

IN THIS ISSUE: Visalia Ransacker Investigation, Fall Vegetable Gardens, Genealogy's Popularity, Companion Robots, Hilarity for Charity

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VIII, Number 4 • September/October 2021



Artist's conception of what an aquatic facility could look like in Visalia.

Proposed Visalia Aquatics Complex Seeks Supporters

By Steve Pastis

The City of Visalia may have an aquatic facility in the near future if a current proposal is able to clear enough hurdles.

"I'll probably be ready to make a presentation to the (Visalia City) Council in the next month or two," said Visalia City Council Member Greg Collins, who added that he is currently "touching base with potential donors."

Collins made a PowerPoint presentation to the Visalia Parks & Recreation Commission on June 8, when he announced that California Water Service was interested in securing the naming rights of the complex and was willing to donate \$500,000 over 10 years, which would be used to reduce annual maintenance costs.

Collins also plans to submit a grant application to the Visalia Rotary Community Foundation.

"We're trying to find some other donors before we make a presentation to the council and before we go public," Collins said. "We're trying to make this a community effort to exhaust all opportunities for raising money."

"If the council says yes, then I will lay out opportunities for people to pick a lane," he said about plans to offer naming rights for each of the 20 racing lanes in the pool for \$25,000, with the goal of raising \$500,000. "We already have a couple of individuals who've indicated they would be interested."

Current plans for the aquatic
(continued on page 14)

Alzheimer's Walk Returns to Mooney Grove Park on Oct. 2

Tulare and Kings County residents are invited to participate in the Alzheimer's Association's Walk to End Alzheimer's on Saturday, October 2, at Mooney Grove Park in Visalia.

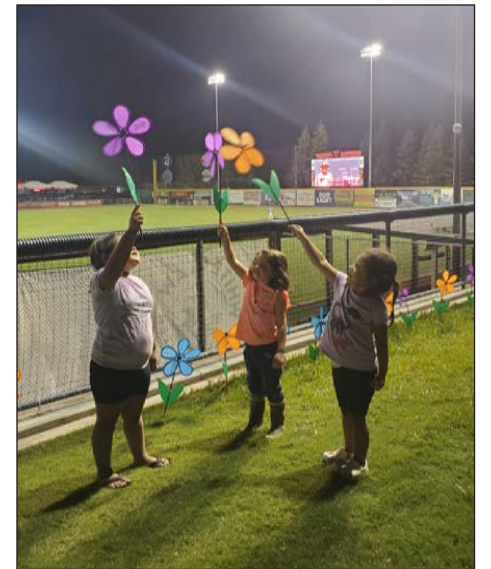
Participants will complete a two-mile walk and learn about Alzheimer's disease, advocacy opportunities, clinical studies enrollment, and support programs and services from the Alzheimer's Association. Participants will also take part in a tribute ceremony to honor those affected by Alzheimer's disease.

On walk day, participants honor those affected by Alzheimer's with the poignant Promise Garden ceremony – a mission-focused experience that signifies solidarity in the fight against the disease. The colors of the Promise Garden flowers represent people's connection to Alzheimer's – their personal reasons to end the disease.

Registration for the Walk to End Alzheimer's (for those who don't register online) begins at 8 a.m. A 15-minute ceremony is scheduled to begin at 9 a.m.

Because of the pandemic, no walk was held at Mooney Grove Park last year. Instead, participants were instructed to gather in small groups and walk around their own neighborhoods.

"Last year, was very in-



The effort to end Alzheimer's involves people of all ages. Pictured above at the August 3rd Visalia Rawhide game, where local businesses and community members held a pre-game event to bring attention to the disease and the walk, are (left to right): Lily Regalado, Penelope Wallace and Rosie Regalado.

teresting, but the passion did not subside," said Sherrie Wallace, event chair. "We made our goals. The virtual platform (developed last year) reached out to more people so we're having it again this year."

With COVID-19 still having an impact on social interactions, event planners are incorporating "a social distancing element" to keep participants safe.

"We're trying to encourage people to register online before the event so there's not so much contact," said Wallace. "People can also participate online. They can watch a pre-recorded national broadcast before walking in their area."

Even with the safety precautions, this year's event will be similar to the 2019 event, said Amanda Valenzuela, development manager of the Alzheimer's Association's California Southland Chapter.

"We will make sure that everyone feels welcome and as part of a caring community," she said.

Valenzuela was asked why she participates in the local walk.

"It's a personal mission as well as a professional one."

(continued on page 4)

COVID-19 Makes a Comeback in the South Valley

It really did seem that things were changing and that life was getting back to normal. After all, the state lifted its mask mandate in June.

Unfortunately, the one constant in recent months continues to remain constant. There are still mixed messages about how much is back to normal.

2021 Visalia Senior Games

"The Visalia Senior Games will not be held in 2021," said Laurissa Roggenkamp, recreation manager for the City of Visalia Community Services Department. "Recreation staff will be posting a notification on the Visalia Senior Games web-



The 2021 Visalia Senior Games have officially been cancelled.

site and social media pages."

"Things are starting to get worse," explained Jeremy Rogers, community services director about the decision to

cancel the games.

Local Senior Events

Kings County continues to offer classes attended by local seniors, including adult swim lessons, aerobics and Zumba.

The Senior Day in Burriss Park will be cancelled again this year, however.

The Visalia Senior Center opened last month for indoor dining, but the drive-thru lunch program is being discontinued. Lunch is served Monday through Friday.

"The Senior Center Fall Open House will not be held in 2021 as staff will be focusing

(continued on page 4)

COVID-19 Booster Shots 'Needed'

On August 18, public health and medical experts from the U.S. Department of Health and Human Services released the following statement calling for COVID-19 booster shots:

"The COVID-19 vaccines authorized in the United States continue to be remarkably effective in reducing risk of severe disease, hospitalization and death, even against the widely circulating Delta variant. Recognizing that many vaccines are associated with a reduction in protection over time, and acknowledging that additional vaccine doses could be needed to provide long-lasting protection, we have been analyzing the scientific data closely from the United States and around the world to understand how long this protection will last and how we might maximize this protection.

"The available data make very clear that protection against (COVID-19) infection begins to decrease over time following the initial doses of vaccination, and in association with the dominance of the Delta variant, we are starting to see evidence of reduced protection against mild and moderate disease. Based on our latest assessment, the current protection against severe disease, hospitalization, and death could diminish in the months ahead, especially among those

who are at higher risk or were vaccinated during the earlier phases of the vaccination rollout. For that reason, we conclude that a booster shot will be needed to maximize vaccine-induced protection and prolong its durability.

"We have developed a plan to begin offering these booster shots this fall, subject to FDA conducting an independent evaluation and determination of the safety and effectiveness of a third dose of the Pfizer and Moderna mRNA vaccines, and CDC's Advisory Committee on Immunization Practices issuing booster dose recommendations based on a thorough review of the evidence.

"We are prepared to offer booster shots for all Americans beginning the week of September 20 and starting eight months after an individual's second dose. At that time, the individuals who were fully vaccinated earliest in the vaccination rollout, including many health care providers, nursing home residents, and other seniors, will likely be eligible for a booster. We would also begin efforts to deliver booster shots directly to residents of long-term care facilities at that time, given the distribution of vaccines to this population early in the vaccine rollout and the continued increased risk that COVID-19 poses to them."

VETERANS CORNER

Veterans ID Cards

Are you aware that as a veteran you might be eligible for discounts at participating merchants that you might do business with? You have a few options to get a Veterans ID card to show these merchants.

The first option is a Department of Defense (DoD) Identification Card, which is used to show military status and get access to services at military bases. You may also use this card to get discounts available to veterans. If you have this ID, you need not apply for any others. You might be eligible for the DoD Identification Card if one of the following is true:

- Retired from the military, or
- On active duty, or
- In the National Guard, the Reserves, the Selected Reserves, or Inactive Ready Reserve.

Your second option is the Veteran Health Identification Card (VHIC). This identification card is issued by the Veterans Administration Health Care System. This is the card that you will use to check in for your medical appointments at VA Medical Centers, and you can also use this card for discounts. If you have this ID, you need not apply for any others. To receive the ID, you must be enrolled in VA health care.

