



IN THIS ISSUE: AgeTech Summit at CES in Las Vegas, When Ice Came to Town, Retirement in Portugal, 'The Mole Agent'

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume IX, Number 6 • March/April 2023

NEW ALZHEIMER'S TREATMENT

FDA Grants Accelerated Approval for Leqembi

On January 6, the U.S. Food and Drug Administration approved Leqembi (lecanemab-irmb) via the Accelerated Approval pathway for the treatment of Alzheimer's disease.

Leqembi is the second of a new category of medications approved for Alzheimer's disease that target the basic pathophysiology of the disease. These medications represent an important advancement in the ongoing fight to effectively treat Alzheimer's disease.

"Alzheimer's disease immeasurably incapacitates the lives of those who suffer from it and has devastating effects on their loved ones," said Billy Dunn, M.D., director of the Office of Neuroscience in the FDA's Center for Drug Evaluation and Research. "This treatment option is the latest therapy to target and affect the underlying disease process of Alzheimer's,

instead of only treating the symptoms of the disease."

Alzheimer's disease is an irreversible, progressive brain disorder affecting more than 6.5 million Americans that slowly destroys memory and thinking skills and, eventually, the ability to carry out simple tasks. While the specific causes of Alzheimer's are not fully known, it is characterized by changes in the brain – including amyloid beta plaques and neurofibrillary, or tau, tangles – that result in loss of neurons and their connections. These changes affect a person's ability to remember and think.

Leqembi was approved using the Accelerated Approval pathway, under which the FDA may approve drugs for serious conditions where there is an unmet medical need and a drug is shown to have an effect on a surrogate endpoint that

(continued on page 14)



CSET reopened its senior center in Farmersville on January 17.

Senior Centers Reopen in Farmersville and Earlimart

The Farmersville Senior Center, located at 623 N. Avery Ave. in Farmersville, reopened on January 17, while the Earlimart Senior Center at 712 E Washington St in Earlimart opened its doors on February 13.

Both centers provide lunch, in addition to programs such as exercise classes, bingo and crafts. The Farmersville Senior Center is open from 9 a.m. to 1 p.m. Monday through Fri-

day, while the Earlimart facility is open from 8:30 a.m. to 1:30 p.m. Monday through Friday.

The two centers are the latest senior centers managed by Community Services Employment Training (CSET) to reopen after the COVID pandemic closed them in March 2020. Centers in Cutler and Porterville reopened in September of last year.

"We hope to open the Woodlake Center next," said Angel Avitia, director of community initiatives for CSET. While he added the timeline is intended to be "as soon as possible," Avitia added that finding and hiring qualified staff is the stumbling block.

Avitia said plans are to reopen additional senior centers CSET manages in Lindsay, Exeter and Goshen as soon as staff can be hired. For more information, contact CSET at (559) 732-4194.

2023 Alzheimer's Walk to be Held at Valley Strong Ballpark in August

Tulare and Kings County residents are invited to participate in the Alzheimer's Association Walk to End Alzheimer's, which will be changing its month and location this year.

The 2023 Walk will be held on Sunday, August 20, at Valley Strong Ballpark, home of the Visalia Rawhide, before the team's game with the Rancho Cucamonga Quakes.

"This year, we wanted to change the venue," said Sherrie Wallace, committee member who has chaired the event for the past four years. "Everything else will be the same."

Participants will again 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 trib-

ute ceremony to honor those affected by the disease.

"We just thought a new location would rally the community to come out for the cause," said Wallace. "Also, the Visalia Rawhide are a great community partner and we were excited to partner with them."

"The Rawhide are ecstatic to host the annual Walk to End Alzheimer's at Valley Strong Ballpark this year," said Markus Hagglund, the team's assistant general manager. "Great strides have been made in Alzheimer's research in recent years and that is due in large part to the efforts of the Alzheimer's Association."

"We have had the opportunity to partner with them in recent years and are ecstatic to be able to further use our platform and venue to promote their mission," he added.

Walk participants will be able to stay for the game at no cost.

Heather McCarthy is the new manager of the Tulare-Kings Counties Walk to End Alzheimer's. She has a strong history

(continued on page 11)



The first Heart of Seniors expo, luncheon and fashion show since 2019 was held at the Visalia Wyndham Hotel on February 16. Tickets and vendor spaces were sold out in advance. The Good Life columnist Terry Ommen (standing by the screen in photo) was the keynote speaker.



Seniors gather information about local services at the most recent Senior Day in the Park.

Senior Day in the Park Scheduled for May 5

A much anticipated event is expected to return on May 5 when Senior Day in the Park is planned at Mooney Grove Park.

While details at press time were yet to be confirmed, representatives of Community Services and Employment Training (CSET) said this year's event will once again feature Elvis-impersonator Jeremy Pierce, along with exhibitor booths, food and music. This year's theme is "April Showers Bring May Flowers."

"This is the first Senior Day in the Park since 2019," said Angel Avitia, director of community initiatives for CSET. "We've been dormant for a long time and now we are coming back. We're really excited to bring it back."

The event begins at 9 a.m. and ends at 2 p.m., and is organized by CSET and the Kings/Tulare Area Agency on Aging. Avitia said a full slate of activities is being planned.

"We will have '50s music and dancing, and meals for seniors, and we're working with a few entertainers who we hope will perform," said Avitia.

Dozens of agencies and organizations that provide services to seniors will again have information tables. An online form will be available soon for exhibitors interested in showcasing their services to local seniors.

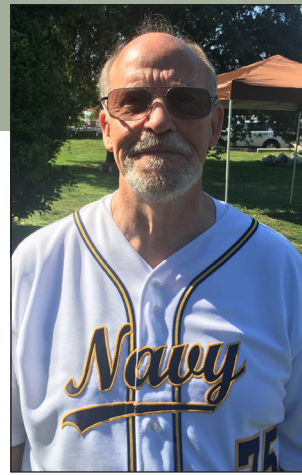
For more information about Senior Day in the Park, call CSET at (559) 732-4194.



Elvis is expected to perform at this year's Senior Day in the Park.

VETERANS CORNER

Dependency and Indemnity Compensation



Ken Cruickshank

In this column, we will be discussing a benefit available to a survivor of a veteran. We will talk about Dependency and Indemnity Compensation (DIC).

DIC is a benefit that is paid on a monthly basis to eligible survivors of a: military service member who died while on active duty, active duty for training, or inactive duty for training; or a veteran whose death resulted from a service-related injury or disease; or a veteran whose death resulted from a non-service-related injury or disease, and who was receiving, or was entitled to receive VA Compensation for service-connected disability that was rated as totally disabling for at least ten years immediately before death, OR since the veteran's release from active duty and for at least five years immediately preceding death, OR for at least one year before death if the veteran was a former prisoner of war who died after September 30, 1999.

So, who is eligible to receive the benefit? If you are the surviving spouse and meet any of the following criteria, you may be eligible:

- You were validly married to the veteran before January 1, 1957, or were married to a veteran who died on active duty, active duty for training, or inactive duty for training; or
- Married the veteran within 15 years of discharge from military service in which the disease or injury that caused the death began or was aggravated; or
- Were married to the veteran for at least one year prior to the death; or
- Had a child with the veteran and cohabitated with the veteran continuously until the veteran's death or, if separated, were not at fault for the separation, and are not currently remarried. (A spouse that remarried on or after December 16, 2003, and on or after reaching age 57, can be entitled to continue to receive DIC).

For the surviving children to be eligible, they must not be included on the surviving spouse's DIC, must be unmarried, and must either be under age 18, or between the ages of 18 and 23, and attending school.

As you can see, it can be very confusing to try to figure out if you may be eligible for this benefit. Please contact our office, and we can assist you in seeing if you may qualify to apply. We will also assist you in completing the required Department of Veterans Affairs claim forms for submission.

In some cases, veterans' parents may be entitled to DIC. This benefit is called Parents DIC and is a monthly benefit paid to the parents of veterans who die in service or because of a service-connected disability. Unlike the surviving spouse or children's DIC, there are qualifying income limits, and the amount that may be payable varies based on the parent's other income.

The current basic monthly rate of DIC from the VA is \$1,562.73 for an eligible spouse. This rate can increase for each dependent child and when the surviving spouse needs aid and attendance or is housebound.

Due to a recent law change, for survivors who were also in receipt of the veteran's Survivor Benefit Plan (SBP) and DIC, there will no longer be an offset of the DIC benefit.

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 kcruciks@tularecounty.ca.gov



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AARP, CTA Launch AgeTech Summit at CES 2023

AARP, working together with the Consumer Technology Association, presented a track of programming at CES 2023 focusing on AgeTech, the growing category of technology solutions designed to meet the needs of the world's aging population.

CES, the Consumer Electronic Show, is considered the most influential tech event in the world, showcasing breakthrough technologies and global innovators. Held every January in Las Vegas, CES features every aspect of the tech sector.

Spending in the AgeTech category is poised to grow fast. New research from AARP's Global Longevity Economy Outlook study shows the 50+ population contributed \$45 trillion to global GDP in 2020, a number that is expected to grow to \$118 trillion by 2050.

