departments, veterans advisory councils and homelessness councils, as well as city councils and senior centers, and organizations such as CSET and United Way. Members participate in monthly meetings, providing input on the process, selection and focus of the study.

In conjunction with the Scan Foundation, a team from Fresno State will develop questions focused on the needs of older adults in rural areas and conduct six-to-eight listening sessions. They will also analyze and compile results from the sessions, creating a summary report of the findings. A list of recom- (continued on page 4)

Senior Day in the Park Returns to Kings County

The Kings County Commission on Aging will once again present Senior Day at Burris Park, 6500 Clinton Ave., Hanford.

The event will feature a cake walk, games, raffles, music, informational tables, a crazy hat contest and a performance by Elvis, from 9 a.m. to 2 p.m. on Friday, September 16.

To celebrate Mexican Independence Day, there will also be traditional mariachi music and dancing.

The event is free, but there is



Senior Day at Burris Park will celebrate Mexican Independence Day.

a \$3 suggested donation for the noon luncheon.

For more information, call (559) 852-2828.

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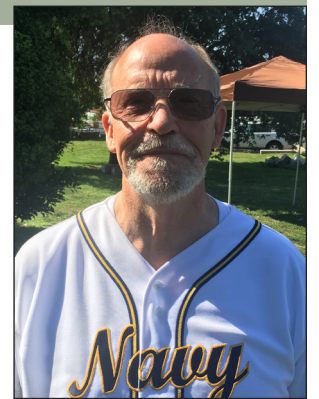
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VETERANS CORNER

Women Veterans Health Care

In a quick update to our last column, the Veterans Crisis Line has a new number: Dial 988 then Press 1. This option was added effective July 16, however, even after July 16, you may still call 1-800-273-8255 and Press 1, chat at VeteransCrisisLine.net/Chat or text 838255.



Ken Cruickshank

Women Veterans Health Care addresses the health care needs of women veterans, ensuring those needs are met in a timely, equitable, high-quality, comprehensive manner, while also ensuring that these services are provided in a sensitive and safe environment at the VA health facilities nationwide.

Women Veterans Health Care works to ensure that all eligible women veterans requesting care receive:

- Comprehensive primary care by a proficient and interested primary care provider;
- Cancer screenings, including breast, cervical, colon, lung and skin; and
- General health screenings.

These are a few of the offered services. For more in-depth information, visit: <https://www.womenshealth.va.gov/WOMENSHEALTH/index.asp>.

The VA has also established the Women Veterans Call Center (WVCC), which may be reached by calling 1-855-VA-WOMEN (1-855-829-6636). The call center staff is trained to provide women veterans, their families and their caregivers information and assistance about VA services and resources. Hours of operation for the center are Monday through Friday, 8 a.m. to 10 p.m., and Saturdays from 8 a.m. to 6:30 p.m.

When your call is answered, all the representatives are women, many of them veterans themselves. They will provide information and, if needed, direct referrals to the Women Veteran Program Managers (WVPM) who are located at every VA medical center. They are there to assist in coordinating women veterans' services.

What to expect when you make the call to the WVCC:

- You will be connected to a trained VA woman staff member.
- Call center staff will conduct a brief screening to assess your needs.
- Women veterans will be provided personalized information regarding health services, VA benefits and services, and a package of information will be sent to their home.
- You can call for yourself or for a woman veteran you know.
- The call is free and confidential.
- Contact information will be requested so staff may follow up.

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



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The deadline for the November/December issue is Monday, October 17, 2022

CSET Plans to Reopen Two Senior Centers

By Larry Kast

After 30 months of being closed due to the pandemic, two of the eight senior centers managed by CSET will finally be reopening, marked by separate welcome-back events that reintroduce what's available at the centers.

The Porterville Senior Center will reopen on Friday, Sept. 17, with an open house that organizers say will reintroduce the meals and programming seniors were accustomed to attending.

A similar event will be held Friday, Sept. 24, at Ledbetter Park where the Cutler-Orosi Senior Center is located. Both events will run from 9 a.m. to noon.

"Having closed due to the pandemic, all of our operations went to front door delivery (of meals)," said Raquel Gomez, division director of community initiatives for CSET. "We lost

staff to COVID. We've also had to come up with our own guidance. What we got from the Centers for Disease Control wasn't enough."

Gomez added that one of the biggest challenges with reopening is staffing, saying that senior center managers were shifted from managing the centers to delivering meals to homes. Today, in order to reopen, five of the senior centers will need to hire new managers.

"We are working to come up with processes that are safe. It has taken some time. We just drafted our reopening procedures," Gomez said, adding the plan has been run past the Tulare County Health Department for review and recommendations.

Seniors attending the centers before the pandemic shutdown were all added to CSET's home meal delivery program. Part of the difficulty in reopening are the logistics of transitioning seniors back to getting meals at the senior center. Those who get their meals at the center would no longer have meal delivery to their homes.

"That's been a huge piece of the



The Porterville Senior Center will reopen on September 17.

discussion," Gomez said, explaining that with limited staff it would be difficult to dedicate someone to be at the senior center when that same person could be helping deliver meals. "We have over 1,000 people being delivered meals now, not including 350 that are unable to walk to a senior center that is on the Meals on Wheels program," she said.

Nonetheless, seniors attending either of the two open houses will be reintroduced to services and programming offered at the centers and in general by CSET.

"We will have information about the Energy Assistance program as well as about the 'Lock Your Meds' program," said

Angel Avitia, CSET's director of community initiatives. Seniors will also enjoy other festivities.

"There will also be music, cake walks and raffles," said Jerel Dutton, assistant director for senior services. "We want seniors and their families to come enjoy these events."

"Similar open houses will be held at each senior center as they reopen," said Gomez. "It will make (seniors) more at ease when they come back. It's like the first day of school for them."

The Porterville Senior Center is located at 280 N. 4th St. in Porterville. The Cutler-Orosi Senior Center is located at 12691 Avenue 408 in Cutler. For more information, call CSET at 800-321-2462



The Cutler-Orosi Senior Center will reopen on September 24.

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Rural Plan for Aging...

(continued from page 1)

recommendations will be developed, based on the feedback from the advisory committee.

California Master Plan for Aging

In June 2019, Governor Gavin Newsom issued an executive order calling for the development of a Master Plan for Aging - with a 10-year blueprint for promoting healthy aging and supporting quality of life.

The plan has five major goals, with strategies for implementation: "Housing for All Ages and Stages," "Health Reimagined," "Inclusion and Equity, Not Isolation," "Caregiving that Works" and "Affording Aging."

Rural Plan for the Aging

The committee meetings are led by Dr. Helen Miltiades, professor of gerontology at Fresno State University who is the main force behind this effort. She also leads the Central Valley Long Term Support and Services (CVLTSS) Coalition.

"As part of the CVLTSS mission, I am working with the Kings and Tulare Area Agency on Aging and the Department of Social Services to develop recommendations for improving services in rural areas," said Miltiades. "I chose these counties because in order to be successful, we need county involvement and commitment. The county directors and boards of supervisors have an interest and

commitment to improving the services for older adults in their counties. The members on the advisory committee have specific interests and knowledge about the needs of older adults and volunteered their insight and time."

In the Central Valley, the challenges of serving the older population are compounded by rurality. In California, 15% of all elders reside in rural areas, however, roughly 29% of all Valley elders reside in rural areas.

"Elders in rural areas are more likely to have health care needs, nutritional risk and higher incidents of chronic health conditions than elders in non-rural areas," said Miltiades. "Service use in rural communities is often hampered by geographic inaccessibility, lack of transportation, limited service availability, and the inability on the part of older adults to pay for needed care. In short, elders who reside in rural areas have poorer access to care, poorer health status, and require greater levels of care compared to their urban counterparts. Older adults, who if they do not have family to help, struggle with housing costs, medical expenses, and caregiving needs.

"Rural older adults, experience increased isolation," she continued. "They have limited or no access to transportation,

meal sites, doctors and other service providers. They often have transportation challenges - they have to drive 30 minutes or more for health appointments. They may have less access to internet - and more consultation services are offered online - which means they are unable to access services this way."

Last year, various agencies in Kings and Tulare counties fielded more than 4,000 calls regarding nutrition/food insecurity, according to Miltiades.

"Because of this, one focus area will be on the need for expanding nutrition programs and options," she said. "Caregiving need is also projected to increase, especially in caring for seniors with memory loss, so we will be looking at the types of support seniors need to care for their loved ones.

"The committee has also identified housing insecurity as an issue," she added. "This includes difficulties paying rent and utilities, being unhoused, substandard housing (lack of ramps and grab bars). Most older adults want to age at home, and thus it is important to understand the support and proper environment they need."

"We know that (caregiving, housing and food) are the three things that we're going to be focusing on throughout the two counties, but with an emphasis

on those who live in rural areas," said Tulare County Adult Services Deputy Director/Public Guardian John A. Mauro, a committee member. "These will be tailored by what we get from the listening sessions."

"By the end of the grant period, we will develop recommendations based on the interviews and the data collected from the various agencies," said Miltiades. "We hope to have three of these recommendations implemented. These recommendations could include more cross-collaboration between agencies and making sure elder issues are represented. Perhaps writing grants and looking for government funds to increase service delivery. The outcomes will be based on the findings, so we can't be specific yet."

