

The Good Life

Travel, Leisure & Fun for South Valley Adults 50+

March 2015 / April 2015 • Volume 2, Number 2



Elvis will make an appearance at 11:15 a.m.

Senior Day in the Park Planned for May 1

“County Fair” is the theme of the 46th Annual Senior Day in the Park, an annual free event sponsored by Kings/Tulare Area Agency on Aging, Tulare County Health & Human Services, Culligan and Vapor Trailers. This year's event for seniors, their families and caregivers, will be held from 9 a.m. to 2 p.m. on Friday, May 1, at Mooney Grove Park.

Hendrix will be the master of ceremonies as the day begins with the Post 56 Color Guard and flag salute, the national anthem sung by Carissa Levy, and "Stars & Stripes Forever" by Elizabeth Sartuche, Miss Central Valley Outstanding Teen 2015.

The cake walk begins at 9:15 a.m., line dancing starts at 9:30 a.m., and at 10:30 a.m., trick roper and cowboy storyteller Lariat Larry will perform. Elvis will make

Visalia Senior Center to Host Open House on April 8



The Visalia Senior Center will welcome the community to its 50+ Rocks! Spring Open House on Wednesday, April 8. The event will showcase local businesses that specialize in services for seniors. There will also be information booths, demonstrations, entertainment and facility tours. Admission is free. The barbecue lunch at noon is \$3.50 for those 55 and better, and \$4.50 for those under the age of 55. The Visalia Senior Center is located at 310 N. Locust St., Visalia. For more information, call 713-4381.

an appearance at 11:15 a.m. Line dancing continues after lunch from 1-2 p.m. with Gina Garcia & DJ Randy Hendrix.

exhibitor booths, bingo, a car show, and antique tractors and equipment.

Other highlights include

For more information, call 1-800-434-0222.



Live entertainment is an annual highlight of Senior Day in the Park. Exhibitor booths will be ready for visitors before 9 a.m.

Five Ways Congress Can Support Seniors in 2015

This year marks the 50th anniversary of three of the nation's most important programs for seniors – Medicare, Medicaid and the Older Americans Act (OAA). It is also the year when advocates and policymakers from across the country will be discussing the future of aging services at the 2015 White House Conference on Aging.

“These events offer the perfect opportunity for Congress to expand and reinforce its commitment to

supporting older Americans' health and economic security,” said Howard Bedlin, vice president of public policy and advocacy for the National Council on Aging (NCOA). “The aging population is growing rapidly, and seniors want to stay independent as long as possible. Now is the time to strengthen and expand aging services to meet the needs of all seniors, especially those who are struggling.”

Specifically, NCOA urges Congress to:

1. Protect and assist low-income Medicare beneficiaries. The Medicare Qualified Individual (QI) program pays Medicare Part B premiums for beneficiaries whose incomes are 120-135% of poverty – about \$14,000-\$15,750 per year. Without this assistance, these seniors would not be able to afford doctor visits.

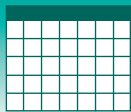
Congress temporarily extended QI to March 31, along with increases in Medicare physician payments.

Momentum is building to permanently fix Medicare physician payments. Congress should make the QI program permanent at the same time and fund outreach to help seniors access this and other Medicare low-income benefits, since most who are eligible for assistance do not receive it.

2. Renew the Older Americans Act (OAA) and the Elder Justice Act (EJA). The OAA and EJA are both overdue for reauthorization. Renewing

See Congress on page 3

Calendar of Events



Around the South Valley

Saturday, March 21 – The Count Basie Orchestra

The legendary Count Basie Orchestra will headline a 7:30 p.m. show at the Visalia Fox Theatre, 308 W. Main St., Visalia. Winner of 17 Grammy awards, the orchestra embodies the spirit of the freewheeling 1930s band of Kansas City. Featured singer Carmen Bradford was recruited by Count Basie.

For tickets (\$24-\$39) or more information, call 625-1369.

