

IN THIS ISSUE: More Travel in 2026, Avoiding Ageism, End of the Line for Terminus Beach, Dream Flights, 'Sallie's Ashes'

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume XII, Number 6 • May/June 2026



## High-dose Flu Vaccine May Lower Alzheimer's Risk

Receiving a high-dose flu vaccine is associated with a significantly lower risk of Alzheimer's disease than a standard-dose vaccine in adults aged 65 and older, according to a large observational study published in *Neurology*. The findings add to a growing body of evidence linking vaccination, and possibly immune system activity, to reduced dementia risk.

In the retrospective cohort study, researchers led by a team at the McGovern Medical School at UTHealth in Houston analyzed health data from roughly 165,000 older adults who received either a high-dose or standard-dose influenza vaccine. The researchers found that the high-dose flu vaccine reduced the risk of Alzheimer's disease in those 65 and older by nearly 55% over a roughly two-year period.

Previous findings by the same research team found the standard-dose vaccine was tied to a 40% reduced risk of developing Alzheimer's over a four-year period.

The high-dose influenza vaccine contains four times the antigen (the component that generates an immune response) of standard-dose vaccines. The Centers for Disease Control and Prevention recommends that all adults 65 years and older receive the high-dose vaccine.

### Vaccine May Lessen Inflammation Tied to Alzheimer's

Previous research has suggested that men and women respond differently to vaccines. In this study, both men and women had a lower risk of Alzheimer's disease after receiving the high-dose flu vaccine compared with the standard-dose version, but the effect appeared to last longer and be more consistent in women.

A leading hypothesis about the link between vaccination and reduced risk of neurodegeneration is that inoculation strengthens immune defenses  
(continued on page 18)



Members of the Granny Basketball League introduced themselves before introducing their game to the South Valley.

## Granny Basketball Comes to Visalia

A Granny Basketball League exhibition game was played at the Anthony Community Center in Visalia on April 10, on the last day of the Visalia Games.

The game, which featured members of two league teams, the California Poppies and the Oakdale Broncos, was arranged by Barb Trammell, founder of the 800-player league with teams represent-

ing 57 cities in 11 states and one Canadian province, and Holly Ellis, Visalia recreation supervisor.

Several Tulare County residents who were watching the game found themselves on the court, playing their first basketball game under 1920s-style women's rules.

Granny basketball is different than the basketball that most people are used to.

"You have to stay in your third of the court," Trammell said. "There's no running and jumping and no physical contact, and you can only dribble twice."

"You always have to keep one foot on the floor when you go in for layups or shots of any kind," she said.

"The other difference is our three-point shots, our 'gran-  
(continued on page 11)



Despite being limited to those 50+, pickleball was the most popular sport at the 2026 Visalia Games.

## Visalia Games Attracts More Seniors than Senior Games

Attendance was higher for the 2026 Visalia Games than it was last year at the Visalia Senior Games, but according to the numbers, that was mainly the result of more seniors competing this year than last.

Track and field events had about 70 competitors, all but two were over 50 years old. This was a total increase over last year, according to City of Visalia Parks and Recreation

staff, who noted that 20 athletes over 50 signed up to compete on the day of the games.

Track and field events have age divisions, enabling athletes of all ages to be competitive.

There were also "a lot of seniors" participating in this year's fishing derby, according to parks and recreation staff.

Pickleball, which was consistently the most popular com-

petition in the Senior Games, was the most popular event again this year, even though the competition was only open to those 50 and older.

Table tennis was open to all ages, which kept the competition from being cancelled due to low registration.

The only competition that was cancelled this year was golf.



Quail Park Shannon Ranch residents and their owners wait for the newly renovated dog park to open.

## Quail Park Shannon Ranch Opens Newly Renovated Dog Park

The residents of Quail Park Shannon Ranch celebrated an upgrade to their community's outdoor life with the official ribbon-cutting of their newly renovated dog park on March 25.

Recognizing that pets are often the heart of the home for seniors, the community enhanced the park, located on the west side of the senior living community, to provide a more accessible, safe and engaging environment for residents and their companions.

The celebration brought together residents, local neighbors and a variety of four-legged guests who were the first to test out the new space. One lucky attendee walked

away with a mobile grooming session courtesy of local partner At Your Paws.

"A pet isn't just a companion; they are a vital bridge to social connection and emotional wellness," said Kim Santos, executive director of Quail Park on Shannon Ranch. "This renovation was about more than just landscaping - it was about honoring the bond our residents share with their dogs."

Quail Park Shannon Ranch, 3440 W. Flagstaff Ave, Visalia, prioritizes pet-friendly living as a pillar of its wellness programming, acknowledging the physical and mental health benefits that animal companionship provides to seniors.

### VETERANS COLUMN

## Veteran Affairs and AI

Arnold Schwarzenegger famously said, "I'll be back." This was quipped as the futuristic artificial-intelligence cyborg, the T-800, from the 1984 movie "The Terminator." Arnold indeed stayed true to his word. Artificial Intelligence, or AI, as it has become, is definitely now here. While we have yet to see the T-800, AI is making its presence felt. AI tools, ChatBots, Chat GPT, Gemini and many others have become more intertwined in our day-to-day lives. And the VA is no exception.



The VA announced it will incorporate AI into its operations with the goals of delivering more and better health care, faster benefits and memorial services, and streamlined support services with a degree of operational efficiency previously unimaginable.

OK, I know what you're thinking, "What does that have to do with me?" Well, let's get into it. This will change the way the VA reviews and processes your benefits claims.

A little background, I promise to keep it brief. In February, California enacted SB 694, which prohibits unaccredited individuals or companies from charging fees to assist veterans with VA disability claims. These companies and individuals often guarantee results by working with "specialized medical consulting" doctors to increase ratings and demand upfront fees.

The new AI tool will scan more than a million disability benefits questionnaires (DBQs) nationwide for signs of fraud. The plan is to go as far back as 2010 to flag potential problems. DBQs are forms that private medical providers complete to help determine the severity of a service-connected disability. The questionnaires are often a standard part of a claim submission for benefits.

It is another AI tool that will support and automate some parts of the disability claims. The technology extracts relevant key data, key terms, and phrases from specific document types to: 1) Collect and organize relevant medical evidence, 2) Highlight information relevant to the VA Schedule for Rating Disabilities (VASRD), and 3) Save claims processors time by highlighting actionable data for decision-making. The ending result is a faster decision on claims.

The future is here, but it is not as scary as the T-800. Until next time.

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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(Above left) Tim Scott is ready for his flight. (Above right) Tim Scott, Jack Riley, Rick Chapell, Richard Ortega, Marilyn Hughes and James Stewart wait for their turns to take their "Dream Flight."

## Six Visalia Veterans Take to the Skies in WWII-Era Biplane

On Monday, April 20, six residents of Quail Park on Cypress in Visalia experienced the "flight of a lifetime" as they soared above the city in a fully restored Boeing Stearman biplane.

This special event was hosted by Dream Flights, a non-profit organization dedicated to honoring military veterans and seniors with 15-minute flights in the same aircraft used to train U.S. Navy and Army pilots during World War II.

This year's participants included a distinguished group of veterans with a combined

legacy of service across multiple branches of the military:

- Marilyn Hughes, who served as a Captain in the U.S. Army Medical Reserve;
- Jack Riley, who served in the U.S. Navy during the Vietnam War;
- Richard Ortega, who served in the U.S. Army;
- Tim Scott, who served as a Lance Corporal in the U.S. Marine Corps;
- Rick Chapell, who served in the U.S. Air Force; and
- James Stewart, who served four years in the U.S. Navy.

The biplane made its flights

from the Visalia Municipal Airport.

Dream Flights is a non-profit organization whose mission is to honor our nation's senior veterans and heroes by providing them with the experience of flying in a Boeing Stearman biplane. Since its founding in 2011, Dream Flights has honored thousands of veterans across the country.

Dream Flights operates a fleet of six iconic biplanes, including the "Red Duster" (built in 1944) and "The White Plane" (built in 1942), which were instrumental in training military

aviators for WWII. These flights provide senior veterans with a unique opportunity to reconnect with their history and enjoy the freedom of flight once more.

"We are honored to support our residents as they take part in this incredible experience," said Trevin Willis, Quail Park on Cypress executive director. "Providing a platform to recognize the service of our resident veterans is a highlight for our entire community."

Quail Park on Cypress, an active aging community, is located at 4520 W. Cypress, Visalia.



### Bristol Hospice

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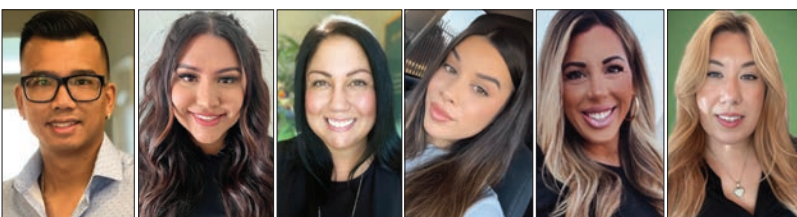
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# Improving Heart Health May Not Protect Against Alzheimer's

In a recent study, researchers found that exercise and aggressive cardiovascular risk reduction successfully improved heart health, but these efforts did not produce measurable cognitive benefits over two years in older adults at risk for Alzheimer's disease.

In "Effects of Exercise and Intensive Vascular Risk Reduction on Cognitive Function in Older Adults - A Randomized Clinical Trial," published in *JAMA Neurology*, researchers, including Dr. Jeffrey Keller of Pennington Biomedical Research Center, shared the results of the Risk Reduction for Alzheimer's Disease study.

They found that interventions that successfully improved cardiovascular health did not translate into measurable cognitive benefits over two years, highlighting a critical gap between vascular risk reduction and brain health.

"We improved the body, but not the brain," said Dr. Keller, who leads the Institute for Dementia Research and Prevention at Pennington Biomedical. "We know that exercise and cardiovascular risk management are critical for overall health, but this study suggests they may not be enough on their own to improve cognitive function in older adults at risk for Alzheimer's. Addressing a single set of risk factors, even



aggressively, may not be sufficient, highlighting the need for more comprehensive approaches to dementia prevention."

The multicenter study analyzed 480 participants between the ages of 60 and 85 who exhibited hypertension and had a family history of dementia and subjective cognitive decline. Over 24 months, the study tested whether exercise or vascular risk reduction via medications, or both, could improve cognitive function in older adults at risk for Alzheimer's. The interventions included 160 minutes per week of moderate-to-vigorous exercise and a high-intensity statin.

