

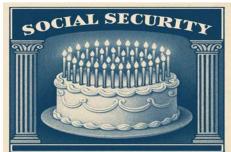






IN THIS ISSUE: Granny Basketball League, Grandmothers Cook in "Nonnas," Springville's TB Hospital, "Thursday Murder Club'





Social Security Celebrates 90th Birthday

"Ninety years ago today, the Social Security Act was signed into law, marking a watershed moment for our country by providing American workers with a foundation for their financial security and dignity in retirement," said AARP CEO Myechia Minter-Jordan on August 14.

Today more than 69 million Americans receive Social Security, with the number expected to increase to 82 million people by the time Social Security turns

Social Security helps tens of millions of Americans stay out of poverty and retire with dignity after a lifetime of hard work. For more than 40% of older Americans, Social Security is their primary source of income.

A new AARP survey shows that 67% of Americans view Social Security as more important to retirees today than five years ago. At the same time, Americans increasingly say they're concerned about its future. Confidence in the future of Social Security has declined by 7% in the last five years, from 43% in 2020 to 36% in 2025.

"On August 14, 1935, President Franklin D. Roosevelt signed into law the Social Security Act – a monumental legislative achievement that protects our seniors, uplifts our citizens and sustains the livelihoods of hardworking Americans who devoted their professions to bettering our country," said President Donald J. Trump in a proclamation.

"On the 90th anniversary of the establishment of this historic program, I recommit to always defending Social Security, rewarding the men and women who make our country prosperworkers, families, seniors and citizens first," he added.

Tulare-Kings Walk to End Alzheimer's Set for Oct. 4

The Alzheimer's Associa-California Southland Chapter is inviting Tulare and Kings Counties to join the fight to end Alzheimer's by participating in the Walk to End Alzheimer's on October 4 at Quail Park at Shannon Ranch, 3440 W. Flagstaff Ave., Visalia.

Registration opens at 9 a.m., the opening ceremony is at 10 a.m. and the walk begins at 10:30 a.m.

"This is a pivotal moment in the fight against Alzheimer's, said Sasha Spalding, senior director of the event. "With new treatments available that can slow the progression of Alzheimer's, the need for awareness and raising critical funds is greater than ever. Community support fuels today's care and support services, accelerates research, and drives us closer to the ultimate goal - ending Alzheimer's and all other dementia,"

On walk day, participants honor those affected by Alzheimer's with the poignant Promise Garden ceremony - a mission-focused experience





The Walk to End Alzheimer's has become an annual event in Visalia.

showing solidarity in the fight research. against the disease. During the ceremony, walkers will carry flowers of various colors, each color representing their personal connection to the disease, creating a powerful and unifying display of remembrance, support and hope for the future.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and

More than seven million Americans are living with Alzheimer's disease in the United States. Additionally, nearly 12 million family members and friends provide care to people living with Alzheimer's and other dementias.

In California, there are more than 719,700 people living with the disease and 1,396,000 caregivers.

To register and receive the latest updates on this year's Walk to End Alzheimer's, visit act.alz.org/tularekings.



Senior Day at Burris Park to be Held on September 19

On Friday, September 19, the Kings County Commission on Aging will host this year's Senior Picnic at Burris Park, 6500 Clinton Ave., Kingsburg.

The event, which will feature food, prizes, vendors, "Elvis" and a car show, will run from from 9 a.m. to 1:30 p.m.

The event is free, but there ous, and taking care of our own is a \$3 suggested donation. For more information, call (559) 852-2828.

Visalia Senior Center Fall Open House Scheduled for Friday, October 24

"Peace, Love & Groovy Times" is the theme of this year's Visalia Senior Center Fall Open House.

The event, scheduled for Friday, October 24, from 10 a.m. to 1 p.m. at 310 N. Locust St., Visalia, will feature information tables, programs and a lunch. Attendance is free for all ages.

The Fall Open House is expected to include more than 40 local vendors, each hand-selected as an agency, program or business that offers vital resources for mature adults.

"The Visalia Senior Center Open House is the perfect opportunity to invite seniors and community members to our wonderful facility while opening our doors to vendors and community resources that are community" said Holly Ellis,



recreation supervisor for the City of Visalia Parks & Recreation Department.

The event will end with door prizes sponsored by each of the community vendors.

At 11:30 a.m., attendees can take a break from the booths, grab a seat and enjoy a lunch prepared on site by caterers for \$6. Lunch tickets are limited and must be purchased curated to fit the needs of our by noon on October 8th at the Senior Center.



A community event on August 18 at Adventist Health Hanford celebrated the \$1 million gift from Valley Strong Credit Union..

Heart Care Expansion Project Receives \$1 Million from Valley Strong Credit

Valley Strong Credit Union has pledged \$1 million to Adventist Health Hanford. The donation will go toward the hospital's \$10 million cath lab fundraising campaign, which is part of a larger \$40 million investment to improve heart care services in Hanford.

Cath labs are specialized medical facilities where diagnostic and therapeutic procedures related to the heart and blood vessels are performed using catheters or tubes.

To celebrate this gift, a special community event was held on August 18 at Adventist Health Hanford. The event included remarks from doctors and dignitaries, heralding the impact of this meaningful contribution.

"At Valley Strong, we are deeply committed to supporting the health and well-being of our community," said Nick Ambrosini, Valley Strong Credit Union president and CEO. "This partnership reflects our dedication to enhancing the quality of life for everyone in our community."

Adventist Health Hanford constructed its current cath lab nearly 15 years ago. The hospital's service area includes more than 500,000 residents and spans five counties.

In 2024, the cath lab team cared for more than 650 unique patients. With the expansion of four additional cath labs, that number is expected to grow to more than 2,000 patients a year.

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VETERANS COLUMN

Fee Waiver Program

It's back-to-school time, so let's talk about a benefit for veterans' dependents that you may or may not know about: the CalVet college fee waiver program. This benefit waives mandatory system-wide tuition and fees at any State of California community college, California State University or University of California campus. This program does not cover the expense of books, parking or room and board.



Cecil Webster

There are four plans in which the dependents may be eligible, but in the interest of time and keeping your attention, I will just talk about Plan B: that's the most relevant to this audience and the most used.

Plan B is for the child of a service-connected veteran, or if the veteran had a service-connected disability at the time of death or died of service-related causes. The child's annual income, which includes the child's adjusted gross income, plus the value of support provided by a parent, may not exceed the annual income limit. The annual income limit is the **state** poverty level. The limit for 2025-26 is \$22,273.

The application process is very simple: fill out the application, provide the following documents, and you're golden.

- DVS 40 application (found online or we can provide in the office);
 - Student's birth certificate (establishing veteran's parentage);
- Student's income tax 1040/540 return from the previous year (if the student did not work, must provide a letter of non-filing from IRS or the FTB); and
 - Copy of veteran's award letter.

Now it is time for the disclaimers and small print. All applicants must meet California residency requirements as per the school's requirements. Private institutions are not eligible. Examples of private institutions include schools like Stanford, USC, University of Phoenix, Chapman, etc. Please check with the school for any restrictions.

There are three other plans available that address dependents of veterans who are 100% disabled, killed in service, and veterans who have received the Medal of Honor.

As always, if you have any questions, please feel free to contact our office.

Cecil Webster, the Veterans Services Officer for Tulare County, is a former U.S. Navy Photographer's Mate 3. Contact him at the Veterans Services Office at 3348 W. Mineral King Ave. in Visalia, by phone at 559-713-2880, or by email at TCVSO@tularecounty. ca.gov.



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The Deadline for Our November/December Issue is Wednesday, October 15

Tulare County Supervisors Receive Adult Services Report

At their August 12th meeting, Tulare County Supervisors heard a presentation about the county's adult services from Dayna Wyld, manager of the Adult Services Division of Tulare County Health and Human Services.

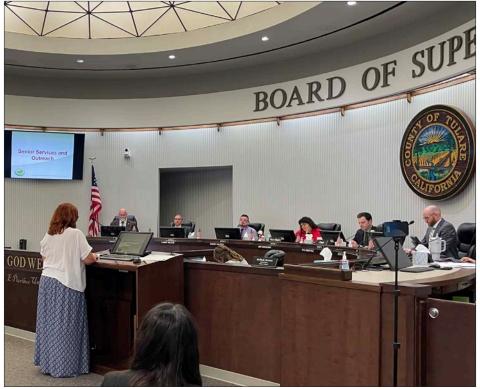
"Each May, we celebrate Older Americans Month with Senior Day in the Park, a special community event held at Mooney Grove Park," Wyld said to start her presentation. "And each June, we recognize and support those affected by elder abuse at our annual World Elder Abuse Awareness Event.

"While these two events are incredibly meaningful, they represent only a portion of Adult Services' ongoing commitment to supporting older adults, and individuals with disabilities throughout the year," she said.

Wyld then focused on the programs "that serve our most vulnerable clients through long-term services and supports."

"Adult Protective Services (APS) promotes safety, independence and quality of life for vulnerable adults who are or are in danger of being abused, neglected by others or financially exploited, and who are unable to protect themselves," she said.

"APS is a social service



Adult Services Division Manager Dayna Wyld presents her report to Tulare County Supervisors at their August 12 meeting. (Photo by Jennifer Fawkes)

program authorized by law in every state to receive and investigate reports of elder or vulnerable adult maltreatment, and to intervene to protect the victims to the extent possible," she said, adding that, "victims have the right to decline protective services unless a qualified professional determines they are unable to make decisions for themselves."

