



IN THIS ISSUE: Retire in Delaware, Alzheimer's treatment approved, Quail Park on Cypress birthdays, snow peas, poet Wilma McDaniel, LSVs

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume XI, Number 3 • September/October 2024



Attendees will meet with vendors to get helpful information at the Fall Open House.

## Visalia Senior Center Fall Open House October 18

Plans are currently underway to celebrate fall with the annual Visalia Senior Center Fall Open House.

The event, scheduled for Friday, October 18, from 10 a.m. to 1 p.m. at 310 N. Locust St., Visalia, will feature information tables, programs and a lunch. Attendance is free for guests of all ages.

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

"The Visalia Senior Center Open House is the perfect opportunity to invite seniors and community members to our wonderful facility while opening our doors to vendors and community resources that are curated to fit the needs of our community" said Holly Ellis, recreation supervisor for the City of Visalia Parks & Recreation Department.

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

"We invite all who are interested to attend this annual event," said Ellis. "We can't wait to see if anyone dare dress in their best pirate ensemble. If they do, they'll receive an extra entry into the door prize drawing."

"Vendors are invited to decorate their booths with the theme or risk walking the plank," she added with a laugh.

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## Walk to End Alzheimer's Set for October 5th

Tulare and Kings County residents are encouraged to participate in the Alzheimer's Association's Walk to End Alzheimer's on Saturday October 5 at Valley Strong Ballpark, home of the Visalia Rawhide.

"The Rawhide are ecstatic yet again to host the annual Walk to End Alzheimer's at Valley Strong Ballpark this year," said Markus Hagglund, the team's assistant general manager. "Great strides have been made in Alzheimer's research in recent years and that is due in large part to the efforts of the Alzheimer's Association."

"They've been wonderful to work with," said Walk Manager Heather McCarthy about the Rawhide. "We came up with a proposal and they gave us way more than we asked for."



Participants in the 2023 Walk to End Alzheimer's circled the ballpark.

### On Walk Day

Participants will complete a walk and learn about Alzheimer's disease, advocacy opportunities, clinical studies enrollment, and programs and services from the Alzheimer's Association.

Participants will honor those affected by Alzheimer's with the Promise Garden ceremony – a mission-focused experience

signifying solidarity in the fight against the disease. The colors of the Promise Garden flowers represent people's connection to Alzheimer's – their personal reasons to end the disease.

Purple is for those who have lost someone to dementia, yellow is for people caring for someone with dementia, orange is for those who advocate for the cause, and blue is for people who have dementia. At the end of this powerful moment, a single white flower emerges as a tribute to the first survivor of Alzheimer's disease.

Registration for the Walk to End Alzheimer's (for those who don't register online) begins at 8 a.m. A 15-minute ceremony is scheduled to begin at 9:30 a.m.

This year's goal is \$31,000 and more than \$8,000 has already been raised, mainly through fundraisers, according to McCarthy.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to

(continued on page 17)



A community with residences for the homeless of Tulare County opens in September.

## The Neighborhood Village to Open

The Neighborhood Village, the first master-planned community in California to provide dignified homes, jobs and services for those experiencing chronic homelessness, will celebrate its grand opening on Thursday, September 26.

Currently, one out of every four individuals who are homeless are 55 or older, and the number of homeless seniors is expected to increase, partly due to the high costs of housing and health care.

Salt + Light's Neighborhood Village community, on West Rigg in Goshen, will have 49 residences for the homeless, each equipped with kitchen and bathroom amenities.

The community will feature a coffee shop and marketplace, chapel, picnic area, library, social hall, organic garden and parks, and provide job opportunities to its residents – such as maintenance and gardening – as well as opportunities to create and sell their arts and crafts.

Neighborhood Village will also offer mental and physical health services, coordination of benefits and case management, wellness and financial literacy classes, and Narcotics Anonymous and Alcoholics Anonymous meetings.

An event open to the public will be held 5-7 p.m.

For more information, visit [www.saltandlightworks.org](http://www.saltandlightworks.org).

## 'Celebrate America' Theme for 2024 Senior Day in the Park

On Friday, September 20, the Kings County Commission on Aging will host this year's Senior Picnic at Burriss Park, 6500 Clinton Ave., Kingsburg.

The event, which will feature food, a cake walk, games, informational tables, a crazy hat contest and an Elvis performance, will run from from 9 a.m. to 1:30 p.m.

The event is free, but there is a \$3 suggested donation. For more information, call (559) 852-2828.





## CDC Updates RSV Vaccination Recommendation for Adults

CDC has updated its recommendation for the use of Respiratory Syncytial Virus (RSV) vaccines in people ages 60 and older. For this upcoming respiratory virus season, CDC recommends:

- Everyone ages 75 and older receive the RSV vaccine.
- People ages 60-74 who are at increased risk of severe RSV, meaning they have certain chronic medical conditions, such as lung or heart disease, or they live in nursing homes, receive the RSV vaccine.

This recommendation is for adults who did not get an RSV vaccine last year. The RSV vaccine is not currently an annual vaccine, meaning people do not need to get a dose every RSV season.

Eligible adults can get an RSV vaccine at any time, but the best time to get vaccinated is in late summer and early fall before RSV usually starts to spread in communities.

This updated recommendation for people 60 and older replaces the recommendation made last year to simplify RSV vaccine decision-making for clinicians and the public.

Immunizations were available last year for the first time to protect people at increased risk for severe RSV, including infants and young children, and people ages 60 and older.

The new recommendation is based on analyses of RSV disease burden among people 60 and older, as well as RSV vaccine and cost-effectiveness studies. Those studies included the first real-world data since RSV vaccines were recommended for people 60 and older.

Healthcare providers are advised to recommend RSV vaccines to their eligible patients, and to discuss what other vaccines they will need this fall to help prevent respiratory infections.

"The CDC has updated its RSV vaccination recommendation for older adults to prioritize those at highest risk for serious illness from RSV," said Mandy Cohen, M.D., M.P.H.

"People 75 or older, or between 60-74 with certain chronic health conditions or living in a nursing home should get one dose of the RSV vaccine to provide an extra layer of protection."

## West Nile Virus Case Reported in Tulare County

Tulare County Public Health has received a report of a human case of West Nile virus in a Tulare County resident.

Public health officials urge residents to take precautions against mosquito bites, as mosquito samples positive for West Nile virus and St. Louis Encephalitis virus (SLEV) have been detected in multiple locations within the county. The two viruses are very similar and are transmitted by the same types of mosquitoes.

According to the Centers for Disease Control and Prevention, the West Nile virus is transmitted to humans by mosquitoes, and there is no vaccine or medication to treat the virus.

Most people infected with West Nile will have no symptoms; however, about one in five people will develop a fever with other symptoms from two to 14 days after being infected.

Severe cases of West Nile virus can affect the central nervous system, resulting in meningitis and/or encephalitis, and can result in death or long-term disability.

Most people infected with SLEV will have few to no symptoms. The most common symptoms are mild, flu-like symptoms, including fever and headache, from five to 15 days after being infected.

Like West Nile virus, severe cases of SLEV can also affect the central nervous system, resulting in meningitis and/or encephalitis, and can result in death or long-term disability.

Residents are urged to increase their awareness of potential breeding grounds around their properties, and be on the lookout for homes that are unoccupied since

they may have swimming pools or backyard ponds that are breeding grounds for mosquitoes.

It is recommended that residents take the following precautions to avoid being bitten, thereby reducing their risk for exposure to both West Nile virus and SLEV:

- Use EPA-registered insect repellent such as DEET. Always follow label instructions carefully;
- Dress in long sleeves and pants during dawn and dusk or in areas where mosquitoes are active;
- Drain standing water that may produce mosquitoes;
- Repair or replace door and window screens that have tears or holes; and
- Contact your local mosquito abatement district if you see areas of standing water that may be a breeding area for mosquitoes.

Tulare County has three mosquito abatement districts providing abatement services:

- Delta Mosquito and Vector Control District (Mosquito Abatement District) covering the northern portion of Tulare County. Call the Visalia Office at (559) 732-8606 or visit online at: <https://www.deltamvcd.org>.

- Tulare Mosquito Abatement District covering the western portion of Tulare County. Call the Tulare Office at (559) 686-6628 or visit online at: <https://www.tulare-mosquito.com>.

- Delano Mosquito Abatement District - Covering the southern portion of Tulare County. Contact the Delano Office at (661) 725-3114 or visit online at: <https://delano-mosquito.com>.

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# Half of U.S. Adults Targeted for Financial Exploitation

Half (48%) of American adults report having been a victim or intended victim of financial exploitation in the past, according to a new report from AARP.

While adults ages 18 to 49 are more likely than older adults to lose money from financial exploitation, older adults are more likely to lose larger amounts.

"Over the past decade, criminals have become increasingly sophisticated, posing new risks to the hard-earned savings of American adults," said Jilene Gunther, national director of AARP's BankSafe Initiative.

"Our data shows that older adults find age-friendly banking services and a highly skilled workforce substantially more appealing than they did ten years ago."

The report compares 2014 and 2023 surveys of U.S. adults ages 18-49 and ages 50 and older, which reveals generational differences in banking practices, financial exploitation experiences and desire for industry protections.

### Key Findings

- Among those adults who experienced exploitation, three in five (61%) adults 50+ were more likely to have expressed greater trust in their financial institution based on



how it handled the situation, compared with just 41% in 2014.

- Nearly two-thirds (63%) of adults 50+ bank online or via a mobile application at least weekly, but adults 18-49 are two-and-a-half times as likely to do so daily.

- More than nine in 10 (92%) adults 50+ want the employees of their financial institution to be trained to recognize and stop financial exploitation, up from 85% in 2014.

- Seven in 10 (67%) adults

are at least somewhat more likely to use a bank or credit union recognized for having taken proven steps to prevent financial exploitation.

The report accompanies the launch of AARP's BiteSized

BankSafe, the first in a recurring series of new resources for frontline employees at financial institutions.

BankSafe's resources are developed by AARP alongside regulatory and industry collaborators, and BiteSized BankSafe was designed to align with forthcoming recommendations from the Federal Trade Commission's Stop Senior Scams Act Advisory Group.

The resulting plug-and-play package arms institutions with new videos, tip sheets, social media content, internal communications tools and more that complement BankSafe's award-winning training platform by keeping emerging trends and effective prevention strategies top-of-mind for employees year-round.

More information about AARP's BankSafe free intervention platform for the financial industry can be found at [aarp.org/banksafe](http://aarp.org/banksafe).

## Fall Open House...

(continued from page 1)

The event will also feature information about the programs and activities the City of Visalia offers the senior community.

At 11:30 a.m., attendees can take a break from the booths,

grab a seat and enjoy a lunch prepared on site by caterers for \$6.

Lunch tickets are limited and must be purchased by 4 p.m. on October 16 at the Senior Center.



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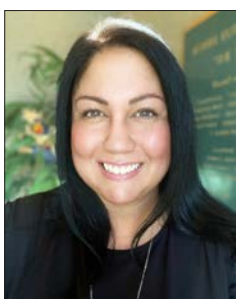
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# Strategies for Care of Older Adults with Obesity

A summit convened by the Gerontological Society of America (GSA) has resulted in the identification of seven strategies for successful care of older adults with obesity. GSA outlines the recommendations in a new publication, *Bringing Obesity Management to the Forefront of Care for Older Adults*.

This new publication expands the GSA library of resources on overweight and obesity, and supports *The GSA KAER Toolkit for the Management of Obesity in Older Adults*.

The summit, held in Washington, D.C., welcomed researchers, clinicians and representatives from a variety of communities of interest including advocacy organizations and professional societies.