Friday, April 3 - Spring Fling Fish Fry

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this luncheon featuring fresh fish and all the fixings! For more information, call 713-4381.

Wednesday, April 8 - 50+ Rocks Spring Open House

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this event. (See page 1.)

April 17-May 3 – 'Other Desert Cities'

The Visalia Players will present "Other Desert Cities," written by John Robin Baitz and directed by Donny Graham, at the Ice House Theater, 410 E. Race Ave. (at Santa Fe Street) in Visalia on April 17, 18, 19, 24, 25, 26, May 1, 2 and 3.

Take a pair of staunchly Republican parents and plant them in Palm Springs. Add a dash of dysfunctional and clashing children, one unhinged aunt, the Christmas

season, and a generous amount of alcohol. It all adds up to great drama with comedic seasoning. Join the Wyeth Family for the Holidays. For tickets or more information, call 734-3375.

Saturday, April 18 – Tulare County Symphony

Tulare County Symphony will present Colossal Collage, a Masterworks VI Concert at the Visalia Fox Theatre featuring Sibelius' "Finlandia," Corigliano's "Chaconne" from "Red Violin" with violinist Lindsay Deutsch, and Mahler's "Symphony No. 5." Tickets for the 7:30 p.m. show are \$20-\$39.50. For more information, call 625-1369.

May 1-16 – 'Beyond Karaoke'

Encore Theatre Company will present "Beyond Karaoke," written by John Driscoll and directed by Denyse Weaver, at the Encore Theatre, 324 South N St., Tulare, on May 1, 2, 3, 8, 9, 10, 14, 15 and 16.

In an attempt to rescue old airport hangar in the middle of the Mojave Desert, an employee suggests that karaoke is the "in thing" and how to attract customers from town. Since they don't have the equipment to compete with an existing Karaoke bar, the group decides to go "Beyond Karaoke" by creating an air band show where they perform Top 40 songs, complete with costumes and impersonations of the famous pop singers.

For tickets or more information, call 686-1300.

Friday, May 8 - Mother's Day Luncheon

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this event featuring lunch and a tribute to mothers. For more information, call 713-4381.

For more events, go to our website www.TheGoodLifeSV.com

To submit events to the calendar, mail to Kast & Company Communications, P.O. Box 7173, Visalia, CA 93290, or e-mail to Editor@TheGoodLifeSV.com. Submissions must be appropriate for The Good Life readership of 50-and-over, and be received by the 15th of the month prior to publication.

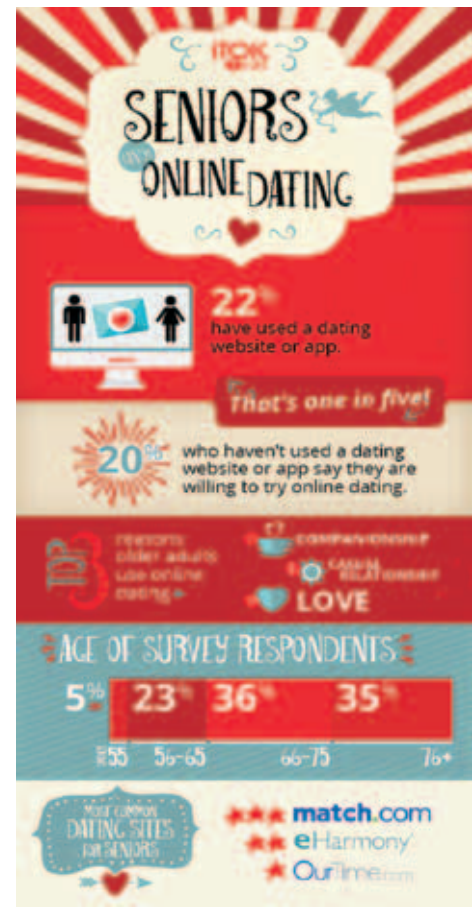
Survey Finds 22% of Single Seniors Used Online Dating Site or App

iTOK, a U.S.-based technology advisory company that helps older adults get the most from their computers and devices, announced the results of a survey about seniors and online dating last month.

