

IN THIS ISSUE: Camp Potwisha, Centenarians on Stamps, Leqembi, Orosi Receives AARP Grant, SuperAgers, 'Wisdom of Morrie'

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume X, Number 3 • September/October 2023



The Quail Park Communities Team raised \$6,314 for the walk.

## Tulare & Kings Alzheimer's Walk Considered a Success

About 210 area residents participated in this year's Tulare & Kings Walk to End Alzheimer's at Valley Strong Ballpark, home of the Visalia Rawhide, before the team's game with the Rancho Cucamonga Quakes on August 20.

So far, \$20,379 has been raised to fight the disease.

Those walking included members of the Visalia Rawhide, as well as members of the visiting Rancho Cucamonga Quakes.

"I believe the event went very well," said Walk Manager Heather McCarthy. "Considering the different location and the threat of a hurricane, it was definitely a success."

Fortunately for all concerned, the remnants of Hurricane Hilary did not affect the walk.

"We were loading the van (after the event) as it started to sprinkle," McCarthy said. "We did not get hit by any rain during the event - thank goodness - but we did get rain on the way back to Bakersfield."

This year's goal was \$27,000 and McCarthy expects to surpass that goal, even though they are \$6,631 short of that as *The Good Life* goes to press.

"There is sponsorship money that hasn't been turned in yet," she explained, adding that there are also baseball game proceeds yet to be counted, including from a 50/50 raffle and tennis ball toss.

"Some of the teams (that participated in the walk) have fundraisers in the fall, so we're

looking forward to that also," said McCarthy. "For example, one team does a group yard sale."

The top money-raising team this year was the Quail Park Communities, which raised \$6,314.

Last year's walk, held at Mooney Grove Park in Visalia, raised \$25,000. This year's total should surpass that, but unlike last year, nobody dressed up in a Star Wars costume this year. The only walker in a costume

*(continued on page 3)*

## Visalia Senior Center Fall Open House Scheduled for Oct. 13

Visalia Senior Center is getting ready to celebrate fall with its annual Senior Center Fall Open House.

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

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

"The Visalia Senior Center Open House is an event that welcomes the community to our wonderful facility, and invites vendors to share

## Visalia Prepares for Senior Games

The City of Visalia Parks and Recreation Department has announced that the 2023 Visalia Senior Games will be held over the weekend of November 4-5. The games will be the first since the pandemic.

"We are very excited to welcome back our senior game event for the first time since 2019," said Holly Ellis, recreation coordinator for the City of Visalia Parks & Recreation Department.

"We have received countless emails and calls over the past couple of years and are delighted to say, 'We are back in the game.'"

This year's games will offer competitions in four sports: pickleball, table tennis, disc golf and archery.

Ellis described this year's competition schedule as a limited start to prepare for future senior games.

"Ideally, we will have additional sports added to the senior games in 2024," she said.

The organizing committee needs a few more volunteers to assist with athletic events and socials. Volunteers are need-



The first Visalia Senior Games since the pandemic will include pickleball.

ed in each sport to set up and break down equipment, as well as to assist staff with each event and medal ceremony.

Ellis encourages those interested in volunteering to call (559) 713-4365 or email recreation@visalia.city. No previous experience is required to sign-up to volunteer.

Volunteers don't even have to be sports fans to sign up, but the minimum age to volunteer is 16. Volunteering for the Visalia Senior Games can fulfill school community service requirements.

Seniors interested in competing should visit [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com) for registration forms and rules for each event.

For more information about the 2023 Senior Games, call (559) 713-4365.

## Carnival Theme for Senior Day in the Park

The Kings County Commission on Aging will present a Senior Carnival Park Event on Friday, September 15, at Burriss Park, 6500 Clinton Ave., Kingsburg.

The event, which will feature a cake walk, games, raffles, food, informational tables, a crazy hat contest and entertainment, will run from from 9 a.m. to 2 p.m.

The event is free. For more information, call (559) 852-2828.



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

their services with everyone interested," said Holly Ellis, recreation coordinator for the City of Visalia Parks & Recreation Department.

"This year's theme is superheroes and those who come in costume will receive an extra ticket for the door prizes

*(continued on page 3)*





# 2024 Social Security Payments Expected to Increase by 3%

The Social Security cost of living adjustment (COLA) for 2024 is looking increasingly like it may be around 3%, based on consumer price data released on August 10, according to The Senior Citizens League (TSCL).

Overall, the inflation rate in July is significantly lower than a year ago.

The Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), the index used to determine the COLA, was up 2.6% year over year.

However, the average monthly inflation rate has risen slightly, especially since January of this year, keeping the COLA estimate at 3%, based on July price data.

July CPI data is important because the COLA is calculated based on inflation during the third quarter – July, August

and September, as measured by the CPI-W.

Inflation for those three months is added together and averaged, then compared with the third quarter average from one year ago.

The percentage difference between the two is the amount of the COLA, which would be payable for the check received in January 2024. The 2023 COLA computation can be found at [www.ssa.gov/cola](http://www.ssa.gov/cola).

A COLA of 3% would raise an average monthly benefit of \$1,789 by \$53.70.

In 2023, Social Security recipients received the highest COLA in more than 40 years, but 79% of retirees report that lingering high prices continue to impact household budgets significantly.

The COLA announcement is expected to be made on October 12.

## VETERANS CORNER

### Gulf War Presumptive Disability Period Extended

Recently, the Department of Veterans Affairs (VA) made a decision regarding Gulf War Veterans and has extended the presumptive disability period to December 31, 2026, for qualifying chronic disabilities rated 10% or more, resulting from undiagnosed illnesses in Persian Gulf War Veterans to ensure benefits established by Congress are fairly administered.

If an extension of the current presumptive period were not implemented, service members whose conditions arose after December 31, 2021, would be substantially disadvantaged compared to service members whose conditions manifested at an earlier date.

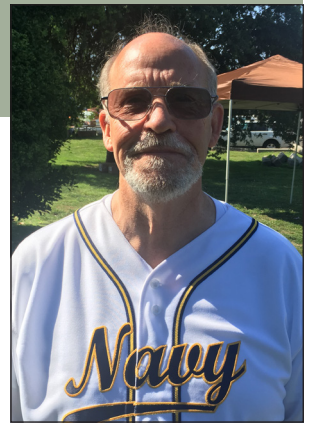
Limiting entitlement to benefits due to the expiration of the presumptive period would be premature given that current studies remain inconclusive as to the cause and time of onset of illnesses suffered by Persian Gulf War Veterans.

VA presumes certain medically unexplained illnesses are related to Persian Gulf War service without regard to the cause, including chronic fatigue syndrome, fibromyalgia and functional gastrointestinal disorders. Also included are undiagnosed illnesses with symptoms that may include but are not limited to: abnormal weight loss, cardiovascular disease, muscle and joint pain, headache, menstrual disorders, neurological and psychological problems, skin conditions, respiratory disorders, and sleep disturbances.

Persian Gulf War Veterans experiencing any of the symptoms listed above or other unexplained medical issues are encouraged to file a compensation claim for them.

If you want to pursue a claim for benefits, please contact the office for an appointment, and we can assist you in completing a claim.

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](mailto:kcruicks@tularecounty.ca.gov)



Ken Cruickshank

## Visalia Public Cemetery



### Cemetery Chapel Chair Donation

Memorialize the name of a loved one with a small, engraved plaque which will be placed on the back of a cemetery chapel chair. Please call the cemetery office for more information.

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[www.visaliacem.org](http://www.visaliacem.org) • [dlopez@visaliacemetery.com](mailto:dlopez@visaliacemetery.com)

### CALENDAR

Monday, September 4 - Office closed for Labor Day.

Saturday, October 28 - Dia De Los Muertos presented by TCLOMAW. Call Virginia at 559-909-3411 for more information.

Saturday, November 4 - Annual Community Scattering Day at 9am. Cost is \$350 for residents of the district. Call 559-734-6181 or visit the office for more information.

Friday, November 10 - Office closed for Veterans Day.

Thursday, November 23 & Friday, November 24 - Office closed for Thanksgiving.



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### Inaugural Professional Summit Held in Visalia

The Aging Network California hosted the Inaugural Professional Summit for senior living professionals on August 22 at the Wyndham Hotel in Visalia. More than 100 were in attendance. The goal of the event was to inspire, encourage and equip professionals with practical tools and expert insights to reach new heights in their personal and professional lives. The keynote speaker was Melanie Warner, author of *Defining Moments*. Other featured speakers included Cindy Ames and Danny Hill who shared their insights on shifting mindsets, achieving success through laughter and overcoming challenges.

### Fall Open House...

(continued from page 1) at the end of the event," she added. "Vendors are invited to decorate their booths to match the theme."

The event will also feature information about the programs and activities the City of Visalia offers the senior community.

At 11:30 a.m., attendees can take a break from the booths, grab a seat and enjoy a lunch prepared on site by caterers for \$6.

Lunch tickets are limited and must be purchased by 4 p.m. on October 11 at the Senior Center.

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

Vendors' tables are first-come-first-served and there are a limited number of tables available.

### Alzheimer's Walk...

(continued from page 1) was Tipper the Bull, the Rawhide mascot.

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

More than six million Americans are living with Alzheimer's disease, making it the seventh-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 2023 Walk.

Contributions can also be made on the "2023 Walk to End Alzheimer's - Tulare & Kings Counties, CA" page at [www.alz.org/walk](http://www.alz.org/walk) by clicking on the "Donate" button.



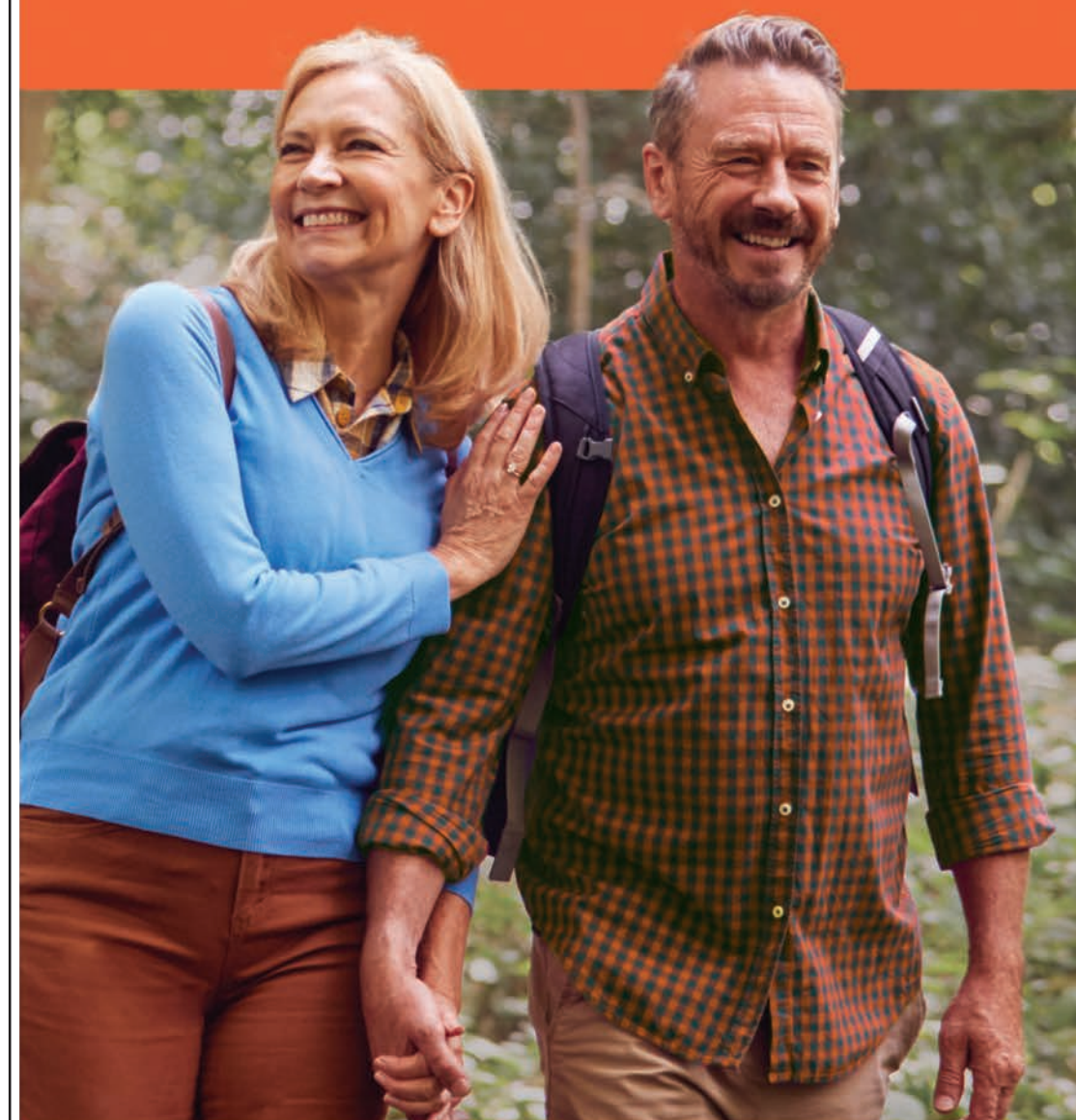
Participants in the 2023 Walk to End Alzheimer's circled the ballpark.