"Obesity is now recognized as a chronic disease requiring lifelong therapy to correct abnormalities in a complex inter-

play of genetics, gastrointestinal and pancreatic hormones, gut-brain signaling, the environment and socioeconomic factors," said summit co-chair and GSA member John A. Batis, MD, FACP, FGSA, from the University of North Carolina at Chapel Hill.

Moreover, he added that older adults are particularly vulnerable to the negative consequences of overweight and obesity.

"Older adults should be cared for by an interprofessional team during the weight loss process to ensure that the clinical goals are achieved without compromising overall health or other conditions," said summit co-chair and GSA member Kathryn N. Porter Starr, Ph.D., MS, RDN from Duke University School of Medicine.

"Patients may need long-term contact with registered dietitians, exercise physiologists, physical and/or oc-

cupational therapists, social workers, pharmacists and other involved members of the health care team."

As identified by the interdisciplinary expert summit participants, the seven strategies to address barriers to quality obesity care for older adults are:

1. Inform and educate about obesity as a chronic disease, requiring care across the lifespan;

2. Address weight bias and stigma among health providers and the public;

3. Use person-first language when referring to someone who has obesity;

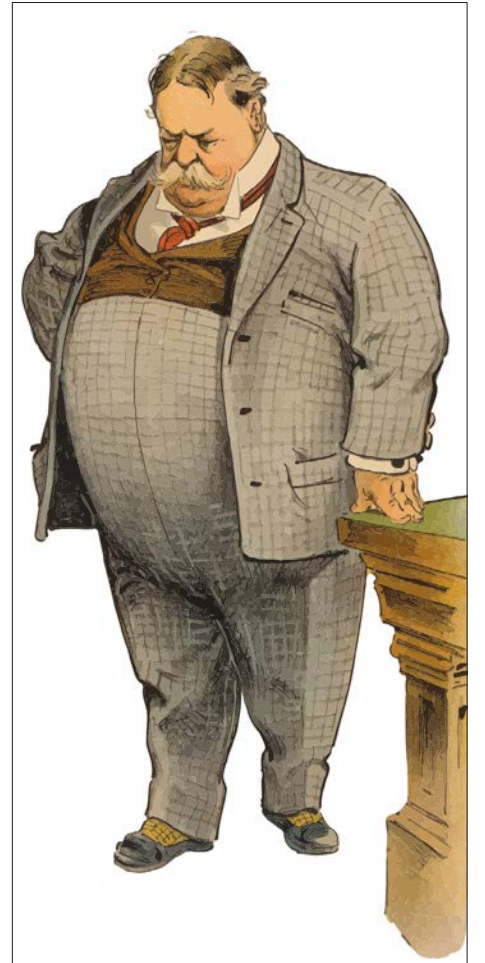
4. Respect and honor cultural considerations about body size;

5. Engineer environments of care to accommodate people of all body sizes;

6. Ensure access to the full range of care for older adults with obesity: diet, exercise, behavioral modification, and medical and surgical interventions; and

7. Incorporate an interprofessional, evidence-based approach to caring for older adults who have obesity.

The findings of the paper were featured at a June 13th briefing on Capitol Hill. Starr was joined by Michael G. Knight, MD, MSHP, from the



George Washington University Medical Faculty Associates, GSA Director of Strategic Alliances Jen Pettis, MS, RN, CNE, and GSA Vice President of Policy and Professional Affairs Patricia M. D'Antonio, BSPHarm, MS, MBA, BCGP, who moderated the briefing.

The summit and white paper were developed by GSA with the support of Novo Nordisk.

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# FDA Approves Kisunla (Donanemab) to Treat Alzheimer's

In early July, the U.S. Food and Drug Administration (FDA) approved Kisunla (donanemab) for the treatment of people living with early symptomatic Alzheimer's disease, which includes mild cognitive impairment and the mild dementia stage of the disease, with confirmed amyloid plaques.

Kisunla slowed cognitive and functional decline by up to 35% compared to placebo at 18 months in its pivotal Phase 3 study, and reduced participants' risk of progressing to the next clinical stage of disease by up to 39%.

Kisunla is the first and only amyloid plaque-targeting therapy that used a limited-duration treatment regimen based on amyloid plaque removal. Nearly half of study participants completed their course of treatment with Kisunla in 12 months.

"Kisunla demonstrated very meaningful results for people with early symptomatic Alzheimer's disease, who urgently need effective treatment options," said Anne White, executive vice president and president of Lilly Neuroscience, Eli Lilly and Company.

"We know these medicines have the greatest potential benefit when people are treated earlier in their disease, and we are working hard in partner-

ship with others to improve detection and diagnosis."

"Our deepest thanks to the patients and their loved ones for participating in our clinical programs and to Lilly scientists and collaborators persevering over decades of research," said White. "Each year, more and more people are at risk for this disease, and we are determined to make life better for them."

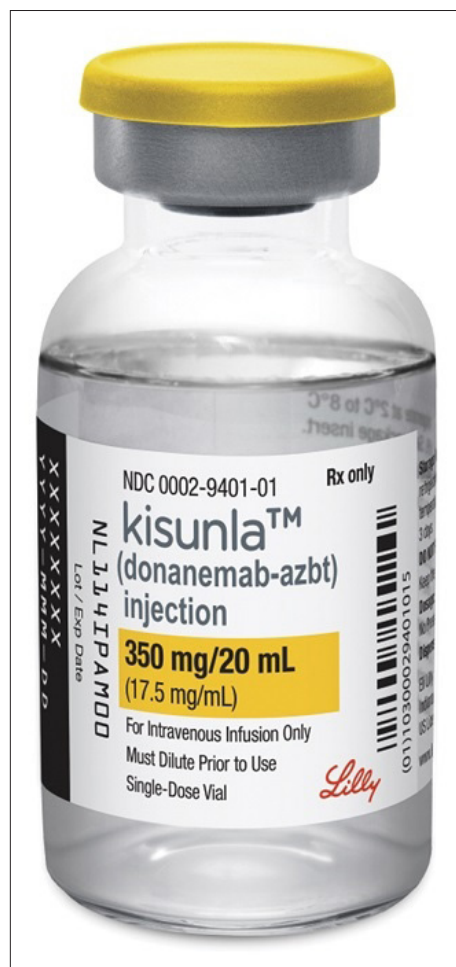
"This is real progress," said Joanne Pike, DrPH, Alzheimer's Association president and CEO. "Today's approval allows people more options and greater opportunity to have more time."

"Having multiple treatment options is the kind of advancement we've all been waiting for – all of us who have been touched, even blindsided, by this difficult and devastating disease."

Because multiple FDA-approved Alzheimer's treatments are now available, early detection and diagnosis are even more critical to ensure individuals receive the most benefit.

"Too many roadblocks have prevented individuals from getting equitable access to these beneficial treatments for far too long," said Pike.

"It is equally important that clinicians and health care systems are informed and pre-



pared to help the individuals who could benefit. The Alzheimer's Association is working with health systems and providers to ensure they have the tools and resources to meet the needs of their patients."

The association strongly encourages prescribers to participate in the Alzheimer's Network for Treatment and Diagnostics (ALZ-NET), which is gathering real world data on how peo-

ple from all backgrounds and communities respond to novel FDA-approved Alzheimer's therapies.

ALZ-NET provides ongoing education and resources for clinicians, patients and families, helping them stay informed about the latest developments in Alzheimer's research and care.

"These recent approvals generate hope for continued advances. For researchers, our next horizon is to develop new treatments that address different components of the disease, and that work together to have an even bigger effect on slowing or stopping disease progression for all communities," said Maria C. Carrillo, Ph.D., chief science officer and medical affairs lead, Alzheimer's Association.

This is the third approval of an Alzheimer's treatment that changes the underlying course of the disease.

"Today's decision by the FDA is good news for those of us living with early Alzheimer's," said Barbara Eades of Chattanooga, Tennessee, who was diagnosed with mild cognitive impairment in 2018.

"I was fortunate to participate in the clinical trial and receive this treatment. It has provided me an opportunity to live my life fully, for more time."

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# Electric Wheelchair Market Predicted to Reach \$18 Billion by 2032

The global electric wheelchair market was valued at \$7.3 billion in 2023 and is anticipated to reach a valuation of \$18 billion by 2032, an annual increase of 10.6% over the next eight years.

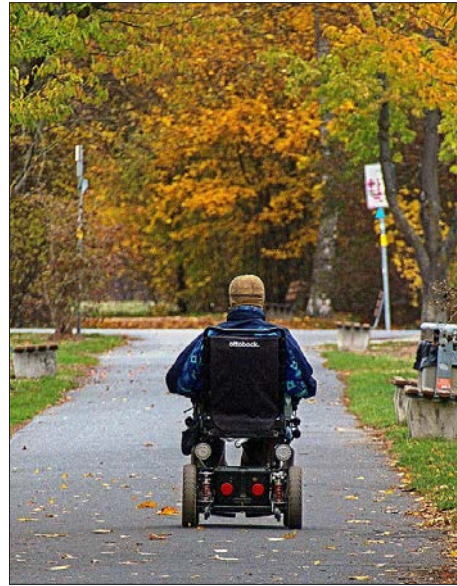
The electric wheelchair market has seen significant developments and growth, with more than 10 million units currently in use around the globe. This surge is attributed to technological innovations and increased awareness about mobility solutions.

A notable advancement is the enhancement of battery life, allowing users to travel distances between 15 and 25 miles per

charge, thus providing a greater sense of independence and freedom. This development has been crucial in meeting the demands of users who require reliable and long-lasting mobility aids.

Additionally, the average lifespan of an electric wheelchair has significantly improved, now ranging from five to 10 years, ensuring that users can rely on their investment for longer periods.

Furthermore, the electric wheelchair market has seen a rise in the number of manufacturers, with over 200 companies producing electric wheelchairs globally.



This increase in competition has driven innovation, resulting in more than 50% of

electric wheelchairs now being available with customizable features. Such customization options cater to a wide range of user needs and preferences, enhancing the overall user experience. The top speed of advanced models has also seen an improvement, now reaching up to 8.5 miles per hour. This boost in performance is particularly beneficial for users looking for efficient and speedy mobility solutions for daily activities.

Recent statistics reveal that global sales of electric wheelchairs have surpassed one million units annually, indicating a robust demand for these mobility solutions.

The average weight of electric wheelchairs has decreased by 15% in recent models, making them more portable and user-friendly. This reduction in weight has made it easier for users to transport and maneuver their wheelchairs, especially when traveling or navigating tight spaces.

Additionally, more than 30% of electric wheelchairs now feature smart integration capabilities, allowing users to connect their devices to the Internet of Things and access various digital services and controls.

Public transit systems worldwide have also adapted to accommodate electric wheelchair users, with over 70% now offering facilities and services to support these devices. This improvement in accessibility has made public transportation a viable option for individuals relying on electric wheelchairs, further enhancing their mobility and integration into society.

As technology continues to evolve and awareness about disability rights and accessibility grows, the market is expected to continue its upward trajectory, offering more innovative and user-centric solutions to meet the diverse needs of users.

The electric wheelchair market is witnessing significant growth, with the senior care segment at the forefront, driven by the increasing aging population and their mobility needs.

As of 2023, there are approximately 703 million individuals age 65 and older worldwide, a number projected to double by 2050, according to the United Nations.

This demographic shift underscores the necessity for mobility solutions like electric wheelchairs.

In Japan, a country with one of the highest proportions of elderly citizens, 28% of the population is over 65, emphasizing the demand for senior-friendly innovations. Technological advancements have played a pivotal role in this segment's prominence, with 2023 seeing a 15% increase in the adoption of smart wheelchairs equipped with AI-driven navigation systems.

