



IN THIS ISSUE: 'Ball and Vase,' Centenarians Honored, Gray-Haired Newscaster Fired, Tulips, Lecanemab Passes Tests

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume IX, Number 4 • November/December 2022



Team Davila was one of the teams participating in the walk, raising \$798.

Local Alzheimer's Walk Raises \$25,000 to Fight the Disease

About 150 area residents participated in this year's Tulare & Kings Walk to End Alzheimer's at Mooney Grove Park in Visalia on October 1st. Approximately \$25,000 was raised to fight the disease.

"I think it went very well," said Sherrie Wallace, event chair. "The event was smaller than previous years but there was a sense of unity this year."

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

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

Wallace believes that last year's numbers were influenced by the fact that the pandemic was not as much a factor as it had been the year before. Last year, people were excited about getting back out in public again.

This year, inflation and gas prices were a factor, according to Wallace, "especially since we cover two counties. I think that prevents participation."

There were participants from Kings County, however, (continued on page 4)

Medicare Premiums and Deductibles to Decrease

On September 27, the Centers for Medicare & Medicaid Services (CMS) released the 2023 premiums, deductibles and coinsurance amounts for the Medicare Part A and Part B programs, and the 2023 Medicare Part D income-related monthly adjustment amounts.

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year, the Medicare Part B premium, deductible and coinsurance rates are determined according to the Social Security Act. The standard monthly

premium for Medicare Part B enrollees will be \$164.90 for 2023, a decrease of \$5.20 from \$170.10 in 2022. The annual deductible for all Medicare Part B beneficiaries is \$226 in 2023, a decrease of \$7 from the annual deductible of \$233 in 2022.

The 2022 premium included a contingency margin to cover projected Part B spending for a new drug, Aduhelm. Lower-than-projected spending on both Aduhelm and other Part B items and services resulted in much larger reserves in the Part B account of the Supplementary Medical Insurance (SMI) Trust Fund, which can be used to limit future Part B premium increases.

(continued on page 7)

Social Security Benefits to Increase by 8.7% in 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7% in 2023, the Social Security Administration announced on September 13. On average, Social Security benefits will increase by more than \$140 per month starting in January.

The 8.7% cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits.)

The Social Security Act ties

the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

(continued on page 13)



The reopening celebration at Corcoran Senior Center on October 14 featured a performance by "Elvis."



"Elvis" took time to pose with fans at the Corcoran Senior Center reopening before he left the building.

KCCOA Reopens Two Kings County Senior Centers

The Kings County Commission on Aging (KCCOA) celebrated the official reopening of the Corcoran Senior Center on October 14. The event featured food, bingo, karaoke and a performance by "Elvis."

The center is located at 800 Dairy Ave. in Corcoran.

On October 21, KCCOA held a similar event at the Avenal Senior Center, 108 W. Kings St. in Avenal.

The next center reopening on the schedule is the Hanford Senior Center, but no date was selected at press time.

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

Join Humana for a Medicare Enrollment Event

Learn All about Humana Medicare Advantage Plans

Come to a Medicare enrollment event in Tulare County and learn about Humana's health plans.

- Medicare Advantage Prescription Drug (MAPD)
- Medicare Advantage (MA)
- Medicare Part D – Stand-Alone Prescription Drug Coverage (PDP)

Enrollment Assistance, to Make It Easy

A local, licensed independent agent will be there to help you choose the right plan for your needs. There's no obligation, but if you decide to enroll, a licensed independent sales agent will be happy to help you.

It starts with your RSVP. Bring a friend.

Please Join Us to Learn about 2023 Humana Medicare Plans

Lifestyles Wellness Center
5105 W. Cypress Ave., Visalia
NOV. 7, 14, 28 & DEC. 5 at 3 pm;
NOV 2, 10, 16 & DEC 1 at 6 pm

Humana Member Resource Center
3328 Mooney Blvd., Visalia
NOV 8 & DEC 6 at 10 am



Sylvia Soria

CA License #0E80470

559-805-2497 (TTY: 711)

Monday-Saturday 8 am - 7 pm

ssoria1@att.net

En español? Llame al

559-805-2497 (TTY: 711)

Call to RSVP for a Meeting with a Licensed Independent Agent.



Exceptional Senior Living



At Park Visalia, our purpose is empowering residents to live life vibrantly. Revisit old hobbies, find creative pursuits and discover new passions in a family environment.

- Supportive Assisted Living services
- Personalized Memory Care
- Spacious private residences
- Fun calendar with socials, art & exercise classes
- Pet-friendly

Call Us Today About Our Move-In Specials



ASSISTED LIVING • MEMORY CARE

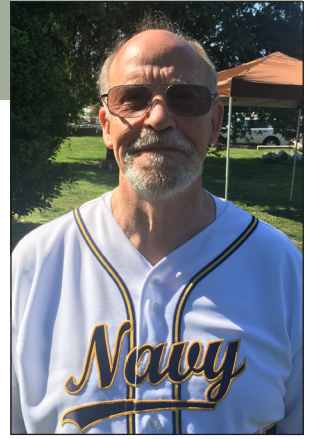
A Carefield Living Community

Call us today to take a tour. 559-409-7163

3939 West Walnut Ave
Visalia, CA 93277

ParkVisalia.com

VETERANS CORNER The PACT Act



Ken Cruickshank

This column is the first to cover the PACT Act; I will have at least one follow-up column covering another area of the changes.

The full name of the law is "The Sergeant First Class (SFC) Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act." I will cover the changes that Vietnam Veterans will see under the Act in this column. The new law expands Veterans Administration (VA) health care and benefits for veterans exposed to Agent Orange.

First, an overview of what changes the PACT Act will bring:

- Expands and extends eligibility for VA health care for veterans with toxic exposures and veterans of the Vietnam War, Gulf War and post-9/11 eras;
- Adds more than 20 new presumptive conditions for burn pits and other toxic exposures;
- Adds more presumptive exposure locations for Agent Orange and radiation;
- Requires VA to provide a toxic exposure screening to every veteran enrolled in VA health care; and
- Helps the VA improve research, staff education and treatment related to toxic exposures.

What does it mean to have a presumptive condition for toxic exposure?

To get a VA disability rating, your disability must connect to your military service. For many health conditions, you need to prove that your service caused your condition. But for some conditions, the VA will automatically assume (or "presume") that your service caused your condition. These are called "presumptive conditions."

The VA considers a condition presumptive when it's established by law or regulation. If you have a presumptive condition, you don't need to prove that your service caused the condition. You only need to meet the service requirements for the presumption. Many disabilities were already on the list of presumptive Agent Orange, and under the PACT Act, the VA has now added monoclonal gammopathy of undetermined significance (MGUS) and high blood pressure (hypertension).

Another significant change to come about is the addition of five new locations to the presumptive listing:

- Any U.S. or Royal Thai military base in Thailand from January 9, 1962, through June 30, 1976;
- Laos from December 1, 1965, through September 30, 1969;
- Cambodia at Mimot, Krek, Kampong Cham Province, from April 16, 1969, through April 30, 1969;
- Guam or America Samoa, or in the territorial waters off Guam or America Samoa from January 9, 1962, through July 30, 1980; and
- Johnston Atoll or on a ship that called at Johnston Atoll from January 1, 1972, through September 30, 1977.

If you believe you now qualify for benefits, please contact our office so that we may assist you in filing your claim for benefits.

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



News, Health & Leisure for South Valley Adults 50+ • Volume IX, Number 4 • November/December 2022

Publisher/Webmaster - Larry Kast
Managing Editor/Art Director - Steve Pastis

For advertising information, call:
Steve at (559) 280-9774, or Larry at (559) 732-5030

The Good Life is published by Kast & Company Communications. Articles and information not written by Kast & Company Communications are assumed to be accurate as provided. This publication does not provide professional, medical, legal or accounting advice, and always recommends seeking counsel from an appropriate professional.

Kast & Company Communications
P.O. Box 7173, Visalia, CA 93290
(559) 732-5030



Tulare County Supervisors Honor Centenarians

Turning 100 years of age is a major milestone and Tulare County Board of Supervisors recognized county seniors who have reached this milestone at its October 4 board meeting. Supervisors presented 21 proclamations to centenarians living throughout the county.

"Centenarians are gems within our community with years of experience and wisdom who have lived through ten decades of life and are examples of tenacity and perseverance - an inspiration to us all," said Tulare County Adult Services Division Manager Dayna Wild, who helped coordinate the event.

The honored centenarians



Tulare County Board of Supervisors members are pictured with Tulare County centenarians recognized on Centenarian Day, alongside Dayna Wild, division manager for Adult Services at Tulare County Health & Human Services Agency.