The Promise Garden Ceremony preceded the walk. An orange flower is for an advocate/supporter and a purple one is for someone who lost a loved one to the disease.

# Back and Neck Pain?

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# Adventist Health Offers World's Tiniest Pacemakers

Adventist Health Hanford is now offering the world's smallest pacemakers to Central Valley patients, the hospital announced in a July 12th press

release.

Sukhvinder Bhajal, MD, a cardiac electrophysiologist, performed the first Hanford procedure.

The Micra VR and Micra AV Transcatheter Pacing Systems (TPS) is a leadless pacemaker option for patients who only require pacing in the ventricle.



The world's smallest pacemaker

It is used to monitor and regulate heartbeats that are slow, fast or irregular, affecting heart function and blood flow.

Comparable in size to a large vitamin, Micra is less than one-tenth the size of traditional pacemakers yet delivers advanced pacing technology to patients via a minimally invasive approach.

During the implant procedure, the device is attached to the heart with small tines and delivers electrical impulses that pace the heart through an electrode at the end of the device.

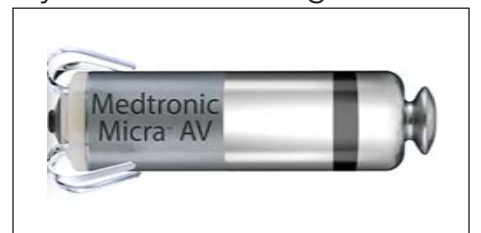
"It's rewarding to provide this life-saving technology that is much less intrusive than traditional pacemakers," Dr. Bhajal said. "It dramatically improves heart conditions and is cosmetically invisible to the patient, with no wires, bumps or chest scars."

Unlike traditional pacemakers, Micra does not require leads or a surgical "pocket" under the skin, so potential sources of complications related to leads and pockets are eliminated.

Micra's miniaturized size and minimally invasive approach can mean fewer post-implant activity restrictions and no obstructions to shoulder movement, allowing patients to get back to living their lives more quickly.

In addition to the Micra implants, Adventist Health Hanford's Cardiac Catheterization Lab offers complete cardiac diagnostic services with a variety of pacemaker, defibrillator and monitor implants to meet patients' individual care needs. Other services include angiography, angioplasty, stent placement, cardiac ablation for arrhythmias, abdominal arteriogram and cardioversion.

Community members who would like more information about heart health should first meet with their primary care provider. For appointments or more information, visit [AdventistHealth.org/CentralValleyOnlineScheduling](http://AdventistHealth.org/CentralValleyOnlineScheduling).



The Micra VR



## Master Plan on Aging Public Community Forum and Senior Resource Fair

October 19, 2023

9:00am – 12:00pm

Wyndham Visalia located on West Airport Dr.

You are invited to join the Kings and Tulare County Master Plan for Aging Advisory Committee for an exciting in-person event, where we'll discuss important topics related to aging. Let your voice be heard.

Attend this event and meet our vendors to learn about resources for seniors in the community!

Also, a chance to win a raffle prize.



To register you may use the QR code or call (559) 676-6570



# FDA Approves Leqembi to Treat Alzheimer's Disease

On July 6, the U.S. Food and Drug Administration (FDA) converted Leqembi (lecanemab-irmb), indicated to treat adult patients with Alzheimer's Disease, to traditional approval following a determination that a confirmatory trial verified clinical benefit.

Leqembi is the first amyloid beta-directed antibody to be converted from an accelerated approval to a traditional approval for the treatment of Alzheimer's disease. The drug works by reducing amyloid plaques that form in the brain, a defining pathophysiological feature of the disease.

Leqembi was approved in January under the Accelerated Approval pathway. This pathway allows the FDA to approve drugs for serious conditions where there is an unmet medical need, based on clinical data demonstrating the drug's effect on a surrogate endpoint – in the case of Leqembi, reducing amyloid plaques in the brain – that is reasonably likely to predict a clinical benefit to patients.

As a postmarketing requirement of the accelerated approval, the FDA required the applicant to conduct a clinical trial, often referred to as a confirmatory study, to verify the anticipated clinical benefit of Leqembi.

"Today's action is the first verification that a drug targeting the underlying disease process of Alzheimer's disease has shown clinical benefit in this devastating disease," said Teresa Buracchio, acting director of the Office of Neuroscience in the FDA's Center for Drug Evaluation and Research. "This confirmatory study verified that it is a safe and effective treatment for patients with Alzheimer's disease."

Alzheimer's disease is an irreversible, progressive brain disorder affecting more than 6.5 million Americans. The disease slowly destroys memory and thinking skills and eventually, the ability to carry out simple tasks.



Leqembi received traditional approval from the FDA to treat Alzheimer's.

While the specific causes of Alzheimer's are not fully known, it is characterized by changes in the brain – including the formation of amyloid beta plaques and neurofibrillary, or tau, tangles – that result in loss of neurons and their connections.

Study 301 was a multi-center, randomized, double-blind, placebo-controlled, parallel-group study that enrolled 1,795 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.

Leqembi demonstrated a statistically significant and clinically meaningful reduction of decline from baseline to 18 months on the primary endpoint, compared to placebo.

Statistically significant differences between treatment groups were also demonstrated on all secondary endpoints, which included the Alzheimer's Disease Assessment Scale Cognitive Subscale 14, and the Alzheimer's Disease Cooperative Study-Activities of Daily Living Scale for Mild Cognitive Impairment.

On June 9, the FDA convened the Peripheral and Central Nervous System Drugs Advisory Committee to discuss whether Study 301 provided

evidence of clinical benefit of Leqembi for the treatment of Alzheimer's disease. All committee members voted affirmatively that the results of the study verified the clinical benefit of Leqembi for the indicated use.

The most common side effects of Leqembi were headache, infusion-related reactions and amyloid-related imaging abnormalities (ARIA), a side effect known to occur with the class of antibodies targeting amyloid. ARIA most commonly presents as temporary swelling in areas of the brain seen on imaging studies that usually resolves over time and may be

accompanied by small spots of bleeding in or on the surface of the brain.

Although ARIA is often not associated with any symptoms, symptoms can occur and include headache, confusion, dizziness, vision changes and nausea.

ARIA can also infrequently present with serious and life-threatening brain edema that can be associated with seizures and other severe neurological symptoms.

Intracerebral hemorrhages can occur in patients treated with this class of medications and can be fatal. A boxed warning is included in the prescribing information to alert patients and caregivers to the potential risks associated with ARIA.

Leqembi should not be used by patients with serious hypersensitivity to lecanemab-irmb or to any of its inactive ingredients. Adverse reactions may include angioedema (swelling) and anaphylaxis (allergic reaction).

Leqembi should be initiated in patients with mild cognitive impairment or mild dementia stage of Alzheimer's disease, the population in which treatment was studied in clinical trials.

The approval of Leqembi was granted to Eisai Inc.

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# First-Ever County-Level Alzheimer's Estimates Presented

The first-ever county-level estimates of the prevalence of people with Alzheimer's dementia – in all 3,142 United States counties – were presented at the Alzheimer's Association International Conference 2023, in Amsterdam, Netherlands.

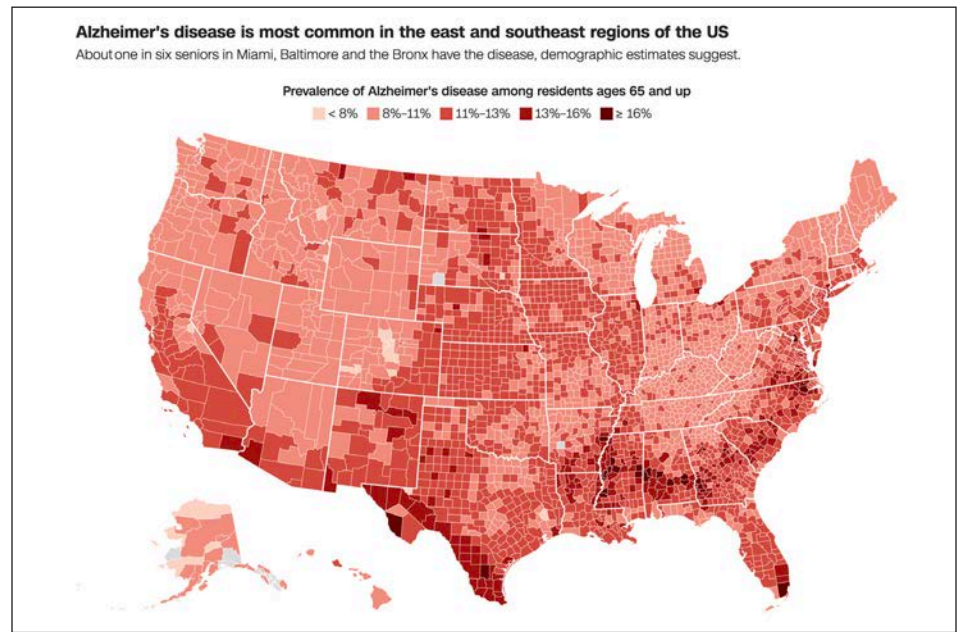
Researchers found the highest prevalence of Alzheimer's in the east and southeastern regions. The data were simultaneously published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*.

Kumar B. Rajan, Ph.D., professor in the Department of Internal Medicine at Rush Medical College, and colleagues, used cognitive data from the Chicago Health and Aging Project and population estimates from the National Center for Health Statistics to estimate the prevalence of Alzheimer's in adults 65 years and older in all U.S. coun-

ties.

For counties with a population of 10,000 or more individuals age 65 or older, they estimate the highest Alzheimer's prevalence rates are in: Miami-Dade County, Fla. (16.6%); Baltimore City, Md. (16.6%); Bronx County, N.Y. (16.6%); Prince George's County, Md. (16.1%); Hinds County, Miss. (15.5%); Orleans Parish, La. (15.4%); Dougherty County, Ga. (15.3%); Orangeburg County, S.C. (15.2%); Imperial County, Calif. (15.0%); and El Paso County, Texas (15.0%).

Rajan and the team noted a combination of specific demographic characteristics that may explain the higher prevalence in some counties, including older average age and higher percentages of Black and Hispanic residents. For example, among residents age 65+ in Bronx County in New York, 14% were



85 and older (compared to a national average of 12% of people 65 and older), 30.1% were African Americans and 46.9% were Hispanic Americans (compared to national averages of 9.4% and 8.8%, respectively).

Both Tulare and Kings Coun-

ties are in the 11-13% range.

Age is well-established as a primary risk factor for Alzheimer's. According to *Alzheimer's Association 2023 Alzheimer's Disease Facts and Figures*, older Black Americans are about twice as likely to have Alzheimer's or other dementias as older whites, and older Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as older whites.

"These new estimates add more granular data to our understanding of Alzheimer's prevalence across the country," Rajan said. "This information, in addition to raising awareness of the Alzheimer's crisis in specific communities, may help public health programs better allocate funding, staffing and other resources for caring for people with Alzheimer's and all other dementia."

"The estimates are based on cognitive and demographic characteristics," Rajan added. "Alzheimer's dementia is a multifactorial disease involving several risk characteristics that interact with demographic risk factors and ultimately contribute to the prevalence."

An estimated 6.7 million Americans are living with Alzheimer's disease, according to the *Alzheimer's Disease Facts and Figures* report. Based on previous projections, *Facts and Figures* shows the west and southwest regions of the U.S. will experience the largest percentage increase in people living with Alzheimer's dementia between 2020 and 2025.