APS also has a representative payee program, which provides essential financial management for individuals

who are unable to manage their own Social Security or their supplemental security income payments.

"This year, we have received approximately 180 cases per month with the majority being financial or self-neglect," Wyld said.

Another APS program is the public guardian program.

"The superior court appoints a public guardian as the conservator for individuals who are unable to care for themselves or manage their fi-

nances," she said.

Services can include medical care, housing and daily living needs, in addition to handling financial matters, which is conservatorship of the person's estate.

"It includes managing income and real property, paying bills and protecting assets," Wyld said.

In-Home Supportive Services provides in-home assistance to eligible, aged, blind and disabled individuals as an alternative to out-of-home care, and enables recipients to remain safely in their home.

"We have personal care services, which includes assistance with bathing and grooming, and homemaker services, which helps with household chores, such as cleaning, meal preparation and laundry," Wyld said.

"We have our paramedical services, which provides support with medical tasks as directed by a healthcare professional," she added.

"And then we have our special circumstances services," which she defined as "such things as yard abatement and heavy cleaning."

Adult Services is affiliated with the Kings/Tulare Area Agency on Aging (K/T AAA), which helps seniors locate community resources to assist

(continued on page 19)

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Mindfulness Meditation Can Sharpen Attention

By Beth Newcomb

A new study from the USC Leonard Davis School of Gerontology reveals that just 30 days of guided mindfulness meditation can significantly enhance key aspects of attentional control – especially how quickly and accurately people direct their focus – regardless of age.

The study is among the first to use eye tracking, a powerful and objective measure of attention, to test the effects of mindfulness training on young, middle-aged and older adults. The findings demonstrate that even short-term meditation can lead to measurable cognitive improvements, said USC Leonard Davis School postdoctoral researcher Andy Jeesu Kim, the study's first author.

"This study shows that mindfulness isn't just about feeling more relaxed—it can literally change the way your brain handles attention," Kim said. "And that's incredibly important for maintaining cognitive health as we age."

Why Attention Matters in Aging

As people age, they often experience slower reaction times and increased difficulty tuning out distractions. These changes are tied to a brain system called the locus coeruleus-



noradrenaline system, which plays a critical role in attention, arousal and memory. Prior research, including work led by USC Leonard Davis Professor and study senior author Mara Mather, links age-related decline in this system to early Alzheimer's disease changes.

Previous investigation has also shown that mindfulness meditation can enhance brain areas involved in attention and may increase activity in the LC-NA system. However, this is the first study to examine how mindfulness training affects attention using precise eye-tracking methods and whether the benefits differ across age groups, Kim explained.

The Study: Mindfulness vs. Audiobook

The USC study enrolled

69 adults split into three age groups: young (18-30), middle-aged (50-65), and older adults (65-80). Participants were randomly assigned to practice one of two options:

 Mindfulness meditation using the Headspace app, 10-15 minutes per day for 30 days;

• An audiobook control, listening to chapters from a novel for the same duration.

All participants completed three in-person lab visits and performed two eye-tracking visual search tasks that measured their speed and accuracy in focusing attention and ignoring distractions.

Key Findings: Faster Focus, Stronger Control

After the mindfulness training, participants showed improvements in several core as-

pects of attention:

• Faster reaction times: Participants were quicker to move their eyes toward target shapes, showing more efficient visual processing.

• Improved goal-directed focus: They made more direct saccades (eye movements) toward relevant targets and were better able to resist being pulled off course by distracting objects.

• Reduced distractibility: In some tasks, participants were less likely to fixate on irrelevant but visually "loud" items.

Interestingly, the benefits were not limited to one age group.

"We expected older adults to benefit the most, but we found that mindfulness improved attention similarly across young, middle-aged, and older adults," Kim said. "This suggests mindfulness can be a useful tool at any stage of life."

However, these improvements were not reflected in self-reported mindfulness scores from questionnaires, underscoring the value of objective eye-tracking measures.

A Powerful Tool for Everyday Attention

Although mindfulness has been widely embraced for stress relief and emotional (continued on page 22)



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California teams in the Granny Basketball League are (left to right) the Columbia Gold Diggers, the Oakdale Broncos and the California Poppies.

Granny Basketball League Gains Popularity

By Steve Pastis

Granny Basketball League is continuing its steady growth.

"It's a league of a non-profit organization founded in Iowa in 2005," explained Granny Basketball League Director Michele Clark. "It is a game inspired by the way women used to play a century ago, and it's a gentler form of the game, which is just perfect for ladies age 50 or more."

Granny Basketball rules include no running (but "hurrying" is allowed), no jumping, two dribbles, no physical contact at any time, and a player is disqualified after the third foul.

And players must be at least 50 years old.

Most of the teams are in the central part of the country. In states such as Oklahoma, Iowa, Kansas, Minnesota and Texas, the style of play has been and continues to be very popular.

"In Oklahoma and Iowa, sixon-six was big for many years,' Clark said. "I mean, it was king."

There are three teams in California, the Columbia Gold Diggers, the Oakdale Broncos, the California Poppies, which are based in Sonora.

"We have a lot of interest from individuals all over the nation," Clark said. "In fact, we even had a new team form in Toronto last year."

Building a Team

Teams aren't usually formed through senior centers, senior homes, gyms or the YWCA, according to Clark.

"Let's say your wife wanted to start a team," Clark said. "She would pull together some friends, learn about the league, contact the league, help them with the information that they need. And then a new team would need to be approved by the league board of directors before they're officially welcomed and become a part of the league.

"We have granny basketball rules and procedures and all that stuff," she said. "So we need to be sure everybody's familiar with the league and can be a good participant in it.

"We just want to be sure that they've seen the games, that they understand that the game is a gentle game," she said. "We want to be sure that they really



Female students play basketball in the Western High School gymnasium in Washington, D.C., circa 1899. (Frances Benjamin Johnston Collection/Library of Congress)

know the style of play and that they are aware of the league and what's involved in being a part of it."

Fortunately for anyone interested, Granny Basketball League games can be seen on-

"You can search online for Granny Basketball," Clark said. "There's some video clips out there. We also have a Facebook page, facebook.com/grannybasketball."

There is more information about the league at grannybasketball.com. You can learn about the teams there, including the three California teams in the league's Frontier Division.

"We've got some information that we can share with individuals who are interested in pulling together a group of ladies who are eligible to play, to form a team and become a part of the league," Clark said.

"It takes the right person and takes a good organized communicator, or a group of good organizers and communicators to put a team together," she added.

But the process is pretty simple, according to Clark.

"I think that the most challenging part for a lot of folks, depending on where you are, is finding gym time that's affordable and at a time that works for your team to practice," she said.

"So, let's say you get your team up and running and learning the rules, learning how to play," he continued. "I'm sure the California teams would love to help as much as they can to invite people to come over and see how the game is played."

But would a Granny Basketball League team in Visalia, Tulare, Hanford or Porterville really be welcomed by the other three California teams?

"Of course!" said Barb Trammell, coach of the California Poppies, who wrote the booklet The Joy of Six about the league. "We would be willing to come to your location and visa-versa to play some games. We'd love a road trip!"

"Absolutely 100%," agreed Oakdale Broncos Captain Lisa Lou about hosting games or making the drive south.

Trammel recalled how her Granny Basketball team began.

"The Columbia ladies were surprised at first to learn there was such a thing, then amused and then delighted," she said. "We started with just a few lafriends and pretty soon we had 16 on our roster.

"Most had never played basketball before and had to learn fundamentals, but they all found the game very fun - lots of giggles and excitement," she said. "We played several exhibition games and fundraisers at first against junior high teams since there weren't any other nearby teams to play against."

The Oakdale Broncos joined the league in October 2024.

"The Oakdale community play in the league? has received the Oakdale Broncos fabulously," said Lisa Lou. "We have been in our local newspaper, The Oakdale Leader, magazine Greet Oakdale, and on social media. We have a Facebook page, Oakdale

The team has been busy on and off the court.

"We had a fundraiser to kick off Oakdale Rodeo week," said Lisa Lou. "We played the Oakdale Saddle Club Cowboys in a basketball game. It was fun. We had 258 guests in our stands. The Cowboys had to carry a stick horse while they played.

"We have been in three parades, Oakdale Veterans, Riverbank Christmas and Oakdale Rodeo parades," she added.

When is Granny Basketball League Season?

"It varies depending on location, but typically runs the first five months of the year," said Clark. "For example, where I live in Kansas, we wait till after the holidays and we'll start practices in January, and then we'll start weekly league games February, March and April. We're usually done by the first of May in time for Mother's Day and graduations and all that stuff that happens in May. Then we've got some tournaments that are available for people to play in June, July, September, and then recruitment's usually in the fall.

"We also have teams that will do fundraising events, help nonprofit organizations doing family fun games, play local celebrities or faculty or the pastors or the fire department," she added. "We have done a lot of things throughout the league to help raise money. We do have a nonprofit charitable mission."

Most teams have at least 10 dies, but they told all their or 12 players, Clark said. "When we do a tournament, the rosters are limited to 16. "

Clark's team has more players, however.

