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THIS 'n' THAT

by Carol Bogart

America's Tarnished Image

As I write this, an FBI internal memo warns of violent protests in every capital city in the United States as a run up to the inauguration of President Elect Joe Biden. Meantime, DC has erected scale-proof fences around the Capitol.

A 'national emergency' has been declared in the wake of the DC violence Jan. 6. Five people died, one of them a police officer. The inauguration will not be public.

On Tuesday Jan. 12 it was learned that, prior to the Jan. 6 deadly riot, an FBI memo warned of the coming 'war.' Police searches afterward proved some combatants arrived with weapons caches, pipe- and gas bombs, Molotov cocktails – and even the equivalent of napalm.

One rioter, a Virginia lawmaker, claiming he was 'independent media', did a selfie video storming the Capitol building with other protestors. Online his selfie 'reported' that the riot Jan. 6 was a 'trial run' – with more 'take back America' such events to follow. As you read this, it's Jan. 20 inauguration day. Today, Jan. 12, my column deadline day, I don't know what happened. On Jan. 20, we all will.

Sacramento pre-alerted the National Guard and other law enforcement to protect California's capital through Biden's 1/20 swearing in. Insurrections, the FBI warned, were planned for every capital in all 50 states in the week or so beforehand.

The inaugural is closed to the public. Security in our nation's capital is extra tight. There were death threats against several elected officials during the insurrection, including VP Mike Pence and the Speaker of the House, California's Nancy Pelosi. Several former Presidents – Democrat and Republican – said they would attend Biden's swearing in. United in support for our government – and our new President.

"I do not see 'Blue' states or 'Red' states," President Biden says. "I see UNITED States." Before the election tally, Trump said, if he lost, he would leave the country. He insists the office was stolen from him via vote fraud. Asked if he would attend the inaugural, he said no.

Meantime, other capital cities across America, like Sacramento, prepared for trouble. Law enforcement in DC felt stung by criticism that it was slow to act as rioters grew .. riotous. The Chief of the Capitol Police countered that the Sergeants-at-Arms, both chambers, House and Senate, kept telling them to wait. (Hoping to avoid, perhaps, televised pain-contorted faces and streaming eyes.)

Instead, rioters, a door held opened for them, were politely asked not to damage artwork. Instead, barricaded doors glass doors were smashed instead. One rioter, face painted like the flag, bare-chested, wearing a furry head covering with Longhorn horns, has proved to be a Navy veteran. Another, wearing a Trump flag as a cape with, reportedly, one foot through the door, was shot dead by someone inside the chamber. She was an Air Force veteran. Police departments across the country were investigating whether any members of their force rioted with the mob.

As legislators cowered under desks, then escaped through hidden tunnels, the National Guard in riot gear used tear gas and cleared out the rioters. In Pelosi's private office, a brazen rioter propped his feet up on her desk. The Speaker's laptop is missing. She'd recently demanded the codes to the red button a President pushes to launch nuclear missiles without discussion. She said Trump is 'unstable.' Did she get the codes? Are they on her laptop?

At a rally staged by arriving protestors before the riots started, Trump, aided and abetted by his lawyer, former NYC Mayor Rudy Giuliani,

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Cover photo by:
Lance Armstrong



FLIER PHOTO COURTESY FBI

The individuals pictured are wanted for questioning by the FBI regarding the Jan. 6 riots in DC. See tag to column for how to report tips.

This 'n' That:

continued from page 2

helped stir them up. Their 'battle' cry: "STOP THE STEAL" yelled Trump! "It's a battle! Don't stop fighting!" Giuliani echoed.

As is true in any demonstration (example: Sacramento's recent looting and broken storefronts last year during BLM), there will be factions at any protest who're there because they're addicted to their own adrenaline. Excitement, violence, TV cameras. Whoopee! They embrace a 'cause' for their own agenda, ideology is the excuse for bad behavior.

In DC, there were, no doubt, Trump supporters who not only voted for him, but truly believe the election was unfair. What they call 'tax and spend' Democrats are not their favorites. Many, Trump among them, thought he deserved a Nobel Prize for his reception in the Middle East.

After Jan. 6, many corporations yanked campaign contributions from Republicans who still back Trump. The PGA has crossed off two Trump golf courses scheduled to host the 2022 PGA. Trump's Tweets and Posts are now permanently barred from Facebook, Twitter, maybe other social media. ANY Facebook post that contains the words 'Stop the Steal' will be deleted. (Payback, maybe, for Trump's assertion that Big Tech should be regulated? Not to be a cynic.)

