



The Kern County Aging and Adult Services Department provides a multitude of services to assist persons 60 years or older or persons with disabilities. It serves all areas of the county and there are no charges for the services provided to improve lives.  
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# A SENIORS GUIDE TO HEALTHY LIVING AND INDEPENDENCE

BY JEREMY OLIVER

**C**ALIFORNIA PROJECTS THAT 25% OF THE POPULATION WILL BE 60 years or older by the year 2030. Fortunately, Kern County has a small but growing department dedicated to persons 60 years or older or persons with disabilities and it is known as the Aging and Adult Services Department. With a staff of more than 250 dedicated county employees, we provide a multitude of services to assist these important populations.

Many may have heard of programs like Meals on Wheels, In Home Supportive Services and Adult Protective Services but may not know that they are all under the inclusive umbrella of AASD, which also serves as the local Area Agency on Aging. Below is a list of the services AASD currently offers and a brief description of what they offer or do.

**Aging Disability Resource Connection (ADRC):** A partnership with Independent Living Center and other service providers to be a no wrong door into services that can assist you with needs.

**Information and Referral:** Our main line for information related to senior and disabled adult needs. This line operates during regular

business hours and can assist anyone with questions about services and options related to self, neighbor, loved one, etc. 661-868-1000.

**Senior Nutrition:** Congregate Programs provide nutritious lunches for seniors in a group setting throughout the county. Similarly, the Meals on Wheels program provides nutritious lunches for seniors with medical conditions

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Danny Gudino, Ellie Mejia and J.R. Gomez package 674 meals on Oct. 16, 2020, for the county's Meals on Wheels program. The need to feed local seniors surged during the COVID-19 pandemic. PHOTO BY ALEX HORVATH, FILE

that interfere with their ability to attend group settings. Both programs ask for voluntary donations to ensure continued success of the program, but are not required to be eligible for the programs.

**Health Insurance Counseling and Advocacy Program (HICAP):** Provides free and unbiased consultations to current and future Medicare beneficiaries and their families. HICAP also aids with Medicare problems and most health insurance issues.

**CalFresh Healthy Living:** Program helps those age 60-plus to establish healthier eating habits and more

physically active lifestyle.

**Caregiver Support Program:** Assists informal caregivers with access to services such as support groups and respite programs.

**In-Home Supportive Services (IHSS):** Is a program for individuals who need certain domestic and/or personal care to remain safely at home. Applicants must be eligible for Medi-Cal to qualify for IHSS.

**Digital Divide Program:** Is an innovative initiative that caters to isolated seniors aged 60 and above. The program is designed to teach seniors how to use technology that is readily available to

them. Applicants do not need to own an iPad or tablet. Applicants will learn how to use the internet to find information, create an email account, video conference, order groceries and connect to services.

**Conservatorship:** Investigates the need for a conservator to intervene when there is no one else willing or qualified to act on behalf of a person who lacks capacity to take care of their own basic needs or is unable to resist fraud or undue influence.

**Adult Protective Services (APS):** Responds to reports of suspected abuse or neglect 24 hours per day. Anonymous reports are accepted for suspicion of financial, physical abuse, abandonment, isolation, neglect and self-neglect of elders 60-plus years of age or disabled adults 18-59 years of age with a physical or mental disability that interferes with their ability to protect themselves. The hotline number is 800-277-7866.

AASD serves all areas of the county and there are no charges for the services provided. We are here to serve and look forward to the opportunity to assist those who have a need or just want to know more about what is available in your community. You may also find out more about our services at [www.kerncounty.com/aas](http://www.kerncounty.com/aas) or 661-868-1000.

*Jeremy Oliver is the director of Kern County Aging and Adult Services.*

## Watch out, and beware of scams

BY JEREMY OLIVER

WE HAVE ALL BEEN impacted by scams. Who has not received an annoying phone call or email telling you that you have just won, or that if someone could get your bank account information they can move money from another country into your account and they will leave you millions for the effort.

Scammers have become more sophisticated and use new technology to their advantage to seek out millions of potential victims.

These scams impact all of us daily and they prey upon seniors that may have cognitive deficits, or just have no knowledge of these scams. We all can play a part to reduce the risks to others by learning about these scams, their tactics, and share this information with our friends, loved ones and neighbors.