"We've got a lot of people that have other commitments and can't be there every week so we have more people on our team because we know no matter what, we'll have enough," she explained. "And it allows for people to do their other commitments."

What motivates women to

"I think the league is really for women who are active and want to continue playing basketball," Clark said. "Maybe it's been a long time since they've played."

(continued on page 15)

Following Record Year, Valley Fever Cases Continue to Rise

Valley fever is on the rise in California with more than 5,500 provisional cases reported through the first six months of 2025.

In 2024, California reported nearly 12,500 cases, the highest year on record for California and a significant jump from the 7,000-9,000 cases reported annually from 2017 through 2023. Rates of valley fever continue to be highest in the southern San Joaquin Valley, but cases have been increasing in other areas such as the northern Central Valley and the Central Coast.

Valley fever, also known as coccidioidomycosis or "cocci," is caused by a fungus that

the California's Central Valley California, and their healthcare valley fever is common, some where it is most common.

Valley fever can cause symptoms that look like COVID-19 or flu. It can also cause serious lung infections like pneumonia. People who live, work, go to school or travel in areas where valley fever is common are at risk of becoming sick.

Although most people with valley fever get better on their own and don't need treatment. for some people it can become severe, chronic, or even fatal without care.

"Valley fever is a serious illness that's here to stay in California," said CDPH Director and State Public Health Officer Dr. Erica Pan. "We want to reproviders to watch for signs and symptoms of valley fever to help detect it early.

"If you have been sick with trouble breathing, and tiredness for more than 7-10 days, please talk to a healthcare provider about Valley fever," she dusty area, keep car windows added.

People and pets can get air, if possible. valley fever by breathing in dust from outdoor air that contains the valley fever fungus.

Valley fever is not contagious and cannot spread from one person or animal to anoth-

What You Can Do

practical tips to reduce your chances of getting valley fever

- When it is windy outside symptoms like cough, fever, and the air is dusty, stay indoors and keep windows and doors closed.
 - When driving through a closed and use recirculating
 - Before digging, wet down soil and dirt to prevent stirring up dust into the air.
 - Consider wearing a properly fitted N95 respirator (mask) if you must be in dusty air outdoors in these areas.

Valley fever can be difficult If you live, work, go to to prevent, and can also be hard to recognize and diagnose because it can look like other common respiratory infections. Consider asking your doctor or healthcare provider about valley fever if you are concerned, especially if you

- Symptoms like cough, fever, night sweats, trouble breathing, chest pain and exhaustion for more than 7-10 days
- Lived, worked, gone to school or traveled in areas where valley fever is common in the weeks or months before getting sick
- Been around a lot of dirt or dust outdoors, including working outdoors, in the weeks or months before getting sick. Outdoor work can include construction, agricultural work and wildland firefighting (which may involve digging and moving soil to control fires during fire season).

Only a doctor or healthcare provider can diagnose someone with valley fever (which usually involves blood tests or other laboratory tests) or determine if a person needs treatment for valley fever. Patients with severe valley fever may require hospitalization and may experience lifelong symptoms. In some cases, valley fever can be fatal.

Even young, healthy people can get sick with valley fever, but certain factors car increase a person's risk of getting severe valley fever, including being an older adult (60+ years old), having diabetes or a condition that weakens the immune system, or being preg-

People who are Black or Filipino also have been noted to have a higher risk of severe disease from valley fever, which may relate to underlying health conditions, health inequities, or other causes.

Know your risk and ask your doctor or healthcare provider about valley fever if you are concerned.

For more information, visit https://www.cdph.ca.gov/ and do a search for valley fever.



Why You Need to Lock Your Phone Number Today

By Dallas Cox

I read the financial press every day and stay on top of the latest threats to your money. Recently, I came across an article written for a corporate audience, and it was a real eye-opener. It was all about the problems companies are having because of a sneaky crime called "SIM swapping," and how they're all playing this hot potato game of who is going to be left holding the

So, what is a SIM swap, and why is it such a problem?

Why SIM Card Swapping is a **Dangerous Scam**

It's a form of identity theft where a criminal impersonates you and convinces your cell phone provider to transfer your phone number to a new SIM card. Sometimes, this happens with the help of an insider at the cell phone company, but often, it's just an outsider who is really good at faking your identity.

The criminal's goal is simple: They want to steal your phone number. Once they convince your cell phone carrier that they are you, they can tion code for your bank, broport your number out and put it on their own phone.

You might be thinking, "What's the big deal? It's just my phone number." But this is a key tool in a criminal's tool-



Money Expert Clark Howard

box. For years, companies have lulled themselves into a false sense of security, believing they're protecting your accounts with two-factor authentication. You know, when they send you a one-time use code to your phone to log in?

Well, criminals adapt. They figured out how easy it was to steal your number, and with it, they get the two-factor authentication codes. They normally strike overnight when you're sleeping and not using your phone. Suddenly, your phone service goes dead, and you don't realize it. But on their end, your number is now active on their phone.

The two-factor authenticakerage or retirement account now goes directly to them. They use that code to log in, verify they are "you," and before you know it, all your money is gone.

Corporate America is in a panic, asking themselves, "What are we going to do? Are we going to give people their money back, taking a hit to our profits, because our security system failed? Or are we going to refuse to give them their problem?"

Right now, SIM swapping you have the power to shut them down. And it's so easy.

How to Protect Yourself from **SIM Swap Scams**

Every cell phone provider has a different procedure, but you need to put a SIM lock in place. For my provider, Google Fi, I can do it right in my account. I have my number locked so that if somebody tries to move my service somewhere else, they can't. And when they can't steal my number, they just move on to the next person.

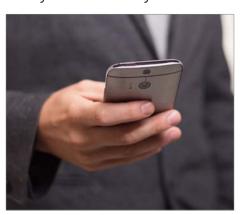
I'm willing to bet that nearly zero people have a SIM lock in place with their cell phone provider. You need to sign in to your account or use your cell phone provider's app, and there will be a procedure to lock your service.

Now, there is a minor hassle to this. If you decide to switch carriers, you have to go through the procedure to take

This is exactly what that off your SIM protection first. corporate article was about. But that small inconvenience is nothing compared to having your money stolen.

Remember this: There is probably not a single person in this country who has not been a part of a data breach. We get those inane letters from corporations or govtheir money back and make it ernments or colleges all the time telling us our information has been compromised. is a key tool for criminals, but The criminals have this data. They know your current and prior addresses, your date of birth, and your Social Security number. When they decide it's your turn to be a victim, they will try to steal your money.

One of the key tools that will shut them down cold is having that SIM lock in place. If you do nothing else today, I want you to make sure you have your SIM locked down with your cell phone carrier. I don't want the money you've worked hard to save to suddenly vanish from your life.





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Walking Slightly Faster Could Help Older Adults Stay Fit

By Grace Niewijk

Frailty is a medically defined condition in older adults that increases vulnerability to everyday stresses, leading to a higher risk of falls, hospitalization and loss of independence. Warning signs of frailty include:

- weight Unintentional loss
 - Moving slowly
 - Feeling weak
 - Persistent tiredness
- Low levels of physical activity

Because most of these signs have a direct link to how active someone is, walking is a particularly effective way to help older adults improve their overall health and quality of life and maintain independence longer.

But a common question remains: How fast should older adults walk to see real benefits? Traditionally, the "talk test" has been used to guide walking intensity: people are encouraged to walk at a pace that makes it difficult to sing but still allows for comfortable conversation. However, this method is subjective and difficult to apply consistently.

A new study led by researchers at the University of Chicago Medicine found that walking slightly faster – 14 steps per minute more than a person's usual pace – led to meaningful improvements in physical function among older adults who were frail or at risk of becoming frail. In a second study, the researchers developed and tested a smartphone app designed to accurately measure walking pace, making it easier to integrate this beneficial practice into daily life.

Why Study Walking Pace?

Walking cadence – the number of steps taken per minute - is an intuitive and pragmatic way to measure walking intensity. Daniel Rubin, MD, an anesthesiologist at UChicago Medicine, became interested in cadence because of his clinical experience eval-



uating older patients prepar- their ability to walk longer dising for surgery.

"Older adults have a high risk of complications associated with surgery," he said. "Traditionally, surgical teams have relied on physical function questionnaires to risk stratify patients, but I thought there must be a way to develop more objective metrics."

Walking Faster is Healthier

In a secondary analysis of a randomized controlled trial, Rubin and his colleagues studied older adults classified as frail or prefrail. Participants were enrolled in structured walking programs within their retirement communities, guided and assessed by clinical research staff, and cadence was measured by a device fitted to their thigh. One group was encouraged to walk "as fast as safely possible," while another group walked at their usual comfortable pace.

The study's results showed clear benefits: those who increased their cadence by at least 14 steps per minute above their usual pace (to roughly 100 steps per minute) experienced substantial improvements in their functional capacity, demonstrated by

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tances in a standardized test.

"People who haven't experienced frailty can't imagine how big a difference it makes to be able to not get tired going to the grocery store or not need to sit down while they're out," Rubin said.

An Intuitive Walking App

Building on these findings, Rubin's team created a smartphone app called "Walk Test," which they designed specifically for measuring walking

cadence accurately.

"We didn't necessarily trust smartphones' built-in analytics," Rubin said. "Instead, we built an app that uses a novel open-source method to analyze the data measured by the phone and lets us actively engage users in brief, deliberate walking tests, ensuring accurate measurement."