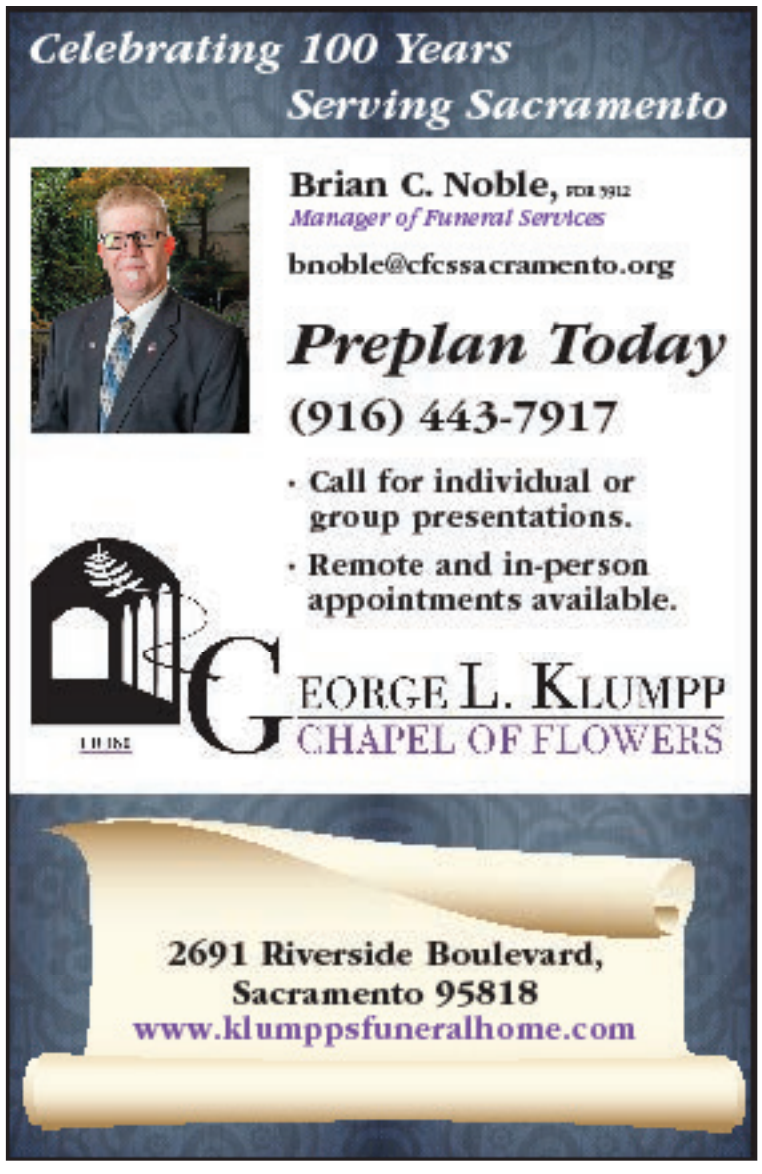
As of Jan. 12 (my column deadline), Trump refused to resign. Pence won't oust him, Trump promising a 'peaceful' transfer of office, was refusing to resign. Congress was set to vote on whether Pence should force him out. As you read this, you'll know if the rioters stayed home – and Trump shook Biden's hand, or he is self-exiling in some country that won't extradite him.

Donald Trump. At his own inauguration, dancing with Melania, he sang along to Sinatra's "(I did it) My Way."

But here's the thing about this country. America. "By the people. For the people." No one person does it their way. In our democratic system of government, we elect those who do things our way. And if they don't, they lose elections.

Think you recognize any of those pictured in the FBI flier who are alleged to have assaulted federal officers Jan. 6 in the Capitol? If you have information or photos, you're asked to call the FBI's tollfree Tipline, 1 (800) 225-2324, or the FBI office in Sacramento. The FBI asks that you reference the number beneath the photo, including the AFO (see flier). You can submit potentially relevant photos and videos online at fbi.gov/USCapitol. Anonymous information regarding any unlawful violent behavior in the Capitol building on Jan. 6 or since then also can be reported online or at the nearest FBI office, American Embassy or Consulate. Questions, comments? Contact Carol Bogart at carol@bogartonline.com.





Let us know

Send information about your event—including date, time, location, a brief description, cost (if any), and contact information.
E-mail us at editor@valcomnews.com

Rock a Smile: Painted rocks uplift community spirit

By Devin Lavelle



Rock a Smile!

A few months ago, my son ran up to me in delight, a joyful smile across his face. He had found a rock in our front yard, painted with the pink and red arms of an octopus stretched across it. He was so happy! As we go for walks around the neighborhood, a core pandemic pastime for so many families around the neighborhood, the boys have always been excited to find more painted rocks, hidden in a neighbor's yard, left atop a mailbox or in parks and trails in the community.

I couldn't help but wonder who was doing this? Was this one person or many? Were they organized? Is this a new thing or was I just not paying attention before?

I heard there was a Facebook group – but, in fact, there are many. The largest in our region, with 11,000+ members, is "Sacto Cali Rocks." There are many others, mostly focused on one neighborhood/town or another. There is a small "Pocket Rocks" group, but it does not appear to currently be active. (Perhaps some readers here may want to change that?)

In order to learn more, I joined the SactoCaliRocks group and spoke to its founder, Jamie Lee Wolcott, as well as several neighbors who are involved. Jamie started the group in July of 2016. She had recently learned about the painted kindness rock movement and was looking to share her own rocks locally, finding nothing, she created SactoCaliRocks, "simply to spread joy … one painted rock at a time." The group has grown quickly over the last 4-1/2 years and has proven to "kind of runs itself now, as far as members joining and staying active." In addition to sharing rocks around the community, SactoCaliRocks has monthly events and is active in larger regional events as well, including Kidsexpo, Women's expo, Kidtopia, Hoptopia, and others.

So no, it's not a new thing, but she added, "I've noticed more members become active all of a sudden that's for sure."

One of those members is Malissa. It turns out she lives around the corner from us and painted that octopus rock my son found. Our sidewalks are frequently decorated with chalk art and obstacle courses, so she surmised that kids who might enjoy it lived here. She was right! Malissa has been painting rocks for about two years now. She studied art in college, so she enjoys this new outlet and the opportunity to "bring joy to others (especially during COVID Shelter in Place)." Dragonflies are her favorite to paint, saying, "they have a special significance to me and honor relatives that have passed on." Look for her rocks at little libraries, fire hydrants, or yard signs like the JFK/SES 2020 graduate signs as well as along the canals, near sculptures and other public art, and on signs in our parks.

Tanya just started this spring under the early days of Shelter in Place. With eggs as hard to come by as toilet paper she needed an alternative for Easter fun. "Instead of painting eggs for Easter, we painted rocks. We hid them around the neighborhood and had such a good time with it. The kids quickly lost interest in the idea after that, but it was so fun for me that I kept going." She was surprised to learn there was an entire global community of rock painters. In April, she started with "basic drawings and cartoon designs." After a number of months of experience and several tutorial videos, Tanya really expanded her repertoire, "I like to do landscapes now, or recreate artistic paintings." Something special has really grown out of this for her, "I've never considered myself to be artistic and all of a sudden all of this creative energy has just started flowing out of me. It's been the one silver lining of this crazy year." Tanya leaves rocks at the park near her house and at a tree in her yard, where they are consistently (and happily) taken within a day.

