

IN THIS ISSUE: Senior Games Continue, Master Plan for Aging, "Driving Madeline," Court Smith in the 1938 Tulare Jubilee Parade, the 50+ Women's Vote

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume XI, Number 1 • May/June 2024



## World Elder Abuse Awareness Day to be Observed

June is World Elder Abuse Awareness Month and observances will be held in both Tulare and Kings Counties.

World Elder Abuse Awareness Day was launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations.

Its purpose is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

Each year, an estimated five million older persons in the United States are abused, neglected and exploited. In addition, seniors throughout the country lose an estimated \$2.6 billion annually due to elder financial abuse and exploitation, funds that could have been used to pay for basic needs such as housing, food and medical care.

In 2023, Tulare County prosecutors filed 29 felony cases and 18 misdemeanor cases of elder abuse, which is a decrease in cases in both categories. Meanwhile, victim advocates with the Tulare County District Attorney Office (TCDA) served hundreds of victims at various stages of the criminal justice process.

"The last year has been great for outreach to Tulare County's seniors and those who spend a great deal of time with that community," said District Attorney Tim Ward.

"Throughout the summer, victim advocates

(continued on page 8)

## Exeter Senior Center Reopens for Business

By Larry Kast

The Exeter Senior Center has been reopened by Community Services Employment Training (CSET), which manages the center and seven others in Tulare County.

The Center, which reopened its doors on April 22, held an open house featuring coffee, tea and pastries during the morning event. Located at 301 S E Street in Exeter, the Exeter Senior Center will be open from 8:30 am to 1:30 pm on weekdays and will provide seniors with programming and nutrition services. The calendar of events for the Center includes card games, use of the pool table, and Bingo.



## Indoor Pickleball Center Planned

By Steve Pastis

If everything proceeds on schedule, a 31,000-square-foot indoor pickleball center will be open to the public by the end of the year. The center, which will feature 11 courts, will be at 730 S. Bridge Street in Visalia.

The project was submitted at the Visalia Site Plan Review meeting on March 20. Concerns were raised at the meeting, most notably about parking and trash bin placement, but John George of J.F. George Enterprises, Inc., the property owner and main force behind the project, was still confident about the project and its timetable.

"Everything they mentioned we're doing already," he said. "We're addressing all of it."

The \$4 million project is the latest civic endeavor for George, who seems more interested in giving to the community than in making a profit on his investment.

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Attending the Exeter Senior Center reopening were left to right: Robert Silveira, Lindsay Senior Center site lead, CSET; Jerel Dutton, assistant director, Senior Services, CSET; Tulare County Supervisor Chair Larry Micari; Dayna Wild, director, Kings/Tulare Area Agency on Aging (K/TAAA); Benny Rodriguez, Exeter Senior Center site lead, CSET; Risë VanTichelt, Adult Services unit manager, K/T AAA & Veteran's Services; Mary Alice Escarsega-Fechne, executive director, CSET; and Raquel Gomez, division director, Community Initiatives, CSET.

The Exeter Senior Center was closed due to COVID-19 in March 2020 when all eight senior centers were closed indefinitely. With the opening of the Exeter location, all but the Goshen Senior Center are fully functioning once again. CSET staff has said the Goshen location will reopened once staff has been hired to operate

the center.

Lunch at the Exeter Senior Center will be provided daily to those ages 60 and older at 11:30 am. CSET requests those interested in nutrition services RSVP by calling 800-321-2462. For additional information, log onto [www.CSET.org/senior-services](http://www.CSET.org/senior-services) or email [CSETseniorservices@cset.org](mailto:CSETseniorservices@cset.org).



The former Buckman-Mitchell Building will be the home of a VA Clinic.

## New VA Clinic to Open in Visalia

By Claudia Solis

After much anticipation, a new VA clinic is set to open its doors soon in Visalia, replacing the existing VA clinic in Tulare. Driving this transition are the space limitations of the current location in Tulare. The smaller facility on Cherry Street no longer meets the needs of the growing Veteran population.

The transition to the new clinic represents a significant milestone for VA staff, said Tulare Administrative Officer Tawanda Cochran. "With nearly 5,000 Veterans enrolled for

services at the Tulare clinic, the demand for expanded facilities and services has never been greater."

The Visalia clinic, spanning 23,300 square feet on North Santa Fe Street, will replace the current 7,000-square-foot facility on Cherry Street in Tulare.

The clinic will open in phases, initially offering primary care and mental health services, with plans to introduce specialty services later. Those specialties include audiology, labs, imaging, optometry, phys-

(continued on page 5)



On March 19, the Tulare County Board of Supervisors and John Mauro, HHS deputy director of Adult Services, recognized Ken Cruickshank (center) for his 20 years of service to Tulare County and its veterans.

## Veterans Corner Columnist Ken Cruickshank Retires

In March, Ken Cruickshank was honored by the Tulare County Board of Supervisors and given a retirement party by his co-workers and friends.

Cruickshank joined the U.S. Navy before graduating high school, and after graduation went on active duty. He served on active duty in the Navy for 27 years before retiring as a master chief petty officer in September 2003.

Cruickshank came to the San Joaquin Valley in July 1980, being stationed at NAS Lemoore, where he met his spouse, Anna,

also a Navy veteran. They have been married for over 41 years.

In November 2003, he began a career with Tulare County as a Veterans Service Representative assisting veterans and their families in completing and submitting various forms to the Department of Veterans Affairs to receive benefits. In October 2010, he was selected as Veterans Service Officer where he oversaw the operation of the County Veterans Service Office.

He has written the "Veterans Corner" column in *The Good Life* since June 2015.

## 52nd Annual Senior Day in the Park Set for Friday, May 10th

Community Services Employment Training (CSET) will host the 52nd Annual Senior Day in the Park (Senior Day) on Friday, May 10.

The annual event, which will take place from 9 a.m. to 2 p.m. at Mooney Grove Park in Visalia, is free and open to the public. This year's theme is "Back to the Future: Bridging the Intergenerational Time Capsule."

The lineup of activities includes entertainment, along with informational booths from local agencies, a cake walk, bingo games with raffle prizes, and much more. A lunch for seniors and their guests will be provided.

Back by popular demand will be fan-favorite Jeremy "Elvis" Pearce.

Senior Day in the Park is hosted by CSET in collaboration with the Kings/Tulare Area Agency on Aging (KTAAA) and the Tulare County Health and Human Services Agency (HHS).

Senior Day is made possible with the support of community sponsors. To sponsor or donate to Senior Day in the Park, visit [www.cset.org/seniorday2024](http://www.cset.org/seniorday2024).

For more information about this event, contact Jerel Dutton or Angel Avitia at [seniorday@](mailto:seniorday@)



Senior Day in the Park offers something for everyone.

[cset.org](http://cset.org) or visit [www.cset.org/seniorday2024](http://www.cset.org/seniorday2024).

### Exhibitor Registration

Local agencies are invited to showcase their programs and services to the estimated 1,500 older adults and their family members in attendance. Exhibitor booths provide a cost-effective way to reach a large audience at an informative and fun local event. Exhibitor booth space is limited.

To register as an exhibitor at Senior Day in the Park, visit [www.cset.org/seniorday2024](http://www.cset.org/seniorday2024).



Once again, Jeremy "Elvis" Pearce is scheduled to perform.

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# Senior Games Competitions to Continue through May

The Visalia Senior Games competitions, which have been held on various weekends since March, will continue through May 25.

The scheduling allows the event planners an opportunity to assess how well each competition is doing along the way.

"We hosted our track and field meet on April 6th and it was quite a success," said Holly Ellis, recreation supervisor for the City of Visalia Parks & Recreation Department.

"Once again, we were able to partner with the Mt. Whitney High School track team and they were amazing to work with," she said. "The students were



The track and field meet was held at Mt. Whitney High School.

engaged and involved, and the athletes were excited to have the students cheering them on throughout the competition."

Ellis predicted that when the games are over in late May, the most popular events will be track and field and pickleball.

"But that's just a guess," she added. "There were 35 athletes registered in the track and field meet. Registration is still rolling in for the remaining events."

The games have already attracted a wide range of senior competitors.

"Our oldest athlete so far is 85 years, and we had a competitor in the track and field meet come all the way from Utah," said Ellis.

The remaining 2024 Visalia

Senior Games schedule includes:

- Pickleball on the weekend of May 4-5;
- Table Tennis on Saturday, May 18; and
- Cornhole on Saturday, May 25.

A detailed schedule with registration information is at [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com). (Click on "Recreation Special Events" on the left tab and select the Visalia Senior Games link at the top of the page.)

Registration for the competitions can also be done in person Monday through Friday from 8 a.m. to 5 p.m. at the Anthony Community Center, 345 N. Jacob St., Visalia.

To participate in the Senior

Games, but not as an athlete, call (559) 713-4365 and your name will be placed on a volunteer list.

Businesses, organizations or individuals who would like to help sponsor the games should call (559) 713-4365 or email [recreation@visalia.city](mailto:recreation@visalia.city) for more information.

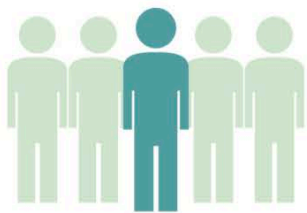
To sign up for future recreation events, call (559) 713-4365 or scan the QR code below to add your name and contact information to the interest list.



A few of the 12 competitors from the Fresno Sikh community participated in the shot put.

## Mental illnesses are common and are treatable.

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# 2023 Local Master Plan for Aging Released

The 2023 Local Master Plan for Aging: Kings and Tulare Counties has been completed and is now available for viewing or downloading at [ktaa.org/resourceslinks/2023-local-master-plan-for-aging](http://ktaa.org/resourceslinks/2023-local-master-plan-for-aging).

The plan complements the California Master Plan for Aging, a 10-year blueprint for promoting healthy aging and supporting the quality of life in the state.