The company surveyed more than 100 people from its member base, primarily aged 55 and older, between January 30 and February 3. Some key findings include:

- 22% have used a dating website or app.
- 20% of those who haven't used a dating website or app are willing to try online dating.
- 4% met their significant other online.
- Top 3 reasons seniors use online dating (in order): companionship, casual relationship and love.
- Top 3 most popular dating sites for seniors: Match.com, eHarmony and OurTime.

"These survey results reinforce something we've known for a long time – that seniors are using technology to improve the quality of their lives," said Seth Bailey, CEO of iTOK. "We're thrilled with the notion that older adults are exploring new ways to meet people. They are breaking down stereotypes that online dating is only for the



younger generations."

iTOK specializes its services to help older adults get the most from their computers and devices. For more information, visit www.itok.net.

Assisted Living and Skilled Nursing Facility Prices Jump to New Record

A combination of growing investment demand, abundant capital and low interest rates resulted in many records set in the seniors housing and care acquisition market in 2014.

The average price per unit in the assisted living market jumped by 25% in 2014 to a record \$188,700 per unit, while the average price per unit for independent living communities also set a new record of \$246,800 per unit, or more than 28% higher than in 2013. The skilled nursing market set a record for the second year in a row, reaching \$76,500 per bed, or 4% higher than in 2013, according to a soon-to-be-published study from Irving Levin Associates, The Senior Care Acquisition Report, Twentieth Edition, 2015.

"We had been tracking the acquisition market all year, and while we knew some records were going to be set, we were still surprised that record average prices were set across the seniors housing and care spectrum," said Stephen M. Monroe, editor of the report. "Investment demand has been very strong, and as prices go up, more owners are enticed to

put their properties on the market to take advantage of this peak demand for seniors housing and care properties."

Other records were set in 2014 as well. There were a total of 294 publicly announced mergers and acquisitions across the seniors housing and care spectrum in 2014, representing a 26% increase over the transaction volume in 2013, which itself had been a record year. In addition, the dollar value of these transactions set a record of approximately \$25.5 billion, or more than double the dollar value in 2013.

"The breadth of demand was extremely wide in the seniors housing and care market, which resulted in a record number of deals and dollars spent in the market in 2014," Monroe continued. "We do not see that changing in 2015 as long as interest rates remain reasonably low. Public and private REITs, private equity firms, pension funds and foreign investors, not to mention the operating companies seeking to grow, all contributed to this record-setting year."

The Good Life

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COMMUNICATIONS

Congress

from page 1

these statutes would mean strengthening and modernizing aging services and protections to meet the diverse needs of our growing older population – especially those who are vulnerable and struggling.

The OAA funds critical, cost-effective programs that allow seniors to stay healthy and independent in their communities, including job training and placement under the Senior Community Service Employment Program (SCSEP), health promotion and disease prevention, senior nutrition, senior centers, caregiver support and more. The EJA provides for a nationally coordinated, multidisciplinary approach to the silent crisis of elder abuse, neglect, and exploitation.

Congress should build upon the progress made last year on these issues and pass bipartisan bills this year.

3. Restore investments in aging services. A variety of community services help older adults maintain or improve their health and economic security, allowing them to stay independent and avoid more costly care. These include OAA programs, nutrition and energy assistance, and affordable housing.

Investments in aging services have not kept up with inflation or the rapid growth in the senior population. Due to budget caps and sequestration, fiscal year 2014 funding for these and other non-defense discretionary (NDD) programs was about 15% below 2010 levels, resulting in service reductions and growing waiting lists. The looming 2016 sequester will reduce NDD investments to a 50-year low as a share of the economy.

Sequestration must be replaced with a balanced

approach that does not increase poverty, hunger or income inequality.