Melissa started painting rocks a year ago, after finding them along neighborhood trails. She's retired and caring for her mother and "needed a hobby that I could work on while still allowing me to do that. I discovered that it brought me joy, especially when I give my rocks away to people who express something special that my rock reminds them of." Painting rocks was an accessible medium for her to find her creative voice. "I always wanted to do something creative, but never really did anything about it until last year. Painting rocks isn't intimidating like other canvases feel to me." Melissa's favorite subjects are mystical visions of animals and mythical creatures. Look for her rocks along river trails.

Jamie shared a couple of stories about the impact painted rocks made in people's lives: One Sutter Hospital patient wrote in a thank you letter, "I looked at the rocks and I will tell you. I started to cry. The absolute beauty in these rocks. The thought that someone cares enough to brighten the day of a poor soul like mine." She added, "During my treatment, I held my rock and just stared at it. I focused on the rock and allowed my mind to wander. Before I knew it, my treatment was over. And do you know what? This was the most pain-free I have ever been. I truly believe it was the rock."

Another group member credits painting rocks with changing her life and giving her reason to continue through the difficult times after losing her husband to cancer.

And it's not just these individuals'. There's ample scientific evidence that giving and receiving joyful feelings can be among the most healing acts we can experience.

So what should you do when you find a rock around the neighborhood?

Jamie says, if you like it, you're free to pick it up and keep it. You can also leave it there for someone else to find. Or if you want to join in the fun, re-hide it somewhere else to start the cycle all over again! Malissa notes that it's particularly fun to see the rocks travel out of the community and get found and posted about elsewhere.

Everyone emphasized how much they love hearing back from people who find the rocks. If you find something you enjoy, please feel encouraged to share your pictures and thoughts in the Facebook group. I can relate, we all appreciate hearing back that people appreciate what we put out into the world.

As one of the rocks I've come across reminds us, "Sometimes you just have to go with the waves." You never know where those waves may take you or what opportunities they may bring to share joy with those around us. I'm thankful for everyone who shares this fun hobby with our community!

If you're interested in joining them, head on over to Facebook and sign up! As Melissa says, "This group is incredibly supportive of each other. It feels like loving hugs are being given every day." Sounds like a wonderful thing to be a part of.

If you have any stories you'd like to share about neighbors helping to make us smile, please email me at devin@devinlavelle.com!



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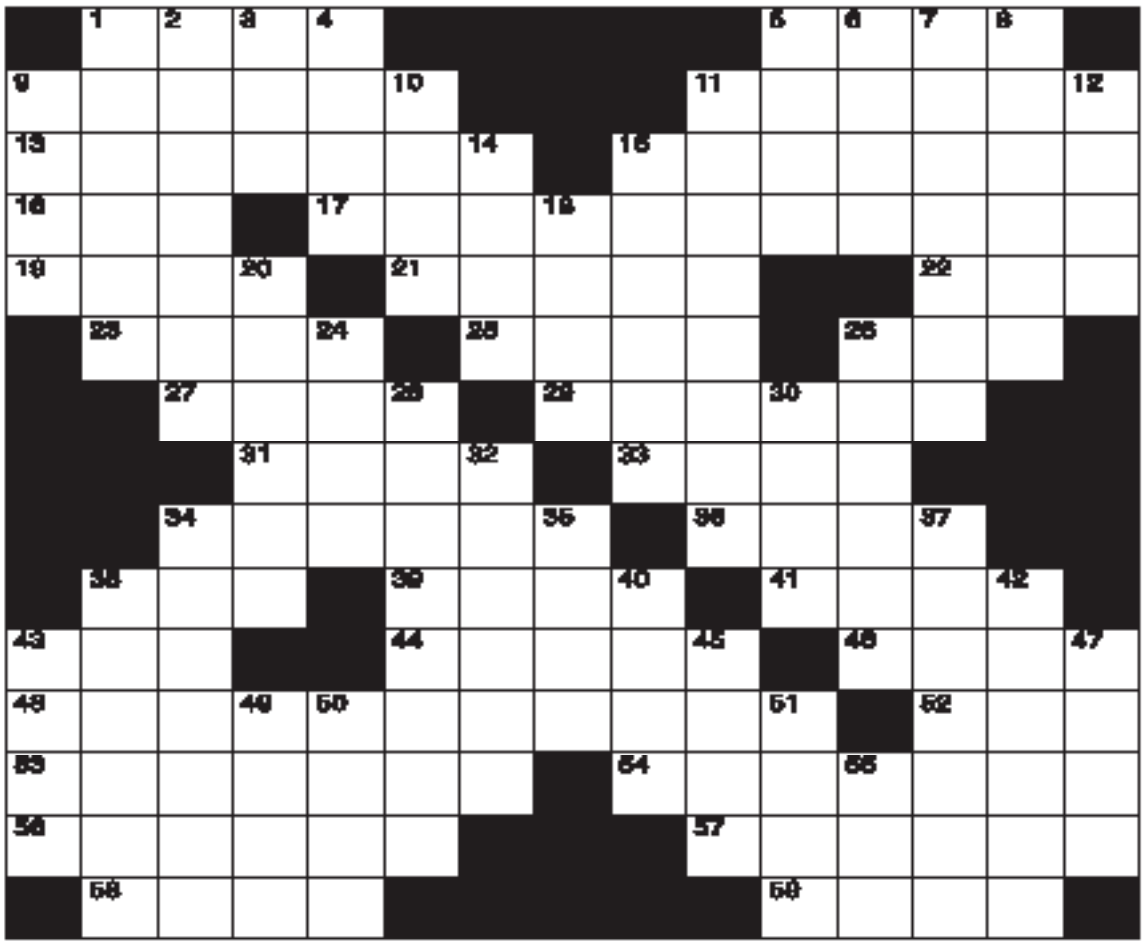