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# FDA Approves Updated mRNA COVID-19 Vaccines

On August 22, the U.S. Food and Drug Administration (FDA) approved and granted emergency use authorization for updated mRNA COVID-19 vaccines to include a single component that corresponds to the Omicron variant KP.2 strain of SARS-CoV-2.

The mRNA COVID-19 vaccines have been updated with this formula to more closely target currently circulating variants and provide better protection against serious consequences of COVID-19, including hospitalization and death.

The FDA's actions relate to updated mRNA COVID-19 vaccines manufactured by ModernaTX Inc. and Pfizer Inc.

Based on the further evolution of SARS-CoV-2 and a rise in cases of COVID-19, the agency subsequently determined and advised manufacturers that the preferred JN.1-lineage for the COVID-19 vaccines for 2024-2025 is the KP.2 strain, if feasible.

"Vaccination continues to be the cornerstone of COVID-19 prevention," said Peter Marks, M.D., Ph.D., director of the FDA's Center for Biologics Evaluation and Research. "These updated vaccines meet the agency's rigorous, scientific standards for safety, effectiveness and manufacturing quality. Given waning immunity of the population

from previous exposure to the virus and from prior vaccination, we strongly encourage those who are eligible to consider receiving an updated COVID-19 vaccine to provide better protection against currently circulating variants."

The updated mRNA COVID-19 vaccines include Comirnaty and Spikevax, both of which are approved for individuals 12 years of age and older, and the Moderna COVID-19 Vaccine and Pfizer-BioNTech COVID-19 Vaccine, both of which are authorized for emergency use for individuals 6 months through 11 years of age.

### What You Need to Know

Individuals 12 years of age and older are eligible to receive a single dose of the updated, approved Comirnaty or the updated, approved Spikevax. For those previously vaccinated, the dose is administered at least two months after the last dose of any COVID-19 vaccine.

Individuals who receive an updated mRNA COVID-19 vaccine may experience similar side effects as those reported by individuals who previously received mRNA COVID-19 vaccines and as described in the respective prescribing information or fact sheets.

The updated vaccines are expected to provide protection against COVID-19 caused by



the currently circulating variants. Barring the emergence of a markedly more infectious variant of SARS-CoV-2, the FDA an-

anticipates that the composition of COVID-19 vaccines will need to be assessed annually, as occurs for seasonal influenza vaccines.



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# 2025 Cost of Living Adjustment Projected at 2.57%

The Senior Citizens League (TSCL) estimates there will be a substantially lower cost-of-living-adjustment (COLA) for next year after the implementation of the 3.2% COLA in 2024.

"The 2025 COLA prediction is about 2.57%, down from 2.63% last month," said Alex Moore, TSCL statistician and managing partner at Blacksmith Professional Services. "Third-quarter numbers are very important because that's what's

compared to the prior year's quarter to get the COLA."

The rate of inflation, as measured by the Consumer Price Index used to calculate the Social Security COLA, fell to 2.9% for July, down from 3% in June.

This comes after another quarter of relatively high federal reserve interest rates (5.33% as of July). The Federal Reserve Interest Rate is one of the government's key tools to tackle inflation.

Federal Reserve interest rates are important for Social Security because they are valuable for predicting COLAs. The metric is the interest rate at which depository institutions, such as consumer banks, hold trade balances at federal reserve banks overnight.

The Federal Reserve tends to increase rates to dampen inflation and lower them to encourage greater economic activity.

TSCL research has found that

the Federal Reserve interest rate is able to explain about 23% of the COLA's variance.

On average, for every one-percentage point increase in the federal funds effective rate compared to the previous year, the following year's COLA rises about .82 percentage points. In short, since both interest rates and COLAs tend to rise in reaction to higher-than-expected inflation, climbing interest rates can help predict the COLA.



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SATURDAY, OCTOBER 5TH, 2024  
VALLEY STRONG BALL PARK**

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# The Difference between Tiredness and Fatigue

Have you ever felt like no amount of coffee or rest can shake off your lingering exhaustion?

Do you wake up from a full night's sleep and still find yourself dragging?

If so, you might be dealing with more than just tiredness; you could be experiencing fatigue. Fatigue is not just a fleeting feeling of sleepiness - it's a deep-seated exhaustion that can impact your daily life and point to more serious health conditions.

However, these feelings are often dismissed as simply needing more sleep or seen as a normal part of a busy lifestyle. According to recent research by MD Live, an Evernorth company and virtual care provider, many aren't aware of what fatigue is despite experiencing symptoms and 35% rarely think about the reasons behind their tiredness.

"While we often use words like 'tired' and 'exhausted' interchangeably, there are distinct and clinical differences between tiredness and fatigue," explains Dr. Maggie Williams, medical director for MD Live Primary Care.

"Occasional tiredness can often be managed with better sleep habits or lifestyle changes, but fatigue is a persistent exhaustion that could signal underlying health issues that should be discussed with a doctor."

Dr. Williams shares telltale ways to determine whether you may be experiencing simple tiredness or if your symptoms might point to something more serious.

## 1. Scrutinize Your Sleep

First, look at your sleep patterns. Tiredness generally improves with a good night's sleep or a short nap, whereas fatigue persists even after adequate rest. Try keeping a sleep diary for a week, noting when you go to bed, when you wake up, and how you feel upon waking and throughout the day.

If you consistently wake up feeling unrefreshed or have difficulty staying asleep, it might indicate something more serious. Pay attention to other signs like frequent waking during the night or difficulty falling asleep despite feeling tired.

## 2. Track Your Tiredness

Consider how long and how often you feel exhausted. Tiredness is typically temporary and linked to specific activities or lack of sleep, such as staying up late to finish a project or getting a poor night's sleep.

Fatigue is long-lasting and occurs frequently, often without a clear cause. Ask yourself whether exhaustion is a constant presence in your life, lingering for weeks or months.

If symptoms persist and you cannot pinpoint a specific



reason, it's more likely to be fatigue.

## 3. Watch for Other Symptoms

Fatigue often accompanies broader and more severe symptoms, such as muscle weakness, joint pain, headaches, and a lack of motivation. Mentally, fatigue can lead to prolonged mood swings, depression, anxiety, and severe cognitive impairment, making it difficult to concentrate or remember things. Keep track of any additional symptoms you experience, noting their severity and duration.

## 4. Gauge Impact on Daily Life

Reflect on how your tiredness affects your daily activities. Tiredness might cause a temporary decrease in productivity and social interactions. Fatigue has a significant and prolonged impact on your ability to perform daily tasks, work and maintain social relationships.

For example, you may find it increasingly difficult to keep up with work responsibilities, household chores or social commitments. Evaluate how often you find yourself canceling plans, avoiding activities or struggling to keep up with everyday demands.

## 5. Revamp Your Rest Routine

To assess whether you may be dealing with fatigue, address sleep-related issues, including irregular sleep schedules, screen time before bed, and an uncomfortable sleep environment.

Establish a regular and consistent sleep routine, even on the weekends. Avoid alcohol consumption, limit exposure to screens at least an hour before bedtime and create a comfort-

able sleep environment by ensuring your bedroom is dark, quiet and cool. If these changes don't help, it could point to fatigue - persistent problems despite good sleep hygiene warrant further investigation.

## Chronic Condition Connection

Fatigue is often linked to chronic conditions such as diabetes, heart disease, depression and thyroid disorders. These illnesses significantly impact the body's ability to maintain energy levels, resulting in persistent exhaustion that can negatively affect quality of life.

One-third of survey respondents with chronic diseases experienced extreme tiredness but didn't recognize it was a symptom before their diagnosis. Identifying and managing these conditions properly can help alleviate some of the overwhelming feelings of exhaustion.

## When to Consult a Doctor

While you might be inclined to dismiss or brush off tiredness as not a priority, persistent problems are not something you have to live with.

If sleep-related issues or extreme tiredness begin to affect your everyday life, you should schedule a visit with a doctor to discuss your concerns. They can help identify the root cause of your symptoms, develop an effective treatment plan and recommend in-person follow-ups if necessary.

Remember, understanding and addressing the root causes of your tiredness can pave the way for improved well-being and a more energetic life.

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# Delaware the Best State to Retire in, Alaska the Worst

Delaware is the best state to retire in 2024 as Iowa, last year's number one, drops to ninth place, according to Bankrate's annual Best States to Retire Study.

The study ranked all 50 U.S. states by affordability (40% of the ranking), overall well-being (25%), quality/cost of health care (20%), weather (10%) and crime (5%). Alaska held last place in both the 2023 and 2024 rankings.

Bankrate's 2024 best states to retire are:

1. Delaware
2. West Virginia
3. Georgia
4. South Carolina
5. Missouri

The worst states to retire, according to the list, are:

50. Alaska
49. New York
48. Washington
47. California
46. North Dakota

Moving up from second place last year into the top spot this year, Delaware ranked well in categories such as overall well-being (2), weather (8) and affordability (20), despite its less favorable rankings in the categories quality/cost of health care (39) and crime (36).

Additionally, Delaware had strong rankings in metrics such as combined state and local sales tax (1), amount of adults 62 and older per capita (4), and state health system performance (24), while the cost of living (33), and cost of healthcare per capita by state (47) metrics received lower rankings.

"Delaware overtook Iowa for the number one spot in this year's ranking of the best and worst states to retire," said Bankrate analyst Alex Gailey. "While Delaware is a pricier state to live in, the state's high-quality healthcare, light



Downtown Newark, Delaware

tax burden, affordable homeowners insurance and good weather propelled it to the top spot this year.

"Delaware also scored well in diversity, wellness and culture and it has one of the nation's highest percentages of residents 62 and older," he added.

The Midwest and South claimed the remaining best states to retire for the second year in a row. Additionally, Georgia (5 in affordability) and South Carolina (9 in weather) jumped into the top five this year, driven by their better scores in the affordability and weather categories, followed by Missouri (9 in affordability) rounding out the top five.

Iowa notably fell from first place last year to ninth overall this year due to lower scores in the affordability category, which makes up 40% of the ranking. The cost of living, property taxes and homeowners insurance have all risen in Iowa since last year.

Among the states that ranked first overall in each category, West Virginia ranked first in affordability, Idaho in quali-

ty/cost of healthcare, Hawaii in overall well-being and weather, and New Hampshire ranking first for least crime.

Similar states landed in the bottom five this year compared to last year.

At the bottom of the list is Alaska, which received unfavorable rankings in affordability (41), crime (49), weather (50), quality/cost of health care (44), and overall well-being (26).

The remaining four worst states for retirement were New York (49 in affordability), Washington (47 in affordability), California (50 in affordability), North Dakota (26 in affordability, tied with Texas).

"The reality is that most Americans feel behind on saving for retirement, which means affordability is critical," added Gailey. "A move to a more affordable location could be an effective way for soon-to-be retirees to stretch their retirement savings in this economy.

"If you're behind on savings and retirement is just a few years away, now's the time to play catch-up."

## Methodology

Bankrate examined several

public and private datasets related to the life of a retiree.

Affordability was calculated using the following metrics at the state level: cost of living index from the Council for Community and Economic Research as of the first quarter of 2024, last year's combined state and local sales tax rates from the Tax Foundation, 2023 average annual property taxes and the average cost of homeowners insurance from Bankrate's Quadrant data as of June 2024.

For wellness rankings at the state level, Bankrate analyzed 2022 data from the U.S. Census Bureau, including the number of arts, entertainment and recreation establishments per 100,000 residents for each state and adults 62 and older per 100,000 residents for each state.