The 12 members of the Kings/Tulare Master Plan for Aging Advisory Committee that produced the master plan represented various organizations, non-profits, governmental and county agencies, as well as county officials.

"We first collected data from various organizations - the Alzheimer's Association, Valley Caregiver Resource Center, the United Way, the Kings County Commission on Aging, the Kings and Tulare County Housing Authorities, and Community Services Employment Training - who provided information on the numbers of older adults served and the types of needs and requests they received," said Helen Miltiades, Ph.D., a consultant to the committee.

"This allowed us to narrow our focus into the main concerns surrounding caregiving, housing, food insecurity, trans-

portation and lack of knowledge of available resources.

"We had 54 people participate in interviews to discuss their concerns regarding services and to provide ideas on how services/resources for older adults and persons with disabilities could be improved," she added.

The Kings/Tulare Master Plan for Aging Advisory Committee initially presented its findings at a large gathering at the Wyndham Visalia Hotel on October 19th.

"At our event in October, we continued to solicit recommendations from persons in the community," said Miltiades. "In total, you could say we had 126 individuals who participated either by commenting or in the full community survey."

The committee members worked to consolidate the recommendations provided by community members through the survey process and the open comment period. The committee also analyzed the data provided by the agencies and organizations that serve seniors in the South Valley.

"We were surprised to learn how many older adults were not aware of existing services they qualified for and could benefit from," said Miltiades, who also noted that, "Adult children and



other family members, especially in rural communities, are the supportive backbone for many older adults. The family network is critical to helping older adults and persons with disabilities thrive."

The Master Plan for Aging committee found that the main service needs of rural seniors in Tulare and Kings Counties were caregiving, housing, food insecurity, transportation and outreach.

"Unfortunately, funding and budgets impact elder services," said Miltiades. "I am hoping various agencies that serve older adults will look for and apply for grants to cover additional services. I hope a concerted effort is made to connect social and health service providers with the goal of providing a more comprehensive network of services."

Now that the committee's report is complete, it is up to others to deal with its recommendations.

"The advisory group has taken up the reins for implementation, which is as it should be, given they all represent various agencies that serve old-

er persons and persons with disabilities," said Miltiades. "I know they are really focusing on the outreach part, especially in developing a roundtable, and have already held several meetings."

"For the past two years, I've had the privilege of co-leading the development of a local Master Plan for Aging alongside community leaders from both Kings and Tulare Counties," said Dayna Wild, Tulare County Health and Human Services Agency division manager and director of the Kings Tulare Area Agency on Aging. "This experience has proven invaluable, as it allowed us to forge new partnerships with numerous organizations dedicated to serving older adults and individuals with disabilities."

"We've come to realize that we cannot effect meaningful change in isolation; it truly takes a collaborative effort from the entire community to create an environment where older adults and persons with disabilities can age on their own terms and in their preferred locations."

"We have several crucial goals to achieve, with our initial focus on outreach," Wild continued. "During the survey process, many older adults expressed their challenges in navigating a complex system. To address this, we've established a roundtable group that convenes monthly. Together, we're diligently working towards creating a coordinated care system that will significantly enhance access to services and support for older adults."

To get involved, e-mail [KTA-AA@tularecounty.ca.gov](mailto:KTA-AA@tularecounty.ca.gov) or call (559) 624-8061.

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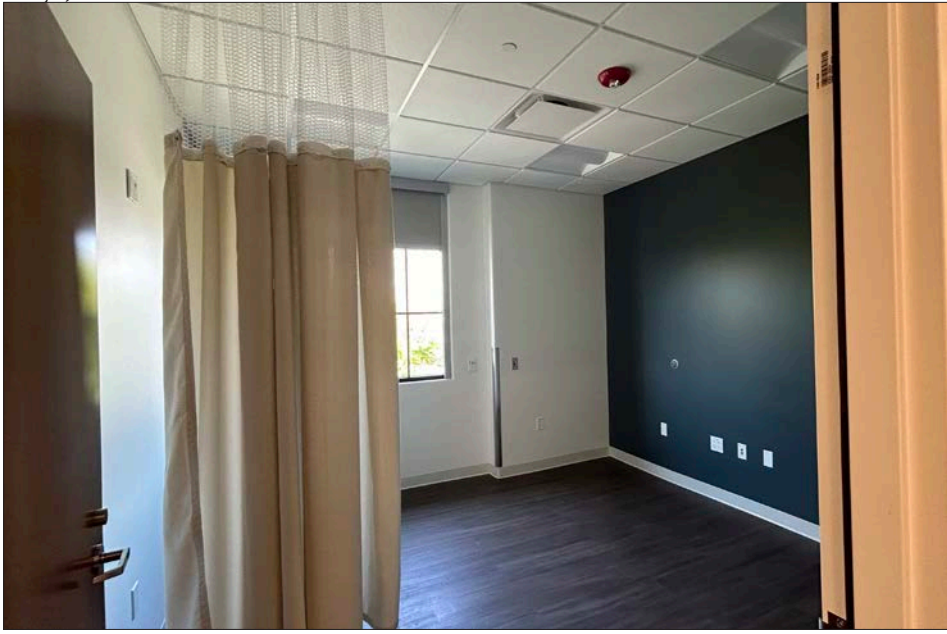
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Government funding available



An examination room at the new VA Clinic in Visalia



The pharmacy at the new VA Clinic in Visalia

## New VA Clinic...

(continued from page 1)

optometry, physical therapy, pharmacy and podiatry.

Cochran, who spent 13 years in the U.S. Navy and gets her healthcare at the VA, understands firsthand the importance of accessible and comprehensive healthcare services for Veterans, and the convenience of having specialty care available locally, eliminating the need for Veterans to travel to the VA Fresno Medical Center.

"As a Veteran myself, it'll be so much better," she said. "For example, I will be able to get imaging results right away - rather than trying to schedule an appointment, take time off work and drive into Fresno."

Navy Veteran Rosalina Tay-

lor also receives her healthcare at the Tulare clinic and was excited to learn about the Visalia clinic opening near her home.

"I look forward to receiving care at the new clinic which is about five miles from my home," she said. "It will make dealing with my medical issues and service-connected disabilities much more convenient. I won't have to drive very far. That is really great."

The Tulare clinic will remain open through Wednesday, May 15 at 4:30 p.m. Staff will have orientation and mandatory training on May 16 and 17.

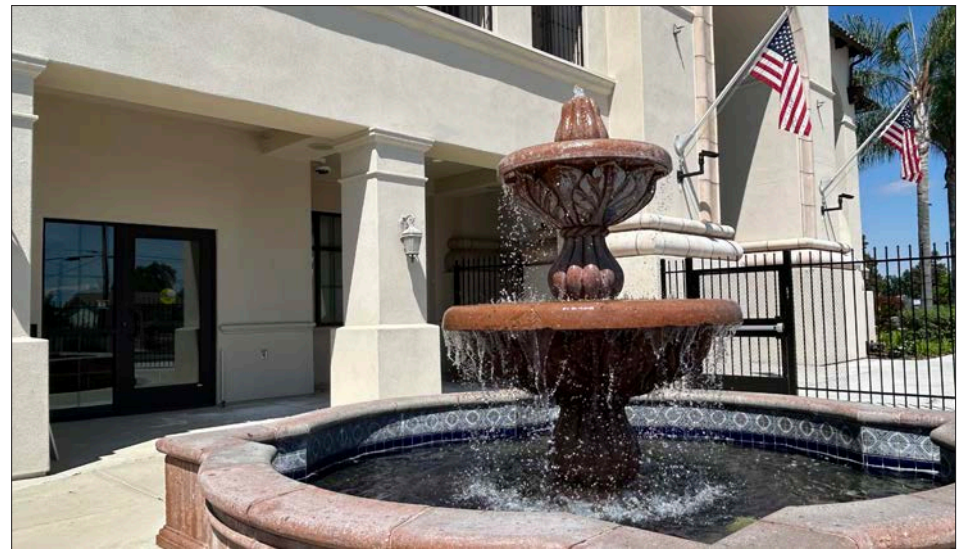
There will be no in-person clinic services at Tulare or Visalia VA clinics on May 16 or 17.

Although the official opening of the clinic is slated for

May 20, the ribbon-cutting will be held from 1-3 p.m. on Friday, May 17, and include tours of the new facility. (See calendar listing on page 10.)

Veterans needing care can

use On-Demand Services by calling (559) 225-6100, or by visiting local urgent care clinics, local emergency rooms or VA Fresno Medical Center for care on those two days.



The fountain area will serve as an extra waiting room.



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# Social Security Overpayment Burden Reduced to 10%

The Social Security Administration announced it will decrease the default overpayment withholding rate for Social Security beneficiaries to ten percent (or \$10, whichever is greater) from 100%, significantly reducing financial hardship on people with overpayments.

"Social Security is taking a critically important step towards our goal of ensuring our overpayment policies are fair, equitable and do not unduly harm anyone," said Martin O'Malley, commissioner of Social Security.

"It's unconscionable that

someone would find themselves facing homelessness or unable to pay bills because Social Security withheld their entire payment for recovery of an overpayment," she added.

When a person has been overpaid, the law requires the agency to seek repayment, which can create financial difficulties for beneficiaries. As of March 25, the agency will collect 10% (or \$10, whichever is greater) of the total monthly Social Security benefit to recover an overpayment, rather than collecting 100% as was the previous procedure.

There will be limited exceptions to this change, such as when an overpayment resulted from fraud.

There will be a short transition period where people will continue to experience the older policy. People placed in 100% withholding during this transition period should call Social Security's National 800 Number at 1-800-772-1213 to lower their withholding rate.

The change applies to new overpayments. If beneficiaries already have an overpayment with a withholding rate greater than 10% and would like a



lower recovery rate, they too should call Social Security at 1-800-772-1213 or their local Social Security office to speak with a representative.