Your third option is the Veteran ID Card (VIC), which is a form of photo ID you can use to get discounts offered to veterans at many stores, businesses and restaurants. Like the cards above, when you have this one, you need not apply for any of the others. To be eligible you must meet both requirements below:

- Served on active duty, in the Reserves, or in the National Guard (including the Coast Guard), and
- Received an honorable or general discharge (under honorable conditions).

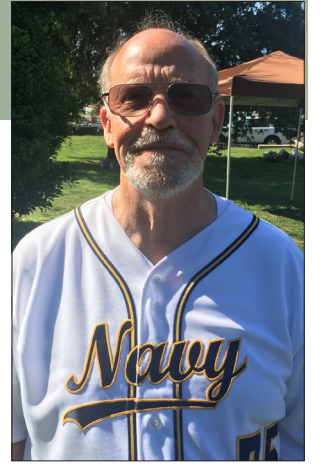
If you received a bad conduct or dishonorable character discharge, you're not eligible for the VIC. You can apply for the VIC online at the following website: <https://www.va.gov/records/get-veteran-id-cards/vic/>

Currently, your last option is to have veteran's designation added to your state-issued driver's license or ID. Currently all 50 states and Puerto Rico offer this designation. In California, you may apply for this designation with a form that can only be provided by the County Veterans Services Office. We will complete the form that is required; the VSD-001 is the current form. We will need to verify your service with a copy of your DD-214. To be eligible, you must meet both requirements below:

- Served on active duty, in the Reserves, or in the National Guard (including the Coast Guard), and
- Received an honorable or general discharge (under honorable conditions).

If you received anything other than an honorable discharge, you're not eligible for the veterans designation.

Ken Cruickshank, the Veterans Services Officer for Tulare County, is a retired Navy Master Chief Petty Officer. Contact him at the Veterans Services Office at 3348 W. Mineral King Ave., Visalia; by phone at (559) 713-2880; or by email at KCruicks@tularehhsa.org.



Ken Cruickshank

Cognitive Health for Seniors at Prestige



FREE WEBINARS in September and October to Discuss Cognitive Health in Seniors

At **Prestige Assisted Living at Visalia**, we understand that cognitive health is a primary concern for both seniors and their loved ones. We have webinars coming up in both September and October dealing with cognitive health in seniors that you won't want to miss:

SEPTEMBER WEBINAR: Brain Health with Ryan Glatt

On **Tuesday, September 28 at 10:30 a.m.** Pacific time we're hosting a free webinar for seniors and their loved ones on the topic of brain health **with Ryan Glatt, MSc, Research Associate and Brain Health Coach at Pacific Neuroscience Institute.**

The webinar will focus on the course of cognitive aging, effects of exercise on the brain and cognition, and the benefits of combining both physical exercise and cognitive stimulation exercises.

To sign up, visit PrestigeCanHelp.com.

OCTOBER: Q+A SESSION with David Troxel

On **Thursday, October 28 at 2 p.m.** Pacific time, noted **Alzheimer's Disease and dementia expert David Troxel** will host a Q+A session on the topic of memory loss. It's your chance to ask general questions about the disease or bring up a topic specific to you or a loved one.

To register for the Q+A, visit PrestigeCanHelp.com beginning October 1 when the sign-up goes live.



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Who's Your Daddy? Genealogy Surges During Pandemic

By Larry Kast

In the quest to fill time while in pandemic isolation, and more importantly find a sustainable senior hobby, we turn to the time-consuming yet injury-avoidant pursuit of genealogy.

And I quickly find the inability to answer Jeopardy-like questions such as "Where did Grandma and Grandpa move here from?" So it was time to turn to the experts, the Genealogical Room inside the Tulare Public Library.

It's a place renown for the resources available to the general public, which not only includes volunteers to assist newbies with their Leonard Nimoy-like excursions, but also offers free access to the well-known website Ancestry.com. According to the City of Tulare website, the room has one of the largest collections of genealogical materials in Central California. That includes scores of area newspapers on microfilm dating back to 1892, and more than 7,000 volumes of various genealogy-related reference books and publications.

"We've had people from Fresno to Bakersfield come use the room," said Dan Van Weerdhuizen, vice president of the Sequoia Genealogy Society, whose main role, among other things, is to find speakers for the society's monthly meetings. Dan, a former radio ad salesman, has quite a passion for genealogy that includes an enthusiasm that could sell heaters to Hawaiians.

While Wikipedia defines genealogy as "the study of families, family history and the tracing of their lineages," Dan describes it a little differently.

"It's a sickness," he said. "You get hooked and just keep going."

"Say you want to find who your mother's grandfather was," he continued. "(The volunteers) can find him and four generations back, where he was born, and who his brothers were and where they might be

buried. And there's a chance, if it's available, they could have pictures of the marker."

But he warned that not all searches end in good news.

"You could find out more than you want to find out," he said. "We help you find your in-laws as well as your outlaws."

In addition to the county-provided birth, death and marriage certificates, as well as cemetery indexes, the genealogy room offers assistance, helping to steer explorers toward their desired destination. It all starts at the same place, with the basics, long before you'll dig into city phone directories or census data.

"The first thing I'll do is give you one of these," said society president Lorene Clark, holding up a large piece of paper resembling a March Madness basketball bracket. "It's an ancestor chart. It has places where you can start with you or your mother or father."

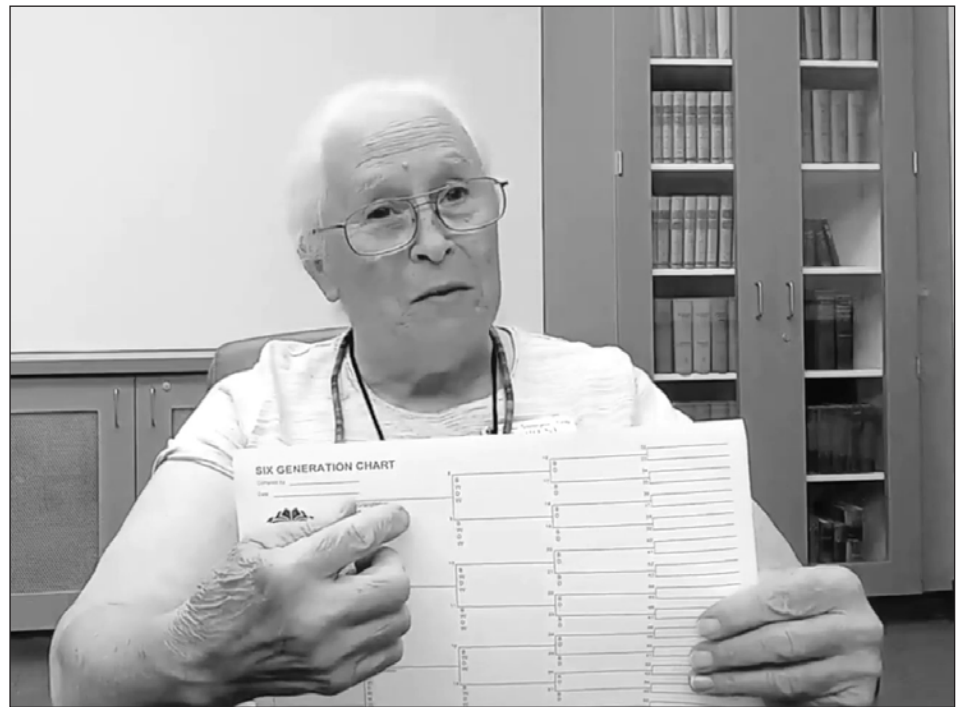
Beginners take the chart home and fill out as much information as they know about their lineage, including when they were born, when they were married, when they died.

"It's amazing how far back you can go, or what usually happens is that it doesn't take long and you'll end up with gaps (in the information)," she said. "Those gaps are what we help you fill in. It's what I call your homework."

Once the chart is completed as much as possible and is brought back, the volunteer helps show where someone can turn to help fill in the missing information.

For those inclined to work without help, there are seemingly countless data sources that can be used to find a variety of information about someone in the past. One such resource is access to Ancestry.com, which is paid for by the library. "There's also several (other websites) the society helps pay for to make available to people to research."

