



IN THIS ISSUE: The Golden Bachelorette, Buck Rock, Oldest Man in Space, Belle of the Ballpark, Swiss Chard, Steve Guttenberg's New Book

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume XI, Number 2 • July/August 2024



Kings County Trial Puts Spotlight on Elder Abuse

A murder trial in Kings County has focused the community's attention on elder abuse.

On May 20, the Kings County District Attorney's Office filed a criminal complaint alleging that Kelli Yingling committed murder and elder abuse between April 29 and May 7 of this year.

The DA's Office added an additional count: that the defendant committed elder abuse on December 12, 2023.

The victim of all of the alleged crimes was Kelli Yingling's mother, Peggi. Last year, Kelli Yingling was placed on felony probation for elder abuse and criminal threats against her mother.

On May 18, Hanford Police officers conducted a welfare check on Peggi Yingling. Her neighbor reported not having seen her for a couple of weeks.

Peggi Yingling was found wrapped in plastic bags and locked in a closet. The autopsy revealed signs of strangulation.

Her daughter, Kelli, who was a resident of the home was arrested on suspicion of homicide.

"The victim is an elder person and we are alledging that this is a case of elder abuse (continued on page 7)

FHCN to Open PACE Adult Day Care Center

By Steve Pastis

Family HealthCare Network's (FHCN) PACE adult daycare in downtown Visalia is scheduled to open on July 1st, and many services will be available on the first day of operation, according to Stacey Beachy, vice president of marketing and public relations for FHCN.

The 25,000-square-foot facility and its parking lot fill all of the 1.75 acres on the block surrounded by Murray Avenue, Tipton Street, School Avenue and Santa Fe Street, with the two-story building facing School Avenue.

"The Program of All-Inclusive Care for the Elderly (PACE) represents an innovative healthcare model designed to meet



The Family HealthCare Network's PACE adult daycare is scheduled to open on July 1.

the comprehensive needs of elderly individuals eligible for nursing home care but who prefer to live independently in their homes and communities," said Beachy.

She added that PACE "delivers a full spectrum

of medical, social and rehabilitative services tailored to seniors' needs, facilitating a holistic approach to their health and wellness."

A key objective of PACE is to ensure that seniors (continued on page 9)

2024 Visalia Senior Games Hold Final Competitions

The 2024 Visalia Senior Games are now history.

The competitions, which were held on various weekends from March to May enjoyed different levels of success.

"The events that we were able to host were a success," said Holly Ellis, recreation supervisor for the City of Visalia Parks & Recreation Department.

However, some of the scheduled events were cancelled due to low registration. This included the final two competitions.

"Unfortunately, our participant numbers did not meet the desired amount to host both table tennis and cornhole," said Ellis. "However, we had 176 participants in our pickleball



Pickleball had the most competitors in the 2024 Visalia Senior Games.

tournament this year.

"Pickleball, by far, was the highest attended sport in our games this year," she added. "Participants and spectators alike enjoyed a great weekend of pickleball, fun and good weather at Plaza Park."

Other events, such as the track and field meet on April 6 were also successful, said Ellis.

Feedback about the Games
"As with any event, we love hearing from participants," said Ellis. "We heard many positive comments and received lots of helpful information we can utilize moving forward."

"We heard many participants excited that the games were back. They were glad to

have tournaments they could compete in, were glad to participate with friends from other cities, and were hopeful that all senior events and Senior Games throughout the United States would continue to grow."

Even though no information is available yet for the 2025 Visalia Senior Games, those interested in competing, volunteering or just to cheer on the athletes can call (559) 713-4365 to receive future announcements about next year's games.

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



Members of the Tulare County Board of Supervisors, along with representatives from Tulare County Health and Human Services Agency, Tulare County Sheriff's Department, Tulare County District Attorney's Office and Community Services Employment Training (CSET) plant flags in front of Government Plaza on Mooney Boulevard in Visalia for Elder Abuse Awareness Month.



New VA Clinic Opens in Visalia

On May 17, the ribbon-cutting for the new 23,300-square-foot VA Clinic on North Santa Fe Street in Visalia was held. The clinic is opening in phases, initially offering primary care and mental health services, with plans to introduce specialty services later. Those specialties include audiology, labs, imaging, optometry, physical therapy, pharmacy and podiatry.



Dinuba Farmers Market has Support of Health Providers

Kaweah Health, Health Net, Family HealthCare Network and Valley Health Team are all sponsors of Dinuba Certified Farmers’ Market, which celebrates its 10th anniversary this year. The City of Dinuba Parks and Recreation Dept. and STEP UP also support the market.

Held in Downtown Dinuba, the Dinuba Certified Farmers’ Market provides education and fresh, healthy food to combat obesity, diabetes and other health challenges faced in the Central Valley. It is also an important venue for local farmers to display and sell their products.

The Kaweah Health Dinuba Clinic is offering a Veggie Rx program to bring new families to the market.

In addition to fresh affordable fruits and vegetables, this year’s market offers theme nights in hopes of making it the "hot spot" for Friday nights. Themes include Super Heroes’ Day, Kids’ Day, Noche Latina,



and First Responders’ Night. “There are many components that factor in for a successful farmers market, and one of those is commitment and dedication, which we see amongst our partners, vendors and the community. It is an honor to continue offering this free, family-friendly, community event,” said Michelle Tapia, market manager. The market, which has been taking place at at 289 South L St., from 5-8 p.m. on Fridays, will run through July 12.

Affordable Connectivity Ends

Under the Bipartisan Infrastructure Law, the Federal Communications Commission (FCC) developed and maintained the Affordable Connectivity Program (ACP) – a federal program offering eligible households a discount on their monthly internet bill and a one-time discount off the purchase of a laptop, desktop computer or tablet.

Over 23 million eligible households were enrolled, with many seniors and veterans receiving the monthly discount.

Unfortunately for those in the program, the \$14.2 billion Congress initially made available for the ACP ran out. Due to the lack of additional funding, April was the last month



that ACP households could receive the full ACP discount. If households wish to continue to receive internet service, they can select another lower cost internet plan from the same internet company, or start receiving internet service from a different internet company. ACP households will not be charged termination fees or fees for changing plans with the same or different ACP internet company.



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Things Aren't Always What They Seem: Beware of Identity Fraud

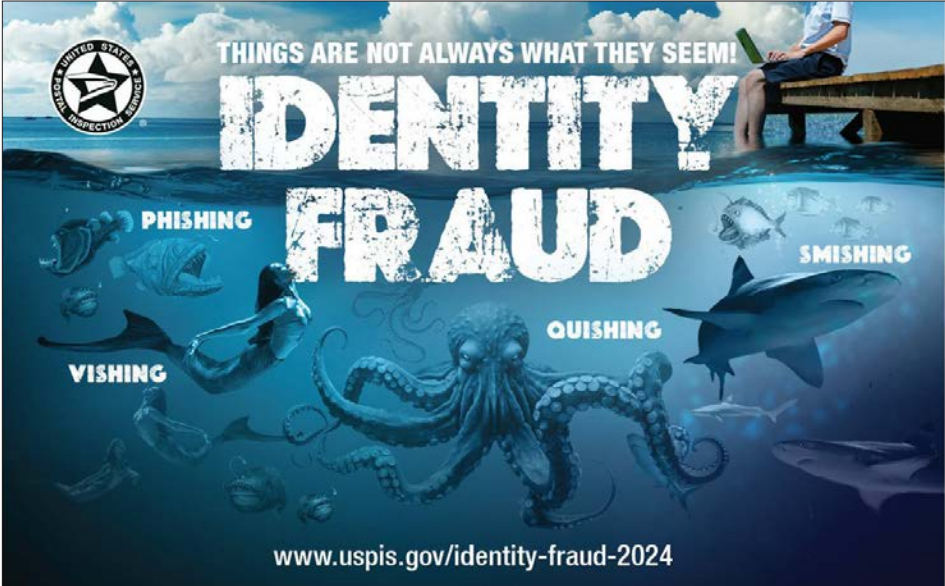
Scam artists are constantly changing tactics to steal your personal identifiable information (PII), including account usernames and passwords, Social Security numbers, birthdates, credit and debit card numbers, personal identification numbers (PINs) or other sensitive information. With this information, they can carry out crimes like financial fraud that can be difficult and frustrating for victims to remedy.