Tulare County Supervisor Dennis Townsend is pictured with Francisca Degracia, a local centenarian who celebrated her 100th birthday on the day of the presentations.

included: Antonia and Raquel Alcala, Mae Ewert, Bonnie Jensen, Lora Lorene Porter, Lois Wright, Francisca Degracia, Enrique Zambrano, Mary Leal, Felipe Ibarra, Erika Fraga, Mildred "Mille" Sullivan, Betty Treaster, Juanita Gutierrez, Geraldine "Jerry" Soult, Astrid "Oz" Wagenschutz, Evangelina Diaz, Elvera Avila, Anita Soleno, Marie Kuchenbecker and Donna Gray.

In addition to Wild, the special recognition was organized by Client Advocate for Aging Services Bonnie Quiroz, Health

and Human Services Unit Manager Rise VanTichelt and the Tulare County Board of Supervisors.



Tulare County centenarians were given gift bags and greeted by well wishers after the presentations.



Because there's no place like home.

When facing the challenges of advanced age, illness, or surgery, there's no place like your own bed and a familiar space.

Kawah Health Private Home Care provides extra help, with home care plans tailored to meet your specific needs. Our personal-care aides and homemakers are trained and educated to provide expert and compassionate private home care.

Services are flexible, available in 4-hour blocks up to 24 hours a day. We can also put you in touch with valuable community resources.

We offer

- Alzheimer's and dementia care
- Companionship
- End-of-life comfort care
- Exercise programs
- Incontinence care
- Light housekeeping
- Meal preparation
- Medication management
- Personal care
- Recovery care
- Walking assistance

Terms and payment for services

There is no requirement for length of care. The service is private pay, billed weekly, and not covered by Medicare or Medi-Cal. Our experienced staff can answer your questions regarding long-term care insurance policies.

To learn more, call (559) 624-2854 between 7:30 AM and 4:30 PM, or visit KawahHealth.org/PrivateHomeCare.



f y t i VISIT KawahHealth.org/PrivateHomeCare

Alzheimer's Walk...

(continued from page 1)

including few from Hanford who attended the event in costume.

"They showed up as Star Wars characters, which was very unexpected," said Wallace. "I'm a big Star Wars fan, so this was a big surprise. I'm hoping to get in communication with them so they can bring out more characters next year." she added.

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

Donations for this year's Tulare-Kings Walk to End Alzheimer's can be made to: The Alzheimer's Association, 1401 Commercial Way, Suite 210, Bakersfield, CA 93309. Donations received by December 31 will be credited to the 2021 Walk.

For more information, visit www.alz.org/walk.



The Tulare-Kings Walk to End Alzheimer's committee pose with participants at the walk. From left to right: Sonia Soto, Rocio Cortez, "Jawa," Rhonda Harvey, Mike Harvey, Sherrie Wallace, a young participant named Leo, "Boba Fett" and Tim Hernandez.



The Book Nook is scheduled to open (by the time you read this) at 114 N. Main Street in downtown Visalia.

FHCN to Open Bookstore in Downtown Visalia

Family HealthCare Network (FHCN) scheduled a late October opening for The Book Nook, a local bookstore inspired by FHCN's goal of improving the quality of life and overall health of its local community by promoting literacy.

"The Book Nook is committed to providing a space that encourages children and families of Visalia and surrounding communities to develop and nourish their love of books and learning," said Kerry Hydash, FHCN president and CEO. "Our vision is a community where access to reading and learning is fundamental in the lives of all children and families, laying the foundation for a healthy and productive society."

The Book Nook will offer a wide selection of genres for community members, including large print books, how-to and do-it-yourself, home and garden, performing arts, nature, philosophy, self-care,

body/mind/spirit, travel, audio books, and a children's area called Bug's Books.

Other items available for purchase will include stationery, greeting cards, journals, bookmarks and book lights, pens, etc.

The Book Nook will be part of a Reading Rx program where FHCN patients can receive a prescription about what to read from their provider, and pick up their age-appropriate book at the store.

The bookstore will host events such as author's talks and other presentations.

The Book Nook was set to open at the end of October at 114 N. Main St. in downtown Visalia. Hours will be 9 a.m. to 6 p.m. Tuesday through Friday, and 9 a.m. to 1 p.m. on Saturday.

For more information about Family HealthCare Network, call 1-877-960-3426 or visit www.FHCN.org.



Compassionate, Professional & Reliable Caregivers for Your Loved Ones

We offer the highest quality non-medical homecare aide and companion services. We are a cost-effective means of keeping your loved one in their home environment for as long as possible. Now accepting clients through the VA. For more information, please visit us at www.extracaringhc.com, or scan the QR code.



Extra Caring Homecare, LLC
4119 West Walnut Avenue
Visalia, California 93277
(559) 366-7987



Exceptional Homecare Aide
In the comfort of your home

CDC Recommends Three Flu Vaccines for Seniors


During most seasons, people 65 years and older bear the greatest burden of severe flu disease, accounting for the majority of flu-related hospitalizations and deaths.

For the 2022-2023 flu season, the CDC recommends any one of three flu vaccines for people 65 years and older: Flu-zone High-Dose Quadrivalent

vaccine, Flublok Quadrivalent recombinant flu vaccine and Fludad Quadrivalent adjuvanted flu vaccine.

This recommendation was based on a review of available studies, which suggested that these vaccines are potentially more effective than standard dose unadjuvanted flu vaccines for people 65 years and older.

Law Offices of
Houk & Hornburg, Inc.



Thomas E. Hornburg
C. Matthew Gaebe
William N. Hannah
Philip T. Hornburg (Retired)

Gareth W. Houk Jr.
(1937-2009)

Paralegals: Robert Nix • Michelle Barnes • Joel Miller • Pamela Cardoso

PROVIDING SERVICES IN:
Business Law • Corporations • Partnerships • Real Estate
Landlord/Tenant • Wills and Trusts • Civil Litigation
Family Law • Probate • Farm and Ranch Law

206 S. Mooney Blvd., Visalia, CA 93291 • (559) 733-1065



South Valley Vascular

EXPERIENCE • EXPERTISE • COMPASSION



We provide comprehensive care for most vascular conditions.
Peripheral artery disease • Varicose veins • Carotid artery disease • Abdominal aortic aneurysms • Dialysis access care • Angiogram • Ultrasound

South Valley Vascular is committed to the prevention and treatment of vascular disease by offering the latest in preventative and minimally invasive technologies. We are experts at diagnosing and treating vein and vascular conditions.

Visalia 820 S. Akers Street Suite 120 Visalia, CA 93277	Porterville 384 Pearson Drive Porterville, CA 93257	Hanford 125 Mall Dr. Suite 211 B Hanford, CA 93230	Fresno 1646 E. Herndon Ave. Suite 106 Fresno, CA 93720
---	--	---	--

Call for a consultation today! (559) 625-4118

www.southvalleyvascular.com

Alzheimer's Drug Lecanemab Slows Memory Decline in UK Trial

The following article was posted at <https://www.AlzheimersResearchUK.org> on September 22. We are sharing the post with only minor edits so we don't lose any of the enthusiasm of the anonymous writer.

It's news we've all been waiting for. Today, the pharmaceutical company Eisai announced that their drug Lecanemab has shown small but clear benefits for people with early Alzheimer's in a rigorous, well-conducted phase 3 trial.

The drug is one of several in development that work by removing a protein called amyloid from the brain, but it's the first that's been shown to slow down patients' decline in memory and thinking, and improve day-to-day activities. And although the effects are modest, with the potential for some significant side effects, this nonetheless heralds a new era - the arrival of a treatment that is proven to slow the course of Alzheimer's disease.

It is, truly, a historic moment for dementia research. And it's a vindication of what we at Alzheimer's Research UK have long believed: that scientific research on dementia and the diseases that cause it will lead to effective treatments.

And yet, as ever there are caveats. As UK experts remarked to the media this morning, while this is the "end of the beginning" of the search for effective treatments, there are many hurdles ahead that need to be cleared before the drug can be made available to people here.

A Vital Step Forward - But Not a Cure

The trial, known as CLARITY AD, involved 1,795 people with either mild Alzheimer's or mild cognitive impairment (MCI) due to Alzheimer's, who received an intravenous infusion of either Lecanemab or a dummy drug (placebo), every two weeks. They then had brain scans, and a regular interview-based test called CDR-SB, which measures things like memory, orientation, judgment and problem solving.



Tim Parry, director at Alzheimer's Research UK, gives his reaction to the news on this historic day for dementia research on YouTube.

The results available so far suggest that, after 18 months, the people taking the drug saw their CDR-SB score deteriorate 27% more slowly than those taking the placebo, an effect that began to be seen after six months. In practice, this probably means its benefits will be measured in extra months rather than years. But as anyone affected by Alzheimer's - or any progressive disease - knows, those months can be precious.

Because the trial only followed people for 18 months, it remains to be seen how patients on Lecanemab will fare long term. And we still need options for people with more advanced Alzheimer's, or with other forms of dementia.

Nevertheless, these results will bring hope to people living with dementia today. Alison Littleford, whose husband, Frank, was diagnosed with Alzheimer's disease in 2020, told us what the news meant to them.