"As startups and large organizations see financial benefits to develop products in the AgeTech category, consumers benefit from the continuing innovation, which ultimately improves their everyday lives," said AARP CEO Jo Ann Jenkins. "AARP is leveraging its expertise to accelerate AgeTech by facilitating partnerships and collaboration across industries and sectors to move the category forward."



The AgeTech Collaborative at CES 2023 in Las Vegas showcased the latest technology for seniors.

In addition to innovation in AgeTech, the 50+ population continues to increase its overall technology usage and the amount it spends on purchases. According to the AARP 2023 Tech Trends survey, people 50+ spent an average of \$911 annually on personal tech in 2022, up from \$821 in 2021.

Highlights of the AgeTech Summit track at CES 2023 included:

- AARP CEO Jo Ann Jenkins delivered the AgeTech Summit keynote "Living Longer, Aging Better: That's the Power of AgeTech."

- Steve Case, founder of AOL, entrepreneur and philanthropist, along with AARP EVP and COO Scott Frisch presented "You're

Investing Where?! Ideas from off the Beaten Path," a discussion examining the funding flowing into the AgeTech category.

- Seven-time NBA All-Star Grant Hill, and Olympic Gold Medalist and ESPN Analyst Jessica Mendoza led the discussion, "Take It from a Pro: Self-tracking Our Stats on and off the Court," which examined how cutting-edge sports technology drives innovative solutions for the AgeTech category.

- AARP CEO Jo Ann Jenkins joined philanthropist, financier and public health advocate Michael Milken in the discussion "In Pursuit of Health: Redefining Health Approaches for How We Age" about the expanding role technology is playing in

combatting disease and helping people live longer, healthier lives.

- Actor, comedian and producer Ken Jeong hosted "AgeTech After Dark Pitch Challenge."

The AgeTech Collaborative booth stage hosted more than 20 stage panel discussions in this emerging category including:

- Trust & Will, which focuses on simplifying the estate planning process, including solving the logistics of leaving a legacy by connecting families around the world.

- Care.coach, which works to solve the caregiver crisis through digital avatars, powered by a unique fusion of artificial and human intelligence, enabling them to help coordinate care and coach risk-mitigating behaviors while reducing social isolation.

- Zibrio, a company offering measurement-based fall prevention. Originally invented for astronauts, Zibrio predicts if you will fall down in the next 12 months and then guides you to improve balance with personalized plans.

In 2021, AARP Innovation Labs established the AgeTech Collaborative. Since then, AgeTech has grown to more than 100 participating organizations and more than 70 portfolio startups.

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Social Security Payment Increase Attracts Scammers

Each year, the Social Security Administration (SSA) approves a cost-of-living adjustment (COLA) for recipients of Social Security benefits and Supplementary Security Income (SSI). Due to inflation, payments will increase by 8.7% this year. It's a significant increase - the highest COLA approved in more than 40 years - and scammers are taking advantage.

If you or a loved one receive Social Security benefits, stay alert to the signs of a scam.

Scammers may contact you by phone, text or email. A phony "Social Security Administration representative" may claim that you must apply for your cost-of-living increase. They might ask you to visit a website, send information via text or email, or speak with them on the phone to get the benefit.

The scammer will ask you to verify your identity by sharing personal details, such as your full name, address or Social Security number. They may even ask for your bank account information, claiming that the extra money will be deposited directly into your account.

If you give your information

to the person in question, they will have gained access to your most sensitive personal information, making you susceptible to identity theft. If you give up your banking information, they may even be able to gain access to your money.

The SSA's COLA is automatic. You don't need to do anything to receive the increase in benefits. If someone tells you otherwise, you're likely dealing with a scammer.

According to SSA, "If there is a problem with your Social Security number, we will mail you a letter. Generally, we will only contact you if you have requested a call or have ongoing business with us." A call, text or email from "an SSA agent" out of the blue is a red flag.

Don't give in to threats. SSA will never threaten you with arrest or legal action. They will never suspend your Social Security number or demand payment from you. They will never ask for personal information or banking details to give you an increase in benefits. If someone demands these things or threatens you over the phone, they are not with SSA.

Hearing Loss Increases Likelihood of Dementia

A new study led by researchers at the Johns Hopkins Bloomberg School of Public Health found that older adults with greater severity of hearing loss were more likely to have dementia, but the likelihood of dementia was lower among hearing aid users compared to non-users.

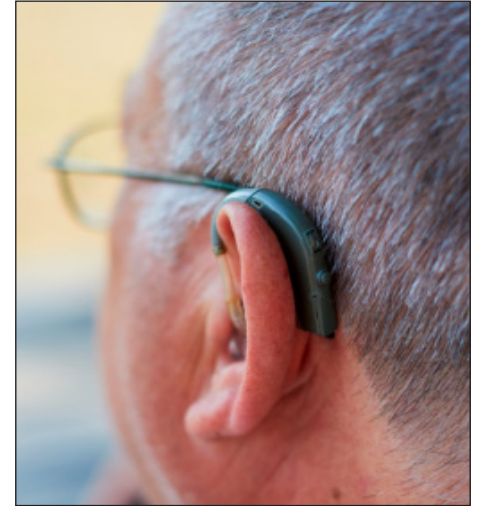
The findings, from a nationally representative sample of more than 2,400 older adults, are consistent with prior studies showing that hearing loss might be a contributing factor to dementia risk over time, and that treating hearing loss may lower dementia risk.

The findings are highlighted in a research letter published online January 10 in the *Journal of the American Medical Association*.

"This study refines what we've observed about the link between hearing loss and dementia, and builds support for public health action to improve hearing care access," said lead author Alison Huang, a senior research associate in the Bloomberg School's Department of Epidemiology and at the Cochlear Center for Hearing and Public Health, also at the Bloomberg School.

Hearing loss is a critical public health issue affecting two-thirds of Americans over 70. The growing understanding that hearing loss might be linked to the risk of dementia, which impacts millions, and other adverse outcomes has called attention to implementing possible strategies to treat hearing loss.

For the new study, Huang and colleagues analyzed a nationally representative dataset from the National Health and Aging Trends Study (NHATS). Funded by the National Institute on Aging, the NHATS has been ongoing since 2011, and uses a nationwide sample of Medicare beneficiaries over age 65, with a focus on the 90-and-over group as well as Black individuals.



The analysis covered 2,413 individuals, about half of whom were over 80 and showed a clear association between severity of hearing loss and dementia.

Prevalence of dementia among the participants with moderate/severe hearing loss was 61% higher than prevalence among participants who had normal hearing. Hearing aid use was associated with a 32% lower prevalence of dementia in the 853 participants who had moderate/severe hearing loss.

The authors note that many past studies were limited in that they relied on in-clinic data collection, leaving out vulnerable populations that did not have the means or capacity to get to a clinic. For their study, the researchers collected data from participants through in-home testing and interviews.

How hearing loss is linked to dementia isn't yet clear, and studies point to several possible mechanisms. Huang's research adds to a body of work by the Cochlear Center for Hearing and Public Health examining the relationship between hearing loss and dementia.

The study authors expect to have a fuller picture of the effect of hearing loss treatment on cognition and dementia from their Aging and Cognitive Health Evaluation in Elders (ACHIEVE) Study. Results from the three-year randomized trial are expected this year.

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IHSS Program Allows Seniors to Avoid Out-of-Home Care

(This is the second in a series of articles about supportive services for local seniors that will appear in The Good Life.)

The In-Home Supportive Services (IHSS) Program provides services to eligible individuals over the age of 65, the blind and the disabled.

The goal of the IHSS program is to allow persons to remain safely in their own homes and avoid the need for out-of-home care, such as a nursing home.

"Currently, we have about 6,700 consumers on the program," said Marsha Calhoun, IHSS unit manager. "We have seen a steady increase of consumers since the pandemic."

IHSS provides services in your home. The home can be a house, apartment, hotel or the home of a relative.

The following services may be provided under the IHSS program:

- Personal care services, like dressing, bathing, feeding and toileting;
- Paramedical services, like helping with injections, wound care, and colostomy and catheter care, under the direction of a licensed medical professional;
- House cleaning;
- Cooking;
- Shopping;

- Laundry;
- Accompaniment to and from medical appointments.

Eligibility Requirements

IHSS is a Medi-Cal program funded by federal, state and county dollars. If you or someone you know receives Supplemental Security Income (SSI) or meets all Medi-Cal income eligibility requirements, you may be able to receive IHSS Services.

You must submit a health certification signed by your physician before services can be authorized. This form will be provided to you when your application is received.

"Eligibility is determined by income/resources," explained Calhoun. "Based on income, services can be free or require

a share of cost."

How to Apply for IHSS

Residents of Tulare County may apply at the IHSS office at 4025 W. Noble Ave., Suite A, in Visalia, or by calling (559) 623-0600 or 1-800-571-9555.

A county representative will ask you questions to gather information about the nature of your disability, things that you need help with, your income, and your assets. A social worker will come to your home and work with you to determine the type of authorized services you may need.