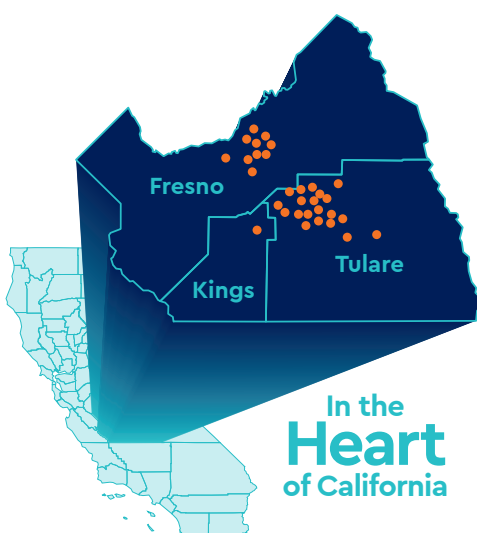
"Alzheimer's prevalence estimates can help federal and state public health officials determine the burden on the health care system, and county-level estimates help us better understand and pinpoint areas of high risk and high need – where, for example, culturally-sensitive health support and caregiver training services are needed," said Matthew Baumgart, Alzheimer's Association vice president of health policy. "As the prevalence of Alzheimer's disease increases, so does the need for a larger workforce that is trained in diagnosing, treating and caring for those living with the disease."



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# Orosi Receives AARP Community Challenge Grant

More than 3,600 applications were received from non-profits and government entities across the country for the seventh annual AARP Community Challenge, resulting in a highly competitive selection process.

About \$3.6 million is being distributed to fund 310 quick-action projects across the country, helping urban, rural and suburban communities make immediate improvements and jumpstart long-term progress to support residents of all ages.

One of the grant winners is the Rural Communities Resource Center (RCRC) in Orosi. Its project will recruit volunteers aged 50+ to conduct six walk audits along two busy traffic corridors. The organization

will host two community meetings to discuss how to use the data to increase street safety.

The center was motivated by a tragedy that occurred in 2022.

"Last year, our good friend and volunteer Virginia Anig was killed in a hit-and-run incident at the intersection of Avenue 416 and Road 125 in Orosi," reported the Rural Communities Resource Center's Facebook page. "This is still an unsolved case... Virginia, a senior, was crossing the street to her apartment when she was struck and killed by a white SUV that sped away."

The RCRC has already used AARP grant money to conduct two walk audits in Orosi. After its second walk audit in August,



The Rural Communities Resource Center has been conducting walk audits on the streets of Orosi. (Both photos from the Rural Communities Resource Center's Facebook page)



The seventh annual AARP Community Challenge is distributing \$3.6 million among 310 projects, including the one in Orosi.

the center presented its findings to public officials.

### AARP Community Challenge

In 2023, the AARP Community Challenge will fund projects across three different grant opportunities, two of which were new this year, in all 50 states, Washington, D.C., Puerto Rico and the U.S. Virgin Islands.

Grants will improve public places; transportation; housing; digital connections; diversity, equity and inclusion; and more, with an emphasis on the needs of those 50+.

AARP is also bolstering its investment in rural communities, mobility innovation, transportation options, and health and food access.



Retirement & Senior Living



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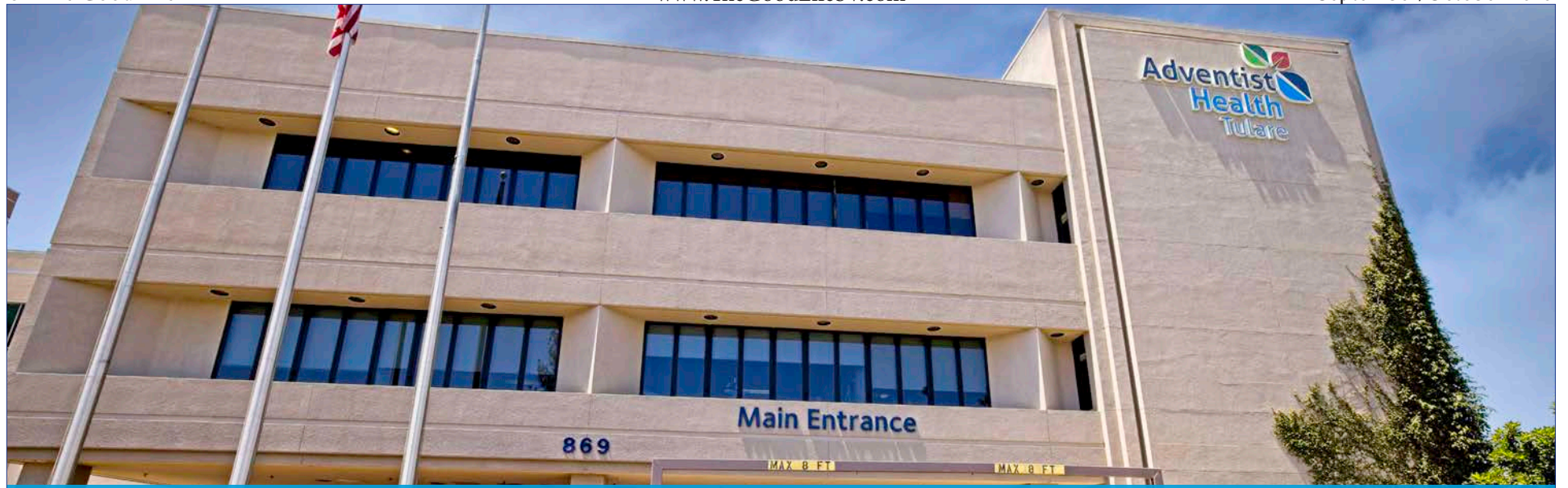


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# Healthcare in Tulare keeps getting better

Adventist Health Tulare is always improving healthcare for each member of your family. Within the walls of the hospital and throughout the community, investments in technology, access and expertise are making an impact for everyone in Tulare.

## Key initiatives drive whole-person health

Adventist Health is dedicated to delivering the care the Tulare community deserves. This vision is coming to life through key initiatives and improvements.

### 1. The ER is recognized for senior-friendly care

The emergency department provides the expertise, equipment and staff tailored to exceed the needs of older patients. The American College of Emergency Physicians recognized the superior care with a Geriatric Emergency Department Accreditation.

### 2. Better imaging means better diagnoses

In the last twelve months, imaging technology has been upgraded for faster, more accurate results. A new advanced MRI is the only one of its kind in the Central Valley and offers more patient comfort than any previous MRI.

### 3. Family Birth Center supports growing families

The Family Birth Center is where Tulare's happiest newborns greet the world, thanks to private, spacious rooms and a continuously growing team of OBGYN experts.

### 4. The next generation of healthcare experts are trained here

The current cohort of 18 residents is led by a group of board-certified providers that is focused on supporting their growth and delivery of top-notch patient care.

### 5. A heart-healthy Tulare

In October, a new cardiovascular cath lab will open featuring advanced technology and the ability to offer revolutionary treatments from skilled cardiologists.

## For the long-term health of Tulare

Adventist Health Tulare's pursuit of better health for everyone doesn't stop here. Count on the team to continue delivering more convenience, easier access to the experts you need and a whole-person approach that helps you experience more wholeness and hope.

Learn more at [AdventistHealth.org/TulareServices](https://www.AdventistHealth.org/TulareServices)





# Virus-Carrying Mosquitoes Reported in South Valley

In July, Tulare County Public Health received a report of a human case of West Nile virus (WNV) in a Tulare County resident.

On July 11, the Kings Mosquito Abatement District, which serves Kings County, reported that 13 mosquito samples collected in Kings County tested positive for WNV.

The district also announced that *Aedes aegypti*, a mosquito introduced to the area in 2017, has spread throughout the county and is currently prevalent in the cities of Hanford, Lemoore and Corcoran.

Meanwhile, the Delta Mosquito and Vector Control District, based in Visalia, reported finding 60 positive mosquito samples for WNV, and three positive mosquito samples for both SLEV and WNV during the period of July 6-13.

"Due to this increased activity, we strongly encourage residents to use safeguards to reduce their risk of contracting both West Nile virus and SLEV through mosquito bites," said Tulare County Deputy Public Health Officer Dr. Thomas Overton.

Public health officials urge residents to take the following precautions against mosquito bites:

- Use EPA-registered insect repellent such as DEET. Always follow label instructions carefully.
- Dress in long sleeves and pants during dawn and dusk, or in areas where mosquitoes are active.
- Drain standing water that may produce mosquitoes.
- Repair or replace door and window screens that have tears or holes.

According to the Centers for Disease Control and Prevention, most people infected with WNV will have no symptoms, however, about one in five people will develop a fever with other symptoms from two to 14 days after being infected.

Severe cases of WNV can affect the central nervous system, resulting in meningitis and/or encephalitis, and can result in death or long-term disability.

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

Contact your local mosquito abatement district if you see areas of standing water that may be a breeding area for mosquitoes. Tulare County has three mosquito abatement districts providing abatement services to residents:

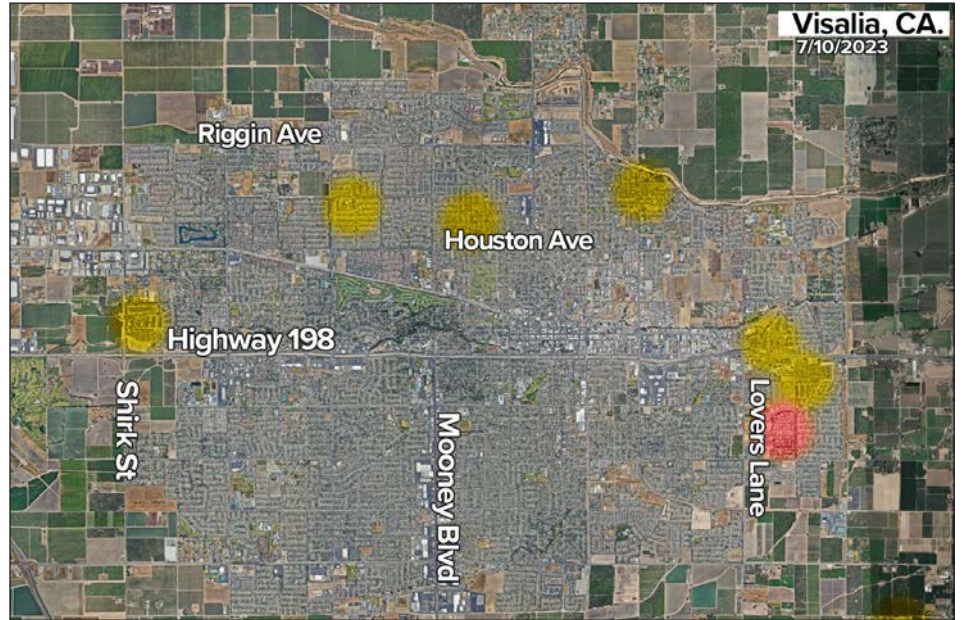
- Delta Vector Control (Mosquito Abatement District) - serves the northern portion of Tulare County. Contact the Visalia office at (559) 732-8606 or visit [www.deltavcd.com](http://www.deltavcd.com).

- Tulare Mosquito Abatement District serves the western portion of Tulare County. Contact the Tulare Office at (559) 686-6628 or visit [www.tulare-mosquito.com](http://www.tulare-mosquito.com).

- Kings Mosquito Abatement District serves Kings County. Contact the Hanford office at (559) 584-3326 or visit [www.kingsmosquito.net](http://www.kingsmosquito.net).

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

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



This Delta Mosquito and Vector Control District map shows locations in Visalia (highlighted in yellow) where virus-carrying mosquitoes were found in July.

2023

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# When Barbados Honored Centenarians on Stamps



The Barbados Postal Service honored its centenarians with a special stamp issue in 2016. Above is one of the souvenir sheets.

When Barbados, an island country in the Caribbean Sea, conducted a census in 2016, officials learned that there were 114 centenarians alive on Barbados - 103 women and 11 men.

Centenarians are individuals who have reached 100 years old or more. The National Committee on Aging research reported that by the start of 2017, there would be another 38 women and ten more men in this elite club.

"The Barbados Postal Service, recognizing that Barbados has the second highest percentage of centenarians per capita in the world, saw it fitting to pay tribute by releasing this commemorative stamp issue in 2016 to highlight these loyal sons and daughters of the soil who had reached that milestone," Angela Griffith-Jordan, postal superintendent of the the Philatelic Bureau of the Barbados Postal Service, told *The Good Life*.

The National Committee on Aging, which provided the centenarian statistics, also reported that James Sissett, who died in 2013, was the second oldest man in the world.

"The number of centenarians in Barbados is an achievement that should be embraced and celebrated as we honor

and showcase these men and women who have contributed to the growth and development of our island," reads the Centenarians of Barbados brochure that was released with the stamp issue.

The brochure also included biographies of each of the centenarians honored on a stamp.

Comprising a total of 27 stamps, the Centenarians of Barbados stamps were released on December 8, 2016, and was the single largest stamp set ever issued by Barbados. There are seven stamps in each souvenir sheet and 20 individual stamps.