"We don't yet know if this is a drug that will be beneficial to Frank, or if and when he would be able to be prescribed it," she said, "but it is so important to us to see that research is making progress."

Not the Full Data

The results announced today come directly from the drug's manufacturer, Eisai, and haven't yet been subject to full

scientific scrutiny by peer review. More data will be revealed at a large US conference later this year, and will reveal more about important things like side effects. Eisai says they will also be made available in a peer-reviewed scientific journal.

We'll be keeping a keen eye out for this information.

Side Effects and Treatment Frequency

One thing we learned from today's announcement is that Lecanemab's side effects are, like other similar drugs, quite tough for some. The main downside is a condition called ARIA (short

for "amyloid-related imaging abnormalities"), which results in swelling and/or bleeding in the brain. Just over one in five patients (21.3%) who took the drug experienced this, including 17% who had a form called ARIA-H, which can be very serious. It's important to note, though, that nearly one in ten patients (9%) who received the placebo also experienced ARIA.

On top of unpleasant side effects, the drug was tested as a bi-weekly intravenous infusion. In practice, if approved at this dose schedule, it could mean regular, ongoing trips to hospital for treatment every two weeks, along with regular monitoring scans. Many people might find this tough.

Eisai is working on a version of Lecanemab that's given as a subcutaneous injection, rather than as an IV drip, which may reduce side effects and be easier and less complex to administer.

Getting It to the People Who Need It

And then there's the matter of the practical and regulatory hurdles that any new treatment must clear. As our Director of Research, Dr. Susan Kohlhaas, highlighted to the media this morning, before a drug is made available, regulators in different parts of the world, including

(continued on page 10)

CENTURY 21[®]

Jordan-Link & Company

When you're ready
to downsize, call me.

YOLANDA FAUBEL, REALTOR[®]

Seniors Real Estate Specialist (SRES)

(559) 805-6710

Member of the Tulare Kings Hispanic
Chamber of Commerce & Latino Rotary

Hablo Español

yolandafaubelc21@gmail.com
yolandafaubel.com

YOLANDA FAUBEL
REALTOR[®]
LIC# 01862645

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

Based in
Tulare County

MEDICARE PARTS A&B COVER OUR CARE 100%!

Certified.
Responsive.
Compassionate.

- Skilled nurses offer a variety of services according to the individualized patient plan of care, for example wound care, diabetic care, medication management and more!
- Seva Cares offers occupational and physical therapy.
- Our Medical Social Workers help create a more positive environment for patient and caregivers by providing assistance.

Debbie Richardson, BSW, MBA
Director of Community Relations
Seva Home Health
661 N. Prospect, Porterville, CA 93257
www.sevacares.com
Cell: (559) 901-8841 • Office: (559) 853-4585

The Manor House

Senior Living at its Best!

www.exetermanorhouse.org

- Beautiful bedrooms w/private bath
- Comfortably controlled heating & cooling
- Three meals a day & snacks
- Close to churches, shopping & recreation

Call to schedule a Free lunch & tour!

710 Lennox, Exeter
(559) 592-2132



Pictured above left is Kaweah Health's Private Home Care facility. Above right is the Kaweah Health Hospice team.

Kaweah Health to Mark Hospice, Home Care, Palliative Care Month

Kaweah Health is celebrating November as National Hospice, Palliative Care and Home Care Month by emphasizing the importance of quality home-based care and dignified end-of-life care.

Each year, Kaweah Health serves thousands of people through its hospice, home care and palliative services. These people depend on such services to remain comfortable, stable and away from costly traditional settings. For decades, caring for the elderly, disabled and chronically ill at home has provided a dignified and highly-efficient method of treatment. Home-based care is also clinically effective, utilizing advanced technologies and helping to cost-effectively manage chronic diseases that account for 75% of our nation's health care spending.

"You're loved one is not just a patient to us. We know it's your mother, it's your father, sister, brother, aunt, uncle, - it's somebody that you care for deeply," said Dr. Ryan Howard, medical director of Kaweah Health Hospice and Palliative Care Services. "Hospice and palliative care is a specialty of medicine that takes a family-centered and whole-person approach, managing somebody's physical, spiritual and psychological needs in order to help manage patients with serious medical illnesses."

Hospice care is specifically for the last six months of life expectancy, Dr. Howard said, while palliative medicine can be provided to any patient at any age or any stage of the disease process to provide an extra layer of support to patients and families.

"When people have an advanced illness, they are in a vul-

nerable stage of life and I have made it my life's work to commit myself to helping to treat them compassionately and empathetically," Dr. Howard said. "I think that it definitely goes with our mission to provide world class care for life."

Earlier this year, Kaweah Health also celebrated the re-opening of The Kaweah Health Ruth Wood Open Arms House at 3234 W. Iris Ave., Visalia. The house, now under the ownership of the Kaweah Health Hospital Foundation, provides a home-like setting for hospice patients with costs based on their ability to pay. Kaweah Health Hospice oversees day-to-day operations and medical care at the house under the leadership of Dr. Howard.

Kaweah Health offers:

- Home Health Agency - A team of professionals who care

for people at home after a hospitalization or illness providing nursing care physical therapy, occupational therapy, speech therapy, medical social work services and home health aides.

- Kaweah Health Hospice - Providing comfort, kindness, dignity and choice to terminally ill patients and their families, helping them to live life to its fullest in the face of terminal illness.

- Private Home Care - A homecare service providing personal care, housekeeping and more, designed to meet the individual needs of each patient served.

- Lifeline - A professionally monitored emergency response system that provides help 24/7 at the press of a button.

- Home Infusion Pharmacy - Providing high-quality, cost-effective pharmaceutical services to homebound patients.

AMERICAN AMBULANCE VISALIA

PROUDLY SERVING OUR COMMUNITY FOR 40 YEARS!

HAPPY Holidays
From Our Family, to Yours

Ph: 559.730.3015 www.aavems.com

Do you need a safe place with stimulating activities where your loved one can stay during the day?

Valley Adult Day Services
Your caregiving partner

VADS provides supportive services for the family caregiver. We help care for your loved ones who cannot stay at home safely.

Our facility is designed for all adults, including those with special needs, such as Alzheimer's, dementia and limited mobility.

We provide a nutritional lunch and snacks, movement exercises, music, transportation and activities.

227 E. Oak Ave.
Porterville, CA 93257
559 783-9815
www.valleyadultdaycare.com
admin@valleyadultdaycare.com

Monday through Friday
7:30 a.m. – 5:30 p.m.
Licensed by the CA Department of Social Services #547200750

New 'Oldies' Station Back on Schedule

In the July 2020 issue of *The Good Life*, we reported that, "South Valley fans of singers such as Frank Sinatra, Dean Martin and Elvis Presley will soon have a 'new' station to turn to on their radios."

This month, Fritz Ashauer, the owner of the station, KZKC 89.9FM in Kettleman City, finally plans to move his 10-kilowatt transmitter "100 yards up the hill in Avenal." Moving the transmitter will allow his station to broadcast to "Fresno, Visalia, Bakersfield and all those little towns in between."

Ashauer expects the station to start broadcasting by the end of the year.

The station, which was known as K-Wave, used to feature Biblical teaching programs and religious music. The station will now be known as "Kings Radio" and play the most popular hits from the 1930s through the 1960s.

The new Kings Radio will have the same format as the old Kings Radio that was at 103.3FM until February 2020, when issues with the FCC forced its owner to close the station down.

"I'm not going to do anything different," he said about the format.

Ashauer owns 18 radio stations, most of them in Wyoming. Five of them are "actual



stations" with call letters. The others are "translators," stations that extend the reach of the five stations across the states of Wyoming, Idaho, Montana and Utah.

The pandemic was among the reasons for the delay in getting KZKC 89.9FM on the air, but not the main reason.

"I fell and broke three ribs and punctured a lung," the 86-year-old entrepreneur explained. "Everything got pushed back but now I'm okay."

Ashauer, who was born in Visalia, described himself as self-taught.

"I came up through the ranks of broadcasting before there were computers, and then later when there were computers," he said. "All of the stations I have I built myself."

Ashauer has been in the music business for more than 60 years. He owned a music store where he recorded albums for local bands in Santa Barbara, and he later did contract engineering work for 15 stations in Utah.

He received his first broadcasting license from the Federal Communications Commission (FCC) in the 1960s.

He plans to operate Kings Radio the same way he runs his other stations - without a studio.

"I can run all my stations on my laptop," he said, noting that he has a large library of music on his computer and can insert commercials as needed.

"I'm an engineer," he said. "I know how to do all of this. I computerized a lot of stations."

Medicare Premiums and Deductibles...

(continued from page 1)

Medicare Part A covers inpatient hospital, skilled nursing facility, hospice, inpatient rehabilitation and some home health care services. About 99% of Medicare beneficiaries do not have a Part A premium since they have at least 40 quarters of Medicare-covered employment.