The committee plans to interview older adults experiencing different challenges. Some of them will be veterans, caregivers, Spanish-speakers, those living in the most rural areas, aging service professionals, individuals in their 40s and 50s (for long term implications), people on the public housing list, and those with disabilities (throughout all categories).

If you have interest in volunteering for a listening session, contact Dr. Helen Miltiades at hmilt@agewellfresno.com or (559) 676-6570.

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Foundation Announces 'Greatest Generation' Mural Restoration Project

The World War II Greatest Generation Mural has been a landmark in the City of Visalia since its dedication on Veterans Day 2006. Unfortunately, time and weather have not been friendly, leaving the mural in bad shape. Many of the panels that the art is displayed on have fallen from their mounts and need to be restored, repaired and remounted.

The Visalia Veterans Committee, comprised of veterans groups including American Legion Posts 18 and 785, AmVets Post 22, and Veterans of Foreign Wars Post 1864, has formed the Visalia Veterans Mural Restoration Foundation, Inc., and is asking for the public's help to repair this city landmark.

"We need to raise around \$70,000 to complete the project," the foundation reports on their GoFundMe.com page. "This includes repairing damages, a full repainting, sealing the artwork properly, and remounting with stronger equipment."

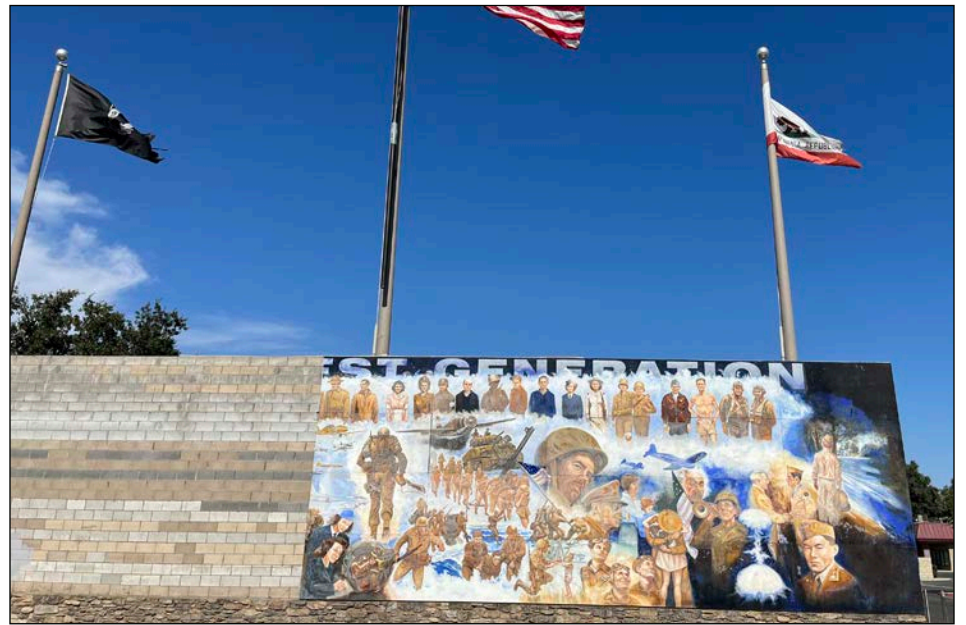
"The Visalia Veterans Committee has been the caretaker of this and two other murals in the city and has worked hard to maintain them," explains Leon Lucas, the committee's chairman, "but it has become more than we can support due to the recent COVID pandemic for the past two years that prevented us from doing any fundraising."

The World War II Greatest Generation Mural is on the east side of South Mooney Boulevard near Mooney Grove Park. It is on a tall wall with the American, California and POW/MIA flags flying above it.

Currently, the GoFundMe page is for personal donations. For those wishing to donate with a tax write-off option, the 501c3 is in progress with the IRS.

"We will correspond with those interested when the IRS approval is finalized," states the foundation on the Go Fund Me page.

Donations can also be sent to: The Visalia Veterans Committee, P.O. Box 4076, Visalia, CA 93278.



The panels on the left half of the the World War II Greatest Generation Mural have fallen from their mounts and need to be restored, repaired and remounted.

Fall Open House...

(continued from page 1) is a staple in our community, and we are back and ready for a wonderful Fall Open House event. The Visalia Senior Center is full of energy and is really the perfect place for mature adults looking for activities, classes and friendly faces," said Holly Ellis, recreation coordinator for the City of Visalia Parks & Recreation Department.

"This open house is a chance for regular visitors and new faces alike to get a glimpse of all the wonderful opportunities available to local seniors," she added.

This year, the open house event will feature a room specific to the programs and activities the City of Visalia offers the senior community.

At 11:30 a.m., attendees can take a break from the booths, grab a seat and enjoy a lunch prepared on site by caterers for \$6. Lunch tickets are limited and must be purchased ahead of time. Tickets go on sale beginning September 1st at the Visalia Senior Center.

This year's theme will be a classic celebration of the Fall season. Vendors are invited to decorate their booths to match the theme.

For more information about the event, call the Visalia Senior Center at (559) 713-4381 or email recreation@visalia.city.

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FDA Ruling Enables Access to Over-the-Counter Hearing Aids

The U.S. Food and Drug Administration issued a final rule on August 16 to improve access to hearing aids, which may in turn lower costs for millions of Americans.

This action establishes a new category of over-the-counter (OTC) hearing aids, enabling consumers with perceived mild-to-moderate hearing impairment to purchase hearing aids directly from stores or online retailers without the need for a medical exam, prescription or a fitting adjustment by an audiologist.

The rule is expected to lower the cost of hearing aids - expanding access to high-quality health care and lowering health care costs for the American public. It is designed to ensure the safety and effectiveness of OTC hearing aids, while fostering innovation and competition in the hearing aid technology marketplace.

The action follows President Biden's Executive Order on Promoting Competition in the American Economy, which called for the FDA to take steps to allow hearing aids to be sold over the counter and set a swift 120-day deadline for action, which the FDA met. In 2017, Congress passed bipartisan legislation requiring the FDA to create a category of OTC hearing aids, but it was not fully implemented until now.



Close to 30 million adults in the U.S. could benefit from hearing aids.

Consumers may see OTC hearing aids available in traditional retail and drug stores as soon as mid-October when the rule takes effect.

"Reducing health care costs in America has been a priority of mine since day one and this rule is expected to help us achieve quality, affordable health care access for millions of Americans in need," said Health and Human Services Secretary Xavier Becerra. "(This) action by the FDA represents a significant milestone in making hearing aids more cost-effective and accessible."

Close to 30 million adults in the U.S. may benefit from hearing aid use. Individuals with permanent hearing impairment can use hearing aids to help make speech and sounds louder, improving the ability to communicate effectively with others.

The action aims to stimulate competition and facilitate the sale of safe and effective OTC hearing aids in traditional retail stores nationwide, as well as online, providing consumers with improved access to devices that meet their needs and are less expensive than current options.

"Hearing loss is a critical public health issue that affects the ability of millions of Americans to effectively communicate in their daily social interactions," said FDA Commissioner Robert M. Califf, M.D. "Establishing this new regulatory category will allow people with perceived mild-to-moderate hearing loss to have convenient access to an array of safe, effective and affordable hearing aids from their neighborhood store or online."

The OTC category established in this final rule applies to certain air-conduction hearing aids intended for people 18 years of age and older who have perceived mild to moderate hearing impairment. Hearing aids that do not meet the requirements for the OTC category (for example, because they are intended for severe hearing impairment or users younger than age 18) are prescription devices.

The FDA finalized the rule after receiving and reviewing more than 1,000 public com-

ments. Comments submitted by consumers, professional associations, hearing aid manufacturers, public health organizations and advocacy groups, members of Congress, state agencies, and other stakeholders are summarized in the final rule, along with the FDA's respective responses.

In response to public comments and to assure the safety and effectiveness of OTC hearing aids, the final rule incorporates several changes from the proposed rule, including lowering the maximum sound output to reduce the risk to hearing from over-amplification of sound, revising the insertion depth limit in the ear canal, requiring that all OTC hearing aids have a user-adjustable volume control, and simplifying the phrasing throughout the required device labeling to ensure it is easily understood.

The final rule also includes performance specifications and device design requirements specific to OTC hearing aids.

Furthermore, the action correspondingly amends existing rules that apply to prescription hearing aids for consistency with the new OTC category, it repeals the conditions for sale for hearing aids, and it includes provisions that address some of the effects of the FDA OTC hearing aid regulations on state regulation of hearing aids.



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National Suicide Prevention Lifeline Simplified to 988

In July, the 10-digit National Suicide Prevention Lifeline was simplified to 988 – an easy-to-remember three-digit number for 24/7 crisis care.

The lifeline, which also links to the Veterans Crisis Line, follows a three-year joint effort by the U.S. Department of Health and Human Services (HHS), Federal Communications Commission (FCC) and the U.S. Department of Veterans Affairs (VA) to put crisis care more in reach for people in need.