The United States Postal Inspection Service is working hard to stop these scammers in their tracks. You can help too, by familiarizing yourself with these identity fraud scams designed to trick you into giving up your "financial DNA" and turning over your personal identifiable information to imposters.

1. Phishing

If you ever receive an email about a package delivery or unpaid online postage charges, usually with the subject line, "Delivery Failure Notification," be careful. These phishing emails appear to be from the U.S. Postal Service but they are not and you should not interact with them.

The phishing emails may contain either a spoofed or fake URL for you to follow or a file that if opened, can activate a virus, resulting in your personal information being stolen.



How can you tell if an email is **not** from USPS or the Postal Inspection Service? If the email requests "immediate action," has poor grammar and spelling errors, asks you to confirm PII or asks for payment of any kind, you're likely dealing with a phishing email. USPS officials would never contact consumers directly asking for payment or PII.

If you receive a phishing email:

- Treat your personal information like cash
- Don't click on any links
- Forward USPS-related spam emails to spam@uspis.gov
- Report non-USPS spam emails to the Federal Trade Commission
- Delete the email

2. Smishing

Have you received unsolicited mobile text messages with an unfamiliar or strange web link that indicates a USPS delivery requires your response?

You're likely dealing with a smishing scam. This type of deceptive text message lures recipients into providing personal or financial information. Scammers often attempt to disguise themselves as a government agency, bank or other company to lend legitimacy to their claims.

Even if you've signed up for USPS tracking, pay close attention to the message. The Postal Service will never ask you for PII in a text message, redirect you to another site for payment, or contact you via text

message, unless you initiated the request.


If you receive a smishing text message from the Postal Service:

- Don't click on the link
- Don't reply
- Forward the smishing/text message to 7726 or email spam@uspis.gov
- Report non-USPS fraud to the Federal Trade Commission
- Delete the text message
- Block spam messages
- Review your cellphone bill for suspicious charges
- Keep your security software up to date

3. Vishing

You may have enjoyed the game telephone when you were younger but calls from scammers trying to get your personal information are nothing to play with. A new twist on phishing, vishing is something you need to be aware of. Vishing is short for voice phishing and scammers will try to hook you as soon as you answer the phone.

Here's how to spot it. Scammers call from a number that may look familiar or even appear to be from a legitimate source, like your bank or a government agency. The caller, however, is anything but legit. They may claim there's an issue with your account or
(continued on page 4)



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FDA Advisory Committee's Finds Donanemab to be Effective

On June 10, the U.S. Food and Drug Administration (FDA) advisory committee unanimously found that donanemab (from Eli Lilly) is effective for the treatment of early Alzheimer's disease, which includes mild cognitive impairment and mild Alzheimer's dementia, and that the treatment's benefits outweigh the risks.

If approval is granted by the FDA, donanemab will be the second Alzheimer's treatment to be approved that changes the underlying course of the disease, and the third FDA approval overall in this class of treatments.

"A future with more approved Alzheimer's treatments is a tremendous advancement for people eligible for these



drugs. Progress with treatment is happening," said Joanne Pike, DrPH, Alzheimer's Association president and CEO.

"Now we need more types of treatments, targeting a variety of aspects of the disease, with greater efficacy and safety," she added. "This will lead to possibilities for combination

therapies that address the complexity of the disease."

The Alzheimer's Association is committed to working with health systems and providers to ensure they have the resources and infrastructure to meet the needs of their patients.

The association strongly encourages prescribers to par-

ticipate in the Alzheimer's Network for Treatment and Diagnostics, which is gathering real world data on how people from all backgrounds and communities respond to novel FDA-approved Alzheimer's therapies.

"We look forward to more treatment options and novel therapies that target other aspects of the disease, including lifestyle and behavioral-based interventions," said Maria C. Carrillo, Ph.D., Alzheimer's Association chief science officer and medical affairs lead.

"We will hear results from a variety of Alzheimer's and dementia treatments and risk reduction strategies at the Alzheimer's Association International Conference, July 28 to August 1 in Philadelphia."

Beware of Identity Fraud...

(continued from page 3)

a problem that requires your immediate attention. Then the scammers will ask for sensitive information like Social Security numbers, credit card details or passwords.

To protect yourself from vishing:

- Verify the identity of the caller
- Ask yourself why the caller is asking for your information
- Never give out sensitive information over the phone
- Report the call to the

alleged bank, government agency or company

- Block spam callers
- Place your number on the national Do Not Call List

4. Quishing

QR codes are incredibly common nowadays. You've probably seen them on posters, food menus and TV screens. Take caution before you scan. Some QR codes may be a form of phishing known as quishing.

If you receive a message from an unfamiliar email address or text message, or

find a poster in a high-traffic location, don't scan it. If you do, the QR code could take you to a scammer's website (which may look legitimate) but is designed to scam you out of your PII.

If you find or receive a suspicious QR code:

- Don't scan it, especially if the message or poster urges you to act immediately
- Report the QR code to the bank, government agency or company that the scam artist is impersonating
- Block scam messages

Stay Alert!

Scammers are always on the hunt for sensitive information. Protect yourself and others by using caution and reporting suspicious emails, texts, calls, voicemails and QR codes to the proper authorities.

To learn more about how to protect yourself from identity fraud, visit uspis.gov/identity-fraud-2024.

You can also find additional fraud prevention resources on at USPIS.gov.

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Blue Origin Sends 90-Year-Old Astronaut into Space

On May 19, Blue Origin successfully completed its seventh human spaceflight and the 25th flight for the New Shepard program.

The astronaut crew included former Air Force Captain Ed Dwight, who was selected by President John F. Kennedy as the nation's first Black astronaut candidate but never had the opportunity to fly.

Dwight, who was born in Kansas City in 1933, is now the oldest person who was sent into space. At the age of 90, he is older than actor William Shatner was when he was sent into

space.

In 1961, Dwight was chosen by President Kennedy to enter training at the Aerospace Research Pilot School (ARPS), an elite U.S. Air Force flight training program known as a pathway for entering the NASA Astronaut Corps.

Two years later, after successfully completing the ARPS program, he was recommended by the U.S. Air Force for the NASA Astronaut Corps.

Ultimately, however, he was not among those selected. He entered private life in 1966 and spent a decade as an entre-

preneur before dedicating his life's work to using sculpture as a medium to tell the story of Black history.

He has spent the last five decades creating large-scale monuments of iconic Black figures, including Dr. Martin Luther King Jr., Frederick Douglass, and Harriet Tubman and the Underground Railroad. His more than 130 public works are installed in museums and public spaces across the U.S. and Canada.

Dwight was honored on the Blue Origin NS-25 mission patch. The Gemini spacecraft symbol represents his aero-



The NS-25 mission patch features the Gemini spacecraft symbol to honor Ed Dwight.

space training era, and the hand lifting the crew capsule is a nod to his extensive artwork.



The NS-25 Crew. Pictured from left to right: Gopi Thotakura, Ma-son Angel, Carol Schaller, Ed Dwight, Ken Hess and Sylvain Chiron.

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New Program Protects Seniors with Reverse Mortgages

By Odette Williamson
National Consumer Law Center

A reverse mortgage is a loan secured by a home that allows older homeowners to convert home equity into cash.

Monthly payments are not required on a reverse mortgage. Rather, the loan comes due (with interest) upon a triggering event, typically the borrower passing away or permanently moving out of the home.

Unlike a traditional mortgage, the amount the borrower owes on a reverse mortgage will go up rather than down over time as they receive payments from the lender and interest and

fees are added to the loan.

Most reverse mortgages are insured by the Federal Housing Administration (FHA) under its Home Equity Conversion Mortgage (HECM) program.

The borrower must have the financial resources to make timely payments on property taxes, insurance, homeowner association fees and other property charges.

Based on a financial assessment, a portion of the HECM proceeds may be set aside to pay future property taxes and insurance. If no loan funds are set aside to pay future property charges, or if the amount set

aside runs out during the borrower's lifetime, the borrower will be required to pay these property charges during the term of the reverse mortgage. Failure to pay the property charges will result in foreclosure and loss of the home.

Updates to Protections

The U.S. Department of Housing and Urban Development (HUD) recently made significant improvements to the options available for reverse mortgage borrowers at risk of foreclosure due to property charge default. The agency enhanced the program by eliminating the ban on successive repayment plans for



larger arrears and clarified that HOA and condominium fees may be included in a repayment plan, at the servicer's discretion.