Racial and ethnic diversity index data is as recent as 2020 from the Census Bureau.

Bankrate also factored in Sharecare's 2022 community well-being index. Sharecare's community well-being index measures various factors, including access to healthcare, food, physical health and economic security.

Bankrate considered three key metrics to measure healthcare quality and costs at the state level. One of those metrics was healthcare establishments per 100,000 residents for each state for 2022 based on Census Bureau data.

Each state's health system performance was analyzed based on 2022 data from The Commonwealth Fund, as well as the cost of healthcare per 100,000 residents for each state from the Census Bureau.

For weather rankings at the state level, Bankrate analyzed two decades of average annual temperature data from the National Oceanic and Atmospheric Administration (2000-2023).

Bankrate also analyzed NOAA data for average tornado strikes between 2013 and 2022 and hurricane landfalls between 2000 and 2023, along with earthquake reports from the U.S. Geological Survey between 2010 and 2015.

To measure crime at the state level, rates of property crimes and violent crimes per 100,000 residents were aggregated for each state using the FBI's 2022 Crime Explorer.

Crime data for all 50 states are derived from both National Incident-Based Reporting System (NIBRS) and Summary Reporting System (SRS) reports voluntarily submitted to the FBI. It includes data submitted as of May 1, 2023.

Several states had less than 60% of their law enforcement agencies reporting information to NIBRS in 2022, which is a limitation and may impact the results of the study.



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\*\*\* Fair Hours \*\*\*  
WED. NOON-10PM FRI. 4PM-MIDNIGHT  
THURS. 4PM-10PM SAT. 2PM-MIDNIGHT  
SUN. 2PM-10PM





# CALENDAR

**Through October 13 - Krista Fulbright "Illumination" Exhibition**

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

**September 1, 8, 15, 22, 29 - 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, September 2 - Classic Cinema @ CACHE**

The Center for Arts, Culture & History Exeter (CACHE) will present John Payne in "Kansas City Confidential" as part of its monthly movie series at 125 South B St., Exeter. Showtime is 6 p.m. Discussion to follow. Admission is free. Bring your own snacks. For more information, call (559) 592-5900.

**September 4, 11, 18, 25 - 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.

**Thursday, September 5 - "George Victor Reed, His Life as a Tulare County Deputy Sheriff, and His Tragic Demise"**

The Sequoia Genealogical Society will host this 6 p.m. presentation by (*The Good Life* columnist) Terry Ommen. Re-

freshments will follow. The free event will be held in the Olympic Room at the Tulare Public Library, 475 M St. in Tulare. For more information, call (559) 685-4518.

**Friday, September 6 - 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](http://artsconsortium.org/calendar).

**September 6, 13, 20, 27 - 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. September 20 is "Pot Luck Fair Days." For more information, call (559) 685-2330.

**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.

**Wednesday, September 11 - 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](mailto:meow.2000@yahoo.com).

**September 11-15 - Tulare County Fair**

The 2024 Tulare County Fair will feature new attractions, live

entertainment including Darryl Workey, Rodney Atkins and Smashmouth, the popular Destruction Derby, fun fair food, livestock competitions, arts exhibits and more. For more information, visit [www.tcfair.org](http://www.tcfair.org) or call (559) 686-4707.

**Saturday, September 14 - 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. For more info, call (559) 624-2416.

**Monday, September 16 - Exeter Caregiver/Dementia Support Group**

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

**Monday, September 16 - 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, September 17 - 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, September 19 - Fall 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 8:30 p.m. Admission is \$10. For more info, call (559) 713-4365.

**Thursday, September 19 - Bingo Night**

Exeter Woman's Club will host this event at 201 Kaweah Ave., Exeter. Doors open at 5:30 p.m. For more information, call (559) 827-1933.

**Friday, September 20 - Senior Picnic at Burris Park**

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

**Friday, September 20 - 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.

**Friday, September 20 - Oktoberfest**

Visalia Chamber of Commerce will host this event at Vossler Farms, 26773 S. Mooney Blvd., Visalia. For reservations or more information, visit [www.visalia-chamber.org/oktoberfest](http://www.visalia-chamber.org/oktoberfest).

(continued on page 13)

**City of Visalia Senior Center**  
**Fall Open House**  
 AARRR. ME HEARTIES!  
 YE BE INVITED TO THE  
 2024 SENIOR CENTER OPEN HOUSE!  
**Friday, October 18th 2024**  
**10 a.m. - 1 p.m.**

WE BE WAITIN' TO WELCOME YE WITH OPEN ARMS AND A HEARTY "AHOY!"  
 MARK YER CALENDARS. ME MATEYS. AND PREPARE FER AN UNFORGETTABLE GATHERING!  
 ALL THOSE THAT DRESS PIRATE GARB WILL RECEIVE AN EXTRA ENTRY IN THE RAFFLE!  
 VENDORS ARE ENCOURAGED TO DECORATE THEIR BOOTHS PIRATE STYLE.

**Visalia Senior Center**  
 310 N. Locust St.

THIS ANNUAL EVENT BRINGS BUSINESSES, ORGANIZATION, AND SERVICES FOR THE SENIOR POPULATION IN ONE CONVENIENT LOCATION CONNECTING FAMILIES, CAREGIVERS, AND SENIORS TO LOCAL RESOURCES.

Event is free to attend!  
 Optional \$6 meal ticket available.  
 Tickets must be purchased by 12p.m. on Wed. 10/16

Call the Visalia Senior Center for more information or to become a vendor: (559) 713-4381

**KINGS COUNTY COMMISSION ON AGING**

**CELEBRATE AMERICA!**

**FREE EVENT!**

**Senior Picnic at Burris Park**  
**Friday, September 20th, 2024**

**Time: 9 AM - 1:30 PM**  
**Location: 6500 Clinton Ave. Kingsburg, CA 93631**

\*ELVIS PERFORMANCE \*CAKE WALK  
 \*INFORMATIONAL BOOTHS \*CRAZY HAT CONTEST  
 \*FOOD \*GAMES

\* FOR MORE INFORMATION PLEASE CALL OUR OFFICE: (559)852-2828  
**Suggested Donation: \$3**

**FAMILY & FRIENDS WELCOME!**

Logos for United Way, Kings County Behavioral Health, and other partners are shown at the bottom.



# CALENDAR

(continued from page 12)

## Saturday, September 21 - 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](http://www.walkwithadoc.org).

## September 21-22 - Visalia 22nd Annual Home Expo

This two-day home and patio event returns to the Visalia Convention Center. For more information, visit [www.visaliahomeshows.com](http://www.visaliahomeshows.com). (See article on page 13.)

## Friday Sunday, September 22 - Fall Vendor Fair

This event, featuring 40 vendors, will be held at the Hanford Antique Emporium, 106 E. Eighth St., Hanford, from 10 a.m. to 4 p.m. For more information, call (559) 817-2856.

## Thursday, September 26 - Grand Opening of The Neighborhood Village

The Neighborhood Village, Salt + Light's master-planned community for those experiencing chronic homelessness, will celebrate this event, which is open to the public from 5-7 p.m. For

more information, visit [www.saltandlightworks.org](http://www.saltandlightworks.org). (See article on page 1.)

## Saturday, October 1-13 - Exeter Fall Festival

The Exeter Chamber of Commerce will host this event. For more information, visit [www.exeterchamber.com](http://www.exeterchamber.com). Open "Events & Calendar" and then click on "Exeter Fall Festival."

## October 2, 9, 16, 23, 30 - 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.

## Friday, October 4 - Downtown Historical Walk

This tour of Downtown Visalia will begin at Visalia Senior Center, 310 N. Locust St., Visalia, The 50+ tour, which runs from 9:30-11 a.m., costs \$8. For reservations or more info, call (559) 713-4481.

## October 4-5 - 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.

## Friday, October 4 - 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](http://artsconsortium.org/calendar).

## October 4, 11, 18, 25 - Friday Night Dances

The Tulare Senior Community Center, 201 N. F St., Tulare, will host this weekly event from 6-9 p.m. October 25 will have a Halloween theme. \$10 entry fee. For more information, call (559) 685-2330.

## 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. (See article on page 1)

## October 6, 13, 20, 27 - 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, October 7 - Classic Cinema @ CACHE

The Center for Arts, Culture & History Exeter (CACHE) will

present Barbara Stanwyck and Van Heflin in "The Strange Love of Martha Ivers" as part of its monthly movie series at 125 South B St., Exeter. Showtime is 6 p.m. Discussion to follow. Admission is free. Bring your own snacks. For more information, call (559) 592-5900.

## Wednesday, October 9 - 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](mailto:meow.2000@yahoo.com).

## Saturday, October 12 - 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. For more info, call (559) 624-2416.

## Tuesday, October 15 - 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.

(continued on page 17)

**WESTGATE GARDENS CARE CENTER**

Community Event  
Bounce House  
Raffles  
Food Vendors

**Saturday, October 26th**  
10:00 am to 2:00 pm  
4525. West Tulare Avenue, Visalia

**10th Annual TRUNK OR TREAT Car Show**

**SAVE THE DATES**

**23rd Annual VISALIA HOME EXPO**  
REMODELING & DECORATING  
**September 21 & 22**  
Sat: 10a-5p Sun 10a-4p  
**OVER 200 BOOTHS**

**VISALIA CONVENTION CENTER**

HELLO *September*

STREET of DREAMS Displays  
Landscaping, Patio Awnings, Pools  
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Lots of Prizes, Live Music  
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## QUAIL CORNER

## 'How Can I Live Safer in My Home?'

Q&amp;A with Kimberly Jensen

**Question: I am a senior and want to stay in my home for as long as I can. My daughter said there are too many hazards for me here. How can I live safer in my home?**

Your daughter is correct. What used to be a safe zone for you when you were younger can become extremely hazardous. As you age, your home should be someplace where you feel safe and secure.

A 2014 study conducted by the Centers for Disease and Control and Prevention found that 28.7% of adults over 65 reported falling at least once in the last 12 months. Another study conducted by the Hospital for Special Surgery found that 60% of falls happen in the home.

But there are safety modifications that you can do to reduce fall risk.

### Lighting

Make sure you replace the current bulbs with brighter LED bulbs. Often the lighting is too dim to see hazards in your way. Having motion-detecting lighting is also helpful both inside and outside your home.

Placing them in hallways, stairwells and bathrooms will illuminate your travel from one point in your home to another. Battery-operated lighting will prove to be helpful if the electricity goes off.

### Proper Footwear

One of the easiest modifications that you can make, to prevent slips and falls, is to wear the proper kind of shoes. Nonslip footwear like slippers, loafers or sneakers that have a rubber sole will create traction

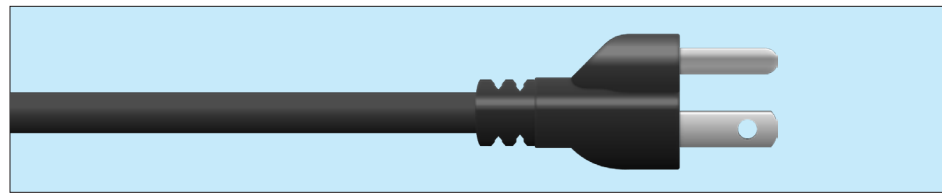
while you are walking.

Make sure they have a closed back so that you don't slip out of them when taking a step back. Hard sole shoes contribute to more sensation being sent to the base of your feet, which in turn provides the sense of stability and balance.

### Clean up that Floor

Pick up anything off the ground that might make you stumble, such as baskets with magazines, stacks of newspapers and bills, or area rugs that you can get your foot caught under.

