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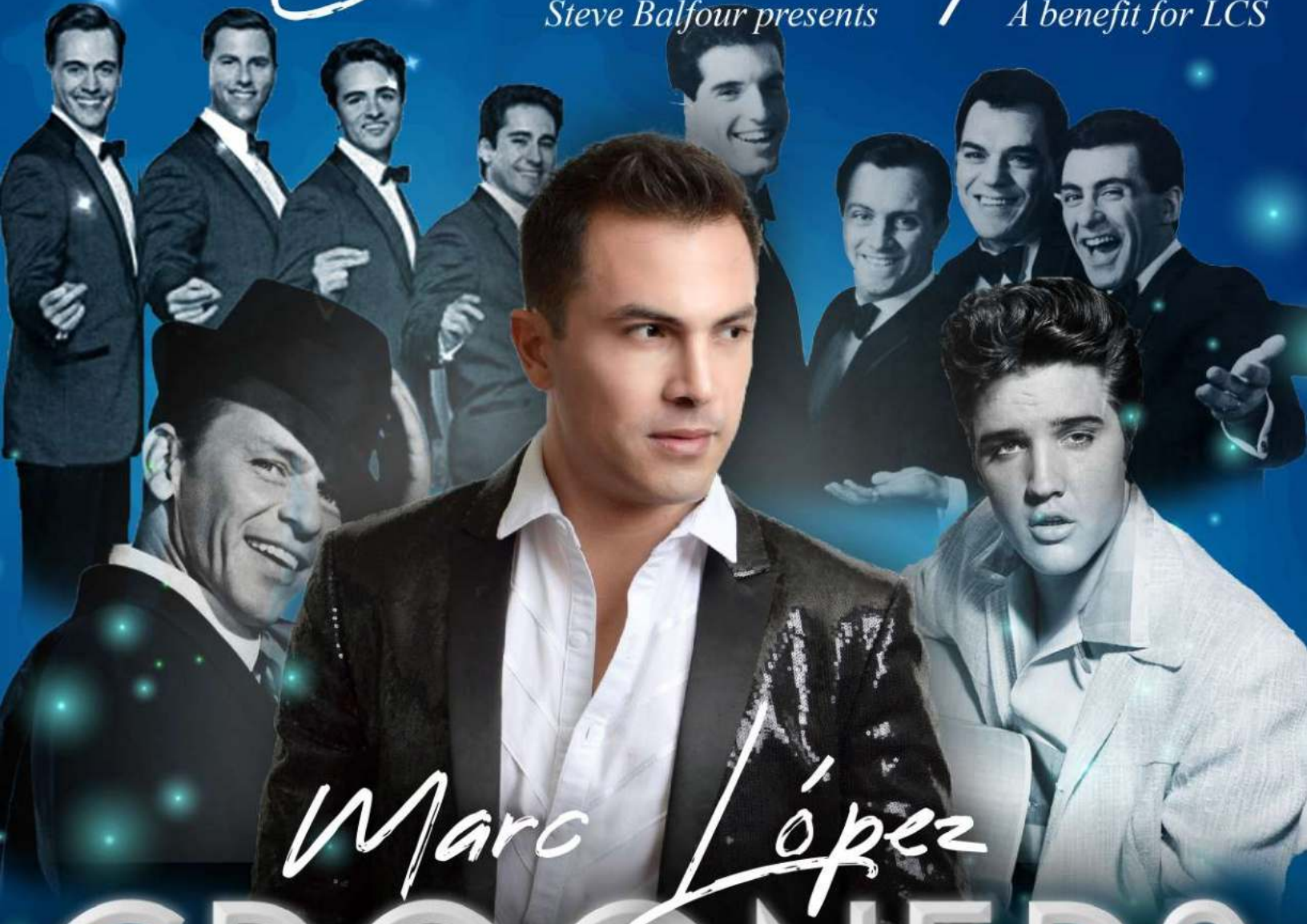
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The Lake Chapala Society

Mission & Vision

— Our mission is to promote the active participation of Lakeside's inhabitants to improve their quality of life lakeside.

— Our vision is a future where all Lakeside residents continually have a role in enriching the community's quality of life, vitality and prosperity through the exchange of knowledge, expertise, culture, heritage & language.