HUD has also improved the "At-Risk Extension" option that allows a reverse mortgage servicer to delay foreclosing when the borrower in default on property charges is over age 80 and either they or another member of the household has a critical health circumstance.

According to the new rules in the *FHA Servicing Guide* effective from April 29, the At-Risk Extension will continue without interruption as long as the borrower lives in the house, removing the need to renew it every year.

Additionally, mortgage servicers have the flexibility to work with borrowers who are less than \$5,000 behind on their property charges without calling the mortgage due and payable. During this period, the mortgage servicer will work with the borrower to put a plan in place to catch up on the arrears.

Borrowers should make sure their contact information and annual occupancy certification are up to date. In another change to the program, mortgage servicers can now contact borrowers and any eligible nonborrower spouse by phone to verify occupancy for the required annual occupancy certification.

As of March 25, mortgage servicers can offer enhanced incentives, known as Cash-for-Keys, to borrowers or heirs who pursue a deed-in-lieu of foreclosure, short sale or a post-foreclosure alternative to eviction. Servicers may now offer up to \$7,500, plus an additional \$5,000 for probate costs for deed-in-lieu of foreclosures and short sales, and up to \$7,500 for avoiding eviction after foreclosure.

Probate costs include court costs, attorney fees, and fees for notary, notices and mail/copy fees, and documentation is required if the costs exceed \$500.

The amount of the Cash-for-Keys incentive payment will vary depending on the option and how quickly the borrower or heir completes it. For example, a borrower may receive \$7,500 for vacating a property within 60 days of a Cash-for-Keys offer following a foreclosure, but only \$5,000 if the property is vacated within 90 days.

For more information, contact the National Consumer Law Center at ConsultNCLER@acl.hhs.gov.

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Elder Abuse in Spotlight...

(continued from page 1)

that ended in the death of an elder person," said Kings County District Attorney Sarah Hacker.

"We reviewed and filed the case against Ms. Yingling for murder and elder abuse, and the elder abuse was one incident in December and then another abuse alledged in conjunction with the murder," she said.

Kelli Yingling had been on felony probation since last year for elder abuse and criminal threats, according to Hacker.

Advice for Victims

"In general, people who are victims of elder abuse either by a caretaker or a relative, somebody who is responsible for them, should not minimize the abuse," said Hacker. "Don't make excuses for the abuse. Reach out to somebody who can help.

"We have a victim witness office here at the DA's office," she continued. "We have advocates that can help you with finding resources, whether those be financial resources or psychological resources, but don't minimize it and don't push it away.

"Don't make excuses for it because this is where abuses can quickly get out of control and people can get hurt.

"Elder abuse is a type of crime which involves somebody who has a duty to take care of them and they violate that duty, and they mistreat the people that they should be caring for, loving and protecting," said Hacker.

Like most counties, Kings County has organizations to help seniors who have been abused with how they can meet their needs without having to rely on their abuser.

"We have services throughout the community," said Hacker. "Kings County Action Organization (KCAO) offers services for seniors. They can point them to transportation options. There are victim restitution funds that can help them financially if they need financial assistance.

"But it means that the victim is going to have to look beyond the abuser to have their needs met," she added.


"We want seniors to say, 'No, I can't have this person in my life because they're not good to me and they hurt me either psychologically or physically or financially.'"

For assistance or more information, call KCAO at (559) 582-4386.


You can also call the Kings County District Attorney's Office at (559) 582-0326.




Kings County District Attorney Sarah Hacker speaks before the recent unveiling of the National Crime Victims Rights Week quilt.




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K/T AAA Releases Results of Senior Needs Survey

On May 13, the Kings/Tulare Area Agency on Aging (K/T AAA) released the results of its survey of seniors, and their caregivers and others who work with them.

The agency's new four-year area plan outlines its future activities based on the responses to the survey questions.

The top priorities of the seniors interviewed included transportation solutions, nutritional support, technology assistance, home safety modifications, recreation and socialization. The main concerns of caregivers included training, long-term care guidance, caregiver counseling services and general caregiving information.

The survey's findings reinforced those in *The Rural Master Plan on Aging*, the report presented in October by the Kings/Tulare Master Plan for Aging Advisory Committee and incorporated into the state's *Master Plan for Aging*.

Even though the results were expected to be similar, K/T AAA had to conduct its own survey and report its own findings. Every year, the agency is required by the California Department of Aging to create an area plan. Usually this is an update to previous plans, but every fourth year a full area plan needs to be created.

"This year happened to be our full area plan," said Dayna Wild, K/T AAA director, who was given a tight schedule to produce the plan.

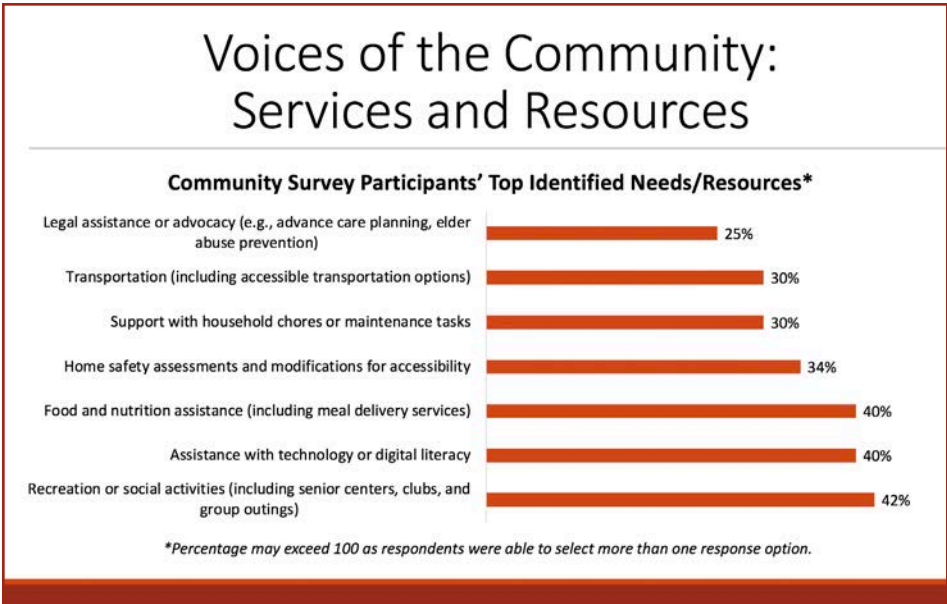
EvalCorp, based in Irvine, was brought in as a consultant to help the process and analysis.

Stakeholders participating in the survey included seniors and those serving seniors, many of whom were contacted through 30 different organizations. Some of the surveys were conducted online, while other responses were to questions asked in person or through the mail.

"For the community survey of older adults, our aim was to understand their perspectives on available services and identify areas of need," said Risë VanTichelt, K/T AAA Adult Services unit manager.

"We reached out to older adults aged 60 and up in Kings and Tulare counties, inviting them to participate through paper and online surveys available in English, Spanish, Portuguese and Hmong for inclusivity. We received a total of 405 completed surveys.

"Next, there were three focus groups, with a total of 62 participants," she continued. "These were held at senior centers in Hanford, Culter-Orosi and Porterville. We also invited Kings and Tulare County service



The results of the K/T AAA survey showed seniors were most interested in recreational and social activities, as well as receiving technological assistance. (This graph is taken from the slide presentation by Risë VanTichelt, K/T AAA Adult Services unit manager.)

providers to participate in an online provider survey. In total, 83 surveys were completed."

Bobbie Wartson, executive director of the Kings County Commission on Aging, and Jason Kemp Van Ee, Social Services Program manager for the Kings County Human Services Agency, helped to coordinate the efforts in Kings County.

Data from sources such as the U.S. Census Bureau, the California Department of Aging, Gallup and the California Department of Public Health were incorporated into the results.

As a result of the survey's findings, K/T AAA will be improving its outreach efforts to assist as many seniors as possible, according to Wild.

"Then we will start addressing some of the other concerns, such as transportation and nutrition," she said. "Our belief is that seniors and individuals with disabilities should first be informed about all the services the community offers.

"We are developing a coordinated care system and aiming to establish a single phone number for seniors to call, so that the information they need is easily accessible," she added.

According to its report, K/T AAA also plans to, "Look for opportunities where we can expand services, taking into consideration funding barriers; look for opportunities to expand information in additional languages and for persons with disabilities; and continue to work with as many service providers to reduce barriers and increase access to services."