Remove any extension cords, throw rugs, canes or items that stick out into your walking paths including mops and brooms. Even traditional nonslip mats can become hazardous if the mat creates even the smallest rise between steps. This can get caught under a walker and create the walker to stop suddenly, flipping you over the top of it and injuring yourself.



Remove any extension cords that are in walking paths.

### Bathroom Dangers

Many of us have throw rugs in our bathrooms. By removing those you can eliminate a huge slip and trip hazard. Slippery tile flooring is also a danger, so be aware of standing water on tiles and make sure your feet are dry when stepping out of the bath or shower.

Walk-in showers are preferred over shower and tub combos. When climbing out of the tub it is easy to lose your bal-



ance and fall. Place safety grab bars in and around your shower and tub area so that you can hold onto them when needed.

Be aware that while washing your hair, just looking up at the ceiling can cause dizziness. Hold onto a safety grab bar to keep you stable while you use the other hand to wash or rinse your hair. Be mindful of the water temperature before you enter the shower or bath.

As we age, our skin becomes thinner making it more likely to be burned by the heat. Keep your soap and shampoo at a level where you do not have to bend or lift. Do not use body

soaps that can drip onto the ground and cause a slip hazard.

Bathroom falls are more than twice as likely to result in an injury compared to falls elsewhere, according to a study published in the *Injury Epidemiology Journal*.

### Living Area

You spend most of the time during your day in this location, so spend a lot of time hazard proofing it. Pay close attention to low-level tables and otto-

mans that are in your walking path. Consider removing the coffee table and replacing it with taller tables beside your couch and chairs.

Make sure that your favorite sitting place is high enough to easily get in and out of. If you still use a landline phone, make sure it is close to where you normally sit so you can access it when you need to. Make sure the cord to the phone is not in a walking path.

### Pets

We love them but they are a huge fall risk. According to the CDC, there is an estimated average of 86,629 fall injuries a year due to cats and dogs. Placing a bell on their collars will let you know where they are.

If this does not work because of hearing impairment, then you will have to be very attentive as to where they are while you are walking. Walk slower and more deliberately. You don't want to be caught off guard!

### Stairs

If possible, do not walk up or down stairs that do not have railings. Even with railings, it is very easy for your foot to slip on carpeted stairs. Remove the carpet and add a nonslip tread to your steps. Make sure to use motion detection lighting to illuminate halls and stairwells.

*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.*

## Helping Older Adults Prevent Scams

Every year people over the age of 60 are bilked out of \$28.3 billion in financial scams.

There are people with nefarious intentions who use a variety of ways to try to scam money from older adults

Here are just a few of those ways and the steps you can take to avoid being victimized:

### The Grandparent Scam

In this scam, the victim is contacted by someone posing as a grandchild or other loved one, who claims to be in a precarious situation and needs money immediately. Their name might even show up on Caller ID.

The stress of the situation and the fear for a loved one can

lead people to act quickly to try to resolve the problem.

If you get a call like this there are a few steps to take:

- Do not offer any personal information like names when prompted.

- Ask the person on the other end of the phone questions only a close family member would know the answers to.

- Hang up the phone, and call the grandchild or family member back at their number to see if they are truly in some sort of trouble.

### The Tech Support Scam

You get a phone call from someone claiming to be with Microsoft, an antivirus company, your bank or another

company, telling you there's been a security breach in your account and that you're at risk of being hacked and losing your savings.

They'll tell you to log on to your computer and follow instructions to help secure your account.

What's really happening though is that when you're following the instructions, the hackers are gaining access to your computer remotely. And while they have that access, they go into your bank account and then siphon off money.

In case you get a call like that, know that tech companies don't individually call or contact people about possible breaches.

Instead, call the company directly and talk to an agent to find out if there is any unusual activity.

### Government Scams

This one is similar to the tech support scam above,

but in this case, it will be someone calling and claiming to be with the Internal Revenue Service, the Social Security Administration, Medicare or another government entity.

These scams can be particularly effective on vulnerable adults because the scammers can threaten that essential services or resources the victim needs will be cut off, or even legal consequences on behalf of the government, including fines, lawsuits or even prison.

Much like with the tech support scam, the government will almost certainly not call you unsolicited to deal with an issue.

*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](http://prestigecare.com/Visalia) or call (559) 735-0828.*

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"Super Seniors" follows four athletes who refuse to retire their rackets.

## Four 'Super Seniors' Featured in New British Documentary

The "Super Seniors" are a remarkable group of octogenarians and nonagenarians featured in a life-affirming documentary by tennis player turned Wimbledon commentator and TV presenter Dan Lobb.

"Super Seniors" follows these inspiring athletes who refuse to retire their rackets:

- 95-year-old Ukrainian Leonid Stanislavskiy, Guinness World Record holder as the oldest competitive tennis player in the world;
- 82-year-old French fashionista and athlete extraordinaire Ety Marouani;
- 85-year-old American King Van Nostrand, who holds

a record 43 world titles; and

- John Powless, the 87-year-old American tennis ace, basketball player and inspiration, who tragically passed away not long after the film was made.

The documentary features this fearsome foursome as they descend on the International Tennis Federation Senior World Championship from across the globe.

They're just a handful of the 585 Super Seniors participating in the epic tournament, which with more than 800 matches played, is larger than Wimbledon.

"Super Seniors" can be seen on various streaming services, including Apple TV.



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# The Top Three Social Barriers to U.S. Senior Health

Alignment Health released its 2024 Social Threats to Aging Well in America survey on August 21, exploring the primary social and environmental factors, known as social determinants of health, preventing U.S. seniors from living healthier lives.

In an online survey of more than 2,000 U.S. seniors ages 65 or older, aging in place (69%), lack of transportation and access to medical care (64%), and economic insecurity (56%) were the top three most-cited social barriers to their overall health.

“As an industry, we must pay close attention to what our nation’s seniors are telling us are the major roadblocks that impede their health so we can pinpoint solutions that help remove as many of those barriers as we can and ensure they thrive in their later years,” said Dr. John Kim, senior vice president, market management at Alignment Health and chief medical officer at Alignment Health Plan in California. “Our past research has informed the need to accelerate innovative partnerships for our growing member base, such as ones that address food insecurity or benefits that support at-home care.”

## Highlights and Key Findings No. 1 Social Threat: Aging in Place

As more seniors choose to live independently and longer in their own homes, aging in place brings its own set of challenges. Nearly seven out of 10 consider aging in place a top social barrier to their health and well-being.

Among respondents who reported experiencing stress and anxiety in the past year, 22% ranked aging in place as the factor causing the most stress or anxiety, while 45% ranked it among their top three stressors.

A majority of survey respondents (67%) said they would use benefits that support aging in place in the next 12 months if their health plan offered them. These benefits include mak-



ing their homes safer, personal medical alerts, in-home health care visits and non-medical companion care.

## No. 2 Social Threat: Lack of Transportation and Access to Care

The inability to physically get to and from doctor appointments and medical services poses a significant threat to health, with almost two-thirds of seniors citing lack of reliable transportation and access as a top barrier.

An even higher percentage of respondents, 71%, indicated they would use transportation benefits if their health plan offered them in the next year. Lack of transportation and access to care was the top reason for those who skipped medical care, with 64% citing this issue.

Of those who never skipped medical care, 50% said they may in the future due to lack of transportation and access to care.

## No. 3 Social Threat: Economic Insecurity

With seniors on fixed incomes and rising housing, healthcare and daily expenses, it’s no surprise that more than half of respondents (56%) ranked economic insecurity as

a top concern, while 15% reported it as their top driver of stress or anxiety in the next 12 months.

More than four out of 10 (44%) seniors facing economic barriers said they were burdened by medical debt. Of those with medical debt, 59% owed an amount equivalent to one month or more of living expenses. The survey also found that 21% of seniors did not have or were unsure they had enough money to pay their medical expenses in the next year.

## Other Notable Findings

- Lack of support (38%), mental health (33%) and loneliness (30%) ranked as the next most significant social and environmental factors weighing heavily on today’s seniors in terms of their health and wellness.

- One in five seniors also cited cultural barriers (21%) and food insecurity (18%) as barriers to their health and well-being.

- One in four (26%) seniors admitted to skipping medical care, with 13% missing at least once in the past year.

- The top reasons for seniors skipping medical care: lack of transportation and ac-

cess to medical care (64%) and economic insecurity (35%)

- Interestingly, seniors suffering from food insecurity and loneliness were more likely to live in an urban setting.

- Among the six states where additional polling was conducted, Nevada and North Carolina seniors in this survey seemed to be most impacted by social determinants of health, reporting higher numbers in all eight categories studied in the survey.

- And, while California is home to the greatest number of seniors of any U.S. state, it seemed to be faring relatively well among the states surveyed. Californians over 65 in this survey were less impacted by three of the eight social determinants studied and were on par with seniors across the U.S. on the other five.

## About the Survey

While this is the third consecutive year that Alignment Health has studied the social issues affecting senior health, the 2024 report is the first time it has partnered with Ipsos, one of the world’s largest market research and polling companies.

The survey was conducted via an online poll of 2,051 Americans aged 65 and older between April 30 and May 21.

Additional surveys were collected in Arizona, Nevada and North Carolina to reach a minimum sample size of 100 per state for analysis purposes. These additional “boost” surveys were weighted down to avoid over-representation within the general population.

The states of California, Florida and Texas were also part of the state analysis, however, boost samples were not necessary in these states. Weights were only applied at the national level (individual states were not weighted separately) and insights are representative of the 65+ age group. State-level findings reflect the opinion of these respondents only.

To read the full report, visit [www.alignmenthealthcare.com/survey2024](http://www.alignmenthealthcare.com/survey2024).



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# CALENDAR

(continued from page 13)

## Friday, October 18 - Visalia Senior Center Fall Open House

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this event. (For more information, see page 1.)

## Saturday, October 19 - Visalia Taste the Arts

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

## Saturday, October 19 - 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](http://www.walkwithadoc.org).

## October 19-December 29 - Jana Botkin "Simply Home" Exhibition

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

## Monday, October 21 - 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, October 21 - 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.

## Thursday, October 24 - Be a Light to the World - 15th Annual Dinner Celebration

Hands in the Community is sponsoring this event, featuring a dinner, wine and hors d'oeuvres, a silent auction and a live auction, at the Visalia Convention Center from 6-9 p.m. For more information, call (559) 625-3822, ext. 100.

## Thursday, October 24 - Fall 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 8:30 p.m. Admission is \$10. For more info, call (559) 713-4365.

## Saturday, October 26 - 10th Annual Trunk or Treat Car Show

Westgate Gardens Care Center, 4525 W. Tulare Ave., Visalia, will host this event, featuring a bounce house, food vendors and raffles, from 10 a.m. to 2 p.m.

## Thursday, October 31 - Halloween Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. Costumes are not required but are recommended. Tickets must be purchased in advance. For more info, call (559) 713-4365.

## November 1-2 - 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.

## Monday, November 4 - Classic Cinema @ CACHE

The Center for Art, Culture & History (CACHE) will present Edmund O'Brien in "D.O.A." as part of its monthly movie series at 125 South B St., Exeter. Showtime is 6 p.m. Discussion to follow. Admission is free. Bring your own snacks. For more information, call (559) 592-5900.

## Walk Against Alzheimer's

(continued from page 1)

raise awareness and funds for Alzheimer's care, support and research.

To sign up as a team captain or member, or to register to walk as an individual, visit <http://act.alz.org/WTEATK2024>. People still concerned about COVID can still participate by walking around their own neighborhoods.

"They can walk wherever they feel comfortable," said McCarthy.