This new, simplified tool is critical for older adults and those living with a disability because such individuals are at greater risk for mental health crisis and suicide. As the Substance Abuse and Mental Health Services Administration pointed out in its *Appropriations Report for 988*, suicide rates are higher among older adults.

Among men, the suicide rate is highest for adults aged 75 and older, while among women, the suicide rate is highest among those aged 45 to 64. Likewise, a recent study found that people with disabilities were significantly more likely than those without disabilities to report suicidal ideation, planning, or attempt.

The 988 Suicide and Crisis Lifeline offers a simpler and more effective way for older adults and those living with dis-



abilities to access help in the event of a mental health crisis.

Suicide in Tulare and Kings Counties

According to numbers provided by Tulare County Mental Health, in the first half of 2022, there have been 15 suicides in the county (13 males, 2 females). The majority of them have been 45 or older (two 45-54, one 55-64 and six 65 or older).

Last year, there were 35 suicides (29 males, six females), with 13 of them 45 or older. In 2020, there were 36 (31 males, five females), 17 of them by those 45 and older.

Kings County reported six suicides (five males, one female) in the first seven months of July, with two 45 or older.

This is a higher suicide rate than last year, which had nine suicides (five males, four females), three of them 45 or older.

In 2020, there were 17 suicides in Kings County (14 males, three females), with five of them being 45 or older.

"We are looking forward to the improved ability to put crisis care more in reach for people in need through the use of 988," said Lisa D. Lewis, Ph.D., Kings County Behavioral Health director. "We have been working hard in Kings County to strengthen and build our system of care for the treatment of mental health and substance use disorders. The addition of the national resource of the 988 Suicide & Crisis Lifeline will assist us all greatly in providing

care to individuals in crisis and their loved ones.

The National Suicide Hotline

Since January 2021, the Biden-Harris Administration has invested \$432 million to scale crisis center capacity and ensure all Americans have access to help during mental health crises.

The National Suicide Hotline Designation Act, signed into law after the passage of bipartisan legislation in 2020, authorized 988 as a new three-digit number for suicide and mental health crisis. All telephone service and text providers in the United States and the five major U.S. territories were required by the FCC to activate 988 no later than July 16.

"988 is more than a number, it is a message: we're there for you. Through this and other actions, we are treating mental health as a priority and putting crisis care in reach for more Americans," said Health and Human Services Secretary Xavier Becerra, who has been meeting with states across the country about the transition to 988 as part of HHS' National Tour to Strengthen Mental Health. "There is still much work to do. We are looking to every governor and every state in the nation to do their part to make this a long-term success."

(continued on page 14)

Recognizing Cognitive Decline in Older Adults



When you think of cognitive decline, do you picture someone who can't remember names and faces, and who requires long-term care?

Those most severe symptoms are present in the later stages of Alzheimer's disease or dementia, but many begin their journey with mild dementia or Mild Cognitive Impairment, where symptoms are less acute but do begin to interfere with day-to-day life.

While some memory loss is natural with aging, if you've noticed any of these symptoms, you may want to schedule a visit with your physician:

- Increased forgetfulness
- Difficulty with finding words as you speak
- Losing things more often than usual
- Forgetting special events, birthdays, social engagements or other important milestones
- Being overwhelmed when needing to make a decision
- Losing your way even in familiar environments
- Loved ones or close friends noticing recent issues with your memory

Our team at Prestige Assisted Living at Visalia is here help. Visit our website at www.prestigecare.com where you can find resources to help with your cognitive health.

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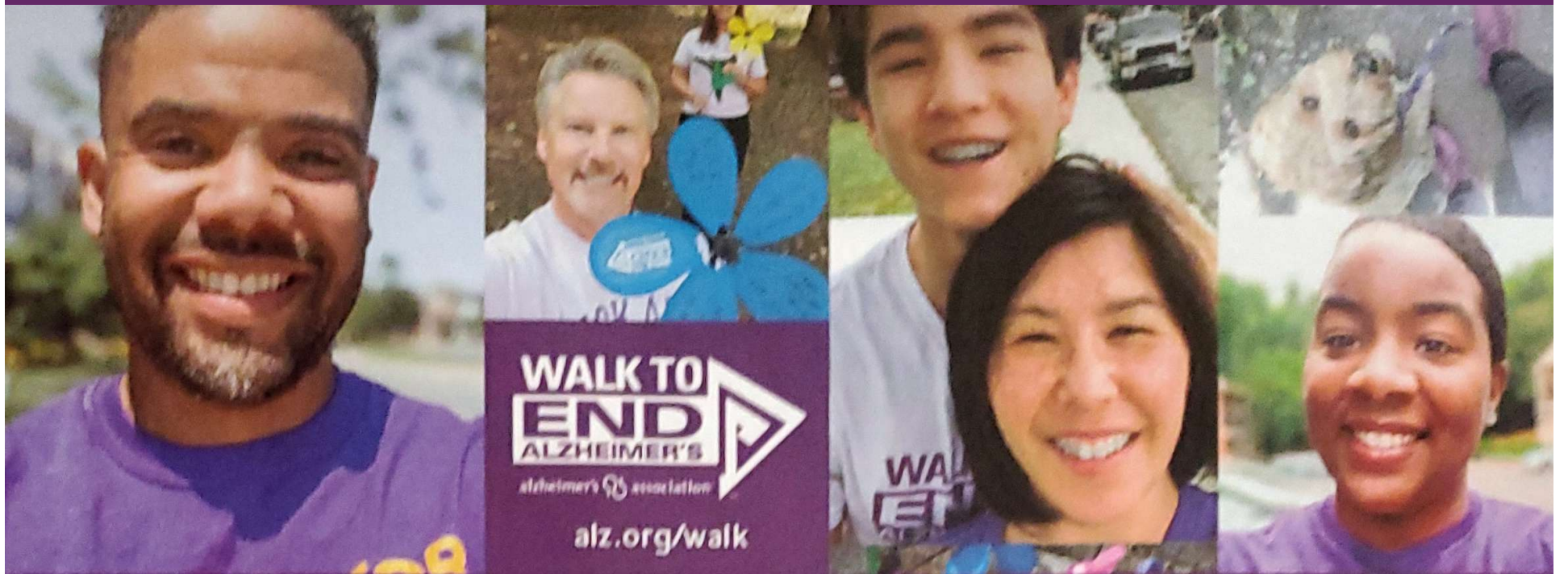


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WALK TO END ALZHEIMER'S TULARE & KINGS COUNTIES

SATURDAY, OCTOBER 1, 2022
MOONEY GROVE PARK
8AM-12PM

Across the nation, the Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

JOIN US!

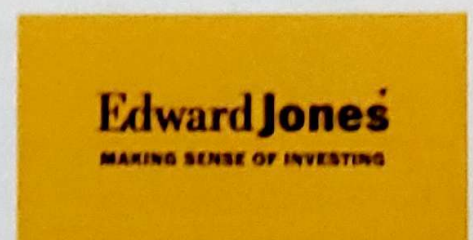


Thank You to Our Sponsors

Local



National





Participants starting their two-mile walk at Mooney Grove Park in Visalia.

Walk to End Alzheimer's...

(continued from page 1)

The colors of the Promise Garden flowers represent people's connection to Alzheimer's – their personal reasons to end the disease. Purple is for those who have lost someone to dementia, yellow is for people caring for someone with dementia, orange is for those do not have a personal connection but advocate for the cause, and blue is for people who have dementia.

Registration for the Walk to End Alzheimer's (for those who don't register online) begins at 8 a.m. A 15-minute ceremony is scheduled to begin at 9 a.m.

Last year's walk at Mooney Grove Park, the first since 2019, exceeded expectations in both participation and money raised, but expectations for the first post-pandemic walk were low. The 2021 goal was \$25,000 and \$33,519 was raised.

"I think people were just ready to get out there in person," said Sherrie Wallace, event chair.

This year's goal is \$45,000.

"We are almost one-third of the way there," reported Amanda Valenzuela, development manager of the Alzheimer's Association's California Southland Chapter, explaining that the website has been open for donations since January.

"Some of our teams plan events all year long," she added. It's a year-long campaign and some people get an early start."

Reasons to Walk

Valenzuela was asked why she participates in the walk.

"I started walking in 2008

after losing my grandmother to the disease," she responded, adding that she has lost seven family members to Alzheimer's. "I don't want my kids to have to care for me the way I had to care for my grandmother."

"I have also been personally affected by the disease," said Wallace. "My great-grandmother passed away from the disease and my grandmother is now starting to show signs of it."

More than six million Americans are living with Alzheimer's disease, the only disease among the top 10 with causes that cannot be cured, prevented or even slowed. One in three seniors are currently expected to die from Alzheimer's or another dementia.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

People are encouraged to sign up as a team captain or team member, or to register to walk as an individual at alz.org/walk. People still concerned about COVID can again participate by walking around their own neighborhoods.

There are also volunteer opportunities, including setting up and taking down booths for walk day, working in the booths, helping with registration and educating the community about the disease and the walk at events and club meetings.

For more information, visit alz.org/walk or call (661) 912-3053.