If a beneficiary requests a rate lower than 10%, a representative will approve the request if it allows recovery of the overpayment within 60 months - a recent increase to improve how the agency serves its customers from the previous policy of only 36 months.

If the beneficiary's proposed rate would extend recovery of the overpayment beyond 60 months, the Social Security representative will gather income, resource and expense information from the beneficiary to make a determination.

Social Security launched a comprehensive review in October 2023 of agency overpayment policies and procedures to address payment accuracy systematically. This procedure change is a direct result of the ongoing review. This change and the adjustment to 60-month repayment are part of four recently announced key updates to address improper payments.

The agency also is working to reduce wage-related improper payments by establishing information exchanges with payroll data providers that will significantly reduce the number of improper payments once implemented.

The agency will continue examining programmatic policy and making regulatory and sub-regulatory changes to improve the overpayment process.

Additionally, people have the right to appeal the overpayment decision or the amount. They can ask Social Security to waive collection of the overpayment, if they believe it was not their fault and can't afford to pay it back.

The agency does not pursue recoveries while an initial appeal or waiver is pending. Even if people do not want to appeal or request a waiver, they should contact the agency if the planned withholding would cause hardship. Social Security has flexible repayment options, including repayment of as low as \$10 per month.

Each person's situation is unique, and the agency handles overpayments on a case-by-case basis.

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# What Seniors Need to Know about the Measles Outbreak

Health officials are on high alert as measles outbreaks have been reported in multiple states in the U.S. and cases are rising globally.

The Centers for Disease Control and Prevention (CDC) issued a health alert on March 18 to draw attention to the global spread of measles ahead of the spring and summer travel season.

The American Medical Association (AMA) echoed the CDC's warning, emphasizing the importance of vaccination to prevent the spread of measles. AMA President Dr. Jesse M. Ehrenfeld urged individuals to get vaccinated prior to any travel if they are not already immune.

Measles, which had been declared eradicated in the U.S. in 2000, has resurfaced due to low vaccination rates. While vaccinated individuals are unlikely to contract measles, unvaccinated people and high-risk groups such as children too young to be vaccinated, cancer patients, and immunocompromised individuals are at risk for infection and severe illness.

Health officials are urging vaccination against measles to prevent further outbreaks and protect public health. The CDC and AMA are reminding doctors to educate patients about the importance of vaccination and to make strong recommen-

dations for following immunization schedules.

Maintaining high vaccination rates is crucial to prevent the resurgence of measles and protect vulnerable populations from the disease.

### Measles Rare in South Valley

"No cases of measles have been reported in Kings County," said Kings County Health Officer Dr. Milton Teske in early April. "So far this year, there have been only four reported cases of measles in California."

"The last case of measles in Tulare County was in March 2016 in an 18-month-old child," said Deputy Tulare County Health Officer Dr. Thomas Overton. "This has been the only case of measles in Tulare County within the last 10 years."

### Measles and Seniors

"Measles poses a significant risk for seniors," said Dr. Overton. "Their weakened immune systems make them more susceptible to complications like pneumonia, encephalitis (brain inflammation), and even death. The risk of hospitalization is also much higher compared to younger individuals."

"Measles is a very infectious airborne virus that infects primarily babies and children," said Dr. Teske. "For adults and seniors, infections are rare but still possible. Serious complications, pneumonia and encephal-



(A.I. illustration by Lucas Pastis)

itis, can occur in those who are immunocompromised - HIV, leukemia, diabetes, dialysis, immunosuppressive medications, etc. - or in poor general health due to lifestyle or other chronic diseases."

On the positive side, most adults born in the United States before 1957 likely had measles as children and developed immunity.

"The measles virus - unlike COVID or influenza - is very stable without significant mutations causing an escape from immunity," Teske said. "So if your immune system is working normally, the memory T-cells from your childhood infection would still be able to give you a good protective antibody response if you should be exposed to the measles virus today."

Teske recommends that seniors without immunity get vaccinated against measles.

"The current Measles, Mumps and Rubella (MMR) vaccine is very effective at giving good immunity to measles," he said.

Even if they had measles as children, seniors might still be susceptible, according to Dr. Teske.

"In rare cases, childhood measles might not provide complete lifelong protection," he said. "Over time, immunity can weaken, making seniors more vulnerable, especially if unvaccinated."

### Additional Tips to Prevent the Spread of Measles

Stay home if you're experiencing symptoms: Fever, cough, and rash are common signs of measles. Isolate yourself and contact your doctor to prevent exposing others.

Practice good hand hygiene. Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.

Avoid close contact with sick individuals. Maintain a safe distance from anyone with symptoms suggestive of measles.

Working together and prioritizing vaccination can effectively protect our communities from measles and its complications, especially for our most vulnerable populations.

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# Elder Abuse Awareness...

(continued from page 1)

will be working tirelessly to bring prevention resources to seniors, and our office will continue its bilingual multi-media elder abuse awareness campaign.

"We encourage any group or club focused on senior issues to contact us for important presentation opportunities. Call the TCDA Victim Services Division at (559) 636-5471 to schedule. Our website is also a great resource (<https://tulareda.org/elder-abuse/>)."

To honor seniors who reported some form of abuse

in 2023, Tulare County HSA will be planting purple flags on the lawn at Tulare County Government Plaza on Mooney Boulevard in Visalia.

The purple flags will fly at Government Plaza for the entire month of June. The color purple is associated with royalty, dignity and respect - words often used to describe seniors. Community members are encouraged to wear purple in support of prevention of elder abuse and neglect.

### Kings County Cases

Reported cases of elder abuse increased in Kings

County in 2023. Sixty-seven cases were reported in 2023, up from 44 in 2022. However, these statistics do not reflect the actual numbers of cases.

"We know that there are a lot of cases that are unreported," said Kings County District Attorney Sarah Hacker. "Some don't want their caretaker to get into trouble. An abusive caretaker is better than no caretaker at all."

Kings County provides resources for elder abuse victims through its Adult Protective Services (search for "elder abuse" at [www.countyofkingsca.gov](http://www.countyofkingsca.gov)) and the Kings County Action Organization ([www.kcao.org/elder-abuse](http://www.kcao.org/elder-abuse)).

To report suspected elder abuse in Kings County, call (559) 852-4000.

The KCDA's office will run an Elder Abuse Awareness campaign on both Facebook and Instagram, and will also be distributing pins and information about the observance. A "pinwheel garden" will be planted in front of the KCDA office.

On Friday, June 14, the Kings County Commission on Aging Council will host a World Elder Abuse Awareness Event featuring food, prizes, music, live performances and informational booths, at the Senior Center in Armona.

### New Resource from TCDA

The TCDA has announced a new resource for seniors.

"This year, we are excited to provide seniors with a beautiful day planner and calendar depicting Tulare County's many landscapes," said Supervising Victim Advocate Nicole Burnham.

The planner is bilingual and includes entries for appointments, events, a monthly to-do list, phone number lists, and notes.

"Not only that, but the planner includes numerous resource numbers to law enforcement, legal and support services, and contacts for the Office of the District Attorney," said Burnham. "The planners will be distributed at senior events throughout the year, including Senior Day at the Park. We're extremely proud to provide this resource."

For more information about elder abuse, visit the National Center on Elder Abuse website at [www.ncea.acl.gov](http://www.ncea.acl.gov)

If you suspect elder abuse, you can contact law enforcement or call the County Adult Protective Services toll-free, 24-hour-a-day hotline at 1-877-657-3092 to report confidentially," said Ward.

In case of an emergency, always call 911.



For the entire month of June, purple flags will be planted on the lawn of Tulare County Government Plaza along Mooney Boulevard as they were in this photo from last year.



## Bristol Hospice

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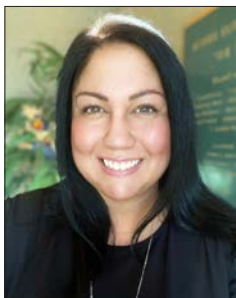
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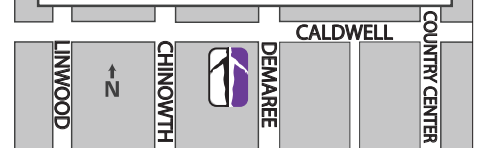
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# Sleep Apnea Linked to Memory and Thinking Problems

People who experience sleep apnea may be more likely to also have memory or thinking problems, according to a preliminary study released in early March and presented at the American Academy of Neurology's 76th Annual Meeting in mid-April.

The study shows a positive association but did not determine whether sleep apnea causes cognitive decline.

Sleep apnea is when people stop and restart breathing repeatedly during sleep, which can lower oxygen levels in the blood. Symptoms include snoring, gasping and breathing pauses. People with the disorder may also experience morning headaches or have trouble focusing on tasks.

"Sleep apnea is a common

disorder that is often underdiagnosed, yet treatments are available," said study author Dominique Low, MD, MPH, of Boston Medical Center in Massachusetts and a member of the American Academy of Neurology. "Our study found participants who had sleep apnea symptoms had greater odds of having memory or thinking problems."

The study involved 4,257 participants who completed a questionnaire asking about sleep quality, as well as memory and thinking problems. For sleep, participants were asked about snoring, gasping or breathing pauses in their sleep. For memory and thinking, participants were asked questions related to difficulty remembering, periods of confusion, dif-



Sleep apnea does more than just keep your partner awake at night.

ficulty concentrating or problems with decision making.

Of all participants, 1,079 reported symptoms of sleep apnea. Of those with symptoms, 357 people, or 33%, reported memory or thinking problems, compared to 628 people, or 20% of people without sleep apnea symptoms.

After adjusting for other factors that could affect memory and thinking problems, such as age, race, gender and education, researchers found that people who reported sleep apnea symptoms were about 50% more likely to also report having memory or thinking problems, compared to people who did not have sleep apnea symptoms.