There are also volunteer

opportunities, including setting up and taking down booths for walk day, working in the booths, helping with registration, and educating the community about the disease and the walk at events and club meetings.

The committee is also looking for "people to help us make phone calls to get people to register and to reach out to those who helped us in the past," said McCarthy.

For more information, visit [act.alz.org/WTEATK2024](http://act.alz.org/WTEATK2024) or call (320) 444-3439.



## 'The Fabulous Four' Unites Four Accomplished Actresses

Susan Sarandon, Megan Mullally, Sheryl Lee Ralph and Bette Midler (pictured above left to right) who star in "The Fabulous Four," a comedy about a group of life-long friends, three of whom travel to Key West, Florida, to be bridesmaids in the surprise wedding of their best college girlfriend Marilyn (Midler).

Over the course of one trip, sisterhoods are rekindled, the past resurfaces, and there are enough sparks, raunch and romance to change all their lives in unexpected ways.

Sarandon has starred in movies such as "Joe," "The Great Waldo Pepper," "The Rocky Horror Picture Show," "The Witches of Eastwick," and "Bob Roberts."

Mullally created the role of Karen Walker on "Will & Grace," winning two Emmys and four Screen Actors Guild Awards.

Ralph can currently be seen starring on ABC's hit comedy series "Abbott Elementary," where she earned her second Emmy nomination. She has appeared in such television shows as "Moesha," "Instant Mom," and Showtime's "Ray Donovan."

Midler has earned four Grammy Awards, two Academy Award nominations, three Emmy Awards, two Tony Awards, three Golden Globe Awards and nine American Comedy Awards. She was inducted in the 44th Kennedy Center Honors for lifetime artistic achievements. Her albums have sold over 30 million copies worldwide.

The movie can be seen on several streaming services.



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## Regulators Deny AT&T's Bid to Drop Landline Phone Service

Since our last issue went to press, California Public Utilities Commission voted to allow residents to keep their landline phones, a critical communications tool in emergencies.

Telecommunications giant AT&T had requested that the CPUC relieve AT&T of what is called its "Carrier of Last Resort" (COLR) obligations in certain areas of California, including the South Valley.

The CPUC vote denies AT&T's bid to drop landline service that includes free access to 9-1-1 and telephone relay service (for people with speech or hearing issues), among other features.

"The CPUC made the right decision to hold AT&T to its promise and obligation to provide phone service to our constituents in areas with unreliable cell service," said Congresswoman Anna Eshoo, who represents the San Mateo area,

also impacted by the decision.

"If the only option to provide this COLR service is through copper landlines, then AT&T must provide and maintain those," she added. "These lines of communication are lifelines to residents in rural areas especially during public emergencies like fires, earthquakes, floods and landslides. Cost saving must never trump public safety."

The commission's unanimous vote does not end the threat to landline service, however. AB 2797, a bill now in the State Assembly would allow AT&T and any other service provider operating as a COLR in California to end their obligations as a COLR without the express consent of the CPUC, in various circumstances.

AB 2797 has been referred to the Committee on Energy, Utilities and Communications and has yet to be scheduled for a hearing.

## Most Americans Confident in Their Investment Strategy

More than 60% of Americans feel they are in a better place to achieve their goals than generations that came before them, according to Schwab's eighth annual Modern Wealth Survey, an examination of how Americans think about saving, spending, investing and wealth.

Boomers lead the charge, with 66% believing they are more or as likely as older generations to reach their goals, followed by Gen X (63%), Millennials (62%) and Gen Z (60%).

One factor likely driving the positivity across generations is the rise in the number of Americans investing in the stock market. Schwab's survey data shows that almost three in five Americans (58%) are investing today. This is in line with recent Federal Reserve data, which is up from 53% in 2019 and is the highest on record.

When asked specifically why they are in better financial shape than previous generations, Schwab's survey reveals that Americans believe they now have more ways to build wealth (50%), increased accessibility to investing (46%) and additional investment options available to them (46%).

Schwab's survey shows nearly 70% of Americans are confident in their investment strategy and point to the availability of financial advice and knowledge (51%) and the ability to easily research companies and investments (37%) as top reasons.

More than a quarter of Gen Z respondents report that they were taught about investing in school, significantly more than older generations.



Despite increased levels of investing, survey respondents admit there is more they can do, with only 18% saying they are currently on top of their finances. Nearly one-third (32%) feel they are on track to being on top of their finances and another one-third (34%) note that they need to make changes to feel more in control.

One key area for improvement among Americans is financial planning. Schwab's survey finds that only 36% of Americans have a written financial plan. Among those who do, 76% say it makes them feel more in control of their finances and nearly all (96%) say they feel confident that they will reach their financial goals.

"Investing and financial planning are more accessible and more affordable today than ever before, and while Americans are increasingly engaged with their finances overall, there is still room for improvement when it comes to more formalized financial planning," said Rob Williams, CFP, managing director of Financial Planning at Charles Schwab.

Detailed survey results can be found at [www.aboutschwab.com/schwab-modern-wealth-survey-2024](http://www.aboutschwab.com/schwab-modern-wealth-survey-2024).



## Three Tips for Sticking to a Healthy Lifestyle Plan

As you're turning over your closets, putting away your t-shirts, shorts and sundresses until next year, and bringing out the sweaters, you begin wondering how those fall clothes mysteriously got smaller over the winter. And then the realization hits: your New Year's resolution to exercise more and eat right has fallen by the wayside.

It's all too common. According to recent research out of the Ohio State University, only 9% of Americans who make resolutions stick to them. Some 23% quit in the first week and 43% quit by the end of January.

It's not the resolutions themselves that are the problem. It's the motivation factor. How can you make healthy lifestyle changes that will stick?

Dana Ryan, Ph.D., MA, MBA, director of sports performance, nutrition and education and Chair of the Herbalife Fitness Advisory Board at Herbalife, said that it is all about enjoyment, community and confidence.

"In my opinion, the magic ingredient that helps boost the motivation is making friends and becoming part of a community," Ryan said. "The added accountability that friendships or fitness mates can provide can help to create long-lasting healthy active habits."

The Ohio State research study found the same thing. Accountability is a key factor in sticking with positive changes. But, it's about more than dutifully reporting in. Much more.

Ryan's top three tips for making healthy changes in your lifestyle that stick, supported by research from the National Library of Medicine, are:

- Choose an activity you enjoy while you're doing it. It's crucial to pick an activity you enjoy and that feels good to your body. This is a huge predictor of success, and it's a typical area that people get wrong. When embarking on a fitness journey, many people focus on how they feel after the workout is over. A sense of accomplishment, that buzz of electricity, a rush of endorphins. But if you're slogging through a workout - running on a treadmill as you watch the distance tick off, ever so slowly

to feel good after it's over, it's likely you won't stick to it for long. Burnout will kick in quickly and you'll be making excuses to skip the gym. Instead, find an activity that makes you feel good while you're doing it.

Not sure what that is? Try different things. Take a yoga class, experiment with Pilates, book a few sessions with a personal trainer at the gym, rent a kayak for a few hours. Dust off your bike and get it tuned up, and take it for a spin. Find a pickleball club near you. Get those 10,000 steps in with a neighbor each morning.

Stick with it past the learning curve. This is key. Give it a shot. It's especially true if you're trying a new activity.

Didn't realize how hard it is to hold the downward dog pose in yoga? Can't lift as much weight as you thought?

Don't sweat it. You don't have to be perfect right away. The secret is to allow a little time for your body to get used to those new movements. You'll get better at it. Yoga will get easier, you'll be able to bike farther, Pilates will feel more natural. It is at that point you'll start to feel body confidence. And then you're hooked.

Find a community where you feel recognized and supported. But remember, it's not about dutifully reporting in. It's about finding a community to support your fitness goals.

Numerous studies show how finding community, even if it's a community of just one other person, helps people achieve their fitness goals.

Each of these tips builds on and supports the others. If you pick an activity that you enjoy, you'll experience a heightened emotional response and a greater release of the exercise-induced happy hormones dopamine and serotonin.

This induced feeling of joy may encourage you to keep at it. If you keep at it beyond the learning curve, you'll master body movement and feel confident, and that will keep you coming back for more.

And if you do it with a buddy, it will elevate your social connections and encourage you further.



# Electric LSVs Can Make Driving Fun and Affordable for Seniors

Spend a few days in a waterfront town, vacation destination or golf community, and you may see local electric vehicles on neighborhood streets.

The street-legal, low-speed vehicle category extends the fun, yet practical vehicles to suburbia and urban downtowns as the market for sustainable transportation grows.

Low-speed vehicles (LSVs) offer a safe, efficient and enjoyable drive - especially when highway speeds and 300 miles of range aren't required for daily drives.

### What are LSVs?

LSVs are a specific, federally designated class of motor vehicles, not to be confused with golf carts. These elevated

EVs have significant safety upgrades and they are generally street-legal across the country on roads with a posted speed limit of 35 mph or less, making them helpful for running errands.

It has been estimated that nearly 50% of all car journeys are under three miles. That percentage is even higher in cities.

As a result, many consumers are looking for mobility solutions that fit their needs, including eco-friendly GEMs for localized mobility. These EVs can be stylish and fun to drive.

Flexible charging can plug into any standard 110V outlet, with fast-charging options available when needed. And with battery packs providing



GEM's six-door low speed vehicle

upwards of 100 miles, LSVs have more than enough range for multiple trips in a day.

Some LSVs even offer an optional rooftop solar panel that further increases range and reduces reliance on the grid.

Unlike a golf cart, LSVs are legal after dusk, just like a full-size EV, but at a much lower purchase price.

A fully enclosed cab with hard doors and automotive-grade windows can provide comfort and protection from weather while containing kids, gear and groceries. The doors remove for a breezy, open-air ride.

### Where can LSVs go?

Business and residential

areas in every U.S. state have speed limits between 25-35 mph, making LSVs an increasingly viable, safe and community-friendly option.

GEM, which built the car pictured, manufactures two, four and six-seat LSV models.

### Price Range

Like any vehicle, there is a price range. Starting MSRPs for GEM LSVs cost from \$15,240 to \$21,240.

At a cost-per-mile of 3¢, according to GEM, they are inexpensive to drive, drawing less from the grid than full-size EVs, and delivering a 30-50% reduction in greenhouse gas emissions over combustion vehicles.

## An Intriguing Vehicle that May or May Not Exist

"The mini Volkswagen mobility scooters are more than just a way to get around," states Inspiring Designs on its website. "They're a testament to the fact that mobility aids can be fun, nostalgic and conversation-starting pieces."

They definitely could be right... if their mini versions of the Volkswagen Van are actually available or even being manufactured.

The company's website, which apparently offers a collection of similar vehicles, also has a collection of comments from people ready to buy, but who receive no online responses, prices



es or ordering instructions.

And efforts from the senior press to get more information have only met with silence. Too bad. The cars are beautiful.

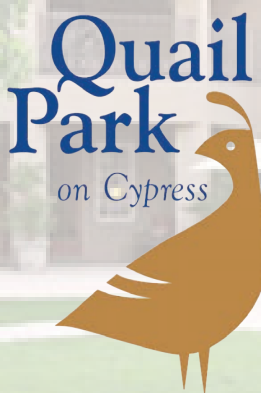
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# Garden Tips for October

By Peyton Ellas  
Tulare-Kings Master Gardener

October is really when sweater season starts. We can still have many warm, or even hot, days; these are balanced by the shorter days and cooler nights. You may be noticing new foliage growth, or flowers on plants that have been snoozing during the summer heat.

### Planting

October is a busy month for planting. In the vegetable garden, plant chard, spinach, turnips, beets, snow peas, carrots, cilantro, lettuce and Asian greens from seed. Continue planting seedlings of greens, broccoli, cauliflower, cabbage and bulb onions.