Validation testing showed that the app counts steps per minute with exceptional accuracy, closely matching specialized, research-grade accelerometers. Rubin noted that Walk Test was designed for accessibility and user-friendliness in addition to accuracy.

"We wanted to make it as low-barrier as possible so it's easy for older adults to use without additional equipment," he said. "The people who need the most help are usually the least well-equipped to get started."

Practical Advice for Daily Life

The research highlights walking as a widely accessible exercise with substantial health benefits.

"Even casual walking had positive effects on our study participants," Rubin said. But for those who are able, increasing their walking pace judiciously can yield even greater results.

(continued on page 10)



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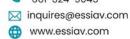
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Common Sugar Substitute Shown to Boost Stroke Risk

By Lisa Marshall

From low-carb ice cream to keto protein bars to "sugar-free" soda, the decades-old sweetener erythritol is every-

But new University of Colorado Boulder research shows the popular sugar substitute and specialty food additive comes with serious downsides, impacting brain cells in numerous ways that can boost risk of stroke.

The study was published in the Journal of Applied Physiol-

"Our study adds to the evidence suggesting that non-nutritive sweeteners that have generally been purported to be safe, may not come without negative health consequences," said senior author Christopher DeSouza, professor of integrative physiology and director of the Integrative Vascular Biology Lab.

First approved by the Food and Drug Administration in 2001, erythritol is a sugar alcohol, often produced by fermenting corn, and found in hundreds of products made by various brands. It has almost no calories, is about 80% as sweet as table sugar, and has negligible impact on insulin levels, making it a favor-







ite for people trying to lose weight, keep their blood sugar in check or avoid carbohy-

But recent research has begun to shed light on its risks.

One recent Cleveland Clinic study involving 4,000 people in the U.S. and Europe found that men and women with higher circulating levels of erythritol were significantly more likely to have a heart attack or stroke within the next three years.

DeSouza and first author Auburn Berry, a graduate student in his lab, set out to understand what might be driving that increased risk.

To test impacts of erythritol on cells, researchers in the lab treated human cells that line blood vessels in the brain for three hours with about the same amount of erythritol contained in a typical sugar-free beverage.

They observed that the treated cells were altered in numerous ways.

- They expressed significantly less nitric oxide, a molecule that relaxes and widens blood vessels, and more endothelin-1, a protein that constricts blood vessels.
- Meanwhile, when challenged with a clot-forming compound called thrombin, cellular production of the natural clot-busting compound t-PA was "markedly blunted."
- The erythritol-treated cells also produced more reactive oxygen species, a.k.a. "free radicals," metabolic byproducts which can age and damage cells and inflame tissue.

Previous research shown that as little as 30g of erythritol – about as much as you'd find in a pint of sugar-free ice cream – can also cause platelets, a component of blood, to clump together, potentially forming clots.

"Big picture, if your vessels are more constricted and your ability to break down blood clots is lowered, your risk of stroke goes up," said Berry. "Our research demonstrates not only that, but how erythritol has the potential to increase stroke risk."

DeSouza notes that their study used only a serving-size worth of the sugar substitute.

For those who consume multiple servings per day, the impact, presumably, could be worse.

The authors caution that their study was a laboratory study, conducted on cells, and larger studies in people are now needed.

That said, De Souza encourages consumers to read labels, looking for erythritol or "sugar alcohol" on the label.

"Given the epidemiological study that inspired our work, and now our cellular findings, we believe it would be prudent for people to monitor their consumption of non-nutrient-sweeteners such as this one," he said.

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Walking Slightly Faster...

(continued from page 9)

pace in steps per minute to es- stay on pace and track prog tablish a baseline. From there, try increasing your pace slightcomfortable but brisker.

To maintain a steady and elevated cadence, Rubin recommends using a metronome app to match your steps to a consistent beat. While the Walk Test app developed by

the research team is not yet To use cadence to guide available to the public, metyour walking intensity, start by ronome apps are a simple almeasuring your usual walking ternative that can help walkers ress over time.

These methods can help ly to find a level that still feels integrate faster-paced walking into daily routines, offering a simple yet effective strategy to people who want to stay healthier and more independent as they age.

> (Reprinted by permission of UChicago Medicine)





CALENDAR

September 1-28 - "Sights and Sounds"

This exhibition of paintings and music by the duo of Heidi Steinman and Aaron Gomes, are presented at CACHE, 125 South B St., Exeter. Admission is free. For more information, call (559) 592-5900 or visit http://cach-exeter.org/events.

September 3, 10, 17, 24 - Bingo

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

Thursday, September 4 - "Prohibition, Graft and Grandfathers"

The Sequoia Genealogical Society will host this 6 p.m. session about the 1920s and the bootleggers in Tulare, Fresno and Madera counties, with Camille Giometti-May. Refreshments will follow. This free event will be held at the Tulare Public Library, 475 M St. in Tulare. For more info, call (559) 685-4518.

September 4-October 11 - Manuel Abad Art Exhibit

The Tulare Historical Museum, 444 W. Tulare Ave., Tulare, will host this exhibit. For more info, call (559) 686-2074.

September 4-27 - Chigiri-e Exhibition

Arts Visalia will present the traditional Japanese art of Reiko Nakamura Yoshimoto, at Arts Visalia, 214 E. Oak Ave., Visalia. An opening reception will

be on Friday, September 5, from 5-7:30 p.m. For more information, visit www.artsvisalia.org or call (559) 739-0905.

September 5-6 - Visalia Gleaning Seniors Yard Sale

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

Friday, September 5 - F1rst Friday

F1rst Friday in Downtown Visalia, in partnership with the Arts Consortium, will present this free community event with art, food and fun from 5-8 p.m. For more information, visit artsconsortium.org/calendar.

September 5, 12, 19, 26 - Friday Night Dances

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

Saturday, September 6 -Exeter Woman's Club Centennial Celebration

This event, featuring a free BBQ lunch, music, dessert, and a vintage car show, will be held at 201 Kaweah Ave., Exeter, from 11:30 a.m. to 3 p.m.

Saturday, September 6 "Country Jam Session"

The Kingsburg Senior Center, 1450 Ellis St., Kingsburg, will host this event from 5-8 p.m. Musicians are encouraged to

play songs, sing tunes or simply come and enjoy the live country music.

September 7, 14, 21, 28 -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 information, call (559) 651-6714.

September 10-14 - Tulare County Fair

The 2025 Tulare County Fair will feature new attractions, live entertainment including 38 Special, Ned Ledoux, Jackson Dean, Hazard County and Radio Ready, the popular Destruction Derby, fair food favorites, livestock auction, art exhibits and more. For more information, visit www.tcfair. org or call (559) 686-4707. (See ad on page 11.)

Wednesday, September 10 - 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 information, email Jennifer at meow.2000@yahoo.com.

September 11, 18, 25 - Thursday Night Dances

These dances, featuring music by Trick Shot, are held 7-10 p.m. at the Porterville Veterans Memorial Building, 1900 W. Olive Ave., Porterville. Tickets are \$5. For more information, call (559) 791-7695.

Saturday, September 13 - Walk with a Doc

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

Saturday, September 13 -Echoes of Exeter Cemetery Walk

The Exeter Cemetery District and CACHE will present this 9-11 a.m. event at the Exeter District Public Cemetery. Tickets are \$20. For more information, call (559) 592-5900 or visit http://cach-exeter.org/events.

Monday, September 15 -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, September 15 -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 information, call (559) 737-7443.

(continued on page 13)





Reservations must be made by Wednesday, October 8th, 12 p.m.

CALENDAR

(continued from page 12)

Tuesday, September 16 -**Visalia Caregiver/Dementia Support Group**

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

Tuesday, September 16 -**Grief Support Group**

American Quality Life Hospice will present this 5:30 p.m. monthly session at Salser & Dillard Life Event Center, 135 E. Caldwell Ave., Visalia. For information, call (559) 409-2665.

Wednesday, September 17 - "Elvis Presley Live!"

Sierra Hills Retirement, 2600 W. Henderson Ave., Porterville, will host this 2 p.m. event. For reservations or more information, call (559) 882-5542.

Friday, September 19 -**Senior Picnic at Burris Park**

Kings County Commission on Aging will host this event, featuring food, prizes, games, information booths, and an Elvis performance, from 9 a.m. to 1:30 p.m. at Burris Park, 6500 Clinton Ave., Kingsburg. (See article on page 1)

Friday, September 19 -Oktoberfest

Visalia Chamber of Commerce will host this event at Vossler Farms, 26773 S. Mooney Blvd., Visalia. For reservations or more information, visit www. visaliachamber.org/oktober-

Friday, September 19 - Prize B-I-N-G-O

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 1:30 p.m. There is a \$5 "drop-in" fee. For more info, call (559) 713-4365.

Saturday, September 20 -**Veteran Aid & Attendance** Seminar

Quail Park on Cypress, 4520 W. Cypress, Visalia, will host this 10 a.m. event featuring guest speaker Liz Zemke, RN, MS, CCM. "You may qualify for more than you think." For reservations or more information, call (559) 624-3511.

Saturday, September 20 -Midsummer Night's Dream, **Summer Soirée 2025**

Salt + Light will host this event at Tulare Veterans Memorial Building. For tickets (\$150) or more information, call (559) 731-3034 or visit www.saltandlightworks.org.