Measure U Back on Ballot in Exeter Cemetery District

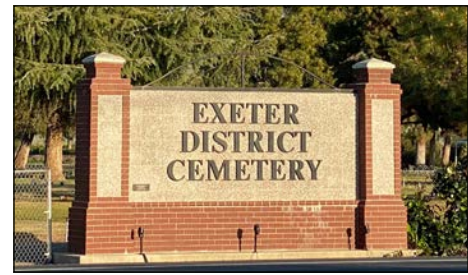
Measure U, which received a majority of votes in the June elections but failed to reach the two-thirds requirement, is back on the ballot for voters in the Exeter Cemetery District. Once again, the special parcel tax measure is named Measure U.

For almost 100 years, the three cemeteries operated by the district - Exeter District Cemetery, Deep Creek Cemetery and Hamilton Cemetery - have served the communities of Exeter, Farmersville, Lemon Cove, Lindcove, Outside Creek and Yokohl Valley, and the surrounding areas.

According to the Argument in Favor of Measure U, "Without additional revenue, the cemeteries may have to close permanently. If that happens, our communities will lose a big piece of our history and our families will lose a local, cost-effective way to respectfully lay their loved ones to rest."

Because of declining revenues over the past 10 years, the district has laid off staff, reduced maintenance and upkeep of the cemeteries, deferred replacement of worn-out and obsolete equipment, and reduced other expenses.

To help make up for these deficiencies, the Exeter Ceme-



tery District's Board of Trustees is asking local voters to approve a special parcel tax of \$35 per parcel per year on each of the approximately 8,000 parcels within the district (increased each year by 2.5% to account for inflation).

These new funds, estimated to net \$270,000 per year, would be used to improve landscaping and maintenance of the district's three cemeteries, improve accessibility and safety, replace worn-out equipment, upgrade facilities, drill a new water well at Deep Creek, develop new gravesites, and improve other services.

Revisions to Measure U

The Measure U on the November ballot differs from the June version. The new measure would give the board the ability to suspend the tax in a year they don't need it.

Also, an advisory committee would be formed to get community input on how to spend the tax dollars.



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yolandafaubel.com



Century 21 Jordan-Link & Co.
2300 W. Whitendale Ave.
Visalia, California 93277

CALENDAR

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, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 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.

September 2, 9, 16, 23, 30 - Friday Night Dances

The Tulare Senior Community Center, 201 N. F St., Tulare, will host this weekly event from 6-9 p.m. \$10 entry fee. For more information, call (559) 685-2330.

September 6, 13, 20, 27 - 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.

September 6, 8, 13, 15, 20, 22, 27, 29 - 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.

September 6, 13, 20, 27 - 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 is \$5. For more info, call (559) 713-4481.

September 6, 8, 13, 15, 20, 22, 27, 29 - 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. For more information, call (559) 585-2525.

September 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.

September 7, 14, 21, 28 Senior Dance

This potluck event, featuring

music and raffles, will be held 7-10 p.m. at the Hanford Veteran's Memorial Building/Senior Center, 401 N. Irwin St., Hanford. Tickets are \$10. For more information, call (559) 220-1935.

September 9-10 - 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. **Note new dates!** For more info, call (559) 733-5352.

Saturday, September 10 - 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 "All You Need to Know about Vaccinations." For more information, call (559) 624-2416.

September 14-18 - Tulare County Fair - "Jam Packed Fun"

The 2022 Tulare County Fair features new attractions, tribute bands, the popular Destruction Derby, fun fair food, livestock competitions, "The Central Valley's Makers Market" and more. For more information, visit www.tcfair.org or call (559) 686-4707. (See ad on page 5.)

Friday, September 16 - Senior Day in Burris Park

Kings County Commission on Aging will host this event from 9 a.m. to 2 p.m. in Burris Park, 6500 Clinton Way in Hanford. (See article on page 1.)

Friday, September 16 - 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, September 16 - "Wine, Cheese & Jazz"

The Creative Center Foundation will host this event at the Jon Ginsburg Gallery, 410 E. Race Ave. in Visalia. Tickets are \$50. For more information, call (559) 733-4400.

Monday, September 19 - 5th Annual Golf Tournament

The Creative Center Foundation will host this event at Ridge Creek Dinuba Golf Club, 3018 Ridge Creek Dr. in Dinuba. For more information, call (559) 733-4400.

Monday, September 19 - "Once Upon a Time... A Night at the Library"

This Tulare Library Foundation fundraiser, featuring a silent auction, vintage radio re-enactment, scavenger hunt, and live music by the Tulare Community Orchestra, will be held at the Tulare Public Library, 475 M St. in Tulare. Tickets for this 21+ event are a \$50 donation. For more information, call (559) 901-4591.

Tuesday, September 20 - 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.



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TUESDAY OCTOBER 18TH

5PM-8:30PM

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Community Cremation Scattering Day

At the Visalia Public Cemetery • Saturday, November 12, 2022 @ 9am




A brief service will be held prior to the scatterings.

Choose scattering at the Eagle or the Angel Statues.

Engraving is included.

Total cost \$350.

Call 734-6181 for reservations (by Monday, October 31) or for more information.

CALENDAR

September 22-25 - Raisin Days

The Dinuba Chamber of Commerce will host this event, featuring a parade and carnival, at Rose Ann Vuich Park, 855 E. El Monte Way in Dinuba. For more information, visit www.dinubachamber.com.

Friday, September 23 - Carnival Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost is \$5 for Visalia seniors, \$6.50 for others. For reservations or more info, call (559) 713-4481.

Friday, September 23 - Oktober Fest

Visalia Chamber of Commerce will host this event, featuring The Josh Day Band and Western Divide, at Vossler Farms, 26773 S. Mooney Blvd., Visalia, from 5:30-9:30 p.m. For reservations or more information, visit www.visaliachamber.org/oktoberfest.

September 24-25 - Visalia Home Expo

This event, which focuses on home remodeling and decorating, returns to the Visalia Convention Center. For more information, visit www.visalia-homeshows.com.

Friday, September 30 - The Purple Party

The fundraising event for Family Services, which celebrates survivors and efforts to address domestic violence in our community, will be held at Valley

Strong Ballpark in Visalia. For more information, call (559) 741-7310 or visit <https://fstc.net/purple>.

Friday, September 30 - Legends of Motown

Perico Productions will present this 8 p.m. tribute show at the Visalia Fox Theatre. Tickets are \$35 to \$55. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Saturday, October 1 - Walk to End Alzheimer's

This annual fundraising and educational walk starts at Mooney Grove Park in Visalia. (See article on page 1.)

Saturday, October 1 - "A Night of Dueling Pianos"

The Sierra View Foundation is hosting this 5:30 p.m. fundraiser at the Ramirez residence. For more information, call (559) 791-3922 or visit www.sierra-view.com/foundation/a-night-of-dueling-pianos.

Saturday, October 1-2 - 43rd Renaissance Faire

Return to the English Renaissance with Henry VIII and his court at the Hanford Civic Center Auditorium. The event features historical displays, period activities, handcrafted goods, and stage shows. Hours are 10 a.m. to 6 p.m. on Saturday, and 10 a.m. to 6 p.m. on Sunday. Free admission. For more information, call (559) 585-2525.

October 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28, 31 - Aerobics

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October 4, 11, 18, 25 - 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.

October 4, 6, 11, 13, 18, 20, 25, 27 - 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.

October 4, 6, 11, 13, 18, 20, 25, 27 - 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. For more information, call (559) 585-2525.

October 4, 11, 18, 25 - 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 is \$5. For more info, call (559) 713-4481.

October 5, 12, 19, 26 - 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.

October 5, 12, 19, 26 Senior Dance

This potluck event, featuring music and raffles, will be held 7-10 p.m. at the Hanford Veteran's Memorial Building/Senior Center, 401 N. Irwin St., Hanford. Tickets are \$10. For more information, call (559) 220-1935.

October 7-8 - 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.

October 7, 14, 21, 28 - Friday Night Dances

The Tulare Senior Community Center, 201 N. F St., Tulare, will host this weekly event from 6-9 p.m. \$10 entry fee. For more information, call (559) 685-2330.

Saturday, October 8 - Exeter Fall Festival

Exeter Chamber of Commerce will host this event, featuring live music, a car show, vendors, food, 5k run, 2-mile walk, horse-shoe tourney, from 7 a.m. to 4 p.m. at Exeter City Park. For more info, call (559) 592-2919.

Saturday, October 8 - Walk with a Doc

This informational walk and talk

(continued on page 16)

Kings County Commission on aging council

16TH OF SEPTEMBER
INDEPENDENCIA DE MEXICO

DATE: SEPTEMBER 16, 2022
TIME: 9:00 AM - 2:00 PM
WHERE: BURRIS PARK
6500 CLINTON AVE. HANFORD, CA

TO CELEBRATE AN IMPORTANT DAY FOR THE COMMUNITY, WE ARE HOSTING A **FREE SENIOR DAY AT THE PARK EVENT** FOR ALL FRIENDS AND FAMILY!

- **FREE FOOD:** LUNCH IS SERVED AT 12:00 PM
◦ SUGGESTED DONATION IS \$3.00
- **FUN GAMES**
- **MUSIC AND DANCING MARIACHI**
- **RAFFLES AND PRIZES**
◦ CAKE WALK!!
◦ CRAZY HAT CONTEST
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Thursday, October 13th 2022
10 a.m. - 1 p.m.