The month begins the main planting season for most ornamental trees, shrubs, perennials, vines and ground covers. Have your irrigation system ready before you plant. Those new transplants will need regular water for at least the first two weeks.

Don't plant too deep; leave an inch or two of the center of the plant above the soil level. The planting hole should be a little wider than the nursery container. Top off with two or three inches of mulch after planting, but keep mulch away from the base of the plant.

### Maintaining

If needed, cut spring-blooming shrubs back to a third their size. Don't trim deciduous trees yet; wait until winter for that. Deadhead roses for a fall bloom. Divide perennials and replant. You can replant iris or wait another month. Any healthy twigs, leaves and old flowers can be added to your

compost pile.

Deep water your trees as they enter dormancy, unless we get several nicely spaced storms. Adjust automatic systems to reflect cooler temperatures.

You can apply preemergent herbicide this month to help prevent annual bluegrass and other winter weeds. Don't apply it where you plan to grow wildflowers or bulbs.

This is a good month to check your tree stakes in anticipation of winter winds. If the tree can stand up on its own and the root ball seems secure, remove the stakes completely, and let it bend in a breeze; this will help the trunk gain strength.

Stakes should never be right up against the trunk. Those stakes are for transporting from the nursery, not long-term. If you need to stake a tree, we have information on our website on how to do it properly.

### Conserving

Chemical free weed control and plant nutrition is possible. Schedule some time every week or a few times a week to pull or hoe out small weeds as they emerge. Top dress your planting beds and even your lawn with compost. Add another layer of organic mulch to keep your soil healthy.

Create healthy soil and your plants will be healthy and more resilient. Mulch, whether organic or inorganic (rock and decomposed granite) also decreases damage to the soil from rain and reduces both wind and water-caused soil erosion.

Although we may need to manage many pest insects in the cool of fall, especially in



Snow peas

our edible gardens, identify an unknown insect before you kill it or use insecticides. You may be surprised to find you have a wonderful ally in a beneficial insect. Ornamental, non-annuals can usually tolerate some damage and give you the time to solve the challenge.

For many disease issues, cultural practices, such as increasing air circulation, weed control and encouraging beneficial insects, should be considered part of the solution.

The cooler weather of October, especially mornings and evenings, means more time to spend out of doors. Many native plants will have a "false spring" display of flowers and new growth. New transplants will thrive. Tree and shrub leaves will show some fall color. Be on the lookout for migrating birds.

Enjoy!

### Questions?

Call the Master Gardeners:  
Tulare County: (559) 684-3325, Tues & Thurs, 9:30-11:30 a.m.

Kings County: (559) 852-



Turnip

2736, Thursday Only, 9:30-11:30 a.m.

Visit our website for past articles, sign up for our e-newsletter, or email us with your questions: [http://ucanr.edu/sites/UC\\_Master\\_Gardeners/](http://ucanr.edu/sites/UC_Master_Gardeners/)

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Cilantro



Broccoli

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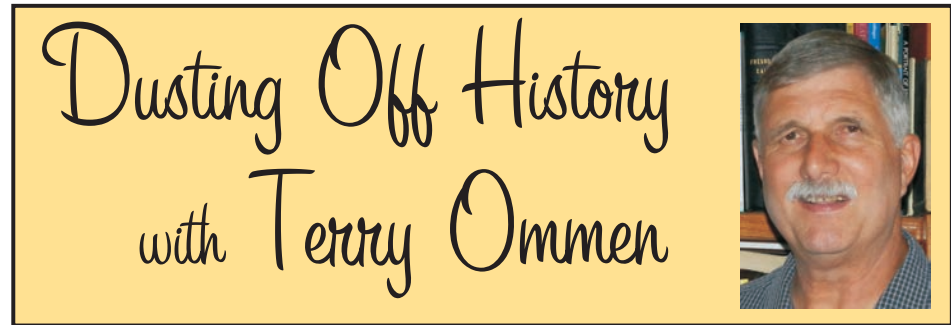
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# Wilma Elizabeth McDaniel—Tulare's Biscuits & Gravy Poet

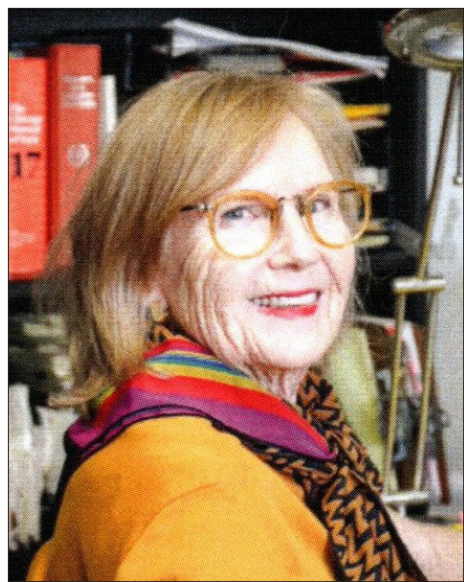


Although we were contemporaries, I never met Wilma McDaniel and I very much regret that. I hadn't discovered San Joaquin Valley literature during those years – too busy working and raising a family, I guess. I acquired my first McDaniel book by accident in probably the late 1990s. It was a small hardcover publication called *The Red Coffee Can*. The Raggedy Ann doll artwork on the dustcover is what caught my attention. I thought it was a children's book, so without opening it, I just put it on my bookshelf, not realizing that the author had already achieved recognition as the "Okie Poet."

When I finally opened *The Red Coffee Can* several years later, I found it was not a children's book at all, but rather a collection of poems and stories written by a unique and insightful writer with a humble and interesting background. But I missed my chance to meet her. She had died.

Wilma Elizabeth McDaniel was born on December 22, 1918, and came to California from her native Oklahoma with her family in 1936. The McDaniel family had become part of the larger migration of displaced folks looking to escape hard times brought on by devastating droughts, relentless winds and a bad economy.

While in California, Wilma worked at various jobs including field work. Another was working at the Real Life Studio in Woodlake. She liked to write, and in 1947 she even had a small article published in the *Woodlake Echo*.



Betty Blanks

While living in Tulare, Wilma struggled with health issues, especially in later life. Adding to her struggles, she never had much money. In the 1950s and 1960s, her hard life eased a little and she was able to pursue formal education. Correspondence courses and other preparations earned her a G.E.D certificate, then she was off to College of the Sequoias where she took a few classes.

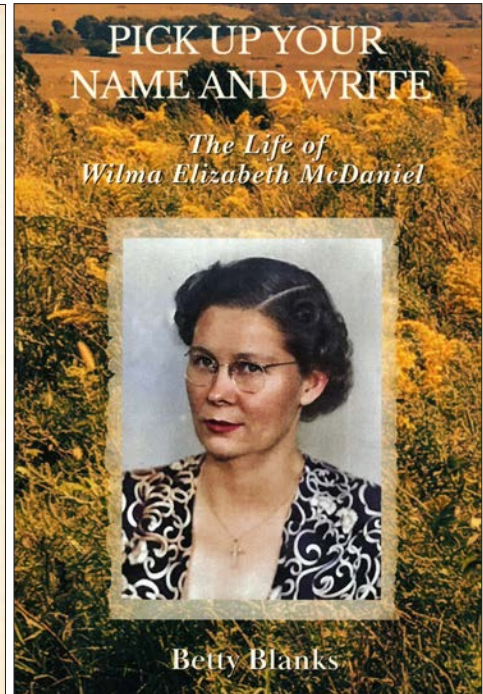
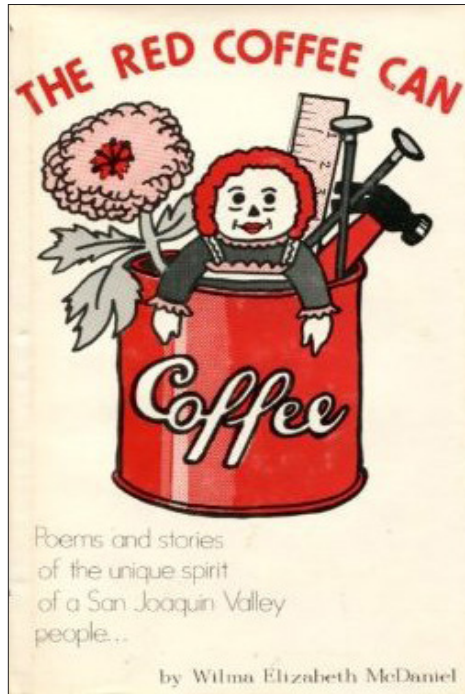
During the 1950s, she also pursued religious studies. As a devout Catholic, she was received as a candidate in the secular Franciscan Order and became part of the Third Order of Saint Francis, a lay fraternity of men and women who followed the teachings of St. Francis of Assisi. She lived her faith and devoted her life to helping others which included her parents and siblings.

She wrote regularly including in her diary, and her stories and poems attracted attention both regionally and locally. Gerald Haslam, well-known San Joaquin Valley writer and recipient of several literary awards, said about Wilma, "No writer has more powerfully or more originally captured the lives of California's Okies."

In 1993, Betty Blanks, an attorney living and working in Visalia, met Wilma for the first time, and the two became good friends. As Wilma continued to struggle with medical issues, Betty and others helped her. In 2005, Wilma suffered a severe stroke and was admitted to a care facility. Betty and another of Wilma's good friends, Trudy Wischemann, helped her during this difficult time.

Eventually Wilma returned home, but by March 2007, she was back at the care home. She died on April 13, 2007, at the age of 88. She had never married.

Betty realized the importance of Wilma's life and accomplishments. After all, Wilma had written 16 books of poetry including *Walking on an Old Road*, *The Last Dust Storm*, *A Primer for Buford*, *Sister Vayda's Song*, *A Prince Albert Wind* and *Borrowed Coats*. For over four years, Betty researched and wrote *Pick Up Your Name and*



The Red Coffee Can by Wilma McDaniel, and McDaniel's biography, Pick Up Your Name and Write, by Betty Blanks.

Write – *The Life of Wilma Elizabeth McDaniel*.

Betty is a skillful writer who presents Wilma's oftentimes difficult life in an uplifting way. She includes many stories of Wilma and her interaction with local people including Carmelita Jarvis Conn (*Valley Voice* creator), Buck Owens (country music singer), Gerald Haslam (San Joaquin Valley writer), Tom Hennion (*Tulare Advance Register* editor), and Alfred "Al" Pietroforte (COS instructor). In it, Betty also reveals the connec-

tion Wilma had with places like Mooney Grove Park, College of the Sequoias, Fresno City College and St. Anthony Retreat.

Recently released, the biography of Wilma McDaniel gives readers insight into this soft spoken and talented lady who was named Poet Laureate of Tulare. Thanks to Betty for writing the book and being such a good friend to Wilma.

To get a copy of *Pick Up Your Name and Write*, visit your local bookstore or go to [wilmaelizabethmcdaniel.com](http://wilmaelizabethmcdaniel.com).