Most of the books and ma-



Society president Lorene Clark explains where newbies needing help will begin through the use of an ancestor chart.

terials in the room are reference books, which aren't available to take home. However, there is a small collection of books about genealogy or local history that are available for check out.

While the sign above the door says "Hillman Family Library of Local History & Genealogy," the compendium is owned and managed, and the room staffed for the library by the Sequoia Genealogical Society. It is located at the far south end of the Tulare Public Library at 475 North M Street in Tulare, and appointments are required. The room has a limit of two patrons at a time, and is open to the public from Tuesday through Friday from 1 to 5 p.m.

The Sequoia Genealogy Society was incorporated in 1973 and is a 501(c)3 nonprofit, and offers annual memberships for \$20, or a lifetime membership for \$100, and uses the money to purchase additional resources to make available to the public. During months when not shut down by the COVID pandemic, the society holds monthly meetings that include speakers.

You do not need to be a member to use the room, but there can be small fees when things like copies or prints from microfilm readers are requested. Extensive research such as requesting society volunteers spend time researching elsewhere at places like the County Courthouse would result in possible charges.

"We do get quite a few people from out of town who may have lived here at one time who ask what they can do," said Clark, adding that they can be helped as well. In such instances interested individuals can email requests for help at tule-roots@sbcglobal.net or call the Genealogy Room at (559) 685-4518.

Written correspondence can be sent to the society at PO Box 820, Tulare, CA 93275.

And then there are the stories of remarkable finds.

One such incident was over the loss of a Purple Heart medal. Discovered in a Bakersfield pawn shop by a man who purchased the medal that was inscribed with the soldier's name, he reached out for help trying to track down the recipient's family.

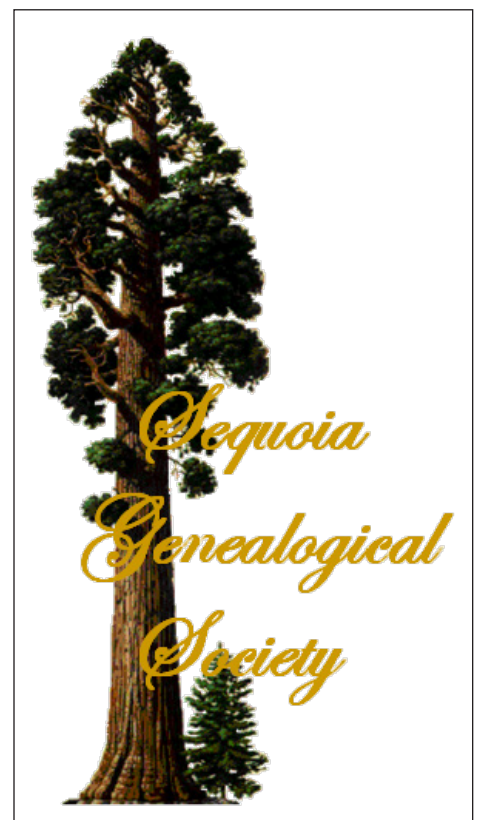
"An ROTC group at a Bakersfield High School got involved trying to find out who this soldier was," said Clark. "They contacted the Genealogy Room right here in Tulare. One of our volunteers took down their information and started doing a lot of research and was eventually able to track down his family in Kings County," she said, adding that the medal was able to be returned to the family, drawing media attention to the story at the time.

"Sometimes people come in wanting to do research and they don't even know the name of their grandparents," she said. "One lady came in, after doing a lot of research and one day said, 'There they are. There's my family.' Tears were running down her face. We know how important this is to them."

For more information or to make an appointment, call (559) 685-4518 or the library's main number at (559) 685-4500.



The Sequoia Genealogical Society can help you find local family photos, such as this early 20th century one of Stella Bender (driving), Mrs. Bardsley (sitting in back seat), and (standing, left to right): Mrs. Walker, Mrs. Bardley's young daughter, and Stella Bender's parents.



COVID-19 Comeback...

(continued from page 1)

on rebuilding the community enrichment programs for seniors and then build towards rehosting large special events such as the Open House," said Roggenkamp.

The Tulare Senior Center's "Grab and Go" lunch program is still happening, according to Ashlee Winslow, the city's new recreation supervisor.

"I hope that eventually we can get back to a 'normal' but we will have to see what happens," she said. "As we move forward, all I can do is hope that state and local guidelines allow us the chance to get back to normal."

After the pandemic forced last year's Walk to End Alzheimer's from Mooney Grove Park in Visalia to neighborhood walks throughout the South Valley, the event will return to its traditional location this year. (See article on page 1.)

Hospital Visitor Guidelines

On August 6, Kaweah Health modified its visitor

guidelines in an effort to better protect the health and safety of its patients and visitors.

Kaweah Health went from 10 COVID-19 patients on July 23 to 54 COVID-19 patients two weeks later. Eleven of those patients were in the ICU.

From 9 a.m. to 9 p.m. daily, patients who are not COVID-19 positive can have one visitor each day. Visitors will be screened for symptoms of COVID-19 and required to wear a mask while in healthcare facilities.

Entertainment Venues

Some entertainment venues have already started scheduling shows, including the Visalia Fox Theatre, which lists shows on September 17, and October 8 and 23 on its website.

The Hanford Fox Theatre, however, has no shows planned at this time.

"Since we don't know what's happening one month to the next it's really hard to plan," Libby Humason, Hanford Fox co-owner, told ABC30.



Distributing Alzheimer's Association information before the August 3rd Visalia Rawhide game are Amanda Valenzuela, Ashley Sodergren and Emery Valenzuela.

Alzheimer's Walk...

(continued from page 1)

she responded. "I cared for my grandmother. I was her caretaker. Even though it wasn't diagnosed, her parents both had it."

"I walk for my great-grandmother Mercedes," said Wallace. "The importance of this event is significantly important so we can continue allocating valuable resources in our community to those affected by this devastating disease."

"My grandmother is starting to show signs of the disease," she added. "I believe it's hereditary, so I feel I have a chance of getting the disease."

More than six million Americans are living with Alzheimer's disease, the only disease among the top 10

with causes that cannot be cured, prevented or even slowed. One in three seniors are currently expected to die from Alzheimer's or another dementia. Additionally, more than 11 million family and friends provide unpaid care to people with Alzheimer's and other dementias in the U.S.

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

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

For more information, visit alz.org/walk or call (661) 437-8148.

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Hilarity for Charity Raises \$13 Million for Alzheimer's Relief

Founded in 2012 by Seth Rogen and Lauren Miller Rogen, Hilarity for Charity (HFC) is a national non-profit organization whose mission is to care for families impacted by Alzheimer's disease, inspire the next generation of Alzheimer's advocates, and be leaders in brain health research and education.

HFC is accelerating progress in Alzheimer's care, prevention and support. Through its signature celebrity events, HFC also raises much-needed awareness about this disease.

HFC launched a Brain-Health Dinner Series, hosted nine star-studded variety shows and one comedian-filled carnival, and has a comedy special currently streaming on Netflix. In 2020, HFC hosted its first-ever virtual game show, "Hilarity for Charity's Head to Head."

With the support of its donors, HFC has raised over \$13 million and awarded over 325,000 hours of in-home care relief to Alzheimer's family caregivers through its North American Caregiver Respite Grant Program.

HFC aims to support family caregivers throughout their Alzheimer's caregiving journey by providing free and tailored services focused on emotional support, respite, skill-building, coaching and brain health education. Its goal is to transform

the caregiving experience for young people and families impacted by Alzheimer's disease, increasing their well-being and helping them thrive.

In addition to providing caregiver respite, HFC organizes online support groups to build caregiver community and connectivity, engages young people across the country to become Alzheimer's advocates, funds prevention-focused and brain-health research, and teaches people how to care for the health of their brains today, so they can reduce their risk tomorrow.

While HFC is a relatively recent addition to the national Alzheimer's nonprofit space, with an annual audience in the hundreds of thousands, it is uniquely situated to generate awareness about the disease among the general public. HFC's celebrity reach and cultivation of a humorous, irrever-



Hilarity for Charity founders Lauren Miller Rogen and Seth Rogen



Among the celebrities participating at Hilarity for Charity's Third Annual New York City Variety Show were (left to right): Paul Rudd, Seth Rogen, Colin Hanks, Amy Schumer and Jim Gaffigan.

ent tone has made it a nationally-visible entity that effectively brings Alzheimer's discussions into a variety of popular culture platforms.