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QUAIL CORNER

The Need to Support Caregivers

Q&A with Kimberly Jensen

Question: *I have a dear friend who is the caregiver of her mother who has dementia. My friend is angry and frustrated all the time. How can I help her?*

People who are caregiving for a loved one with dementia go through great emotional and physical strain. It starts off very slight. At first their loved one just needs simple reminders to take medication or to shower, however, as the caregiver goes through greater dementia needs of their loved one, it becomes overwhelming. Family members are in a compromised situation when they take on the role of caregiving. Many caregivers already have physical issues themselves.

A caregiver will feel sadness, grief and emotional suffering as the needs of the person with dementia increase. Seeing the slow progressive loss of their mother, father or spouse is emotional and personal to the caregiver.

The caregiver struggles with having to perform a million different tasks, every day, for the one they are providing care to. They do this, and still try to balance their own life tasks, such as paying bills, going to their doctor appointments, cooking and shopping.

Though the caregiver is giving of his/her own time and is spread very thin, it is not always appreciated by the person they are caring for. The person with dementia will push back, act out and say hurtful things that they would not normally say. This is because of frustration, the feeling of helplessness and, let's face it, a brain that is no lon-

ger working as it should, due to the disease.

Caregivers often make promises in good faith, early on. They promised they would care for their loved one, and never place them in an assisted living community or nursing home. Promises they make are difficult to maintain, due to the level of care the person with dementia needs.

There does come a time when it might be necessary for the caregiver to relinquish their role to someone else, and step back into the role of a spouse or family member. This can cause a lot of guilt in the caregiver, and even though it is best for the person with dementia, the caregiver or ex-caregiver, still has guilt, for not being able to continue the care.

The caregiver goes through all the stages of loss. Grief, anger, depression, bargaining and finally acceptance. At first, when a loved one is diagnosed with dementia and they are exhibiting obvious signs of dementia, a caregiver might be in denial.

I hear phrases like, "Mom has always been anti-social," or "Dad has never liked taking showers." As their loved one starts going through even more decline, they will say things like, "Mom has dementia, but she is not that bad." Even though the caregiver is under incredible stress, they want their picture to look bright and rosy to the outside world.

Diseases effect the brain, just like any organ of the body. The difference with dementia, is that the brain is not an organ that can be fixed. Medications



can slow down the progression of dementia, but the decline will continue until they no longer recognize family, their role in their family, or even the world around them. Loss of shared memories effects the wellbeing of the caregiver and frequently leads to depression and feelings of deep loss.

Many caregivers lose their independence and ability to socialize like they use to. They might shy away from friends and family events for fear of what others might think or say about the one they are caring for. They might feel ashamed of inappropriate comments or actions that the person with dementia might say or do. Dementia can cause inhibition with action and words, leaving many speechless and looking at the caregiver for direction as what to do next. This embarrassment causes isolation for the caregiver.

You can help your friend by being a good listener. Even if she yells, screams or cries, just being there for her will bring her comfort. Let her know that it is normal for her to feel frustrated and upset. Build her trust by being a good listener.

Do not personalize what she says to you. You are not in her shoes, and you have not gone through what she is going through now. I have heard caregivers say, "She is not the same mother I knew," or "She hates me."

Caregivers go through the grief process, and it is not easy for her to be on her own. Make sure not to judge what she says,

just listen. Education about dementia and the different types of dementia is important. If the caregiver knows what behaviors each type of dementia exhibits, and how to deal with them, they will not be so overwhelmed when they happen.

Offer to go shopping for her or help her clean her home so she can take a break. Many times, caregivers will feel inadequate if they accept your offer. Remind her that you care greatly for her and that you understand that she could use a pair of extra hands. Tell her you would like to do your part to take off some of her burdens. At some point, she will no longer have her caregiver role. You will play a big role in getting her settled back into a life without caregiving.

Encourage her to go to Caregiver Support Groups. There is one being held, once a month, at Quail Park on Cypress, 4520 W. Cypress Ave. in Visalia. It is always on the third Tuesday of the month from 10:30 a.m to 12 p.m. There is another Caregiver Support Group on the third Friday of the month, at the Remington, 2727 N. 11th St., Hanford from 10:30 a.m to 12 p.m.

Perhaps you or another friend, can watch her mother, while she attends. She will learn different ways to be able to handle the difficult behaviors that come with dementia. Best of all, she will realize that she is not alone. There are hundreds of caregivers in our area going through the same thing she is. We all need to be there to support the caregivers in any way we can.

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.

**The deadline for the
November/December
issue is
Monday, October 17, 2022**

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A groundbreaking ceremony was held on August 25th for the Neighborhood Village, a community in Goshen that will have 49 residences for the homeless. The community will feature a coffee shop and marketplace, chapel, memorial garden, picnic area, community library, social hall, organic garden and parks, and provide job opportunities and mental and physical health services to its residents. Many of its residents are expected to be seniors. Included in the above photo are: (center) Adrienne Hillman, founder and CEO of Salt + Light Works, the organization behind the Neighborhood Village; (far right) Tom Collishaw, president/CEO of Self-Help Enterprises; (far left) Hector Leyva, California Housing and Community Development Department; and Tulare County Supervisors Dennis Townsend, Eddie Valero, Amy Shuklian and Larry Micari.

Visalia Gleaning Seniors Plan to Expand Services into Goshen

The Visalia Gleaning Seniors are looking to expand into the Goshen area.

The Gleaners supply bread, sweets, fruits, vegetables and other food items to low-income seniors. They currently deliver food three-to-four times a week to more than 500 people (250 households) in Visalia, Exeter and Ivanhoe.

The Visalia Gleaning Seniors is a nonprofit 501c(3) organization formed in Visalia in 1976. The group is run entirely by volunteers. There is no paid staff.

They have a small budget, but with the dues they collect, the proceeds from their yard sales, and the yearly sponsorships, they are able to take care of their operating expenses.

A sponsorship to the Visalia Gleaning Seniors is \$100 a year, which includes providing a membership for a senior not able to pay the \$60 yearly membership fee.

The organization is seeking a drop point manager for the Goshen area. Anyone interested in volunteering should contact the Gleaners at (559) 733-5352.

The Gleaners extend an invitation to the community to attend the Gleaner Yard Sale on September 9 and 10, which features a Saturday lunch for \$5, and an afternoon of door prizes and raffles.

For information on becoming member or a sponsor, call the Gleaners' office at (559) 733-5352.



Bank of America awarded Adventist Health in the Central Valley a \$10,000 grant in support of the COPE Health Scholar Program, which provides aspiring health care professionals an immersive educational experience in direct patient care within a clinical setting.



Kelly Ripa hosts "Generation Gap," the new Thursday night comedy quiz game show on ABC from producers Jimmy Kimmel and Mark Burnett. "Generation Gap" pairs teams of seniors and juniors, challenging them to answer questions about pop culture from each other's generations. Ripa's "Live With Kelly and Ryan" co-star Ryan Seacrest joins her onstage in the above photo.

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First West Nile Virus Case Detected in Kings County

The first human case of West Nile Virus (WNV) of the year has been detected in Kings County. The Kings County Department of Public Health (KCDPH) reported the case to the California Department of Public Health on July 14 and it is the first case reported this season in the state.

"West Nile Virus can have severe consequences for the elderly or others, including those that have pre-existing health conditions" said Rose Mary Rahn, director of the KCDPH. "It is important that anyone experiencing related symptoms seek medical attention and that residents take all precautions including wearing insect repellent and eliminating sources of standing water."

Most people who are infected with WNV have no symptoms or only mild non-specific flu-like illness. However, in some indi-

viduals, especially the elderly, the disease can cause severe neurologic illness. Symptoms of severe disease include fever, headache, stiff neck, rash, joint pain, disorientation and altered level of consciousness.

Residents can contact the Kings Mosquito Abatement District if they have a mosquito problem, report a neglected swimming pool (green pool), or if they need assistance in eliminating mosquito breeding sources. The district will also provide mosquito fish for swimming pools, back yard ponds, and horse troughs free of charge.

To contact the district, call (559) 584-3326. Residents may also request services at www.kingsmosquito.net.

Additional information regarding West Nile virus may be found at: <https://westnile.ca.gov>.



St. Louis Encephalitis Cases Reported in Tulare County

Tulare County Public Health has reported two cases of St. Louis Encephalitis (SLEV) in the county. An additional five cases are currently under investigation and may result in either illness due to SLEV or West Nile Virus.

Public health officials urge residents to take precautions against mosquito bites, as mosquito samples positive for West Nile Virus have been detected in multiple locations within the county.

In addition, this case indicates that SLEV is also present, posing a risk to the public. The two viruses are very similar and are transmitted by the same types of mosquitoes.

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

According to the Centers for Disease Control and Prevention, the West Nile Virus is transmitted to humans by mosquitoes, and there is no vaccine or medication to treat the virus. Most people infected with West Nile will have no symptoms; however, about one in five people will develop a fever with other symptoms from two to 14 days after being infected.

Most people infected

with SLEV will have few to no symptoms. The most common symptoms are mild, flu-like symptoms, including fever and headache, from five to 15 days after being infected.