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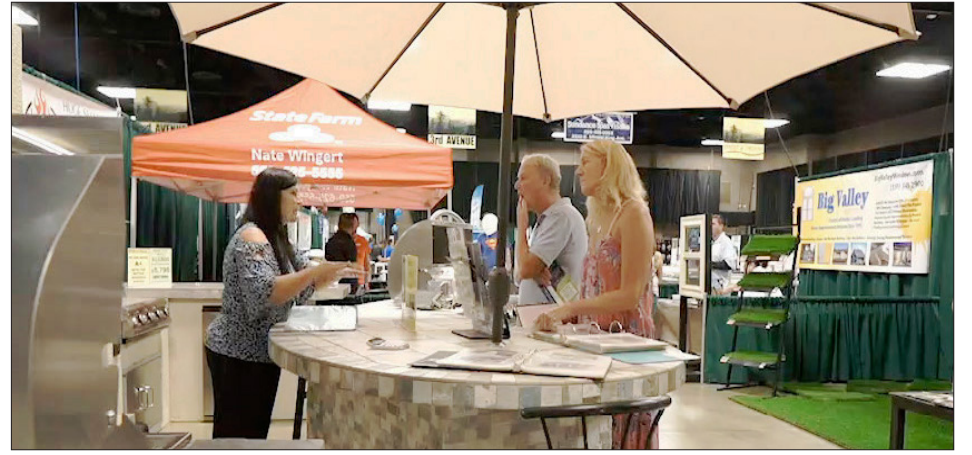
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At the Visalia Home Expo, seniors find energy saving options, health plan alternatives, Home Depot how-to demos, and gardening advice.

## 23rd Annual Visalia Home Expo Set for September 21-22

The 23rd Annual Visalia Home Expo returns to the Visalia Convention Center on September 21-22 with an all-new assortment of home-related products and services.

"Fall is a great time to consider redecorating and even remodeling before the onslaught of relatives arrives for the upcoming holidays," said Show Manager Steve Tarter. "This includes older children returning home from college, and older parents spending time with their grand and great-grand kids."

There are a lot of reasons for seniors to attend the Visalia Home Expo.

At the show, they can find energy saving options, health plan alternatives, Home Depot how-to demos, Master Gardener gardening tips, food preservation techniques, new

home internet plans, information about community services such as the Visalia Gleaning Seniors and the Visalia Veterans, and even a collection of Buffalo Cowboy Soldier memorabilia.

The Home Expo provides an opportunity to compare local companies that do kitchen upgrades, bath retrofits, install new flooring and enhance window coverings with the latest styles.

In addition, although it's fall, the summer heat lingers. There is still time to prepare for outdoor dining, secure help with landscaping or pool construction, or add a patio awning to enhance the backyard.

For those interested in ways to lower utility costs, the show will feature HVAC dealers, solar panel experts, insulation

and airflow specialists. SCE's Education Booth will provide information about rebates available for that next project.

In addition, the show features smart home systems that ensure family safety and security.

This year's Street of Dreams offers ideas for a home office, guest room, art studio, man cave or a completely separate small house from Modern Sheds.

This year's featured sponsor is Momentum Broadcasting and its DJs will be doing remote broadcasts for KJUG, K100, My 97.5 and Hitz104.9 There will be a drawing for two tickets for Tulare Country Nights on October 20 at the new Zumwalt Amphitheatre in Tulare.

A variety of scary Halloween decor will be featured at

crafters and home-based retail booths, including Home Depot's lifelike Halloween yard art.

Some Old Guys Band will perform on Saturday and the Bearded Uke will play on Sunday.

Southern barbecue and Mexican food favorites will be available, as will desserts including caramel apples, gourmet roasted nuts and ice cream.

The event begins Saturday, September 21, at 10 a.m. and runs until Sunday at 4 p.m.

Discounted tickets for seniors are available at \$2 online at [showcaseevents.net](http://showcaseevents.net), or \$3 at the door.

To exhibit your products and services, or for more information, email [steve@showcaseevents.net](mailto:steve@showcaseevents.net), or call 1-(800)-700-SHOW (7469).

## National Pickleball Tournament to be Held in Washington, D.C.

In honor of National Pickleball Day, the Trust for the National Mall and Humana have announced program details for the three-day monumental event, National Mall of Pickleball.

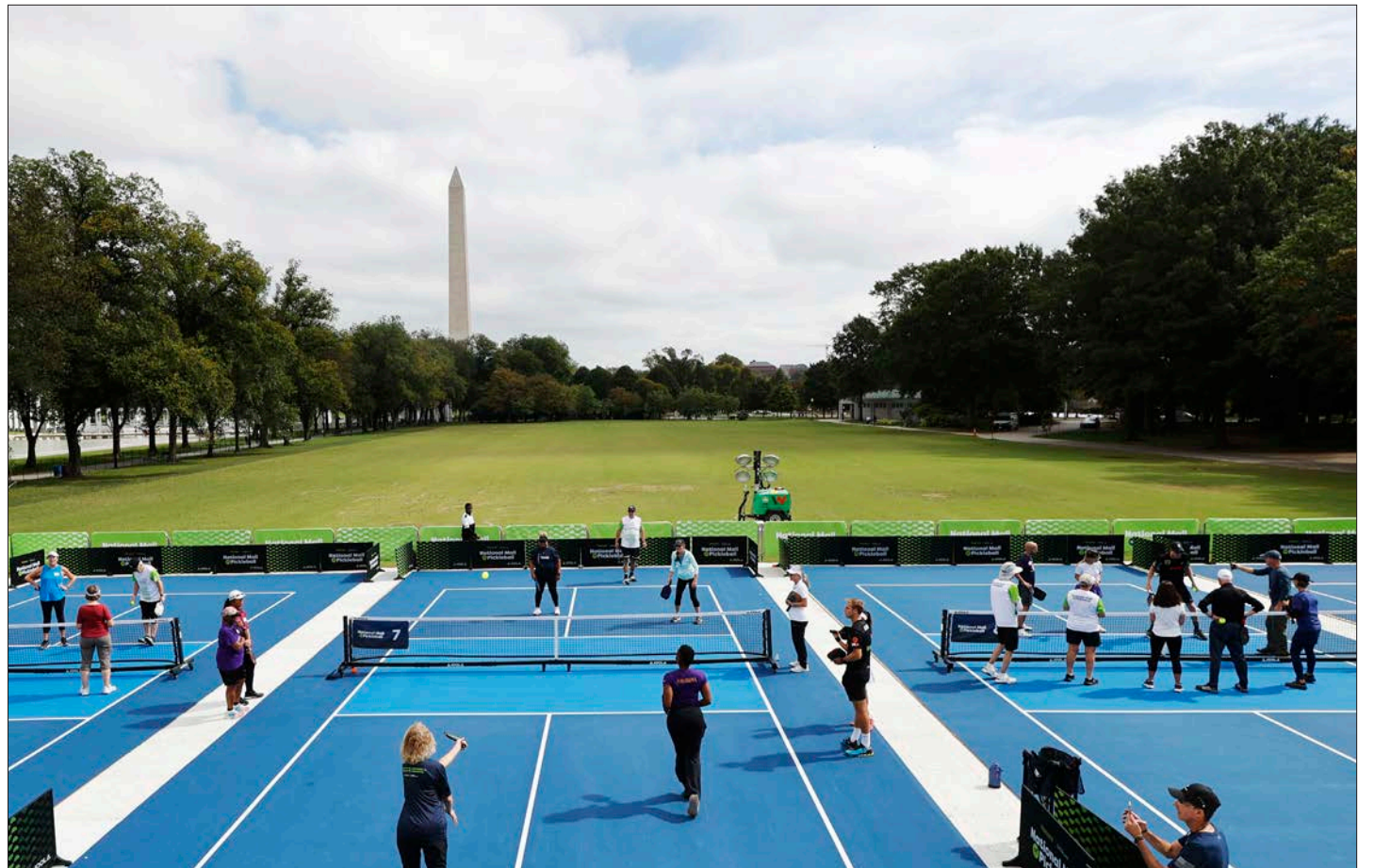
The event celebrates America's most intergenerational sport September 27-29 on 11 temporary courts in the shadow of the Washington Monument and the Lincoln Memorial in Washington, D.C.

The weekend is themed "One for the Ages," showcasing a new era of pickleball where multiple generations play together and have a chance to share stories and form new intergenerational friendships.

The popularity of last year's event demonstrated the enthusiasm for pickleball, with advance court reservations completely booking up within two minutes. To meet the demand for court time, the National Mall of Pickleball 2024 will feature two additional courts.

Additionally, D.C.'s very own D.C. Pickleball Team and its new roster will offer a limited number of spots for beginner, intermediate and advanced pickleball clinics.

"National Mall of Pickleball is back and better than before, with fun new ways to join us in the stands and on the court," said Catherine Townsend, president and CEO of the Trust for



The National Mall of Pickleball has become an annual event in Washington, D.C.

the National Mall.

Similar to the inaugural event, there will be plenty of free opportunities for players to engage beyond reserved court time, including dedicated walk-on courts for community play, and lessons led by U.S. Senior Pickleball and USA Pickleball Ambassador volunteers.

The pickleball programming includes:

- Media Match: *The Washington Post* will play to defend

its title of best press pickleball team in D.C. when it competes in a round-robin tournament against other members of the national press corps;

- Pickle Madness: A showing from D.C.-area colleges and universities where current students and alumni will pair off to see who is the brightest on the courts

- Knock Out: Anyone who considers themselves a picker will be invited to play on

Center Court and play for the title of National Mall of Pickleball Knock Out Champion in a friendly game of knock out to close out the courts each day.

Funds raised through the 2024 National Mall of Pickleball will support the Trust's mission with the National Park Service and will fund restoration and sustainability projects and educational enrichment programs.

To learn more, visit <https://nationalmall.org/support>.



# Quail Park on Cypress Hosts Birthday Party, Honors Centenarians



Honoree Geraldine Soultz



Tulare County Supervisor Amy Shuklian presented certificates of recognition to the centenarians

On August 19, Quail Park on Cypress honored its five residents who turn 100 to 104 years old this year.

Betty Lane (100), Bea Moring (100), Patricia Pope (100), Geraldine Soultz (104) and Ken Albert (100) were presented with certificates of recognition from the County of Tulare by Supervisor Amy Shuklian.

These five honorees were also presented letters of recognition from the City of Visalia.

Residents filled the room to celebrate this milestone, as well as to celebrate ten other residents who have August birthdays.

Visalia Fire Chief Daniel Griswold was also in attendance at the event, which included birthday cake, champagne, live music and cheers.



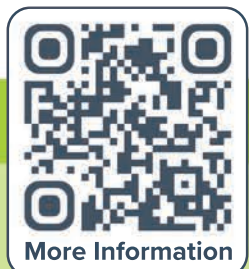
The party also featured live music.

## Prevent the Bite Day & Night

Mosquito-borne diseases can be transmitted to people through the bite of an infected mosquito.

Do your part to protect yourself, your family & your community.

Mosquitoes lay eggs on standing water. Eggs can develop into biting adults in as little as a week. Fix these common mosquito water sources or dump them weekly for a bite-free summer.



Ponds



Fountains



Pools & Hot Tubs



Yard Drains



Potted plants with saucers/ trays



Miscellaneous containers



Bird Baths



Plants that hold water



Pet water dishes



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Irrigation Valve/Meter boxes



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



## WHAT IS NEGLECTFUL ELDER ABUSE?

- Failure to provide basic care (food, shelter, healthcare)

## SIGNS OF NEGLECT:

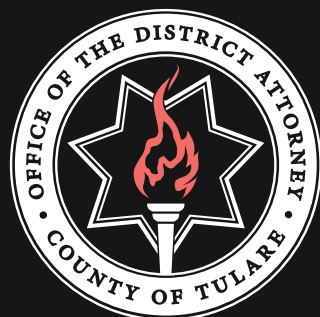
Unattended medical needs, no activity in or about the elder's home, poor hygiene, filthy living conditions, unusual weight loss, bedsores, lack of adequate food

## REPORT ELDER ABUSE

Adult Protective Services 24/7 Hotline:

**(877) 657-3092**

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- FINANCIAL
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