Participants were separated into four groups: one with exercise only, one with just medication intervention, one with

both and a control group that received their usual care. They were then evaluated against the Preclinical Alzheimer Cognitive Composite (PACC), which produced standardized score units.

At the end of the study, researchers determined there were no significant differences between the groups for the primary outcome of cognition. Data showed there was only 0.1 standard deviation on the PACC score between the exercise and no exercise groups, and there was no score difference between the medication intervention and the groups not receiving the intervention.

In evaluating cardiovascular health, the data confirmed that the interventions with medications, including losartan and amlodipine, were successful in

reducing blood pressure by an average of 13 points, five points more than those not receiving the medication intervention. The medication intervention group also saw a 24-point drop in LDL cholesterol, compared to a drop of seven points for those not receiving the intervention.

Exercise and cardiovascular risk management are still essential for overall health in seniors. While the study data did indicate improvements to cardiovascular health, it also demonstrated that no meaningful cognitive benefit was observed. Researchers contend that this approach needs further study, and that a longer study duration or a multi-domain approach may result in a better understanding of how to prevent or delay cognitive decline.

In addition to Pennington Biomedical, this multicenter study included authors from Texas Health Presbyterian Hospital, University of Texas Southwestern Medical Center, University of Kansas Alzheimer's Disease Research Center, University of Kentucky, Michigan State University, Albert Einstein College of Medicine and Washington University in St Louis.

This project was funded by the National Institutes of Health. Additional funding was from the Josephine Hughes Sterling Foundation.



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# California Cracks Down on Hospice Fraud in Los Angeles

As part of ongoing efforts to protect patients and safeguard public health programs, approximately 80 surveyors and investigators from CDPH, DHCS, CDTFA, and partner agencies conducted compliance reviews at a Van Nuys location subject to "viral" videos regarding hospice care.

Assemblywoman Alexandra M. Macedo (R-Tulare), spearheaded the discovery of the rampant fraud at this "ground zero" of hospice care fraud.

While online claims pointed to numerous hospices tied to potential fraud at this location, nearly 9 out of 10 entities that have utilized this address for their business cannot even bill the state-run Medi-Cal program for hospice care.

A review of state records tied to this location identified the following:

- Only 19 are currently licensed by the state and are eligible to bill Medi-Cal.

- 109 attempting to use this address were never issued a California hospice license.

When some of the businesses sought to establish hospices, California stopped them. In 2021, California took decisive action to place a moratorium on new hospice licenses. The state's prevention efforts worked: Upwards of 60% of hospice entities using the Van Nuys address were denied a license because of California's moratorium.

### Protecting the Hospice System

The state treats all reports of regulatory non-compliance, whether received in-person, through the mail or online as complaints from members of the public and is inspecting them under its purview as part of its everyday work to protect taxpayers, root out fraud, and increase the quality of hospice care.

"As part of our ongoing work, we are in Los Angeles



State investigators conduct hospice compliance reviews in Los Angeles County on April 7 as part of California's ongoing effort to protect patients and safeguard public programs from fraud.

County actively investigating hospice providers," said CDPH Director and State Public Health Officer Dr. Erica Pan. "Protecting patients and safeguarding the integrity of our health care system remains our top priority, and we will continue to hold providers accountable."

"DHCS is shoulder to shoulder with CDPH on this effort," said DHCS Director Michelle Baass. "Whether our teams are in the field conducting reviews or verifying enrollment and billing, when we suspect fraud, we act. And when we determine there is a credible allegation of fraud, we refer cases to the California Department of Justice. Our shared commitment is protecting Medi-Cal members, safeguarding taxpayer dollars, and ensuring hospice services are delivered safely, legally and with integrity."

"The Department of Tax and Fee Administration is happy to lend our expertise and support to our partner agencies to review concerns and verify com-

pliance," said CDTFA Director Trista Gonzalez. "Our focus is on ensuring businesses are operating within the law and that public funds are protected."

### Holding Bad Actors Accountable

Since Governor Newsom's 2021 moratorium, California has revoked 280+ hospice licenses and placed 300 more under investigation – among the most aggressive enforcement actions in the nation. In addition to CDPH's licens-

ing enforcement, DHCS has strengthened hospice billing safeguards by requiring its own verification of hospice elections before any claim can process, using a DHCS issued indicator code that only appears after documentation is approved.

Under the Trump Administration, the Centers for Medicare & Medicaid Services (CMS) suspended implementation of the Hospice Special Focus Program, a federally required initiative designed to identify and increase scrutiny of poorly performing hospices. The program would have driven more frequent inspections and stronger federal enforcement.

CDPH licenses and oversees hospice providers and investigates complaints, and DHCS audits Medi-Cal billing. However, the federal government administers Medicare, which accounts for the vast majority of hospice spending, and they reimburse, monitor and investigate federal Medicare payments. The state is not involved in Medicare billing or payment processing.

California welcomes continued partnership with CMS as the federal government advances its own hospice oversight efforts, and will continue to share information and coordinate where appropriate to support shared program integrity goals.

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# What You Need to Know about AI Scams

You've probably heard about the amazing things artificial intelligence (AI) can do, from quickly creating written content and images to making videos that appear real, even when they're fake. Unfortunately, this easily accessible technology is also used by fraudsters to fool people into sharing personal information, investing in fake schemes, or giving scammers their money.

When AI technology is so good at faking - and personalizing - scams, what can consumers do to protect themselves?

"From AI-generated emails and texts to cloned voice messages, calls, and deepfake videos, today's scammers have many tools at their disposal,"



said Chief Postal Inspector Gary Barksdale. "But if you're alert and understand fraudsters' typical methods, you can stay one step ahead of them."

The U.S. Postal Inspection Service is sharing some red flags that can help you avoid AI-generated traps and what you or a loved one can do if you

are a victim of fraud.

## How to Spot an AI Scam

AI is being used in many different types of fraudulent schemes including quick phishing attempts in the form of emails or texts supposedly from a reputable company; "long cons" like romance, investment, or cryptocurrency scams;

and even scams claiming to be "tech support." If you get a text, email, call or voice message requesting or demanding your response, watch for these things:

- **Skimpy social media.** The "person" contacting you has an inconsistent or thin social media footprint - few friends, recent account creation, comments that don't seem natural, or images that don't match name/profile details.

- **Odd website/email address.** Tiny misspellings, weird fonts, non-secure websites asking for login information, or a return email address that doesn't match the website domain asking for information (Example: john.doe@USPSUS.com when USPS.com is the actual domain name.)

- **Requests to communicate off-platform.** Does the message sender insist on speaking via WhatsApp, Telegram or a separate, private email address? If so, platform security protections won't apply.

- **Audio/video inconsistencies.** Lip-sync timing seems off, weird lighting/jerky motion, or a voice that doesn't quite match the person you know.

- **Too-good-to-be-true offers.** Does the sender promise guaranteed high financial returns or "exclusive" private opportunities? They likely won't pay out.

## How to Protect Yourself

Even if you think the person or company contacting you is legitimate at first, always double check by going straight to the source.

Go directly to the company website, or contact the person the way you normally contact them, rather than clicking a provided link or responding to the text, email or call.

Follow these tips to avoid falling prey to scams:

- Never send money to someone you know online only, especially via cryptocurrency, wire transfer, gift cards or pre-paid reload methods.

- Beware of financial requests. Requests to "loan me money to buy a ticket" or "invest via this private wallet" are warnings to STOP and verify.

- Enable multi-factor authentication (MFA). Protect your email, social and financial accounts.

- Use payment methods with buyer protection. Credit

(continued on page 12)

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# Older Americans Plan More Travel in 2026

Older Americans are planning for a big year of travel in 2026 despite persistent cost concerns, according to new AARP research.

The latest *Travel Trends* report shows travelers age 50 and older are not only planning nearly four trips, but also embracing new tools, including AI, to stretch their travel dollars further than ever.

The latest findings show that nearly two-thirds (64%) of adults age 50-plus expect to travel in 2026, continuing the strong demand seen in recent years.

Actual travel once again outpaced expectations in 2025. Older adults took an average of 4.2 trips, compared with the 3.6 they had originally planned. Looking ahead, travelers anticipate taking 3.9 trips in 2026.

A notable shift this year is the rapid rise in technology



assisted planning The share of older adults using AI tools to find travel deals has doubled – from 8% to 16% – as more travelers turn to digital tools

to stretch their budgets and make smarter decisions.

“Even with cost pressures, adults 50-plus are finding creative ways to keep exploring, whether that’s using rewards, shopping for deals, or turning to AI for smarter trip planning,” said Carey Kyler, Sr. director of Consumer Insights at AARP Services, Inc. “For many older Americans, travel is how they stay connected to the people who matter most.”

More major findings from the survey include:

- 86% of adults age 50-plus say travel is a top discretionary spending priority, and more than half of their 2026 trips were already booked or planned by the end of 2025.

- Cost remains the biggest barrier for older travelers. About 45% are concerned about high airfare, and 39% cite cost overall, including 49% of those with annual incomes under \$100,000.

- Older adults are budget conscious. 89% shop for bargains, and more than half used loyalty rewards or discounts on recent trips.

- Use of AI tools for travel planning has doubled in one year, rising from 8% to 16% as travelers look for the best available deals.

- Family travel continues to lead leisure priorities, with 57% motivated by time with loved ones and one in four trips including three generations.

AARP Travel, a resource for Americans 50-plus who spend over \$236 billion annually in leisure travel, provides travel advice, the latest news and travel insights. [AARP.org/travel](http://AARP.org/travel) has a wealth of articles available on vacation ideas, travel tips and destinations to make travel simple.

## Value of Family Caregiving Reaches \$1 Trillion Annually

Family caregivers now provide more than \$1 trillion worth of labor each year in the United States, according to a new AARP report.

Most of this work is unpaid, yet it forms the backbone of the nation’s long-term care system that is essential to helping millions of older adults live independently at home. At \$1.01 trillion annually, family caregivers represent a major economic force, yet this care often comes at significant cost to caregivers’ health, financial security, and well-being.

“Family caregivers are holding up a system that millions of Americans rely on every day,” said Dr. Myechia Minter-Jordan, CEO of AARP. “With the economic value of family caregiving now exceeding \$1 trillion annually, it is clear that employers, health care providers and policymakers must do more to recognize and support them, as they continue to fill critical gaps in our health care system.