HFC comedy specials, innovative events, and Lauren and Seth Rogen's press interviews operate in tandem with savvy social media content, awareness campaigns, a national storytelling contest, and ongoing brain health offerings to end the shame, secrecy and stigma associated with Alzheimer's disease.

Comedian and actor Seth Rogen is married to screenwriter, actress and director Lauren Miller Rogen. Early in the couple's relationship, Lauren's mother was diagnosed with Alzheimer's disease. From that moment on, Seth and Lauren

have used their platforms to raise awareness for the disease and inspire others to do the same.

Alzheimer's is an isolating disease that often isn't talked about in the same manner as other illnesses. This stigma can prevent people from seeking out the support and resources they need, which makes raising awareness critical for delivering the best care.

As Lauren Miller Rogen says, "Let's bring more light to the darkness through the families that we can help, and the work that we can do together to end Alzheimer's."

For more information about Hilarity for Charity, to make a contribution or to get on the group's email list, visit <https://wearehfc.org>

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Immune System 'Clock' Predicts Illness and Mortality

By Bruce Goldman
Stanford Office of Communications

You're as old as your immune system.

Investigators at the Stanford University School of Medicine and the Buck Institute for Research on Aging have built an inflammatory-aging clock that's more accurate than the number of candles on your birthday cake in predicting how strong your immune system is, how soon you'll become frail or whether you have unseen cardiovascular problems that could become clinical headaches a few years down the road.

In the process, the scientists fingered a bloodborne substance whose abundance may accelerate cardiovascular aging. The story of the clock's creation was published July 12 in *Nature Aging*.

"Every year, the calendar tells us we're a year older," said David Furman, Ph.D., the study's senior author. "But not all humans age biologically at the same rate. You see this in the clinic – some older people are extremely disease-prone, while others are the picture of health."

This divergence, Furman said, traces in large part to differing rates at which people's immune systems decline. The immune system – a carefully

coordinated collection of cells, substances and strategies with which evolution has equipped us to deal with threats such as injuries or invasions by microbial pathogens – excels at mounting a quick, intense, localized, short-term, resist-and-repair response called acute inflammation. This "good inflammation" typically does its job, then wanes within days.

Chronic Inflammation

As we grow older, a low-grade, constant, bodywide "bad inflammation" begins to kick in. This systemic and chronic inflammation causes organ damage and promotes vulnerability to a who's who of diseases spanning virtually every organ system in the body and including cancer, heart attacks, strokes, neurodegeneration and autoimmunity.

To date, there have been no metrics for accurately assessing individuals' inflammatory status in a way that could predict these clinical problems and point to ways of addressing them or staving them off, Furman said. But now, he said, the study has produced a single-number quantitative measure that appears to do just that.

Furman directs the Stanford 1000 Immunomes Project and is a visiting scholar at Stanford's Institute for Immunity, Transplantation and Infection. In ad-



David Furman, Ph.D.

dition, he's an associate professor at the Novato-based Buck Institute for Research on Aging and director of the Artificial Intelligence Platform at the same institute.

Lead authors of the study are Nazish Sayed, M.D., Ph.D., assistant professor of vascular surgery at Stanford, and Yingxiang Huang, Ph.D., senior data scientist at the Buck Institute.

For the 1000 Immunomes Project, blood samples were drawn from 1,001 healthy people ages 8-96 between 2009 and 2016. The samples were subjected to a barrage of analytical procedures determining levels of immune-signaling proteins called cytokines.

The new study employed artificial intelligence to boil all this data down to a composite the researchers refer to as an inflammatory clock. The strongest predictors of inflammatory age, they found, were a set of about 50 immune-signaling proteins called cytokines. Levels of those, massaged by a complex algorithm, were sufficient to generate a single-number inflammatory score that tracked well with a person's immunological response and the likelihood of incurring any of a variety of aging-related diseases.

In 2017, the scientists assessed nearly 30 project participants ages 65 or older whose blood had been drawn in 2010. They measured the participants' speed at getting up from a chair and walking a fixed distance and, through a questionnaire, their ability to live independently ("Can you walk by yourself?" "Do you need help getting dressed?"). Inflammatory age proved superior to chronological age in predicting frailty seven years later.

Next, Furman and his colleagues obtained blood samples from an ongoing study of exceptionally long-lived people in Bologna, Italy, and compared the inflammatory ages of 29 such people (all but one a centenarian) with those of 18 50-to-79-year-olds. The older people had inflammatory ages averaging 40 years less than their calendar age. One,

a 105-year-old man, had an inflammatory age of 25, Furman said.

To further assess inflammatory age's effect on mortality, Furman's team turned to the Framingham Study, which has been tracking health outcomes in thousands of individuals since 1948.

The researchers measured the cytokine-encoding genes' activity levels in Framingham subjects' cells. This proxy for cytokine levels significantly correlated with all-cause mortality among the Framingham participants.

A Key Substance

The scientists observed that blood levels of one substance, CXCL9, contributed more powerfully than any other clock component to the inflammatory-age score. They found that levels of CXCL9, a cytokine secreted by certain immune cells to attract other immune cells to a site of an infection, begin to rise precipitously after age 60, on average.

Among a new cohort of 97 25-to-90-year-old individuals selected from the 1000 Immunomes Project for their apparently excellent health, with no signs of any disease, investigators looked for subtle signs of cardiovascular deterioration. Using a sensitive test of arterial stiffness, which conveys heightened risk for strokes, heart attacks and kidney failure, they tied high inflammatory-age scores – and high CXCL9 levels – to unexpected arterial stiffness and another portent of untoward cardiac consequences: excessive thickness of the wall of the heart's main pumping station, the left ventricle.

CXCL9 has been implicated in cardiovascular disease. A series of experiments in laboratory dishware showed that CXCL9 is secreted not only by immune cells but by endothelial cells – the main components of blood-vessel walls. The researchers showed that advanced age both correlates with a significant increase in endothelial cells' CXCL9 levels and diminishes endothelial cells' ability to form microvascular networks, to dilate and to contract.

But in laboratory experiments conducted on tissue from mice and on human cells, reducing CXCL9 levels restored youthful endothelial-cell function, suggesting that CXCL9 directly contributes to those cells' dysfunction and that inhibiting it could prove effective in reducing susceptible individuals' risk of cardiovascular disease.

"Our inflammatory aging clock's ability to detect subclinical accelerated cardiovascular aging hints at its potential clinical impact," Furman said. "All disorders are treated best when they're treated early."

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for a support group and Q&A. Toni has more than 25 years of experience providing mental health services to adults, older adults and their families in a welcoming, affirming, non-judgmental, safe and caring environment.

Call Kimberly Jensen to reserve your spot today so you can zoom into this Online Support Group.

Toni M. Onkka LCSW is a Clinical Social Worker Specialist with over 25 years of experience. She has a Bachelors Degree in Psychology and a Master of Social Work. She is licensed to practice by the state board in California (LCS 20402).



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The Sony Aibo dog

'The Rise and Benefits of Companion Robots'

Jon Peddie Research (JPR) has published a whitepaper regarding the benefits of companion robots, including the Sony Aibo dog. AIBO, an acronym for Artificial Intelligence roBOT, meaning in the Japanese language "companion," "friend" or "pal."

Aibo, a socialbot made to resemble animals, is considered a "robotpet." Robotpets are lifelike through numerous advanced technologies such as improved sensors and cloud-based artificial intelligence. The Aibo dog can roam independently and even bark and play.

Health benefits for robotpet owners include decreased blood pressure, cholesterol, and triglyceride levels. In addition, clinicians reported positive changes in dementia patients who engaged in robotpet therapy and displayed less stress, lower anxiety and several reduced the use of antidepressants and pain medications for the three-month study.

A link to JPR's whitepaper is in this article on our website.

Seniors Like Self-Driving Vehicles and Ride Services

The National Council on Aging (NCOA) and Volkswagen Group of America released the results of an online survey of older adults designed to better understand attitudes and perceptions about self-driving and ride hailing (SDRH) services and their perceptions about alternative transportation options.