"These findings highlight the importance of early screening for sleep apnea," said Low. "Effective treatments like continuous positive airway pres-

sure (CPAP) machines are readily available. Quality sleep, along with eating a healthy diet, regular exercise, social engagement and cognitive stimulation may ultimately reduce a person's risk of thinking and memory problems, improving their quality of life."

Limitations of the study include that the data was sourced from one survey and participants reported their symptoms instead of being assessed by medical professionals. Additional studies are needed to follow people's sleep apnea, memory and thinking symptoms over time.

To learn more about sleep apnea, visit BrainandLife.org, home of the American Academy of Neurology's free patient and caregiver magazine focused on the intersection of neurologic disease and brain health.



Dan Conners on ABC's "The Conners" has sleep apnea.



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# CALENDAR

**May 1, 8, 15, 22, 29 - Bingo**  
The Tulare Senior Community Center, 201 N. F St., Tulare, will host bingo starting at 1 p.m. Doors open at 12:30 p.m. For more info, call (559) 685-2330.

**Thursday, May 2 - Sequoia Genealogical Society Presentation**  
The Sequoia Genealogical Society will host a 6 p.m. presentation. Refreshments will follow. This free event will be held at the Tulare Public Library, 475 M St. in Tulare. For more information, call (559) 685-4518.

**May 2, 7, 9, 14, 16, 21, 23, 28, 30 - 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.

**Friday, May 3 - F1rst Friday**  
F1rst Friday in Downtown Visalia, in partnership with The Arts Consortium, will present a free community event with art, food and fun from 5-8 p.m. For more information, visit <https://arts-consortium.org/calendar>.

**May 3, 10, 17, 24, 31 - 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.

**May 3-4 - Visalia Gleaning Seniors Yard Sale**  
Visalia Gleaning Seniors will host this sale from 8 a.m. to 2 p.m. at the Gleaner Yard, 28600 Road 156 in Visalia. For more information, call (559) 733-5352.

**May 4-5 - 2024 Senior Games: Pickleball**  
For more information, call (559) 713-4365. (See article on page 3.)

**May 5, 12, 19, 26 - 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 a.m. For more info, call (559) 651-6714.

**Tuesday, May 5 - Second Annual Farmer Bob's 5K Poker Run/Walk**  
This charity fundraising event will be held in the McKellar Ranch Co. Orchards, 32988 Road 164, Ivanhoe, and will start and end in the Historic Seven Sycamores wedding venue. To run or walk in the event, register at [www.runsignup.com](http://www.runsignup.com). For more information, call (559) 740-8444.

**Tuesday, May 5 - Exeter Mural Fundraiser Garden Party**  
This event will be held in Mixer Park, corner of Pine and E Street in Exeter. Tickets are \$75. Table sponsorships are available. For more information, call the Exeter Chamber of Commerce at (559) 592-2919.

**Wednesday, May 6 - "Belle of the Ballpark"**  
The Visalia Rawhide will host this competition for Tulare County's contestants 65 and older. For more info, call Dalila Palacios at (559) 732-4433.

**Thursday, May 7 - Bingo**  
Senior Helpers will host bingo at Tulare Silvercrest, 350 North L St., Tulare, starting at 2 p.m. For info, call (559) 623-9446.

**Wednesday, May 8 - 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 info, email Jennifer at [meow.2000@yahoo.com](mailto:meow.2000@yahoo.com).

**Friday, May 10 - Senior Day in the Park**  
This event is scheduled at Mooney Grove Park, 2700 S. Mooney Blvd., Visalia. (See article on page 2 or ad below.)

**Friday, May 10 - 5th Annual Sporting Clays Classic**  
Hands in the Community is sponsoring this event. For more information, see "Events" at [www.hnconline.org](http://www.hnconline.org) or call (559) 625-3822, ext. 100.

**Saturday, May 11 - Memorial Butterfly Release**  
Adventist Home Care Services will host this event at the Evans Riverside Home, 31411 Road 180, Visalia, beginning at 10 a.m. For reservations or more information, call (559) 537-2870. (See ad on page 11.)

**Saturday, May 11 - Walk with a Doc**  
This informational walk and talk sponsored by Kaweah Health and held at the Visalia Mall, 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 "Women's Health." For more info, call (559) 624-2416.

**Thursday, May 16 - Spring Dance**  
This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 5:30 to 8:30 p.m. For more information, call (559) 713-4365.

**Friday, May 17 - Visalia VA Clinic Ribbon-Cutting Ceremony and Tours**  
The VA (Veterans Administration) Central California Health Care System will celebrate the opening of its new outpatient clinic at 500 N. Santa Fe St., Visalia from 1-3 p.m. To RSVP or for more information, email [v21frepaosupport@va.gov](mailto:v21frepaosupport@va.gov).

**Saturday, May 18 - 35th Downtown Visalia Car Show**  
Visalia Breakfast Lions will host this event, featuring an estimated 350 cars lined up and down Main Street from Willis to Bridge Street, from 9 a.m. to

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# CALENDAR

3 p.m. For more information, call (559) 697-3820.

**Saturday, May 18 - 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 by the walk and "Talk with a Doc" at 9 a.m. For more info, visit [www.walkwithadoc.org](http://www.walkwithadoc.org).

**Saturday, May 18 - 2024 Senior Games: Table Tennis**

For more information, call (559) 713-4365. (See article on page 3.)

**Monday, May 20 - Exeter Caregiver/Dementia Support Group**

Quail Park on Cypress will present this 10:30 a.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.

**Monday, May 20 - Tulare Caregiver/Dementia Support Group**

Quail Park on Cypress will present this 12:30 p.m. monthly session at the First Baptist Church, 469 N. Cherry St., Room 15, Tulare. For info, call (559) 737-7443.

**Tuesday, May 21 - Visalia Caregiver/Dementia Support Group**

Quail Park on Cypress, 4520 W. Cypress, Visalia, will host this

10:30 a.m. monthly session. For more info, call (559) 737-7443.

**Saturday, May 25 - "Go Native"**

Kaweah Oaks Preserve, 29979 Road 182, Exeter, will host this Native American Cultural Celebration, featuring native crafts classes, hoop and pole games, walnut dice game, baskets and Indian tacos. For more information, call (559) 280-0712.

**Saturday, May 25 - 2024 Senior Games: Cornhole**

For more information, call (559) 713-4365. (See article on page 3.)

**Monday, May 27 - Avenue of Flags**

This annual event, coordinated by a committee of local Veterans groups, will be held in the Pavilion at Visalia Cemetery. For more information, call (559) 734-6181.

**June 2, 9, 16, 23, 30 - Senior Pride Bingo Sundays**

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

**Monday, June 3 - 10th Annual Golf Event**

Hands in the Community is sponsoring this event at Kings River Golf & Country Club. For more information, call (559) 625-3822 or visit [www.hconline.org](http://www.hconline.org).

**June 4, 6, 11, 13, 18, 20, 25, 27 - Zumba**

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

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**June 7, 14, 21, 28 - Friday Night Dances**

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

**June 7-8 - Visalia Gleaning Seniors Yard Sale**

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

**Saturday, June 8 - Walk with a Doc**

This informational walk and talk sponsored by Kaweah Health and held at the Visalia Mall, 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 "Celiac Disease." For more info, call (559) 624-2416.

**Saturday, June 8 - Downtown Hanford Car Show**

The Carnegie Museum of Kings County will sponsor this event, which will feature classic cars competing in 11 categories. Cars will begin arriving at 8 a.m. and the award presentation begins at 1 p.m. For more information, visit [carnegiecarshow.com](http://carnegiecarshow.com).

(Continued on page 14.)

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Reservations due by May 3, 2024. For more information call Adventist Health Hospice at 559-537-2870.



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## QUAIL CORNER

## Selling the Family Home, Power of Attorney, Dealing with Boredom

Q&amp;A with Kimberly Jensen

**Question:** My mother has decided to move to an assisted living and wants to sell our family home to supplement the payment for her care. The family doesn't want the home sold. What are the options?

Many families have a difficult time letting go of the home where they grew up. The bottom line is that it is **her** home. Her home is one of her assets and it will help her in the next chapter of her life. She may feel like she is not safe, needs more socialization or feels like the upkeep is too much for her.

There are options, however, if the family wants to retain the home. Some families will pitch in to help pay for their parents' stay in a community, and rent out the home for additional income. If you do not have the time to be a landlord, a property management company can deal with finding good tenants, performing maintenance, and rent collection. If there is a big-ticket item such as replacing a roof or purchasing a new heating and cooling system, the family would have to pay out of pocket for those repairs. Think about it as an investment. You will have to get all your siblings onboard for this to happen.

If you cannot do this in a group effort, then perhaps you can purchase the home yourself from her to keep it in the family. It means coming up with a down payment and total responsibility of repairs and

maintenance on your own.

Otherwise, this decision is solely your mother's. I suggest sitting down with her and laying out all the options. She needs to know that you support her decision to move to a community, where she can thrive without the burdensome issues that she has in her home. She is trying to get away from cooking, cleaning, maintenance and most importantly, being alone. This decision needs to be a practical decision and not an emotional one. Whatever her final choice is, be understanding and supportive.

**Question:** My father has a large estate and is currently at a skilled nursing facility getting rehabilitation from an injury he sustained from a fall in his home. He will be moving to an assisted living facility to get the care he needs. As power of attorney, I am not able to handle his finances or even find an assisted living community for him. I live on the East Coast and my job keeps me too busy to give him the time and attention he needs. What do I do?

Many people listed with power of attorney are not aware of the burdens placed on them when loved ones are no longer able to make choices and decisions for themselves. I recommend finding a fiduciary in the area to take over your power of attorney role by becoming his conservator. They will then be



able to deal with his finances and care placement. Assisted living facilities work closely with fiduciaries regarding care, contracts, payment, doctors' appointments and so much more. Their focus is to do what is in the best interest of their clients. It is not a free service, and fiduciaries get paid an hourly rate for the time they spend with and for their client.