CLUES ACROSS

1. Composed
5. Lenoflin currency
9. Ethnic group associated with Hungarians
11. Gains knowledge of
12. Gradual destruction
15. Purchase
16. Pharaoh of lower Egypt
17. Where you're going
19. The 6th letter of the Greek alphabet
21. Fishing net
22. Midway between south and southeast
23. A way to sort
25. C C C
26. Popular sports podcast (abbr.)
27. Discount
29. Consumes tobacco
31. A way to run
33. Popular musical awards show
34. Pertains to the scala sexual organ
35. Supplements with difficulty
36. Green veggie
39. Deep-bodied freshwater fish
41. Holy fire
43. Usually has a lid
44. Being of use or service
45. Have a yen for
46. Unknowingness
50. Dry white wine drink
53. Unwinds
54. Traveling by sea
55. Outdoor entertaining areas
57. Stringed instruments
58. __ Redgrave, actress
59. Moves earth

CLUES DOWN

1. Progressive decay of a bone or tooth
2. Burrowing rodents
3. French/Belgian river
4. A professional cleaner
5. A Russian river
6. Kiln
7. True statements
8. Most private
9. French city
10. Masses of fish eggs
11. Apart from others
12. Monetary unit of Samoa
14. Hammerand
15. Film
18. Men's fashion accessories
20. Flowering shrub
24. North Carolina university
26. Former monetary unit of Spain
28. Fanfins
30. New Zealand parrot
32. Makes very happy
34. A payment required for not fulfilling a contract
35. Emerald Isle
37. The act of terminating someone's employment
38. Gland in some mammals
40. Commoner
42. Large animals
43. Belch
45. Employee stock ownership plan
47. Work units
49. Wagon
50. Nerve fiber
51. Prominent
55. Japanese delivery


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Remembering Jan Matisco: 1932-2020

Matisco spent nearly 36 years as Kennedy High's registrar

By LANCE ARMSTRONG

The Pocket-Greenhaven community recently lost one of its most cherished residents: Former John F. Kennedy High School registrar Jan Matisco.

Jan, who was a longtime Pocket resident, died at the age of 88 on Dec. 20, 2020.

A significant part of the fabric of the Kennedy High family of students, alumni and staff, Jan spent more than three decades working at this Pocket area high school.

After a decade of employment at John Bidwell Elementary School, Jan was hired to work at Kennedy High in July 1973.

For Jan, she approached her work at Kennedy High as much more than a job.

She gained many friends through her outgoing personality and caring demeanor, which endeared her to students, staff members and others.

Jan's connection to students on and off campus, as well as those who graduated from the school, became something of legend.



Photo by Lance Armstrong

Kennedy High School registrar Jan Matisco is pictured on the school's campus on May 19, 2009. She officially retired during the following month, after nearly 36 years of service as the school's registrar.

When it came to caring for Kennedy High students, both past and present, Jan brought them much joy with her bright smile, gracious attitude and acts of kindness.

Two months prior to Jan's June 30, 2009 retirement from Kennedy High, then-Kennedy High student Kelsie Muramoto told the Pocket News that she was amazed by the kindness of Jan, who was known to tutor students after school with her husband, Joe, and make lunches for students in need.

"My aunt and uncle went to Kennedy and (Jan) sends birthday cards to them every year and they're in their 40s," she said.

As a respected tutor and one who had a general caring approach with Kennedy High students, Jan was endearingly referred to as "grandma" by many of the school's students, Jan told the Pocket News in May 2009. "They call me 'grandma' here (at Kennedy High) and I have a great relationship with the students," she said. "I help the kids out however I can and I don't believe in shaking hands. I give everyone hugs."

Jan mentioned to the Pocket News, in 2009, that although she only had one child – her son Richard Hunt – she actually had many "adopted" children through her work at Kennedy High.

"I actually have many children," she said. "Richard said that if all my 'adopted kids' come home at the same time, I won't have enough room for them."

Shortly before Jan's retirement, Kennedy High Office Technician Silvia Lewis described Jan's dedication to her work. "She is so careful and responsible with her work and even sacrifices her time to come to work on holidays and weekends," said Lewis, who worked in the administration office with Jan. Although Jan's job requirements were only associated with her work as the school's registrar, her dedication to students extended to the school's athletic teams.

Rose Koloamatangi, who was a member of the Ken-

see Jan page 7

Community Worship

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River's Edge Church
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Troop 259 to hold shred and STEM events on Feb. 6

By Cohen H.

The Elk's #6 and Troop 259 have sponsored a Shred Truck to come on site as a fundraiser for the local boy scout troop. The suggested donation is $10 per plastic grocery bag, or $20 per banker box. Please documents place in trunk of car and we will remove. Use of Square touchless payment is an option.

STEM events will have a variety of engaging opportunities to learn through hands-on experiences.

Troop 259 has done and learned many things since the pandemic started. There have been camping trips, troop meetings and hikes. These things were a combination of in-person and online meetings. At the campout at Brannan Island, the troop went on a 5-mile hike and worked on orienteering. They also worked on our wood cutting and hatchet/ax safety skills. The troop also camped in the rain at Indian Grinding Rock, which was a first-time experience for some of the newer scouts. While there, the troop worked on identifying native plant life and trees. They had an online game night to start winter break, which everyone seemed to enjoy. They played a game called Scribble.io. While the online meetings are fun, the in-person meetings are more educational. There have been a few merit badges worked on, such as First Aid and Personal Fitness.

IF YOU GO:
What: Shred event followed by STEM event
When: Feb. 6; shred event from 10 a.m. to 2 p.m.; STEM event from noon to 4 p.m.
Where: Elks Lodge #6, 6446 Riverside Blvd, Sacramento, 95831

Cohen H. is a scout member of Troop 259.

Jan:

continued from page 6

nedy junior varsity girls' basketball team in 2009, also related her appreciation for Jan's support of her team at that time. "She sells tickets at the door and she made and gave cookies to us (at a game), so we would have a good game," she told the Pocket News in 2009. "She's one of the nicest people I've met here so far (at Kennedy High)."