### Common tactics

Most scammers will use either trust and/or pressure to make you take immediate action. They may try to



Scammers have become more sophisticated, using new technology to seek out millions of potential victims. DEPOSITPHOTOS.COM

# A SENIORS GUIDE

impersonate being from law enforcement, IRS, or other agencies. They are trying to get your money, identity and/or insurance. They will separate you from those you trust or encourage you not to share the information with anyone else. They will make an amazing offer for close to nothing in return if at all.

## Tips

- Do not act on impulse or rush to make a decision.
- Discuss with others before entering into the transaction or sharing your information.
- Do your homework and verify the source or contact accredited agencies.
- Seek the details by contacting the main number and not the one they give you. Remember scammers can spoof caller identification to make it look like they are calling from an agency.
- You should always feel free to hang up or let your answering machine pick up calls that you do not recognize.

## The scams

Here are some of the most common scams that are impacting seniors in Kern County.

**1. The “Grandparent Scam”:** A supposed relative contacts you stating that they need you to wire them money or purchase green dot or other gift cards to send them money. They will claim to have either been kidnapped, robbed, arrested, or lost their cash. Some variations of the scam include handing the phone to someone pretending to be a “lawyer” or “police officer” who tells you how to go about sending the money. The fake relative will usually ask that you keep this private since they don’t want the rest of the family to know.

NEVER send money by wire or through prepaid cards. These funds are untraceable once the scammer has the information. Always feel free to contact other relatives to verify that the person you are worried about it is truly safe.

**2. The “IRS Scam”:** Someone calls claiming to be from the IRS stating you owe taxes and will be arrested unless you send money right away. Remember the IRS never calls. The IRS will contact you by mail and they will include information on your options. They will never demand payment through prepaid cards.

**3. “Medicare Scams”:** Scammers are looking for your Medicare information to either take your identity or bill

## Scams are a form of financial abuse and it is equally important to watch for other types of abuse of seniors or dependent adults.

for services that are substandard, not needed, or false. Remember to protect your information at all times and only provide to service providers that you have asked for and know are legitimate. Always review your Medicare statement and contact Medicare if you see things billed for that you did not have done or have not received. Be aware Medicare will not contact you to verify your information.

**4. The “Foreign Lottery Scam”:** You’ve won! You should start by asking yourself if you ever entered the contest or that particular lottery to begin with? It’s a scam any time they request you to pay or purchase something to receive your “winnings.” Doesn’t matter if it is fees, taxes or anything else they want you to pay for.

Additionally, be careful if you receive a check in the mail; oftentimes these are not valid and your banking institution can notify you if it does not appear to be a valid check. Sending you a fake check and then asking you to send the overpayment or taxes back to them is another scam. Once the fake check is run through the banking system, you have lost your money and will have fees for the fake check taken out of your account.

**5. “Home Repair/Improvement Scams”:** Common door-to-door salesman showing up and stating that you need a new roof, solar panels, home alarm system, paint and other repairs. Never rush to have a repair made. Even if it is urgent, seek multiple bids from valid licensed contractors. You can check their license with the Contractors State License Board or the Better Business Bureau.

Additionally, the law states that the down payment must not exceed \$1,000 or 10%, whichever is less. Avoid paying in cash and ensure a clear contract has been drawn up for the services to be completed

including removal of debris or trash.

**6. “Computer Virus Scam”:** You may see a pop-up message or receive a call stating that you have a virus on your computer. As soon as you download their services or give them information to access your computer, they install software that locks you out of your computer. They will charge you fees to remove the software or in many cases they just take your money and leave you with a computer or device that you can no longer use.

Never give them information and if you feel you may have something wrong with your computer take it to an authorized service provider or purchase your own programs to protect your device.

## Warning signs of abuse

Scams are a form of financial abuse and it is equally important to watch for other types of abuse of seniors or dependent adults. Signs of abuse are noticeable changes in physical conditions and behavioral patterns such as:

- Unexplained bruises, cuts, burns
- Increased physical pain
- Dehydration or malnourishment
- Overly medicated without cause
- Unusual confinement
- Lack of cleanliness or grooming
- Fearful to speak in front of caregiver
- Shame, anxiety, embarrassment
- Sudden change in mental status
- Unusual or large bank withdrawals
- Unexpected closing of bank accounts
- Transfer of assets, deeds, trusts

## Who can you contact if you have been a victim or if you want more information?

### Adult Protective Services

- 24-hour hotline: 661-868-1006
- Toll free: 800-277-7866

### Kern County Sheriff’s Office

- 661-861-3110
- 800-861-3110

### Local law enforcement in your area

If abuse occurred in a residential care home or nursing home contact:

### Long Term Care Ombudsman

- 661-323-7884
- 24-hour crisis line: 800-231-4024

### Kern County District Attorney

- Victim Services Unit
- 661-868-2400

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*Jeremy Oliver is the director of Kern County Aging and Adult Services.*

# Commission to review master plan for supporting older adults

BY JUDY SNYDER

CALIFORNIA'S POPULATION IS AGING quickly. By 2030, 1 in 4 Californians will be over age 60, representing greater racial, ethnic and cultural diversity than ever before.