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

Residents are urged to increase their awareness of potential breeding grounds around their properties. Be on the lookout for homes that are unoccupied, since they may have swimming pools or backyard ponds that are breeding grounds for mosquitoes.

It is recommended that residents take the following precautions to avoid being bitten:

- Use EPA-registered insect repellent such as DEET. Always follow label instructions carefully.

- Dress in long sleeves and pants during dawn and dusk or in areas where mosquitoes are active.

- Drain standing water that may produce mosquitoes.

- Repair or replace door and window screens that have tears or holes.

Local Abatement Districts

Contact your local mosquito abatement district if you see areas of standing water that may be a breeding area for mosquitoes.

Tulare County has three mosquito abatement districts providing abatement services to residents:

Delta Vector Control (Mosquito Abatement District) covers the northern portion of Tulare County. Call the Visalia Office at (559) 732-8606 or visit online at: <http://www.deltavcd.com>.

Tulare Mosquito Abatement District covers the western portion of Tulare County. Call the Tulare Office at (559) 686-6628 or visit online at: www.tulare-mosquito.com.

Delano Mosquito Abatement District covers the southern portion of Tulare County. Call the Delano Office at (661) 725-3114 or visit online at: <https://delanomosquito.com>.

For more information, visit the California West Nile website at <http://westnile.ca.gov>.

988 Suicide Hotline...

(continued from page 7)

The Biden-Harris Administration increased federal investments in the 988 Suicide & Crisis Lifeline from \$24 million to \$432 million to scale up crisis centers and back-up center capacity, and to provide special services, including a network for Spanish language speakers.

The \$432 million included \$105 million in grant funding to states and territories, provided by the American Rescue Plan, to improve response rates, increase capacity to meet future demand, and ensure calls initiated in their states or territories are first routed to local, regional, or state crisis call centers. Prior to this investment, the lifeline, which has existed since 2005, had been long unfunded and under-resourced.

The 988 Suicide & Crisis Lifeline is a network of more

than 200 state and local call centers supported by HHS through the Substance Abuse and Mental Health Services Administration.

On July 16, 2020, the FCC adopted rules designating 988 for this purpose. Recognizing the need to better support at-risk communities in crisis, including individuals with disabilities, the FCC adopted additional rules in November 2021 to expand access to this service by establishing the ability to also text 988.

VA administers the Veterans Crisis Line through the lifeline's national network. Because of VA's partnership with the lifeline, the Veterans Crisis Line is affected by this transition to a new number. Veterans and their loved ones can now dial 988, then press 1, to reach the Veterans Crisis Line.

Caregiver Dementia Support Groups

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

Call for More Information

559-624-3511



Quail Park on Cypress, 4520 W. Cypress Ave., Visalia



Three scenes from "Broken Wings," a documentary on PBS that focuses on the relationship between Jayne Lakhani and Adonis.

'Broken Wings' Spotlights an Unusual Friendship

By Steve Pastis

Jayne Lakhani is a 66-year-old waitress at The Pancake Shop in Hot Springs, Arkansas.

Adonis is a vulture.

Lakhani was injured in a car accident. Adonis suffered an unknown injury that affected his ability to fly.

Their 12-year relationship is the subject of the documentary "Broken Wings," which was featured on PBS as part of its Reel South series.

The 56-minute documentary can be seen at www.pbs.org/video/broken-wings-dfvjhe.

The Documentary

Filmmaker Jonathan Sutak was in Hot Springs to attend a recent film festival that included his entry, "Dons of Disco." He happened to visit The Pancake Shop, where he learned about Adonis. Sutak decided that the vulture and Lakhani should be the subjects of a documentary - one that was "more than just a little short (film)."

"I was inspired to make the film when I met Jayne," he said. "Jayne was my waitress and we struck up a relationship, a rapport. She introduced me to the vulture."

"As a filmmaker, I look for stories that will connect with an audience and connect with me," he continued. "I was surprised by the depth of the story."

The Beginning of a Beautiful Friendship

Lakhani used to work as a waitress at Luna Bella Restaurant in Hot Springs where patrons would often report seeing a vulture walking around in the nearby woods

"People said he's been there for a couple years," she said, adding that she went to meet

him and soon he was joining the stray cats she fed at mealtimes.

Lakhani estimates that she currently spends five to ten minutes of a day with Adonis, "depending on whether the cab is waiting for me." She also estimates that over the past 12 years, "I've spent over \$48,000 on that bird. I take Uber or a cab to the store and it costs \$28 just to do that."

And sometimes she has to feed more vultures than just Adonis.

"He got lucky a few years ago, but she ditched him when she found out he couldn't fly," said Lakhani, adding that Adonis takes care of their offspring. "He sat on those eggs."

She added that even though vultures mate for life, Adonis "doesn't like that female."

For awhile, Lakhani took care of Einstein, one of Adonis' offspring, feeding him all night long.

"We took him to a wildlife sanctuary and I painted his toenails blue," she said, explaining it was to identify him because "vultures look identical."

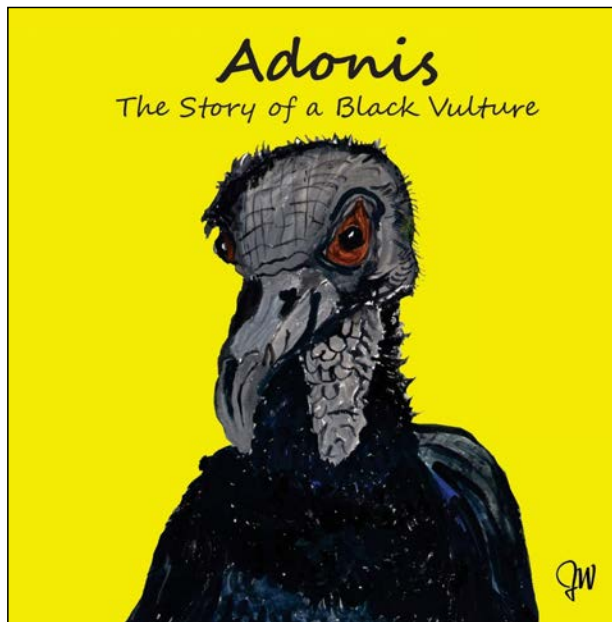
Unfortunately, she added that somebody set out a trap and he lost three toes.

Occasionally, Lakhani will have to feed Adonis' parents.

"His parents found out how good the food was," she said.

Adonis was recently interviewed over the phone by a woman known as a "bird whisperer."

"He stopped eating when she interviewed him and jumped in my lap," said Lakhani.



Jayne Lakhani did the artwork for this book about Adonis.

"She told me, 'That bird really loves you.'"

Ann, Beer, the Racetrack and the IRS

Lakhani also takes care of an older woman named Ann, "who has been on my couch forever."

"I met her at a bus stop in 2007 when she had no place to go," said Lakhani. "The people who she lived with moved. She's from the U.K. and Australia. She's lived all over the world. She even lived in Africa."

Things aren't always good between them.

"I drink beer and she doesn't like that fact," said Lakhani. "She's not neat and her room is full of clutter."

In addition to beer, Lakhani enjoys going to the local racetrack four days a week. She says that she does better at simulcast (broadcasted) races than at the track because, "If you yell for the wrong horse (at the track), people get mad - and they are customers who come in and eat."

During our phone conversation, Lakhani was very open about everything, including

her problems with the IRS.

"I made too much and don't take out enough money," she said. "I just got behind."

"I can't use Ann as a dependent because she's not related to me, and I can't use Adonis because he's a protected bird and they think he should be euthanized. A woman came up a couple years ago who tried to catch him, but I know the federal judge here. (The judge) said he's not bothering anybody and he's happy."

Volunteering at a Senior Home

Lakhani was a volunteer at a local senior home for about three years. One day, she decided to have the residents with dementia write and draw something in their life that had changed as a result of their illness. The goal was to enlighten kids, according to Lakhani.

"Kids don't understand some things that go on with their grandparents," she said.

One drew having to give up car keys, another was affected by losing a pet, another drew diapers.

"One lady drew her dining room table with a place set for her husband," said Lakhani.

Lakhani has several ideas for books, but explains that "I've got to be in a certain mood." Her book ideas include a coloring book for The Pancake Shop, and a book about funny things that happen in trailer parks.

A book she did with author Wendy Jones, *Adonis: The Story of a Black Vulture*, was published in 2016 and still available on Amazon. Her part of the book, which was mainly creating the artwork, took her two days.

"I gave her 30 pictures and she chose which ones to use,"



Jayne Lakhani enjoys a beer on the way to the track.



Jayne Lakhani and Adonis take a stroll.

MORE CALENDAR

(continued from page 11)

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 "Arthritis." For more information, call (559) 624-2416.

Saturday, October 8 - Delta Mosquito and Vector Control District's 100th Anniversary Celebration

This event, featuring special guests, food, music and giveaways, will be held at 1737 W. Houston Ave., Visalia, from 10 a.m. to 2 p.m. (See ad below.) For more information, visit DeltaMVCD.org.