For more information, visit the IHSS office at 4025 W. Noble Ave., Suite A, in Visalia or call (559) 623-0600 or 1-800-571-9555.

Office hours are Monday



Marsha Calhoun, unit manager of the IHSS Program

through Thursday from 7:30 a.m. to 5 p.m., and Friday from 8 a.m. to noon.

KT AAA Seeks New Advisory Council Members

The Kings/Tulare Area Agency on Aging (K/T AAA) is seeking applications from persons interested in filling vacancies on the K/T AAA Advisory Council.

The K/T AAA Advisory Council advises the Area Agency on Aging Governing Board on matters pertaining to the development and implementation of an Area Plan for senior programs.

Council members represent the interests of older per-

sons in reviewing community policies, programs, and actions affecting older citizens. Additionally, Council members meet

with seniors to promote and inform the public about the K/T AAA and its programs.

Prospective applicants for this recruitment shall either work or reside in Kings or Tulare County and have a desire to utilize their abilities in addressing the problems of senior citizens.

To request an application, or for more information, contact Christine Tidwell, advisory council liaison, at (559) 624-8063 or Ctidwell@tularecounty.ca.gov.





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Free Tax Preparation Offered in Tulare County

Community Services Employment Training (CSET) is providing free tax preparation services to residents of Tulare County.

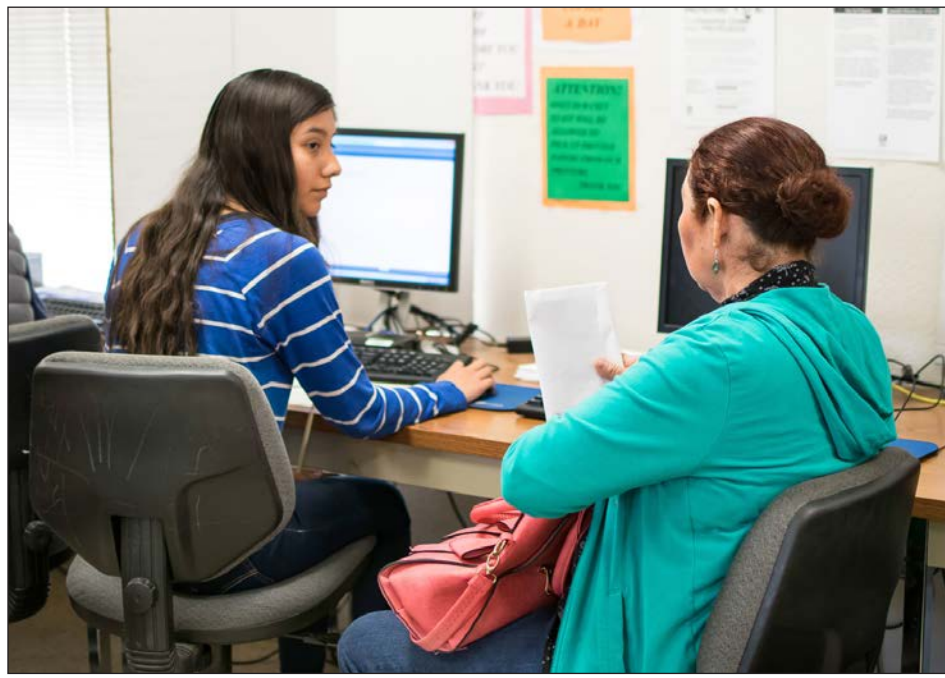
The Volunteer Income Tax Assistance (VITA) program prepares federal and state tax returns at no cost to households with less than \$60,000 in annual income.

Eligible working families and individuals may also qualify for Federal and California Earned Income Tax Credits (CalEITC) that may reduce the amount of tax owed.

Tax documents can be dropped off at any VITA location. Taxes will be prepared on a first-come, first-served basis. Tax preparers will connect with customers when their taxes are completed.

Customers will be informed about the filing process and contacted over the phone to review, schedule a pickup, and receive authorization to e-file.

In-person tax preparation will vary, depending on volunteer availability. Customers may download the required



Taxes will be prepared on a first-come, first-served basis.

documents checklist and intake forms at www.cset.org/vita, or retrieve a packet from a VITA location.

Earned Income Tax Credits

The amount of tax credits and cash back refund depends on household income and family size. Households earning less than \$30,000 may be eligible for CalEITC up to \$3,417 for tax year 2022.

Immigrant workers filing state taxes with an Individual Taxpayer Identification Number and current and former foster youth may also be eligible for CalEITC and the Young Child Tax Credit.

An Earned Income Tax

Credit calculator is available online to estimate the tax refund that may be received from CalEITC and other cash-back credits.

Due to high call volumes, CSET will only answer questions about individual tax issues in person at tax sites. For more information on locations and required documents, visit www.cset.org/vita or call (559) 741-4640.

VITA Locations and Schedule

Visalia - CSET Main Office, 312 NW 3rd Ave., Monday-Thursday from 9 a.m. to 4:30 p.m. (drop off only); Saturday, March 4 and 18, April 1 and 15, from 9 a.m. to 3 p.m.

Visalia - Employment Connection, 4025 W. Noble Ave., Suite B, Monday - Thursday from 9 a.m. to 4:30 p.m. (closed for lunch 12-1 p.m.)

Cutler - Cutler-Orosi Senior Center, 12691 Ave. 408, Tuesdays from 10:30 a.m. to 6:30 p.m. (closed for lunch 2-3 p.m.); and Saturday, March 4 and 18, April 1 and 15, from 9 a.m. to 2 p.m.

Tulare - Tulare Family Resource Center & Employment Connection Affiliate, 304 E. Tulare Ave., Tuesday-Friday from 1-4 p.m.; and Saturday, March 4 and 18, April 1 and 15, from 9 a.m. to 2 p.m.

Porterville - Employment Connection, 1063 W. Henderson Ave., Monday-Friday from 9 a.m. to 4 p.m. (closed for lunch 12-1 p.m.), and Saturday, March 4 and 18, April 1 and 15, from 9 a.m. to 2 p.m.

Pixley - Pixley CSET Office, 927 S. Center St., Tuesdays and Thursdays from 9 a.m. to 12 p.m.

Since 1976, CSET has been working to inspire youth, families and communities to achieve self-reliance through innovative pathways and collaboration.

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Visalia Rawhide Announce Senior Club, Belle of the Ballpark

With the 2023 baseball season just around the corner, the Visalia Rawhide have announced that the Rawhide Rustler Senior Club will be back for its third season.

Established in 2019, the Rawhide Rustler ticket package is available to anyone 55+ and features a ticket to every Wednesday game during the season. For \$30, participants receive a ticket for 11 games to watch some of baseball's top young talents get their start.

Rustler Senior Club members also get to enjoy ballpark hot dogs and award-winning brats. Bingo is played every Wednesday, with numbers announced after every batter.

When the weather gets too hot, members can upgrade their tickets into the air-conditioned Michelob Ultra Club.

In addition to the tickets, members of the Rawhide Rustler Senior Club receive a free t-shirt, exclusive giveaways and invitations to private events at the ballpark.

The Rawhide Rustler Senior Club has been popular among those 55+ in the community.

"We love going to the games," said Mary Zwetzig of Orosi. "It gets us up and moving and the whole staff keeps everything interesting. I've even won bingo a few times!"

For more information, call Rawhide Ticket Operations



Joe Ross, Visalia Rawhide director of community relations, with 2019 Belle of the Ballpark Bernie Watson.

Manager Dalila Palacios at (559) 732-4433, ext. 101.

Belle of the Ballpark

This season, the Visalia Rawhide baseball team will

bring back one of its most beloved promotions - the Belle of the Ballpark Pageant.

The pageant, a competition for Tulare County ladies 65+,

features a unique take on a traditional beauty pageant. Contestants for the 2023 edition will compete in challenges such as "Best Runway Walk (or Roll)," "Cheek-Pinching Contest" with Rawhide players, and "Best 'Yo Mama' Joke."

On Wednesday, April 12, a new "Belle" will be crowned at Valley Strong Ballpark, based on the votes from local public figures and, of course, the fans.

The concept of the pageant started with a 1950s newspaper article about beauty pageants at Recreation Ballpark. That idea became the foundation of the modern Belle of the Ballpark and on May 21, 2011, the first pageant was held.

Four contestants, all over the age of 70, participated in that inaugural event, showcasing their talents and personality through friendly contests such as decorating a Rawhide t-shirt, a runway walk, and doing their best cheer/chant. The first Belle crowned was 96-year-old Doris Newcom of Quail Park Retirement Village.

After a three-year hiatus, this year's Belle of the Ballpark will take place on Wednesday, April 12, at Valley Strong Ballpark. Gates open at 5:30 p.m.

To nominate a contestant or for more information, call Rawhide Ticket Operations Manager Dalila Palacios at (559) 732-4433, ext. 101.



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For five years in a row, Kaweah Health Medical Center has been ranked by Healthgrades® as one of America's 250 Best Hospitals™. This year, they bested themselves, coming in as one of America's 100 Best Hospitals™.