The Medicare Part A inpatient hospital deductible that beneficiaries pay if admitted to the hospital will be \$1,600 in 2023, an increase of \$44 from \$1,556 in 2022. The Part A inpatient hospital deductible covers beneficiaries' share of costs for the first 60 days of Medicare-covered inpatient hospital care in a benefit period.

In 2023, beneficiaries must pay a coinsurance amount of \$400 per day for the 61st through 90th day of a hospitalization (\$389 in 2022) in a benefit period, and \$800 per day for lifetime reserve days (\$778 in 2022). For beneficiaries in skilled nursing facilities, the daily coinsurance for days 21 through 100 of extended care services in a benefit period will be \$200 in 2023 (\$194.50 in 2022).

For more information about Medicare changes, visit www.medicare.gov.

ALY HOME MEDICAL EQUIPMENT

Small Lift Chair – Brown
Weight Capacity 300lbs

Was \$859.99
Now \$599.99



Medium Lift Chair – Brown
Weight Capacity 350lbs

Was \$949.99
Now \$699.99

Finally! An affordable medical equipment store in Visalia. We specialize in Canes, Walkers, Scooters, Power Chairs, Manual Wheelchairs, Hospital Beds, Compression Stockings, and Rentals. Let us help you decide on the right product for you to improve the quality of your life. We look forward to seeing you soon.

M-F 8:00AM TO 12:00 – 1:00PM TO 5:00PM
388 NW THIRD AVENUE, VISALIA, CA 93291
(559) 372-7313 • (559) 372-7323
PLEASE CONTACT US FOR BEST PRICING



CELEBRATE LIFE AT EVERY AGE

At Prestige Assisted Living at Visalia, our goal is to not only provide quality care, but to keep our residents active and engaged by nurturing body, mind and spirit.

Our assisted living community offers Celebrations, a wellness-focused lifestyle program that focuses on an array of wellness opportunities designed to help you celebrate life and feel your best, no matter your age.

We also offer our award-winning Expressions Memory Care program, which uses innovative care techniques to turn daily activities into memorable and meaningful events.

For more information about our community, call us at (559) 735-0828 or visit us at prestigecare.com/visalia.

 Prestige Senior Living, L.L.C.
prestigecare.com

Prestige Assisted Living at Visalia
3120 W. Caldwell Ave.
Visalia, CA 93277

LICENSE NO.: 547200844

CALENDAR

November 1, 3, 8, 10, 15, 17, 22, 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.

November 1, 8, 15, 29 - 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.

November 2, 4, 7, 9, 11, 14, 16, 18, 21, 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.

November 2, 9, 16 - 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, November 3 - "Show and Tell"

The Sequoia Genealogical So-

ciety will host this 6 p.m. presentation. Refreshments will follow. This 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.

Friday, November 4 - 2nd Annual Harvest Wine Walk

Quail Park on Cypress, 4520 W. Cypress, Visalia, will host this event from 3-5 p.m. For more information, call (559) 805-1054.

November 4, 11, 18 - 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, November 5 - 7th Annual Backyard BBQ & Cornhole Event

Hands in the Community is sponsoring this event, featuring food, fun and floats, from 1-5 p.m. Tickets are \$120 for a team of two and include entry, BBQ lunch, drinks and raffle prizes. For more information,

visit www.seniorcaretkc.org or call (559) 625-3822.

November 6, 13, 20, 27 - Senior Pride Bingo Sundays

This weekly event is held at the Visalia Veterans Memorial Building, 609 W. Center St., Visalia, Doors open at 12:45 p.m. For more information, call (559) 618-3221.

Friday, November 11 - 3rd Annual Sporting Clays Classic

Hands in the Community is sponsoring this event. For more information, see "Events" at www.hnconline.org or call (559) 625-3822 ext. 100.

Saturday, November 12 - 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 "Diabetes Type I." For more information, call (559) 624-2416.

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. For more info, call (559) 734-6181.

Saturday, November 12 - 21st Annual Central Coast Wine Tasting

Corcoran Rotary will host this event, featuring a silent and live auction, at Corcoran RAC, 800 Dairy Ave., Corcoran, from 3-6 p.m. Tickets are \$40. For tickets or more information, call (559) 731-3710, or visit www.corcoranrotary.org.

Monday, November 14 - Grief and the Holidays

The Kaweah Health Hospice Bereavement Team will host this 2 p.m. session at 623 W. Willow Ave., Visalia, for those who are

facing their first holiday after a loved one has passed. To register or for more information, call (559) 733-0642.

Tuesday, November 15 - 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.

Thursday, November 17 - 'Santa's Workshop' - The 2022 Festival of Trees

St. Anthony's Retreat and Santa Teresita Youth Conference Center in Three Rivers will host this fundraising event featuring wine tasting and both a live and silent auction. For tickets (\$50 per person, \$75 per couple) or more info, visit www.stanthonyretreat.org or call (559) 561-4595. (See ad next page.)

Friday, November 18 - Caregiver Dementia Support Groups

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

Friday, November 18 - Water Colors

The Tulare Palette Club will host this 7 p.m. presentation and demonstration by artist Jan French at the Tulare History Museum, 444 W. Tulare Ave., Tulare. Tickets are \$5 for non-members. For more information, call (559) 802-0357.

Saturday, November 19 - Veterans Day Celebration

The Tulare County Museum, 27000 S. Mooney Blvd., Visalia, will host this free 10 a.m. event, featuring veterans sharing their experiences, and patriotic music performed by Mt. Whitney High School Band.


December 1-3 - Visalia Gleaning Seniors Annual Christmas Yard Sale

Visalia Gleaning Seniors will host this sale from 8 a.m. to 2 p.m. at the Gleaner Yard, 28600

A BETTER PHARMACY

Convenient & Affordable Prescriptions


- Same-Day Pick Up
- Discounted Prescriptions
- Open Late
- Conveniently Located



Choose a better pharmacy today. Text 877-960-3426 or visit us online at www.fhcn.org

Care Centered on You

Pharmacies in Hanford, Oroquieta, Porterville, Tulare, and Visalia.




Personalized Compassionate Care

24-Hour Guidance



Infinite Heart Hospice is a trusted choice in the community, providing compassionate, collaborative and individualized comfort care. We focus on preventive care and symptom management to allow for improved quality of life. Our care is as personal as our relationships with our patients and their families.

500 S. Chinowth St., 102, Visalia, CA 93277 • (559) 409-7500

CALENDAR

Road 156 in Visalia. For more info, call (559) 733-5352.

December 1, 6, 8, 13, 15, 20, 22 - 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.

December 2, 5, 7, 9, 12, 14, 16, 19, 21 - 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.

Friday, December 2 - 'Cowboy Christmas'

The Visalia Chamber of Commerce will host its Annual Christmas Tree Auction, featuring dancing, hors d'oeuvres, wine, beer and desserts from local restaurants and stores, and both a live and silent auction, at the Visalia Convention Center. For more info about this event, visit www.visaliachamber.org or call (559) 734-5876.

December 2, 9, 16 - 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.

December 2-4 - 'A Christmas Carol'

The Visalia Players will present this classic story of Ebenezer

Scrooge performed by Kelly Ventura, at the Ice House Theatre, 410 E. Race Ave., Visalia. For tickets or more information, visit www.visaliaplayers.org or call (559) 734-3900.

Saturday, December 3 - 30th Annual 'Spirit of the Holidays'

This event, hosted by the Exeter Kiwanis Club in the Exeter Memorial Building, 324 N. Kaweah Ave., Exeter, features wine tasting, craft whiskeys, hors d'oeuvres, raffle items and a silent auction. Tickets are \$75. For more information or tickets, call the Exeter Chamber of Commerce at (559) 592-2919, or visit www.exeterkiwanis.org.

December 4, 11, 18 - Senior Pride Bingo Sundays

This weekly event is held at the Visalia Veterans Memorial Building, 609 W. Center St., Visalia, Doors open at 12:45 p.m. For more information, call (559) 618-3221.

December 6, 13, 20 - 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.

December 7, 14 - 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.

Friday, December 9 - Christmas Concert

The Visalia Public Cemetery will host this 4:30 p.m. event, featuring the Immanuel High School Chamber Choir and a bagpiper, in the Cemetery Chapel. Tickets are \$15. For more info, call (559) 734-6181.

Saturday, December 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 "Staying Healthy During the Holidays." For more information, call (559) 624-2416.

December 10-11 - Annual Model Railroad Display

The Visalia Electric Railroad Modelers & Historical Society will display track layouts at the Sequia Mall, 3303 S. Mooney Blvd., Visalia, from 10 a.m. to 5 p.m. on Saturday, and 10 a.m. to 3 p.m. on Sunday.