Sunday, October 9 - Nitty Gritty Dirt Band

The Visalia Fox Theatre will present this 7 p.m. concert. Tickets start at \$43. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Thursday, October 13 - Visalia Senior Center Fall Open House

Visalia Parks & Recreation will host this event at the Visalia Senior Center from 10 a.m. to 3 p.m. For more information, call (559) 713-4381. (See article on page 1.)

Saturday, October 15 - Visalia Taste the Arts

The annual free arts festival featuring arts, crafts, books and music by local artists, writers and musicians will be held along Garden Street in downtown Visalia from 10 a.m. to 5 p.m. For more information, visit www.ArtsConsortium.org

Saturday, October 15 - 40th Springville Apple Fest

The annual event featuring food and craft vendors, costume contest and local art raffle, will be held along Highway 190 in Springville from 9 a.m. to 5 p.m. For more information, visit https://springvilleapplefestival.com.

Tuesday, October 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.

Tuesday, October 18 - 28th Annual Taste of Downtown Visalia

This annual event features food from over 30 of Visalia's most popular restaurants, wine and beer tasting, and live music. For more information, visit www.downtownvisalia.com or call (559) 732-7737. (See ad on page 10.)

Friday, October 21 - 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.

Saturday, October 22 - Dia De Los Muertos

Green Rose Productions will host this event at the Visalia Public Cemetery from 12-5 p.m. For more information, call (559) 734-6181.

Saturday, October 22 - 13th Annual Dinner: "Everyone Has a Story"

Hands in the Community is sponsoring this event, featuring a silent auction, featured musicians and more, at the Visalia Convention Center. For more info, call (559) 625-3822 ext. 100, or visit www.hconline.org.

Saturday, October 29 - Dia De Los Muertos

Tulare County League of Mexican American Women will host this event at the Visalia Public Cemetery from 11 a.m. to 4 p.m. For more information, call (559) 734-6181.

Monday, October 31 - Senior Center Halloween Costume Party

This event, featuring a lunch

and costume contest, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost is \$6 for Visalia seniors, \$7.50 for others. For reservations or more info, call (559) 713-4481.

Thursday, November 3 - "Show and Tell"

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

November 4-5 - 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, November 12 - Fourth Annual Community Cremation Scattering Day

The Visalia Public Cemetery hosts this 9 a.m. event to assist families in transitioning from personal possession of urns to a permanent placement of their loved ones at the cemetery. (See ad on page 10.) For more info, call (559) 734-6181.

A More Complete Calendar is at
www.TheGoodLifeSV.com

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100th Anniversary Celebration

Saturday October 8, 2022
10am - 2pm
1737 W Houston Ave
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food, music, and
giveaways
For more details, visit
DeltaMVCD.org

Join us on Saturday, October 8, 2022 for an Open House in celebration of the District's 100th Anniversary. All are welcome to attend this momental milestone to explore the District's headquarters, laboratory, fish hatchery, equipment, and enjoy food, music, and giveaways.





The SafeGait 360° Balance and Mobility Trainer helps people walk again.

Kaweah Health Uses New Piece of Technology in Stroke Rehabilitation

Kaweah Health is the first in California using a new piece of technology, the SafeGait 360° Balance and Mobility Trainer to help people who are learning to walk again after suffering a stroke or injury. The integrated health system serving Central California has also debuted a 100-foot track for its patients – the longest track in the nation.

“It is providing hope in motion and allowing us to take our therapy, specifically our stroke rehab as we are a stroke specialty center, to the next level,” said Tara Norman, Kaweah Health therapy supervisor.

The SafeGait 360° Balance and Mobility Trainer is a ceiling-mounted dynamic body-weight support and fall pro-

tection system. It promotes a safe, efficient therapy session to individuals with a variety of impairments as they practice walking, improve strength and overcome balance concerns.

The purchase, made possible through the Kaweah Health Hospital Foundation’s community fundraising efforts, is now in use at Kaweah Health’s Rehabilitation Hospital.

There, physical therapists are using the track-and-harness system to increase patient confidence and reduce fears of falling as they learn to stand or walk again after a stroke, a spinal cord injury, multiple sclerosis, amputation, and other neurological or neurodegenerative diagnoses.

Victim Blaming in Financial Fraud

A new report from the AARP Fraud Watch Network and FINRA Investor Education Foundation says shifting how our society talks about victims of financial fraud could lead to a much-needed change in how our country responds to this growing crime.

“As a society, we tend to use words that blame fraud victims for the crime they experienced,” said Kathy Stokes, AARP director of fraud prevention programs. “Scam victims also blame themselves, and this combination serves to diminish the perception that these are crimes and that victims deserve justice.”

According to *Blame and Shame in the Context of Financial Fraud*, words such as “swindled” and “bilked” put the focus on the fraud victims, even unintentionally. Rather than saying a victim was “duped” or “fell for it” – as if the victim were to blame – the focus should be on the criminal and the crime. Saying a perpetrator stole a person’s life savings has a much different connotation than saying a person was duped for \$250,000.

“Decreasing victim shame can help give victims the confidence to report these crimes, and also help restore their faith in the ability of the system to help them,” said Gerri Walsh,

president of the FINRA Investor Education Foundation. “Increased reporting of these crimes would strengthen public awareness and understanding, and may help prioritize supportive action across financial services, legal, criminal justice and government institutions.”

The report also details drivers of victim blaming: the faceless nature of the crime; a lack of standards and accepted lexicon for discussing financial fraud, including in state and federal legal codes; a lack of resources for fraud prevention and victim services organizations; and a lack of coordination among federal and state agencies (including law enforcement and criminal justice components), financial institutions and other stakeholders.

The AARP Fraud Watch Network is a free resource for all that equips consumers with up-to-date knowledge to spot and avoid scams, and connects those targeted by scams with fraud helpline specialists who provide support and guidance on what to do next. The Fraud Watch Network also advocates at the federal, state and local levels to enact policy changes that protect consumers and enforce laws.

To access the AARP Fraud Watch Network, visit www.aarp.org/fraud.

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Master Gardeners' Tips for September and October

By Peyton Ellas
UCCE Master Gardener

Perhaps you have noticed the days are getting shorter? A sure sign that summer is winding down and fall is around the corner. I think of the garden year not from January to December, but from autumn to autumn, since so much of our garden creation and re-creation happens in the fall. The first half of September is preparation, and the second half is when the action really begins.

Planting

The vegetable garden transitions from warm to cool season, so there will be some of each in the beds this month. My tomatoes must stay in longer because they are setting better fruit now than they did in summer. But I'm cleaning out the rest of my old tired, buggy squash and melon plants and will let the beds rest a few weeks, before planting seedlings of broccoli, cabbage and cauliflower.

You can also plant seeds of carrot, lettuce, parsley, green onions, peas, radish, chard and other greens, turnips, seed potatoes and flowers like calendula, alyssum, snapdragon and poppies. You can also start planting trees and perennials or wait another month.

In our area, October is the best month for planting. As always, try to plant in the cool mornings and avoid planting if high temperatures are forecast. This is a great time to plant your ornamental perennials for next spring and summer. The warm fall days will give them time to get established, while winter will get their roots developed for a long, hot summer. Think of drought-tolerant plants such as salvias, butterfly bush, ceanothus, daylily, coreopsis or sunflower.

Maintaining

Pay attention to anything you plant this month. In the vegetable garden, aphids and white fly may still be active, and earwigs will be emerging from summer siesta. Continue with ant baits in edible and ornamental beds. Trees and perennials you plant will need to be monitored closely if the weather remains hot all month.

September is also cleanup month in the ornamental beds.

Trim and prune shrubs, evergreen trees and flowers. Trim and divide bulbs, corms and tubers and replant by Thanksgiving. Dispose of any remaining fruit and nuts on trees or on the ground. Aerate cool season lawns. Keep plants free of dust to discourage spider mites. Apply ¼ cup each of Epsom salts and Ironite to each of



Sunflower

your rose bushes around the base, and top off with compost.

You can apply pre-emergent herbicide for cool-season weeds starting this month or wait and hope for rain to water it in for you. Watch for blue grass, brome and other non-native weedy grasses to emerge and use a hoe or hand pull to reduce their numbers.

off tropical non-native milkweeds, or better yet, replace with a species that is native to your area.

Consider replacing a few more high-water-use ornamental plants with those that thrive on less water. Consider creating a seasonal garden, including some plants that are dormant in summer.

Is that a new idea to you? Growing to understand and work with our particular climate is part of our role as gardeners of a true California garden. It's a lot easier than fighting against weather, lack of water and wildlife.

Have a great September!

Questions?

The Tulare-Kings County Master Gardeners will be available to answer your questions:

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

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

Hanford Farmer's Market - fourth Thurs., Sept., 5-8 p.m., 7th St. and Irwin in downtown Hanford.

Visalia Farmer's Market - Saturdays, 8-11 a.m., 2100 W. Caldwell Ave. (behind Sears Building)

Or Call Us

Master Gardeners in Tulare County: (559) 684-3325, Tues. & Thurs., 9:30-11:30 a.m.

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

Visit us on Facebook at: <https://www.facebook.com/mgtularekings14/>.