September 20-21 - Visalia **22nd Annual Home Expo**

This two-day home and patio event returns to the Visalia Convention Center. For more information, visit www.visalia homeshows.com. (See page 23.)

Friday, September 26 - Golf **Event**

AMP Ministries and Hands in the Community are sponsoring this event at River Island Golf Course in Porterville. For more information, call (559) 625-3822 or visit www.hconline.org.

Saturday, September 27 -**Annual Visalia High School Multi-Class Picnic**

This annual event will be held at Arbors 14, 15 an 16 at Mooney Grove Park in Visalia from 11:30 a.m. to 2 p.m. Vendor food will be available. For more information, call (559) 732-8502 or (559) 688-3496.

October 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 information, call (559) 685-2330.

October 1-November 1 -Jose Soria Exhibition

Arts Visalia will present the pintings and installation work of Jose Soria, at Arts Visalia, 214 E. Oak Ave., Visalia. An opening reception on Friday, October 3, from 5-7:30 p.m. For more information, visit www.artsvisalia.org or call (559) 739-0905.

October 2, 9, 16, 23, 30 -**Thursday Night Dances**

These dances, featuring music by Trick Shot, are held 7-10 p.m. at the Porterville Veterans Memorial Building, 1900 W. Olive Ave., Porterville. Tickets are \$5. For more information, call (559) 791-7695.

October 3-4 - Visalia Gleaning Seniors Yard Sale

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

Friday, October 3 - F1rst **Friday**

F1rst Friday in Downtown Visalia, in partnership with the Arts Consortium, will present this free community event with art, food and fun from 5-8 p.m. For more information, visit artsconsortium.org/calendar.











VisaliaHomeShows.com



MORE CALENDAR

(continued from psge 13)

October 3, 10, 17, 24, 31 - Friday Night Dances

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

Saturday, October 4 - The Walk to End Alzheimer's

This annual fund and awareness raising event will be held at Quail Park at Shannon Ranch. (See page 1.)

October 4 - November 29 - Group Photography Art Exhibition

This exhibition of photography will be presented at CACHE, 125 South B St., Exeter. Admission is free. Artist reception will be on October 4, from 4:30-6:30 p.m. For more info, call (559) 592-5900 or visit http://cach-exeter.org/events.

October 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 information, call (559) 651-6714.

October 6-11 - Exeter Fall Festival

The Exeter Chamber of Commerce will host several days of events. For a full schedule, visit www.exeterchamber.com.

Open "Events & Calendar" and click "Exeter Fall Festival."

Wednesday, October 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 information, email Jennifer at meow.2000@yahoo.com.

Thursday, October 9 - Fall Senior Dance

This event for ages 50+, featuring live music by Tina Marie, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, 6-8 p.m. Presale tickets are \$10, \$12 at the door. For more info, call (559) 713-4365.

Saturday, October 11 - Walk with a Doc

This informational walk and talk sponsored by Kaweah Health and held at Blain Park, in Visalia, begins with registration at 8 a.m., followed by a warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. The topic is "Women's Health: Essential Screenings." For more info, call (559) 624-2416.

Sunday, October 12 - Come Hear the Music Play

The Tulare County Historical Society will host this concert and BBQ in the shade at Mooney Grove Park. Social time begins at 3:30 p.m., dinner is at 4 p,m., and the concert is at 5 p.m. Tickets are \$60. For more information, call (559) 786-4972.

Friday, October 17 - Prize B-I-N-G-O

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 1:30 p.m. There is a \$5 "drop-in" fee. For more information, call (559) 713-4365.

Saturday, October 18 -Visalia Taste the Arts

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

Monday, October 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 info, call (559) 737-7443.

Monday, October 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 information, call (559) 737-7443.

Tuesday, October 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 information, call (559) 737-7443.

Tuesday, October 21 - Grief Support Group

American Quality Life Hospice will present this 5:30 p.m. monthly session at Salser & Dillard Life Event Center, 135 E. Caldwell Ave., Visalia. For information, call (559) 409-2665.

Friday, October 24 -Visalia Senior Center Fall Open House

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

(continued on page 15)

HALLOWEEN CARNIVAL



Please Call 559-909-2596 for more information.

MORE CALENDAR

(continued from page 14)

Saturday, October 25 - 11th Annual Trunk or Treat Car Show

Westgate Gardens Care Center, 4525 W. Tulare Ave,, Visalia, will host this event, featuring a bouncy house, face painting and a raffle, from 10 a.m. to 2 p.m. (See ad on page 13.)

Saturday, October 25 -Monarch Murder Mystery Benefit Dinner Theater

This 4-8 p.m. event features dinner, drinks and entertainment. For tickets (\$75) or more information, call (559) 592-5900 or visit http://cach-exeter.org/events.

Sunday, October 26 - Silent Comedies with Dean Mora on the Mighty Wurlitzer Pipe Organ

The Hanford Fox Theatre will present this old-fashioned night at the movies beginning at 4 p.m. Films include Laurel and Hardy in "Habeas Corpus" (1928) and Buster Keaton in "The Haunted House" (1921). Tickets are \$15 downstairs, \$20 balcony (21+ only). For more information, call the Hanford Fox at (559) 584-7423 or visit www.foxhanford.com.

Friday, October 31 -Halloween Luncheon

This event will be held at the

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Visalia Senior Center, 310 N. Locust St., Visalia, at 11 a.m. "Dress up in your favorite costume!" The cost for Visalia residents 55+ is \$6. Tickets must be purchased in advance. For more information, call (559) 713-4365.

Friday, October 31 - Halloween Carnival

Quail Park on Cypress, 4520 W. Cypress, Visalia, will host this event, featuring food and games, from 4-6 p.m. For more info, call (559) 909-2596.

Saturday, November 1 - Día de los Muertos

The Tulare County Hispanic Chamber of Commerce will present this event, featuring live music, food, vendor, drinks, games and dancing, on Church Street in Downtown Visalia from 5-9 p.m. For more info, call (559) 734-6020.

Saturday, November 1 - Tales from the Tomb

City of Visalia Parks and Recreation and the Tulare County Historical Society will present this free event, written by Dallas Pattee and performed by local actors, in the Heritage Cemetery Chapel at Visalia Public Cemetery from 10 a.m.-12:30 p.m. For more information, visit visaliacem.org.



The Granny Basketball League plays a style of basketball that was developed 100 years ago.

Granny Basketball League...

(continued from page 5)

This describes Clark's interest in the league.

"I was a Title IX girl, so when I was a sophomore in high school, all of a sudden our high school had a full court girls' basketball team and nobody knew how to play," she said.

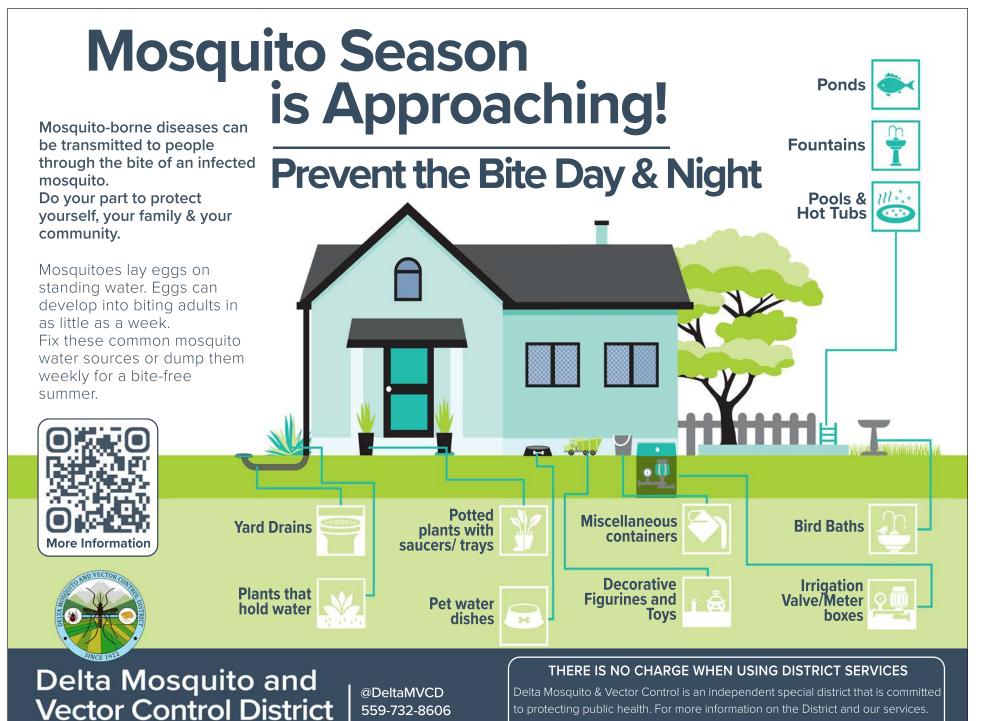
"A lot of women never had a chance to play sports or play basketball," she added. "Their schools didn't include basketball curriculum.

"So we've got women that played six-on-six," Clark said. "We have women that have nev-

Visit the website, or call Monday - Friday 7:00am to 3:30pm.

er played before. Now, women that are 50 or over, a lot of them have played in middle school and high school and college. And so we have a wide range of abilities of women who have played basketball a little or none or a lot.