4. Protect and strengthen long-term home care under Medicaid. The number of Americans needing long-term care (LTC) will more than double as the baby boomers age. Medicare does not cover long-term care, and private LTC insurance is unaffordable for most. This means often seniors have to spend-down their life savings into poverty before getting help from Medicaid – which has an institutional bias with mandatory nursing home but optional home care coverage.

Several Medicaid reforms to promote access to home care are expiring – such as the Money Follows the Person and Balancing Incentives Programs. Congressional leadership is needed to extend these programs and pass other legislation recommended by the bipartisan Long-Term Care Commission to improve access to home and community services and support family caregivers. Proposals to place arbitrary caps on Medicaid services also should be opposed.

5. Improve access to elder falls prevention and chronic disease self-management programs. Falls among seniors are widespread, expensive and often preventable. Each year, one in three Americans aged 65+ falls. The annual cost for treating these injuries is over \$36 billion, which could increase to nearly \$62 billion in 2020, with Medicare paying about \$48 billion.

In addition, the vast majority of older adults are affected by multiple chronic conditions, collectively accounting for more than three-quarters of all health expenditures. Chronic disease self-management education (CDSME) is a low-cost, evidence-based model that helps individuals manage their conditions, improve their

health status, and reduce their need for more costly medical care.

Last year, Congress provided \$5 million for falls prevention and \$8 million for CDSME from the Prevention and Public Health Fund. Collectively, this funding reaches just over half of the states. This year, investments should be increased so at-risk seniors in additional states can access these important services.

The National Council on Aging (NCOA) helps people

aged 60+ meet the challenges of aging. Its mission is to improve the lives of millions of older adults, especially those who are struggling. Through innovative community programs and services, online help and advocacy, NCOA is partnering with nonprofit organizations, government, and business to improve the health and economic security of 10 million older adults by 2020.

For more information, visit ncoa.org.



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Lifestyle

Tulare Senior Community Center News

By Lorraine Zorn

Upcoming Day Trips

Santa Monica Pier, Thursday, April 16th – Enjoy a fun and exciting time walking the boardwalk and seeing sharks being fed at the Aquarium. Open to anyone 10 years of age and older. \$40 per person before April 1 and \$45 after. Deadline to reserve is April 10. Average temperature at Santa Monica Pier in April is 64 degrees! Bus departs at 7 a.m. and returns at 7 p.m.

Morro Bay & Pismo Beach, Thursday, July 9th – Enjoy a relaxing two-part trip to Morro Bay and Pismo Beach. Open to anyone 10 years of age and older. \$33 per person before June 25 and \$35 after. Deadline to reserve is July 1. Average temperature in Tulare on July 9 is 95. Average temperature at Morro Bay and Pismo is 65! Bus departs at 8 a.m. and returns at 8 p.m.

Senior Cinema

Thursday, March 26th at noon – “The Theory of Everything” explores the life of Stephen Hawking, his love, his scientific career and the slow progression of ALS. (2:03) Rated PG-13.

Feed a Senior Program

The Tulare Meals on Wheels Program currently serves over 250 meals per week and relies on volunteers and donations to keep seniors living independently in their homes. We need volunteers! Licensed drivers please call or stop by the Senior Center for more information. We provide the city vehicle to deliver meals – we need drivers and runners!

The following donations were received:

- For the Feed a Senior Program from Bill & Helen Ferrell
- For the Feed a Senior Program from Dana Little
- For the Feed a Senior Program from Eliseo Lizardo
- For the Feed a Senior Program from John & Vicki Fowler
- For the Feed a Senior Program from Sharon Nichols
- For the Feed a Senior Program from Wilma White
- In Memory of Dee Picanso from RESCOM
- In Memory of John L. Knight from Rita Taylor

Make a donation in memory of, in honor of or as a birthday/anniversary gift. You can also choose to “Feed A Senior” for a specific length of time. For 1 week - \$23, for 1 month - \$90, for 3 months - \$293, for 6 months - \$585, or for 1 year - \$1,170. No donation is too small. We'll send a special card to the individual and/or their family, and publish the names in our monthly newsletter and the senior column.