"The response was great," said Griffith-Jordan. "We still get lots of requests from families and the general public to do another stamp issue."

Does that mean there will be another stamp set honoring centenarians in the near future?

"That possibility will have to be discussed with management," replied Griffith-Jordan.

What about all the requests the Barbados Postal Service has been receiving to do another issue?

"The main interest being generated for a second 'Centenarians of Barbados' stamp set is from family members," she replied.



**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](http://prestigecare.com/visalia).



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Visalia, CA 93277  
LICENSE NO.: 547200844

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Humana aims to do what's necessary to help you get the care you need. Sometimes that means going the extra mile—such as helping you find a new doctor. This is called human care, and it's part of everything Humana does.

**Come to a Medicare workshop where we'll talk about:**

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- When you can enroll
- Medicare options
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**Sylvia Soria**  
CA License #0E80470  
**559-805-2497** (TTY: 711)  
Monday-Saturday 8 am - 6 pm  
ssoria1@att.net  
En español? Llame al  
**559-805-2497** (TTY: 711)

Please join me for a Medicare Sales Seminar. I look forward to helping you understand your Medicare plan options over pie and coffee.

**Marie Callender's Restaurant & Bakery**  
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October 2, 5, 9 & 12 at 2:00 pm

**Humana** A more human way to healthcare™



**BBB SCAM ALERT**

# Protect Yourself from the 'Check Washing' Scam

Check use may be declining, but check fraud is still a serious problem, according to the Better Business Bureau (BBB).

Watch out for the scam dubbed "check washing," which involves stealing checks from mailboxes and then altering them. Fortunately, you can do a few things to protect yourself and your business.

**How the Scam Works**

You send a check in the mail as payment for a service or product. However, a few days or weeks later, you are contacted by the company you paid. They say they never received a payment. Then, you discover the check you sent has been cashed, either for the amount you wrote it for or for a much higher amount. What happened?

Scammers use many techniques to intercept mail, sometimes directly from you or the post office's big blue mailbox. Scammers have even been known to sneak into post office boxes with stolen keys. Individuals can fall victim to this scam, but scammers mostly target businesses, which typically write checks for larger amounts and have a predictable schedule for paying and mailing bills.

Once scammers find an envelope containing a check,



they use household chemicals to "wash off" the name and amount, replacing it with a name and dollar amount of their choice. Usually, they use fake identities to cash the check later on. And even if no one cashes your check, you are at a much higher risk of identity theft once it's found its way into scammers' hands.

**How to Avoid Being a Victim**

- Take advantage of electronic payment methods. If you can use electronic means to make payments and receive them, do so. That will eliminate the possibility of falling victim to check washing.

- If you must mail a check, take precautions. Drop it off at the post office using the lobby

mail slot instead of leaving a check in the mailbox with the flag up. If you need to use a blue box, drop off the mail before the day's last pick-up time. Don't leave unsent mail in your mailbox overnight; retrieve your delivered mail promptly, advises the United States Postal Service.

- Put a hold on your mail. If you are going out of town, have your mail held at the post office until you return. If you run a small business that isn't open on weekends, consider asking the post office not to deliver mail on Saturdays.

- Improve your mailbox security. Installing highly visible cameras near your mailbox and using a locked mailbox are two

additional ways to avoid falling victim to this scam.

- Keep an eye on your checking account. Monitor your bank accounts carefully to ensure no one cashes a fraudulent check from your account. If you notice suspicious activity, notify your bank immediately.

- Use "positive pay" services. Many banks offer "positive pay" services for business checking accounts. You can pre-authorize checks for a specific amount by their check number. This will at least stop scammers from withdrawing more money than the specified amount.

- Always report check fraud. If you think your check was intercepted in the mail, let your bank know right away. Then, file a report with the Postal Inspection Service and your local police department.

**For More Information**

Read about more ways scammers use checks to commit fraud in *BBB's Fake Check Scams Study*. Get more advice on how to avoid scams at [www.BBB.org/AvoidScams](http://www.BBB.org/AvoidScams).

If you've been a victim of check fraud, you can also report it at [www.BBB.org/ScamTracker](http://www.BBB.org/ScamTracker). Your reports help build public awareness and reduce scammers' effectiveness.

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With more than 25 years serving patients, families and clients, Bristol Hospice Visalia, formerly Optimal, is dedicated to the mission that all patients and families entrusted to our care will be treated with the highest level of compassion, dignity, respect and quality of care.

Our Vision


We are committed to becoming the provider of choice for hospice and palliative care in the Greater Tulare and Kings Counties Area.

Hospice is About Living

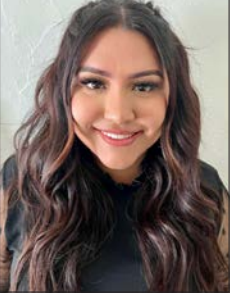
- Staff Available 24/7
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Jennifer Franco Kane  
Hospice Liaison



Joe Greene  
Director of Community Development



Jasmine Calderon  
Hospice Liaison

Bristol Hospice

2439 West Whittendale, Suite B  
Visalia, California 93277  
**(559) 741-7220**  
[www.bristolhospice.com](http://www.bristolhospice.com)



# CALENDAR

**September 1-2 - Visalia Gleaning Seniors Yard Sale**

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

**September 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29 - Senior/Adult 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.

**September 2, 9, 16, 23, 30 - Yoga**

City of Hanford Parks and Community Services hosts yoga from 9-10 a.m. at Longfield Center, 560 S. Douty St. in Hanford. For more info, call (559) 585-2530.

**September 3, 10, 17, 24 - Senior Pride Bingo Sundays**

This weekly event is held at the Visalia Veterans Memorial Building, 609 W. Center St., Visalia. Doors open at 11:15 p.m. For more information, call (559) 651-6714.

**September 5, 7, 12, 14, 19, 21, 26, 28 - Water Aerobics & Lap Swim**

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

**September 5, 7, 12, 14, 19, 21, 26, 28 - Zumba**

City of Hanford Parks and Com-

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

**Thursday, September 7 - "Focusing in on Vintage Photographs"**

The Sequoia Genealogical Society will host this 6 p.m. presentation by photography studio owner/operator (and junior sleuth) Sandra Harris. Refreshments will follow. The free event will be held at the Tulare Public Library, 475 M St. in Tulare. For more information, call (559) 685-4518.

**Friday, September 8 - "An Evening Under the Big Top"**

TCAOR Charitable Foundation will present this event, featuring Cirque, a buffet dinner, dancing, raffle prizes and a live auction, in the Visalia Convention Center Exhibit Hall. Doors open at 6 p.m. for this 21+ event. For tickets or more information, call (559) 627-1776.

**Saturday, September 9 - Walk with a Doc**

This informational walk and talk sponsored by Kaweah Health and held at Blain Park, 3101 S. Court St., Visalia, begins with registration at 8 a.m., followed by a warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. The topic this month is "Falls Prevention." For more information, call (559) 624-2416.

**Saturday, September 9 - Visalia Farmers Market at New Location**

The new location will be 2231 W. Main St. on the north side of the Tulare Courthouse parking lot. For more information, call (559) 730-6021.

**Wednesday, September 13 - Valley Renal Support Group**

The only kidney support group in four counties will meet at Evolution's Gym, 1425 E. Prosperity Ave. in Tulare, from 6:30-8 p.m. The meeting will also be on Zoom. For more information, email Jennifer at meow.2000@yahoo.com.

**September 13-17 - Tulare County Fair**

The 2022 Tulare County Fair will feature new attractions, live entertainment, the popular Destruction Derby, fun fair food, livestock competitions, "The Central Valley's Makers Market" and more. For more information, visit [www.tcfair.org](http://www.tcfair.org) or call (559) 686-4707.

**Friday, September 15 - Senior Carnival Park Event**

Kings County Commission on Aging will host this event, featuring food, a cake walk, information booths, raffles, a crazy hat contest and entertainment, from 9 a.m. to 2 p.m. at Burriss Park, 6500 Clinton Ave., Hanford. Lunch will be served at noon. Admission is free. (See article on page 1)

**Friday, September 15 - Hanford Caregiver/Dementia Support Group**

The Remington, 2727 N. 11th St., Hanford, will host this 10:30 a.m. monthly session. For more information, call (559) 737-7443.

**September 15-17, 22-24, 29-Oct 1 - "The Norma Conquest"**

The Visalia Players will present Rom Watson's parody-sequel to the classic movie "Sunset Boulevard" (1950), at the Ice House Theatre, 410 E. Race Ave., Visalia. For tickets or more info, visit [www.visaliaicehouse.com](http://www.visaliaicehouse.com) or call (559) 734-3900.

**Saturday, September 16 - Walk with a Doc**

This informational walk and talk, sponsored by Adventist Health and the City of Hanford, will be held at Freedom Park, 2000 9-1/4 Avenue in Hanford. It begins with registration at 8:45 a.m., followed by the walk and "Talk with a Doc" at 9 a.m. The topic this month is "Flu/Pneumonia." For more information, visit [www.walkwithadoc.org](http://www.walkwithadoc.org).

**Tuesday, September 19 - Visalia Caregiver/Dementia Support Group**

Quail Park on Cypress, 4520 W. Cypress, Visalia, will host this 10:30 a.m. monthly session. For more information, call (559) 737-7443.

**Tuesday, September 19 - Exeter Caregiver/Dementia Support Group**

Quail Park on Cypress will present this 3-4:30 p.m. monthly session, facilitated by Kimberly Jensen, in the Café at Rocky Hill Community Church, 237 South E St. in Exeter. For more information, call (559) 737-7443.

**Thursday, September 21 - Tulare Caregiver/Dementia Support Group**

Quail Park on Cypress will present this 10 a.m. monthly session at the First Baptist Church, 469 N. Cherry St., Tulare. For more information, call (559) 737-7443.

**Thursday, September 21 - Caregiver Support Group**

Valley Caregiver Resource Center will host this session at the Tulare Senior Center, 201 N. F St., Tulare, from 10-11:30 a.m. For more information, call (559) 224-9154.

**Thursday, September 21 - Oktoberfest**

Visalia Chamber of Commerce will host this event at Vossler Farms, 26773 S. Mooney Blvd., Visalia, from 5:30-9:30 p.m. For reservations or more information, visit [www.visaliachamber.org/oktoberfest](http://www.visaliachamber.org/oktoberfest).

**September 21-24 - Raisin Harvest Festival**

Dinuba Chamber of Commerce has scheduled this event at Rose Ann Vuich Park, 855 E. El Monte Way in Dinuba. For over 100 years, the community has celebrated "Raisin Day," a four-day Carnival, with a two-day Festival with kids activities, craft and food vendors, entertainment and a Saturday morning parade. Call (559) 591-2707 for more information.

**September 23-24 - Visalia Home Expo**

This event, which focuses on home remodeling and decorating, returns to the Visalia Convention Center. For more information, visit [www.visalia-homeshows.com](http://www.visalia-homeshows.com).

**Tuesday, September 26 - Medicare Health Insurance Counseling & Advocacy Program**

HICAP will host this event, featuring free and objective counseling, at the Tulare Senior Community Center, 201 N. F St., Tulare, from noon to 1 p.m. For more info, call 1-800-434-0222.

**Wednesday, September 27 - Bingo**

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



# CALENDAR

## September 29 - Friday Night Dance

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, September 30 - Quail Park on Cypress Car Show and Fall Festival

Quail Park on Cypress, 4520 W. Cypress, Visalia, will host this free event, featuring assorted vendors, music, food and family fun, from 10 a.m. to 1 p.m. For more information, call (559) 737-7443.

## October 1, 8, 15, 22, 29 - Senior Pride Bingo Sundays

This weekly event is held at the Visalia Veterans Memorial Building, 609 W. Center St., Visalia, Doors open at 11:15 p.m. For more information, call (559) 651-6714.

## October 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 30 - Senior/Adult 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.

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

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

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

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

## October 4, 11, 18, 25 - 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 information, call (559) 685-2330.

## Friday, October 6 - The Purple Party

This fundraising event for Family Services, which celebrates survivors and efforts to address domestic violence in our community, will be held at Valley Strong Ballpark in Visalia. For more info, call (559) 732-1970 or visit <https://fstc.net/purple>.

## October 6-7 - Visalia Gleaning Seniors Yard Sale

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

## October 6-7 - "Christmas in October" Shopping Event

Exeter Woman's Club, 201 N. Kaweah Ave. in Exeter will host this event, featuring food, refreshments and free hourly prize drawings from 4-8 p.m. on Friday, and 9 a.m. to 4 p.m. on Saturday. For tickets or more information, visit [exeterwomanclub.com](http://exeterwomanclub.com) call (559) 909-5555.