K/T AAA is currently hosting roundtable meetings with others serving older adults in the community.

If you would like to be involved, call (559) 624-8061 or e-mail ktaaa@tularecounty.ca.gov.

"It will take a community effort to serve the growing population of seniors," said Wild.

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Day Center



Urgent Care Bay

FHCN/PACE Adult Day Care Center...

(continued from page 1)

receive coordinated care that enables them to maintain their independence and quality of life for as long as possible.

"By centralizing services and fostering a team-based approach to care management, PACE effectively addresses the complex health issues faced by elderly individuals, minimizes the need for hospitalization or skilled nursing care, and drives down costs," said Beachy.

The PACE interdisciplinary team is typically comprised of doctors, nurses, social workers, therapists and other healthcare professionals who collaboratively develop and implement personalized care plans for each participant, she explained.

"The PACE model satisfies all our goals to meet the

unique needs of our elderly patients, whom we will identify as participants," she added. "The PACE program represents a national initiative to prevent the unnecessary use of hospitals and nursing home care by the elderly population."

FHCN PACE will offer a range of services to the local senior community, with each customized care plan tailored to the individual needs of patient participants.

Services will include adult day health care, primary care, behavioral health services, dental services, emergency services, home health care, lab services, x-ray and radiology, nutritional counseling, physical therapy, and occupational therapy.

PACE offers access to den-

tal services, x-ray services, nutrition counseling and physical therapy. Transportation to and from the center will be offered.

The large day center room on the first floor will be surrounded by activity rooms, a memory care activity room, physical therapy rooms, offices, a kitchen, a salon, examination rooms, private therapy rooms and consultation rooms. The second floor will include a conference room, break room and additional offices.

The large room on the first floor of the center will also be used to host events.

Project Partners

"The Centers for Medicare and Medicaid Services (CMS) and the Department of Health Care Services (DCHS) have been fantastic partners throughout the past year in developing this new medical service," said Beachy.

FHCN PACE is funded by Medicare and Medicaid, and the PACE program accepts full

financial risk for all medically necessary services. The capital project is funded through Family HealthCare Network's operational financial cash flows and a building loan.

In-Home Visits

In addition to the services offered at the new downtown Visalia daycare, services will also be provided to seniors in their own homes.

"In-home visits for local senior residents provide a crucial opportunity for seniors to receive the care they need in the comfort of their surroundings, eliminating the need to travel when they may lack the resources or mobility to do so," said Beachy.

"This personalized approach ensures that seniors can access essential services and promotes their well-being and independence."

To register or for more information, call (877) 326-7223 or visit www.fhcn.org/PACE.



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Physical Therapy Center

CALENDAR

Monday, July 1 -Classic Cinema @ CACHE

The Center for Art, Culture & History (CACHE) will present Shirley Temple in "The Little Princess." at 125 South B St., Exeter. Showtime is 8 p.m. Discussion to follow. Admission is free. Bring your own snacks. For more info, call (559) 592-5900 or visit <http://cach-exeter.org/events>.

Wednesday, July 3 - Independence Day Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11 a.m. The cost is \$6 for seniors. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

July 3, 10, 17, 24, 31 - 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.

Wednesday, July 3 - Independence Spectacular

This free community event, featuring food, beer, live music and two drone shows, will be held at Riverway Sports Park in Visalia, from 6-10:30 p.m. For more info, call (559) 713-4481.

Wednesday, July 3 - Exeter Lions Club Independence Celebration

This community event, featur-

ing fireworks, a drone show and live music by the band August, will be held at Dobson Field on Rocky Hill Drive in Exeter, beginning at 5:30 p.m. For more info, call the Exeter Chamber of Commerce at (559) 592-2919.

Friday, July 5 - F1rst Friday

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

July 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. \$10 entry fee. The July 12th dance will be a luau pot luck. For more information, call (559) 685-2330.

July 5-27 - Heidi Steinman Exhibition

This art exhibition will be at Arts Visalia, 214 E. Oak Ave., Visalia Opening reception 5:30-7:30 p.m. on July 5. Artist's Talk at 2 p.m. on July 6. For more information, call (559) 739-0905 or visit www.artsvisalia.org.

July 5-6 - Visalia Gleaning Seniors Yard Sale

Visalia Gleaning Seniors will host this sale from 8 a.m. to 2 p.m. at

the Gleaner Yard, 28600 Road 156 in Visalia. For more information, call (559) 733-5352.

July 7, 14, 21, 28 - Senior Pride Bingo Sundays

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

Wednesday, July 10 - Valley Renal Support Group

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

Saturday, July 13 - Walk with a Doc

This informational walk and talk sponsored by Kaweah Health and held at Blain Park, begins with registration at 8 a.m., followed by a warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. The topic this month is "Heat Awareness/Hydration." For more info, call (559) 624-2416.

July 13-October 13 - Krista Fulbright "Illumination" Exhibition

This art exhibition will be at CACHE, 125 South B St., Exeter. Admission is free. Bring your

own snacks. For more information, call (559) 592-5900 or visit <http://cach-exeter.org/events>.

Monday, July 15 - Exeter Caregiver/Dementia Support Group

Quail Park on Cypress will present this 10:30 a.m. monthly session, facilitated by Kimberly Jensen, in the Café at Rocky Hill Community Church, 237 South E St. in Exeter. For more information, call (559) 737-7443.

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

Tuesday, July 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.

Thursday, July 18 - Summer Dance Series

This 18+ event, which features music by Bobby Seals and the Whiskey River Band, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 5 to
(continued on page 11)

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CALENDAR

(continued from page 10)
8:30 p.m. Admission is \$10. For more info, call (559) 713-4365.

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

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 1:30 p.m. There is a \$2 "drop-in" fee. For more info, call (559) 713-4365.

Saturday, July 20 - Walk with a Doc

This informational walk and talk, sponsored by Adventist Health and the City of Hanford will be held at Centennial Park, 11731 Hanford Armona Road in Hanford. It begins with registration at 8:45 a.m., followed by the walk and "Talk with a Doc" at 9 a.m. For more info, visit www.walkwithadoc.org.

Sunday, July 21- Dedication of Buck Rock Lookout Marker

The Tulare County Historical Society (TCHS) has scheduled this free event at the 8,500-foot lookout station in in the Sequoia National Forest. Refreshments will be served (and probably needed). Tours of the lookout will be given to those willing to climb the 172 steps to the top. For more info call (559) 635-4896.

Thursday, August 1 - Sequoia Genealogical Society Presentation

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

August 1- Young at Art Exhibition

This art exhibition will be at Arts Visalia, 214 E. Oak Ave., Visalia. For more info, call (559) 739-0905 or visit www.artsvisalia.org.

Friday, August 2 - Summer Luau

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11 a.m. The cost is \$6 for seniors. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

Friday, August 2 - F1rst Friday

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

August 2, 5, 12, 19, 16 - Friday Night Dances

The Tulare Senior Community Center, 201 N. F St., Tulare, will host this weekly event from 6-9 p.m. \$10 entry fee. The August 16th event will be a '50s dance. For more information, call (559) 685-2330.

August 2-3 - Visalia Gleaning Seniors Yard Sale

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

August 4, 11, 18, 25 - Senior Pride Bingo Sundays

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

Monday, August 6 - Classic Cinema @ CACHE

The Center for Art, Culture & History (CACHE) will present Charles Laughton in "The Hunchback of Notre Dame" as part of its monthly movie series at 125 South B St., Exeter. Showtime is 8 p.m. Discussion to follow. Admission is free. Bring your own snacks. For more information, call (559) 592-590

Tuesday, August 6 - Senior Sequoia Hike: Tokopah Falls

This is a guided 3.8-mile hike in Sequoia National Park. Hikers will meet at Visalia Transit Center at 7 a.m. The cost is \$62. For more info, call (559) 713-4365.

Tuesday, August 6 - National Night Out

This event, featuring food and games, will be held in Downtown Exeter. For more info, email brittney@yourbstfriends.com.

August 7, 14, 21, 28 - 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.

Saturday, August 10 - Walk with a Doc

This informational walk and talk

sponsored by Kaweah Health and held at Blain Park, begins with registration at 8 a.m., followed by a warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. The topic this month is "Social Connection." For more info, call (559) 624-2416.