Fiduciaries are a team of professionals that can become trustees and conservators for their clients. They will be a huge help and relieve your duties as power of attorney. A "fiduciary" relationship is one of trust and they must account for every cent of their clients' monies.

**Question:** My father-in-law has been staying in our home for the past four years. My husband and I work, so he is there alone most of the time. He has started to express his frustration from boredom. We are doing everything we can do to take him out for drives on the weekends, but that is not enough activity for him. What are some

ideas for socialization?

A senior center comes first to mind. See if you can provide him with transport so he can engage in all the activities they have. Just being around others his own age and socializing will be a huge step for him. Church groups and Bible study groups are another way to get him around others with like interests.

Check to see if a church in your area has senior group meetings. Volunteering is another good way for him to find purpose and joy. If he is still able to drive, have him reach out to non-profits in his area to see if there is any way that he can help. The Food Bank is always looking for volunteers.

Keeping him busy and active will help with his boredom. Think of hobbies he used to do and consider what he is physically able to do now. Once you find out what he would be interested in trying out, then get him involved. We all need to feel like we have a purpose. You might be surprised at how easy it will be to make him happy.

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 Kimberly.J@QPCypress.com or call (559) 737-7443.

## Creating Bonds in Senior Living

As we age, isolation and loneliness increasingly become concerns for the well-being of older adults.

It's a vital consideration for older adults and their loved ones, because a significant factor in one's mental health is the strength of their relationships.

For over 80 years, Harvard University has been collecting data and conducting a study on the topic, and according to their

findings, "people with strong connections to family, friends and their communities are happier, physically healthier, and live longer than people who are less well connected."

But with age, it can be more and more difficult to maintain those connections at a time when they're more important than ever.

Spouses, friends and family members may pass away, and

deterioration in health can make it more difficult to get out.

So what to do when it becomes harder to build, and maintain, those social bonds?

### Senior Living Can Be the Answer

For older adults and their loved ones, senior living can help provide the sense of community that brings joy and meaning to life.

Finding a community with like-minded people, and where the staff is dedicated to hosting social events and forging those relationships among residents can provide someone with the network they need to remain happy and fulfilled at every stage of life.

Quite often, people equate senior living with a loss of independence, however, building relationships with friends and neighbors can bring a sense of fulfillment that may be missing when someone lives alone and struggles to get out.

### Relationships in Memory Care

For families with a loved one living with Alzheimer's disease or dementia, finding those opportunities for socializing can be challenging.

Many families struggle with the challenge of helping a loved one build relationships when that person might keep bringing up people from their long ago past.

In that case, it is important to find a community with staff well-versed in redirection techniques and the latest research to create meaningful moments for residents, with events that have a particular focus on engaging with those living with cognitive decline.

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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# Women 50+ Biggest Wild Card Vote in 2024 Election

Women voters age 50 and older are the biggest wild card vote in the 2024 election, divided almost evenly on their preferred presidential candidate, according to a new AARP poll. These voters share common concerns about their financial security, wellbeing, the political divide and the overall future of the country.

In a head-to-head matchup, 43% of women 50+ said they would vote for Donald Trump in an election today, while 46% said Joe Biden. In a generic Congressional ballot, Republicans and Democrats are tied at 45%.

Conducted with national pollsters Kristen Soltis Anderson and Margie Omero, the poll shows Biden does particularly well among women 65+, winning this group over Trump by a seven-point margin, while women aged 50-64 are more likely to say they are undecided (15%). However, overall, these voters are dissatisfied with the country's political leaders, and nearly half (48%) are worried about the upcoming election. They are likely to feel they are not being heard by leaders – 75% say politicians in Washington don't listen to the views of people like them.

"Women aged 50 and over are one of the most consequential and influential voting groups in this election," said



(A.I. illustration by Lucas Pastis) Nancy LeaMond, AARP executive vice president and chief advocacy and engagement officer. "Women in this voting bloc are concerned about America's future, their own financial security, wellbeing and our nation's political divisiveness. And yet they are not a monolithic group. Candidates who want to win in 2024 should pay attention to the concerns they share, and the concerns that differ."

### Additional Findings

Women voters 50+ have serious worries about their financial security.

- When asked to choose the two biggest issues facing the country today, cost of living tops the list, with 38% citing it a top issue, followed by immigration (32%), threats to democracy (20%) and political division (16%).

- Half (51%) say they are not confident they will be better off financially a year from now. Among those currently working, 54% don't think they will have enough money to retire at the age they would like to.

- Almost half (48%) say their own personal financial situation is falling short of what they expected at this point in their lives.

### Fears about the Future

- Seven in ten (70%) think the country is on the wrong track, and nearly half (47%) think America's best days are behind us, while only 27% say the best days are ahead.

- Only 19% think the country will become more stable in the year ahead, while 46% think it will become less so, citing government dysfunction (63%), the economy (58%), political division and partisanship (55%), crime (55%), and the situation at the southern border (53%) as the top issues driving this instability.

- Only 28% of women 50+ expect the economy to improve over the next year, while 42% expect the economy to get worse.

Many women 50+ feel pulled by a wide range of demands, like caregiving, and that their personal lives aren't what they expected at this age.

- A third (32%) say that their overall enjoyment in life falls short of what they expected. Many say they are stressed (34%) and worried (32%) when asked how they feel about their life today.

- Over seven in ten say they are currently a family caregiver (21%) or have been a caregiver (50%) to a parent, partner/spouse, or adult child. Among current unpaid caregivers, more than a third (36%) are also still working.

- Women voters overall (82%) and women voters 50+ (84%) overwhelmingly see a need for elected officials to provide more support for seniors and caregivers.

"Women aged 50 plus are not easy to pin down into a single stereotype," said Anderson, "We know they're frustrated with the way things are going, don't believe their voices are being heard, and are worried about the future of the country."

"While women over 50 might be looking for more ways to stay connected, compared to voters overall, they are more likely to be dissatisfied with the amount of time spent with family," said Omero. "They are less likely to make their voices heard, and are also less likely to feel listened to."

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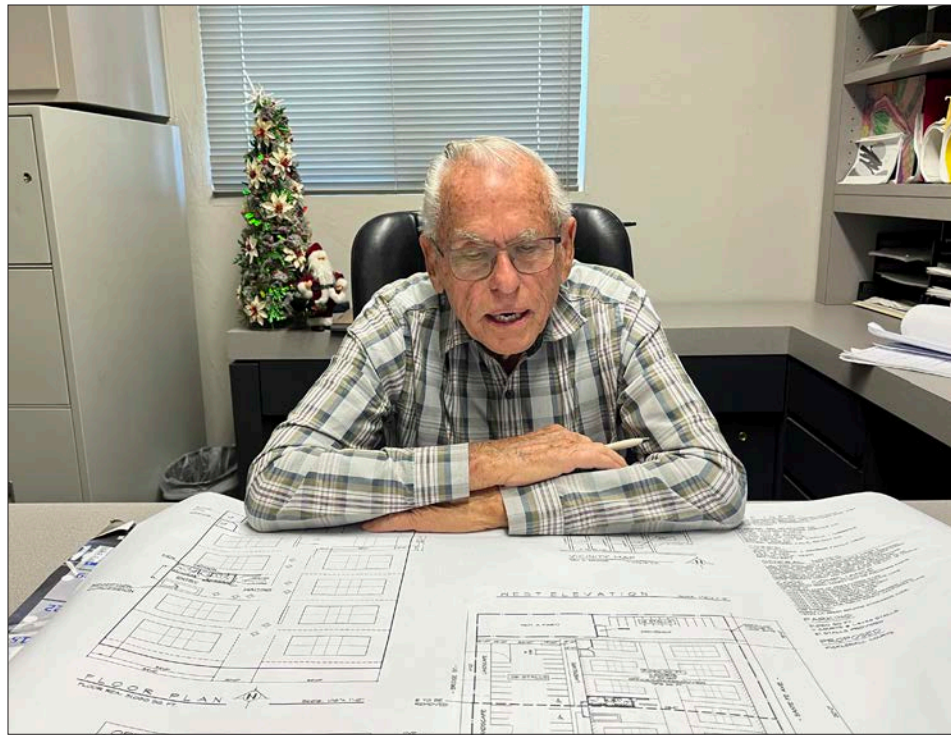
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John George studies plans for an indoor pickleball court in Visalia.

### Indoor Pickleball Center...

(continued from page 1)

"About 20 years ago, I realized that I wasn't going to be here forever," he said. "I decided that I want to leave a legacy of things behind. I felt that I had the ability to provide things that other people couldn't. I'm not money-motivated."

George owns the property on Mooney Boulevard in Visalia that is the site of the Greatest Generation Memorial. He has also been a major contributor to the SPCA, Little League and Boy Scouts, as well as being instrumental in the transferring the ownership of the Fox Visalia Theatre to the city. He is also currently behind the effort to open a new Mearles Drive-In in Visalia.

Although George has never played pickleball, he was intrigued by the idea of building an indoor center in Visalia.

"It hits a certain market that

appeals to me - 60 and over," he explained, adding that the sport is "growing rapidly."

The center will include a small concession stand, as well as a shop selling pickleball equipment such as paddles and gloves. The courts, which will be on non-slip pavement, will be blue and the areas around them will be green.

The costs of pickleball court rentals, and possibly memberships at the center, are yet to be determined.

George is also open to the possibility of expanding the indoor pickleball facility onto the neighboring 60-foot by 240-foot property, which he also owns. The expansion would provide an additional 12 to 14 indoor courts, along with two or three outdoor courts.

"I'm going to grow with the need," he said.

## MORE CALENDAR

(continued from page 11)

### Friday, June 14 - World Elder Abuse Awareness Event

Kings County Commission on Aging Council will host this event, featuring food, prizes, music, live performances and informational booths, at the Senior Center, 10953 14th Ave, Armona, from 9 a.m. to noon. For more information, call (559) 852-2828. (See ad on page 10.)