“AARP is working to elevate the realities family caregivers face every day and advocate for solutions that reflect the true scale of their contribution,” she added.

Key findings from the report – *Valuing the Invaluable 2026* – include:

- 59 million Americans are caregivers of adults, providing care for older parents, spouses, neighbors, and other loved ones, contributing 49.5 billion hours of care annually, work

that would be valued at \$1.01 trillion per year if paid in the marketplace, based on a value of \$20.41 per hour.

- The 49.5 billion hours of care provided each year is the equivalent of nearly 24 million full-time workers, roughly 17% of the entire U.S. full-time workforce.

- The value of family caregiving exceeds total federal, state and local Medicaid spending nationwide, and almost doubles all out-of-pocket health care spending.

- The report also includes state-by-state estimates of the number of caregivers, total hours of care provided, overall economic value, and the average hourly value of care.

- Across states, the estimated value of caregiving ranges from \$14.12 per hour in Louisiana to \$27.05 per hour in Washington, reflecting regional differences in wages and the cost of care.

- Caregiving has become more demanding and complex as chronic illnesses rise and more care shifts into homes:

- Family caregivers are spending more time providing care, averaging 27 hours each week.

- More than half, 57%, now provide high-intensity care meaning; they spend more hours helping with daily tasks like bathing and dressing as well as complex medical and nursing tasks like wound care and administering injections.

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# Health Costs Push Some to Skip the Doc Until Medicare

By Sam Whitehead

John Galvin knows he needs a colonoscopy. But he's waiting to schedule the procedure until December, when he turns 65 and qualifies for Medicare.

He was already thinking about delaying it – then his monthly Obamacare insurance premium payment tripled this year to \$2,460, about a third of his income, he said. And with a \$2,700 deductible, he'd be on the hook for most of the diagnostic exam, a financial hit he said he couldn't stomach.

"It was going to cost close to \$3,000," said Galvin, who lives in North Kingstown, Rhode Island, and recently retired as director of a durable medical equipment company. "I put it off."

Galvin said his wife, Nancy, is delaying a costly CT scan for a few years until she too qualifies for Medicare, so it can foot the bill. The federal health program offers coverage for all Americans 65 and older.

People on Affordable Care Act plans nearing retirement age experienced some of the largest price increases following the expiration of enhanced federal subsidies at the end of December.

Those with incomes above 400% of the federal poverty level – \$86,560 for a family of two – had been getting help paying for the plans since the Biden administration expanded the subsidies during the covid-19 pandemic. Adults ages 50 through 64 made up around half of those ACA enrollees.

Now, without that federal financial help, some in this age group say they're wrestling with whether to delay care until they qualify for Medicare.

Not only does that put their physical health at risk, said patient advocates, doctors, and health policy researchers, but it potentially just shifts the costs – and could lead to taxpayers' footing even bigger bills to fix health issues that worsen amid the delays.



"There's going to be a lot of pent-up demand and unmet need," said Jessica Schubel, a health policy consultant who worked in the Obama and Biden administrations. "Medicare is going to have to spend a whole heck of a lot of money covering and dealing with their treatment."

The Affordable Care Act has been a key source of health care coverage for people 50 through 64. Access to Obamacare plans helped cut the uninsured rate for this age group by half, according to AARP, a lobbying group that represents older adults.

That allowed some people to retire early while keeping coverage. It also has provided a safety net for small-business owners and those with jobs that don't offer health insurance.

Last fall, the longest-ever government shutdown occurred amid an unsuccessful effort by Democrats to extend the enhanced subsidies. Republicans opposing the extension had said the assistance went to insurers, incentivizing fraud and

wasteful coverage.

The issue will continue to have political relevance, especially in this year's midterm elections, including among older Americans who reliably show up to the polls, said Republican strategist Gregg Keller, who runs the Atlas Strategy Group.

"Is affordability going to be an issue? Absolutely," he said. "Are health care prices going to factor into that? Yes."

Even before the subsidies expired, the costs of medical care, nursing homes, and prescription drugs were among the top health-related concerns for people over 50, a 2024 University of Michigan poll found.

Middle-aged adults with Obamacare plans acutely feel the pinch of the expired subsidies, because the ACA allows insurers to charge adults in their 60s up to three times as much for premiums as those in their 20s, who generally use fewer medical services.

And many middle-aged adults were already enrolled in the lowest-cost plans available, which leaves them without cheaper options to fall back on, said Matt McGough, a policy analyst with KFF, a health information nonprofit that includes KFF Health News.

"This is very dire for the older marketplace enrollees," he said.

Someone making a few dollars over 400% of the federal poverty level earns too much to get a subsidy now, and in some states average premium payments were due to at least triple for this group. Many people are seeing yearly rate increases of thousands of dollars, with premium payments totaling as much as a quarter of their incomes.

John Ayanian, a primary care physician and health policy researcher at the University

of Michigan, said he has regular conversations with older patients who are trying to figure out how to afford their medical care. Some in their early 60s are likely to drop ACA coverage because of rising premiums, he said.

"That's a gamble," he added.

Marci Heinbaugh may take that bet. The 63-year-old social services worker, who lives in rural Illinois, said her monthly premium payments more than doubled, from roughly \$1,100 to \$2,333, for a plan with a \$10,150 out-of-pocket maximum.

She knew she'd be paying more, she said, but wasn't anticipating that kind of increase. A few months in, she's not sure if she'll stick with the plan for the rest of the year. She said she may go uninsured.

"I'm petrified to even think about that," Heinbaugh said.

People want to buy their own insurance on the marketplace, and many middle-aged adults could afford it with just a little federal financial help, said Alan Weil, senior vice president of public policy at AARP. Those who drop coverage or delay care until they reach age 65 might save money now, but that could be more costly for them – and taxpayers – later.

"There's significant possibility that the purported savings associated with reducing subsidies as people approach retirement end up turning into higher utilization costs for Medicare," Weil said.

And Medicare enrollees aren't insulated from rising costs. In January, for example, standard Medicare Part B premiums rose from \$185 per month to almost \$203.

Until Galvin joins Medicare, he said, he expects to burn through a \$30,000 retirement account to cover his marketplace plan's premium payments and deductible.

A 2024 AARP survey found that 1 in 5 adults over 50 had no retirement savings and 3 in 5 were worried they wouldn't have enough retirement savings to support themselves.

The expiration of these Obamacare subsidies puts additional financial pressure on Americans as they approach retirement, health policy researchers said.

"It's forcing people to make impossible choices," said Natalie Kean, director of federal health advocacy for the national nonprofit Justice in Aging.

*KFF Health News is a national newsroom that produces in-depth journalism about health issues and is one of the core operating programs at KFF – an independent source of health policy research, polling and journalism.*

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# A Drop in Financial Well-Being Takes a Toll on Memory

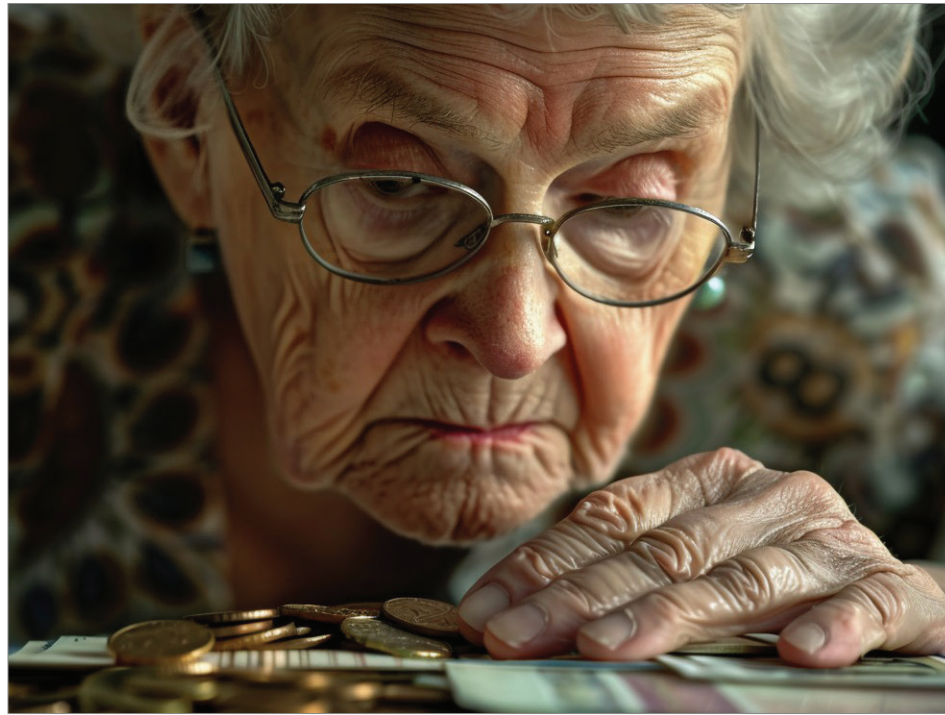
Worse financial well-being in midlife and older age – and declines of the same over time – are associated with lower memory scores and faster cognitive decline, reports a new study by researchers at Columbia University Mailman School of Public Health.

The population experiencing significant financial deterioration showed memory decline equivalent to roughly five additional months of aging per year.

The study is among the first to examine the cognitive consequences of poor financial well-being. The findings are published in the *American Journal of Epidemiology*.

Lower average financial well-being and worsening financial conditions were consistently linked to poorer memory function and accelerated decline. Associations were strongest among adults aged 65 and older, and findings were robust to sensitivity analyses addressing potential reverse causation and attrition.

“Financial well-being is an emerging economic determinant of health that may be associated with cognitive aging,” said Adina Zeki Al Hazzouri, Ph.D., associate professor of Epidemiology at Columbia Mailman School of Public Health, and senior author. “Prolonged financial strain may overwhelm mental bandwidth and contrib-



ute to negative cognitive outcomes.”

The researchers analyzed data from 7,676 adults aged 50+ in the Health and Retirement Study (2010–2020) to examine how both average financial status and four-year changes in financial well-being relate to memory performance over the subsequent four years.