Collette Travel Presentations

National Parks, May 16-27 – Double \$3,799, Single \$3,999, Triple \$3,749. Highlights: Scottsdale, Lake Powell, Grand Canyon, Bryce, Zion, Salt Lake City, Grand Teton and Yellowstone National Parks, Old Faithful, Sheridan, Bighorn Mountains, Mount Rushmore and Crazy Horse Monument.

Canadian Rockies & Glacier National Park, September 4-10 – Double \$3,199, Single \$3,949, Triple \$3,169. Highlights: Calgary, Waterton Lakes National Park, Glacier National Park, “Going to the Sun Road,” Banff and Columbia Icefield.

Valley Caregiver Resource Center Support Session

Valley Caregiver's Resource Center will hold Family Caregiver's Support Group the 3rd Thursday of each month at 2 p.m. For more information, call 1-800-541-8614.

Blood Pressure Screening

Free blood pressure screening the first and third Wednesday of each month, 10-11 a.m. Sponsored by Tulare Adult School Program, now thru May.

HICAP – Health Insurance Counseling & Advocacy Program

Free one-on-one Medicare counseling. Call 1-800-434-0222 to make an appointment. For more information, visit www.ktaaa.org.

Bingo

The regular Bingo Program is held every Monday and Wednesday, 12:30-3:30 p.m. Cost is 10¢/game, 25¢ a card. Another great activity for anyone 18 years and older to enjoy socializing and to have a wonderful time playing!

Bingo Caller Needed! – Volunteer needed for one day per week for about three hours. If you have a loud, clear, strong voice and love to speak to 50 or more people, this may be the volunteer opportunity you have been looking for! Call the senior center office and we will give you more detailed information.

Card Playing

FREE Activity and fun for all – every Monday, Wednesday & Friday after lunch!

Dances

Visit the Tulare Senior

Community Center every Friday night, 7-10 p.m., for live music, dancing, finger foods, socializing & more! Entrance fee is \$8 per person.

- March 20 – Bobby Seals Band
- March 27 – Bob Johnson Band

Casino Trip to Table Mountain

\$18 per person. This fee is non-refundable and includes transportation and \$10 free play. Itinerary: 8:30 a.m. – depart Tulare Senior Center, 10:30 a.m. – arrive at Table Mountain, 5:30 p.m. – return to Tulare Senior Center. Adults 21 and over. Valid photo ID is required.

Lunch Menu – Catering by Elaine's Table of Visalia!

3/20, Tuna Sandwich & Minestrone Soup; 3/23, Meatloaf, Mashed Potatoes, Veggies & Roll; and 3/24, BBQ Chicken, Ranch Beans & Salad. All meals served with fruit and milk.

Lunch is served 11:30 a.m. to noon for anyone 60 years and older. Requested contribution is \$3. Call 685-2330 the business day prior by 12:30 p.m., to make or cancel your reservation. \$5 for guest under 60 years of age.

The Tulare Senior Community Center is located at 201 North F Street in Tulare. For more information, visit www.tulareparksandrec.com/community/seniorservices.htm or call 685-2330.

Lorraine Zorn is senior services Administrator for the City of Tulare Recreation, Parks & Library Department. She can be reached at Lzorn@ci.tulare.ca.us.

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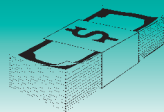
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Finance



Reverse Mortgage Program to Help Seniors Facing Foreclosure

Keep Your Home California has launched a new pilot program to help low and moderate-income senior homeowners avoid foreclosure on their reverse mortgages. Senior homeowners who are at risk of losing their home to foreclosure due to delinquent property expenses associated with their Federal Housing Administration (FHA) insured reverse mortgages could qualify for as much as \$25,000 in assistance.