This demographic challenge, which will decidedly impact quality in living, was identified and addressed in the 2019 executive order from Gov. Gavin Newsom, with instruction "to develop and issue a plan to serve as a blueprint for state government, local government, private sector and philanthropy to implement strategies and partnerships that promote healthy aging and prepare the state for the coming demographic changes."

The executive order became the catalyst for an organized statewide exchange of information, among government and private service providers and stakeholders, in rural and metropolitan areas, which was collected and developed into the 2021-2030 Master Plan for Aging.

The MPA has been designed, with five major goals and 23 strategies defined, to ensure older adults have access to government services and community support to live healthier, happier lives with dignity and independence.

The MPA's mission is to deliver results in: 1) Housing for All Ages and Stages, 2) Health Reimagined, 3) Inclusion & Equity, Not Isolation, 4) Caregiving That Works, and 5) Affording Aging. Geography, economy and population are among the broader challenges to achieving the MPA's mission. Individual counties and communities must determine their specific needs to make this plan work.

Three years into implementation of the MPA, there has been progress toward meeting some goals, with \$3 million awarded in 15 counties through the California Department of Aging, Local Aging & Disability Action Planning Grant Program. Local government and private sector agencies in Kern County are acutely aware of the increased demand on service providers to meet the needs of older adult residents, and support the families and caregivers of the older adults.

One of the 2024 goals for the Kern County Commission on Aging is to review

## Introducing the Commission on Aging

BY KRIS GRASTY

THE MISSION OF THE Kern County Commission on Aging is to serve in an advisory capacity to the Kern County Aging and Adult Services Department and the Board of Supervisors on all issues relating to the needs of the senior and disabled adult population in Kern County.

The commissioners serve as advocates for all seniors and disabled adults. The KCOA ensures there are programs that will meet the needs of these populations and that there are services available to them throughout Kern.

The KCOA travels 10 months per year to the various senior centers throughout Kern. During a two-year cycle, we will visit each of the 17 senior centers. The KCOA meets on the third Monday of the month at 1 p.m.

Commissioners are appointed by the Board of Supervisors



Commissioner Barbara Goodlow, Commissioner Doris Duquette, Chair Stephanie Lynch and Commissioner Anabel Hernandez at the Bakersfield Senior Center's ninth annual Car and Motorcycle Show Fundraiser on Nov. 4, 2023. COURTESY OF THE KERN COUNTY COMMISSION ON AGING

(two each), contracted providers of services for Kern County Aging and Adult Services, and two commissioners are appointed by the Aging and Adult Services director.

Upon appointment to the KCOA, an orientation will be provided including information about the KCOA ad-hoc committees. Each commissioner is required to serve on at least one committee.

The KCOA commissioners serve as volunteers and there is no compensation.

If you are interested in applying to be on the commission, go to [www.kerncounty.com/government/board-of-supervisors/boards-commissions-and-committees](http://www.kerncounty.com/government/board-of-supervisors/boards-commissions-and-committees).

*Kris Grasty is the parliamentarian of the Kern County Commission on Aging.*

the local progress in the implementation of the CA MPA in Kern. The COA travels monthly to meet in Kern's senior centers, and listens carefully to public comment to learn the challenges that confront older residents in all parts of the county.

This year the COA will encourage more input from the community, service providers, and caregivers, regarding the unserved and underserved older residents. Focus will be on community resource support and resident

accessibility to resources.

As the COA acts as an advisory board to the Kern County Board of Supervisors, and Aging and Adult Services, its intention is to engage and work with local representatives to further create age-friendly and disability-friendly communities. Communication at all levels is essential to success of any plan.