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Every day, they're running marathons so the rest of us can have our walk in the park.



f | y | t | i VISIT: [Kawealth.org/awards](https://www.kawealth.org/awards)

*www.healthgrades.com/quality/hospital-ratings-awards

CALENDAR

March 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31 - Senior/Adults Aerobics
City of Hanford Parks and Community Services hosts aerobics from 9-10 a.m. at Longfield Center, 560 S. Douty St. in Hanford, three days a week. The monthly cost for those 55+ is \$16. For more info, call (559) 585-2530.

March 1, 8, 15, 22 - 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.

March 2, 7, 9, 14, 16, 21, 23, 28 - 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.

March 2, 7, 9, 14, 16, 21, 23, 28, 30 - iPhone for Newbies
City of Hanford Parks and Community Services will host these sessions from 1-2:30 p.m. at Longfield Center, 560 S. Douty St. in Hanford. For more info, call (559) 585-2525.

Thursday, March 2 - "The Donner Party"
The Sequoia Genealogical Society will host this 6 p.m.

presentation by Pay Hillman, great-great-granddaughter of George Donner, captain of the ill-fated Donner Party wagon train. 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.

March 3, 10, 17, 24 - 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. March 3 is the Mardi Gras Celebration. For more information, call (559) 685-2330.

March 3-4 - Visalia Gleaning Seniors Yard Sale
Visalia Gleaning Seniors will host this sale from 8 a.m. to 2 p.m. at the Gleaner Yard in Visalia. For more info, call (559) 733-5352.

March 4-5 - Rusty Roots Show
This event, which features arts and crafts, clothes, antiques, jewelry, furniture and more on sale, will be held from 8 a.m. to 9 p.m. on Saturday, and 9 a.m. to 3 p.m. on Sunday, at the Tulare County Fairgrounds, 620 S. K St., Tulare. For tickets or more information, visit www.rustyrootsshow.com.

March 5, 12, 29, 26 - 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.

March 7, 14, 21, 28 - Hanford Senior Creative Writing
This weekly event is held at Longfield Center, 560 S. Douty St. in Hanford, from 10-11 a.m. For more information, call (559) 585-2530.

Saturday, March 11 - Downtown Visalia St. Patrick's Day Parade
This annual event will begin at 10 a.m. and run along Main Street, from Church Street to Willow Street.

Saturday, March 11 - Irish Fest in the Park
Visalia Breakfast Lions will host this event from 1-5 p.m. at Visalia Recreation Park. Tickets are \$50 in advance, \$60 on the day of the event. For tickets or more information, visit www.visaliabreakfastlions.org.

Friday, March 17 - 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, March 17 - St. Patrick's Day Luncheon
This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost for Visalia residents 55+ is \$6. Tickets must be purchased in advance. For more information, call (559) 713-4365.

Friday, March 17 - St. Patrick's Zumbathon
Hanford Parks and Community Services will host this event from 6-9 p.m. in the Civic Auditorium, 400 N. Douty St., Hanford. Tickets are \$10 in advance, \$15 the day of the event. For more info, call (559) 585-2525.

Tuesday, March 21 - 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.

Saturday, March 25 - Rib Cook-Off
The Exeter Eagles Lodge will host this event, featuring food and drinks, games and a live band, at 555 W. Visalia Road in Exeter from 10 a.m. to 3 p.m. For more information, call (559) 592-1771.

Saturday, April 1 - Casino Night
The Exeter Ag Boosters will host this event in the Exeter Memo-

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CALENDAR

rial Building beginning at 5:30 p.m. Tickets are \$75 in advance and include food, drinks and \$300 in play money. For more info, call (559) 786-1237.

April 2, 16, 23, 30 - 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 info, call (559) 618-3221.

April 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28 - Senior/Adults Aerobics

City of Hanford Parks and Community Services hosts aerobics from 9-10 a.m. at Longfield Center, 560 S. Douty St. in Hanford, three days a week. The monthly cost for those 55+ is \$16. For more info, call (559) 585-2530.

April 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.

April 4, 11, 18, 25 - Hanford Senior Creative Writing

This event is held at Longfield Center, 560 S. Douty St. in Hanford, from 10-11 a.m. For more info, call (559) 585-2530.

April 4, 6, 11, 13, 18, 20, 25, 27 - iPhone for Newbies

City of Hanford Parks and Community Services will host these sessions from 1-2:30 p.m. at Longfield Center, 560 S. Douty St. in Hanford. For more info, call (559) 585-2525.

April 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.

Thursday, April 6 - "Identifying Old Photographs"

The Sequoia Genealogical Society will host this 6 p.m. presentation by Corky Peterson, long-time genealogical researcher. Refreshments will follow. The free event will be held at the Tulare Public Library, 475 M St. in Tulare. For more info, call (559) 685-4518.

Friday, April 7 - Eggstravaganza Spring Celebration

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost for Visalia residents 55+ is \$6. Tickets must be purchased in advance. For more information, call (559) 713-4365.

April 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.

April 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.

Wednesday, April 12 - Belle of the Ballpark

The Visalia Rawhide will host this event at its game with the Rancho Cucamonga Quakes at Valley Strong Ballpark, 300 N. Giddings St., Visalia. For more info or tickets call (559) 732-4433 or visit www.Rawhidebaseball.com. (See page 7.)

Tuesday, April 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.

Friday, April 21 - 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.

Thursday, April 27 - Kenny G

Kenny G will perform in an 8 p.m. concert at the Visalia Fox Theatre. Prices are \$69 to \$89.

For more info, call (559) 625-1369 or visit www.foxvisalia.org.

Saturday, April 29 - 7th Annual Backyard BBQ & Cornhole Event

Hands in the Community is sponsoring this event, featuring food, fun and A&W floats, from 1-5 p.m. Tickets, \$120 for a team of two, include entry, BBQ lunch, drinks and raffle prizes. For more info, visit www.hnconline.org or call (559) 625-3822.

Friday, May 5 - Senior Day in the Park

This event is scheduled at Mooney Grove Park, 2700 S. Mooney Blvd., Visalia. (See page 2 for more information.)

Friday, May 5 - The 5th Annual Tree to Table/Dinner in the Groves

This fundraising event for Farmer Bob's World will be held at Seven Sycamores, 32988 Road 164, Ivanhoe, from 5:30-8 p.m. Tickets are \$100 each or \$800 for a table of eight. For more information, call (559) 798-0557.

Friday, May 5 - Cinco de Mayo Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost for Visalia residents 55+ is \$6. Tickets must be purchased in advance. For more information, call (559) 713-4365.

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Belle of the Ballpark



WEDNESDAY, APRIL 12

5:30 P.M - GATES OPEN

6:30 P.M. - FIRST PITCH

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QUESTIONS? CALL THE RAWHIDE TICKET OFFICE - 559.732.4433 X 101
OR EMAIL [DALILA@RAWHIDEBASEBALL.COM](mailto:dalila@rawhidebaseball.com)

The Widowhood Effect: How to Survive the Loss of a Spouse

With the widowhood effect, older adults who have lost a spouse face an increased risk of dying compared to those whose spouses are living.

Causes of the widowhood effect may include self-neglect, lack of a support network, and lifestyle changes that follow the death of a spouse.

When you're mourning the death of a spouse, social support and self-care can help you manage your grief and find healing.

We've all heard stories about inseparable older couples where one passes away shortly after the other. The idea of dying from a "broken heart" may seem like a romantic sentiment; something straight out of a Hollywood love story. But there's an official name for this very real phenomenon. It's called the widowhood effect.

With the widowhood effect, older adults grieving a spouse's death have an increased mortality risk compared to those whose spouses are living. This effect has even been documented by researchers. A 2013 study that appeared in the *Journal of Public Health* showed that people had a 66% higher risk of dying within the first 90 days of losing their spouse. This discovery held true for both men and women.

A previous study from 2008 drew a similar conclusion, finding that surviving spouses had up to a 90% chance of dying within the first three months following the death of their spouse.

What Causes the Widowhood Effect?

Researchers aren't sure. There are numerous theories, but no hard evidence. Some potential reasons why one grief-stricken spouse dies soon after their partner include:

- **The physical and mental tolls of being a caregiver.** Adults who spend all their time caring for an ailing spouse may neglect their own health and well-being.

This sense of apathy may extend into the grieving process once the spouse passes on. For example, the surviving partner may fail to take prescribed medications or keep important doctor's appointments.

- **The physiological impact of grief.** Symptoms of grief can range from sleep disruptions and weight loss to lower immunity and illness. According to a 2018 study by researchers at Rice University, men and women suffering intense grief after their spouse's passing experienced up to 17% higher levels of inflammation in their bodies. Elevated levels of inflammation have been linked with serious health risks such as heart attack and stroke.

- **A lack of social support.** This is especially true if the surviving spouse relied on their partner to maintain an active social calendar and stay connected to family and friends.

- **Changes in living environment** (e.g. leaving their long-time home to reside with a family member). The lifestyle disruptions that often occur after a spouse's death may negatively impact the surviving spouse's mental and physical state.