### Wednesday, June 12 - 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.

### Saturday, June 15 - 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. For more information, visit www.walkwithadoc.org.

### Monday, June 17 - Exeter Caregiver/Dementia Support Group

Quail Park on Cypress will present this 10:30 a.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.

### Monday, June 17 - Tulare Caregiver/Dementia Support Group

Quail Park on Cypress will present this 12:30 p.m. monthly session at the First Baptist Church, 469 N. Cherry St., Room 15, Tulare. For more info, call (559) 737-7443.

### Tuesday, June 18 - Visalia Caregiver/Dementia Support Group

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

### Saturday, June 29 - "One Night in Memphis"

Visalia Fox Theatre will present this musical tribute to Elvis Presley, Carl Perkins, Jerry Lee Lewis and Johnny Cash. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

### July 5-6 - Visalia Gleaning Seniors Yard Sale

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

## ART EXHIBITIONS

### Through May 4 - "Portugese Heritage"

The Tulare Historical Museum, 444 W. Tulare Ave., Tulare, is hosting this "Celebration of Portugese Faith and Culture." For more information, call (559) 686-2074.

### Through May 25 - Tulare Palette Club "Spring Art Show"

The Tulare Historical Museum, 444 W. Tulare Ave., Tulare, is hosting this exhibition. For more information, call (559) 686-2074.

### Through June 30 - "Oil & Water Do Mix"

The Center for Art, Culture & History (CACHE), 125 South B St., Exeter, is hosting this duo exhibition by Marty Weekly and Anna Nelson. For more information, call (559) 592-5900.

### May 2 - June 1 - "We Find Our Account Running" by Marty Azevedo and "The Color Black" by Kirk Cruz

Arts Visalia will exhibit the work of these two artists. The Opening Reception will be held on Friday, May 3, from 5:30 - 7:30 p.m. A free Artist Talk will take place on Saturday, May 4 at 2 p.m. For more information, visit www.artsvisalia.org or call (559) 739-0905.

### June 6-29 - Gladys Tweedy

The Tulare Historical Museum, 444 W. Tulare Ave., Tulare, is hosting this exhibition. A reception will be held on June 6 from 5-7 p.m. For more information, call (559) 686-2074.

### Visalia Public Cemetery

The Visalia Public Cemetery District understands that making any funeral arrangements during a loved one's passing can be difficult. We would like to let you know that we are here to help during these difficult times. Interested in pre-planning for the future? What services does Visalia Public Cemetery District have to offer? Please contact the Cemetery Office for more information.

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### CALENDAR

April 10th - Office closed for Training.

April 15th-30th - Cemetery Clean-up

May 27 - Annual Avenue of Flag Memorial Day Event - Please donate your casket flag by May 3rd. Flags available for purchase. Please call the office for more information.

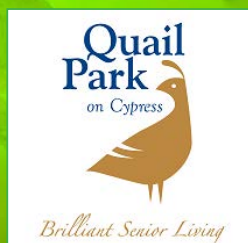
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The town of Grecia in Costa Rica's Central Valley

# Costa Rica Named 'the Best Place to Retire' in 2024

For the third time, the world's #1 retirement destination is Costa Rica, according to *International Living's 2024 Annual Global Retirement Index*. This yearly index – the 33rd annual from the magazine – examines the top safe, good-value destinations beyond the U.S. or Canada, comparing, contrasting, ranking and rating them to select countries across the globe where a retired couple can live a comfortable, carefree life on as little as \$2,000 a month.

The key aim of the index is to help retirees find locations where their dollar goes further – where they can get the best bang for their buck in terms of real estate, cost of living and overall quality of life.

The *2024 Annual Global Retirement Index* uses seven categories to select the best countries in the world for retirement. The focus is on the destinations within those countries that make sense. For instance, Roatán is the only place in Honduras that *International Living* would consider, while in Mexico, there are easily a half-a-dozen hotspots they homed in on.

"By design, our annual *Global Retirement Index* rankings are largely subjective, but we build it from a base of facts and figures," said Jennifer Stevens, *International Living* executive editor. "Our editors rely on the informed judgment and real-world experience of the magazine's contributors and correspondents in the field as well as additional in-country expats...people who have made the move and have first-hand experience.

"They provide detailed data and insights about the places where they live – places we feel confident recommending to folks interested in retiring abroad.

"We're careful about the data we're inputting because we want to ensure this index is reliable and useful in the real world," she continued. "So, for instance, we don't just look for

the average cost of housing across a bunch of markets and types of accommodation. Instead, we ask our folks on the ground to give us real-world examples of what you'd pay for a two-bedroom home or apartment in a neighborhood where expats would feel comfortable and typically live.

"Our index is designed to be a tool you can use to home in on the spots that would make the most sense for you, given your personal priorities and preferences."

According to *International-Living.com's 2024 Global Retirement Index*, the world's top 10 retirement destinations are:

- #1 Costa Rica
- #2 Portugal
- #3 Mexico
- #4 Panama
- #5 Spain
- #6 Ecuador
- #7 Greece
- #8 Malaysia
- #9 France
- #10 Colombia

Costa Rica takes the top spot for the third time in this year's *Global Retirement Index*.

A perennial front-of-the-pack finisher in *International Living's* list of the best places to retire, Costa Rica is a safe, good-value, beautiful country that offers a wide variety of climates and lifestyles amid what can only be described as a natural wonderland.

"Only in Costa Rica can you be at the top of a volcano with big views, an hour later in the cloud forest, an hour later in a pineapple plantation, an hour later on the beach, an hour later by a mountain stream," said *International Living* contributor John Michael Arthur. "Costa Rica's been an expat hot spot for four decades. It's going strong...and there's a reason for that."

Tens of thousands of U.S. and Canadian expats already live in Costa Rica full or part-time. They have been flocking to Costa Rica for over 30 years, attracted by the tropical cli-

mate, low cost of living, affordable medical care, bargain real estate and natural beauty. Millions more have traveled there for beach resort vacations, surfing, fishing, rainforest treks and more.

And, just a few months ago, the Costa Rican government announced an extension of the maximum stay period for foreign tourists visiting on a tourist visa, from 90 days to 180 days.

Costa Rica is a model for comfortable living, famous for its long-time political stability and public safety. What's more, it attracts many different types of expats, and all can find a place in its tolerant, welcoming society.

As a Black woman originally from Los Angeles, Mel Rhoden says it's comforting for her to feel accepted and embraced by the community she lives in. Along with a healthy, conscious lifestyle and lower stress, it's a package that she says fits her perfectly.

"Here, I feel so much more peaceful than I ever did in the anxiety of living in the U.S. Things are just more tranquil here. Life couldn't get any better than this."

In Costa Rica, there is also a focus on preserving the environment, with 25% of the country's territory protected.

"In neighboring Central American countries, it sometimes feels as if there's a town or village every few miles, and the highway sides are almost

entirely built upon," said Seán Keenan, *International Living* lifestyle editor. "Costa Rica, though, is famed for its rigorous approach to all things environmental and sustainable. Most commonly cited proof of its enlightened approach is that over 90% of its electrical energy derives from renewable sources, and the country is so peaceful that it has no standing army.

"The country's nationalized healthcare system ranks alongside the best in the world," he added. "Calculated as a percentage of declared income, for most participating expats in Costa Rica, comprehensive coverage costs less than \$100 a month. You don't even need to be a passport-toting Costa Rican citizen; it comes as standard with long-term residency. If you're retired, with a monthly income of \$1,000 or more, you've already fulfilled the primary conditions to qualify."

And in sun-splashed Costa Rica, a retired couple could live very comfortably on \$2,000 a month, and even better on \$2,500 to \$3,000. A single person can live on between \$1,600 and \$2,000 a month.

The complete *2024 InternationalLiving.com Annual Global Retirement Index*, including more information on the winner and the other nine countries in the top 10, as well as the individual rankings in all seven categories for all 17 countries included, can be found at <https://internationalliving.com/>.

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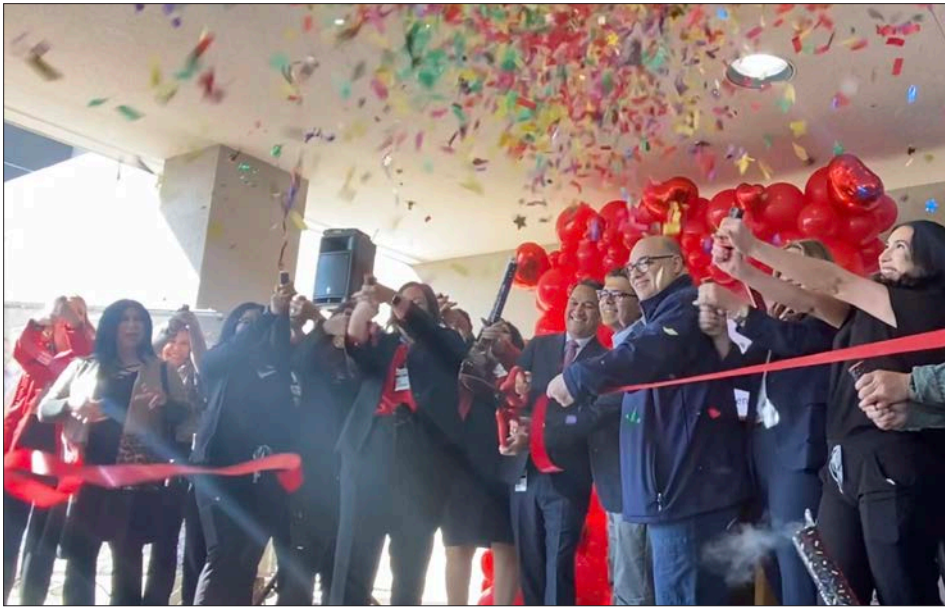
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# Local Healthcare News



A sparkling cider toast and confetti poppers highlighted the ribbon-cutting.