*Judy Snyder is a commissioner on the Kern County Commission on Aging.*



As seniors age, they may need additional support to remain safe in their own homes. Often this additional support may come from family caregivers, friends, faith-based organizations, nonprofit/for-profit organizations or others. DEPOSITPHOTOS.COM

■ The older adult population in Kern County continues to grow. Seniors who are 60 years of age or greater now represent more than 151,000 increasingly diverse seniors, according to the Census Bureau's 2022 American Community Survey.

# Resources for aging in place in our community

BY MARTIN REYNOSO

AS WE LOOK FORWARD TO THE new year, it is a good time to reflect on all we have to be grateful for, including the many seniors in our community. Seniors are a key part of our community and have contributed much to the social fabric of Kern County. Many seniors continue to contribute whether through mentoring younger generations, volunteering, or finding other ways to help their communities.

Kern County seniors include those from the Greatest Generation (born from 1901 to 1927), the Silent Generation (born from 1928 to 1945), the Baby Boom Generation (born from 1946 to 1964), seniors who are disabled, and other groups of seniors each with their own unique identities, strengths and needs. Aging in place can help seniors maintain their independence for as long as possible in their familiar surroundings and community.

The older adult population in Kern County continues to grow. Seniors who are 60 years of age or greater now represent more than 151,000 increasingly diverse seniors, according to the Census Bureau's 2022 American Community

Survey. This represents an increase of over 11,500 seniors in Kern County over the last five years.

Many seniors look forward to maintaining their independence and aging in place in their homes and communities; however, the needs of seniors tend to increase, as they get older. In fact, the Centers for Disease Control and Prevention states that aging increases the risk of chronic diseases such as dementias, heart disease, Type 2 diabetes, arthritis and cancer.

As seniors age, they may need additional support to remain safe in their own homes. Often this additional support may come from family caregivers, friends, faith-based organizations, nonprofit/for-profit organizations or others.

A key benefit of planning for aging in place is that you can prepare for expected needs before they happen. You can think about any medical conditions that you, a spouse, or any dependent children may have and plan for how you will obtain services or support to help with those needs. Often, it may be beneficial to talk with family members, friends, caregivers, or health care

providers as you consider your options.

An additional resource when planning for aging in place is the Kern County Aging and Adult Services Department (KCAASD), the local Area Agency on Aging. AAAs are agencies created by the federal Older Americans Act that serve as one-stop-shops that help seniors, and their caregivers, to obtain information about programs and services. The AAA's Senior Information and Referral Program helps seniors, and their families, identify and access programs and services to meet their specific needs.

Through programs such as the Senior Nutrition Program, Family Caregiver Support Program, CalFresh Healthy Living, KCAASD-Independent Living Center of Kern County, Aging & Disability Resource Connection, and others, the AAA, its contracted providers, and community members, continue to collaborate to provide needed services to help our Kern County older adult population remain healthy and independent as long as possible.

If you are a senior, or someone who cares for a senior, you can learn more about what resources, services and programs may be available to them by contacting Kern County Aging and Adult Services, our local Area Agency on Aging.

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*Martin Reynoso is an Area Agency on Aging planner.*

# Kern Aging and Adult Services offers unbiased assistance with Medicare

BY CAROLINA OEHLER

THE HEALTH INSURANCE Counseling and Advocacy Program is a network of non-profit organizations across California that provides free, unbiased and accurate education and advocacy related to Medicare for beneficiaries who struggle to navigate their benefits and coverage.

HICAP is the only agency authorized by the California Department of Aging to provide Medicare counseling and is funded through the Older Californians Act from the Area Agency on Aging and State Health Insurance Assistance Program funding from the Administration for Community Living.

## Why is HICAP important to Medicare beneficiaries?

Selecting a health plan, prescription plan, or Medigap coverage can be overwhelming for Medicare beneficiaries and their families. However, HICAP offers education and assistance to guide them through these complex decisions.

The services provided by HICAP are highly individualized, and the plan a beneficiary chooses has a direct impact on services, cost-sharing and premium structures that can change year-to-year or as the individual's health condition changes. For this reason, it's crucial to seek advice from experts in Medicare rights and advocacy.

## Who provides the services?

HICAP services are provided locally at Kern County Aging



and Adult Services by highly trained paid and volunteer HICAP counselors who are registered by the California Department of Aging. They offer clarity to beneficiaries regarding their coverage options and compare plans based on individual needs, such as the drugs they take and the care providers they see.