Wednesday, August 14 - Valley Renal Support Group

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

Thursday, August 15 - Summer Dance Series

This 18+ event, which features music by Southern Comfort, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 5 to 8:30 p.m. Admission is \$10. For more info, call (559) 713-4365.

Friday, August 16 - 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 \$2 "drop-in" fee. For more info, call (559) 713-4365.

Saturday, August 17 - Walk with a Doc

This informational walk and talk, sponsored by Adventist Health and the City of Hanford, will be held at Freedom Park, 2000 9-1/4 Avenue in Hanford. It begins with registration at 8:45 a.m., followed by the walk and "Talk with a Doc" at 9 a.m. For more information, visit www.walkwithadoc.org.

Monday, August 19 - Exeter Caregiver/Dementia Support Group

Quail Park on Cypress will pres-

ent this 10:30 a.m. monthly session, facilitated by Kimberly Jensen, in the Café at Rocky Hill Community Church, 237 South E St. in Exeter. For more information, call (559) 737-7443.

Monday, August 19 - Tulare Caregiver/Dementia Support Group

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

Tuesday, August 20 - 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.

Friday, August 23 - Salt+Light 4th Annual Summer Soirée

This evening of dinner, drinks, storytelling and a live auction will be held at the Tulare Veterans Memorial Building, 1771 E. Tulare Ave., Tulare, beginning at 5:30 p.m. For tickets or more info, call (559) 731-3034 or visit www.saltandlightworks.org/soiree.

September 6-7 - Visalia Gleaning Seniors Yard Sale

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

Saturday, October 5 - The Walk to End Alzheimer's

This annual fund and awareness raising event will once again be held at Valley Strong Ballpark, the home of the Visalia Rawhide. (More information in our next issue.)



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QUAIL CORNER

Effects of Long COVID & Calls from Senior Communities

Q&A with Kimberly Jensen

Question: *I was fully vaccinated and boosted for COVID, yet I still got it. Now that I have recovered, I am still fatigued, get short of breath easily, and have a foggy brain. Why is that?*

The CDC recently reported on a large study conducted in the USA, where they used 30,000 people who received the vaccine. They found that “Long COVID” (lasting effects of the virus) can occur for many months after recovering from COVID. Long COVID results in lingering symptoms such as respiratory problems, loss of taste and smell, fogginess of thought and the feeling of being tired and lethargic. You can have Long COVID whether you were vaccinated or not.

The Department of Veterans Affairs ran this study, and it showed that the vaccines were only 15% effective in stopping Long COVID from occurring. While the vaccines are effective at preventing death or serious illness from COVID, when it came to symptoms of Long COVID, they were much less effective.

Researchers said it was disappointing, as cases of Long COVID continue to grow in people who were vaccinated and still contracted the virus. The study showed that one in five American adults ages 18-65 who got COVID suffered from symptoms of Long COVID, while older Americans over the age of 65, have a one in four chance of having it.

I recommend that you get plenty of rest, exercise the best you can and eat healthy foods. Eat full meals, even if you cannot taste or smell your food. Your body needs the nutrients to recover. Make sure to stay hydrated. Make lists, if you are being forgetful, so that you can use them to remind you of things you need to do. Staying social and active is very important for your mental health. Understand that you are not the only one that is going through Long COVID. Communicate your symptoms to your doctor so he/she can develop a plan to get you through this difficult time.

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

Senior community referral companies gather information such as pricing, senior living details and amenities, on their website. They refer people who



investigate information on their website to senior living communities. Once you give the referral company your information, they send your contact information to senior communities as a referral. Senior communities will then call you to better explain their services, amenities and pricing, and invite you to tour their businesses.

This is a free service for you because you pay nothing for the information that their site provides. Many families find this easier than researching each senior community on their own. It is important to know that the referral site will only give you information about communities they are contracted with. If you should choose to move into one of the senior communities that they are contracted with, the senior community you move into will be responsible for paying the referral company for referring you.

I know it might seem over-

whelming to get so many communities calling you. If you tell the senior communities to email their price list and brochure, it will help you to be able to compare costs and amenities that each community has. Make sure to go tour each community and stay for lunch too! This will allow you to get your research done ahead of time for when you decide to take that next step. Being aware of what is available in the community puts you in the driver's seat. I always say to "get your ducks in a row" so that there are no surprises later!

If there is a crisis and you need to move quickly, knowing which community can accommodate your price point and your care needs is very important. If you have family close by, make sure you invite them to visit with you as well. They might have great questions and concerns that you have not thought of yet.

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

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

Summer Fitness for Older Adults

The Summer Olympics kick off on July 26, as the world's best athletes gather in Paris to compete for gold medals.

As you root on Team USA, perhaps you can draw inspiration from them as you think about your own fitness goals, or the goals of a loved one.

For older adults, gathering with friends for various activities can be rewarding. While pole vaulting and wrestling might not be ideal at this stage in life, there are still plenty of options to have fun, engage in friendly

competition, and stay active with others.

Activity examples include:

- Beanbag baseball/ corn-hole
- Bocce
- Mini golf
- Frisbee golf
- Croquet
- Badminton
- Horseshoes
- Fly swatter tennis (using fly swatters to hit a balloon back and forth)
- Pickleball
- Ladder Ball

Staying active and engaging

in these activities is vital to health and longevity. The Centers for Disease Control and Prevention recommends 150 minutes per week of physical activity for older adults. While that number may seem daunting, it breaks down to 30 minutes, five days a week.

Working Out with Others

No matter your age, starting a new fitness program is always easier if you have a partner. Whether it's a spouse, family member, friend or just new people at a gym, exercising with a partner or partners, helps build accountability. After all, it's harder to quit if you know it will impact someone else. Having a partner also gives you someone to celebrate triumphs with, and you can help each other through challenges.

Also, working out with others is great for an older adult's social life. Loneliness and isolation are all too common for older adults, but if you're able to get out and get moving with others, it builds friendships and camaraderie. And hey, maybe you can carry on a conversation

after the workout at Starbucks or at lunch!

Fitness and Cognitive Health

In addition to all the physical benefits, exercise can also help you maintain your cognitive health.


A growing body of research is overwhelmingly showing that physical fitness has a strong correlation to cognitive health.

According to the *New York Times*, "Active people who are middle-aged or older also tend to perform better on tests of memory and thinking skills than people of the same age who rarely exercise, and are nearly half as likely eventually to be diagnosed with Alzheimer's disease. Almost as heartening, active people who do develop dementia usually show their first symptoms years later than inactive people do."

This article is courtesy of Prestige Assisted Living at Visalia. To learn more about their wellness programming or community, or to book a tour, visit prestigecare.com/Visalia or call (559) 735-0828.

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Attending the presentation of the Tulare County Board of Supervisors proclamation for Elder Abuse Awareness Month were: Supervisor Pete Vander Poel III, Supervisor Amy Shuklian, Supervisor Dennis Townsend, Kings/Tulare Area Agency on Aging Director Dayna Wild, HHSA Deputy Director Adult Services John Mauro, Chief Deputy Public Guardian Jennifer Shahan, Social Services Supervisor Angie Campos, Registered Nurse Christi Hutson (with Adult Protective Services), Supervisor Larry Micari and Supervisor Eddie Valero.

In Home Supportive Services Advisory Committee Announces Vacancies

The Tulare County Board of Supervisors is seeking interested individuals to fill vacancies on the In-Home Supportive Services Advisory Committee representing the following:

Consumers

A consumer must be an individual who is, or has been, a user of personal care assistance who has paid for those services, through private or public funds.

Providers

Providers must be current or past providers of in-home personal care services.

Committee terms are for three years. There is one meeting per year, held in the Health and Human Services Agency

Training Room, Noble Plaza Bldg, 4025 W. Noble Ave., Suite A, Visalia.

Duties include seeking input from consumers and interested parties; provide ongoing advice and recommendations about the delivery of IHSS services to the Board of Supervisors; provide information and feedback to the Health and Human Services Agency and the IHSS Public Authority about the administration of the IHSS program; and regularly review the IHSS program costs and budget.

For an application, contact the Clerk of the Board office at clerkoftheboard@tularecounty.ca.gov or (559) 636-5002.

Kaweah Health Holds Garden Dedication to Unveil Monument

At a May 21st Reflection Garden Dedication, Kaweah Health unveiled a monument "to honor the selfless work by its healthcare personnel."

The new monument, donated by community members like Eric Shannon and Kaweah Health employees, pays tribute to life and the devoted caregivers in its organization.