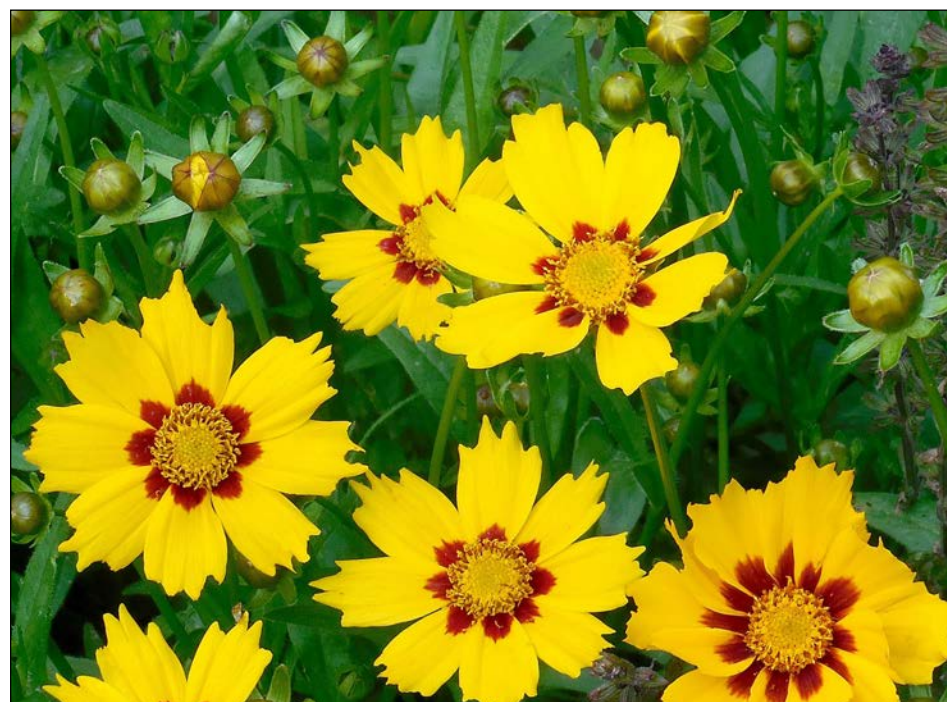


Buddleja

In addition to the roses, compost can be top-dressed in all beds, and go ahead and add mulch beginning this month. Check soil moisture with a monitor or your finger to adjust watering as the weather changes. Heat waves may occur, so be ready to pre-irrigate as needed to keep plants stress-free.

Conserving

While you're trimming and slashing your way through the garden, keep an eye out for wildlife you want to conserve. Lizards, spiders, toads and moths are still active and all of them have a place in the well-managed garden. Keep the birdbaths full. Trim flowers



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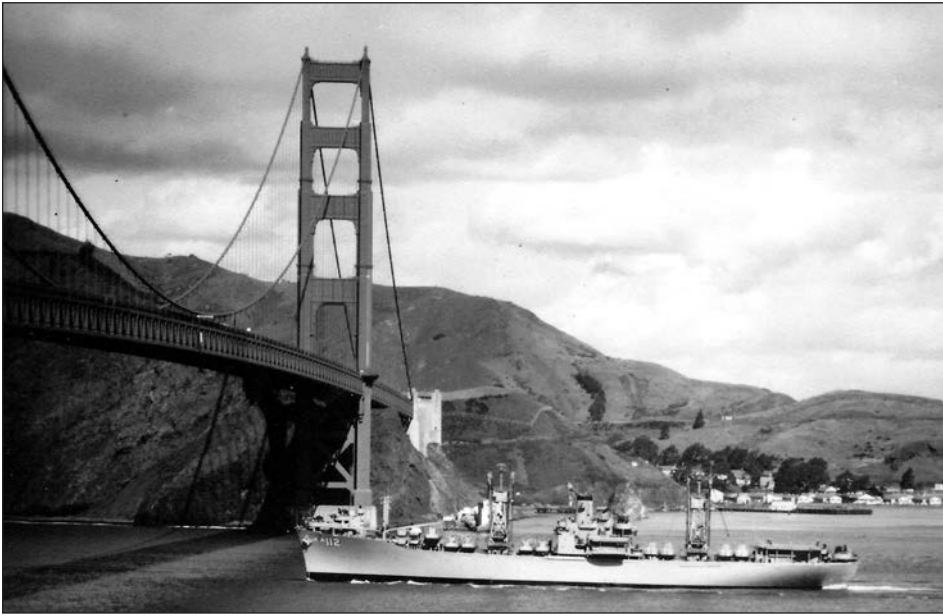
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Director of Business Development

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The Ship Named 'Tulare'



USS Tulare approaches the Golden Gate Bridge in San Francisco Bay. (Circa 1960)

Tulare County is known for many things. For one, it's home to the world's largest tree, a giant sequoia named the General Sherman. For another, the county has some of the most productive farmland in the world, always ranked among the top counties for agricultural production. For most residents these boastful claims-to-fame are well-known, but there is another notable achievement often forgotten. The county had a combat ship named in its honor called the USS Tulare – one that served with distinction in the U.S. Navy for a quarter of a century.

The ship, originally named the Evergreen Mariner, was built in 1953 for the U.S. Maritime Administration. But before they took possession, the U.S. Navy acquired it, claiming it was needed for a special assignment. They got it and in 1954, the new craft was converted to what the Navy called an attack cargo ship, and named it the USS Tulare. It was commissioned officially on January 12, 1956, becoming part of the U.S. fleet.

The occasion was a proud moment for Tulare County, and on hand for the event were County Supervisor Ray Longley and Harold Schutt of the Tulare County Historical Society. Representing Visalia were Mayor John Copley, City Manager E. A. Dunn and several chamber members. The keynote speaker was Rear Admiral John R. Rodman who praised the ship, saying the USS Tulare was not just any other ship, but was the largest, fastest attack cargo ship in the U.S. fleet. It had the first helicopter platform ever installed on a cargo ship.

U.S. Navy Captain Donald W. Todd was the first commanding officer. After a "shakedown" cruise to Pearl Harbor, her maiden voyage was to the Far East with stops in Sydney, Australia; Yokohama, Japan; Hong Kong; and Singapore, where thousands of visitors were treated to tours.

Called a prototype ship,

the USS Tulare was the leading edge of the U.S. plan to develop a "highly versatile fast moving amphibious striking force." It wasn't the largest ship in the U.S. Navy, coming in at only 564' long, but when commissioned it was the "most powerful of any ship of her type in the Navy." It could hold 27 landing craft, and on deck it had several large and small booms. The big ones could handle large landing craft and heavy tanks.

The county was obviously flattered to have a ship named in its honor, so in 1958, a delegation from Tulare County, led by Supervisor Longley, presented Captain J.B. Rutter, the ship's commander, with a bronze plaque reading, "To the officers and crew, USS Tulare, wishing them smooth sailing, Godspeed and safe return from their voyages on the seven seas."

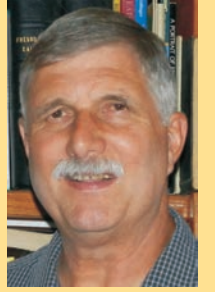
The plaque was placed in the mess hall of the ship where it hung for many years. The Tulare County delegation was entertained aboard the ship and invited to occupy officer's quarters for their 24-hour stay. A special treat was a private showing of some of the ship's special equipment by Machinist's Mate Third Class Deon K. Shelton, a sailor from Exeter and the only Tulare County sailor on board.

Over the years, the USS Tulare was deployed throughout



This plaque hung in the mess hall of the USS Tulare for many years. It is now on display in the Tulare County Museum at Mooney Grove Park.

Dusting Off History
with Terry Ommen



Machinist's Mate Third Class Deon K. Shelton from Exeter onboard the USS Tulare in about 1958.

the world including the waters off Vietnam. Raleigh Angst, a Visalia resident and a lieutenant who served on board for seven months in 1966, recalled that one of his scariest experiences while on the ship involved a mortar attack when it was docked at Cam Ranh Bay. It was a close call with the round landing just a couple of hundred feet from the ship.

By 1975, the ship was becoming difficult to operate. The technology was old, parts were hard to get, and there were few Navy personnel who could operate it. So the Navy reassigned

it to the Naval Reserves as a training ship.

On February 15, 1980, the Tulare was decommissioned at a ceremony at the Naval Air Station in Alameda, California. It had served as a commissioned ship for 24 years. Over its life, it successfully completed 15 deployments to the Western Pacific, carried in excess of 5,500 Army and Marine troops, loaded and unloaded 480,000 tons of cargo, and over 2,000 crew members had been assigned to it.

The mothballed ship was moored at Suisun Bay in a northern California for more than three decades. But it had one more voyage left. In early 2012, it began the month-long trip as it was towed down the Pacific Coast, through the Panama Canal, and into the shipyard at Brownsville, Texas. There it was cut up and pulled apart in a six-month salvage operation. Today, the steel from the ship that was the USS Tulare serves as girders and beams in other building projects.

But not everything from the ship was melted down and re-used. The bronze plaque that Tulare County presented to the Navy was saved and is now on display at the Tulare County Museum at Mooney Grove Park, along with other mementos of the USS Tulare.

They fought for us, now let's **fight for them**



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