Another former Kennedy basketball player, Leslie Leong, also commented to the Pocket News about Jan in 2009, saying, "She's really bubbly and always saying 'hi' to us and she always brings us surprises." During his senior year in 2009, former boys' varsity basketball team member C.J. Brown referred to Jan as someone who was "just always very friendly with everybody." During her 2009 interview with the Pocket News, Jan praised her parents and teachers, who taught her strong work ethic and respect for others.

"I grew up and worked on my father's farm in Weeping Water, Nebraska (35 miles east of Lincoln, Nebraska) and I learned responsibility real quickly," she said. "My parents were very proud about my accomplishments in high school and felt that it was the result of their teachings and the excellent instruction that I received from my teachers."

In recognition of Jan and Joe's dedication to Kennedy High, former staff and alumni created the Jan and Joe Matisco Student Athlete Scholarship. On an annual basis, the award is presented to a Kennedy senior who "exhibits dedication to their academics and athletics."

A current candidate for this award must have at least a 3.0 GPA, be a student athlete and be enrolled in college for the fall of 2021. The deadline for this year's candidate applications is April 16.

Joe died at the age of 85 on Aug. 24, 2017, marking the end of his 49 years of marriage to Jan.

In January 2018, Sen. Richard Pan, D-Sacramento, celebrated Joe's life through his Unsung Hero award.

An excerpt from the write-up for Joe's award reads: "(During their many years of dedication to Kennedy High), Jan and Joe worked at the high school, they touched the lives of many students at Kennedy."

In looking back on her storied career at Kennedy High in 2009, Jan Matisco said that she will always cherish her many fond memories and friendships that she established at this Pocket-Greenhaven area high school. "My memories and friendships associated with families and staff at Kennedy High School are priceless treasures that I will hold onto forever," she said. "I will always be a [Kennedy High] Cougar, because I have green and gold in my veins."

As of press time, Jan's celebration of life had not yet been scheduled. However, her family is hoping to hold a memorial service this spring.



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Sushi Q in South Land Park opens after successful establishment in Elk Grove

Sushi Q is a small family owned restaurant business established in 2015 located on the border of Elk Grove and Sacramento with a mission to provide quality sushi, ingredients, and service to patrons in the Sacramento area. We put thought into each item's flavor profile. From house made sauces to the curing and fileting all of their own fish, the food is fresh and consistent.

The second location in South Land Park aims to do the same. Sushi Q built and designed their second location from the ground up during the start of Covid while struggling to keep their first location afloat. They only closed one day so all their staff could have a personal day off.

"The goal was to continue to serve guests and also take care of staff to make sure they weren't out of a job. The pressures of opening with delays and shortage of supplies made it difficult but we were able to open before the year is over," the owners stated.

Sushi Q has a wide range of food for everyone from cooked kitchen food to rare items like Japanese A5 Wagyu and foie gras nigiri and has added some unique twists to their rolls like adding crispy bacon and coleslaw.

"We pride ourselves in keeping our facilities clean and inviting to all. We need the support more than ever during this unprecedented timed to provide food for our community and create jobs for our staff as well as take care of our own family. We are so excited and grateful to be a part of the South Land Park and Greenhaven community."



Dine local in good health





By Devin Lavelle

Happy New Year to everyone!

With the new year, many of us come up with resolutions to improve our lives and health. Probably the most common resolution is to lose a few pounds – especially among folks, like me, who put on the COVID 19 lbs.

The question is, how do we do that while continuing to dine local and support our awesome local restaurants through these difficult times? I turned to several local restauranteurs to help answer these questions.

Salads are a popular option. Cacio's Katie Kinner shares, "Our menu, although it changes daily, generally offers 2-3 salads with your choice of lean protein addition options which can include grilled chicken breast, grilled prawns and/or a daily locally sourced fish option."

Fadi Tashman, one of the new owners at Caffé Latte recommends their salads, including the Cobb Salad and especially the Asian Salad. The Asian Salad includes, "Romaine lettuce, rice noodles, cabbage, red onions, cucumbers, shredded carrots, cilantro and peanuts tossed with Asian dressing." But it is the "homemade peanuts tossed with coconut and honey that's make this dish so delicious!"

Beyond salads, Katie tells us that many dishes at Cacio are healthier than we might realize."Specifically, to lighten our menu means to refocus our dishes toward more Southern Italian fare. A big misconception is that pasta has to be 'bad for you' or 'heavy' which is quite the contrary.

"We both are drawn to Italian cuisine for its hyper-seasonal and locavorian approach. We aim for the same approach and when your food has that focus, anything can be healthy in moderation. Butter can be replaced with olive oil, high quality harder cheeses typically mean more aging which provides more flavor and less is needed in a dish. Fresh herbs to finish any dish are always a great way to add flavor, fewer calories, and complete plating."

A Taste Above Café offers a wide range of dishes with plant-based proteins as delicious ways to cut calories. "For healthy eating, we continue to offer our top-selling vegan item the Impossible Burger. Not only is the patty vegan, but you can order this burger 100% vegan, including the cheese, the bun (pretzel), and even the mayo! Also offered are items with protein shreds, like our teriyaki rice bowl, vegan Philly cheesesteak with vegan cheese shreds, and our popular Veganamese banh mi sandwich (vegan shreds, pickled daikon/carrots, cucumbers, jalapenos, and spicy mayo on a Vietnamese french roll). We are also looking at offering a teriyaki tofu dish and a spring roll with shrimp," says co-owner Rich Wong.

And, of course, the most important part of weight loss is portion control – and a great part of getting takeout is that it is easy to put half of the dish straight into the fridge to save for a delicious lunch the next day!

Thank you for continuing to dine local, to help ensure our great local restaurants will still be around when COVID is behind us when we can celebrate being able to come together again and (hopefully) celebrate meeting our weight loss goals. There's a light at the end of the tunnel. We can all get through this together.