The monument, sitting at the center of the Reflection Garden, has a unique design and a moving poem that pays homage to the team's efforts in caring for the Tulare County community. The Reflection Garden serves as a respite place where health-care staff can recharge.





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Indoor Pickleball Center Update

Plans for an indoor pickleball center have doubled in size since the article "Indoor Pickleball Center Planned" was published in our May/June issue.

Plans submitted to Visalia Site Plan Review now call for a project covering two properties, and to be done in two phases.

The first phase is for the property at 702 S. Bridge St. in Visalia to be "refurbished and upgraded." The original plan, to construct a new pickleball facility nextdoor (at 730 S. Bridge St.) is now scheduled as the second phase of the project.

"We're trying to be open in six months - if we hit no roadblocks," said John George of J.F. George Enterprises, Inc., the property owner and main force behind the center, about completing the first half of the project.

Current plans call for the entire facility to be open for play in about a year.

The finished center will be "certified professional" and "can handle national tournaments from all over the state," said George.

Before this endeavor, George played a major role in establishing the Greatest Generation Memorial on Mooney Boulevard, as well as in the transfer of ownership of the Fox Visalia Theatre to the city. He is also currently behind the effort to open a new Mearle's Drive-In in Visalia.

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

"It hits a certain market that appeals to me - 60 and over," he explained, adding that the sport is "growing rapidly."

Measles Now in Tulare County

Public Health officials in Tulare County have confirmed an adult case of measles was brought to the county by an international traveler. This is the first confirmed case of measles in the county since the disease was confirmed in an 18-month-old child.

Public health officials are working to identify and trace potential exposures, determine if those exposed have been vaccinated for the disease, and evaluate their potential for developing and spreading measles.

Anyone who has not been infected with measles in the past and has not been vaccinated for measles is considered at risk of contracting the disease, although most adults born in the United States before 1957 likely had measles as children and developed immunity.

About Measles

Measles spreads easily through the air when an infected person breathes, talks, coughs or sneezes. The virus can stay in the air and on surfaces for many hours, even after the infected person has left. The infected person can spread the disease up to four days before a measles rash appears and up to four days after the rash appears.

If other people breathe the contaminated air or touch the infected surface, then touch their eyes, nose or mouth, they can become infected.

Common symptoms for measles include: high fever (higher than 101° F), cough, runny nose, red and watery eyes, tiny white spots that may appear inside the mouth 2-3 days after symptoms begin, and rash 3-5 days after other signs of illness.

The "measles rash" typically starts at the face and then spreads down to the rest of the body.

Complications can include diarrhea, ear infections and pneumonia. Death can occur from severe complications, and the risk is higher among younger children and adults. There is no treatment for measles.



The measles are now in the South Valley.

Anyone who believes they have been exposed to measles or are experiencing symptoms should call a healthcare provider immediately. Do not enter a healthcare facility before calling and making them aware of your exposure and symptoms.

Measles can be prevented with a measles, mumps and rubella vaccine (MMR or MMRV). The MMR vaccine protects against three diseases: measles, mumps and rubella. The MMRV vaccine also protects against varicella (chickenpox).

They are administered in two doses and are highly effective: two doses are 97% effective against measles and one dose is 93% effective. The spread of measles can be prevented if 2-dose coverage of the vaccine remains at 95% or above in the community.

Most health insurances cover the cost of the MMR and MMRV vaccines.

In the United States, as of May 23, 142 measles cases had been reported this year, more than double the number reported in all of 2023. According to the California Department of Public Health, nine measles cases have been confirmed in California as of May 25.

Contact your healthcare provider for more information or to confirm whether you have been vaccinated against measles. More information regarding measles is available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>

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Caretaking the Subject of Steve Guttenberg's New Book

Steve Guttenberg has a successful movie career, starring in such films as "Diner," "Police Academy," "Short Circuit" and "Three Men and a Baby," and television shows including "Bal-ers" and "Veronica Mars."

His films have grossed bil-lions of dollars and he has a star on the Hollywood Walk of Fame.

Recently, he put his success-ful career aside and became a caretaker for his father. The ex-perience is the subject of his newest book, *Time to Thank: Caregiving for My Hero*.

He recently spoke about the book in a podcast presented by Positive Aging.

Guttenberg described his father as "an extraordinary guy

in a regular life," and himself as "a regular guy in an extraordi-nary life."

With the support of his fam-ily, he went to Hollywood "to become a movie star"

"There's nothing like having a group of people around you that love you and care about you and want you to succeed. I was very lucky.

"I left home at 17 to go to Hollywood, and who would let their kid now leave at 17 years old? Not many people.

"So I went out there and gave myself two weeks to be-come a movie star, and then I was going to college if it didn't work out. Then I got a commer-cial, a Kentucky Fried Chicken commercial, and then I got a movie and another movie.

"It was pretty incredible. I got very very lucky," he said. "When you get lucky, things happen."

Years later, however, circum-stances led him back home.

"It was quite a surprise when I found out that my dad was having some problems with his kidneys, and I didn't want to re-ally accept it," he said. "I didn't want to think that my dad had any weakness in him.

"We didn't go to the ne-phrologist (kidney doctor) until we really had to, and that was probably a mistake. We didn't know how badly his kidneys were functioning, and when we finally go to the nephrologist,



Actor/author Steve Guttenberg she gives us the disappointing news that he probably will have to start dialysis."

The process was a difficult one for the Steve Guttenberg's family.

"When one person gets sick, the whole family gets sick," he said. "You have to consciously remember that you're doing something life sustaining, that you're keeping this person alive.

"Humor is everything," Gut-tenberg said. "You always have to make some jokes. Try to watch comedies while you're doing the dialysis. Always have something good to do after di-alysis. Usually people are very

tired, but you could go out to lunch or you could go home and watch something on televi-sion that is funny and uplifting. Eat something you like, that is within the renal diet of course.

"For caregivers, your mental health is very important. You're spending so much time with sick people and it's very diffi-cult."

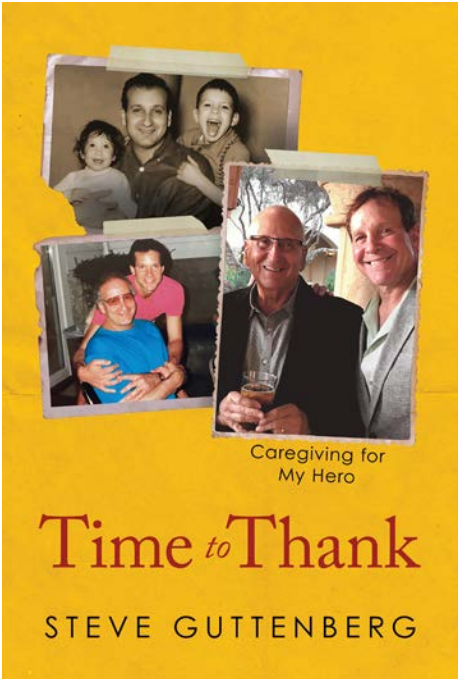
He was asked what kind of a plan he had for taking care of his father.

"It's really not much of a plan because you don't know what's going to hit you," he said. "I think the plan is that 'I'll be there for whatever you need.' That's the big plan. I don't know which way we're going to get attacked but I'll be there and I'm not going anywhere, and I think that's what it really is all about."

He also talks about grief in the book.

"Grief has its own way with you, I really denied that my fa-ther was dying even though I knew he was dying and the doctors told me that, but I de-nied it. I didn't want to say those words," he said.

"The grief has been tough for me, but I'm much better now. It's been almost two years."



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Garden Tips for August

By Peyton Ellas
Tulare-Kings Master Gardener

August can be a light work month in the garden. Continue to repair water leaks and keep up with warm season weeds. August is also perfect for the following tasks:

Planting

This is the big month to plant seeds for cool season vegetables such as Asian greens, broccoli, cabbage, cauliflower, leek, lettuce, pea, spinach and Swiss chard. You can also direct-seed another crop of beans.

You can plant some ornamentals, but it will be a lot easier on you and them if you wait until fall. Planting during August heat will require daily watering.

Maintaining

Citrus requires even steady moisture during these hot months and must be watered regularly. Other plants, like many California natives, can manage on less water. Narrow-leaf milkweed (*Asclepias fascicularis*) might be in full bloom or producing seeds vigorously.