To measure financial well-being, researchers developed and validated an eight-item index using existing survey data. The index captures both psychosocial strain – such as financial dissatisfaction and stress – and material hardship, including difficulty paying bills, low income and reduced ac-

cess to basic needs. It was validated against the Consumer Financial Protection Bureau’s Financial Well-Being Scale.

Each one-point worsening in financial well-being was associated with lower memory scores and faster decline. In contrast, improvements in financial well-being were not consistently associated with better cognitive outcomes.

“Our index was designed to capture poor financial well-being as a multidimensional exposure encompassing both a lack of psychosocial resources – for example, perceived financial dissatisfaction and strain – alongside material constraints such as difficulty meeting basic

needs and low income,” said Katrina Kezios, Ph.D., assistant professor of Epidemiology at Boston University School of Public Health and former post-doctoral scholar at Columbia Mailman School and co-author.

The authors suggest that older adults may be particularly vulnerable due to limited financial recovery options and reliance on fixed incomes, such as Social Security and pensions. Financial strain may harm cognitive health through chronic stress, reduced access to healthcare and nutrition, and constrained social engagement.

“Our findings also point to potential policy implications,” observed Zeki Al Hazzouri. “Income supports and financial assistance in later life may help protect cognitive health and reduce dementia risk, particularly for those experiencing financial decline.”

Overall, the study supports the hypothesis that worsening financial well-being in midlife and later life may contribute to accelerated cognitive aging.

The study was supported by grants from the National Institute on Aging.

*This article reprinted by permission of Columbia University Mailman School of Public Health.*

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 Jean Martens (559) 738-2207  
 or Gladys Araujo (559) 754-2396  
Habla Español

# CALENDAR

## Through June 28 - Betty Berk Solo Art Exhibition

This art exhibition will be presented at CACHE, 125 South B St., Exeter. Admission is free. For more info, call (559) 592-5900 or visit <https://www.cach-exeter.org>.

## Friday, May 1 - Senior Day in the Park

This event, featured in our last issue, is scheduled, from 9 a.m. to 2 p.m. in Mooney Grove Park, 2700 S. Mooney Blvd., Visalia.

## May 1-2 - 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 info, call (559) 733-5352.

## Friday, May 1 - 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 [www.artsconsortium.org/calendar](http://www.artsconsortium.org/calendar).

## May 1, 8, 15, 22, 29 - 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.

## May 3, 10, 17, 24 31 - Senior Pride Bingo Sundays

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

## Tuesday May 5 - Quarter Bingo

This event for those 50+ will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 1:15 p.m. For more information, call (559) 713-4365.

## May 6, 13, 20, 27 - Bingo

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

## May 7-30 - Art Exhibit by William (Bill) & Susie Bishop

The Tulare Historical Museum, 444 W. Tulare Ave., Tulare, will host this exhibit in its gallery. William's painting medium of choice is acrylic, and he also creates beautiful wood sculptures. Susie's paintings of landscapes and wildlife are well known in the art world. For more information, call (559) 686-2074.

## Thursday, May 7 - "Civil War Records: Prolific and Powerful"

The Sequoia Genealogical Society and James Baker will

present this 6 p.m. program. More than three million people served in the Civil War. If you have a relative or ancestor who was between 18-30 at the time of the war (1861-1865), there is a good chance that your ancestor served. 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.

## May 7, 14, 21, 28 - 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.

## Wednesday, May 13 - Valley Renal Support Group

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

## Friday, May 15 - 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 admission fee. For more information, call (559) 713-4365.

## Saturday, May 16 - Memorial Butterfly Release and Service of Remembrance

(For information about this event, see article on page 13 or ad on page 11.)

## Saturday, May 16 - Granny Basketball League Informational Meeting

A meeting to organize a local team in the Granny Basketball League will be held at 1 p.m. at the Visalia Branch of the Tulare County Library, 200 W. Oak Ave., Visalia. (For more information, see article on page 1.)

## Saturday, May 16 - "Red, Wine & Blue"

The Third Annual Art Walk, featuring wine tasting, hors d'oeuvres, artisan beer, local art, and interactions with historical figures, will be hosted by CACHE on South E Street in Exeter. Tickets are \$50. For more information, call (559) 592-5900 or visit <https://www.cach-exeter.org>.

## Monday, May 18 - 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., Exeter. For more information, call (559) 737-7443.

## Monday, May 18- 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.

## Monday, May 18 - "Exeter at War: A Century of Service and Sacrifice"

The Center for Art, Culture & History (CACHE) will host this 7 p.m. presentation by Dwight Miller at 125 South B St., Exeter. For more information, call (559) 592-5900.

## Tuesday, May 19 - Visalia Museum

The League of Women Voters of Tulare County will welcome Walter Deissler, president of Visalia Heritage, to talk about the Visalia Museum project at the old Southern Pacific Depot. The presentation will be at Left of Center, 699 W. Center Ave., Visalia. Doors open at 11:30 a.m. and lunch is at noon. Lunch is \$20. New members and visitors welcome. RSVP to [lwvtulareco@gmail.com](mailto:lwvtulareco@gmail.com).

## Tuesday, May 19 - Visalia Caregiver/Dementia Support Group

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

## Tuesday, May 19 - 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.

## Tuesday May 19 - Quarter Bingo

This event for those 50+ will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 1:15 p.m. For more information, call (559) 713-4365.

## Thursday, May 21 - Southern Comfort Senior Dance

This event for those 50+ will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, 5:30-8 p.m. Tickets are \$10 in advance, \$12 at the door. For more information, call (559) 713-4365.

## June 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 info, call (559) 685-2330.

## June 4-July 4 - Art Exhibit by Frankie Kong

The Tulare Historical Museum, 444 W. Tulare Ave., Tulare, will host this exhibit in its gallery. (continued on page 11)



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# CALENDAR

(continued from page 10)

Kong is a talented artist in acrylics. For more information, call (559) 686-2074.

**Thursday, June 4 - "The Truer History of the Chan Family"**

The Sequoia Genealogical Society and Eugenie Chan will present a 6 p.m. program about her family's involvement in San Francisco's Hip Yee Society. 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.

**June 4, 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.

**June 5-27 - Two Exhibitions at Arts Visalia**

The Main Gallery at Arts Visalia will showcase California Trishelle, an autobiographical exploration through print and mixed media artworks of Trishelle Jefferey's relocation from Salt Lake City to Fresno. The Feature Gallery will show a humorous and funky print, poetry and art doll exhibition by Indiana-based artist Jolynn Reggeluth. Arts Visalia is at 214 E. Oak Ave., Visalia, and is open Wednesdays through Saturdays, noon to 5:30 p.m.

**June 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 info, call (559) 733-5352.

**Friday, June 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 [www.artsconsortium.org/calendar](http://www.artsconsortium.org/calendar).

**June 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.

**June 7, 14, 21, 28 - Senior Pride Bingo Sundays**

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

**Monday, June 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., Exeter. For more information, call (559) 737-7443.

**Monday, June 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.

**Tuesday, June 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 info, call (559) 737-7443.

**Tuesday, June 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, June 17 - Valley Renal Support Group**

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

email Jennifer at [meow.2000@yahoo.com](mailto:meow.2000@yahoo.com).

**Thursday, June 18 - Sequoia Riverlands Walking Trail**

This guided hike conducted by Sequoia Riverlands at Kaweah Oaks Preserve will include an introduction to conservation efforts, and exploring local plants, wildlife, habitats and restoration work. Participants must pre-register. For more information, call (559) 713-4365.

**Tuesday, June 23 - Quarter Bingo**

This event for those 50+ will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 1:15 p.m. For more information, call (559) 713-4365.

**Monday, June 29 - Spring Golf Event**

Hands in the Community is sponsoring this event at Visalia Country Club, 625 N. Ranch St., Visalia. For more information, call (559) 625-3822, ext. 100, or visit [www.hconline.org](http://www.hconline.org).

**Friday, August 7 - Kaweah Health Golf Classic**

Kaweah Health is hosting this event to benefit its Pediatric and Surgical Recovery Units at Visalia Country Club, 625 N. Ranch St., Visalia. For more information, call (559) 624-2359, or email [Foundation@KaweahHealth.org](mailto:Foundation@KaweahHealth.org).

**July 10-11 - 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.



A Granny Basketball League exhibition game may lead to a team in Tulare County.

**Granny Basketball...**

(continued from page 1)

ny shots,' you know, between your legs and throwing it underhanded towards the basket," she said.

And you can't run, but you are allowed to "hurry."

**Informational Meeting Planned**

The game created enough local interest for a meeting to be scheduled at the Visalia Branch of the Tulare County Library, 200 W. Oak Ave., Visalia, at 1 p.m. on Saturday, May 16.

For more information about the Granny Basketball League, visit [www.grannybasketball.com](http://www.grannybasketball.com). For more information about the May 16th meeting, call (559) 690-5423.

Trammell stresses that no previous basketball experience is necessary to play.



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# What Do I Need to Do to Make Sure My Financial Affairs are in Order before I Die or Become Disabled?

By Christopher Smith

We all know, in the abstract, that life is unpredictable. But most of us still put off the uncomfortable conversations and decisions that come with that reality.

The truth is getting your financial and legal affairs in order isn't just for the elderly or seriously ill – it's something every adult should handle long before it feels urgent.

Because when the unexpected happens, the difference between having a plan and not having one can mean everything for the people you love: less stress, fewer legal hurdles and clearer direction during an already overwhelming time.

If something happened to you tomorrow, or you were suddenly unable to make decisions, would your family know what to do?

Here's what you need to put in place now to make sure they do.

## I've Got an Incurable Disease. What Do I Do to Legally Prepare My Finances for My Family?

I've got an incurable disease and expect to need full-time care within six months. What can I do to prepare financially and legally?



Money Expert Clark Howard

That's what a Clark listener asked.

Asked J in Utah: "Hi Clark. I am a long-time listener (since 1993) and grateful for your decades of advice.

"I have recently been diagnosed with an incurable disease (ALS/Lou Gehrig's Disease). I am in my 50s, married with two kids. I will likely be in a wheelchair within the next six months and will thereafter need constant care.

"Aside from a will, living trust, health care directive, and financial power of attorney, what else should I do to get my affairs in order?"

Clark expressed heartfelt sympathy and also respect and admiration for J.

"I want to tell you how sorry I am for you and your family with your diagnosis of Lou Gehrig's Disease. It's a tough, tough road

in front of you," Clark says.

"I can tell you are a very thoughtful individual. You've already thought through the documents you should have to protect your family's interests. You have done everything you should've done.