"But no matter what, our basketball rules are really designed so that everyone can play safely and play the gentler way that women played a century ago," she said. "And it allows us to continue to stay active and have fun, be on a team, and enjoy being a part of Granny Basketball League."



www.DeltaMVCD.gov

QUAIL CORNER

Keeping Your Brain Healthy

Q&A with Kimberly Jensen

What things can I do now to keep my brain healthy in hopes to prevent Alzheimer's/Dementia?

For many years, the medical profession blamed dementia on genetics or old age. Recent studies tracked variables like diet and activities. They came up with surprising and hopeful results. These studies proved that the lifestyle that we live is even more important than genetics and old age when it came to acquiring dementia. Lifestyle is something that we can control early on to help keep our brain as healthy as possible for the long term.

Dr. Neal Barnard, president of the Physicians Committee for Responsible Medicine, is leading the charge on healthy brain living. His focus has been to gather studies from all over America and share them so that we can improve our own brain wellness.

Dr. Barnard picks "berries" as the number one food for reversing or improving Mild Cognitive Disorder, the beginning stage of dementia. If you are forgetting names and words continually or are having trouble balancing your checkbook often, chances are that you may have Mild Cognitive Disorder.

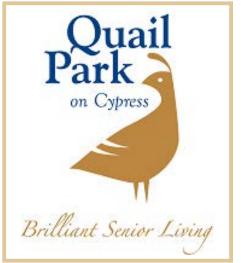
Dr. Barnard states that researchers have found that any colorful berry is packed full of antioxidants that knock out free radicals that are a cause of dementia. It is best for Mild Cognitive Disorder because studies showed that it could reverse or improve the early stages of dementia. Once dementia goes past the first stage, it is too late, so eating blueberries, strawberries, raspberries or blackberries should be part of all our daily diets.

Researchers at the University of Cincinnati showed that blueberry juice or grape juice, to an extent, can help to reverse the effects of Mild Cognitive Disorder. The results could be measured in people who consumed a cup of juice in the morning and then again at night, during a three-month period. (Try to get the kind of juice without sugar additives in it.)

It has been established that vitamin E, not in pill form, but in its natural source like sesame seeds, sunflower seeds and almonds, has been beneficial. The more natural vitamin E you consume, the greater chances you are of not getting Alzheimer's.

In the Chicago Health and Aging Study, they found that those getting more natural vi-

www.aavems.com



tamin E cut their risk by 50% apart from anything else they did in their diet. Just one ounce of sunflower seeds, almonds or sesame seeds is all that is needed to make a difference.

Vitamin B-12 in a dose of 100 to 200 micrograms also showed a significant influence as well as including exercise in your daily routine. Dr. Barnard also found that green leafy vegetables seemed to be associated with less risk of Alzheimer's in those who consumed one or two servings per day.

Researchers at the University of Illinois found that a brisk walk for 40 minutes, three times a week, not only helps reduce Alzheimer's later in life but it also helped to reverse some of its earlier signs. They encourage us to start with 10-minute brisk walks, three times a week and then work up to 40-minute walks. 40-minute brisk walks are the key to receiving the benefits.

Studies have shown that 40-minute walks improved memory tests. The hippocampus, which is the memory center of the brain, normally shrinks with dementia. These brisk walks showed a reversal of shrinkage. A brisk walk is when you feel your pulse elevate but not so fast that you can't talk and walk at the same time.

Dr. Barnard suggests adding sea vegetables to your diet for iodine such as seaweed. Your thyroid needs this to make the thyroid hormone that keeps your brain from shutting down.

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You can find sea vegetables in a powdered form at any health food store. Sea vegetables can also be found in Asian stores. You can include the powdered form in your tea and add a little honey to offset the sea taste if you think the taste is too strong.

Cooked mushrooms are also great for brain health. They are filled with zinc and vitamin D which are very important to have in your diet. Mushrooms support the brain's function. It is important to note that raw mushrooms (particularly shiitake) are high in formaldehyde – you are encouraged to cook them before eating.

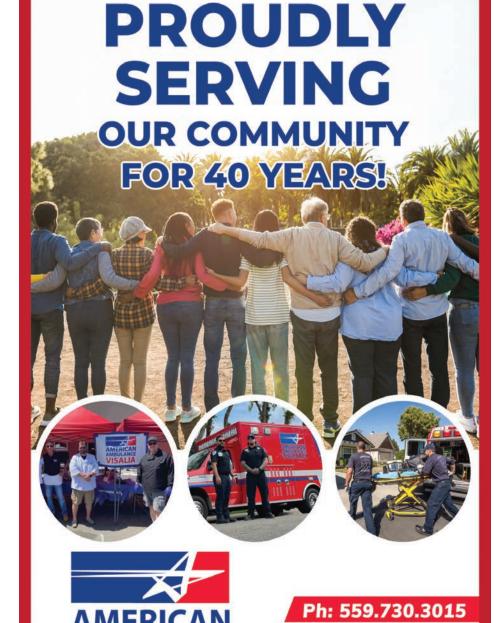
This formaldehyde is produced during the growth of the mushroom and not caused by any external contamination. Though it is said to be safe for consumption, it is far better not to consume it at all.

Studies have shown that alcohol, in modest consumption, (two drinks a day or more), can cause negative brain issues. It is one of the major causes of damage to brain cells. Alcohol also increases the risk of cancer. Even one alcoholic drink per day can increase your risk of breast cancer.

Please consult your doctor before starting any new diet. Your doctor is part of your care team, and their job is to keep you as healthy as possible. They are an important resource to bounce ideas off while our bodies are aging. As we age, we need to be proactive as to what we put in our bodies and how we treat our bodies. You only have one, so take good care of it and it will take good care of you!

Kimberly Jensen has been working with Quail Park as a Senior Resource Advocate for over ten years and has helped hundreds of families find solutions to their senior problems.

If you have a question, you can send it to her at KimberlyJ@ QPCypress.com or call (559) 737-7443.





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People with 'Young Brains' Outlive 'Old-Brained' Peers

By Bruce Goldman

A blood-test analysis developed at Stanford Medicine can determine the "biological ages" of 11 separate organ systems in individuals' bodies and predict the health consequences.

The candles on your birthday cake don't tell the whole story. As anyone who ever attended a high-school reunion can tell you, some people age faster than others.

Whoever put the candles on your cake probably didn't have to guess your chronological age. But research has shown that we also have what's called a "biological age," a cryptic but more accurate measure of our physiological condition and likelihood of developing aging-associated disorders from heart trouble to Alzheimer's

We all guess people's actual ages, almost unconsciously, by scanning their faces for wrinkles, baggy eyes and other telltale signs. But figuring out how old someone's brain, arteries or kidneys are is another matter. The organs tucked inside our bodies are aging at different speeds, too, according to a new study by Stanford Medicine investigators.

"We've developed a bloodbased indicator of the age of your organs," said Tony Wyss-Coray, Ph.D., professor of neurology and neurological sciences and director of the Knight Initiative for Brain Resilience at the Wu Tsai Neurosciences Institute. "With this indicator, we can assess the age of an organ today and predict the odds of your getting a disease associated with that organ 10 years later."

They can even predict who is most likely to die from medical conditions associated with one or more of the 11 separate organ systems the researchers looked at: brain, muscle, heart, lung, arteries, liver, kidneys, pancreas, immune system, intestine and fat.

The biological age of one organ – the brain – plays an outsized role in determining how long you have left to live, Wyss-Coray said.

"The brain is the gatekeeper of longevity," he said. "If you've got an old brain, you have an increased likelihood of mortality. If you've got a young brain, you're probably going to live longer."

Wyss-Coray is the senior author of the study, published online July 9 in Nature Medicine. The lead author is Hamilton Oh, Ph.D., a former graduate student in Wyss-Coray's aroup.

Eleven Organ Systems, 3,000 Proteins, 45,000 People

The scientists zeroed in on 44,498 randomly selected par-



The brain is the gatekeeper of longetivity, according to Tony Wyss-Coray, Ph.D., professor of neurology and neurological sciences.

ticipants, ages 40 to 70, who uals in the study had at least were drawn from a longitudinal data-gathering endeavor called UK Biobank. This ongoing effort has collected multiple blood samples and updated medical reports from some 600,000 individuals over several years. These participants were monitored for up to 17 years for changes in their health status.

Wyss-Coray's team made use of an advanced commercially available laboratory technology that counted the amounts of nearly 3,000 proteins in each participant's blood. Some 15% of these proteins can be traced to single-organ origins, and many of the others to multiple-organ generation.

The researchers fed everybody's blood-borne protein levels into a computer and determined the average levels of each of those organ-specific proteins in the blood of those people's bodies, adjusted for age. From this, the scientists generated an algorithm that found how much the composite protein "signature" for each organ being assessed differed from the overall average for people of that age.

Based on the differences between individuals' and age-adjusted average gan-assigned protein levels, the algorithm assigned a biological age to each of the 11 distinct organs or organ systems assessed for each subject. And it measured how far each organ's multiprotein signature in any given individual deviated in either direction from the average for people of the same chronological age. These protein signatures served as proxies for individual organs' relative biological condition. A greater than 1.5 standard deviation from the average put a person's organ in the "extremely aged" or "extremely youthful" category.