Don't worry about aphids, red milkweed bugs or other insects on your milkweed; it can handle it. And you don't want to destroy monarch eggs by going after pest insects.

If your garden is less than three years old, don't expect the new plants to be tolerant of drought. They will continue to need extra TLC until their roots are established.

Deep soaking and occasional extra overhead sprinkles for a few plants is the best practice. If you live in a fire prone area, keep your plants watered so they will help slow down wild-

fires and reduce flying embers. Cut back and divide your iris if you haven't already done so. Prune apricot, olive and oleanders, but avoid pruning so much you get sunburn on newer branches. Continue to dead-head roses and remove suckers and unwanted branches.

Open rose bushes up to increase air circulation through the shrub. Remember to use a mosquito larvicide (BTi) anywhere there will be standing water, even in plant trays, to avoid mosquito breeding.

Skip the fertilizer during the hottest part of summer, especially high-nitrogen products. Let everything rest a little, including yourself.

Towards the end of the month, you can start using a pre-emergent to impede germination of cool season weeds. If you have only a few weeds, hoe or dig them out instead of spraying, or investigate where the water supporting the weeds is coming from and make a change in your irrigation practices if you can.

Conserving

Even in years with adequate precipitation, we can still consider removing or reducing lawn. Beyond the water saving, we can support a wider range of native and beneficial wildlife, including pollinators, if we include more variety of shrubs and perennials, especially native, in our yards. If you need to green patch in summer, consider using a ground cover like *Lippia nodiflora*.

The first step in managing diseases and pest insects is identification. That's so you don't accidentally do more



Narrow-leaf milkweed

harm than good. A good website to consult is <https://ipm.ucanr.edu/PMG/menu.homegarden.html>.

Ornamental plants can tolerate some insect damage, and those insects can be bird attractants (food). The exception is Argentine and other non-native ants; control those throughout the garden with ant bait products, switching the active ingredient every few months.

Planning any upgrades or changes to your garden for fall? Consider creating a rain garden, seasonal creek, or swale to capture and hold on-site storm water. Gardens with a big picture approach to both drought and flooding - in other words, California's usual weather swings, are resilient and provide value to humans and wildlife every year no matter what the weather.

Consider making your garden, even in the city, a connection for migrating beneficial wildlife. Can you map out a path migrating Monarchs might be able to take through your neighborhood? Is there a neighbor you can give a native milkweed to?

It's okay to leave dried flowers on native plants. Finches and other birds will thank you for the seed they can eat. If you want to attract more birds and pollinators, it's fine to be less fussy about trimming every plant and removing every brown stem.

I invite you to push your own boundaries, to improve the efficiency and usefulness of the

garden, and to share it a little more. It's less work too.

Questions?

For more information, call the Master Gardeners at:

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

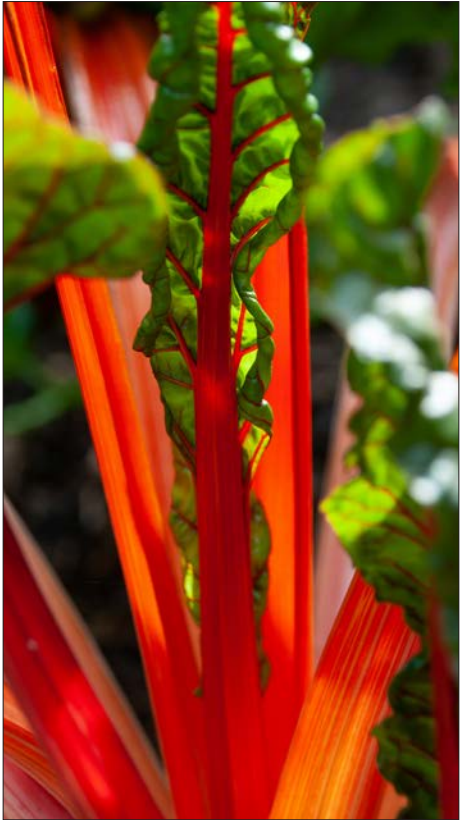
Kings County - (559) 852-2736, Thursday only, 9:30-11:30 a.m.

You can also visit the Master Gardeners website for past articles, or to sign up for their e-newsletter. You can also email your questions to: https://ucanr.edu/sites/UC_Master_Gardeners/

Master Gardeners are on Facebook at: <https://www.facebook.com/mgtularekings14/> and on Instagram at: @mgtularekings



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Buck Rock—A Chunk of Granite Worth Talking About

Dusting Off History
with Terry Ommen



About one half of Tulare County's nearly 5,000 square miles of land lies in the Sierra Nevada mountain range. This foothill and high country region has a relatively small population, but it's rich in breathtaking natural beauty and interesting history, and one spot has plenty of both. It's called Buck Rock.

The name Buck Rock is familiar to some, but I would guess it is unfamiliar to many. It's off the beaten path and tricky to find at about 8,500' elevation in the Sequoia National Forest, almost to the Fresno County line. The big monolith caught the eye of the Hume-Bennett Lumber Company in the early 1900s where they installed logging equipment, calling it the Finger Rock Hoist. At about the same time, hunters used the base of the rock as concealment while deer hunting, earning the outcropping the name Buck Rock.

Early on, the U.S. Forest Service noticed the rock, too, and quickly saw its potential as a vantage point to spot forest fires. Getting to the top was a challenge. The early fire watchers had to scramble up an old tree trunk leaning against the rock, then use a series of wooden ladders to make the final ascent. There they sat searching for forest fires.

In about 1923, a small cabin or cab, as it was called, was built on top and this live-in structure became the prototype for other lookouts in California and the nation. The tree trunk and ladders were replaced with stairs. Today, 172 sturdy and exhilarating steps take fire lookouts and adventurous visitors to the top.

For over a century, hundreds of fire lookouts have worked at Buck Rock and at least two females have earned a special place in its history. One is Leatrice "Lea" Evinger Dotters, a Bakersfield native who, thanks to World War II, became the first female fire lookout there. While many men were off to

war, a lookout position, normally staffed by males, became available and on June 6, 1944, a day we now call D-Day, Lea started work. She worked the entire 1944 fire season earning \$120 per month. Lea, now 97 years old, cherishes her time as a lookout and continues to be a strong advocate for preserving Buck Rock Lookout and other lookouts.

There is another female whose life is forever linked to Buck Rock. Her name is Kathryn "Kathy" Ball Allison. The Los Angeles County native worked for the U.S. Forest Service in the 1980s in various assignments, and in 1993, she began working as a lookout at both Delilah and Buck Rock. She knew immediately that she had found her purpose. Her passion grew for lookouts, but she noticed that many throughout the country were being left unstaffed and disappearing. She got together with friends, Jeff Monaco, Dan Vattreal and Mark Swift and they created a non-profit 501(c)3 to help preserve Buck Rock and other lookouts.

In 1999, the Buck Rock Foundation was born. Kathy worked as a lookout for the Forest Service for 23 years and has volunteered for nine. Her love of Buck Rock and her strong advocacy for its preservation is unwavering.

Today, Buck Rock Lookout continues to be staffed during the four-month fire season. Even though it is a "working" lookout, people are encouraged to visit. In fact, about 7,000 people visit each year. It's understandable. The history is amazing and the views are spectacular.

Special Event on July 21

If you have not been there or would like to revisit, the Tulare County Historical Society (TCHS) would like to invite you to a special event. On Sunday, July 21 at noon, TCHS will host a dedication event for the placement of a historic mark-



The Buck Rock Lookout is at 8,500' elevation in Tulare County in the Sequoia National Forest. (Photo courtesy of Tyler Reinhardt)

er at the base of Buck Rock. It is free, open to the public and refreshments will be served. Tours of the lookout will be given to those willing to climb the 172 steps to the top.

For those unable or unwilling to make the climb, the easy 300-yard walk from the parking area to the rock base will give you a front row peek at the lookout and the marker dedication ceremony.


Allow two hours for the drive from Visalia. Directions: From Visalia go north on Hwy 63; turn

right onto Hwy 180E and enter Kings Canyon National Park. Even though Buck Rock is in the forest, you will still need to pay a park entrance fee. (Hopefully, you have a pass.)

After entering the park, at the "Y" turn right (south) onto CA 198/Generals Highway. Exit Generals Highway and take the Big Meadows turnoff (FS Road 14S11) and drive three miles to Horse Camp; turn left onto FS 13S04. Follow the signs driving 2½ miles along a dirt road to Buck Rock Lookout.