"The healthcare directive obviously is a very important thing for you to do here. And so I'm confident and comfortable that your time should be spent enjoying your family.

"I find your words inspiring. Because you've received a brutal diagnosis. And yet you're doing the things you need to do to take care of your family."

## End-of-Life Legal Documents to Prepare for Your Finances and Health

If you've never looked into end-of-life legal documents or thought about what would happen if you're living but incapacitated, here's a quick overview of the key tools J mentioned. Keep in mind that everyone's situation is different, so your specific needs may vary depending on your family, finances and health.

- Will: Also called a last will and testament, this legal document dictates who will inherit your assets, including your money, when you die. Clark urges everyone to create one. We can direct you to the best online will

makers.

- Living Trust: This estate-planning tool allows a designated trustee to manage a person's assets and distribute them to the correct beneficiaries after that person's death.

- Health Care Directive: Sometimes called an Advance Directive, this outlines your treatment wishes and may also designate a representative (known as a medical power of attorney) to make medical decisions for you if you become unable to do so. There are multiple types of advance directives and the official names of these documents can vary between states.

- Financial Power of Attorney: Similar to a medical power of attorney, this allows a designated person to make decisions on your behalf regarding your finances and business interests.

Clark also thinks it's a great idea to prepay for your funeral while you're still alive.

*Clark Howard is a nationally syndicated talk show host who focuses on helping you save more, spend less and avoid getting ripped off. A listing of all the radio stations that carry his show can be found at [www.Clark.com](http://www.Clark.com) in addition to his podcast *The Clark Howard Podcast* and his YouTube channel.*

## What to Know about AI Scams...

(continued from page 6)

cards and escrow services are safest when transacting with unknown parties.

- Avoid sharing personally identifiable information. Providing your full date of birth, Social Security number, photos of IDs, or home address can enable identity theft.

- Keep devices and software updated. Also use antivirus software plus a password manager for strong, unique passwords.

- Be cautious with "too helpful" strangers. If someone offers to set up an investment account or "help" you sign up, slow down and verify.

- Inform your contacts. Warn friends and family if you see a suspicious contact pretending to be you.

### Actions to Take if You're the Victim of a Scam

If you or a loved one falls victim to a fraudster, take immediate action:

- Stop communication with the scammer. Preserve all messages and transaction records.

- Contact your bank/payment provider immediately. Ask them to help you stop or trace transfers.

- Change passwords and enable multi-factor authentication (MFA), especially if you

shared login information.

- Place fraud alerts and a credit freeze with the three main credit bureaus. Also place alerts with your bank and credit cards if you shared sensitive financial data.

- Contact local police. If you lost significant sums of money or were threatened, the police need to be notified.

- If you used cryptocurrency, contact law enforcement immediately. Tracing is difficult, but reported early, there may be a chance of recovering your funds.

Most importantly, report fraud. You can report it to the

Postal Inspection Service, the Federal Trade Commission, or the FBI's Internet Crime Complaint Center. You should also report the profile and messages to the platform where the contact occurred.

Finally, seek support. Scams also cause emotional harm, so talk to trusted friends, family members or a counselor.

If you believe you've been the victim of any scam connected to the U.S. Mail, contact postal inspectors at 877-876-2455 or [www.USPIS.gov/report](http://www.USPIS.gov/report).

For more information on fraud prevention, visit <https://www.uspis.gov>.

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# Kaweah Health Opens New Akers Clinic in Visalia

Kaweah Health's newest outpatient clinic opened April 23 at the Tulare/Akers Professional Building on the corner of Akers Street and Tulare Avenue.

Known as the Kaweah Health Medical Clinic Akers, the new clinic offers primary care and other services.

The clinic will serve patients in the area while also helping recruit new physicians. Kaweah Health CEO Marc Mertz explained that one challenge with recruiting more physicians to the area is the lack of contemporary clinic space.

"The type of clinic we were looking for didn't exist, so we decided to build it ourselves," Mertz said at the recent ribbon-cutting. "We chose to partner with Tulare County to remodel a portion of this beautiful, well-maintained building."

Once offices for The Cigna Group, the Tulare/Akers Professional Building is now home to the Tulare County Sheriff's Office, Tulare County Elections Office, and the IRS.

Kaweah Health is leasing space from the county for the clinic.

"This is our building, and we are very happy to have Kaweah Health here," Tulare County Supervisor Amy Shuklian said. "Anything the county

can do to expand healthcare here is a good thing."

Currently, the new clinic has 20 exam rooms, a procedure room, and a room for mental health appointments.

Family practice physician Dr. Gaylene Soloniuk-Tays will be moving from her Ben Maddox locations, along with nurse practitioners Andrew Kim and Spencer Packer.

Kaweah Health Medical Clinic Akers is located at 5300 W. Tulare Ave., Suite 100, Visalia. To make an appointment or for more information, call (559) 839-2200.



Kaweah Health's new outpatient clinic officially opened on April 23.

## Adventist Health Hospice to Host Butterfly Release

Adventist Health Hospice invites community members to a Memorial Butterfly Release and Service of Remembrance at 10 a.m. on Saturday, May 16, at the Evan's Riverside Home, 31411 Road 180, Visalia. This free event offers families and friends an opportunity to honor and remember loved ones who have passed.

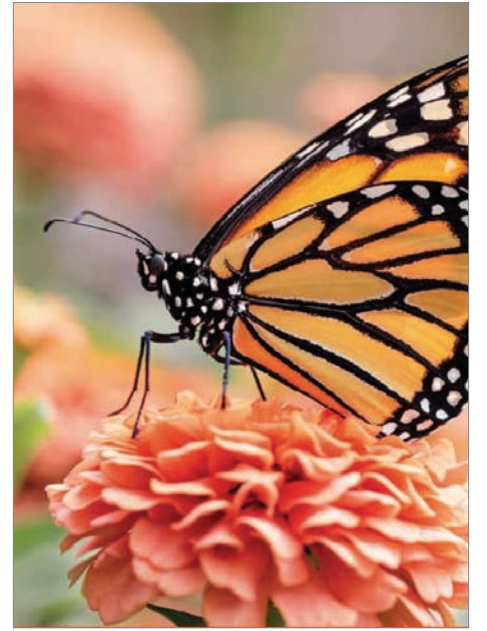
The ceremony will include a collective butterfly release, which symbolizes hope, transformation and the enduring presence of those held dear.

Attendees will also experience a thoughtful service of remembrance designed to bring comfort, reflection and connection.

"The Butterfly Release is a beautiful reflection of our community coming together to honor loved ones and support one another," said Lauren Day, president of the Adventist Health Central California Foundation. "Every gift helps us improve hospice care, grief counseling and essential resources so that patients and families feel supported every step of the way."

Community members may reserve a butterfly or donate to Adventist Health Hospice services by visiting [www.adventist-health.org/butterflyrelease](http://www.adventist-health.org/butterflyrelease).

Participation opportunities range from \$25 to \$100 and sponsorships are available.



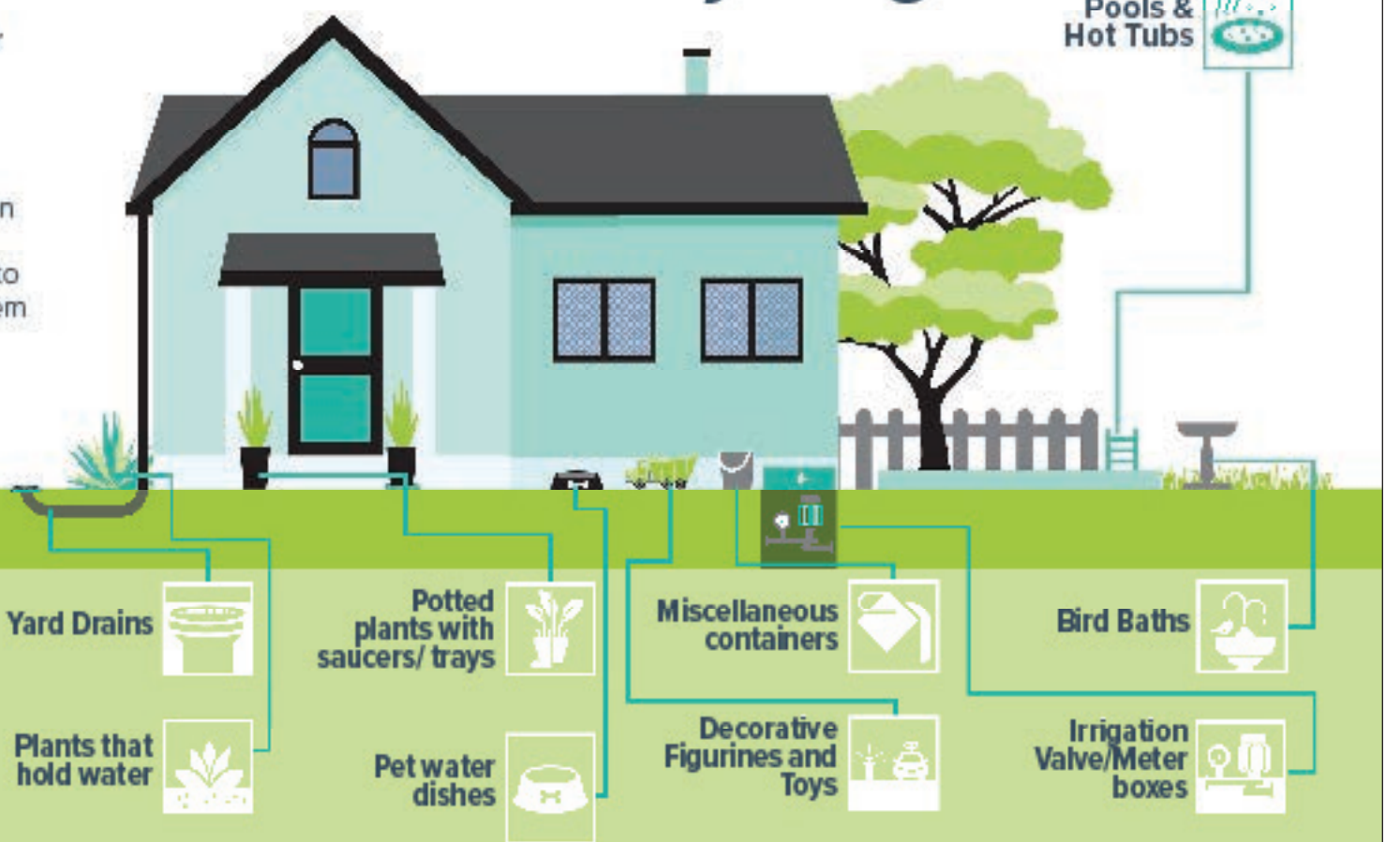
For more information, call Adventist Health Hospice at (559)537-2870.