Doing What Doesn't Come Naturally:
Senior Citizens Getting A Zing Out of Zoom

By Ivy Hendy



Public domain

When the state of California first began announcing their quarantine orders, organizers of the Renaissance Society, a seniors' life-long learning organization in Sacramento, started switching to a digital platform. Despite the fact that the majority of the 1,600 members are over sixty, Renaissance Society participants have been meeting in classrooms on the campus of Sacramento State University for the past thirty-five years. Now, the group would have to offer their extensive classes and presentations online. Were they up to the task?

You bet! The members of this large senior citizen's group were used to learning new things and educating themselves.

A big help was that the Renaissance Society community was already established and so once they had set-up tech support, they pushed each other to give Zoom, the video communications platform, a try. Right on cue, the Renaissance Society volunteer coordinators were able to recruit numerous members who were tech savvy and could offer technical help to others. Within a few weeks the group was transformed into a senior's organization able to meet the moment. As a result of the fast-online pivot, the members of this volunteer organization have been able to continue to offer dynamic learning experiences.

With their feet planted firmly on the ground, the coordinators of the Renaissance Society understood that for a while their heads must remain in the cloud. The covid pandemic has reshaped the world and the new normal includes Zoom, a cloud-based communication app that allows for the set-up of virtual videos/audio meetups, and other collaborative capabilities.

Going Remote Needn't Mean Being Cutoff

Of the nearly 13.8 million Americans over the age of 65, about 28% live by themselves according to the U.S. Department of Health and Human Services. There is always a possibility that seniors living alone may be susceptible to loneliness. But the feelings of loneliness are not limited to seniors who are single. The ramification of social isolation is an elemental problem spanning the ages. One of the most popular aspects of the Renaissance Society is that of going to their Friday on-campus classes taught by member volunteers. Talk to their members and you will find that it has been an exhilarating experience. This popular weekly event allowed seniors to not only attend Renaissance Society classes and presentations but also to have spontaneous, organic conversations with a variety of people who they might not have met any other way.

For senior citizens who were involved in these on-campus, life-long learning classes, the change to electronic at-home courses was as radical for them as it was for the younger students. At colleges that have gone remote like Sac State, there will now be a minimum of a year of online learning. Though this pandemic is a once-in-a-hundred-year event, it might be slow in resolving itself.

Fortunately, trying a hand at a Zoom meeting can have its own form of enliv-

see Zoom page 11



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Zoom:

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ening and uplifting reward. Not surprisingly though, the research into older people taking at-home classes electronically indicates that at first there is a reluctance to switch to virtual learning.

The Three Stages

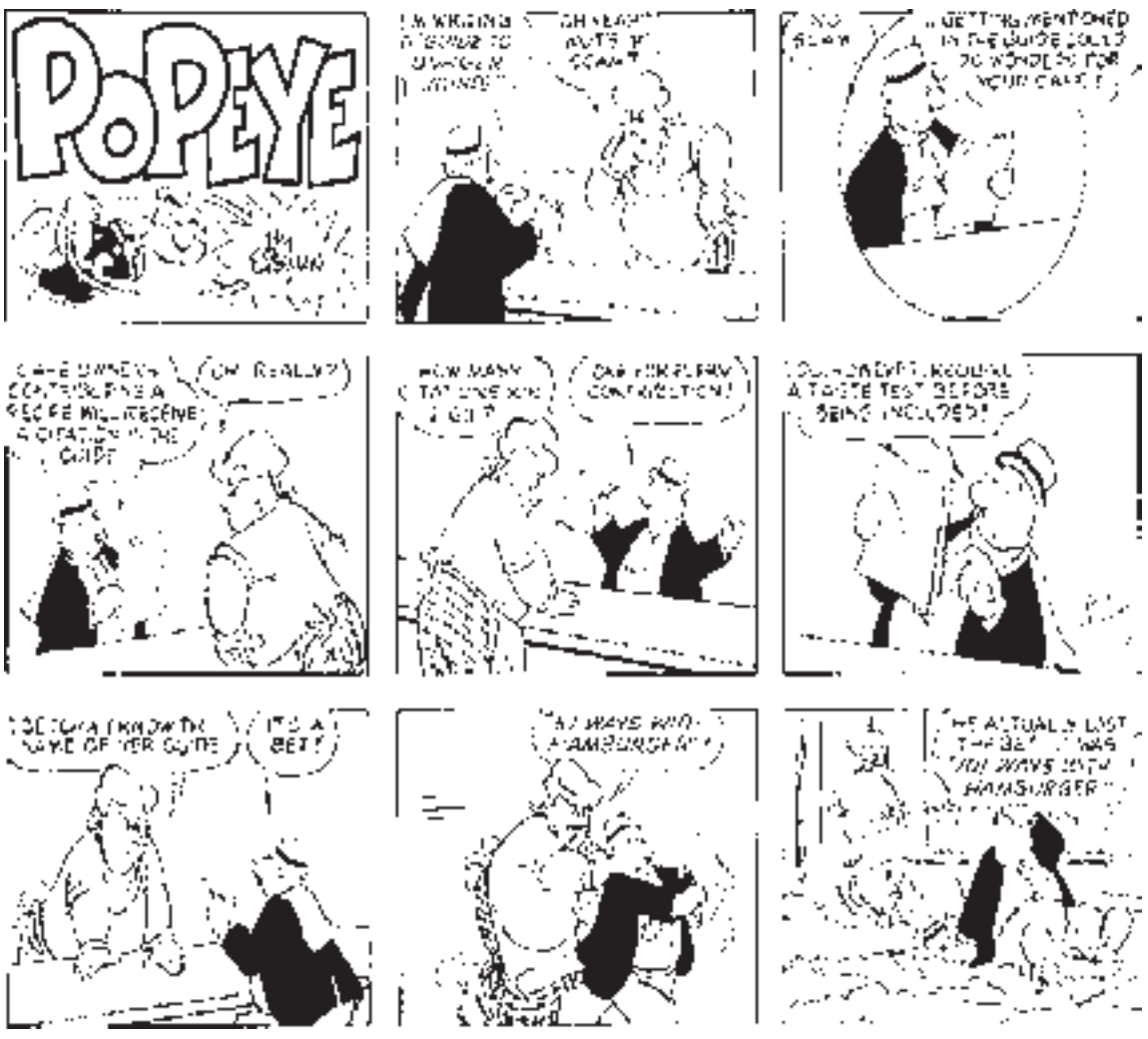
Studies show that for people ready to take the plunge, there are three stages that they may go through as they process this new way to stay connected. The first stage is reticence about setting up Zoom for viewing a virtual classroom. The second stage is more hopeful as people get used to using Zoom at home and eventually like it. But in stage three, which comes 3 to 6 months later, many people start feeling isolated and missing some of the people they were used to being with. Ironically, some of the people who are missed are the ones who ruffled feathers and left people in a fit of pique!