- **In some cases, the love shared by spouses** is so strong that grief does indeed cause actual harm to the heart.

This effect is called Takotsubo cardiomyopathy (also known as stress-induced cardiomyopathy) and can lead to a weakening of the heart muscle. It tends to occur in cases of sudden, traumatic death and is more likely to impact women.

Ways to Cope with the Death of a Spouse

Losing a beloved spouse can be heart-wrenching. When you're moving through the stages of grief, it may be hard to imagine life without your partner. However, there are steps you can take to help you work through the grieving process and embrace the new chapter that awaits you:



- **Talk to a qualified counselor.** The complex emotions associated with losing a loved one can be overwhelming and difficult to sort through on your own. Meeting with a licensed mental health professional, whether face-to-face or online, can help you come to terms with your loss and adjust to life without your spouse. Ask your doctor to refer you to a mental health counselor in your area.

You can also check with local hospitals and nursing homes to find support groups that specialize in spousal bereavement. And you can read about the top online therapy platforms if you prefer to receive therapy from home.

- **Focus on self-care.** It's common to lose interest in eating and cooking after losing a spouse. However, this is an important time to make sure your body is getting the nourishment it needs to carry on. Sleeping well, limiting alcoholic beverages and incorporating physical activity into every day can also help you feel your best and cope with the changes happening in your life.

- **Stay busy.** The loss of your life partner can upend your normal routines, and you may suddenly find yourself with a lot of empty hours to fill. Finding new ways to occupy your time can help give you a renewed sense of purpose. Consider volunteering at a local school

or food bank, pursuing a new hobby, or even getting a part-time job if you are able to. Renew that library membership and catch up on all those books you've been meaning to read.

- **Get a pet.** If your spouse has recently passed on, the silence of an empty house can be daunting. If your lifestyle, health, and budget allow it, consider adding a four-legged friend to your household.

A 2020 study published in *The Gerontologist* found that grieving spouses without a pet suffered greater levels of loneliness and depression than those who owned a cat or dog. Pets, with all their unconditional love, can give you a reason to get out of bed in the morning.

- **Turn to others.** Social support has been shown to be beneficial during the grieving process and can actually help counteract the widowhood effect. If you're mourning the death of a spouse, make it a point to reach out to family and friends – even if it's just a short phone call. When you're feeling ready, other ways to stay connected and busy include joining a book club, taking a fitness class, or participating in activities at your local community or senior center.

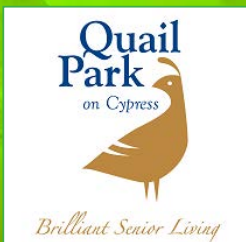
Grief Usually Eases with Time
If you're wondering how to recover from losing your spouse, keep in mind that you should mourn at your own pace. We all deal with loss in different ways. Try not to succumb to pressure – from yourself or others – to "move on" within a certain amount of time.

One thing seems to hold universally true: time heals. Human beings are resilient creatures with the power to find joy and new meaning in life even after a painful loss.

In one study on grief, clinical psychologist George A. Bonanno found that acute grief symptoms eased for 50% of participants by six months after a loss. Although thoughts of your spouse may initially be painful, focusing on good memories and positive emotions can help you find the peace and serenity you deserve.

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Surrounded in lush park-like beauty, Quail Park on Cypress is an active and vibrant luxury community designed to meet all your needs and desires in a new home while offering lifestyle-elevating features and amenities you won't find anywhere else. The resort-style Quail Park on Cypress experience begins with features like gourmet restaurant-style dining, chef-crafted and served all day long. Our community fitness center offers daily classes taught by certified fitness trainers, and our activities calendar is packed with engaging and enriching social, educational, and personally enriching events.

Quail Park on Cypress, 4520 W. Cypress Ave., Visalia • (559) 624-3500



United Health Center Opens in Visalia

United Health Centers' new 17,044-square-foot health center at 4038 S. Mooney Blvd. in Visalia opened for patient care on February 20. The new facility offers medical and dental services Monday through Friday, 8:30 a.m. to 5:30 p.m., with 14 medical exam rooms and 12 dental suites. The health center will soon also offer behavioral health, optometry and chiropractic services. To set an appointment or for more information, call (800) 492-4227.

Alzheimer's Walk Moves...

(continued from page 1)

in community outreach, including fundraising for various organizations such as the American Cancer Society, and serving as team ambassador during the Super Bowl Champion season of the Los Angeles Rams.

More than five million Americans are living with Alzheimer's disease, the fifth leading cause of death in the U.S. and the only disease among the top 10 with causes that cannot be cured, prevented or even slowed. Additionally, more than 15 million family and friends provide care to people with Alzheimer's and other dementias in the U.S.

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. Since 1989, the Alzheimer's Association has mobi-



Walk Manager Heather McCarthy

lized millions of Americans with its annual fundraising walks.

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

For more information about the walk, call (661) 437-8148.

U.S. House Passes Financial Exploitation Prevention Act

Seniors are expected to make up 18% of the nation's population by 2030. As more investors age into retirement, their risk of exploitation increases.

In response, the U.S. House of Representatives passed the Financial Exploitation Prevention Act.

"Financial exploitation of seniors is elder abuse and, tragically, about 20% of senior inves-

tors fall prey to financial fraud, losing an estimated \$2.9 billion annually," said Congresswoman Ann Wagner (R-MO), chair of the Financial Services Subcommittee on Capital Markets and the bill's sponsor.

The Financial Exploitation Prevention Act would give the financial industry better tools to address suspected financial exploitation and abuse of seniors and those with mental and

physical disabilities.

First, the bill requires the Securities and Exchange Commission to report to Congress on recommendations for legislative and regulatory changes on how to combat financial exploitation of seniors and vulnerable adults.

Second, the bill permits a registered open-end investment company or transfer agent for that company, in-

cluding mutual funds, to better protect seniors by delaying the redemption period of any redeemable security if it was reasonably believed that such redemption was requested through the financial exploitation of a security holder who is a senior or an individual unable to protect their own interests.

The bill is currently in the hands of the U.S. Senate.

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QUAIL CORNER

Caregiver Support Group & Planning for Senior Living

Q&A with Kimberly Jensen

I live in Tulare and I am a Caregiver. I don't have time to travel to Visalia for your Caregiver/Dementia In-Person Support group. When will you be having a Support group in Tulare?

Finding a location in Tulare for an In-Person Caregiver/Dementia support group brought many challenges for us in the past few years. Alas, we have found a location. The First Baptist Church, located at 469 N. Cherry St., Tulare is allowing us to start our monthly support groups on the third Thursday of the month from 10:30 a.m. to 12:30 p.m.

We will be holding our support groups in Room 115, which is right off the parking lot, on the south side of the building. It is easy to access and there are plenty of parking spaces.

Caregivers do not have to stay for the entire length of the meeting and need not RSVP in order to attend. I look forward to meeting you and hope that others in Tulare will also take advantage of the opportunity to share, discuss and learn.

What is the most important thing to do when planning for senior living?

There are so many things to consider before moving into a senior community. I think the most important thing to understand is that senior communities are all private pay. Many seniors need to sell their homes or liquidate some assets to afford moving there. They take no Medicare or Medi-Cal payments in our area.

Most of the senior communities incorporate your meals, transportation, housekeeping, utilities, cable and activities into the cost of their communities. Some senior communities don't include those amenities, which is the reason why they are lower in cost. You will be responsible for those separate costs on your own. Make sure you factor those additional expenses in as you choose your location.

Long-term care insurance does not pay for assisted living directly to the senior community. They reimburse you, after you pay the monthly assisted living costs. If you have been proactive and you have long term care insurance, consider yourself very fortunate.

How your policy was written, will determine the amount of the expenses the senior com-



munity will pay. They will only begin reimbursing you for your assisted living expenses if you qualify for them. Don't assume that they will pay for your stay at a senior community if you do not need any help with Activities of Daily Living.

Activities of Daily Living include bathing, continence, dressing, eating, toileting and transferring. You need to look over your specific policy to see how many Activities of Daily Living you need to activate your policy.

Check around in your area to see what the costs, amenities and availabilities are for senior living communities. Then, it is

very important to tour those communities, stay for lunch and meet some of their staff and residents. Does it feel like a good fit for you? If this is the community you choose, then stay in contact with them until the time you are ready to move forward.

Always make sure to move into a senior community before you start needing assistance. It is easier to move when you are healthy, and it is much less burdensome for your family. Never wait for a crisis to occur. That scenario results in rushing into something that is going to be a big move for you, when you are not feeling your best.

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.

Fear of Falling Can Impact a Loved One's Mental Health

One of the biggest health risks facing older adults is falling. According to the Centers for Disease Control and Prevention, every year 36 million older adults suffer a fall, with three million people requiring trips to an emergency room.

Falls are a leading cause of hip fractures and traumatic brain injuries.

But along with the physical injuries that can come with a fall, there's another aspect of this issue that also needs to be considered: mental health.