## Adventist Health Celebrates New Cardiac Cath Lab in Tulare

On February 22, Adventist Health celebrated the opening of its advanced cardiac catheterization lab at Adventist Health Tulare.

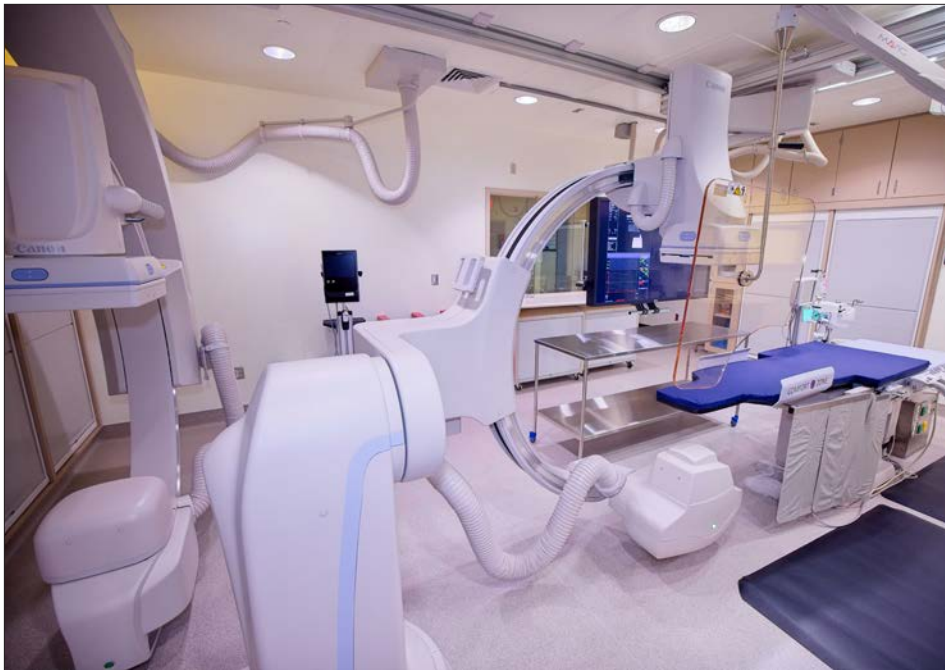
The community celebrated the ribbon-cutting with a sparkling cider toast and set off confetti poppers outside the hospital's main entrance. Attendees also toured the cath lab and received a step-by-step explanation from staff on the daily processes.

"We're thrilled to expand specialty care for our Tulare County community," said Joe Croft, Cardiovascular Services director for Adventist Health Central California Network. "The cath lab will improve patient outcomes and ensure that residents of the Tulare area have access to excellent cardiac care."

The new cath lab uses X-rays to generate real-time images, and has diagnostic tools to help a physician diagnose cardiovascular issues, such as heart disease or an abnormal heartbeat, and then determine the best course of treatment.

"Tulare community members can now receive state-of-the-art cardiovascular and interventional radiology services close to home," said Dr. Ankur Gupta, a board-certified interventional cardiologist who serves as the cath lab's medical director. "Heart disease is one of the leading causes of death in the United States, and this new addition makes many life-saving procedures possible for our community."

More information about Adventist Health Tulare is available at [adventisthealthtulare.org](http://adventisthealthtulare.org).



The new cardiac catheterization lab at Adventist Health Tulare

## United Health Centers Awarded \$2 Million Grant

United Health Centers of the San Joaquin Valley (UHC) announced it has received a \$2 million grant from the State of California Department of Health Care Access and Information (HCAI) under the Song-Brown Health Care Workforce Training Program's 2023 Primary Care Residency Application.

This grant will support the launch of a new Internal Medicine Training Program, aimed at addressing the critical shortage of internal medicine doctors in the Central Valley.

UHC is one of 18 recipients awarded grants of \$1 or \$2 million dollars to establish new residency programs. Recipients of the higher award are required to provide a 25% match of their total award so UHC begins its new Internal Medicine Residency Program with \$2.5 million.

The new residency program will host five new first-year internal medicine residents with the goal of increasing the capacity to train up to 15 residents by

year three of the program. Residents will train in Fresno and Parlier, which are both located in Medically Underserved and Health Professional Shortage Areas, where 80% of UHC patients are Hispanic, 56% are migrant or seasonal farmworkers, and 75% live at or below 200% of the federal poverty level.

"We are grateful to receive this grant from the California HCAI Song Brown Program, which will allow us to establish a program to help train the next generation of doctors and increase retention of physicians," said Justin Preas, president and CEO at United Health Centers. "The program aligns perfectly with our mission because we need physicians that are professional, clinically competent, and trained to deliver culturally appropriate care to our diverse patient population to ensure the wellness of our communities and increase accessibility to comprehensive quality care in the Central Valley."



The doctors, nurses and staff of Kaweah Health Rehabilitation Hospital

## Kaweah Health Rehabilitation Hospital Receives a Three-Year Accreditation

Kaweah Health Rehabilitation Hospital has received a three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF International) for its Acute Rehab Program.

CARF International is an independent, nonprofit accreditor whose mission is to promote the quality, value and optimal outcomes of services through an accreditation process that

focuses on enhancing the lives of the individuals supported by the organization.

Kaweah Health Rehabilitation Hospital is at 840 S. Akers St. in Visalia. Hours are Monday through Friday, 7:30 a.m.-6 p.m.

Kaweah Health's adult rehabilitation program is the only one accredited by the CARF International in the South Valley.

For more information, call (559) 624-3700.

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# Court Smith - A Tulare County Lawman

I'm told that Rudyard Kipling, the well-known English novelist once said, "There's a man who has lived more stories that I might invent." Exactly who this famous writer was referring to is not known, but based on Kipling's words, he could have been describing a longtime Tulare County lawman named Courtland "Court" Smith.



Court Smith when he was Visalia's police chief

Smith was born on January 30, 1876, in Fairbury, Illinois. As a small boy, he moved with his parents to California. They settled in Tulare in 1888, where his father operated a livery stable. One of the young boy's first jobs was driving a delivery wagon for a grocery store. In 1903, he accepted a part-time position as "Special Deputy City Marshal."

Later that year, George Martin, Tulare's Town Marshal, was killed in the line of duty and Smith was appointed to replace him. He received a glowing endorsement from the *Tulare Register* newspaper that reported, "The new marshal grew to manhood in this city and has earned the respect of the people among whom he lives." For the next decade, he earned a reputation as a fair and honest peace officer.

In 1914, he ran for the office of Tulare County Sheriff and won the post. While sheriff, he had to deal with unpopular liquor laws brought about by prohibition. He carried out his duties, smashing stills and confiscating moonshine booze.

Smith also had to manage the proliferation of the automobile. The relatively new contraptions invaded the highways and were often operated dangerously on poorly maintained roads, so he created the county highway patrol – a move sorely needed but not always appreciated. Smith served two four-year terms as sheriff, but lost his re-election bid in 1922.

Coincidentally, in 1923 the city of Visalia became a charter city, and with it had to create a police department that required a chief of police. Smith was available and he became Visalia's first police chief. As chief he purchased the first department police car – a black 1921 six-cylinder Studebaker, and introduced the first "true blue" officer uniform.

During his tenure, the department made over 6,000 arrests and unbelievably, none of them went to a jury trial, saving taxpayers a tremendous amount of money. Smith's talent as a skilled interrogator spread throughout the state. According to the *Visalia Morning Delta*, he was even asked by other police departments to interrogate their arrestees. Perhaps his success had something to do with his physical stature as he stood 6'6" and weighed about 250 pounds.

In February 1927, the *Delta* surprised many when the newspaper reported that Smith had submitted his resignation, and had been appointed warden of Folsom State Prison.

Soon after his appointment, the new warden was faced with a Thanksgiving Day prison riot. For about 20 hours, over a thousand convicts took control of the prison. The governor called in the National Guard, and other law enforcement agencies responded as well. Order was restored, but the cost was high – eight guards and convicts were dead and about 22 injured.

For about 10 years, Court Smith served as warden at Folsom and earned an enviable record, but he was in for another change of assignment. James B. Holohan, Warden at San Quentin Prison, was wounded by escaping prisoners in 1935. He survived the attack, went back to work, but his injuries prevented him from continuing. The governor appointed Smith to replace him in 1936.

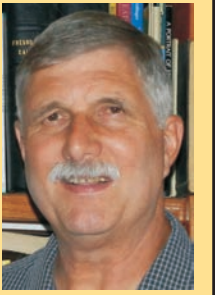
For the next few years Smith ran San Quentin, but found it difficult to manage the penal institution in a changing political environment. New approaches to prison reform made it difficult for him to do his job. In 1940 Governor Culbert Olson dismissed all the members of the California Board of Prisons and asked for and received Smith's resignation.

After 36 years of public service, Court Smith was out of a job, but he wasn't ready to just bide his time. The 64-year-old veteran lawman became chief of security at San Francisco's St. Francis Hotel where he worked for several years.

In all his working years outside of Tulare County, he never forgot his friends back home. He returned often and frequently invited them to visit him.

On June 30, 1957, Court Smith died at the age of 81. He had accomplished a lot, and has earned an honorable place in Tulare County history. He is buried in Sacramento's Eastlawn Cemetery.

Dusting Off History  
with Terry Ommen



Shown here is Court Smith on April 5, 1938 in the Tulare Jubilee Parade. Smith is riding a horse named Captain. (Photo courtesy Tulare Historical Museum)



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# ENTERTAINMENT

## A Hidden Past is Revealed in 'Driving Madeline'

A seemingly simple taxi ride across Paris evolves into a profound meditation on the realities of the driver and his fare, a 92-year-old woman whose warmth belies her shocking past.

Charles (Dany Boon) is a taxi driver in Paris, and he is having a very bad day. Enter Madeleine (Line Renaud), an immaculately groomed nonagenarian, who informs Charles that the trip today will not be a direct one.