Embracing the new electronic learning opportunity has proven fulfilling for the majority of the Renaissance members. For instance, it is possible with the basic membership fee to now sign up for many more classes and presentations. Also, the online format allows the physically challenged more freedom to participate. Discriminating factors such as physical appearance, hearing disabilities, race and gender are largely absent. The gist of the online courses eliminates most of the human foibles and interruptions focusing on the material at hand.

A New Routine

When this pandemic ends the coordinators at the Renaissance Society think that some members might still be nervous to return to the same on-campus routine. Preferred choices will differ, but there will be some who will want to continue with Zoom for their life-long learning experiences.

For senior citizens, the initial challenges of learning remotely are likely to get better with time; it can be expected that there will be more and more opportunity for high-quality experiences. Though electronic at-home learning won't stop the pitfalls of being around the pesky apparatuses of the bed, the refrigerator, and the television, being able to navigate the deep ocean of online courses offered by the Renaissance Society continues to open new doors and can be central to a newfound confidence.



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Though virtual, Physical Therapy clinics remain hands-on

By Dixie Reid
CSUS Staff writer

When she learned that Sacramento State's pro bono Physical Therapy (PT) clinics would go virtual this fall because of COVID-19, Professor Katrin Mattern-Baxter ordered 32 baby dolls for her students.

"Because we couldn't bring patients to campus, I thought that the students who work with babies and toddlers who have delays in their motor skills could develop hands-on skills with the dolls," she said. "Many students have never held a baby before.

"We have a telehealth clinic where students see children with developmental delays, and they use the dolls, for example, to show parents how to position their hands when they want to get their child from sitting to a standing position."

"If this is how they deliver online sessions, I can only imagine that in person they will be more spectacular."

Children who attend the virtual pediatrics clinics have a variety of diagnoses, including cerebral palsy, Down syndrome, spina bifida, genetic syndromes, and other developmental disabilities.

The work is serious, but the process can be a lot of fun. Take the case of Rydr Rudgers, a 12-year-old boy who was diagnosed with cerebral palsy and autism spectrum disorder.

"Rydr is a source of creativity for us," said PT student Sarah Curd. "He is very aware that we work with him as physical therapists to improve his function, so he outright told us that in order to fight the dragons from Harry Potter, he needed to be stronger, faster, and more agile."

To accommodate this imaginative preteen, Curd and her fellow PT students presented his treatments in unique scenarios. The standard stand-and-reach test, for instance, was presented as a storybook-like challenge: You are stuck in quicksand, but you need to punch the dragon.

"The students were absolutely amazing," said Rydr's mother, Elisa Rudgers. "They put so much time and effort into providing a detailed plan that included all of my son's interests. They were able to get into his world and deliver a fun and engaging plan that he was eager to participate in."

Rydr was so excited about his PT adventures that he asked to participate in additional sessions.

"If this is how they deliver online sessions, I can only imagine that in person they will be more spectacular," Elisa Rudgers added.

The Department of Physical Therapy's pro bono clinics have helped to improve the quality of life for countless men, women, and children in the community since 2006. Many turned to Sac State after exhausting their insurance benefits.

"Patients who attend the pro bono clinics are not being seen elsewhere," said Michael McKeough, professor and department chair, who founded the clinics program to both serve the community and allow PT students to develop their skills under the supervision of licensed faculty.

"Once community interaction was shut down because of COVID-19," he said, "our challenge became: How can we maintain some portion of that patient-care experience for our students prior to their full-time clinical rotations? Almost all health care facilities instantly had to go to telehealth to maintain patient services."

Sac State canceled the remaining springtime PT clinics after the University pivoted to online learning in mid-March. PT faculty spent the summer – when no patient-care classes are offered – preparing to teach students and serve patients virtually this fall.

Typically, Sac State offers face-to-face pediatric, orthopedic, adult neurological, and amputee and limb difference clinics, as well as STEPS, a pediatric treadmill-training program. All take place on campus in Folsom Hall.

Because of the pandemic, the STEPS clinic, in partnership with Easter Seals Superior California, is on hold, as are the adult neurological clinics, out of concern for patient safety. Many in the neurological clinic have limited mobility and are at risk for falling. The PT department is planning for a clinic focusing on balance and fall-prevention.

The switch to telemedicine has proven a boon for the amputee and limb difference clinic, which has picked up more patients – some from as far away as England – offering PT students a richer and more diverse experience.

"I've had clinicians from around the world come in and do small-group discussions with the students," said Professor Toran D. MacLeod, who launched the amputee and limb difference clinic in 2015. "So students not only hear from me, in my syntax, but from someone with a different clinical perspective or a social worker who is an amputee, as well."