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QUAIL CORNER

# How Do I Keep from Getting So Forgetful?

Q&A with Kimberly Jensen

**Question:** *I am going to be 75 this year and I would like to know if there is anything I can do to keep myself from getting forgetful.*

Are you finding yourself going to the refrigerator, opening it and staring blankly into it because you forgot what you were looking for? That is very normal, just go back to where you were before you went to the refrigerator and it will trigger the memory of what you went there for in the first place.

That is normal brain aging.

It is normal to get forgetful as we age, but there are things that you can do to help your brain stay as sharp as it can be. The National Institute on Aging recommends that you use a combination of physical exercise, continuous mental stimulation, social engagement and a healthy lifestyle. Key habits include regular aerobic exercise, learning new skills (like a language or instrument), maintaining strong social connections, eating a brain-healthy diet (like Mediterranean) and securing 7-9 hours of sleep.

Let's break that down in detail that is manageable for you to do daily.

Physical exercise can be

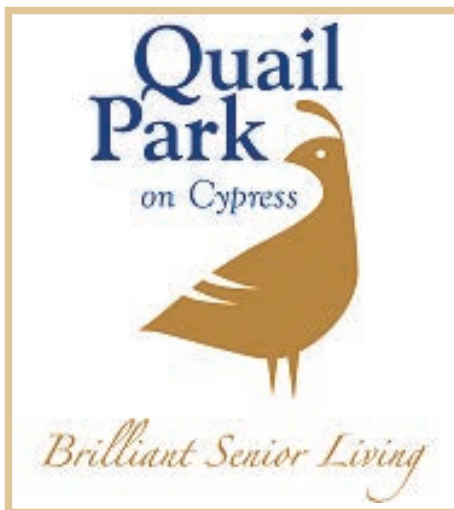
anything that makes you breathe deeply. Getting oxygen into your bloodstream and then into your brain is a critical part of physical exercise. If you can take walks, take them when it is not hot outside. A cool brisk walk not only brings fresh air into your lungs but also stimulates your brain to help it be less foggy.

If your mobility is limited, try sitting in a chair and swinging your arms from your sides up above your head. Breathe in on the upswing and breathe out on the downswing. Do it slowly so as not to hyperventilate. Take it slow and easy. Ten swings up and ten swings down should do the trick. As you move your arms up to the side, your lungs expand allowing for more oxygen to enter your lungs.

Turn on your favorite music and dance like no one is watching you. This is great aerobic exercise, and it increases the blood flow to the brain. It can increase the size of your hippocampus, an area of your brain involved in storing memories.

If your mobility is limited and you can't dance, raise your arms up and down to the beat of the music.

Challenge your brain with puzzles, crossword puzzles and



Sudoku. Games such as chess and cards are wonderful also. Learn new skills like knitting, needlepoint, or crochet. Write down your history so that you can share it with your family. Reaching far back to your childhood and sharing the funniest and most impactful memories will not only help your mood but it will also challenge your brain to tackle familiar and less thought of memories.

Think of the things you always wanted to do and then do them! Learn a new language at a college or online. Take music lessons or go to a local church for Bible study. All these activities will inspire you and challenge your brain.

Stay socially active in your community. Volunteer at the food bank, library, elementary school or senior center. Meaningful human interaction stimulates brain function and reduces the risk of cognitive decline. Participate in clubs and maintain regular contact with friends and family.

Change your diet to a healthy diet. By eating brain-healthy foods like vegetables, fruits, whole grains, nuts, and omega-3 fatty acids (e.g., salmon), you will be enriching your body with foods that help your mind and body to heal. Drink water to rehydrate your body and brain and flush out toxins. If you have liver or kidney issues, make sure to speak to your doctor about the quantity of water you can drink per day.

We don't realize how much damage we do to our bodies when we eat processed foods that are filled with excessive

sugar, and saturated fats. Stay away from "bad" oils. Key oils to avoid or limit include soybean, corn, canola, cottonseed, sunflower, safflower, grapeseed and rice bran oils. These oils are highly processed seed and vegetable oils – often called the "hateful eight." They are refined, bleached and deodorized, potentially causing inflammation in the brain.

Make sure to prioritize sleep. Good quality sleep is 7-9 hours a night. Try not to nap during the day so that you can have a full restful sleep at night. It is essential for memory consolidation and brain repair.

Try to manage your stress. By focusing on being mindful and productive in your life, you can help to control your cardiovascular risk factors like high blood pressure and diabetes, which directly impact brain health. Practice stress reduction techniques such as meditation or yoga. Take quiet time to focus on the positive in your life and be grateful for it.

Try to stay organized by using calendars, to-do lists and dedicated places for essentials. This will be helpful to reduce the cognitive load on your brain and create less stress on your heart. A cluttered home creates chaos in your brain. The more organized you are, the better and healthier it is for you.

As always, consult your doctor before making any lifestyle changes.

By practicing stress reduction techniques, challenging your brain with new skills, eating a healthier diet and being more mobile, you should be well on your way to staying sharper, more organized and all around healthier in both body and mind.

*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@QP-Cypress.com or call (559) 737-7443.*

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# Cognitive Speed Training May Delay Dementia Diagnosis

A National Institutes of Health (NIH)-funded study that followed adults age 65 and older over 20 years has linked a specific cognitive training regimen to reduced diagnoses of Alzheimer disease and related dementias.

While the authors assessed three different kinds of training, only one, which challenged participants with rapid object detection tasks, was associated with a 25% lower rate of dementia diagnosis, as indicated by Medicare claims data.

"This study shows that simple brain training, done for just weeks, may help people stay mentally healthy for years longer," said NIH Director Jay Bhattacharya, M.D., Ph.D. "That's a powerful idea – that practical, affordable tools could help delay dementia and help older adults keep their independence and quality of life."

"The findings reported here suggest that moderate cognitive training could delay the onset of dementia over subsequent years," said Richard Hodes, M.D., director of the NIH's National Institute on Aging, which funded this research. "There is still more research to be done to determine about how this works, but this promising lead may move the field further into developing effective interventions to delay or prevent onset



of dementia,"

As part of a now completed clinical trial, participants were randomized into cognitive training sessions, each lasting 60-75 minutes twice a week, over five to six weeks in 1999. Then, half of the participants were randomized into another round of training 11 and 35 months later. The study authors evaluated the effect of each training regimen by analyzing Medicare data collected as recently as 2019 from 2,021 study participants.

The interventions were designed to improve one of three kinds of cognitive function: memory, reasoning and visual speed of processing. The only subgroup in this study that experienced delayed dementia diagnosis was the one that received speed training followed

by additional training at a later date, designed to enhance the effect.

The speed training task first asked participants to identify which of two objects appeared in the center of a computer screen. The visual presentation of the stimuli became shorter over time until participants achieved a certain level of performance.

Next the training asked participants to identify the central target, while concurrently detecting a similar peripheral target which appeared over increasingly short durations. Lastly, the position of the peripheral target around the computer screen varied, with each additional phase of the task making it more difficult.

Unlike memory or reasoning

training, speed training sessions were unique, as difficulty of the tasks increased adaptively to make the tasks more difficult as an individual's performance improved over time. The authors note that this adaptive nature, which was exclusive to speed training, could partly explain the standout findings from this group.

Another potential driver for the delayed diagnosis may be the speed training regimen's tendency for engaging automatic, unconscious thought rather than slower, deliberate thinking. The specifics of how one would lead to the other, and why the other two training types did not yield the same results, are questions that still need to be addressed.

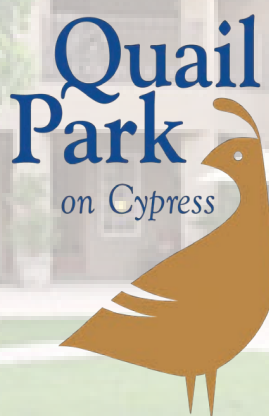
The researchers suspect that speed training may synergize with lifestyle interventions associated with lowered risk of cognitive decline such as increased physical activity and improved diet.

"This work conveys a clear message but also leads us to ask many new questions," said Marilyn Albert, Ph.D., corresponding study author and director of the Johns Hopkins Alzheimer's Disease Research Center. "We are keen to dig deeper to understand the underlying mechanisms at play here, but ultimately this is a great problem to have."

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# Garden Tips for May and June

By Peyton Ellas  
Tulare-Kings County Master Gardener

The story of this spring is definitely the brilliance and abundance of flowers in our gardens and in our wild lands. But have you noticed the foliage also seems especially vigorous and healthy? Along with my plants, native and exotic, birds, reptiles, amphibians and insects in my garden all seem to make the most out of this perfect beautiful spring weather.

## Planting

Try to finish planting in the ornamental garden before summer weather arrives. You can plant water-loving plants through summer, but even for them, transplant shock will be lessened if you can plant while we still have cool nights. Almost everything can be planted now, especially early in the month. Summer color can liven up both the ornamental and edible gardens.

Species to plant now include zinnia, marigold, petunia, sunflower, cosmos and impatiens. It's still valid to look for climate-adapted ornamental plants and limit the dependence of your ornamental garden on heavy irrigation during the hot summer months. You must water your edible garden as much as it needs to keep it healthy and growing quickly.

Vegetables to plant now include tomatoes, peppers, basil, eggplant, summer squash and tomatillos. Don't worry about some shade in your edible garden. Many summer garden vegetables do fine if they get at least six hours of sun a day, which is just about half a day. Heat lovers to plant in the full 14 hours of sun are winter squash, melon, okra, beans and corn.

Why not try a three-sisters garden of corn, beans and squash? If you have an established garden, care for your soil by adding straw, compost and composted manure or, if you must, store-purchased amendment. If your soil is healthy,

your plants will need far less pest and disease management, making the garden healthier and less work.

## Maintaining

Check your watering system and adjust as the weather warms. Your new transplants will need to be supplied with water on a regular basis through late spring and right into summer. Don't expect even low-water-use plants to survive on no water during their first year.