Approximately 70% of respondents said they have trust in SDRH services, feel confident that they could enhance their safety, and believe that such services could help them achieve tasks outside the home and do the things they want in life.

"Technology will play a key role in addressing challenges faced by older adults who are no longer able to drive," said NCOA Senior Director Kathleen Cameron.

"The five most important aspects of SDRH services for older adults are safety, quality of service, convenience, traffic and overall comfort of riding in the vehicle," she said.

Three-quarters of respondents said they expect to use SDRH technologies in the future, and 71% agreed it would help them maintain their independence.

Older adults often outlive their decision to stop driving by about 10 years for women and seven years for men. The



decision to stop driving is usually due to declining vision, physical and cognitive abilities, or the use of medications that impair driving.

Non-driving older adults need alternative transportation to go to doctor's appointments, shop and engage in activities that keep them socially connected, like attending religious services, visiting friends and family, and enjoying entertainment.

Caregivers most often provide this transportation. In some parts of the country, public transportation, taxis and ride-hailing services like Uber may be options for older adults. However, in many rural areas, these alternatives are not available.

Technology can play an important role in addressing these challenges. Today, many

in-car technologies support the driver by performing parts of the driving task, and soon cars will become so advanced they will be able to support the driving task entirely from start to end.

Self-driving ride-hailing services, such as self-driving taxis, Ubers or Lyfts, or public transit shuttles also could be a solution for older adults.

Almost 2,500 people over age 55 responded to the NCOA survey. The average age of respondents was 60 and 64% were male.

Most respondents were white (75%), while 15% were Black/African American, 4.3% American Indian/Alaskan Native, and 30% Hispanic/Latino. Most respondents were from metro areas (88%), 8% resided in suburban areas and 4% rural areas.

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The Edible Garden is Busy in September and October

By Peyton Ellas
UCCE Master Gardener

Will summer ever end?

September is a hopeful month that begins to remind us that winter will be here again someday. It has become harder to predict what kind of fall weather we will have. Historically, we should enjoy cooler temperatures both day and night, mostly due to the ever-shortening days.

Planting: We can finally begin to plant trees, perennials and shrubs when nighttime temperatures drop into the low sixties and high fifties degrees Fahrenheit. Be prepared to provide additional irrigation, as any rain we receive will mostly likely be insufficient.

The edible garden is plenty busy in September and October. Start the following from seed: Asian greens, beets, carrots, cilantro, lettuce, green onions, radish, rutabaga, spinach and turnips. Transplant broccoli and cauliflower seedlings you started last month into the garden. Set out strawberry plants for next year's fruit.

It's time to make some hard decisions as we remove summer vegetable plants that are fading or attracting pest insects and diseases. If your tomato, squash, melon and bean plants are looking fantastic, pull them out and add disease-free plants to the compost bins. You can keep a few heat-lovers going or even start another planting of short-season beans, but it's also okay to do a change over of everything. Feel free to leave



some areas for cover crops or fallowing with straw cover to prevent soil erosion. Just try to keep the fallow areas weed-free.

Maintaining: This is a good month to do a semi-annual clean up in the native and no-lawn garden. Prune, trim, hedge, weed, chip or haul out... and get that garden looking fresher and ready for winter. This is also the month to dig out and divide overcrowded perennials and bulbs. Extra bulbs can be cleaned up and stored in a cool dark place for planting in cooler fall.

Deep water trees and shrubs through the month. Hose off cobwebs once or twice this month to discourage mites. Sept/Oct is also a good time to apply pre-emergent herbicide to prevent annual bluegrass and other winter weeds from taking over the garden. You must water it in, however, so be prepared to saturate the gar-

den, or wait another month and apply right before a rain event.

If you still have a cool-season lawn, this is the time to apply fertilizer. Follow the package directions, use a fertilizer meant for lawns, and err on the side of too little instead of too much. You can also give your roses a treatment of ¼-cup each of epsom salts and ironite per bush. Apply to the soil around each plant.

Conserving: While you're trimming and slashing your way through the garden, keep an eye out for wildlife you want to conserve. Lizards, spiders, toads and moths are still active and all of them have a place in the well-managed garden. Continue with ant baits to reduce these enemies of beneficials without using highly toxic broad-spectrum insecticides. Keep the bird baths full.

Trim flowers off tropical non-native milkweeds. Those are the ones with yellow/orange

flowers. Experts tell us this helps prevent monarchs from staying in our valley too long into winter and then not being able to migrate before the cold kills them.

This year, look for the native milkweed (asclepias) in local nurseries and plant events. Look for names like "narrow-leaf milkweed" and "showy milkweed," and don't be afraid to ask if it's locally native. If you plant this fall, expect it to take a year or two for the monarchs to find your plants: be patient. Which is a lesson from gardening we can use in all parts of our lives. Good things take a little time.

The careful work we do in September and October will give us satisfaction immediately; but will really pay off next year with healthy plants, abundant flowers and a mini nature preserve outside our doorstep.

The Master Gardeners will be available to answer your questions at a few select locations in the next few months:

- Ace Hardware, Visalia - 1st Sat./every month, 10 a.m.-1 p.m.
- Luis Nursery, Visalia - 2nd Sat./every month, 10 a.m.-2 p.m.
- Hanford Farmer's Market - 4th Thurs. in Sept., 5-8 p.m., 7th St. and Irwin in downtown Hanford.


Questions? Call us:

- Master Gardeners in Tulare County at (559) 684-3325;
- in Kings County at (559) 852-2736.

Visit our website to search past articles, find links to UC gardening information, or to email your questions: http://ucanr.edu/sites/UC_Master_Gardeners/

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Adult Children with College Degrees Influence Parents' Health

Write down the benefits of a college degree and, more than likely, all the items on the completed list will relate to graduates: higher salaries, autonomous jobs and better access to healthcare, for instance.

All of those factors, supported by extensive research, help draw a direct line connecting higher education and health. Similar research suggests how the education of parents affects their children.

Now, two University at Buffalo (UB) sociologists have used a new wave of data from a survey launched in 1994 to further extend the geometry linking educational attainment and health that demonstrates another dimension of the intergenerational effects of completing college.

Their findings, published recently in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, suggest that adult children's educational attainment has an impact on their parents' mental and physical health.

"By analyzing these data we arrived at the conclusion that it was detrimental to parents' self-reported health and depressive symptoms if none of their children completed college," said co-author Christopher Dennison, Ph.D., an assistant professor of sociology in UB's College of Arts and Sciences. "The negative mental health



outcome of the parents was in fact our strongest finding."

Dennison and co-author Kristen Schultz Lee, Ph.D., an associate professor in the UB Department of Sociology, have both used the National Longitudinal Study of Adolescent to Adult Health (Add Health) in their previous research.

Add Health is a nationally representative longitudinal study of over 20,000 adolescents. It is the largest such survey of its kind. There was an initial wave of data on the parents (ages 30 to 60) when the survey began and another wave of data from roughly 2,000 of those original participants (now ages 50 to 80) gathered from 2015 to 2017.

It's this latter data set that provided the researchers an opportunity to look at the intergen-

erational relationship between parents and children over time, while statistically balancing factors that could influence an aging parent's health.

"These results are particularly important in light of growing educational inequalities in the U.S. in the last several decades," said Lee. "We know how our own education impacts our own health. We know how parents' education impacts their children in many different ways. Now we're trying to add to that understanding by explaining how children's education can have an impact on their parents."

"One thing I thought particularly interesting about these findings is that those parents who are the least likely to have a child attain a college education (low socioeconomic status) seem to benefit the most from a

child having a college degree." Dennison and Lee speculate on a number of elements that might be driving this association, including anxiety, assistance and lifestyle.

"Parents whose children have lower levels of education might spend more time worrying about their children. That has negative implications for their mental health and their self-rated health," said Lee. "Kids without a degree might need more help from their parents and are also less able to provide help if needed in return."

"Another possibility is that educated children might be doing a better job of helping their parents live healthier lives by encouraging exercise and a sensible diet."

What's clear is the evidence pointing to how the benefits of a college degree show up in the parents' health later in life.

"In this era when a college degree is of ever-growing importance, we see how the long-term investment in education is advantageous to the adult child's health, but also has benefits down the road for their parents too," says Dennison.