Saturday, December 10 - Mighty Oak Chorus 3rd Annual Christmas Special

This event, featuring Christmas songs and holiday treats, will be held at the Fountain Church, 1023 N. Chinowth, Visalia, from 6-8 p.m. Tickets are \$10 for

adults, free for children (12 and under). For more information, call (559) 280-5715 or email luthercase@yahoo.com.

Friday, December 16 - Caregiver Dementia Support Groups

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

Friday, December 16 - Senior Center Christmas Luncheon

This event 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 for others. For reservations or more info, call (559) 713-4481.

December 16-18 - Visalia Players Holiday Cabaret

The Visalia Players will present this event - to get people ready for "the most wonderful time of the year" - in the lobby of the Ice House Theatre, 410 E. Race Ave., Visalia. For tickets or more information, visit www.visaliaplayers.org or call (559) 734-3900.

Tuesday, December 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.

2022 Festival of Trees
SANTA'S WORKSHOP
 is coming to town!

To Purchase Tickets:

 Use the QR Code or Text "SantasWorkshop2022" to 243725

Thursday, November 17, 2022 • 5:00-9:00 PM
 43816 Sierra Drive, Three Rivers

\$50.00 per person • \$75.00 per couple
 Hors d'oeuvres • Wine Tasting • Craft Beers • Specialty Coffee
 Ask us about our "Stay with Us Package"

Live Auction will begin at 7:00 PM
 Silent Auction closes at 8:30 PM

For tickets please visit us online at stanthonyretreat.org
 For more information, please call 559-561-4595 or email Julia@stanthonyretreat.org

Free Family Fun Night will be held on
 Wednesday, November 16 from 4:00PM-6:00PM.

Catch a Wave!

Listen Live
 from Sacramento to Bakersfield
 and all over the Central Coast...

50,000 WATT
KYNO
940 AM

America's Most Powerful Oldies Radio Station

New Alzheimer's Drug...

(continued from page 5)

the UK, will still need to assess the full data.

"They need to look at the data and determine whether Lecanemab is safe and effective enough to be used in people with Alzheimer's," she said.

Assuming they do - and this seems likely - it is essential that it gets to the people who may benefit from it as quickly as possible. "Now is the time to be making sure that our health system is set up to deliver life-changing treatments," Susan said.

Given the side effects, there will need to be scans and clinical monitoring in place - that will all need to be factored in on top of the simple cost of the drug. Bodies like NICE (National Institute for Health and Care Excellence), which judges the value for money of particular drugs so the NHS can make decisions about which treatments to fund, will need to carefully consider the right approach to assessing new drugs for dementia - especially given that so much of the societal cost of dementia falls outside the NHS (National Health Service) for social care, which NICE doesn't

usually consider.

In preparation for all this, it's vital that the government's recently announced Dementia Mission focuses on ensuring the NHS is ready to roll out new licenced therapies as quickly as possible - for example, our report shows that, right now, only one in three psychiatry services would be ready to deliver a new treatment within a year.

The Bigger Picture

These caveats aside, today's news is a profound step forward. For the research community, it marks the day that the idea of targeting the biological processes, well-accepted in field like cancer and cardiology, has finally been proven in dementia. Beyond Lecanemab, there are more than 140 experimental drugs in clinical testing today, with the vast majority targeting other processes involved in dementia.

But most of all, today's news offers hope to people with dementia. As Alison says, "For Frank and me, and all people in our situation, we need to see all avenues being explored to find successful treatments and then get them to the people who so desperately need them."

Stockings for Seniors Drive Launched

Homebound senior citizens, who often do not have friends or family visit them during the holidays, will receive a stocking filled with donated cold-weather comfort items during the annual Kings/Tulare Area Agency on Aging (K/T AAA) Stockings for Senior Citizens drive.

Through November 29, Tulare County businesses, community partners and residents are invited to donate cold-weather comfort items such as slippers, socks, gloves, scarves, beanies and lap blankets in drop-off boxes such as the one pictured. For donation drop-off locations, call Bonnie Quiroz at (559) 972-0323.



You can also make a financial donation online at www.FriendsTC.org (click on "Programs" and then on "K/T AAA - Stockings for Senior Citizens" on the second page of programs), or by sending a check to 5957 S. Mooney Blvd., Visalia, CA 93277. (Write "Stockings for Senior Citizens" on the memo line.)



The new urology clinic is located one block west of Kaweah Health Medical Center in downtown Visalia.

Kaweah Health, Keck Medicine Enhance Local Urology Services

To better serve patients in Tulare County, where a recent community needs assessment found that urology services are severely lacking, Kaweah Health and Keck Medicine of USC have collaborated to open a urology clinic in downtown Visalia.

Kaweah Health is operating the downtown Visalia clinic in coordination with Inderbir S. Gill, M.D., executive director of USC Urology, part of Keck Medicine, and chair and distinguished professor of urology at Keck School of Medicine.

The clinic, located one block west of Kaweah Health Medical Center, is providing patients in the region with access to a world-renowned urology program that is currently ranked in the top 10 in the nation by *U.S. News and World Report*.

Keck Medicine urologists will practice alongside local urologists Joseph Ford, D.O., Tu-Hi Hong, M.D., and Marty Prah, M.D., to ensure that Kaweah Health Medical Center patients have improved, on-call access to care.

"Working alongside the Kaweah Health system enables us to deliver preeminent urology care at a convenient location, lowering geographi-

cal barriers to access for these patients," said Dr. Gill. "We are thrilled to work alongside our esteemed medical colleagues and our already strong local urology colleagues at Kaweah Health to expand the spectrum of available services for this community."

Urology services are in high demand in the Central Valley. A recent community needs study conducted by the Coker Group found that while there should be 11 urologists in Tulare County to adequately serve the population, there are only four. Those who have Medi-Cal, which is 55% of the population in Tulare County, have virtually no access to urology services close to home.

"We all know that urology and gastroenterology are significantly under-resourced specialties," said Kaweah Health CEO Gary Herbst. "Our patients would normally have to leave the community,"

Urology is a specialty that addresses diseases of the urinary and genital system. Urinary issues, including urinary leakage, stone disease and urologic cancer, affect both men and women in ways that can significantly impact daily life.

Common conditions for urology that a patient might experience include: urination difficulty, blood in the urine, pain in the abdomen, cancer of the kidney, urinary bladder, prostate and testis, along with difficulty conceiving a child and erectile dysfunction.

Through the Kaweah Health - USC Urology effort, the Central Valley region will also have access to subspecialists in Visalia for: female urology, male infertility, robotic surgery, stone disease treatment, cancer treatments, urinary leakage, microsurgery and genital urinary reconstruction.

The clinic is located at 325 S. Willis St., Visalia. It is open from 8 a.m. to 5 p.m. and referrals are currently being accepted. For more information, call (559) 624-4026 or visit www.kaweahhealth.org/urology.

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



This mobile health unit is the second in Adventist Health's Central Valley fleet.

Adventist Health Introduces Second Mobile Health Unit in Central Valley

In an effort to increase healthcare access throughout the Central Valley, Adventist Health unveiled a mobile health unit that will provide primary care services throughout the region.

The mobile unit, for which a September 27th ribbon-cutting was held at Adventist Health Hanford, offers a wide range of services, including school and sports physicals, vaccines, health screenings, preventive health visits and dental care.

"For many of our community members who face transportation barriers, getting to the doctor's office isn't always easy," said Dr. Raul Ayala, Adventist Health Hanford's ambulatory medical officer. "This new mobile health unit allows us to meet our

community where they are, and it would not have been possible without the help of our wonderful community partners."

The mobile health unit is the second Adventist Health has added to its fleet in the Central Valley, an initiative that continues growing as a way to care for community members experiencing homelessness, transportation barriers, food insecurity and other social health issues.

Funds to build and operate the mobile health unit were raised through grants and charitable donations to the Adventist Health Central Valley Health Foundation.

The mobile health unit began traveling the Central Valley in October.

Newscaster Goes Gray and Loses Her Job Soon After

It's not unusual for gray-haired people to lose their jobs, just like it's not unusual for those with hair of any color to lose their jobs. When it apparently happens because someone **has** gray hair, however, it can become a national scandal.

Lisa LaFlamme is a Canadian television journalist who for almost 11 years served as the chief anchor and senior editor of CTV National News.

After LaFlamme stopped coloring her hair, CTV terminated her contract, explaining in an August 15th press release, "Recognizing changing viewer habits, CTV recently advised LaFlamme that it had made the business decision to move its acclaimed news show, CTV National News, and the role of its chief news anchor in a different direction."



Lisa LaFlamme

That same day, LaFlamme issued her own press release, which read in part, "On June 29th, I was informed that Bell Media made a 'business decision' to end my contract, bringing to a close my long career with CTV News... I was also asked to keep this confidential from my colleagues and the public until the specifics of my exit could be resolved."

Many Canadians are angry, believing that LaFlamme was fired because of her gray hair. Wendy's in Canada posted its logo on a social media site showing Wendy with gray hair. Dove Canada encouraged Canadians to turn their profile picture into a grey scale and use the hashtag #KeepTheGrey.