One-third of the individ-

one organ with a 1.5-or-greater standard deviation from the average, with the investigators designating any such organ as "extremely aged" or "extremely youthful." One in four participants had multiple extremely aged or youthful organs.

For the brain, "extreme-ly aged" translated to being among the 6% to 7% of study participants' brains whose protein signatures fell at one end of the biological-age distribution. "Extremely youthful"

brains fell into the 6% to 7% at the opposite end.

Health Outcomes Foretold

The algorithm also predicted people's future health, organ by organ, based on their current organs' biological age. Wyss-Coray and his colleagues checked for associations between extremely aged organs and any of 15 different disorders including Alzheimer's and Parkinson's diseases, chronic liver or kidney disease, Type 2 diabetes, two different heart conditions and two different lung diseases, rheumatoid arthritis and osteoarthritis, and more.

Risks for several of those diseases were affected by numerous different organs' biological age. But the strongest associations were between an individual's biologically aged organ and the chance that this individual would develop a disease associated with that organ. For example, having an extremely aged heart predicted higher risk of atrial fibrillation or heart failure, having aged lungs predicted heightened chronic obstructive pulmonary disease (COPD) risk, and having an old brain predicted higher risk for Alzheimer's disease.

The association between having an extremely aged (continued on page 22)





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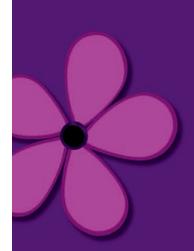
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ERTAINMENT



Nonnas stars Vince Vaughn, Lorraine Bracco, Talia Shire, Brenda Vacarro and Linda Cardellini.

Nonnas Tells Story of Restaurant with Only Grandmothers as Chefs

Most people only get to eat their family's signature dishes on holidays, or whenever they're visiting home. This is not the case in *Nonnas*, Stephen Chbosky's heartfelt drama about a Staten Island restaurant that only serves food prepared by grandmothers.

Nonnas follows Joe (Vince Vaughn), who, after losing his mom and grandmother, turns to their generations-old recipes for solace and direction. With the money from his mom's insurance and a little help from his friends, he opens Enoteca Maria, an old-school Italian spot staffed by four grandmothers, or "nonnas," from different cities in Italy, who share their dishes with the neighborhood.

For director Chbosky, Nonnas was just as personal as Enoteca Maria is for Joe.

"This movie is a love letter to my wife (Liz Maccie), who wrote the film," he said. "Knowing my wife, knowing her family, knowing her Italian background, her childhood in New Jersey – I knew it was going to be a very special movie."

Joe isn't the only character craving the comfort of his family's culinary traditions. He's joined by Olivia (Linda Cardellini), with whom he reconnects at an Italian market years after standing her up at prom, and his best friend Bruno (Joe Manganiello), both of whom have experienced the power of a meal cooked with love.

"I enjoy food and spending time with friends and family – (it's about) connection, and sharing an experience with people you enjoy," said Vaughn, about what drew him to the project. "It's great to have the time with people. The family dinner table is an opportunity to laugh and to try not to argue."

Vaughn and Manganiello had just as much reverence for these legendary actors as their

characters do for the nonnas around whom they build a business.

Bracco described overhearing a conversation between the two men, "The thing that I loved was that I overheard them saying, 'Do you believe these actresses have been in some of the greatest movies that I've loved my entire life? I've seen them in these movies 50 times and do you believe we're getting to work with them?"

"I thought there was something very precious about their enthusiasm to work with us old broads," she added.

As is the case for their characters, Bracco, Sarandon, Shire and Vaccaro found Nonnas offered a chance for exploration.

"What was exceptional and didn't have to be was Stephen allowed freedom," Vacarro said, "We could do anything we wanted to do almost. He let things grow and prosper organically. So I would get up in the morning and say, 'I can't wait to go to work!' It was joy-

Nonnas is currently available on Netflix.

Four Retirees Become Sleuths in The Thursday Murder Club

international bestselling novel of the same name, The Thursday Murder Club follows four irrepressible retirees - Elizabeth Brosnan), Ibrahim (Ben Kingsley) and Joyce (Celia Imrie) who spend their time solving cold case murders for fun.

When an unexplained death occurs on their own doorstep, their casual sleuthing takes a thrilling turn as they find themselves with a real whodunit on their hands.

Directed by Chris Columbus, the film is the latest to be produced through the Netflix and Amblin Entertainment partnership.

"I was one of the many millions who read the book and loved it. I couldn't put it down and was utterly charmed by it," Mirren said. "And reading it, you do think 'This could be a movie.'

"I could tell immediately the character I would be most suitable for," she added. "And my friends who read the book also said, 'If they ever make a movie you have to play Elizabeth."

good character," said Brosnan

Based on Richard Osman's about his character, before turning his attention to what he expects will most resonate with audiences.

"The humanity of age, the (Helen Mirren), Ron (Pierce humanity of these characters, the joy of them," he said. "I think everyone can identify on some level. It's about joy, it's about the sorrow of life, the grief of life, the dreams and expectations that we have, the unexpected relationships that we make in life, and how we move on."

> "Acting is a craft," said Kingsley who plays Ibraham. "It's based on empathy and imagination - a combination of the

> "Interestingly, Ibrahim has that combination of qualities as well," he said. "He's clearly empathetic because he's a psychiatrist and he needs to interpret patterns of human behavior in order to heal. Now he can bring those same skills to a forensic quest to solve unsolved police cases through empathy, knowledge of patterns of human behavior, compassion and imagination."

The Thursday Murder Club "Ron is a stout fellow of is currently playing in theaters.



The Thursday Murder Club stars Celia Imrie, Ben Kingsley, Helen Mirren and Pierce Brosnan.

Adult Services Report...

(continued from page 3)

them to remain independent and safely age in place.

"For our nutrition services, the AAA has 11 senior centers across both counties, and provides nutritional meals and opportunities for socialization," Wyld said. "Additionally, we provide home-delivered meals to homebound seniors and disabled individuals.

"The nutrition program provides opportunities for staff to have eyes on the client to ensure their safety and well-being," she added. "Staff visit the most vulnerable clients that are alone to not only check in, but also provide socialization.'

Telephone reassurance pro-

vides an opportunity to call clients to see how they are doing, and we always do this during an emergency, she said.

"We check in to make sure that the client is okay, whether they need transportation, things like that," Wyld said. "On an annual basis, we do behavioral health assessments to check for things such as depression, loneliness and suicidal thoughts.

"Any client that scores at a certain level has been referred to our behavioral health branch," she added. "And the ombudsman program investigates complaints for those residing in a facility."

The multipurpose senior services program provides both social and healthcare management services to assist individuals to remain safely in their

"And each year, we partner with CSET for Senior Day in the Park," Wyld said. "This event is extremely successful with 1,500 or more seniors attending.

"We also have 55 to 65 vendors that share the services and supports they offer to older adults and individuals with disabilities," she said. "This event also provides opportunities for socialization and entertainment. "

For more information, visit https://tchhsa.org/eng/ human-services and click on Adult Protective Services.

Garden Tips for September and October

By Peyton Ellas Tulare-Kings County Master Gardener

Perhaps you have noticed the days are getting shorter? A sure sign that summer is winding down and fall is around the corner. I think of the garden year not from January-December, but from autumn to autumn, since so much of our garden creation and re-creation happens in the fall. The first half of September is preparation, and the second half is when the action really begins.

Planting

The vegetable garden transitions from warm to cool season, so there will be some of each in the beds this month. My tomatoes must stay in longer because they are setting better fruit now than they did in summer. But I'm cleaning out the rest of my old tired, buggy squash and melon plants and will let the beds rest a few weeks, before planting seedlings of broccoli, cabbage and cauliflower.

You can also plant seeds of carrot, lettuce, parsley, green onions, peas, radish, chard and other greens, turnips, seed potatoes and flowers like calendula, alyssum, snapdragon and poppies. You can also start planting trees and perennials



Snapdragon

or wait another month.

In our area, October is the best month for planting. As always, try to plant in the cool mornings and avoid planting if high temperatures are forecast. This is a great time to plant your ornamental perennials for next spring and summer. The warm fall days will give them time to get established, while winter will get their roots developed for a long, hot summer. Think of drought-tolerant plants such as salvias, butterfly bush, ceanothus, daylily, coreopsis or sunflower.

Maintaining

Pay attention to anything you plant this month. In the



Marigolds



Broccoli

vegetable garden, aphids and white fly may still be active, and earwigs will be emerging from summer siesta. Continue with ant baits in edible and ornamental beds. Trees and perennials you plant will need to be monitored closely if the weather remains hot all month.

September is also clean up month in the ornamental beds. Trim and prune shrubs, evergreen trees, and flowers. Trim and divide bulbs, corms and tubers and replant by Thanksgiving. Dispose of any remaining fruit and nuts on trees or on the ground. Aerate cool season lawns. Keep plants free of dust to discourage spider mites.

You can apply pre-emergent herbicide for cool-season weeds starting this month or wait and hope for rain to water it in for you. Watch for blue grass, brome and other non-native weedy grasses to emerge and use a hoe or hand pull to through May, with weekly reduce their numbers.

Compost can be topdressed in all beds, and go ahead and add mulch beginning this month. Check soil moisture with a monitor or your finger to adjust watering as the weather changes. Heat waves may occur, so be ready to pre-irrigate as needed to keep plants stress-free.