## October 6, 13, 20, 27 - Friday Night Dances

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

## Saturday, October 7 - First Annual Happy Tails Breakfast

Hacienda Happy Tails will host a pancake breakfast, featuring animal feedings, a silent auction and music from 8:30-11 a.m. at 31503 Road 204 in Exeter. For tickets or more information, call (559) 838-6151.

## October 7, 14, 21, 28 - Yoga

City of Hanford Parks and Community Services hosts yoga from 9-10 a.m. at Longfield Center, 560 S. Douty St. in Hanford. For more info, call (559) 585-2530.

## Saturday, October 7 - Bratoberfest

Exeter Lions Club will host this event, featuring breweries, bratwursts, live music and team competition, at Exeter Veterans Memorial Building, 324 N. Kaweah Ave. Exeter, from 2-6 p.m. For tickets (\$50) or more information, visit <https://exeterlions.org>.

## Wednesday, October 11 - Valley Renal Support Group

The only kidney support group in four counties will meet at Evolution's Gym, 1425 E. Prosperity Ave. in Tulare, from 6:30-8 p.m. The meeting will also be on Zoom. For more info, email Jennifer at [meow.2000@yahoo.com](mailto:meow.2000@yahoo.com).

## Thursday, October 12 - Love Your Neighbor - 14th Annual Celebration

Hands in the Community is sponsoring this event, featuring a dinner, wine and hors d'oeuvres, a silent auction, a live auction and a Sportsman's Warehouse gun table, from 6-9 p.m. at the Visalia Convention Center. For more information, call (559) 625-3822, ext. 100.

## Friday, October 13 - Visalia Senior Center Fall Open House

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this event. (For more information, see page 1.)

## Friday, October 13 - 6th Annual Golf Tournament

The Creative Center Foundation will host this event at Ridge

Creek Dinuba Golf Club, 3018 Ridge Creek Dr. in Dinuba. For more information, call (559) 733-4400.

## Saturday, October 14 - 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 "Alzheimer's." For more information, call (559) 624-2416.

## Saturday, October 14 - Visalia Taste the Arts

The annual free arts festival featuring arts, crafts, books and music by local artists, writers and musicians will be held along Garden Street in downtown Visalia from 10 a.m. to 5 p.m. For more information about Taste The Arts, visit <https://arts-consortium.org/events/tta> or call (559) 772-0001.

## Saturday, October 14 - 109th Exeter Fall Festival

The Exeter Chamber of Commerce will host this event. For more information (including sponsorship opportunities), visit [www.exeterchamber.com](http://www.exeterchamber.com). Open "Events & Calendar" and then click on "Exeter Fall Festival."

## Tuesday, October 17 - Visalia Caregiver/Dementia Support Group

Quail Park on Cypress, 4520 W. Cypress, Visalia, will host this 10:30 a.m. monthly session. For more information, call (559) 737-7443.

## Tuesday, October 17 - Exeter Caregiver/Dementia Support Group

Quail Park on Cypress will present this 3-4:30 p.m. monthly session, facilitated by Kimberly Jensen, in the Café at Rocky Hill Community Church, 237 South E St. in Exeter. For more information, call (559) 737-7443.

## Tuesday, October 17 - 29th Annual Taste of Downtown Visalia

This annual event features food from over 30 of Visalia's most popular restaurants, wine and beer tasting, and live music. For more information, visit [www.downtownvisalia.com](http://www.downtownvisalia.com) or call (559) 732-7737.

## Thursday, October 19 - Master Plan on Aging Public Community Forum and Senior Resource Fair

The Kings and Tulare County Master Plan for Aging Advisory Committee will host this event, where important topics related to aging will be discussed, at the Wyndham Hotel in Visalia. There will be vendors and raffle prizes. For more information, call (559) 676-6570 (or see ad on page 4).

## Thursday, October 19 - Tulare Caregiver/Dementia Support Group

Quail Park on Cypress will present this 10 a.m. monthly session at the First Baptist Church, 469 N. Cherry St., Tulare. For more info, call (559) 737-7443.

## Thursday, October 19 - Caregiver Support Group

Valley Caregiver Resource Center will host this session at the

(continued on page 20)

**SUPER FALL**

**OPEN HOUSE**  
AT THE VISALIA SENIOR CENTER

**FRIDAY  
OCTOBER 13  
10AM - 1PM**

**FREE TO ATTEND**

- Find local businesses & providers.
- Discover new resources.
- Meet other seniors, families & caregivers.
- Explore the Visalia Senior Center.

Come in costume to enter to win prizes.  
Purchase \$6 lunch ticket by Oct. 11 at 4pm.

100 VISALIA CHARTER CITY ANNIVERSARY



# Poor Sense of Smell Increases Risk of Depression in Older Adults

In a study that followed more than 2,000 community-dwelling older adults over eight years, researchers at Johns Hopkins Medicine say they have significant new evidence of a link between decreased sense of smell and risk of developing late-life depression.

Their findings, published in *The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences*, do not demonstrate that loss of smell causes depression, but suggest that it may serve as a potent indicator of overall health and well-being.

"We've seen repeatedly that a poor sense of smell can be an early warning sign of neurodegenerative diseases such as Alzheimer's disease and Parkinson's disease, as well as a mortality risk," said Vidya Kamath, Ph.D., an associate professor of psychiatry and behavioral sciences at the Johns Hopkins University School of Medicine.

"This study underscores its association with depressive symptoms. Additionally, this study explores factors that might influence the relationship between olfaction and depression, including poor cognition and inflammation."

The study used data gathered from 2,125 participants in a federal government study known as the Health, Aging

and Body Composition Study. This cohort was composed of a group of healthy older adults ages 70 to 73 at the start of the eight-year study period in 1997-98.

Participants showed no difficulties in walking 0.25 miles, climbing 10 steps or performing normal activities at the start of the study, and were assessed in person annually and by phone every six months. Tests included those for the ability to detect certain odors, depression and mobility assessments.

In 1999, when smell was first measured, 48% of participants displayed a normal sense of smell, 28% showed a decreased sense of smell, known as hyposmia, and 24% had a profound loss of the sense, known as anosmia. Participants with a better sense of smell tended to be younger than those reporting significant loss or hyposmia.

Over follow-up, 25% of participants developed significant depressive symptoms. When analyzed further, researchers found that individuals with decreased or significant loss of smell had increased risk of developing significant depressive symptoms than those in the normal olfaction group. Participants with a better sense of smell tended to be younger than those reporting significant loss or hyposmia.



Researchers also identified three depressive symptom "trajectories" in the study group: stable low, stable moderate and stable high depressive symptoms.

Poorer sense of smell was associated with an increased chance of a participant falling into the moderate or high depressive symptoms groups, meaning that the worse a person's sense of smell, the higher their depressive symptoms.

These findings persisted after adjusting for age, income, lifestyle, health factors and use of antidepressant medication.

"Losing your sense of smell influences many aspects of our health and behavior, such as sensing spoiled food or noxious gas, and eating enjoyment," said Kamath. "Now we can see that it may also be an important vulnerability indicator of something in your health gone awry. Smell is an important way to engage with the world around us, and this study shows it may be a warning sign for late-life depression."

Humans' sense of smell is one of two chemical senses. It works through specialized sensory cells, called olfactory neurons, which are found in the nose. These neurons have one odor receptor that picks up molecules released by substances around us, which are then relayed to the brain for interpretation. The higher the concentration of these smell molecules, the stronger the smell. Different combinations of molecules result in different sensations.

Smell is processed in the brain's olfactory bulb, which is believed to interact closely with the amygdala, hippocampus and other brain structures that regulate and enable memory, decision-making and emotional responses.

The Johns Hopkins researchers say their study suggests that olfaction and depression may be linked through both biological (e.g., altered serotonin levels, brain volume changes) and behavioral (e.g., reduced social function and appetite) mechanisms.

The researchers plan to replicate their findings from this study in more groups of older adults, and examine changes to individuals' olfactory bulbs to determine if this system is in fact altered in those diagnosed with depression.

They also plan to examine if smell can be used in intervention strategies to mitigate risk of late-life depression.

This work was supported by the National Institute on Aging, the National Institute of Nursing Research and the Intramural Research Program of the National Institutes of Health.

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# Researchers Study Lifestyles of 'SuperAgers'

People in their eighties who can recall everyday events and life experiences as well as someone 20 to 30 years younger - known as superagers - are also more likely to have greater movement speed than typical older adults. They also have lower rates of anxiety and depression, according to a new study published in *The Lancet Healthy Longevity* journal.

Most people's memory function gradually declines as they age, however, superagers appear to be able to avoid this age-related deterioration.

"We are now closer to solving one of the biggest unanswered questions about superagers: whether they are truly resistant to age-related memory decline or they have coping mechanisms that help them overcome this decline better than their peers," said first author Marta Garo-Pascual, of the Queen Sofia Foundation Alzheimer Centre in Madrid. "Our findings suggest superagers are resistant to these processes, though the precise reasons for this are still unclear. By looking further into links between superaging and movement speed we may be able to gain important insights into the mechanisms behind the preservation of memory function deep into old age."

While previous research has found differences in brain structure and certain lifestyle factors - such as stronger social connections - among superagers compared with typical older adults, most studies have had small sample sizes and did not track changes over time. As a result, in-depth understanding of demographic, lifestyle or clinical factors that help to preserve memory function into old age is currently lacking.

To help address these knowledge gaps, the authors conducted one of the largest analyses of superagers to date. Superagers and typical older adults were found in an ongoing project designed to help identify early indicators of Alzheimer's disease.

The Vallecas Project cohort in Madrid is composed of people aged 69 to 86 years with no neurological or severe psychiatric disorders. Of the cohort's 1,213 participants, recruited between 2011 and 2014, 64 superagers and 55 typical older adults, performing well on several cognitive tasks but not displaying superager memory ability, were identified and included in the new study.

Superagers and typical older adults were identified based on their performance in the Free and Cued Selective Reminding Test (FCSRT), which is used to assess people's memory function.



Superagers did at least as well as the average person around 30 years younger with the same education level. Older adults performed within a normal range for their age and education. All typical superagers and normal older adults were 79.5 years or older. Most superagers were women (38/64, 59%), as were most typical older adults (35/55, 64%).

Participants had up to six annual follow-up visits, during which demographic and lifestyle factors were recorded. Participants also underwent MRI scans to measure grey matter volume and completed a range of clinical tests. Blood samples were taken to screen for biomarkers for neurodegenerative disease and a key genetic risk factor for Alzheimer's disease. A machine learning computer model including 89 demographic, lifestyle and clinical predictors was used to identify factors associated with superagers.

In line with previous studies, MRI scans showed superagers to have more grey matter - tissue vital for normal brain function - in key brain areas involved in memory, and also in a part of the brain involved in movement. Superagers' overall level of grey matter in key areas also degenerated more slowly over five years than in typical older adults.

Using the machine learning computer model, the authors found faster movement speed and better mental health were the factors most often associated with superagers.

Superagers performed better in the Timed Up and Go Test - which gauges people's mobility - and a finger tapping test that measures fine motor function, indicating they have better mobility, agility and balance than do typical older adults. This observation was made despite no differences in self-reported exercise levels between superagers and typical older adults.

In clinical tests to measure levels of anxiety and depression, superagers scored lower than typical older adults. Previous research suggests depression and anxiety

can impair performance on memory tests in people of all ages, and are risk factors for developing dementia.

"Though superagers report similar activity levels to typical older people, it's possible they do more physically demanding activities like gardening or stair climbing," said senior author Dr Bryan Strange, of the Universidad Politécnica de Madrid. "From lower blood pressure and obesity levels to increased blood flow to the brain, there are many direct and indirect benefits of being physically active that may contribute to improved cognitive abilities in old age.

"We have shown before that when young adults make movements at the same time as seeing pictures, they are more likely to later remember the picture than if they don't move. It's also possible that having better brain health in the first place may be what's responsible for superagers having faster movement speed.

"Further research in these areas may ultimately reveal ways to help preserve memory function in more older people," he continued. "What we have, however, discovered is that there is an overlap between risk or protective factors for dementia and those associated with superaging (such as blood pressure, glucose control and mental health).

"This raises a possibility that some putative risk factors for dementia are, in fact, contributing to age-related decline in memory-related brain activity that may act in parallel or additively with dementia pathophysiology to amplify memory impairment."

Other self-reported differences were also observed, including that superagers' lifestyles in midlife were generally more active, they were satisfied with their sleep duration, and were more likely to have a musical background - either taught or amateur -

than did typical older adults. Superagers also demonstrated greater independence in their day-to-day living and scored higher in intelligence tests.