Deep water stone fruit, ap-



Marigolds

ple, pear, and nut trees. For established gardens, the top several inches of soil can dry out for almost all plants in the well-mulched garden and in whatever lawn you still have. Many people overwater their lawns, especially in late spring. This encourages disease and insect problems. Mature trees and shrubs probably have plenty of groundwater reserves this year; let's observe and see where we can retrain ourselves about our summer watering.

Compost and/or mulch if you haven't already to your planting beds. Keep wood mulch at least six inches away from tree trunks. Raise the mowing height to three inches for all types of lawn to shade out weeds and keep roots cooler.

Monitor the edible garden for common warm season insect pests: earwigs, aphids, slugs, snails and grasshoppers. Blast soft-bodied insects like aphids with a stream of water. Insecticidal soap is a good all-purpose insecticide for



Zinnias

many insects, and it doesn't kill as many beneficial insects as broad-spectrum powders and sprays do. Try to tolerate some damage to feed garden friends like birds, spiders, lacewings, ladybugs, assassin bugs, lizards and praying mantis.

Many native plants, including native milkweed, tolerate aphids, milkweed bugs and monarch caterpillar damage. Hand pick tomato/tobacco worms, hoplia beetles on roses, snails and slugs. Leave rolled newspaper traps or put a little oil into opaque bottles and leave them laying sideways under garden plants to trap earwigs.

Fertilize citrus with fertilizer labeled for them. Citrus in containers needs to be fertilized at least once a month during their blooming and growing season to produce well. Citrus in the ground should be fertilized this month and then not again until next year. Fertilize your warm-season lawn and groundcovers with an all-purpose product to promote vigorous growth and help prevent weeds.

If you haven't already, fertilize your roses. You may find that compost is all you need; don't feel pressured to add store-purchased fertilizer if your plants are vigorous and healthy. Sometimes we think we "must" do things, but do we need more growth that we will need to prune later? Do we need more fruit that will just end up on the ground or compost bin? Many low-water-use plants are better off without fertilizer to keep them longer-living and more compact.

## Conserving

Don't disturb your bee nesting and bird houses. Observe your trees before having the



Eggplant

tree trimmers come to make sure you're not disturbing an active bird nest. Leave a little radish, mustard and broccoli blooming in the edible garden until seed set to support pollinator insects. Consider adding a new plant for the wildlife. Do you have room for a quail bush (*Atriplex lentiformis*), mulefat (*Baccharis salicifolia*) or California fuchsia (*Epilobium californica*)? Do you have room for yarrow, California buckwheat or California native milkweed?

Native milkweed has pink and white, not yellow or orange flowers. Can you dedicate a space in the garden that is less manicured? This will support the greatest diversity and number of native bees, beneficial insects, lizards, toads and birds. The abundance of healthy life in balance with other lives is what makes a beautiful garden.

## Questions?

Call the Master Gardeners:

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

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Tomatoes



(Above left) In 1919, the S. Sweet Company treated its employees to a picnic at Terminus Beach. (Above right) Probably taken in the 1920s, this photo shows a group of teenagers ready for a three-legged race.

## Terminus Beach – The End of the Line for the Popular Resort

There is nothing new about having fun. People have been doing it for hundreds, if not thousands of years. I doubt that the desire for it will ever disappear. Let's hope it doesn't. Life would be terrible without it!

Fun, of course, comes in all sorts of shapes and forms and is enjoyed by all age groups. Today toddlers enjoy peek-a-boo, youngsters love to ride tricycles and bicycles, young adults look forward to hanging out at Starbucks, and older adults enjoying sipping wine with friends. For each the point is the same – to experience enjoyment, amusement and pleasure.

Over 100 years ago, Visalians and Tulare County residents, too, looked for ways to have fun, and there were plenty. For thousands, fun meant going to Terminus Beach.

To many today, Terminus Beach means nothing. But in its day, the well-known place on the Kaweah River meant enjoyment with friends. For them, the wonderful almost natural water park was more than a big ol' swimming hole.

So why was Terminus Beach such a hot spot for fun? To answer that, some history would be helpful.

Records show that in 1905, Harry and Constance Ginner came from England to Lemon Cove, and bought the beach area on the Kaweah River from the Wutchumna people who

had owned it, although another source claims the Ginners leased the land from them. The beach was on the Kaweah River, above Lemon Cove on the north side of Lime Kiln Hill. The site had once been a Wutchumna village.


After the Ginners acquired the site, they began planning for what would become the Terminus Beach Resort. Over the next three decades, the popular fun spot would become the summer hangout for thousands of people.

By 1915, the Terminus Beach Resort had a sign that read: "The Beach that made Long Beach Jealous." And the resort had attractions to prove it.

The Kaweah River at the resort site was dammed to create a big pond complete with a sandy beach, ideal for swimming. A lovely grove of trees surrounded the beach providing shade. Swimming lessons were available. If you forgot your swim suit, not a problem. They rented them. Swimming at the beach was free, but parking a car in the big lot cost 50 cents.

There was a dance hall with a jukebox and, on scheduled nights, public dances were held to the sounds of local musicians. Picnic grounds with tables, rental cabins, bath houses, a lunch room and a restaurant were all available. Nearby, there was a rodeo ground and

Dusting Off History  
with Terry Ommen



a golf course.

A big plus for the resort was its convenience. The Visalia Electric Railroad track ran to the resort. Actually its terminus was there. It was the end of the line. That's how the resort got its name. A passenger could go from Visalia, Farmersville, Exeter or Merryman to Terminus Beach for 75 cents round trip, with several time options during the day.

But it wasn't always fun there. From time to time the resort flooded, especially when spring snow mountain runoff was heavy. Then, occasionally parts of the resort caught fire. Buildings were damaged or destroyed.

At about 4:30 p.m. on July 14, 1937, a devastating fire attacked the resort and marked the end for the popular getaway. *The Visalia Times Delta* reported the bad news. It

announced "Fire of undetermined origin destroyed the resort..."

The newspaper added, "Buildings were all destroyed and the fire spread to the nearby hills burning about 100 acres. Twenty Maxon Ranch CCC (Civilian Conservation Corps) members, 15 men and a fire truck from the Three Rivers Fire District and the Division of Forestry fire truck from this city joined in bringing the blaze under control."

The site continued to draw swimmers and an occasional meeting, but the heyday of the Terminus Beach Resort was over. For nearly 30 years, the popular water feature on the Kaweah River provided enjoyment for so many. Today, the site of the resort is at the base of the Terminus Dam – the resort was almost totally wiped out with dam construction.



Terminus Beach was popular for swimming, sunbathing and boating.

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# How to Eliminate Ageism in Your Conversations

The California Department of Aging wrote the guidelines below for those who write or plan to write for the department.

Despite the fact that very few of you have plans to write for the CDA, you can probably benefit from considering some of the common mistakes that people make when talking to or about older adults - even those of you who are older adults.

One of the responsibilities we have in communicating with our audiences is to avoid using terminology and metaphors that stereotype the people we serve.

Communications with and about older adults must be reframed and stripped of ageism, an identity-based prejudice that stereotypes and discriminates based on age.

Ageism is at the root of stereotypical, negative and discriminatory language around older adults, the aging population and the process of aging that has led to the characterization of aging as a problem that needs to be solved and controlled. Common terminology and examples to recast and reframe in a positive manner are provided below.

- For example, identifying someone aged 60 and older as a senior, senior citizen, elderly, aged or aged dependent is stereotypical, negative and discriminatory. The Associated Press and other sources recommend this language be recast and reframed in a positive manner using the terms older adults, older Californians or older Americans.

- Likewise, characterizing the growing population of older adults as a tidal wave, tsunami or similarly catastrophic terms is stereotypical, negative and discriminatory. Instead of using this catastrophic language, this population growth should be recast and reframed in a positive manner, that older adults are living longer, healthier lives and are an important segment of society.

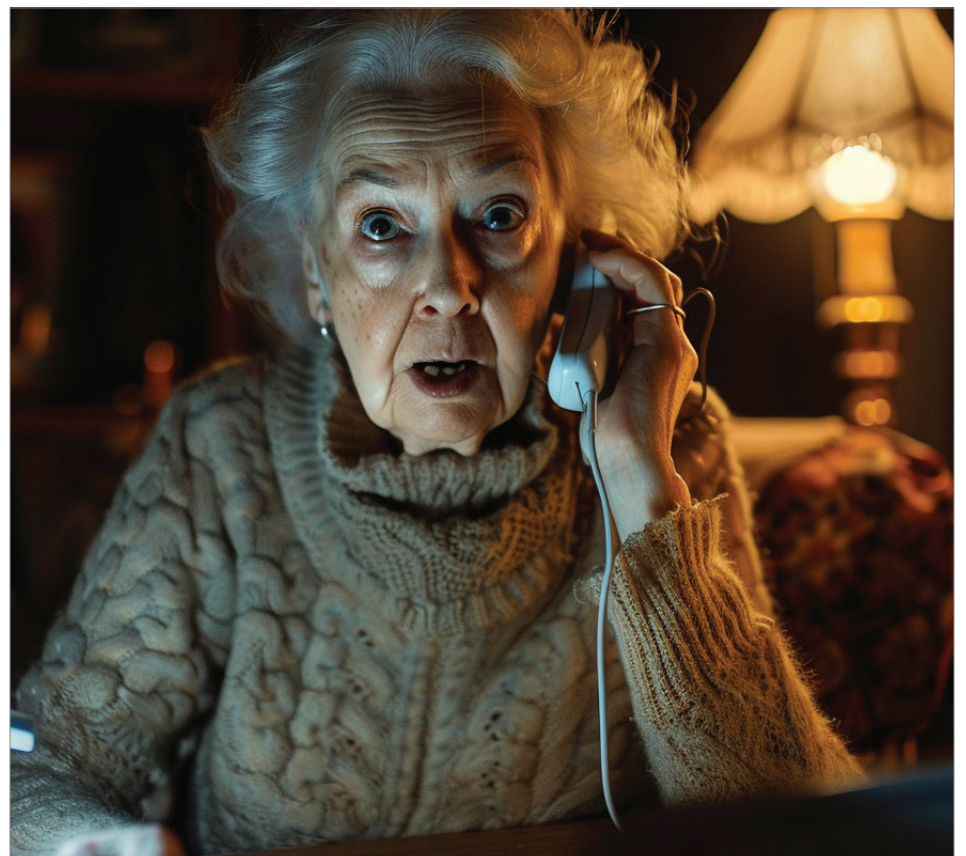
- Words such as struggle, battle, fight and other terms of conflict used to describe aging experiences are stereotypical, negative and discriminatory. Instead of using the language of conflict to describe the aging process, recast and reframe the communications in a positive manner, and refer to aging as a dynamic process that leads to new abilities and knowledge we can share with our communities; with aging grows wisdom that can help others.