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2023-2024
CIVIL GRAND JURY FINAL REPORT



The 2023-2024 Civil Grand Jury Final Report
is now available to be viewed by the public.

The following are titles of reports for 2023-2024:

- Parks Facelift
- Impact of Winter Storms of 2022-2023
- Efforts During the Winter Flooding Disaster 2023-2024
- Addressing Homelessness in Tulare County 2023-2024
- Cannabis Sales Impact in Tulare County
- Books – Challenged or Banned 2023-2024
- Exeter Cemetery District

You can access the report electronically at the
Tulare County Civil Grand Jury's website:
<https://tularecounty.ca.gov/grandjury/>
Click Reports, click the year you wish to review.



Kathy Allison (left) and Lea Dotters both lived at Buck Rock.

TELEVISION & MOVIES



Golden Globe Winner Jane Seymour stars in "Ruby's Choice," a film about family, tough decisions and finding compassion.

Experience with Alzheimer's Inspires 'Ruby's Choice'

Starring two-time Golden Globe Winner Jane Seymour OBE, "Ruby's Choice" is a poignant tale that follows three generations of strong Australian women.

Bonded by shared moments of wisdom and joy, secrets from the past are revealed. As Ruby's Alzheimer's disease threatens to push them apart, the family must make a big decision.

"I was inspired to make 'Ruby's Choice' having lost my grandma to dementia and knowing, even in her final years, she had a lot to offer as a matriarch of our family," said the film's director, Michael Budd. "I wanted to give Ruby, who has dementia, an underlying strength that would be highlighted through the course of the film by her interactions with her family."

"I worked in the aged care and disability field for over 15 years, and saw firsthand the toll dementia had on not only the

people with it but also their careers," said Paul Mahoney, the writer and producer of "Ruby's Choice."

"It's not something we see very often on screen, and with dementia on the rise, chances are someone in our family or circle of friends will one day have it," he continued. "Considering our aging population, I thought it would be a timely and important topic to bring to the screen."

"The inspiration for this script came from an elderly gentleman that I knew who had undiagnosed dementia, but managed to look after himself and remain at home for many years despite this," he said.

A portion of the profits from "Ruby's Choice" will go to support dementia care.

"Ruby's Choice" can currently be seen on YouTube, Fandango, Amazon Prime Video and Apple TV, among other streaming sites.

'Golden Bachelor' Contestant Becomes 'Golden Bachelorette'

After her time was cut short on the inaugural season of "The Golden Bachelor," Joan Vassos, the 61-year-old grandmother and school administrator from



The first "Golden Bachelorette" will be Joan Vassos.

Rockville, Maryland, will begin her own journey for new love this fall when she steps into her new role as the first Golden Bachelorette.

Vassos will search for second chance at romance when "The Golden Bachelorette" premieres Wednesdays this fall on ABC (and streams next day on Hulu).

Vassos will be recognized by fans of "The Golden Bachelor" for her decision to leave, eliminating herself from the competition after a medical concern with her daughter arose.

Vassos is the mother of four, grandmother of three, and a school administrator, who enjoys listening to the music of Elton John, spending time with her dog and cooking.

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

More information about the show is on Instagram, TikTok and Facebook.

'Last Alzheimer's Patient' Offers Latest Updates... and Hope

"The Last Alzheimer's Patient" with CNN Chief Medical Correspondent Dr. Sanjay Gupta premiered on May 19 on CNN.

The episode of "The Whole Story with Anderson Cooper" offers a groundbreaking look at the latest medical research showing that symptoms of Alzheimer's disease can be prevented, slowed and potentially even reversed.

In a report spanning five years, Dr. Gupta follows Alzheimer's patients through their courses of treatment and explains why so many experts are calling it the "most hopeful" era for dementia patients and their loved ones.



Dr. Sanjay Gupta (left) with Dr. David Davis at the University of Miami Brain Endowment Bank. (Photo by A. Chris Gajilan)



Cici Zerbe tells Dr. Sanjay Gupta that she no longer has symptoms of Alzheimer's disease. (Photo by Bryan Kane)

the road is health care, instead of sick care," said Dr. Gupta. "Today, getting off the road to Alzheimer's disease and other dementias is so much simpler than we previously thought. The decisions we make every day - to eat healthy, to move more, to learn new skills, and to spend time with loved ones - sounds easy, but the evidence is clear. It can, and it will, lead to better brain health."

Today, nearly seven million Americans are living with Alzheimer's disease. In "The Last Alzheimer's Patient," Dr. Gupta also details what viewers can do in their everyday lives that could help drive down their own risk for developing the devastating disease.

"The Last Alzheimer's Patient" is available on demand to pay TV subscribers via CNN.com, CNN-connected TV and mobile apps, and Cable Operator Platforms. Past episodes of "The Whole Story" are now available to stream on demand on Max.

The Whole Story is also available at CNN.com/audio.

A practicing neurosurgeon, Dr. Gupta also evaluates the pros and cons of the latest tests designed to measure an individual's risk for the disease and even undergoes the battery of tests himself, weighing his own risk for the world's most common neurodegenerative disorder.

"Preventing problems down



Dr. Sanjay Gupta (right) interviews Dean Ornish, M.D., whose peer-reviewed trials on early dementia due to Alzheimer's show promise. (Photo by A. Chris Gajilan)



Lunar Haven is now open for online visitors at Thrive Pavilion.

Thrive Pavilion Announces 'First Senior Community on the Moon'

In a development that could redefine senior communities throughout the solar system, Thrive Pavilion has announced the creation of Lunar Haven, the "first-ever senior community on the moon."

"Today marks a monumental step forward not just in senior living but in human habitation and exploration," said Thrive Pavilion's Director of Lunar Operations Robert Signore. "Lunar Haven offers seniors a quality of life that is literally out of this world. With the moon's lower gravity, members will enjoy a newfound ease of mobility, allowing them to move freely and with less pain than on Earth."

Designed by award-winning architect Dean Tudor, it features state-of-the-art living quarters and zero-gravity recreation

rooms. Health and wellness centers will also utilize lunar benefits to provide innovative treatments and fitness programs.

"We've always believed that the golden years should be a time of exploration and adventure," said Signore. "What could be more adventurous than waking up to a view of Earthrise daily."

Lunar Haven also addresses isolation concerns by ensuring seamless communication with Earth. Families and friends can visit Lunar Haven via virtual reality, making it feel like their loved ones are just next door rather than 238,900 miles away.

Lunar Haven is free to visit at <https://horizon.meta.com/world/10159035581904121>, but a headset (\$250 at Best Buy or Amazon) is necessary.

Janice McCombs *Finally* Named Rawhide's 'Belle of the Ballpark'

"It was great, at last. About time."

Those were the words of Belle of the Ballpark winner Janice McCombs when asked how she felt about winning the special honor for the 2024 season.

McCombs had come close multiple times, but up until this year fell short of receiving the memorable award.

The Belle of the Ballpark is given to the Visalia Rawhide fan who best represents the Rawhide Rustlers Club in honor and loyalty to both the team and the ballpark itself.

"McCombs, a season ticket holder since 2007, has certainly done that and more," said J.T. Gomez, production specialist for the Rawhide. "McCombs started coming to Rawhide games in 2006, not knowing that one day she would be one of the most respected and revered Rawhide fans, known by players, coaches, fellow ticket holders, front office staff and even umpires."

In order to be crowned the Belle of the Ballpark, Janice had to go through a number of trials and tribulations alongside two other competitors in a pageant-like setting. Her fellow contenders were Jana Fox and 2023 Belle of the Ballpark, Geraldine Oliver.

The trials and tribulations included competitions such as "cheek pinching," "strut yo



Competing in this year's Belle of the Ballpark were (left to right): Jana Fox, this year's winner Janice McCombs and Geraldine Oliver.

stuff" in which competitors strutted through the 100 and 200 sections of the Kaweah Health Grandstands, and "yo mama jokes" told by each of the contestants.

Judges included Visalia Rawhide President Sam Sigal, American Quality Life Hospice Community Outreach Specialist Sharon Allison-Crook, American Care CEO Darren Peterson, and Rosemary Caso executive director of the United Way of Tulare County.

Fans also voted for their favorite contestant. In the end, Janice won the honors with a whopping 86% of the vote.

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