Blood sample analysis indicated that superagers have lower levels of biomarkers for neurodegeneration than do typical older adults. There were also no differences found between them based on the presence of a major genetic risk factor for Alzheimer's disease, called APOE e4.

The authors acknowledge some limitations to their study. As with any observational study, it is not possible to say whether the factors reported have any direct effect on superaging.

Despite using 89 variables, the machine learning model was only able to distinguish superagers from typical older adults around 66% of the time, indicating that additional factors - possibly genetic - are linked with superaging.

Further research into overlap between genetic links with superaging and genes associated with fast muscle movements among the elderly could help to narrow the search.

Writing in a linked comment, Alexandra Touroutoglou, Bonnie Wong and Joseph M Andreano of Harvard University, who were not involved in the study, said, "The findings of Garo-Pascual and colleagues study are consistent with reports of resilience to Alzheimer's disease in superaging, although the mechanisms underlying this resilience remain unknown. "More efforts are needed to refine and harmonise definitions of superageing in multisite studies using large and diverse cohorts," they continued. "Large-scale studies will allow further exploration of resilience factors in superagers, which could lead to new insights in the prevention of age-related memory decline."

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## QUAIL CORNER

# Wheelchairs, Diabetes and Insulin

Q&A with Kimberly Jensen

## Wheelchairs

**How often can I get my wheelchair replaced and does Medicare cover motorized scooters?**

That is a really great question and I want you to get the most accurate information possible. I reached out to Nourlie Carlos, FNP-BC at Optimal Medical Care in Visalia, whom I have heard is very successful at getting his patients wheelchairs and scooters. He shared the most often asked questions along with his comments.

**When should a wheelchair be replaced?**

A well-cared-for and well-maintained active wheelchair can last from five to 10 years. There are chairs that, due to the materials, can last more than 10 years, but typically, the functional life of a chair is five years.

**How often can a wheelchair be replaced?**

A wheelchair or scooter is covered for replacement once every five years, except in special circumstances. Also,

wheelchair and scooter repairs are covered.

**I had an evaluation for a new or replacement wheelchair, but I never received it. Why was my request not approved?**

Requirements for new or replacement wheelchairs are most often denied due to incomplete or improper documentation. Crucial information may be missing in the documentation that did not justify the need for a new or replacement wheelchair.

Documentation starts with the provider, accompanied by collaborating documentation from a therapist and home assessment by the DME/wheelchair company are necessary for approval.



## Diabetes and Insulin

**I have been told I am a diabetic. Does everyone who is diagnosed with diabetes have to take insulin?**

I reached out to David Davis, FNP-C at Optimal Medical, who specializes in diabetes.

"No, a lot of Type II diabetics have been prescribed insulin to get their blood sugars down quickly; then have been kept on insulin to help keep their blood sugars regulated," said Davis. "Or, they've had their insulin increased numerous times because their blood sugars are still not at goal. Unfortunately, a lot of these patients end up on horrible regimens, taking multiple injections a day."

"According to the guidelines, all diabetics are to have

their A1C (a simple blood test in the office) controlled below a 7.0. The reason for this guideline is because research has shown; controlling diabetics below an A1C of 7.0 has decreased the possibility of organ damage caused by uncontrolled diabetes."

He added that a lot of Type II diabetics are still producing insulin and may not need exogenous insulin (insulin in the form of shot) at all. However, some Type II diabetics can eventually stop producing insulin because their body's compensating mechanisms have resulted in the failure of their pancreas to produce insulin.

"This is why it's imperative patients should be properly evaluated," said Davis. "No two patients are the same, and neither is the therapy they should receive."

*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.*

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## Statewide 55+ Assessment Survey Needs Your Input

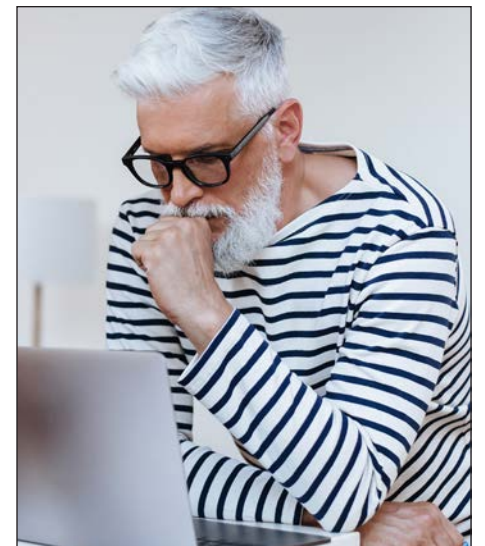
The first-ever statewide needs assessment for Californians aged 55 years and older is now underway.

The Community Assessment Survey for Older Adults (CASOA) is not just another survey; it is your chance to shape the future. CASOA empowers you to voice your needs and preferences.

California is "committed to designing programs, supports and services that are centered around the evolving needs of older Californians."

"Let the state know what you need now and in the years ahead so that CDA can enhance or develop programs, supports and services to help you and the millions of other Californians over the age of 55," states the release about the survey.

CASOA "understands that surveys can sometimes feel complicated or intrusive. We respect your privacy and ensure that your responses remain confidential. This survey is also a significant opportunity to gather information about sexu-



al orientation and gender identity, ensuring that healthcare remains patient-centered and of the highest quality across California."

To participate in the survey, visit <https://rb.gy/fu06x>.

CASOA is available online in multiple languages - English, Spanish, Cantonese, Mandarin, Korean, Tagalog, Vietnamese, Hindi and Arabic.

If you need any technical support in accessing the survey, email: [casoa@polco.us](mailto:casoa@polco.us).

For more information about the survey, call (916) 970-9948.

**The deadline for the  
November/December issue  
is Monday, October 16th**



# The Multipurpose Senior Services Program

(This is the fourth in a series of articles from the Tulare County Health & Human Services Agency about supportive services for local seniors to appear in The Good Life.)

Do you know someone aged 65 or older who needs help at home?

The Multipurpose Senior Services Program (MSSP) is a resource in Tulare and Kings Counties that provides social and health care management services to help older adults remain in their homes and communities.

To be eligible for MSSP, individuals must be 65 years of age or older, be eligible for Medi-Cal, and be certified for placement in a skilled nursing facility.

MSSP helps prevent or delay more expensive, long-term nursing home care and helps seniors live safely and as independently as possible in their own homes.

MSSP care managers can coordinate to provide a variety of services, including:

- Care Management
- Caregiver Support/Respite Care
- Chore and Personal Care Assistance
- Communication Services, i.e., a phone, emergency response devices, translation or interpretation
- Home-Delivered Meals
- Minor Home Repairs

and Safety Modifications

- Personal Care Products
- Social Reassurance/Therapeutic Counseling

MSSP is a valuable resource and has supportive staff to help seniors. The staff takes pride in what they do.

MSSP Registered Nurse Barbara Pitcock and Care Manager Rachel Preciado shared that, "Being able to help participants against all odds and provide accessibility to their communities is rewarding."

An example of the positive impact MSSP has on participants is best described by Wilma White, a 76-year-old who has been with the MSSP program for nine years, and was recently asked, "How has the MSSP program helped you stay independent at home?"

She responded, "I have nothing but good to say. They are absolutely amazing." Wilma went on to say, "If I need something, Barbara is right on it; she even got me an electric wheelchair, a chair to get into bed, and personal items."

Are you, or is someone you know, in need of in-home services? If you are interested in learning more about the program, call your local MSSP office at (559) 623-0194 or 1-800-434-0222.

You can also visit the Kings/Tulare Area Agency on Aging website at [ktaaa.org](http://ktaaa.org), or call Dori Silveria, MSSP Unit Manager, at (559) 713-2875.



The Cardiac Watchman device team

## Kaweah Health Completes Watchman Heart Implant

Kaweah Health announced its first implant procedure of the Watchman FLX left atrial appendage closure device for stroke prevention on a patient with atrial fibrillation (AFib), a condition that affects the heart's ability to pump blood normally.

Kaweah Health is the first hospital in the area to offer the Watchman device, an alternative to the lifelong use of blood thinners for people with non-valvular AFib. The procedure was performed by Dr. Atul Singla and a specialized cardiac team at Kaweah Health Medical Center on patient Betsy Murphy.

The Watchman is a minimally invasive, one-time implant about the size of a quarter. It sits inside the heart's left atrial appendage (LAA) where blood clots often occur. The device creates a barrier to prevent blood clots from escaping into the bloodstream and causing a stroke or other adverse conditions.

"This is going to make a big difference in the lives of

patients with non-valvular AFib who are unable to take blood thinners due to various reasons and are at risk for stroke," said Dr. Singla. "Watchman therapy is an alternative to oral anticoagulation, and this is a particularly attractive option for patients at high risk for bleeding."

An estimated seven million Americans are affected by AFib, an irregular heartbeat that can feel like a quivering heart. People with AFib have a five times greater risk of stroke than those with normal heart rhythms.

The Watchman closes off an area of the heart called the LAA to keep harmful blood clots that may form there from entering the bloodstream and potentially causing a stroke. By closing off the LAA, the risk of stroke may be reduced and, over time, patients may be able to stop taking blood thinners.

To learn more about Watchman and other non-invasive cardiac procedures, visit [KaweahHealth.org/Cardiac](http://KaweahHealth.org/Cardiac).

## Alzheimer's Association Holds International Conference

New research reported at the Alzheimer's Association International Conference (AAIC) 2023 covered the breadth of Alzheimer's disease and dementia research, including advancements in treatment, early and accurate diagnosis, and risk factors for Alzheimer's and other dementias.

AAIC is the premier annual forum for presentation and discussion of the latest Alzheimer's and dementia research.

This year's conference took place both virtually and in-person in Amsterdam, Netherlands, and attracted more than 10,000 attendees and more than 3,000 scientific presentations.

Advances in treatments and clinical trial results included new, more complete data reported by Eli Lilly about clinical trials of donanemab in early symptomatic Alzheimer's disease.

Two new therapeutic approaches for Alzheimer's based on CRISPR gene editing were reported at AAIC. Advancements

in technology and practice reported for the first time at AAIC 2023 demonstrated the simplicity, transportability and diagnostic value of blood-based biomarkers for Alzheimer's.



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# Poll Shows Voters 50+ Will Decide 2024 Elections

Candidates who support the issues most important to Americans ages 50+ can improve their margin significantly in close 2024 races, according to a new AARP poll.

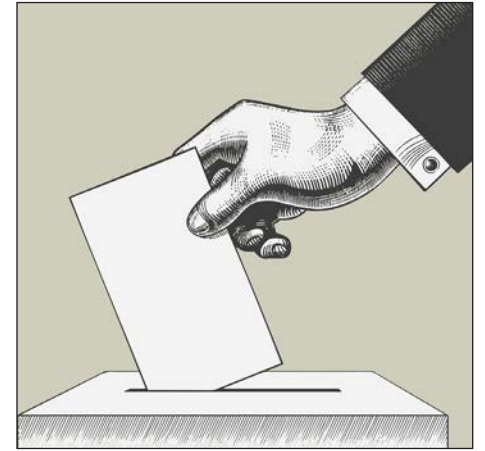
The poll, which surveyed likely voters from the 40 most competitive congressional districts, found caregiving to be a pivotal top issue for voters 50+. Americans 50+ are the largest - and perhaps the most crucial - voting bloc.

While the poll shows that voters 50+ say candidates' stances on Social Security and Medicare are very important factors impacting their vote next November (81% and 77%, respectively), 70% of these voters want candidates to support policies to help older adults live independently at home as they age.

Thirty-eight percent of voters are currently caregivers, a number that doubles when those who have been one in the past or expect to be one in the future are included. Democrats have an advantage over Republicans among voters 50+ on caregiving (44% - 38%), but in a generic congressional ballot, more caregivers today vote Republican over Democrat (49% - 38%).

Over two-thirds (67%) of voters 50+ also rate the cost of prescription drugs as a very important issue, with Democrats leading by just three points (42% - 39%) on their perceived handling of this issue.

"Caregiving and the cost of prescription drugs could very likely be the most important issues of the upcoming election cycle," said Nancy LeaMond, AARP executive vice president and chief advocacy and engagement officer. "Candidates can't afford to ignore the issues that matter to the 50+ - who will likely be the decisive voting bloc in 2024 - especially in an election cycle where control of Congress and the White House are both up for grabs."



In the 2018 and 2022 mid-term elections, the share of voters 50+ was approximately four times that of voters under 30, (56% - 15% and 59 - 12%, respectively). In the 2020 presidential election, the share of voters 50+ was nearly three times that of voters under 30 (53% - 18%).