"Our findings point to the fundamentally inter-related nature of the interests and needs of different generations. Investing in one generation, in this case, positively benefits another generation."



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Gateway Church Hosts National Grandparenting Summit

Whether you're a new grandparent or have been one for years, one quickly comes to realize the role doesn't come with an instruction manual. That's where Gateway Church in Visalia is stepping in.

"Some grandparents are barely involved or not involved in the lives of their children at all," said Pastor Steve Hopper. "Then there are those who want to be very intentional about playing a major role in the lives of their grandchildren."

Gateway Church will be one



of the host sites for a national teleconference known as the Legacy Grandparenting Summit on October 21-22 from 9 a.m. to 4:30 p.m.

A panel of 21 speakers will include Larry Fowler, president of the Legacy Coalition; David Green, founder and CEO of Hobby Lobby; and Cavin Harper, founder of The Chris-

tian Grandparenting Network; and will include performances by ventriloquist and comedian Dave Pendleton, and musical guests Fernando Ortega and musical group The Issacs. The conference is designed to encourage and equip grandparents to be more intentional in their important roles.

Author and speaker Tim Kimmel said, "Being a grandparent is not just another season of your life; it is a sacred calling. You have the opportunity to influence another gen-

eration of children. You play an eternal role in their lives. It's not often we get such a significant second chance."

The cost to attend the two-day event, including all conference materials and refreshments, is \$59. There will be a resource table featuring books and other tools to encourage grandparents, most created by the Legacy Coalition.

For more information or to register, visit www.LegacyCoalition.com/summit or call Gateway Church at (559) 732-4787.

THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight.

Visit alz.org/walk for more information about this year's event and to register.

Questions? Call 661.437.8148

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SATURDAY OCTOBER 2, 2021

Mooney Grove Park

**We're moving forward with plans to host Walk to End Alzheimer's in person this fall. The health and safety of our participants, staff and volunteers remain our top priorities as we make decisions about event details, and we'll continue to offer options to participate online and in your neighborhood. Visit the FAQ page on alz.org/walk for more information.*

QUAIL CORNER

Assisted Living Costs & Referral Websites

Q&A with Kimberly Jensen



Question: I am a veteran and served during a period of war, are there any benefits to help me with assisted living costs?

First, I would like to thank you for your service!

Millions of honorably discharged veterans and their families are not aware of a little-known benefit called Veterans Aide and Attendance. This benefit can help veterans and their spouses pay for in-home care, and assisted living facility or nursing home care. It pays up to \$2,169 a month, in addition to the monthly pension benefits. To qualify, you must be 65 or older (or permanently disabled), have served during a period of war, have an honorable discharge, and meet certain financial and medical requirements.

According to VA Resources for Fresno/Madera County website, to medically qualify, one of your spouse/parents would need assistance with basic, everyday living tasks like eating, bathing, or dressing. If you are blind or in a nursing home, assisted living facility or memory care, you could also qualify. Up to five hours a day of in-home care may also be available to you.

To qualify financially, your spouse/parents' annual income is a factor. Not everyone can qualify if they have too much in-

come or too many assets.

I recommend calling Tulare County Health & Human Services Agency, Veterans Services at (559) 713-2880 for questions regarding VA Aide and Attendance. They are located at 3348 W. Mineral King Ave., Visalia 93291.

Question: I wanted to research different senior communities in our area, and after I went to a referral website, I now have a lot of communities calling me. Why did this happen?

Senior community referral companies gather information such as pricing, senior living details and amenities, on their website. They refer people who investigate information on their website to senior living communities. Once you give the referral company your information, they send your contact information to senior communities as a referral. Senior communities will then call you to explain their services, amenities and pricing, and invite you to tour their businesses.

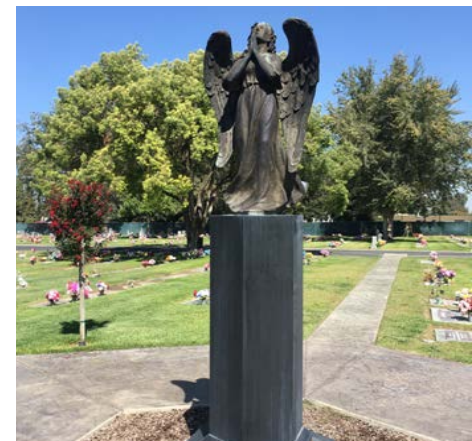
This is a free service for you because you pay nothing for the information that their site provides. Many families find this easier than researching each senior community on their own. It is important to know that the

referral site will only give you information about communities they are contracted with. If you should choose to move into one of those senior communities, the senior community you move into will be responsible for paying the referral company for referring you.

I know it might seem overwhelming to get so many communities calling you, but by telling them to email their price list and brochure, it will help you get your research done ahead of time for when you decide to take that next step. Being aware of what is out there in the community is not a bad thing. I always say to "get your ducks in a row" so that there are no surprises later!

If there is a crisis and you need to move quickly, knowing which community can accommodate your price point and your care needs is very important.

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.



The Angel Statue

Community Cremation Scattering Set for Nov. 13

The Visalia Public Cemetery has announced that the Third Annual Community Cremation Scattering Day will be Saturday, November 13 at 9 a.m.

The event will assist families in transitioning from personal possession of urns to a permanent placement of their loved ones at the cemetery. By utilizing the available scattering garden options, families can respectfully lay their loved ones to rest in both a meaningful and affordable manner.

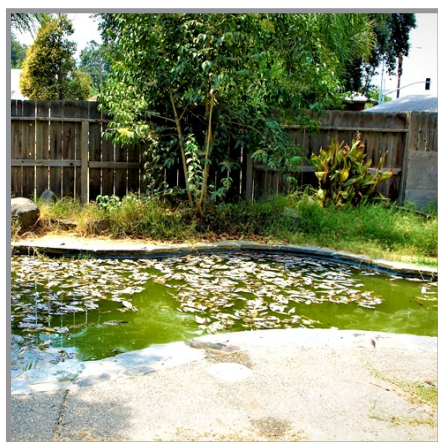
A brief service will be held prior to the scatterings.

There are two sites to choose from: the Eagle or the Angel Statues. The deceased's name, dates of birth and death will be engraved on the statue at their chosen site. Total cost will be \$325 for residents of the district.

Call the office at (559) 734-6181 no later than October 29 to allow time for processing the required paperwork.

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CALENDAR

September 1, 6, 8, 13, 15, 20, 22, 27, 29 - Zumba
City of Hanford Parks and Community Services hosts Zumba from 6-7 p.m. in Civic Park, 400 N. Douty St. in Hanford, twice a week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

September 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29 - Aerobics
City of Hanford Parks and Community Services hosts aerobics from 9-10 a.m. at Longfield Center, 400 N. Douty St. in Hanford, three days a week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

September 1-2, 7-9, 14-16, 21-23, 28-30 - Bingo
The Lemoore Senior Center hosts dime and quarter bingo at 11 am on Tuesdays and Thursdays. Single Bingo is 10¢, blackout is 25¢. On Wednesdays, doors open for games at 2 p.m. with the first game starting at 5:30 p.m. Pull Tabs, Horserace and Bingo. Free admission, packs start at \$8. Payouts from \$50 to \$400. Snacks are available. For more information, call (559) 924-7791.

September 2, 7, 9, 14, 16 - 'Let's Bingocize'
Quail Park Shannon Ranch,

3440 W. Flagstaff Ave., Visalia, will host this program from 10-11 a.m. that combines exercise and health information with bingo (and prizes). To register (required) or for more information, call (559) 624-5615.

September 9-11 - Visalia Gleaning Seniors Fall Yard Sale
Visalia Gleaning Seniors will host their seasonal sale from 8 a.m. to noon at the Gleaner Yard, 28600 Road 156 (between Walnut & Caldwell) in Visalia. For more information, call (559) 733-5352.

September 15-19 - 2021 Tulare County Fair: 'It's a New Beginning'
The Tulare County Fair features new rides, tribute bands, the popular Destruction Derby, fun fair food, livestock competitions and more. The live tribute band lineup includes Nashville Stars Live, Journey Revisited and Best of Both Worlds. For more information, visit www.tc-fair.org or call (559) 686-4707.