The Reverse Mortgage Assistance Pilot Program is intended to help financially distressed California homeowners 62 years or older who have a FHA Home Equity Conversion Mortgage (HECM). Used in conjunction with special counseling that provides services to enable senior homeowners to assess their overall budgetary health, this program is designed to

help qualifying seniors manage their delinquent property expenses. These expenses include property taxes and homeowner's insurance, as well as up to 12 months of additional assistance for future property expenses to ensure homeowners get back on their feet.

The Reverse Mortgage Assistance Pilot Program is the latest expansion of Keep Your Home California, a free, federally funded mortgage assistance program managed by the California Housing Finance Agency (CalHFA).

"There are many senior homeowners who need a helping hand in order to get back on track with their reverse mortgage-related expenses," said CalHFA Executive Director Tia Boatman Patterson. "We don't want these seniors, many of whom live on a fixed income,

to lose their homes because of some missed payments caused by a financial hardship beyond their control."

Senior homeowners must meet the program's county-by-county income limits and have endured a financial hardship – such as a reduction of income, a divorce, a death in the family or extraordinary medical bills – in order to qualify for assistance. Homeowners must also reside in the home subject to the reverse mortgage and be able to make required property expense payments on a go-forward basis.

Keep Your Home California has reserved \$25 million for the Reverse Mortgage Assistance Pilot Program and estimates about 1,400 homeowners could benefit from the program.

Homeowners who need assistance should contact their reverse mortgage servicer to begin the application process for the Reverse Mortgage Assistance Pilot Program. All of the



participating servicers are listed on the Reverse Mortgage Assistance Pilot Program web page at www.keepyourhomecalifornia.org/reverse-mortgage-assistance-program.

Keep Your Home California was established in 2011 after the state received nearly \$2 billion from the U.S. Treasury's Hardest Hit Fund. Over 49,000 homeowners have received a total of \$920 million from the federally funded program. To learn more, visit www.KeepYourHomeCalifornia.org.



Diabetes? It could be time for new shoes!

It's no secret that people with diabetes have an increased risk of developing foot problems. These problems can range from mild to major problems, especially if an ulcer or infection should pop up. These infections, if not treated quickly and properly, can and often do lead to amputation.

So how do diabetic shoes help? Quite simply, they lessen the possibility of an infected or ulcerated foot. You cannot drive over to your local shoe outlet and pick up a pair. These shoes can be obtained only by prescription and must be custom fit. You certainly don't want infections or ulcerations, so why not take the necessary steps to prevent them?

Let our licensed pedorthist, Deanna Jackson, come to your home to measure you and show you what is available. Free appointments are available throughout Tulare County.

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Health

Seniors Face Dental Coverage Crisis

Healthy teeth have become an unaffordable luxury for far too many senior citizens. Nearly a quarter (23%) of seniors suffer from severe periodontal disease.

Limited access to dental care is rapidly becoming the most significant health crisis facing America's elders, according to Oral Health America, a non-profit group whose study A State of Decay indicates that the Affordable Care Act (ACA) has failed to address the problem.