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Therapy:

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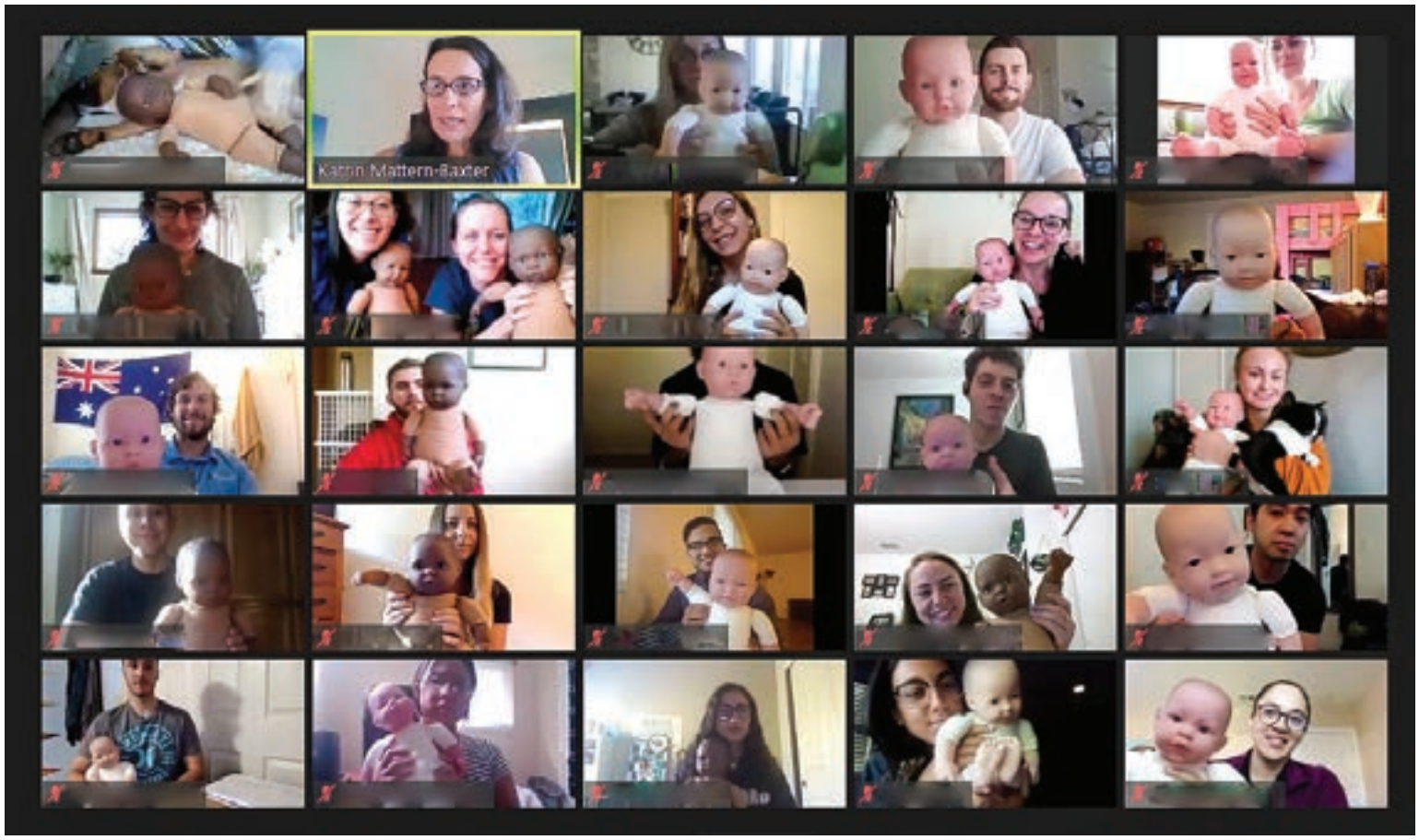


In the local community, MacLeod has developed a cohort of 20 to 25 patients who come year after year to attend the clinic.

"Many of them, I am confident, we have kept alive, because we will encourage them to take action on something, such as wound care, and it probably saved their life," he said.

Sac State's Doctor of Physical Therapy (DPT) is a three-year program that prepares graduates to provide excellent, knowledgeable patient care in any practice environment.

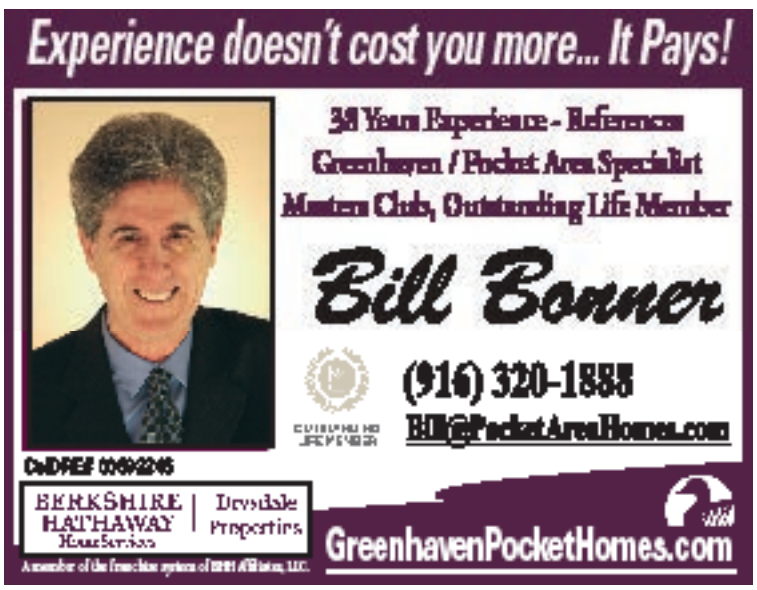
Sac State has one of the few DPT programs with a state-of-the-art simulation lab to educate students to care for and respond to emergencies with patients in an acute-care environment.

In addition to learning clinical reasoning through actual and simulated patient care, students complete 36 weeks of full-time internships at three California hospitals or clinics before graduation.

The first graduating class of Sacramento State's DPT program was honored in July 2015 with a formal hooding ceremony in Capistrano Hall.

Sac State secured its independent doctoral program three years ahead of the deadline mandated by the Commission on Accreditation in Physical Therapy and was the first CSU authorized to offer an independent DPT program.

Source: https://www.csus.edu/news/articles/2020/12/8/It's-virtual,-but-Physical-Therapy-clinics-remain-hands-on.shtml





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