September 23-26 - 2021 Raisin Harvest Festival
Dinuba Chamber of Commerce has scheduled this event at Rose Ann Vuich Park, 855 E. El Monte Way in Dinuba. For over 100 years, the community has celebrated "Raisin Day" A four-day

Carnival, with a two-day Festival with kids activities, craft & food vendors, entertainment and a Saturday morning parade. Tentative plans have been made for this year's event, but large gatherings may not be allowed. Visit www.dinubachamber.com for current information.

Saturday, September 25 - 2nd Annual Sporting Clay Classic
Hands in the Community is sponsoring this event at Sun Mountain Gun Club, 32868 Shotgun Lane, Coarsegold, starting at 10 a.m. To become a sponsor and/or a shooter, or for more information, visit www.seniorcaretkc.org or call (559) 625-3822, ext. 100.

Wednesday, September 29 - 'Inside the Visalia Ransacker Investigation
This free program will start at 6 p.m. at the Ponderosa Lecture Hall on the campus of College of the Sequoias. Sponsored by Visalia Heritage and the college, the presentation will feature retired Visalia Police Sergeant John Vaughan as the guest speaker. (See article on page 15.)

October 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29 - Aerobics
City of Hanford Parks and Community Services hosts aerobics from 9-10 a.m. at Longfield Center, 400 N. Douty St. in Hanford, three days a week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

Saturday, October 2 - Walk to End Alzheimer's

This annual fundraising and educational walk starts at Mooney Grove Park in Visalia. (See article on page 1.)

October 4, 6, 11, 13, 18, 20, 25, 27 - Zumba
City of Hanford Parks and Community Services hosts Zumba from 6-7 p.m. in Civic Park, 400 N. Douty St. in Hanford, twice a week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

October 5-7, 12-14, 19-21, 26-28 - Bingo
The Lemoore Senior Center hosts dime and quarter bingo at 11 a.m. on Tuesdays and Thursdays. Single Bingo is 10¢, blackout is 25¢. On Wednesdays, doors open for games at 2 p.m. with the first game starting at 5:30 pm. Pull Tabs, Horserace and Bingo. Free admission, packs start at \$8. Payouts from \$50 to \$400. Snacks are available. For more information, call (559) 924-7791.

October 6, 7, 12, 13, 14 - Medicare Seminars
Sylvia Soria, Medicare plan specialist, will present informational seminars about the new programs for the coming year. (There will be no selling.) Sessions will be at 10 a.m. on October 6 and 13, and at 2 p.m. on October 7, 12, 13 and 14. To RSVP or for more information, call (559) 805-2497.

Friday, October 8 - 7th Judy Sarber Memorial Golf Tournament
Habitat for Humanity of Tulare/Kings Counties is sponsoring this event at River Island Country Club, 31989 River Island

DOWNTOWN VISALIA PRESENTS

27TH ANNUAL TASTE OF DOWNTOWN VISALIA

SAVE The DATE
559.732.7737
DOWNTOWNVISALIA.COM

TUESDAY OCT. 19, 2021 | 5:00 PM - 8:30 PM
TICKETS: \$45

Facebook icon, Instagram icon

Community Cremation Scattering Day
At the Visalia Public Cemetery • Saturday, November 13, 2021 @ 9am

A brief service will be held prior to the scatterings.

Choose scattering at the Eagle or the Angel Statues.

Engraving is included.

Total cost \$325.

Call 734-6181 for more information.

CALENDAR

Dr., Porterville. To register or for more information, call (559) 734-4040 ext. 106.

Saturday, October 9 - IrishFest
IrishFest returns to the field from 1-5 p.m. at Valley Strong Ballpark with over 30 vendor booths for sampling beer and food, and entertainment by Borrowed Time. Tickets are \$40 (\$50 on the day of the event). For tickets or more information, visit http://vr1.glitnirticketing.com/vrticket/web/ev_list.php?&refresh=1629766779 (We also have a handy link on our event calendar at www.thegoodlivesv.com)

Saturday, October 16 - 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, visit www.ArtsConsortium.org

Sunday, October 17 - Tulare County Historical Society's Annual Fall BBQ
This event will be held from 3-6 p.m. at Tulare County Museum in Mooney Grove Park, Visalia. For tickets or more information, visit www.TulareCountyHistoricalSociety.org

Tuesday, October 19 - 27th Annual Taste of Downtown Visalia
This annual event features food from over 30 of Visalia's most popular restaurants, wine and beer tasting, and live music. For more information, visit www.downtownvisalia.com or call (559) 732-7737. (See ad on previous page.)

October 21-22 - Legacy Grandparenting Summit
Gateway Church in Visalia will be a host site for this nationally simulcast event. Grandparents, whether new or experienced, will learn how to be intentional in their relationships with their grandchildren. To register or for more information, log onto www.legacycoalition.com/summit/ or call (559) 732-4787. (See article on page 10.)

Saturday, October 23 - Mariachi Los Camperos - 'Tradicion, Arte y Pasion: Un Dia De Los Muertos en Mexico'
The Visalia Fox Theatre presents Mariachi Los Camperos, which has performed for over 60 years on stage and television, including PBS specials and for films such as "Sex in the City 2," "The Lost World: Jurassic Park" and "Jerry Maguire." Show starts at 7:30 p.m. and tickets are \$29-

\$59. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Saturday, November 6 - 6th Annual Backyard BBQ & Cornhole Event
Hands in the Community is sponsoring this event, featur-

ing food, fun and floats, from 1-5 p.m. Tickets are \$120 for a team of two and include entry, BBQ lunch, drinks and raffle prizes. For more information, visit www.seniorcaretkc.org or call (559) 625-3822 ext. 100. (See ad below.)

You Could Win Taste of Downtown Visalia Tickets!

One of the most anticipated events of the fall is coming, and you could win a pair of tickets.

The 27th annual Taste of Downtown Visalia is happening on Tuesday, October 19. The Good Life is giving away pairs of tickets valued at \$90 to lucky winners, and the entry method is free and simple. Just log onto our website at www.TheGoodLifeSV.com and click on the homepage banner ad that says "Subscribe to The Good Life" in the upper right corner. Then complete the form and verification code at the bottom and click submit.

You'll be sent an email to confirm your subscription. Click on the link in the email and you're done. Your entry will be included in the drawing from all entries on Friday, October 6. Winners will be notified by email or phone number provided. And you will begin to receive free weekly emails linking not only



to our stories, but news and information of interest to south valley residents over age 50. Your entry is secure, and you'll only receive news and information, never spam.

One entry per person, please. Employees and agents of Kast & Company Communications are not eligible. Questions? Email us at info@TheGoodLifeSV.com and we'll answer them. We look forward to seeing you at the Taste of Downtown Visalia!

6th Annual Backyard BBQ & Cornhole Event

November 6, 2021 from 1-5 PM
Includes Entry, BBQ Lunch, Drinks & Raffle Prizes!

COST \$120 per Team of 2

Come Join Us for Food, Fun & Floats!
(at a private Visalia Estate)

This is a fundraiser for Senior Care and all proceeds benefit Seniors in our community!

Contact Us:
(559)- 667- 9601
Seniorcaretkc.org
Seniorcaretkc@gmail.com

Honoring the Word of God by providing seniors in need with a broad offering of services for long term care towards their physical and spiritual well being through compassionate and trained volunteers.



For Sponsorship Information:
call (559) 625-3822, ext. 100
email seniorcaretkc@gmail.com
or visit seniorcaretkc.org

Legacy Grandparenting Summit
October 21-22 9am - 4:30 pm
Gateway Church, Visalia



WHAT TO EXPECT

- RECEIVE WISDOM & DIRECTION**
Hear from an incredible lineup of speakers across 8 different sessions.
- FIND SPIRITUAL INSPIRATION**
You'll be encouraged through worship and our highly gifted musicians and artists.
- GAIN COMFORT IN COMMUNITY**
Gather with many other grandparents who want to build their spiritual legacy.
- RESOURCES FOR THE FUTURE**
All conference materials and refreshments included.

For more information log onto LegacyCoalition.com/summit or call Gateway Church at (559) 732-4787.