Not only will older voters likely continue to make up a larger share of the electorate in 2024, AARP's new poll shows that they are also much more motivated to vote. Eighty-five percent of voters 50+ say they are extremely motivated to vote in 2024, compared to just 67% of younger voters.

In these 40 competitive districts, the parties are tied on a generic congressional ballot. Among voters 50+, the 50-64 age group strongly favors the GOP (52% - 35%), while those age 65 and older lean Democratic (46% - 43%).

Women age 50+ favor the GOP by just 1-point over Democrats (44%-43%), while men age 50+ show much stronger Republican support (52% - 38%).

A hypothetical matchup between President Biden and former President Trump shows President Biden winning these districts by 47% - 43% with voters 18+, but among voters 50+ Trump leads by 1-point (45% - 46%). In a second hypothetical matchup, President Biden and Governor DeSantis are tied, both at 45%. Among voters 50+ though, President Biden trails Gov. DeSantis, 48% - 43%.

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His knowledge of trees, and proper fertilizing, care and tree maintenance was amazing.

Juan is our Go To Guy for all things Trees, We highly recommend him.

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References Available

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**BOOKS****'The Wisdom of Morrie' Offers Advice for Aging**

Sociology professor and subject of the book and movie *Tuesdays with Morrie*, author Morrie Schwartz emphasizes the importance of prioritizing human connections over daily tasks in his new book, *The Wisdom of Morrie - Living and Aging Creatively and Joyously* (April 2023, Blackstone Publishing).

Morrie's son, editor Rob Schwartz recently spoke at The Longevity Book Club, which is part of the Stanford Center on Longevity, about his late father's book and sage advice tips for how to live "vibrantly" at any age.

As a posthumously published book, Morrie Schwartz's words are even more timely and relevant today with the new *U.S. Surgeon General Advisory: Our Epidemic of Loneliness and Isolation*.

Morrie urges everyone to make new friends, learn new things and join organizations to stay connected, especially as one ages.

Rob Schwartz found his late father's book in his desk after Morrie passed in November 1995 from ALS. Many see *The Wisdom of Morrie* as a prequel to *Tuesdays with Morrie*, by Mitch Albom, because Morrie wrote it between 1988-1992 (at about ages 70-75) during retirement and prior to being diagnosed with ALS (also known as Lou Gehrig's Disease).

When asked to describe Morrie's new book, Rob explained, "Dad wrote about the myth of ageism that once you get old, you can't do anything... He says you need to break out of the age-casting (preconceived notions of what an aging person is supposed to be) and do whatever you want to do... Morrie never thought of himself as an elderly person, but felt society viewed him that way."

When asked what Morrie recommends to "live vibrantly" while aging, Rob continued, "He suggests that you want to maintain, strengthen and create human connections... He's saying don't wait until the end of your life and you're on your deathbed. Make your connections with your friends and family stronger, share more things with them, share more love with them, and also create new relationships."

*The Wisdom of Morrie* highlights the author's Top Five insights for living a long and happy life, which include 1. Laughter, 2. Meditation, 3. Spiritual Connections, 4. Finding New Interests and 5. Strengthening Human Relationships.

"The story of this manuscript coming to fruition is a long one," explained Rob. "I was staying at home after traveling around Asia in the sum-

mer of 1989 and my father was writing this book. So I had a lot of time to talk with him about it.

"After he passed, I was going back and forth between Japan and the U.S. and one day, I was working on some journalistic pieces in his study. I pulled up a desk drawer and found the manuscript. I could hear his voice in every insightful idea in the book, and knew I had to publish it. As *Tuesdays with Morrie* had become a massive bestseller, I knew I would have the opportunity to do so."

There are differences in the two books, however.

"The ideas in *Tuesdays with Morrie* and *The Wisdom of Morrie* are similar at their base," said Rob. "The big difference is that *Tuesdays with Morrie* is a slim volume that is simply an introduction to my father's thought. It's wonderfully written by Mitch Albom, but generally just takes a few lines or few paragraphs of my father's ideas on very dense subjects.

"*The Wisdom of Morrie* is a deep dive into my father's thoughts and expands on many things he brings up in Mitch's book. My father writes at length on how to be happy, strategies for life, and what holds us back.

"He examines some of the harmful ideas society has about aging and how to dispel them. *The Wisdom of Morrie* is also full of stories, magazine articles, poetry and exposés meant to inspire people to be happier and live a more actualized life. The basis of both books is spreading joy.

"*The Wisdom of Morrie* is extremely relevant for the present age," said Rob. "We have an aging society and an aging world population. My father lays out many strategies and tips on how to live a more active, fulfilled and happy life at that stage of your development.

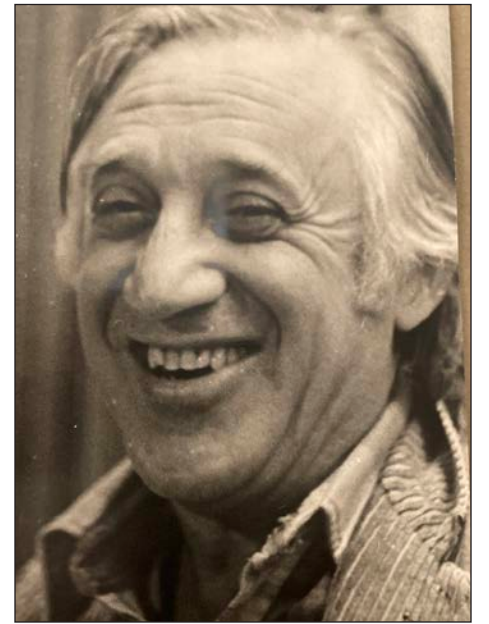
"He explains and presents how getting older can be the best time in your life, information that many people need right now. And more than that, Morrie expands on how the universality of the human experience, at any age, binds us all together and defines our human experience. We live in a very divided society and world. My father illustrates how this does not need to be the case. If we remember and celebrate the most basic and important things, like love, we can live in a more joyful and unified world.

"When my father wrote this book, he was aiming it at people who are getting older, let's say people over 55. He wants to dispel the myth that aging is somehow unpleasant.

"He lays out many strate-

gies to make one's life more joyful, creative, and fulfilled. In addition, he convincingly shows that ageism is just ridiculous and misguided.

"Aging people can accomplish anything. I think everyone, no matter their age, can benefit from reading my dad's insights, strategies, and tips on living a happier, more creative life. Everyone can benefit from his ideas on how to live more effectively and purposefully. I hope everyone will be inspired by my dad's insights and vision of a more unified, joyous world, and put the ideas and strategies into practice."



Morrie Schwartz

## An Excerpt from *The Wisdom of Morrie - Living and Aging Creatively and Joyously*

By Morrie Schwartz and Son/Editor Rob Schwartz

*To rise to the challenges that come in later life, older people need strong sources of motivation. High motivation gives us the energy we need to pursue our goals in the face of ageism, loss and illness. Motivation is the inspiration to act – an urge that generates effort and focused action. It is the push to try, to assert oneself, counteracting unwillingness, resistance, weariness, inertia, fear and anxiety.*

*Some of us have a nearly endless supply of energy accompanying our high motivation. For others, the ability to keep on keeping on is unreliable: sometimes it's there, sometimes it isn't. Still others of us have a hard time mustering any motivation and are in a constant struggle to find meaning in what we are doing. For motivation and its accompanying energy to be present, flowing and continuous, we must believe in the value of what we are doing.*

*Regardless of our usual level of motivation, we all have in us a vitality, a life energy, an urge to act, to live and to feel some passion about others and the world. It is a force that can overcome resistance to doing those things we somehow find difficult or impossible to do. But our life energy may be locked in, just waiting to be liberated. It may be pushing to get out. But it's up to us to tap into that source of life energy within us. It's up to us to find ways to let it out, get it out, evoke it, coax it. To age well, we need to get in touch with this life energy, become familiar with it, nourish it, and invite it in as an enduring power in pursuing our goals and dreams.*

*And to discover the true nature of our motivation, we need to be asking the right questions. What gets you excited to confront your tasks instead of avoiding them? What pushes you to try to understand your feelings and connect with others? What gets you to assume responsibility for a plan of action that you deem necessary or desirable, or to answer another's request for action? What pulls you to participate in the world around you – to engage in projects, meet challenges, seize opportunities and do something with them? What moves you to create, to assert yourself, to be ambitious about yourself? In short, what stirs the fire in your belly?*

*Is your motivation at the beginning of a project higher than at the end of a project? Do you depend on external sources or internal sources or both to get motivated? Where does your motivation come from, and how do you increase it or ensure that it continues?*

*Does your motivation vary in its availability and strength? Does it depend on the project, situation, or people involved? Is it a matter of your energy waxing and waning and you need only wait for it to return?*

*How is your motivation affected by:*

*... the nature of the task or project?*

*... the goal envisioned?*

*... your physical, emotional, mental state at the time?*

*... the rewards for getting involved in the undertaking?*

*... the wish to please someone?*

*... the importance of the activity to you?*

*... the sanctions you will impose on yourself if you don't engage the project you've undertaken or the commitment you've made?*



# MORE CALENDAR

(continued from page 13)

Tulare Senior Center, 201 N. F St., Tulare, from 10-11:30 a.m. For more information, call (559) 224-9154.

### Friday, October 20 - Hanford Caregiver/ Dementia Support Group

The Remington, 2727 N. 11th St., Hanford, will host this 10:30 a.m. monthly session. For more information, call (559) 737-7443.

### October 20-22, 27-29 - "A Haunting at the Ice House"

The Visalia Players will present this interactive show where the audience will be walking around the Ice House Theatre, 410 E. Race Ave., Visalia. For tickets or more info, visit [www.visaliaicehouse.com](http://www.visaliaicehouse.com) or call (559) 734-3900.

### Saturday, October 21 - Walk with a Doc

This informational walk and talk, sponsored by Adventist Health and the City of Hanford, will be held at Centennial Park, 11731 Hanford Armona Road in Hanford. It begins with registration at 8:45 a.m., followed the walk and "Talk with a Doc" at 9 a.m. The topic this month is "Breast Cancer." For more information, visit [www.walkwithadoc.org](http://www.walkwithadoc.org).

### Saturday, October 21 - 40th Springville Apple Fest

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

### Tuesday, October 24 - Medicare Health Insurance Counseling & Advocacy Program

HICAP will host this free and objective counseling, at the Tulare Senior Community Center, 201 N. F St., Tulare, from noon to 1 p.m. For more information, call 1-800-434-0222.

### Thursday, October 26 - Marty Stuart and His Fabulous Superlatives

The Hanford Fox Theatre will present this 7:30 p.m. concert. Tickets are \$46, \$56, \$66 and \$200. For tickets or more info, visit [www.foxhanford.com](http://www.foxhanford.com).

### Saturday, October 28 - Dia De Los Muertos

Tulare County League of Mexican American Women will host this event at the Visalia Public Cemetery from 11 a.m. to 4 p.m. Call Virginia at (559) 909-3411 for more information.

### Tuesday, October 31 - Halloween Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. Costumes are not required but are recommended. Costume awards will be given. Tickets must be purchased in advance. For more info, call (559) 713-4365.

### Thursday, November 2 - "The Fascinating and Tragic Story of Local Tribes"

The Sequoia Genealogical Society will host this 6 p.m. presentation by Michael J. Semas. Refreshments will follow. The free event will be held at the Tulare Public Library, 475 M St. in Tulare. For more information, call (559) 685-4518.

### Saturday, November 4 - Fifth 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 4 - 6th Annual Book Festival

Tulare County Library will host this event, featuring author events, storytelling, community partners, vendors, food trucks, the Friends of the Tulare County Library book sale, and more, from 10 a.m. - 2 p.m. at 200 W. Oak Ave., Visalia. For more information, call the library at (559) 713-2700.

### November 4-5 - Visalia Senior Games

The first Senior Games in the South Valley since the pandemic will be held the first weekend of November. (For more information, see article on page 1.)

**Send information about your upcoming events to us at: [editor@kastcompany.com](mailto:editor@kastcompany.com)**

## First Bachelor Selected for 'Golden Bachelor' TV Show

It's never too late to find love, and Gerry Turner is ready to prove it.

ABC announced that the 71-year-old patriarch from Indiana is the network's first "Golden Bachelor," showcasing that love stories, like so many other things, only get better with age. Turner will begin handing out roses when "The Golden Bachelor" premieres this fall. Episodes can also be seen on demand and on Hulu the day following their premieres.