Wendy's in Canada showed its support for Lisa LaFlamme.



Retirement & Senior Living


Magnolia Park
Assisted Living

- 24-Hour Assisted Living Care
- Memory Care
- Hospice Care
- Diabetes Care Rehabilitation Services
- Physical Therapy
- Speech Therapy
- Occupational Therapy

Magnolia Park Assisted Living
2950 E. Douglas Ave., Visalia, CA 93292
559.625.6001 • magparkassistedliving.com

License #547206604



RELAX!
LET YOUR HOME WORK FOR YOU.

If you are at least 62 years old and own your home, a reverse mortgage may be a valuable tool to help you achieve your financial goals. There are no limitations to how you use the money. The loan only comes due when you sell the home, move out permanently, or pass away.

- No monthly mortgage payments required. (taxes and insurance still required)
- Non-Recourse: You'll never owe more than what the home is worth.
- Flexible cash disbursement options based on your needs.
- If the heirs choose not to repay the loan and the home is foreclosed, they will not be liable for any deficiency.
- You can qualify even if you haven't paid off your existing loan.

CALL US TODAY TO SEE IF YOU QUALIFY.

TCMS
Tulare County Mortgage Services

Dr# 01301208 NMLS# 281620

332 E King Ave • Tulare CA 93274
(559) 686-0200

www.tularecountymortgage.com



QUAIL CORNER

Caregivers' Costs, Temporary Placement and Pets

Q&A with Kimberly Jensen

My friend's mother is staying in her home with in-home care 24 hours a day. Is this more expensive than living at an assisted living community?

Licensed and bonded in-home care agencies cost between \$26 and \$38 per hour. If someone needs a caregiver for 24 hours a day, then it could cost anywhere from \$18,720 to \$27,360 a month. Assisted livings provide 24-hour care to residents at a fraction of that cost. Included in the rent of assisted livings are meals, utilities, social activities, housekeeping, cable and maintenance.

Many assisted livings have transportation available for errands, doctor visits and outings. There is an additional cost for care services at most communities, however, even the highest level of care cost does not come close to what one will pay for in-home care for 24 hours a day.

It is important to note that caregivers at assisted livings and in-home care agencies have background checks and their businesses carry liability insurance and workman's compensation on their behalf. If you were to hire a caregiver

who works independently, you may be responsible for an injury if it occurs in your home. Check with your CPA and find out if an independent caregiver needs to be claimed on your taxes at the end of the year.

If finances are not an issue for your friend's mother, then most prefer to stay in their own home for as long as possible. It is preferred because many seniors find it difficult to make changes in their surroundings. Your friend is most likely trying to grant her mother's wishes. If she starts to outlive her money, then assisted living is a wonderful option.

My father is living on his own and needs to have outpatient surgery. Is there somewhere, besides skilled nursing, that he can have temporary placement until he heals up from his surgery?

Most assisted livings have respite care. It is a furnished room where all your father will need to bring are his personal supplies, like lotion, shampoo and clothing. There is a per-day charge that includes care fees. He will get 24-hour caregivers to help him with care



services like bathing, dressing and medication management. The daily fee also includes meals, utilities, housekeeping and activities.

If the doctor orders physical therapy or occupational therapy, they will come to his room at the assisted living. Some assisted livings require two-week minimums, and some require a minimum stay of 30 days.

You will need a Physicians Report, or a Form 602, filled out beforehand so that the assisted living can create a personalized care plan for him, for when he arrives. You can get these forms from the assisted living you have chosen for respite care.

This is a great option to help him through this difficult time. It will also give you peace of mind knowing that a caregiver will be there day and night to check in on your father and

provide the help he needs until he gets back on his feet again.

My mother would move into a senior community in a heartbeat, for socialization, if she knew she could bring her pet. Are pets allowed in senior communities?

I get this question often and the answer is YES! Many senior communities and assisted livings encourage their residents to bring their fur-babies with them.

Having their beloved pet helps them emotionally through the transition of their move. Most require that they can care for their pet (or have someone come in to help provide pet care). Call around to find out which senior communities accept pets or not. I know that most of the larger communities do allow them.

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.

STOCKDALE PODIATRY GROUP

We Treat Your Feet

Specializing in the Treatment of Diabetic Foot Ulcers

Podiatrists are trained to treat foot conditions that can be caused by diabetes, such as neuropathy, infection, and ulcers.

If you have diabetes or pre-diabetes, make an appointment with a podiatrist right away.



24 Hour Emergency Service ■ Medicare/Medi-Cal ■ Most Insurances Accepted



Se Habla Español

WeTreatYourFeet.com

STOCKDALE
PODIATRY GROUP

4946 W. Mineral King Ave, Visalia

559.624.1405

Seeing Changes in a Loved One When Home for the Holidays

Going home for the holidays can mean reconnecting with loved ones and enjoying the spirit of the season.

For many people, if they live away from their family and don't see them often, it can also be a time of anxiety if the health of their parents or older loved ones has deteriorated since their last visit.

Whether it's more difficulty with day-to-day tasks, issues with mobility or signs of memory decline, it can be a bitter-sweet time of year for family members who notice changes in their loved one.

Of course, the question that often leads to is, "what next?"

The next steps can depend on how acute the challenges are that your loved one is facing. If they can still perform most day-to-day tasks, but are moving a bit slower, then there's likely time to make de-

terminations and plan for the future.

But if their safety is compromised, particularly if they've suffered a fall (or multiple falls), it's important to have frank, honest conversations about senior living.

It's particularly vital for those who are showing signs of cognitive decline, as they are more vulnerable to possibly being taken advantage of.

The important thing is to be supportive - most older adults who are struggling know it, but might not want to acknowledge it. Be there for them, and be a resource as you help plan next steps.

This article is courtesy of Prestige Assisted Living at Visalia. To learn more about their wellness programming or community, or to book a tour, visit prestigecare.com/Visalia or call (559) 735-0828.

The deadline for the January/February issue is Thursday, December 17, 2022

Social Security Benefits...

(continued from page 1)

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. The fastest way to find out their new benefit amount is to access their personal "My Social Security" account to view the COLA notice online.

People can also opt to receive a text or email alert when there is a new message from Social Security – such as their COLA notice – waiting for them, rather than receiving a letter in the mail. People may create or access their My Social Security account online at www.ssa.gov/myaccount.

Information about Medicare changes for 2023 is available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, their new higher 2023 benefit amount will be available in December through the mailed COLA notice and My Social Security's Message Center.

The Social Security Act

provides for how the COLA is calculated. To read more, visit www.ssa.gov/cola.

Increase Raises Concerns

The Senior Citizens League, (TSC) one of the largest senior organizations, expressed three main concerns about the increase in a press release issued the same day as the Social Security Administration's announcement.

"Rising Social Security income due to COLAs can impact Medicare costs down the road," stated TSC. "Any increase in the income of a Medicare beneficiary – whether due to COLAs, earnings from jobs, retirement savings or pensions – could potentially affect what an individual pays in Medicare premiums if income is over certain thresholds. This premium surprise affects both those with the highest incomes, as well as those with the lowest, but, in different ways.

"Those who receive low-income assistance for healthcare costs can be subject to trims in the amount of assistance they receive through Medicare Savings programs or Medicare Extra Help, or Medicaid. Increased incomes due to the COLA can make older and disabled beneficiaries ineligible for the level of benefits they currently receive when their income exceeds the limits."

According to a recent TSC survey, 38% of survey participants who received low-income assistance in 2021 said their benefits were reduced to a lower level of assistance in 2022 due to the 5.9% COLA received this year. In addition, 16% reported that because their income was right on the borderline, they lost access to one or more low-income programs altogether.

(The survey also found that 83% of all survey respondents support the enactment of legislation that would temporarily protect low-income Social Security recipients from losing their low-income assistance benefits due to the COLA received in 2023.)

Higher-income Medicare beneficiaries may pay more in Part B and Part D premiums if incomes are higher than \$97,000 (individuals) or \$194,000 (joint). A boost in income can push beneficiaries into higher premium brackets.

TSC's other main concern was about taxes.

"Two important inflation-related factors affect what older (and disabled) taxpayers may pay in taxes," the TSC stated. "Up to 85% of Social Security benefits can be taxable if "provisional" income is above \$25,000 (single filers), or \$32,000 (joint filers). Unlike

the rest of the tax code, the income thresholds that subject Social Security benefits to taxation have never been adjusted for inflation since the tax became effective in 1984.

"Any increase in Social Security income due to COLAs, could mean a portion of, or a higher portion of Social Security benefits would be taxable if income exceeds the income thresholds. But the other factor – tax brackets, standard exemption, and the exemption for over 65 – are adjusted for inflation, and tax experts expect these to rise by a historically high amount next year. Rising tax brackets and the standard deduction could potentially offset much of the increase caused by higher income in 2022.