Mental Health Concerns

While the physical effects of a fall might be the most pressing concern, loved ones and caregivers should be alert to signs that someone is also struggling with the issue emotionally, particularly in changes to their day-to-day routines:

- They withdraw from social activities and events.
- Increased anxiety, depression or irritability.
- They are less active than usual and forgoing usual routines.
- They leave their home less often than usual.

When older adults withdraw from their social connections and routines due to a fear of falling, it can exacerbate mental health concerns if they grow more isolated.

Here are a few other signs to be aware of:

- Increased toileting acci-

dents or they bathe less often.

- Holding or clutching onto others while walking.
- Grimacing or bracing themselves while walking.

Steps You Can Take

If you're concerned about the mental health of a loved one in the wake of a fall, or the fear of one, there are a few initial steps to helping them:

- Meet with a physician to determine their physical risk factors for a fall.
- Meet with a counselor or other mental health professional experienced in working with older adults.
- Install safety features in their home like grab bars and non-slip mats.
- Consider a wearable emergency call button.
- Having them fitted for a walker or other assistive device.

Many older adults are reluctant to be forthcoming if they've suffered a fall or are fearful of one, so it requires having honest conversations to bring the issue to light.

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

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As a general rule, a couple can live comfortably on about \$2,500 to \$3,000 a month in Portugal.

Portugal Selected as the World's Best Place to Retire

Portugal took the top spot in InternationalLiving.com's 2023 Annual Global Retirement Index.

"Despite its compact size, Portugal offers something for everyone, from vibrant cities like Lisbon and Porto with buzzing nightlife, culture, history and culinary delights, to coastal havens along the Atlantic Ocean where camel-colored sand meets the turquoise water embellished with jagged rock formations, caves and grottoes," says Terry Coles, an *International Living* contributor living in the Algarve, Portugal's southernmost region. "For a simpler life, head inland where medieval villages of stone cottages lie beneath ruined castles and emerald rolling hills of farmland dominate the stunning vistas beyond.

"The people of Portugal are some of the kindest and most genuine in the world, and they welcome foreigners with open arms and double-cheeked kisses," continues Coles. "Since English is taught in the schools, many of the locals, especially the younger generation, have a good grasp of the language."

"Already good value, Portugal gets an extra bump from the strong dollar today," says Jennifer Stevens, *International Living's* executive editor. "In Europe, when you're shopping with dollars right now, it's like everything is on sale. That makes this a particularly timely pick for 2023."

In addition, Stevens says, healthcare in Portugal is both affordable and excellent, ranked #12 by the World Health Organization. Residents of Portugal have access to both the public and private healthcare systems, along with fully accredited Joint Commission International facilities with English-speaking staff.

"Eleven years ago, when my husband, Clyde, retired from the fire department in

Corpus Christi, Texas our health insurance was going to cost a whopping \$1,400 a month for the two of us because we retired early, ages 57 for him and 51 for me," says Coles. "Here in Portugal, we pay just €340 a month for a high-end, comprehensive policy that even covers us for emergencies abroad for up to sixty days. We pay just €12.50 every time we see a doctor, regardless of their specialty."

As a general rule, a couple can live comfortably on about \$2,500 to \$3,000 a month in Portugal, depending on lifestyle and whether they own or rent.

"I like to say that Portugal has something for every budget," says Coles. "Our first apartment was in a 40-year-old, private home, overstuffed with furniture and decorations from the '70s, yet the cost for this three-bedroom gem was just €350 a month. The apartment and location ended up being too cold for us, so we moved south to the Algarve. Our next apartment was modern, tastefully furnished but tiny, in a complex with a pool and garage, and the rent was €850 a month. Currently, we live in a spacious, two-bedroom, furnished new apartment within walking distance to everything and we pay €1,100."

InternationalLiving.com's 2023 Global Retirement Index top 10 retirement destinations are:

- #1 Portugal
- #2 Mexico
- #3 Panama
- #4 Ecuador
- #5 Costa Rica
- #6 Spain
- #7 Greece
- #8 France
- #9 (tie) Thailand and Italy

"While Portugal topped this year's Index, it's only one among many attractive, low-stress, good-value retirement destinations the world over that are suitable options," says

Stevens. "As we've maintained for the more than 40 years we've been on this beat, any of the countries on our Index would be suitable locales. It all comes down to an individual's preferences and priorities."

InternationalLiving.com's new 2023 Global Retirement Index scores and ranks the world's top 16 retirement destinations across seven categories, including cost of living, housing, visa and benefits, climate and healthcare. This year's Index – the 32nd annual from the magazine – examines the top safe, good-value destinations beyond the U.S. or Canada, comparing, contrasting, ranking and rating them to select countries across the globe where a retired couple can live a comfortable, carefree life on as little as \$2,000 a month.

Using *International Living's* vast network of on-the-ground editors and correspondents around the world, this annual Index is designed to be a useful tool for potential expats trying to find the place that's right for them. The Index is built of statistics and informed by real-world, practical, on-the-ground intelligence, experience, and

opinion provided by *International Living's* contributors based around the globe.

"In a time when day-to-day living costs in the U.S. seem to be on a constant upward trend, there are lots of places where your dollar will go further, where luxury isn't just for those with deep pockets, and where you can actually enjoy life without worrying about how you'll pay next month's bills," says Stevens.

"Whether you want to lounge on a beach, cocktail in hand as the tropical sun glints off the aquamarine sea... live in a buzzing and vibrant big city stuffed full of culture and diversity... or you fancy a tranquil and secluded spot in a cool-climate highland town, there is a retirement haven for you."

International Living's complete 2023 Annual Global Retirement Index, including more information on the winning country and the other countries that made it into the top 10 – as well as the individual rankings in all seven categories for all 16 countries included – can be found at: <https://internationalliving.com/the-best-places-to-retire/>.



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FDA Approves Leqembi...

(continued from page 1)

is reasonably likely to predict a clinical benefit to patients. The results of a Phase 3 randomized, controlled clinical trial to confirm the drug's clinical benefit have recently been reported and the agency anticipates receiving the data soon.

"This treatment is the second Alzheimer's drug to be approved that targets the amyloid plaques in the brain that are thought to cause Alzheimer's Disease," said Dr. Karen Haught, public health officer for Tulare County, "but it is the first drug to show clinical differences relative to placebo in its prespecified end points. Unlike its predecessor, Aducanumab, the Accelerated Approval Program that approved Leqembi based on its ability to reduce amyloid plaques is also supported by a modest slowing of the progression of the disease in individuals with mild cognitive impairment or early Alzheimer's.

"There are no effectiveness data on initiating treatment at earlier or later stages of the disease," she continued. "As a result, this medication is only indicated for mild dementia. This approval pathway has been used for treatments for

life-threatening conditions when there is not currently an alternative treatment option. After the approval, the FDA is requiring larger and more long-term clinical trials to further address safety and efficacy. We look forward to the findings of these additional trials."

Researchers evaluated Leqembi's efficacy in a double-blind, placebo-controlled, parallel-group, dose-finding study of 856 patients with Alzheimer's disease. Treatment was initiated in patients with mild cognitive impairment or mild dementia stage of disease and confirmed presence of amyloid beta pathology.

Patients receiving the treatment had significant dose- and time-dependent reduction of amyloid beta plaque, with patients receiving the approved dose of lecanemab, 10 milligram/kilogram every two weeks, having a statistically significant reduction in brain amyloid plaque from baseline to Week 79 compared to the placebo arm, which had no reduction of amyloid beta plaque.

These results support the accelerated approval of Leqembi, which is based on the observed reduction of amyloid beta plaque, a marker of Alzheimer's disease.

Amyloid beta plaque was quantified using positron emission tomography (PET) imaging to estimate the brain levels of amyloid beta plaque in a composite of brain regions expected to be widely affected by Alzheimer's disease pathology compared to a brain region expected to be spared of such pathology.

Possible Side Effects

"A possible side effect of this class of drugs is Amyloid-related imaging abnormality (ARIA)," said Dr. Haught. "Although, individuals who are diagnosed with ARIA usually are asymptomatic, in some cases clinical symptoms may occur. Of note swelling and bleeding of the brain may occur.

"As a result, patients on this medication must receive periodic brain imaging. For this reason, it is important to talk with your doctor about your own personal risk factors for these and other potential side effects. Another discussion to have with your care provider is cost of Leqembi.

"At this time, it is still not clear whether Medicare and private health insurers will cover this medication, however, there may be patient assistance programs available from the manufacturers

for eligible uninsured and underinsured patients. We all hope for a safe and effective treatment to help our loved ones and their families affected by Alzheimer's Disease."

Another warning for Leqembi is for a risk of infusion-related reactions, such as flu-like symptoms, nausea, vomiting and changes in blood pressure. The most common side effects of Leqembi were infusion-related reactions, headache and ARIA.

As specified in the prescribing information, Leqembi is for the treatment of Alzheimer's disease. The labeling states that treatment with Leqembi should be initiated in patients with mild cognitive impairment or mild dementia stage of disease, the population in which treatment was studied in clinical trials.

The labeling also states that there are no safety or effectiveness data on initiating treatment at earlier or later stages of the disease than were studied.