A retired restaurateur, father and grandfather, Turner lives in on a beautiful lake in Indiana. He's often busy hosting barbecues, playing pickleball, cheering on his favorite Chicago sports teams, four-wheeling and spending time with friends and family.

Turner married his high school sweetheart, Toni, in 1974 and the couple had two



Golden Bachelor Gerry Turner

daughters, Angie and Jenny, and later two granddaughters, Charlee and Payton. Sadly, after 43 years together, Toni suddenly fell ill and passed away in 2017.

"The Golden Bachelor" is produced by Warner Bros. Unscripted Television in association with Warner Horizon.



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Shown here in 1936, Camp Potwisha was the first CCC camp established in Sequoia National Park. Government leaders of the camp are shown in front, and on the far right is Camp Educational Advisor Mervyn G. Shippey. (Photo courtesy Marian Shippey Cote)



The Visalia Municipal Auditorium, located on the north side of Acequia between Church and Garden streets, hosted many of the CCC sporting events.

## They Left Their Mark on Tulare County

Ninety years ago, the Civilian Conservation Corps (CCC) was established in America as part of President Franklin D. Roosevelt's New Deal. The program was one of many designed to put the country back to work after it was hit hard by the effects of the Great Depression, which had created massive unemployment.

Many of the job-related programs of that era were aimed at finding work for the primary breadwinner of the family. But the CCC was different as it focused on men between 18-25 years of age who were generally unmarried and willing to work in America's public lands, forests and parks.

During the 10-year run of the program, millions of workers planted more than three billion trees, and built many miles of trails and numerous shelters in more than 800 parks throughout the country – many of which helped shape the national park system that we have today.

This federal conservation program followed a military model with physical camps, complete with a "mess hall," barrack-style sleeping quarters, recreation hall, and canteen or small store. For many of the enrollees, the corps was their first job.

Enrollment periods were generally six months with encouragement to extend. They were paid \$30 a month, with about half going directly to their families, and a small amount put into a savings ac-

count to be given to them upon discharge from the program. Uniforms, room and board, and educational opportunities were provided.

Sequoia National Park, under the leadership of Park Superintendent John R. White, received valuable labor from these workers. Sequoia Park eventually had 11 CCC camps with Potwisha being the first to open on May 13, 1933. The other camps were Marble Fork, Wolverton, Atwell Mill, Yucca Creek, Schreiber's Flat, Cain Flat, Ash Mountain, Buckeye, Salt Creek and Red Fir.

The men worked on a variety of activities including road, campground and building construction, trail maintenance, fire fighting, and landscaping. They worked 40-hour weeks with evenings and weekends free for leisure activities.


Crystal Cave in Sequoia Park was an important project for the CCC. Discovered in 1918, the cave needed work to make it tourist-friendly, so the boys applied pavement to the walkways and electrified the cavern. Crystal Cave became one of the most popular attractions in the park.

The carved wooden Indian head sign at the Ash Mountain entrance was the work of CCC worker George Munro of Lindsay. The young man carved the sign that still stands at the entrance today.

Although not necessarily an official part of their duty, the workers of the CCC, on at least one occasion in Decem-

# Dusting Off History

with Terry Ommen





This sign at the Ash Mountain entrance to Sequoia National Park was carved by George Munro of Lindsay. (Photo courtesy National Park Service)

ber 1937, became a rescue party, and likely saved Marcel Brown's life. Brown, a local trapper, accidentally struck himself in the foot with an axe, lost a great deal of blood and needed urgent medical attention. Through deep snow, about a dozen CCC workers made the difficult journey through Redwood Canyon and carried the injured man out by stretcher. Brown survived the ordeal.

But despite all of the work,

they found time for fun. One outlet was through sports tournaments and competition between athletes from each of the camps. Boxing matches were especially popular as were basketball tournaments. Visalia hosted many of these competitions, which were held at the Visalia Municipal Auditorium.

The Civilian Conservation Corps existed for less than a decade, but its legacy remains with us even today.



Shown in this 1925 photograph at the dedication of the Generals Highway is John R. White, Sequoia Park Superintendent, who is standing in the middle. [Photo courtesy National Park Service]

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## Report Finds \$28.3 Billion a Year is Stolen from U.S. Adults Over 60

Older Americans lose an estimated \$28.3 billion annually to elder financial exploitation (EFE), according to a new report from AARP. The report also shows that 87.5% of adults age 60 and older who are victimized by someone they know never report these incidents to authorities. In contrast, just one-third of victims of stranger-perpetrated EFE do not report it.

"While strangers often rely on quick and irreversible transactions such as gift cards or wire transfers, perpetrators who know the victim are more likely to gain direct access to their victim's bank accounts. But financial exploitation of any kind wreaks havoc on the lives of older adults and their families," said Jilene Gunther, national director of AARP's BankSafe Initiative and lead author of the report.

"The keys to stopping this growing problem are consumer education, frontline employee training and strengthened technology to flag suspicious activity."

To combat underreporting and other barriers to finding the true cost of EFE, the report uses a first-of-its-kind approach that gathers data from several of the nation's most highly regarded

sources on consumer-reported losses and eliminates duplicate reports while integrating estimated unreported losses.

Key findings of the report include:

- Criminals steal an estimated total of \$28.3 billion from older adults each year.
- Of that \$28.3 billion, trusted friends, family members or caregivers, steal \$20.3 billion, or 72%.
- Of the \$28.3 billion in estimated annual EFE losses, only \$7.8 billion of stolen funds are reported to authorities.
- \$20.5 billion is stolen each year but likely never reported to authorities.

"Through AARP BankSafe's collaboration with more than 1,000 leading financial organizations, BankSafe-trained employees are estimated to have stopped more than \$200 million from being stolen from older adults since 2019," said Gunther.

"But more must be done to ensure that we are accurately quantifying the problem and arming consumers and industry professionals with the knowledge, confidence and tools needed to better protect older adults from financial exploitation."

## Kaweah Health Named One of America's Great Community Hospitals for Older Adults

Kaweah Health announced that *Becker's Hospital Review* has named it as one of 153 great community hospitals nationwide. Kaweah Health was one of only three California hospitals to make the list, and the only one between San Jose and Los Angeles.

Becker's recognized Kaweah Health for making significant strides in improving medical education, nursing programs,

community outreach and access to quality care.

Specific achievements cited were the Kaweah Health Graduate Medical Education Residency Program, the Kaweah Health School of Nursing formed in partnership with Unitek College, and a \$8.7 million grant from the State of California, which will be used to construct a new wing on the Kaweah Health Mental Health Hospital.

## CDC Recommends RSV Vaccine

CDC Director Rochelle P. Walensky, M.D., M.P.H., endorsed the CDC Advisory Committee on Immunization Practices' recommendations for use of new Respiratory Syncytial Virus (RSV) vaccines from GSK and Pfizer for people ages 60 years and older, using shared clinical decision-making.

This means these individuals may receive a single dose of the vaccine based on discussions with their healthcare provider about whether RSV vaccination is right for them.

Adults at the highest risk for severe RSV illness include older adults, adults with chronic heart

or lung disease, adults with weakened immune systems, and adults living in nursing homes or long-term care facilities. CDC estimates that every year, RSV causes approximately 60,000-160,000 hospitalizations and 6,000-10,000 deaths among older adults.

These new vaccines - which are the first ones licensed in the U.S. to protect against RSV - are expected to be available this fall. These vaccines provide an opportunity to help protect older adults against severe RSV illness at a time when multiple respiratory infections are likely to circulate.

## Working on Brain Health in Aging

When thinking about your health and wellness goals as you age, you likely have a few benchmarks in mind - maybe there's a distance you'd like to run, walk or bike. Perhaps you're looking to shave off a few pounds, improve your cardio, or just feel a bit better overall.

But amid your physical goals, are you considering your brain health, too?

September is National Healthy Aging Month, a time to consider the different elements of wellness in aging and how they work together.

A significant part of healthy aging includes brain health, and it's important to work out your brain in the ways you might work out the rest of your body. Of course, there isn't exactly a gym for brain health, but there are many ways to incorporate healthy habits into your everyday routine.

A few steps you can take include:

- Staying social. Maintaining existing relationships and building new ones helps the brain stay agile. Conversation is one of the healthiest habits you can have for your brain.
- Keeping a consistent and healthy sleep regimen. Keep screens out of the bedroom and try to get seven to eight hours of sleep each night.
- Eating healthy. Lean meat, fish, fruits and vegetables are as good for the brain as they are for the body. Look into the Mediterranean diet, as it's proven to help with cognitive health.
- Taking up new hobbies

or skills. Whether it's playing the piano, gardening or crafts, engaging your brain with hobbies helps it stay sharp.

### Healthy Aging and Dementia

Of course, healthy aging is vital for those living with Alzheimer's disease and dementia as well. If you're caring for a loved one with memory loss, here are some tips to consider:

- Maintain a consistent sleep routine for your loved one. Try to have them go to bed and wake up at the same time each day.
- Join them for daily fitness routines for short periods of time. Exercise helps build strength to reduce falls, and can bring joy and pleasure.
- Install safety measures around the home, like weight-bearing grab bars in the bathroom, and removing loose rugs in bathrooms or on other hard surfaces.
- Incorporate music your loved one enjoys into daily activities. The part of the brain that stores song lyrics can be unaffected by the disease, and you might be surprised at how many songs they remember!
- Revisit old photo albums and reminisce about family and friends. Act as a conduit to help your loved one stay in touch with important people in their lives.

*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](http://prestigecare.com/Visalia) or call (559) 735-0828.*

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# Sierra View Applies for \$17.35 Million Distressed Hospital Loan

Sierra View Medical Center has applied to California's Distressed Hospital Loan Program for \$17.35 million. The Department of Health Care Access and Information, and the California Health Facilities Financing Authority jointly administer this program.

Currently, \$300 million in funding is available for hospitals – \$150 million was originally allocated to the program in Assembly Bill 112; an additional \$150 million was added to the 2023-24 state budget from the managed care organization tax.

If SVMC is approved for this interest-free loan, it will help to strengthen operations, enhance staff development, and ensure the continuation of key healthcare services for the local community.

The Distressed Hospital Loan Program offers interest-free cash flow loans to not-for-profit and public hospitals facing significant financial challenges, and to governmental entities representing closed hospitals with the aim of preventing closure or facilitating reopening.

Sierra View Medical Center's application is motivated by its commitment to maintaining access to healthcare ser-

vices for the community and addressing current financial constraints.

"We recognize the importance of sustaining healthcare services for our community," said Donna Hefner, CEO and president of Sierra View Medical Center. "The Distressed Hospital Loan would provide crucial financial support to help us continue in the implementation of our comprehensive turnaround plan over the next 18 months. This funding would assist us in the financial losses we have experienced in the last three years due to the pandemic.

"Additionally, it will also enable us to strengthen our workforce, particularly in nursing, imaging and laboratory departments, leading to a reduction in contact staffing expenses and continued access to care."

In addition to addressing staffing needs, the loan would also play a pivotal role in supporting Sierra View's Graduate Medical Education Internal Medicine Residency Program, which was implemented three years ago. This initiative reflects SVMC's dedication to nurturing future healthcare professionals and enhancing medical education in the region.



FHCN's new food pantry in Hanford opened on August 10.

## FHCN Opens Food Pantry in Hanford

Family HealthCare Network (FHCN) opened a new food pantry inside of its Hanford health center at 250 W. 5th St. In partnership with Kings Community Action Organization (KCAO), the food pantry represents a first-of-its-kind for both companies, aimed at serving patients who struggle with food insecurity and are often unable to access healthy foods.

Because chronic health conditions and long-term health outcomes are significantly impacted by nutrition, this partnership serves as a vital link to the health of local communities.

Patients of FHCN's Hanford health center who report as food insecure will have ac-

cess to quality dairy products, local fresh fruit and vegetables, meat, and non-perishable foods. The food pantry is set up like a community market, offering patients a dignified experience that is similar to shopping in a grocery store.

FHCN and KCAO hosted a celebratory ribbon-cutting event on August 10, where patients, dignitaries and other community members were welcomed inside for a closer look at everything the food pantry has to offer.

The food pantry is open on Tuesdays, Wednesdays and Thursdays from 9 a.m. to 3 p.m. for patients who qualify.

For more information, call 1-877-960-3426.

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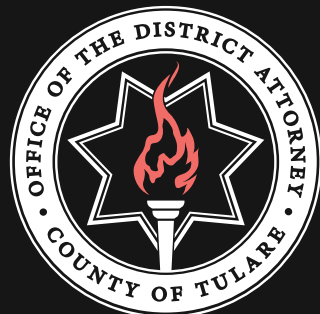
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