Conserving

While you're trimming and slashing your way through for wildlife you want to conserve. Lizards, spiders, toads well-managed garden. Keep tions: the bird baths full (but watch UC_Master_Gardeners/ for mosquito larvae). Trim flowers off tropical non-native milkweeds, or better yet, replace with a species that is native to

your area. Consider replacing a few more high-water-use ornamental plants with those that thrive on less water. Consider creating a seasonal garden, including some plants that are dormant in summer.

Is that a new idea to you? Growing to understand and work with our particular climate is part of our role as gardeners of a true California garden. It's a lot easier than fighting against weather, lack of water and wildlife. Have a productive and fruitful Autumn!

Are You Interested in **Becoming a Master Gardener?**

Our next class will begin in January 2026 and run classes. For more information, visit: https://ucanr.edu/site/tulare-kings-master-gardeners/ become-master-gardener.

If interested, please fill out a survey: https://surveys.ucanr. edu/survey.cfm?surveynumber=10225.

Questions?

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

Kings County: (559) 852the garden, keep an eye out 2736, Thursday only, 9:30-11:30 a.m.

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Green Onions





(Above left) This postcard image of the hospital is from the 1940s. (Above right) An interior room of the hospital.

The dreaded Tuberculosis (TB) germs have been around for thousands of years. This debilitating and contagious disease is caused by a bacteria that attacks the lungs and can lead to death. The writer George Orwell, the poet John Keats and Doc Holliday, the famous Old West gunfighter, all had TB and died with the disease.

It has infected millions of people throughout the world. Before effective drugs were discovered, those that caught the terrible bug didn't have many treatment options. Care was usually limited to rest, isolation, special diet and fresh air, which oftentimes required patients to move to drier climates. The lucky ones were placed in sanitariums.

Tulare County did not escape the terrible scourge either. In 1918, for example, there were 69 TB deaths recorded in Tulare County, while neighboring Kings County had 37. The two counties knew something needed to be done, so local health officials consulted with Mrs. E. L. M. Tate-Thompson, director of the Bureau of Tuberculosis at the California State Board of Health, for answers. She recommended building a sanitarium. Initially, the plan involved Tulare, Kings and Kern counties, but Kern eventually pulled out of the deal.

So Tulare and Kings joined forces to build a TB treatment fathe Tulare-Kings Joint Tubercular Hospital. The cost would be split with Tulare County paying 74% and Kings County paying the remaining 26%.

For two months, they searched for a suitable location on which to build. They eventually chose the 40-acre "old Elster homestead" in Springville. It seemed ideal "at an elevation

sufficiently high and with excellent railroad and highway connections, making it easily accessible to both counties." Director Thompson also liked the location because it "was sheltered from the wind and there was no fog."

The construction project was put out for bid in July 1918, and it was awarded to S.G. Smartt for \$16,574. The Bakersfield contractor began work in August. By early 1919, as the hospital was nearing completion, Thompson already declared that it was the finest hospital she had seen in California.

On June 6, 1919, the hospital was finished and Christine Henderson, the newly appointed superintendent of the hospital, hosted a grand opening with a tour of the grounds and buildings. She encouraged visitors to bring a donation to the hospital – one that would add to the "pleasure of hospital patients."

What visitors saw on tour was impressive. The new infirmary building was 195 feet long and held 32 beds. It had two wings, one for men and the other for women. At the end of each wing was a large sunroom for patients to sit and relax. Some of the rooms were specifically equipped to accommodate "very sick patients." The building had a nurse's office and "diet kitchen."

When the land was purcility – one that would be called chased, a nice home was already on the property, so it was kept and remodeled into an administration building. Inside was a large kitchen, a dining room, sitting rooms and a treatment room. The upstairs had quarters for the nurses and

> The hospital complex was equipped with a modern septic tank as part of its sewer sys-

Dusting Off History with Terry Ommen



tem. A fresh water spring on the property, previously used by the Elster family, provided "pure mountain water" to the hospital.

Patients seeking admittance were charged based on "what they can pay." Charges for indigent patients were paid by the

The hospital proved to be popular and never had a shortage of patients. Eventually, additional property around the hospital had to be purchased. In 1949, a new 140-bed infir-

mary was built at the Springville site. Also for a time, an additional emergency TB unit was operating at the old World War II Sequoia Field pilot training facility north of Visalia.

As effective antibiotics were found in the 1940s, death rates were reduced, but the disease was not eradicated.

In September 1970, the TB hospital in Springville closed. Today it still stands as a reminder of bygone days of medicine. The infirmary building is now Sequoia Dawn Apartments.



The former hospital facility is now the Sequoia Dawn Apartments.

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'Young Brains'...

(continued from page 17)

brain and developing Alzheimer's disease was particularly powerful - 3.1 times that of a person with a normally aging brain. Meanwhile having an extremely youthful brain was especially protective against Alzheimer's – barely one-fourth that of a person with a normally aged brain.

In other words, someone with a biologically old brain is approximately 12 times as likely to receive a new diagnosis of Alzheimer's disease over the next decade or so as someone the same age with a biologically young brain.

In addition, Wyss-Coray said, brain age was the best single predictor of overall mortality. Having an extremely aged brain increased subjects' risk of dying by 182% over a roughly 15-year period, while individuals with extremely youthful brains had an overall 40% reduction in their risk of dying over the same duration.

Predicting the Disease, Then Preventing It

"This approach could lead to human experiments testing new longevity interventions for their effects on the biological ages of individual organs in individual people," Wyss-Coray said.

Medical researchers may, for example, be able to use



Tony Wyss-Coray, Ph.D.

extreme brain age as a proxy for impending Alzheimer's disease and intervene before the onset of outward symptoms, when there's still time to arrest it, he said.

Careful collection of lifestyle, diet and prescribed- or supplemental-substance take in clinical trials, combined with organ-age assessments, could throw light on the medical value of those factors' contributions to the aging of various organs, as well as on whether existing, approved drugs can restore organ youth before people develop a disease for which an organ's advanced biological age puts them at high risk, Wyss-Coray added.

"This is, ideally, the future

of medicine," he said. "Today, you go to the doctor because take a look to see what's broken. We're trying to shift from sick care to healthcare and intervene before people get organ-specific disease."

is available only for research purposes now, Wyss-Coray has plans to commercialize it. He is a co-founder and scientific officer of Teal Omics and Vero Bioscience, two companies to which Stanford University's Office of Technology Licensing

has licensed technology developed in this and related resomething aches, and they search for commercializing for new drug targets and a consumer product.

The test could be available in the next two to three years, Wyss-Coray said. "The cost Although the analytical tool will come down as we focus on fewer key organs, such as the brain, heart and immune system, to get more resolution and stronger links to specific diseases."

> (Reprinted by permission of Stanford Medicine.)

Mindfulness Meditation...

(continued from page 4)

wellness, this study provides while the study demonstrates compelling evidence for its cognitive benefits, too. The improvement was particularly apparent in attention control, a mental ability that is crucial for everything from driving to reading to social interactions.

Importantly, the study also compared the effects of the mindfulness intervention to an audiobook control. While both groups showed some improvement in attention, mindfulness participants improved more quickly and more significantly in certain areas, particularly reaction speed.

What's Next

The researchers note that tology (gero.usc.edu).

promising short-term benefits, future studies should explore whether longer or more intensive mindfulness training could produce even greater effects, especially for older adults facing age-related cognitive decline.

"We're excited about the potential of digital mindfulness interventions to help people support their brain health," Kim said. "It's simple, low-cost, and widely accessible. The key is consistency."

Article courtesy of the USC Leonard Davis School of Geron-





Visalia Home Expo to Return to Convention Center

The 24th Annual Visalia Home Expo will be held at the Visalia Convention Center on September 20-21. The event features virtually evertything needed to improve and decorate your home, as well as informational booths with community organizations such as the Visalia Gleaning Seniors. This year's Street of Dreams will offer ideas, current trends and inspiration. Local DJs will do remote broadcasts and there will be opportunities to win prizes including charcuterie boards, a solar umbrella, and a rocking chair from Savon Furniture. Foods at the event will include southern barbecue and Mexican specialties. Desserts will include caramel apples, gourmet roasted nuts and snow cones.



Quail Park on Cypress Helps Make Child's Wish Come True

When the residents and team members at Quail Park on Cypress learned about 5-yearold Isla's heartfelt wish to visit a sunny beach in Florida with her family, they were inspired to take action. Partnering with the Make-A-Wish Foundation of Central Coast and Southern Central Valley, the senior living community hosted a fundraising event to help make Isla's dream a reality.

On June 20, Quail Park hosted "Sip & Savor: A California Wine & Craft Brew Experience," a special event designed to raise funds for Isla's wish. During the event, representatives from Make-A-Wish presented Isla with a ceremonial check symbolizing the fulfillment of her wish. The more than \$2,000 raised at the event went directly towards supporting Isla's upcoming trip.

Isla, an energetic and creative five-year-old from Exeter, loves swimming, arts and crafts, and spending time with her four siblings.

Her journey has not been easy - she battled a life-threatening bacterial infection that led to multiple organ failures and a three month hospital stay. Her recovery has been Isla with her family and Marslow and ongoing, with many medical appointments and Foundation



Isla

surgeries.

For more information, call Quail Park on Cypress at (559) 624-3500.



cy Reed from the Make A Wish



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