The FDA granted this application Fast Track, Priority Review and Breakthrough Therapy designations.

The approval of Leqembi was granted to Eisai R&D Management Co., Ltd.

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Artist's rendering of the new Adventist Health office in Corcoran.

Adventist Health Breaks Ground in Corcoran

Adventist Health celebrated the groundbreaking of the new Adventist Health Medical Office Corcoran. The current two offices will be combined and operating out of the new location.

The ceremony took place on February 3 at the current Adventist Health Medical Office - Corcoran East, at 1310 Hanna St. The new 18,380-square-foot building will be built adjacent to the parking lot.

The new medical office will have 27 exam rooms and will offer the community of Corcoran a wide range of services, including primary care, specialty care, and the addition of laboratory services, imaging services and dental care. The current offices offer the community primary care and cardiology services.

"We are excited to offer the community of Corcoran additional services and specialties

all in one convenient location," said Andrea Kofl, president of Adventist Health Central Valley Network. "Through this new facility, we will continue to provide the community easy access to quality healthcare services with reduced travel time."

The first two Adventist Health medical offices, Whitley Clinic and Hanna Clinic, opened in Corcoran in 1997, followed by the Corcoran East office in 2013.

Adventist Health has partnered with Kelly Architecture and Planning to help build this much-needed facility and anticipates completion within 16 months, with a tentative opening date of sometime in August 2024.

For more information about Adventist Health's new Corcoran office, visit AdventistHealth.org/CorcoranCare.

Healthgrades Ranks Kaweah Health in Top 2%

On January 17, Healthgrades announced America's 100 Best Hospitals for 2023, naming Kaweah Health Medical Center one of the 20 hospitals in California and the only hospital in the San Joaquin Valley from Kern to Madera counties to earn the distinction, according to new research released by the company. This achievement puts Kaweah Health in the top two percent of hospitals nationwide for overall clinical performance across the most common conditions and procedures.

"This is the first time in our history that we've been named one of the best 100, and while what we do is not for the awards or praise, it's wonderful to see our team get recognized by a third party for the great work they do," said Gary Herbst, Kaweah Health CEO.

To determine America's 100 Best Hospitals for 2023, Healthgrades evaluated patient mortality and complication rates for 31 of the most common conditions and procedures at nearly 4,500 hospitals across the country to identify the top-performing hospitals.

Healthgrades' analysis revealed significant variation between America's Best 100 Hospitals and hospitals that did not



receive the distinction. In fact, if all hospitals performed similarly to America's 100 Best, over 158,000 lives could have been saved each year. Additionally, patients treated at one of the 2023 America's 100 Best Hospitals have, on average, a 25.5% lower risk of dying than if they were treated at a hospital that did not receive the award.

According to the 2023 Healthgrades report to the Nation, Kaweah Health Medical Center is the Central Valley's most recognized hospital for 2023. Among the many awards received, Kaweah Health is one of America's 50 Best Hospitals for Cardiac Surgery, and is the only hospital in California to be named among the top 5% of hospitals nationwide for cardiac surgery for the last six years in a row.

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ENTERTAINMENT

Movie Set in Retirement Home to be Remade as TV Show

Ted Danson, who starred in television shows such as "Cheers," "Mr. Mayor" and "The Good Place," is reportedly set to play a retiree hired by a private investigator to go undercover at a nursing home in a remake of the 2020 Chilean film "The Mole Agent."

The project is led by Danson and co-executive producer Mike Schur, who created such programs as "Brooklyn Nine-Nine," "Parks and Recreation" and "The Good Place."

'The Mole Agent' Movie

Named one of the Best Documentaries of 2020 by IndieWire and selected as Chile's submission to the 93rd Academy Awards in the category of Best International Film, "The Mole Agent" follows 83-year-old Sergio Chamy who is sent as an undercover spy to a Chilean retirement home to track suspected elder abuse.

Through the lens of the hidden camera in his decoy glasses, viewers watch as Sergio struggles to balance his assignment with his increasing involvement in the lives of several residents. Along the way, as he himself tires of the deception at the core of the story, the documentary becomes an honest and



Sergio quickly becomes popular with the ladies at the retirement home in "The Mole Agent."

unexpected meditation on aging and human connection, all while disguised, at least superficially, as a playful noir spy movie.

Placing the nursing home and its varied residents at the heart of the documentary, director Maite Alberdi amplifies and pays due respect to the rich inner worlds of those members of society wrongfully categorized as burdens to their families and communities. The documentary provides a portal into a world largely hidden from public view.

"The Mole Agent" takes viewers into the nursing home through the perspective

of Sergio, giving life to its long-term residents as captivating, heartwarming and entertaining characters through Alberdi's particular brand of documentary filmmaking. By employing strategies that bring viewers into more intimate connection with the plotline while also abiding by traditional techniques of non-fiction filmmaking, Alberdi allows her audience to become invested in the lives of the people on screen in a refreshing and ethically-sensitive way. The result is a novel form of documentary that pulls the audience into a moving tale only to reveal that, despite the too-good-to-not-be-scripted atmosphere, it's been real life all along.

Through her careful directorial sleight-of-hand, Alberdi deftly explores the metrics of loneliness and isolation felt by society's most vulnerable demographic – the elderly.

"I think that a documentary has to invite understanding, tolerance, and empathy," said Alberdi. "These can be generated or changed through cinema that allow viewers to connect to everyday



Ted Danson is set to star in the TV version of "The Mole Agent."

experiences and bring us closer to worlds that we do not know.

"I was interested in filming the elderly because they're a group that allows us to build both universal and individual stories," she continued. "Universal because we can all relate to different aspects of the story, and individual because the subjects whose stories are being told are affected by the difference in their age and the unique experiences that they then live. Sergio is willing to live a new life, meet new people, and listen. In his role as a detective inside a nursing home, he teaches us not to judge, nor to set limits, even when you are 85 years old. He taught me to be open to experience without prejudice."

"The Mole Agent" received the Audience Choice Prize at the Cinema Eye Honors, where Sergio Chamy was recognized in The Unforgettables category and composer Vincent Van Warmerdam was nominated for Outstanding Achievement in Original Music Score.

"The Mole Agent" can be seen on streaming services such as Hulu.

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The deadline for the May/June issue is Friday, April 14, 2023

ENTERTAINMENT

'80 for Brady' Described as 'Coming-of-Age Story'

"80 for Brady" offers a twist on the "girls just want to have fun" comedy. The film stars four accomplished actresses, most of whom have celebrated their 80th birthdays: Lily Tomlin as ringleader Lou, Jane Fonda as glam and feisty Trish, Rita Moreno as adventurous Maura, and Sally Field as down-to-earth Betty.

These decades-long best friends have been watching football together for years – complete with their own superstitions, rituals and jerseys. Even so, the ultimate dream of attending the Super Bowl has never seemed within reach, which is more of a concern now that most of them are over 80. So, when tickets unexpectedly come their way, the foursome toss caution to the wind, heading into misadventures no one saw coming, from hot wings to hot guys, from mischief to mayhem – even before Super Bowl LI begins.

"Age really doesn't matter when it comes to these four friends," says producer Donna Gigliotti. "They believe if you have the will, you can do anything. If you want to go the Super Bowl for the first time in your life at 80, do all kinds of crazy stuff you've never done, even inspire Tom Brady, you can do it."

In a series of dizzying turns, the precious Super Bowl tickets go missing, a fumble that threatens to unravel the whole trip. The women have plenty of reasons to pack it in. Instead, they double down, ready to do whatever it takes – even go outlaw – to not only get into the stadium but ensure Brady plays the same way they've approached this journey: as if nothing has ever mattered more.

"The concept of four female friends trying to wheedle their way into the greatest ever Super Bowl is incredibly fun," says Tomlin. "But even more fun was working with Jane, Rita and



"80 for Brady" stars (left to right) Rita Moreno, Jane Fonda, Lily Tomlin and Sally Field.

Sally. They're all equally sweet, talented, irreverent, and in love with life."

"I wanted to be part of '80 for Brady' because I think we all need to have a good time right now," says Fonda. "People need to laugh and feel optimistic, and this is definitely a feel-good comedy."

"It could be about any group of people but what makes it unique is that when you are our age you are truly ready to do whatever you please, to say exactly what you want, and be who you are, because what do you have to lose?" says Moreno. "These ladies use all their experience and attitude to tackle anything that happens."

"I'm a huge sports fan myself and I think the world underestimates how many older women are," Field says. "Sports are one of the best ways to build camaraderie. And it's that camaraderie that propels these women into a weekend more exciting than anything they had ever conceived of. You have the flat-out fun of four older women friends getting into shenanigans while always having each other's backs."

The movie also features members of the 2017 New England Patriots: Rob Gronkowski, Julian Edelman and Danny Amendola, as well as Guy Fieri, Billy Porter, Glynn Turman, Harry Hamlin and Sara Gilbert.

Anita Riccio, Elizabeth "Betty" Pensavalle and Pat Marx) sporting homemade "80 for Brady" jerseys, ecstatic at having watched their beloved Tom Brady and the New England Patriots triumph at Super Bowl LI – and witnessing one of the most impossible comebacks in all sports history.