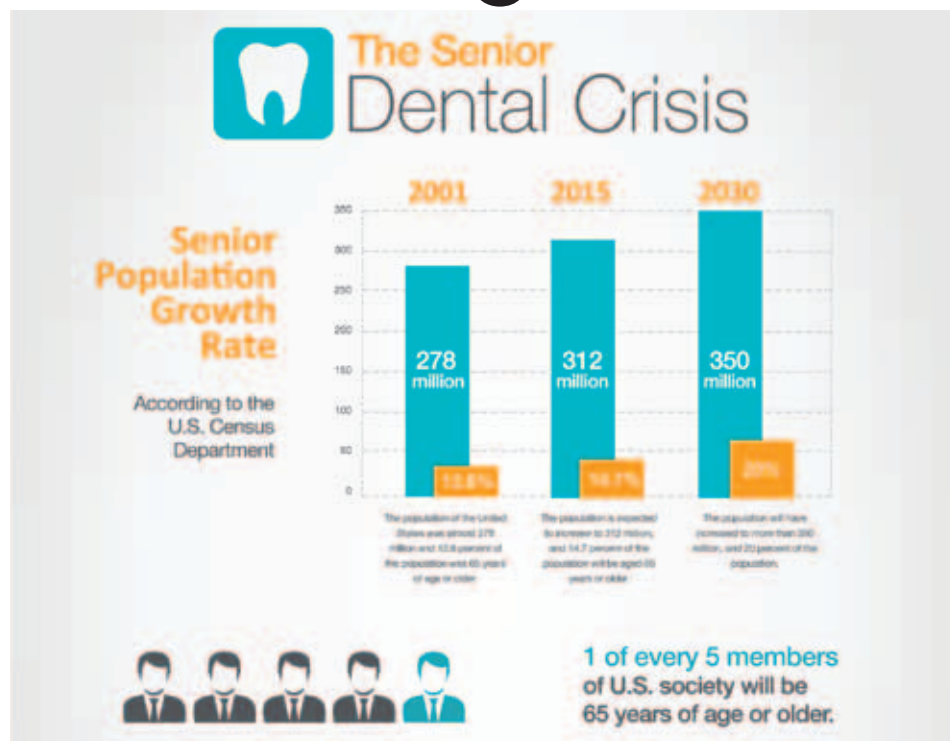
Routine dental care is not provided under Medicare, and less than 20% of older Americans have private dental insurance, according to A State of Decay. While the ACA marketplace does offer some dental insurance plans, traditional insurance doesn't always meet seniors' needs.

"Many older people have a preexisting dental condition, which dental insurance

typically does not cover -- and certainly won't cover without a long waiting period," said Bill Chase, vice president of marketing for DentalPlans. "And many seniors need the more complicated restorative procedures, which insurance also may not cover."

Emergency room visits for dental problems doubled from a reported 1 million cases of adults over 65 in 1999-2000 to 2.3 million cases in 2009-2010, according to the findings in A State of Decay. The report noted that emergency rooms typically treat dental issues with extractions and/or painkillers, a temporary fix that wastes millions of taxpayer dollars annually.

"The emergency room should obviously not be the place where people get their dental care, nor should we be neglecting the oral care of our seniors," added Chase. "The end result is unnecessary



pain, possible health complications and avoidable expense."

A State of Decay further warned that the lack of access

to dental care currently plaguing seniors today is a growing problem that will continue to affect virtually all Americans.

Neurotechnology Alliance to Monitor the Aging Brain

The American Senior Housing Association (ASHA) has announced that NeuroVigil will deploy its award-winning neurotechnology to senior living communities around the country to monitor the aging brain. This alliance between the senior living industry and NeuroVigil will make it possible to collect vast amounts of neurobiological data from seniors.

"We are looking at the biggest living laboratory in the world," said John Rios, chairman of ASHA.



The program will be optional and non-invasive, and will not require hospitalization nor will it interfere with medical care, and all data will be anonymized. The program can be used by researchers to investigate changes in brain activity induced by aging, or

See Neurotechnology on page 7



We Cover Tulare County News, Ag & More

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Home

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Water-Saving Landscapes



Bees' bliss sage in Ivanhoe.

Water-saving landscapes continue as the big trend in gardens, and with good reason. In working with clients over the past several years, here are a few things my company has learned about re-creating a garden that is more water-wise:

Reduce the lawn. Outdoor water use can be 60% of household water use, and most of that goes to summer watering cool-season lawns like fescue. Consider alternatives. Fast-growing, California-native ground covers include dwarf coyote bush, bees' bliss sage and

dwarf California buckwheat. These provide habitat value to often-overlooked native pollinators. Non-native ground covers include 'Huntington Carpet' rosemary and sundrops. Avoid myoporum and vinca.