HICAP does not endorse or sell insurance plans and will never pressure beneficiaries into selecting a specific plan or option. Instead, the goal is to educate beneficiaries on all the available options, enabling them to make well-informed decisions.

Some of the services provided by HICAP include:

- New to Medicare orientations and review of coverage options.
- Screening and application assistance for programs that can reduce or help pay for health care costs.
- Understanding coordination of benefits.
- Comparison of prescription drug plans, health plans

and supplemental plans.

- Medicare rights and appeal of denials.
- Billing issues.
- Reporting Medicare fraud, waste and abuse.

In addition, HICAP counselors provide community education through presentations, educational workshops, webinars, health fairs, senior fairs and other community events. HICAP outreach helps to inform groups and individuals about Medicare benefits, coverage rules, written notices and forms, appeal rights and procedures, and more.

## Fraud prevention

HICAP has been awarded a grant from Senior Medicare Patrol to prevent fraud by educating beneficiaries about common fraud schemes, safeguarding their Medicare benefits, and reporting Medicare fraud.

HICAP has noticed a rise in misleading Medicare marketing, which encourages beneficiaries to enroll in private plans through TV ads, radio, cold calling and

mailings. These ads can be misleading and convince beneficiaries that one plan is better than others.

To combat this, HICAP emphasizes the importance of understanding what brokers and insurance agents are allowed and not allowed to do, ensuring that beneficiaries do not enroll in a plan that isn't suitable for them. For example, Medicare Advantage Plans and their agents/brokers cannot make unsolicited calls or visits to beneficiaries if they're not enrolled in the plan.

They can't enroll beneficiaries in a plan at an educational event, use the name or logo that represents Medicare, approach beneficiaries in public spaces, or offer gifts or groceries. If beneficiaries experience marketing violations or enrollment fraud, they should contact HICAP.

To make an appointment with a HICAP counselor, call 800-434-0222.

*Carolina Oehler is the HICAP volunteer coordinator.*

HICAP is the only agency authorized by the California Department of Aging to provide Medicare counseling and is funded through the Older Californians Act from the Area Agency on Aging and State Health Insurance Assistance Program funding from the Administration for Community Living.

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# Know your public transportation services

KERN COUNTY AGING AND ADULT SERVICES

KERN COUNTY'S POPULATION is aging, and the portion of the population living in poverty has increased. Combined with a growing share of the population that lacks access to a vehicle, this means fewer of the most vulnerable residents in our county have access to transportation. Statistics from the 2020 U.S. census show: 11.8% of Kern County adults are 65 years and older, 18.5% of Kern residents live in poverty, and 11.7% live with a disability.

Older adults and people with disabilities claim there are unmet needs in Kern's public transportation. These unmet issues within the county may be due to



Passengers load off and on a GET bus at the Downtown Transit Center in June 2022. PHOTO BY ELIZA GREEN, FILE

county size, available public transportation routes, public and para transportation transfers, understanding the types and names of the

available transportation, transportation costs, and lack of knowledge of transportation technology in order to schedule a ride.

Golden Empire Transit and Kern Transit are the public transportation services for Kern County. GET is the primary public transportation provider for the Bakersfield Urbanized Area, including Lamont. GET operates 14 fixed routes, one limited route, and one express route. GET also provides a variety of On-Demand services including, paratransit transportation for ADA-eligible persons, general microtransit service, and non-emergency medical transport.

In July 2022, GET was designated as the Consolidated Transportation Service Agency and provides demand response service for low-income seniors and persons with disabilities in the greater Bakersfield area.

Kern Transit provides bus service between and in the rural communities of Kern County. There are 11 fixed transit routes, and Dial-A-Ride service is available in most communities. The

transit system offers inter-city service between Arvin, Bakersfield, Bodfish, Boron, Buttonwillow, California City, Delano, Edwards, Frazier Park, Inyokern, Keene, Kernville, Lake Isabella, Lamont, Lebec, Lost Hills, McFarland, Mojave, Onyx, Ridgecrest, Rosamond, Shafter, Taft, Tehachapi, Wasco, Weldon and Wofford Heights, along with local transit service. Connections to Metrolink in Lancaster and Santa Clarita are also available. Kern Transit is a division of the Kern County Public Works Department.

The COVID pandemic dramatically accelerated a broader decline in public transit use across Kern County as well as the nation. Lower ridership and a smaller pool of available drivers during the pandemic has forced GET and Kern Transit to cut many bus routes due to low turnout and a pool of fewer drivers. When the pandemic hit, Kern's transit agencies had to downsize dramatically.