### Negative or Discriminatory Terms Not to Use

Advanced age	Frail
Aged	Golden years
Aged Dependent	Old
Ancient	Oldster
Decrepit	Senile
Doddering	Senior
Dotage	Senior citizen
Elderly	Silver tsunami, tidal wave

Similarly, communications should be stripped of ableism, which is discrimination or social prejudice against individuals with disabilities.

Ableism is at the root of stereotypical, negative and discrim-



inatory language around individuals with disabilities. The ADA National Network recommends describing individuals with disabilities in a respectful and balanced way, using language that is neutral and objective.

- Emphasize abilities, not limitations. For example, use person who uses a wheelchair instead of wheelchair bound.
- Refer to the person first and the disability second. For example, use person with disabilities instead of disabled person, or person with paraplegia instead of paraplegic person.
- Use neutral language and avoid characterizing people as lacking something. For example, say person who had a stroke instead of stroke victim, and person with a brain injury instead of brain damaged.
- Use language that emphasizes the need for accessibility rather than the presence of a disability. For example, accessible parking instead of handicapped parking. Note: handicapped is an outdated and unacceptable term.
- Don't use condescending euphemisms. Avoid using differently abled and challenged.
- Don't use language that implies negative stereotypes of people with disabilities when talking about people with and without disabilities. For example, use people without disabilities instead of normal, healthy or able-bodied.
- Don't use language that perpetuates negative stereotypes about psychiatric disabilities. For example, use died by suicide instead of committed suicide, and person with a substance use disorder instead of addict.

## Flu Vaccine May Lower Alzheimer's Risk...

(continued from page 1)

while dampening inflammation. Inflammation is thought to play a role in the development of Alzheimer's disease.

"Enhanced [flu vaccines] confer greater protection against influenza infection,

thereby decreasing risk of severe illness and the associated systemic inflammation that can promote neuroinflammation and neurodegeneration," the authors wrote.

Recent research has also linked the shingles vaccine to

decreased risk of dementia. Regarding the current findings on the flu vaccine and reduced risk of Alzheimer's.

"The evidence is not nearly as strong as the four natural experiments with [the] shingles vaccines," Eric Topol, MD, professor and executive vice president at Scripps Research, told *CIDRAP News*. "But if true, it is likely working via stimulating the immune system, raising its functionality in older adults who are prone to immunosenescence." (Immunosenescence refers to the gradual deterioration of the immune system that occurs with aging.)

### More Research Needed on Vaccine Dosage

The study's strengths include its large sample size and its use of a design that compared groups of vaccinated adults (versus comparing vaccinated adults to unvaccinated adults). Among its limitations were healthy-user bias, or the possibility that people who re-

ceive high-dose vaccines may seek health care in ways that also affect dementia risk, and reliance on claims data that may have misclassified Alzheimer's disease and mild cognitive impairment.

The study researchers also note lack of mortality and socioeconomic data as possible confounding factors.

Still, the results align with emerging findings that link certain vaccines with delaying or preventing neurodegenerative disease. The authors call for further research to better understand vaccine dose, immune response, and long-term cognitive outcomes. They also call for studies to determine whether vaccination influences disease progression after symptoms begin.

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# ENTERTAINMENT

## Grandmothers Battle to Save Mobile Bay in 'Sallie's Ashes'

Sallie Smith in "Sallie's Ashes" doesn't know how to retire.

"When I see something that's a problem, it tends to call my name... and once it's done that, I need to see it through," the 80-year-old from Alabama admits."

The problem now is threatening her beloved Mobile Bay. Alabama Power's "Plant Barry" - Southern Alabama's largest coal-fired power plant - has been depositing its waste ash into an unlined pit next to the plant for decades. It's a ticking time bomb; if the levees were to be breached, 21 million tons of toxic ash would be released into the Mobile River and Bay.

Sallie recruits fellow retirees Diane Thomas and Savan Wilson to her cause, and together they set off on a late-life crusade to try and force the plant - and the EPA - to move the ash to safer ground.

But Sallie is racing against more than one clock. The cancer she once beat has returned and metastasized. With only months to live, can she and her friends pull off one final fight for their community, the bay, and for the generations to come?

"The original pitch from my producer Daniel Junge was irresistible: a small group of grandmothers in Alabama have banded together to fight for the future of their beloved Mobile Bay," said Brennan Robideaux, the film's director and producer. "The target was a toxic coal ash pit perched on the banks of the Mobile-Tensaw Delta, threatening to poison one of the most biodiverse regions in the country.

"And as a filmmaker, my immediate excitement was about capturing the journey of a few determined grannies as they learned to build a website, create social media accounts and speak out at public events; all in an effort to build a coalition



Sarah "Sallie" Smith (left), Savan Wilson (middle) and Diane Thomas (right) in "Sallie's Ashes."

who would care as much about this looming environmental crisis as they did," he said.

"Daniel knew that I lived in Louisiana and said he would help me produce the film if I wanted to direct it. Within a day, he had set up a Zoom call with Sallie Smith, Diane Thomas and Savan Wilson, the three women in charge of this movement who were eager to have us document their journey. Together, they called themselves the Coal Ash Action Group.

"But very quickly we learned that beyond the charm and inspiration of these women lay an even more profound one. That came when Sallie, the head of their group, bluntly told us that if we wanted to make a documentary, we'd better do it soon, as she had just been diagnosed with cancer for the second time - this one being much more severe than the first.

"I called the only person I knew would be willing to drop everything and join me on a crazy idea, my creative collaborator Allison Bohl DeHart, and together we journeyed to Mobile Alabama the next day.

"The women were every-

thing we could have hoped for: funny, charming, and disarmingly sharp. But Sallie's illness, ever-present in the background, layered the film with urgency. This wasn't just a story about coal ash and activism; it became a film about purpose, dignity, and joy at the end of life, even when the odds are stacked against you.

"When shooting a documentary, I'm constantly aware of the intrusive nature of our business, but this one was different. We were asking a dying woman to let us into the most intimate and difficult time of her life. There was a lot of hesitation I felt in pushing too far or asking too much of her. But it was Sallie who was the bold one, inviting me to every moment. Her strength and openness is the heart of this film.

"But the most salient layer of the story came during our second interview with Sallie - when she shifted the conversation away from coal ash entirely. 'Aging is very lonely,' she said as she laid on her couch with her eyes staring at the ceiling. 'And nobody likes to talk about it...because I don't think people

really know that they are lonely.'

"In that moment, it became clear: these women were not the 'typical' environmental activists. They were Southern grandmothers who had lived long and complex lives full of love, loss, illness and caregiving; yet still chose to take on a fight bigger than themselves. They demanded attention not because their voices were loud but because their lived experience carried the gravity of battles they'd already fought.

"As a young environmentalist says in the film, 'When a couple of grandmothers, one of which has late-stage terminal cancer, come in and tell you 'this is a big deal', it just hits different.'

"At its core, 'Sallie's Ashes' is not just about coal ash. It's a reminder that the most unlikely voices can carry the greatest weight; and that sometimes, the fight for the future rests in the hands of those who know they won't live to see it."

"Sallie's Ashes" is still on the film festival circuit and not yet available for streaming. Watch for updates on [www.justwatch.com/us/movies](http://www.justwatch.com/us/movies).

## 'The Old Man and the Parrot' Presents a Surreal Tale

For those who prefer a stranger and more surreal movie, "The Old Man and the Parrot" may be for you.

In the film, Praxi breaks into the home of spiritual guru Radel with a taxidermy parrot and a pistol. His threat? "Get my lover's soul out of this stupid bird's body now!"

Unfortunately, Radel is recovering from a stroke that has affected his ability to speak and it's up to his estranged and reluctant daughter, Ana, to deal with Praxi's absurd demand.

The movie travel through short vignettes that lead us to the revelation of how Yoelvis' soul ended up cursed for eternity by Radel.

The vignettes begin with Yo-



Praxi confronts spiritual guru Radel with a pistol, a taxidermied parrot and a demand in "The Old Man and the Parrot."

elvis and Praxi meeting at a warehouse where they are working. Bonding as Cuban immigrants, they become close friends and together open a vegetarian food stand. At their new apart-

ment complex, they meet Radel, another Cuban immigrant who came to the States with his recently deceased wife in order to practice his mystic arts.

A huge animal lover, Yoelvis

gets triggered by Radel's pet chickens which he suspects will be used as sacrifices. As food stand stresses mount with Praxi taking time to pursue his comedy career, Yoelvis focuses on rescuing chickens.

"The Old Man and the Parrot" weaves a surreal yet deeply human story of grief, redemption and the absurdity of life itself. With a climax that forces Praxi to choose between clinging to the past and embracing an uncertain future, the film is a heartfelt exploration of what it truly means to let go.

"The Old Man and the Parrot" is still on the film festival circuit and not yet available for streaming. Watch for updates on [www.justwatch.com/us/movies](http://www.justwatch.com/us/movies).

They fought for us,  
**now let's fight  
for them.**



## WHAT IS PHYSICAL ELDER ABUSE?

- Inflicting physical pain
- Inappropriate use of drugs, restraints, or confinement

## SIGNS OF PHYSICAL ELDER ABUSE:

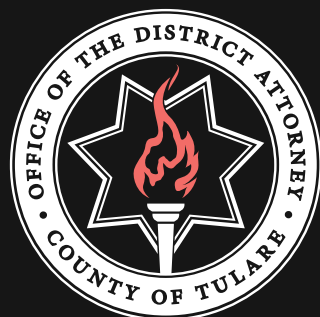
Injuries inconsistent with elder's history, bruises, pressure marks, broken bones, burns

## REPORT ELDER ABUSE

Adult Protective Services 24/7 Hotline:

**(877) 657-3092**

- PHYSICAL
- FINANCIAL
- EMOTIONAL
- NEGLECT



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