Improve irrigation efficiency. Add irrigation upgrade onto the to-do list and enjoy years of reducing water costs and well-depletion. In the meantime, or even after you have improved your system, inspect it at least seasonally. Even fixing a few leaks, over-sprays and run-off problems saves huge amounts

Neurotechnology

from page 6

by changes in diet, lifestyle or sleep. The data will be collected with iBrain, NeuroVigil's portable brain monitoring device, which converts electroencephalogram (EEG), into maps of brain activity.

"We have been following the groundbreaking work of Dr. Low and NeuroVigil, and as an organization dedicated to life enrichment and improving quality of life for seniors, we could not ask for a more sophisticated neurotechnology partner to provide assistance to our

leading member operators and owners," said David Schless, president of ASHA. "There is a considerable need to objectively analyze the impact of these activities on a very broad scale."

"Enabling seniors to participate in cutting-edge research studies by giving them access to portable and non-invasive neurotechnology to objectively measure changes in brain activity generated by the types of life enrichment programs made available to them, will help shed light on these programs," said Dr. Philip Low, chairman and CEO of NeuroVigil.

of water. And don't forget to adjust your controllers seasonally or instruct your gardener. Consider hiring a sprinkler-repair professional if irrigation isn't in your gardener's skill set.

Cover the bare dirt. A little bare dirt provides habitat for ground-nesting native bees, but you don't have to overdo it. Leaves, twigs, old flowers and ground-up bark all make good mulch materials for a naturalistic garden. Use bagged or uniform mulch for a more formal look. Pea-gravel and other rock or gravel can also be used.

Consider open space. We like to crowd our gardens, but this isn't always desirable or necessary. Use fewer plants; have more open space between them, or create islands with open space in between. Island gardens are kid and dog-friendly, since there is open space for safe, snake-free-zone play and exploration. Use mulch, hardscape, a little bare dirt, boulders and some plants to

create a garden that shows off the plants better than if they were all competing for sun and resources.

Learn about summer dormancy. Almost all Mediterranean-climate plants, which thrive in our area, like to take a break during the hottest part of the year. We are so used to winter dormancy, we no longer think those rows of peach, walnut or oak trees to be dead in January. Summer dormancy has a look too, and once you know it, you are no longer put-off by that slumbering sage or that lounging lavender. Use heat-loving low-water plants from the southwest to perk up the garden in summer and let the others rest awhile after a moderate pruning.

Peyton Ellas is the owner of Quercus Landscape Design, specializing in California native plant-based gardens. For questions, upcoming events and monthly newsletter, visit the website: quercuslandscapedesign.com.



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46th

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Family HealthCare Network to Host 16th Annual Ivanhoe Health Fair

Family HealthCare Network will host its 16th Annual Ivanhoe Health Fair on Thursday, March 26, at Ivanhoe Elementary School, 16030 Ave 332 in Ivanhoe. The event, which will run from 4-7 p.m., is presented in partnership with the Tulare County Gang Prevention Task Force's Step Up program.

The health fair will again offer free health, vision and dental screenings for adults and children. FHCN has invited local agencies to attend the event to provide information on their services to the community. The day will also include live entertainment by Ivanhoe Elementary School's Folkloric Dance Team, a free dinner provided by Step Up, and free raffle drawings.

Certified educators and certified enrollment counselors will be available to assist with any questions regarding the Affordable Care Act and enrollment into Covered California. For more information, call Madel Comonfort, community health

representative, at 798-8301.

Family HealthCare Network is a private nonprofit organization that operates 14 federally qualified health centers in Tulare and Kings Counties. FHCN is recognized by the

National Committee for Quality Assurance as a Level 3 Patient Centered Medical Home.

For more information, call 877-960-3426 or visit www.FHCN.org or www.Facebook.com/fhcn.org.



The Annual Ivanhoe Health Fair features cultural entertainment.

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