What can Kern older adults and people with disabilities do with this information? Do you have questions, concerns, or issues about bus routes no longer available post-COVID? Do you understand all the different transportation services available to you? Voice your concerns to your local public transportation agency.

GET customer services is 661-869-2GET (2438) or [getbus.org/comments](http://getbus.org/comments) -complaints for your suggestions, complaints, or compliments.

Kern Transit customer service is 661-862-5032 or [kerntransit.org/contactform](http://kerntransit.org/contactform) for your suggestions, complaints or compliments.

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**More information:** (661) 395-4431 or [mvalenzu@bakersfieldcollege.edu](mailto:mvalenzu@bakersfieldcollege.edu).



# Energetic and active — a glimpse into our Bakersfield Senior Center

BY LILLI J. PARKER

IN THE HEART OF OUR underserved and low- and moderate-income community is a gem that radiates energy, friendships and a zest for life — Bakersfield Senior Center. Far from a quiet retreat, this bustling hub has become the heart-beat of our neighborhood, offering a haven for our vibrant and active seniors to thrive and shine.

Upon entering the center, a sense of warmth envelopes you, fueled by the genuine smiles and laughter echoing in the room. The atmosphere is a testament to the diverse array of activities and ethnic groups that cater to every interest and passion. From fitness classes that keep bodies agile to recreational games and an awesome nutritional lunch meal, that stimulate creative minds, the center is a kaleidoscope of opportunities.

Fitness enthusiasts find solace in tailored exercise programs that not only promote physical well-being but also foster a sense of community. The sound of lively conversations fills the air as seniors engage in group exercises, proving that staying active is not just a pursuit but a shared joy.

The seniors collaborate with each other, it stimulates and unleashes their lifetime experiences as they socialize with each other. You will never find a stranger within the room, nor will you see them compete but support each other with shared joy, unless they're playing cross whole toss, or dominoes. If exercise isn't your thing, there's BINGO, Bible Study,



Seniors stretch rubber bands as part of an exercise class put on by Kern's Aging and Adult Services at the Bakersfield Senior Center.

PHOTO BY JOHN DONEGAN, FILE

or you can play a round of pool.

The center's commitment to lifelong learning is evident in its educational programs, where seniors engage in lectures, workshops and discussions. The thirst for knowledge is palpable, and the center becomes a hub for intellectual exchange, breaking stereotypes about aging minds.

In a world that often underestimates the potential of seniors, this center stands as a beacon, proving that age is but a number and that the best is yet to come.

The spirit of volunteerism runs deep, with many seniors actively participating in community service initiatives. The center serves as a launching pad for meaningful contributions, dispelling the notion that retirement equates to a diminished sense of purpose.

It is a dynamic community hub where the golden years are defined by new-found passions, enduring friendships, and a commitment to living life to the fullest.

*Lilli J. Parker is the executive director of the Bakersfield Senior Center.*

**In a world that often underestimates the potential of seniors, this center stands as a beacon, proving that age is but a number and that the best is yet to come.**



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# Celebrating our centenarians

KERN COUNTY AGING AND ADULT SERVICES

IN JUNE 2023, THE KERN COUNTY COMMISSION ON Aging and Kern County Aging and Adult Services announced a new program: Celebrating our Centenarians. This program is designed to recognize our Kern County citizens who reach the age of 100 years or more.

Individuals, organizations and care facilities can request recognition from the Commission on Aging for individuals who have reached the 100 years or more milestone. A brief biography and picture should be submitted with your request. We request that the information be submitted to [aasd-coa@kerncounty.com](mailto:aasd-coa@kerncounty.com) no less than 60 days prior to the 100-plus birthday. A Certificate of Recognition will be presented to the individual (or by mail, if preferred) by a member of the Commission on Aging.

The Commission on Aging is very fortunate that KGET-TV 17 is collaborating with us and has developed a Sunshine Centenarian Moment on its morning news program. The centenarian's biography and picture are shown during this segment.

The biography and picture of the centenarian are also posted on the Commission on Aging's website, only with the express permission of the centenarian or representative.

We have recognized more than 10 centenarians this year and look forward to continuing this program in the upcoming year!

BL



Maxine Barber



R. Berman



Fern Dargatz



Virginia Dosier



Ron Holdsworth



Esther Hupp



Luis Magana



Columbus Watson



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