She is moving into a nursing home and would like to make some stops along the way, predicting that this might be her last car ride through the city. Their ride takes them through the momentous locations of her life and their brief friendship deepens as Madeleine listens to Charles confess his own worries.

Boon, an actor best known for his comedic work, creates a dramatic portrait of a frustrated man facing a personal crisis of epic proportions. His darker, sharper edges allow Renaud to shine as the pure shimmering light that is Madeleine.

### Domestic Violence

The young Madeleine is a victim of domestic violence at a time when it was never mentioned or even thought about.

In one of the scenes on a bridge, Line tells Dany, "The fifties weren't like today."

"At that time, which is not that long ago, women had to get their husbands' permission to work or have access to money," said director Christian Carion. "I kept that in mind when I was reading the script.

"Not to go back over the past, but we have to remember where we've come from," he continued. "Equality, reproductive rights and rising awareness of domestic violence are yardsticks of how far we've come,



"Driving Madeline" stars French actors Line Renaud and Dany Boon.

but also of how far we have to go."

The main characters' feelings for each other are obvious in "Driving Madeleine." The film sometimes makes people smile, but it's also very moving.

"It's a lovely drama and a really touching story: an old woman looking back at her life before moving into a nursing home meets a grumpy cab driver," said Boon. "The fact that Line and I know each other so well allowed us to give each other plenty of space and listen to each other. The script about the final chapter of this woman's life is deeply moving: I cried when I read it."

"I don't blame you," said Renaud. "It's a great story: two strangers get to know each other during the ride from Madeleine's home in the suburbs to a nursing home a dozen miles away."

"Madeleine's character gives me an almost philosophical lesson on life," said Boon. "Charles, the cab driver I play, is overwhelmed by his money and relationship problems at first. He agrees to pick up Madeleine

mainly because it's a long distance ride and it will be a beautiful one. While driving around and confiding in each other, Madeleine opens his eyes and heart along the way."

"Whenever I go back to where I came from in the North of France, I walk past my grandmother's cafe," said Renaud. "That's where I grew up. Today, it's a beauty parlor. I always stop in front of it and talk to people there. Then, I go to see the little one-story working-class brick house in the middle of the street where I used to live."

"I also go back to see my small red brick house with a tiny garden behind it. It's such a tiny place," said Boon. "To be honest, I think it's nice to go back but I don't really miss it."

"Neither do I," replied Renaud. "I'm not one to dwell on the past, but going back to my childhood home, where my roots are, well that touches me and I think it's important. You should never forget where you came from. That keeps your head on your shoulders."

### Madeleine

"I think she's the most beau-

tiful character I've ever played," said Renaud. "She's also the one that resembles me the most. You know, this year I'll be 94, the same age as Madeleine, but that's not all we have in common.

"Like her, I've gone through some hard things in my life. I grew up around women like her in my family. Madeleine is my mother, my grandmother and even my great-grandmother. I see them in my character's tormented story. My great-grandmother and my grandmother were victims of domestic violence but they, too, stayed strong.

"Their life stories are what gave me the strength to live my life and fight my battles," she continued. "Today, when I see all these feminist movements bearing witness, daring to speak out and making demands, I say to myself thank goodness times have changed, even if there's still a long way to go."

"Madeleine's story starts just after the war, but the movie follows her into the 1960s," said Boon. "Women didn't get the right to vote until 1948, but for a long time afterwards they had no financial freedom without their husbands' approval, not to mention the right to abortion, which wasn't legal until the mid-1970s."

"I know about that personally because I got pregnant when I was 17, before abortion became legal," said Renaud. "I couldn't keep the baby and had to have a backstreet abortion.

"But there are also joyful aspects in Madeleine's life. American soldiers, for example. I, too, remember dancing with the GIs who had just liberated France.

"Madeleine has character," added Renaud. "She likes to have fun. She's a bit tough and I can relate to that as well."

### Charles, the Cab Driver

"Charles serves as a mirror to reflect Madeleine's whole life going by," said Boon. "This old woman who gets into the cab is living in a suspended moment, she's almost already outside of life looking in.

"When she leaves her pretty house to go live in a nursing home, she accepts that she's finite. She looks back at her past with calm and humanity and a lot of spontaneity.

"In contrast, Charles struggles with life," he continued. "At first, he's shut off from everything around him, and sees the glass half empty. Madeleine helps him find who he really is. Charles takes Madeleine to the end of her story."

"Watching Madeline" is currently showing on several cable networks.

## 'The Golden Bachelorette' to Debut this Fall

It had to happen.

On the heels of a dominant year for "The Bachelor" franchise, ABC has announced the anticipated spinoff series "The Golden Bachelorette" coming this fall.

"The Golden Bachelorette" will air on ABC and be available to stream next day on Hulu. Additional details surrounding the series, including cast details, will be announced at a later date.

After a historic first season watching Gerry and Theresa find love on "The Golden Bachelor," this all-new iteration of the hit series will highlight one radiant woman's second chance at love in her golden years.

The debut season of "The Golden Bachelor" reached 43.4



million total viewers after 35 days of viewing across linear and streaming platforms and ranks as the No. 1 new unscripted series this season among Adults 18-49 (0.84 rating).

"The Golden Bachelor" was ABC's No. 1 unscripted series premiere ever on Hulu.

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

For more information, follow "The Golden Bachelorette" on Instagram, TikTok and Facebook.



The happy couple from "The Golden Bachelor" plans to divorce.

# ENTERTAINMENT



"Nǎi Nai and Wài Pó" was nominated for an Academy Award this year.

## 'Nǎi Nai and Wài Pó' Celebrates Daily Life of Two Grandmothers

"Nǎi Nai and Wài Pó" is a short documentary by first-generation Taiwanese-American filmmaker Sean Wang, which celebrates the slow-paced lives of his two grandmothers.

His Nǎi Nai (paternal grandmother) and Wài Pó (maternal grandmother) live together and dance, stretch, laugh and even fart their days away.

This film is the first in the revived "People & Places" series, Walt Disney's award-winning documentary short film series from the 1950s and 1960s. The series is off to a strong start with

"Nǎi Nai and Wài Pó" earning an Academy Award nomination for best documentary short film.

"Nǎi Nai and Wài Pó" embodies the essence of Walt Disney's storytelling legacy with its deep emotional impact and focus on family," said Marjon Javadi, vice president of Original Documentaries, Disney Branded Television, in an interview. "As we celebrate 100 years of The Walt Disney Company, Sean Wang reminds us, through his grandmothers' beautiful relationship, that we can find magic in the everyday at any age."

## How to Find a Caregiver

The following is a section from *A Quick Guide to Managing Care for Your Aging Relative in California* by Leah Vickers, which begins with a list of the best sources for finding a caregiver:

- Church organizations and religious affiliations,
- Private caregivers,
- Family,
- Friends, and
- Caregiving websites and agencies.

### Things to Do

- Make sure to research the agency and website.
- Ask to speak to those who currently use the service. Call references.

- Do the agency and its caregivers have a Homecare Aid license?

- Is the caregiver registered? Registered caregivers with a Homecare Aid license must renew their eligibility every two years.

### Things to Consider

- Does the patient/recipient need one caregiver, several or a 24-hour team?

- Does the patient/recipient require live-in care?

- What language does the

A Quick Guide to Managing Care for Your **AGING RELATIVE** in California  
Tips, Resources & Websites



Leah Vickers

patient/recipient understand best?

- Locations the caregiver services?

- What level of care is needed?

- Is the patient/recipient able to: bathe, dress, be continent, use the toilet, prepare meals, eat, use a phone, manage medications, go to the grocery store, care for pets, do housekeeping, and transfer from wheelchair to bed and back.

**NEXT DEADLINE FRIDAY, JUNE 14**

# Prevent the Bite Day & Night

Mosquito-borne diseases can be transmitted to people through the bite of an infected mosquito.

Do your part to protect yourself, your family & your community.

Mosquitoes lay eggs on standing water. Eggs can develop into biting adults in as little as a week. Fix these common mosquito water sources or dump them weekly for a bite-free summer.



Ponds



Fountains



Pools & Hot Tubs



Yard Drains



Potted plants with saucers/ trays



Miscellaneous containers



Bird Baths



Plants that hold water



Pet water dishes



Decorative Figurines and Toys



Irrigation Valve/Meter boxes



**Delta Mosquito and Vector Control District**  
Protecting Public Health Since 1922

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559-732-8606  
www.DeltaMVCD.gov

**THERE IS NO CHARGE WHEN USING DISTRICT SERVICES**

Delta Mosquito & Vector Control is an independent special district that is committed to protecting public health. For more information on the District and our services. Visit the website, or call Monday - Friday 7:00am to 3:30pm.

# Extra Caring Homecare, LLC

*Compassionate. Professional. Reliable.*



Discover the Extra Caring Homecare difference. Whether you're exploring options, have specific questions, or need guidance on VA benefits, our dedicated team is here to help. Contact us today and let's ensure your loved ones receive the best in-home care they deserve.

#### **VA Benefits**

At Extra Caring Homecare, LLC, we deeply value and respect the service of our veterans. Recognizing the sacrifices made, we are dedicated to assisting families in utilizing VA Benefits to cover eligible care services. These benefits can significantly ease the financial aspects of accessing quality care, whether it's for 24-Hour Care, Respite Care, or any of our other tailored services. Navigating VA Benefits can seem complex, but our knowledgeable team is here to guide you every step of the way. From understanding eligibility criteria to the application process, we're committed to ensuring veterans and their families receive the support they've earned.

#### **24-Hour Care**

Round-the-clock support tailored to meet your loved one's needs, ensuring safety, comfort, and well-being at all hours.

#### **Companion Care**

Our attendants bring warmth and friendship to your loved one's day, offering uplifting companionship and light housekeeping support to enhance daily living.

#### **Home Care Aide**

Our aide attendants can serve the same functions as a companion, but also provide hands-on non-medical care.



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