"Higher benefits could move the Social Security insolvency date forward. The increase in Social Security income provided by the 2023 COLAs would permanently lift anticipated lifetime Social Security benefits.

"While that's great news for Social Security recipients in the short term, it also means that total benefit costs in future years will be significantly higher than previously anticipated. That could mean Social Security could become insolvent earlier than previously forecast."

Apply Now!

Rediscover Town Meadows

- **AFFORDABLE HOUSING**
- Now accepting applications for the waiting list age 62+ low income community
- Newly renovated one bedroom units
- On-site management and daily maintenance personnel
- Remodeled community room equipped with a full kitchen, spacious seating areas, a computer lounge, TV screening room, baby grand piano and a pool table
- New laundry facilities, a fitness room, renovated outdoor BBQ area and resident garden all surrounded with lush landscaping

TOWN MEADOWS

115 WEST MURRAY AVENUE • VISALIA, CA 93291
 PH: 559.627.2220 • TOWNMEADOWS@TSAAPROPERTIES.COM
 APPLICATIONS AVAILABLE ONLINE FOR DOWNLOAD AT WWW.TSAHOUSING.COM

- The Ortigas

Staci was professional and very open about the process, she was concerned about our welfare and acted in a timely manner to ensure everything went smoothly throughout the process. We really appreciated her expertise and understanding of our situation. We would highly recommend selling our home to Drake Real Estate Investments.

DRAKE REAL ESTATE INVESTMENTS HAS BEEN WORKING WITH VALLEY SENIORS FOR OVER 15 YEARS. LET US BE YOUR SOLUTION TO SELLING YOUR HOME.

Here are some of the types of situations we can help with:

- ✓ Downsizing
- ✓ Outdated
- ✓ Costly Repairs + Maintenance
- ✓ Foreclosure
- ✓ Need Cash Fast

PLEASE CALL FOR A FREE NO-OBLIGATION CONSULTATION.

GET IN TOUCH

559-354-1551

WWW.DRAKEREI.COM

Helpful Garden Tips for November and December

By Peyton Ellas
UCCE Master Gardener

Autumn is in full gear this month. This is a great time to plant almost any tree, shrub, perennial, ground cover, wildflower seeds and the last of spring-flowering bulbs. While the days are shorter and storms may affect our ability to work outdoors, it is generally more pleasant both for us and the plants, as long as we follow some simple guidelines.

Planting

This is an especially good month to plant those California and Mediterranean woody shrubs that don't thrive with too much summer water. This includes manzanita, ceanothus, lavender, coffeeberry and buckthorn, bush lupine, flannel bush and rosemary.

November is the month to plant spring bulbs like tulips, daffodils and narcissus in a site where they will get a full day of sunshine at least through early summer.

Purchase bulbs that are firm and without spots of mold. Plant the bulb three times deeper than its height. Usually, the pointed end of the bulb is placed up when planting. All spring bulbs should be planted by Thanksgiving.

If you grow dahlias, November is the month to dig and divide overcrowded tubers. Store them in a cool dry place until re-planting in February.

Early in the month, we can still plant winter vegetables like greens, broccoli, cauliflower and cabbage. This is good since I am always late getting those

last seedlings in the ground.

Maintaining

After the leaves fall, begin pruning deciduous shrubs and trees, not only to shape them, but to prevent storm damage. Our Master Gardener website has more complete instructions and illustrations on pruning trees the correct way.

Fall and winter blooming plants and vegetables can be fertilized. Do not fertilize California native plants. The exception is that you can provide your manzanita with a very weak dose of fertilizer for acid-loving plants like azalea and camelia. Do not fertilize avocado, citrus, palms or other frost-sensitive plants in the fall.

If your peach or nectar-



Dahlia

ine tree had deformed leaves during the summer, it probably had "peach leaf curl." This is a fungal disease that affects fruiting and, if severe, can cause the tree to die. To control peach leaf curl:

- Rake leaves when they fall. Remove any mummies and discard. Do not add these to your compost pile.



Tulips

- Spray trunk, branches and the ground underneath the tree with a copper-based fungicide or a Bordeaux mixture (a slurry made of hydrated lime and copper sulfate). You can also use a synthetic fungicide. Products need to have 50% copper to be truly effective.

- One application is usually enough, however, if we have a wet winter, then spray again before the flower buds swell in the spring.

If the month is on the dry side, remember to deep water your trees and large shrubs, even if they have lost their leaves. Your irrigation controller should be adjusted downward even if we don't get a lot

of rain.

Cooler nights and shorter days mean that most plants will not need as much water. Be sure to check your city's website for winter watering rules.

Stop dead-heading roses and other spring-bloomers to encourage them to settle into dormancy. All plants require a dormant period to thrive into old age. Don't fertilize or try to keep them going too long. It is their season

to wind down in preparation of a winter rest.

Conserving

If you have non-native milkweed (usually with orange or yellow flowers), make sure the flowers are pruned off to encourage monarch butterflies to migrate. The cold of winter will kill the butterflies if they stick around.

You can check and refill bird feeders with fresh seed and check after rainstorms to make sure the seed isn't moldy. Consider leaving some seed stalks on some of your grasses and perennials for birds to forage this winter.

In the edible garden, add straw, old hay, alfalfa pellets and/or compost to the planting beds. If you take care of the soil, your plants will be stronger and better able to resist pest pressures next spring. Keep after the weeds that use up nutrients your plants need.

Happy harvest! Happy (hopefully) rain and snow month!

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

Visalia Farmer's Market - 1st & 3rd Saturdays, 8-11 a.m., 2100 W. Caldwell Ave., Visalia;

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

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

Hofman's Nursery, Hanford - 3rd Saturday every month, 10 a.m.-1 p.m.; and

Foothill Festival - Saturday, November 5, noon - 5 p.m., River Ridge Ranch, 37675 Balch Park Rd., Springville.



Daffodils

THE GOOD LIFE BUSINESS CARD DIRECTORY

Home Care designed to make your whole family feel better.

Peaceful Valley HOME CARE

- Personal Care • Homemaking Care • Respite Care • Non-Emergency Medical Transportation • Veteran In-Home Care Provider

(559) 608-5711

peacefulvalleyhomecare.com
info@peacefulvalleyhomecare.com
www.facebook.com/PeacefulValleyHomeCare

Helping fill the gaps of care for hospice and home health services.

Visalia Public Cemetery

Cindy Summers
District Manager

www.visaliacem.org
csummers@visaliacemetery.com
1300 W. Goshen Ave., Visalia, CA 93291

P: 559-734-6181
C: 559-679-1463
F: 559-734-9337

Shannon Ranch
A Quail Park Community

Brilliant Senior Living

3440 W Flagstaff Ave.
Visalia, CA 93291

Leslie Hayes
Director of Business Development

Phone: 559.527.8245
Cell: 559.331.3002
Fax: 559.319.0599

leslieh@qpsannonranch.com
qpsannonranch.com
RCFE#547209004



The headline from the Exeter Sun for Friday, October 25th, 1929

The Exeter Race Riot

The Tulare County town of Exeter has many bright spots and important claims to fame in its history. It was home to the famous red Emperor grapes, was selected to have a beautiful Carnegie Library, and was one time headquarters of the popular Visalia Electric Railroad. But 93 years ago, one unfortunate incident cast a dark shadow on the town's amazing historic achievements. An event so noteworthy that the *Exeter Sun* published an "extra" edition of its newspaper bearing the headline "Race Riot Throws City Into Turmoil."

In the early 20th century, California was fast becoming one of the most important agricultural states in the union. Marginal land was being transformed into productive ground thanks, to a great extent, to expanding irrigation. As useable acreage grew, so did the need for agricultural workers. Word spread throughout the world that California farmers were hiring. Foreign workers and "Dust Bowl" migrants responded to the call, especially in the late 1920s and 1930s. Thus, California became home to many different labor groups. As the number increased, so did sparks of labor unrest.

One such group came from the Philippine Islands. By 1929, it was reported that 65,000 Filipinos were working in the Golden State, with about 500 living in Tulare County near

Exeter. They worked on ranches like the ones owned by E. J. Firebaugh, Charles Glaze and C. A. Hahn, and lived in camps on the ranches.

E.B. McKevitt, manager of the Giant Oak Ranch in Exeter, explained the local labor situation at the time, saying that often there were more workers than jobs, and added "Emperors have been late and there has been little work in the Exeter district." Finding a job in the fruit working industry had become extremely competitive. Tension between the white workers and the Filipinos was rising.

On the evening of October 23, 1929, local unrest reached a boiling point when at the Exeter carnival grounds, a white fruit worker exchanged angry words with a Filipino worker, apparently over a girl. The anger carried over to the next day when a Filipino stabbed white workers Adolph Borgman and Harry Lathan near the Kirkman Pool Hall. Both Anglo workers were taken to the Exeter Hospital, although neither had life-threatening injuries. The Filipino suspect fled the scene.