For those who know grandparenting doesn't come with a handbook

Join us for this national teleconference that teaches how to be intentional with your grandparenting. Whether you've just become a grandparent, or you've been one for years, there's something to learn that will help you grow your grandparenting skills and leave a legacy with your family.

Some of the topics:
"Understanding the Biblical Roles of Grandparents"
"Becoming A More Intentional Grandparent"
"Leaving a Generational Legacy"
"Long-Distance Grandparenting"
"Strengthening Relationships with Your Adult Children"



1100 S Sowell Street Visalia
www.gatewayvisalia.com

Prestige Assisted Living to Host Brain Health Webinars

Cognitive decline is one of the most pressing topics facing seniors and their loved ones. The prospect of their memory and acuity diminishing is something many seniors and their loved ones want to avoid.

Prestige Senior Living in Visalia, which offers its residents cognitive health programming, including brain games, puzzles, hobbies and social activity, will present two webinars focusing on brain health.

On Tuesday, September 28, at 10:30 a.m. Prestige will host a free webinar for seniors and their families with Ryan Glatt, MSc, research associate and brain health coach at the Pacific Neuroscience Institute.

The webinar will focus on the course of cognitive aging, effects of exercise on the brain and cognition, and the benefits of combining both physical exercise and cognitive stimulation exercises.

The webinar will be helpful to those worried about cognitive decline, dementia and Alz-

heimer's Disease.

To sign up for the free webinar or to learn more, visit www.prestigecanhelp.com

The October Webinar

If you have a loved one living with Alzheimer's Disease or dementia, there are likely many questions you have about how to provide them the care they need, and whether it may be time for full-time memory care if they aren't there already.

On Thursday, October 28, at 2 p.m., noted Alzheimer's disease and dementia expert David Troxel will host a Q&A session on the topic of memory loss. This is an opportunity to ask general questions about the disease or bring up a topic specific to you or a loved one.

To register, visit www.prestigecanhelp.com beginning on October 1 when the sign-up goes live.

To learn more about Prestige Assisted Living in Visalia, or to book a tour, call (559) 735-0828.



Seniors could take advantage of the aquatic facility to stay in shape.

Proposed Aquatics Facility...

(continued from page 1)

ics facility include a large pool with the 25 swimming lanes, as well as a pool with shallow water that could accommodate small children.

"Seniors could take advantage of the pool to stay in shape," said Collins.

"I have a special place in my heart for aquatic parks," said Jeremy Rogers, who before becoming Visalia's community services director oversaw the creation and operation of a municipal water park in Independence, Missouri.

"Aquatic zumba is very popular with seniors, and I know how popular water aerobics are," he said.

Rogers would like to see an additional feature in the proposed facility, one that was popular among the seniors in Independence.

"I want it to have a 'lazy river,'" he said, describing it as a three-foot flowing creek powered by jets that circles around the perimeter of the facility. "You can do so much with it - ride a tube, have walking classes, run against the current."

Rogers, whose duties include overseeing the Visalia Senior Games, said that the facility could be the site of such senior games competitions as water polo and swimming - but with some limitations.

"The proposal I saw is not for a full 50-meter pool," he said. "It's a 25-meter pool, and it doesn't have a high dive."

The facility would allow for running against the current and kayaking - if it has a lazy river, he added.

If the Visalia City Council approves it, the project could be "in the ground by (next) spring or early summer," according to Collins.

"I think we'll get it done," said Rogers. "I definitely think Visalia needs an aquatic park. Yes, they are expensive and no, they don't pay for themselves, but every community needs one."

Those interested in making a donation, buying naming rights to a lane, or just curious about what programs would be planned if the facility were constructed, are encouraged to call Greg Collins at (559) 734-8737.

Please Send Info about Your Local Events for Seniors to: editor@kastcompany.com

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Inside the Visalia Ransacker Investigation

The Program: At 6 p.m. on Wednesday, September 29, at the Ponderosa Lecture Hall on the campus of College of the Sequoias, a free program sponsored by Visalia Heritage and the college will be presented, featuring retired Visalia Police Sergeant John Vaughan as the guest speaker. The Visalia community will finally hear the stories and learn the investigative techniques used during that intense and confidential investigation into the hunt for the Visalia Ransacker, now called the Golden State Killer.

The program will include never before released material from the lead investigator. It is sure to be interesting, revealing and jaw-dropping. An open microphone will be available to those in attendance who care to make a comment or ask a question. It's a true crime story that took place in Visalia, so plan on attending. Seating is limited. Refreshments will be served. For more information email Terry Ommen at histerry@comcast.net or call (559) 901-3227.

The Background: Visalia is a town of about 150,000 people lying in the middle of the San Joaquin Valley. It's the Tulare County seat and traces its beginning to 1852, making it the oldest town between Los Angeles and nearly to Stockton. It's a pleasant place to live and despite its growth, the community has been able to keep the small town feel.

Like all communities, it has crime, but most consider it to be a peaceful place. But in the mid-1970s this peaceful and safe feeling was severely challenged. Back then, Visalia had a population of about 34,000 and was experiencing a series of disturbing prowling incidents and unusual burglaries, all that led up to a cold-blooded murder - the details of which left the community traumatized and fearful.

At about 2 a.m. on September 11, 1975, a burglar removed a window screen to the Snelling home, reached inside and unlocked the door. Once inside, the masked man awoke a 16-year-old girl and escorted her at gunpoint through the backdoor and into the backyard. The girl's father, Claude Snelling, heard the noise, confronted the kidnapper, and was shot twice. The man pushed the young girl aside and fled the scene. She survived the attack but her father died from his wounds. Without question, the father's actions saved his daughter's life.

After the Visalia Police Department examined the series of crimes, it was determined all were committed by the same



Sgt. John Vaughan at his retirement from VPD in 1996.

man. Immediately following the murder of Claude Snelling, the department formed a three-man investigative team with Sgt. John Vaughan in charge. For about the next eight months, Agents Duane Shipley, Bill McGowan and Sgt. Vaughan tirelessly investigated the crimes committed by the man who became known as the Visalia Ransacker.

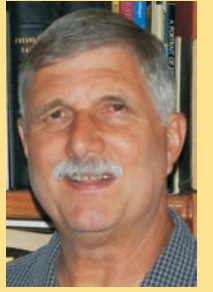
The urgency to find the serial criminal ratcheted up even more when about two months after the Snelling murder, the Ransacker shot at Agent McGowan while he was on a stakeout. The bullet missed McGowan, but hit his flashlight sending shrapnel into McGowan's face. The investigator survived but the incident added even more to the community's fear. But soon after the McGowan incident, the Ransacker crimes stopped, at least in Visalia.

When the Visalia Police Department special team officially disbanded, the three investigators continued to follow up on other leads as they developed. During the next decade or so, similar crimes, including murders and rapes occurred throughout the state of California. Investigators from various jurisdictions pursued the criminal without success.

For years, law enforcement officers, cold case detectives, private detectives, amateur crime sleuths and bloggers investigated the numerous statewide cases. On April 24, 2018, thanks to forensic genealogy, Joseph James DeAngelo, a former Exeter police officer, was arrested in the Sacramento area. It was learned that from about 1974 to 1986, DeAngelo committed hundreds of burglaries, rapes and homicides throughout California, including Visalia where his crime spree began. It had taken 43 years, but finally the Visalia Ransacker, now called the Golden State Killer, was identified and in custody.

DeAngelo pled guilty to 13 counts of murder, one being the Snelling murder, and 13 counts of kidnapping. Current-

Dusting Off History
with Terry Ommen



Officer Joseph James DeAngelo of the Exeter Police Department

ly, he is an inmate at Corcoran State Prison serving a life sentence without the possibility of parole.

During his crime rampage in Visalia, the team worked tirelessly to identify the Visalia Ransacker. Hypnosis, link analysis, interviews and many other investigative techniques were used, most of which were never revealed to the public.

But now the investigation

methods and techniques used by them can be shared. Sgt. John Vaughan, now 80 years old, remembers the case in great detail and has agreed to "let us in" on the once secret details of the investigation. Sadly, Duane Shipley and Bill McGowan have both passed.



Joseph James DeAngelo, the Visalia Ransacker, later called the Golden State Killer, at the time of arrest.

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