Screenwriting duo Sarah Haskins & Emily Halpern took that photo and ran with it. The idea was to create a journey that would be as joyous and moving for those who follow football fervidly... as for those who wouldn't know a scramble from a sack. Starting with the foundation of lifelong friends each in need of a boost, they balanced no-holds-barred comedy against a portrait of women uniting to accomplish the implausible.

"We realized '80 for Brady' is actually a coming-of-age story – it's just a different age than usual," says executive producer Mike Covino. "This kind of comedy typically might have teens or young adults going trying to get somewhere impossible. Lou, Trish, Maura and Betty might not be just starting out in their lives, but that doesn't mean they've stopped growing."

Naturally, there could be no "80 for Brady" without Brady himself. The global superstar not only stars in the film, he was so stirred by the story he came aboard as a producer.

"This story centers around things I really care about," says Brady. "Football aside, it's about relationships, overcoming adversity, and having the resiliency and imagination to make things happen in your life. These ladies embody that as much as any athlete."

"80 for Brady" started with an imagination-sparking snapshot from a local Boston newspaper. The photo captured five beaming older women (Claire Boardman, Elaine St. Martin,

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March Garden Tips from the Master Gardeners

By Peyton Ellas
Tulare-Kings Counties
Master Gardener

A typical March is beautiful with warm days and cool nights - perfect for gardening, which is good, as there is lots to do this month!

Planting

Plant all varieties of trees, shrubs, perennials, ground covers and vines. In the edible garden, plant heat-lovers like cucumber, tomato, melon, beans, eggplant and squash. You can also plant potato, radish, chives, greens, beets and herbs of all types. Citrus, avocado and other frost-sensitives should be planted in the second half of the month.

When buying citrus, please be sure to buy from a reputable Tulare or Kings County nursery so we don't spread the Asian citrus psyllid. That means saying "no" to the neighbor or family member who has an extra citrus tree for you, and that means not bringing citrus trees into the county from elsewhere in the state. You can find out more from the CDFA website, or read the University of California Pest Note at: <http://ipm.ucanr.edu/PMG/PESTNOTES/pn74155.html>

Many plants, native and non, bloom profusely in March. If you need quick color, plant ageratum, alyssum, bachelor buttons, begonias, celosia, cleome, coleus, cosmos, duster

millar, gomphrena, inpatients, lobelia, marigolds, nasturtiums, nicotiana, petunias, portulacas, salvias and verbena. It is also the month to start planting summer blooming bulbs such as cannas, calla lily, crocosmia, dahlia, gladiolus, liatris, lilies, ranunculus, tuberose and zephyranthes.

Maintaining

Along with bursts of flowers and foliage, March also begins the major insect season. Hand picking large insects is easier on the garden and the ecology. Using traps like rolled up newspaper or boards is another way to catch and remove insect pests like snails, slugs and earwigs.

If you must use chemicals for slugs and snails, use baits containing iron phosphate, which is not toxic to children, wildlife or pets. Baits containing metaldehyde are extremely toxic. Tolerate some plant damage, especially from caterpillars, and especially on your ornamental (non-edible) plants. Think of them as the pretty butterflies and moths they will soon become. Bugs are also a major food source for nesting and hatching birds, and for other bugs, toads, lizards and small mammals.

Start setting baits out now for Argentine and other non-native ants and rotate the chemical every three months. Eliminating ants will help control soft-bodied insects like aphids.



Lilies

Spittle bugs are occasionally an unsightly nuisance but do little damage and don't stay long. They look like little blobs of wet foam on foliage. They seem to prefer rosemary and sage. If you can't stand it, a strong blast of water can dislodge them.

If rain is not plentiful this month, water your new transplants well and keep them from completely drying out. This attention to irrigation is one reason planting in the spring is more difficult than in the fall, although some springs are wetter than fall or winter, and maybe that will happen this season. If we have a dry spring, deep water trees and large shrubs, and keep your controller on to provide some moisture to all plants throughout the month. Be sure to check your city's watering regulations first!

March is also a good month to fertilize roses. Use a specialty fertilizer meant for roses and do two smaller feedings instead of one. You can also fertilize non-native perennials and established citrus trees that are emerging from dormancy. Your California native plants don't need fertilizer, although you could give your acid-loving manzanita a weak dose of fertilizer labeled for camelias, azaleas and magnolias.

Weed control is in high gear. Whether you use mechanical, chemical or a mix of control methods, remember weeds are trying to protect the earth's

crust by reducing erosion. If you clear an area of weeds, what will replace these plants? Use rock, bark or living mulch (ground cover plants) to keep your soil on your property.

Conserving

While planting for spring, include at least one plant that increases the garden's diversity and usefulness for pollinators and/or other wildlife. Matching a plant with your soil and climate (including water availability) ensures fewer pests and less maintenance. If you want to try milkweed for the monarchs, search out the native varieties, such as "narrow leaf."

With all this work, it's also important to remember to take time to enjoy the garden's bounty. Don't be afraid to leave the work for another day and just read a book in the sun or shade, or watch the busy activity of your California garden in spring.

Questions?

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

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Shown here on the left is J. Pierce Gannon as a boy, using an ice hook to carry a block of ice. Gannon went on to become mayor of Visalia. (Photo circa 1912)



The early Visalia Manufacturing Company ice plant was located at Main Street and East Street (now Santa Fe). (Photo circa 1900)

When Ice Came to Town

Today it's an almost indispensable commodity, especially if you live or visit the San Joaquin Valley in the summer. It is a common staple in almost all homes, restaurants and any place that caters to the public, and it comes in all forms including blocks, cubes and crushed. For many it is important for tea, sodas and many adult drinks that normally are served "on the rocks."

Its versatility makes it useful for treating painful injuries, and it's essential for creating a hard surface for skating. It is, of course, ice. Today, even though it holds such importance, it is often taken for granted. But that wasn't the case for people in Tulare County in the 1800s.

Due to its age, Visalia in the 19th century makes an interesting study of this frozen water marvel. Before ice-making technology arrived, ice was a rare treat and only available when individuals and companies would go to the mountains during the winter and cut blocks of ice from frozen lakes and ponds.

Of course, this was only possible when roads were passable for transport wagons. Ice from the mountains required special

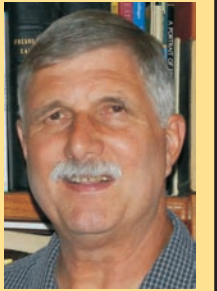
care during hauling and storage. It needed to be wrapped in burlap and sawdust to prevent excessive melting.

Reportedly in 1869, Visalia's first delivery of ice came from the Eshom area, however, in 1860, Charles McVeigh, owner of the Cosmopolitan saloon, was already advertising that he had a "constant supply of ice" on hand for beverages.

By 1870, demand for ice was soaring. A man named Harman was taking orders in town and he had a warehouse capable of storing 300 tons. With the arrival of the railroad into Tulare County in 1872, the ice industry received a boost. The firm of Thomas & Mead began supplying the county seat with Truckee ice, which was thicker and believed to be better quality. Thanks to expanded rail lines, ice even made its way from Chicago to Visalia.

In May 1897, the first commercial ice manufacturing plant was built in Visalia by local businessmen S.C. Brown, W.H. Hammond, A.G. Wishon, M.S. Monroe, S.A. Elbow and S.J. Scott. These men were closely affiliated with Mt. Whitney Power & Electric, a pioneering hydro-

Dusting Off History
with Terry Ommen



electric power company that became part of Southern California Edison, so by 1899 the ice plant became electrified. It took the name Visalia Manufacturing Company and was conveniently located next to the Visalia Water Works at Main Street and East Street (now Santa Fe). It was considered the "first artificial ice plant erected in the San Joaquin Valley."

Contract pricing for ice was set at \$6 per ton, or 1/2 cent per pound for smaller orders. The plant could produce six tons daily.

The company operated there until September 1921, when a new and more modern plant was erected near the corner of Race and East streets.

The new facility had a 30-ton ice-making capacity and was situated adjacent to the tracks of the Santa Fe Railroad. In 1923, other improvements were added to the site, including a soda works, garage, barns and coal sheds.

S.C. Brown was president of the company until his death in 1915, at which time S.J. Scott took over leadership. He served as company head until his retirement in 1919. Eventually, Central California Ice Company took over the ice plant building, and it remained at the Race Street site until about 1976, when the Visalia Players Community Theater took over the building, and today it's called the Ice House Theater.

The deadline for the May/June issue is Friday, April 14, 2023

THE GOOD LIFE BUSINESS CARD DIRECTORY

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SIGNS OF PHYSICAL ELDER ABUSE:

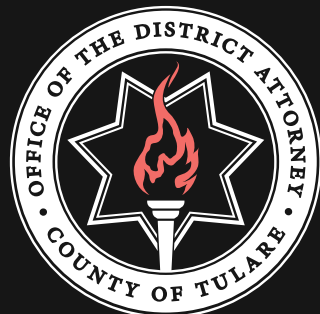
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