Sparked by the stabbings, a group of about 300 white workers formed and turned into an angry mob. Armed with clubs and rocks, they rushed to the Firebaugh Ranch where they confronted the Filipino workers living there. The foreign workers were pelted with rocks

Dusting Off History
with Terry Ommen



as they fled in their automobiles. Then the mob set fire to Firebaugh's barn, destroying it and about 20 tons of hay and a \$3,000 tractor. Before leaving, the rioters smashed the windows of the Firebaugh home, apparently unhappy that the family had hired Filipino workers.

The angry men then went to the Charles Glaze and Cliff Dungan ranches and stoned the Filipino workers there. The violence lasted into the early morning hours of October 25th. The Filipinos fled the Exeter area, with about 200 going to Visalia.

The first responding lawmen arrived at the Firebaugh Ranch as the mob was leaving. Deputy Sheriff S.B. Sherman (who later was elected Tulare County Sheriff) was first to arrive, followed closely by Exeter Police Chief Alva Joyner, Constable Charles Mackey, and Exeter officers W. A. Stillman and M. C. Griggs. Tulare Coun-

ty Sheriff Robert Hill and other deputies followed, and the hunt for the Filipino assailant and the rioters began.

Authorities eventually identified the stabbing suspect, but it appears he was never arrested. At least two members of the mob were arrested for rioting, arson and other charges, but it appears that neither went to trial. Investigators concluded that most members of the white mob were spectators only.

The so-called Exeter race riot made news throughout California, and for obvious reasons, the story even found its way to the Philippine Islands. Clearly, it was not a proud moment for the normally quiet little town. But sharing history, unsanitized with warts and all, is important, and as contemporary journalist Dan Walters wrote nearly 20 years ago, "History is history – some of it is positive and some of it is negative, human imperfection being what it is."



A peaceful Exeter street scene in about 1948. (Photo credit Exeter Then and Now by John A. Mangini)





Senior Care Homes & Assisted Living

Family owned and operated since opening in 1973

We are centrally located in Visalia. Our facilities are staffed 24 hours a day, 7 days a week, and feature fully gated premises. We offer 3 levels of care and devote one wing specifically to Dementia Care & Alzheimer's.

347 E. Walnut Ave., Visalia, CA
(559) 733-0233
CasaGrandeSeniorCareHomes.com

Lic. #540404321



The Silveira Family



"Ball and Vase" stars Austin Pendleton as Ed, a 92-year-old former magician who now leads a simple and rather lonely life. In the photo at right, Ed is talking to his wife, played by Diane J. Findlay.

92-Year Old Tries to Recapture Past Magic in 'Ball and Vase'

By Steve Pastis

"I've been wanting to tell this story ever since my grandfather passed away," explained David Baram, the writer and director of "Ball and Vase." "Like Ed in this film, my grandfather, a sometimes magician, immigrated to Paterson, New Jersey, worked in the mills and did his best to provide for those he loved.

"He was as much a father as a grandfather to me," he continued. "But I took for granted that he would be around forever. Life got in the way of visits, phone calls and letters... until it was too late."

Ed, the character partly inspired by Baram's grandfather, is a 92-year-old former magician. The film tells the story of two days in what has become his simple and rather lonely life.

"Like anything I write, there is a group of influences," he said. "My grandfather definitely was one of them. He was a relatively quiet and humble guy, but in his own way was the strength of our extended family."



Ball and vase

"Ball and Vase" was named after the classic illusion where a ball vanishes and then magically reappears. In the movie, it plays a symbolic role when Ed decides to "reappear" at one of the places he used to frequent.

Baram described "Ball and Vase" as "a very small story, but one that organically touches upon the universal themes of aging, loss and abandonment that we are all sometimes hesitant to face head on.

"Whenever I spend time in adult care facilities, it's always struck me how many folks receive no visitors," he said. "They lack any family relationships. A lot of them may have families that for whatever reason don't visit them for years.

"We get so busy and absorbed in our own challenges and difficult lives that it becomes easy to forget they were important in our lives," said Baram.

"In our culture, the elderly, especially those without means, are often marginalized," he added. "A significant percentage of Americans over 80 live in nursing homes, alone and often forgotten.

"It is so easy for many of us to forget that they still share the same longings for connection, love, curiosity for life, desires for growth as any young adult, but the opportunities afforded the younger are often nonexistent for the elderly.

"Sadly, our (film) industry often reflects this marginalization," Baram said. "Casting this film highlighted a poignant example."

Baram said that "a very well-known actor in his 80s expressed a strong desire to play Ed, but only if the part could be rewritten as 70 years old." Apparently, playing his real age would only further reinforce the perception he was now too old for the industry to which he devoted over 60 years.

Austin Pendleton Cast as Ed

Austin Pendleton, whose movie credits include "What's Up Doc?," "My Cousin Vinny," "Catch-22" and "Guarding Tess," stars as Ed in the film.

Baram wanted Pendleton to play Ed after seeing him in "Starring Austin Pendleton," a short film billed as a documentary about "the most famous actor you've never heard of." Philip Seymour Hoffman, Meryl Streep, Natalie Portman, Olympia Dukakis, Maggie Gyllenhaal and Ethan Hawke are also featured in the film.

Baram was very happy with Pendleton's performance in "Ball and Vase."

"He brought so much more than I expected to the film," said Baram, who expected to use a hand double for Pendleton for the card tricks but was surprised at the actor's talent for magic.

And Baram knows a lot about magic. He is a magician whose recent show is based on accounts about a high society woman in who hosted parlor magic shows in 1895.

Also, he was best man at the wedding of magician and illusionist Criss Angel, a Las Vegas headliner who has starred in several television specials.

An Oscar Candidate?

"Ball and Vase" is "Oscar-qualified," and has already been screened for Academy Award voters in Los Angeles and New York, according to Baram, who noted that his film is less than 40 minutes long, which qualifies it in the Academy's Best Short Film category.

The process of qualifying as a short film was difficult for Baram.

"I really wanted the viewer to spend longer moments with Ed and feel the emotional state that he was going through," said Baram.

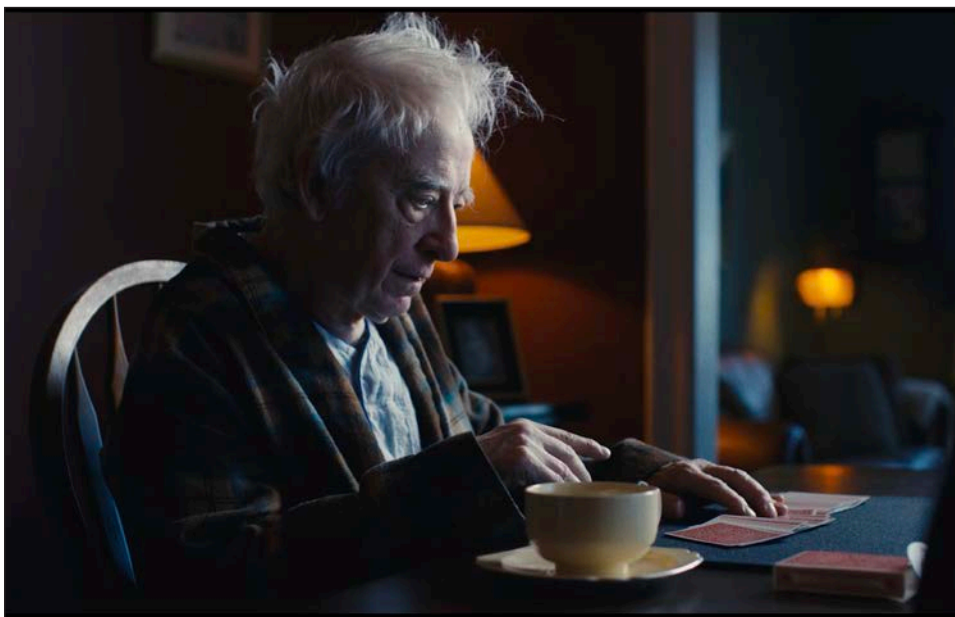
Other Projects

Baram was interviewed for an article in the January-February 2022 issue of *The Good Life* about his previous film, "One All the Way," a documentary about seniors who frequently make "hot dog crawls" in the Paterson, New Jersey area. They have hot dogs at various restaurants where they discuss their meals and share memories about the good old days. One of the main hot dog connoisseurs in the film is his father, Harry Baram.

David Baram's goal for 2023 is to produce a feature film. That could be a movie about a father and son relationship that takes place in the late 1970s and early 1980s. Or it could be a film about two brothers and a ranch.

He also wants to write another role for Austin Pendleton, as well as for his "Ball and Vase" costar, Diane J. Findlay.

For more information about "Ball and Vase," visit www.ballandvasemovie.com.



Writer/director David Baram wanted the viewer to spend longer moments with Ed (Austin Pendleton) and feel his emotional state.