— *Nuestra Misión es promover la activa participación de los residentes de la Ribera de Chapala, para mejorar la calidad de vida en la comunidad.*

— *Nuestra Visión es un futuro donde todos los residentes de La Ribera participen continuamente en mejorar la calidad de vida, vitalidad y prosperidad de la comunidad a través del intercambio de conocimiento, experiencia, cultura, patrimonio y lenguaje.*

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The magazine's name, Conecciones — Connections in English — reflects its purpose, which is to enable the Lake Chapala Society to connect with its community. / *El nombre de la revista Conecciones refleja su propósito, favorecer la conexión de The Lake Chapala Society con la comunidad.*

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The Lake Chapala Society

President's Message

We have so much going on at the Lake Chapala Society and so much to be thankful for.

One of the biggest projects has been the acquisition of the one final piece of property that LCS surrounds. This has been a major challenge for us, especially in this time of Covid. We want to be good stewards of donor dollars and we also want to increase collaborations between the Mexican and foreign communities. We are most appreciative of a few donors who have shown their commitment to these collaborations and made generous major gifts that are specifically for this effort. But we are still a little shy of our goal and need some more help now.

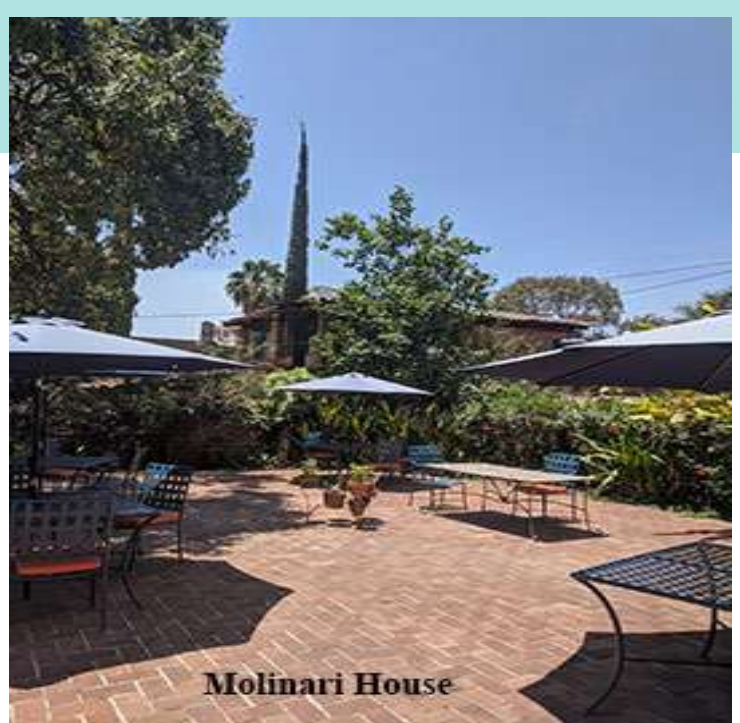
The Wilkes Center has been a major asset to LCS for many years and the desire is that we will continue with that location into the future. For me, I never understood why many of the programs oriented toward the Latino community needed to be located about 3 blocks away. That didn't feel like an honest commitment to integration and collaboration. But now we have this very unique opportunity to build upon our past and expand our outreach. This is something that I feel is vital to our growing out of this period that Covid has forced us into.

Over the past 16 months, it has been a real struggle for us to stay relevant and provide the services we think are important to life here at Lakeside. With openings and closings, and a tremendous drop in membership as a result of Covid restrictions, we have had a very tight budget and when this property became available to us, we did not see how we could accomplish our long desire and need to acquire it. Not acquiring this property now, would result in us not having access to it for decades to come, but then a few amazing people stepped up and voiced their concerns. They know that losing this property now could have long term impact on our efforts.

You may be asking, what is the benefit to acquiring this property? There are some basic factors such as: this property is surrounded by LCS and originally part of the Neill James property so it has great historic value to us. We also don't want to end up with an unsupportive neighbor for decades to come. Before Covid, we were very tight on meeting space. There were many occasions when people would bring great ideas for classes or programs they would like for either us or volunteers to start but we simply did not have the space to do so. Covid has forced us to be more creative with the outdoor space, but this has been with sacrifices and compromises that not everyone has liked. There are also many programs we have not yet been able to restart.

So this initiative really is about long range planning, and it is about making LCS an organization that you join for life and find benefit with as your years at Lakeside grow. One such program that we really want to get off the ground is a program that several LCS members have been helping develop. This is the Emergency Preparedness Program, that will greatly expand on our current Post Life Planning program. This workshop will bring people and experts together to create your own customized guide to emergencies that you may face during these years of your life, and act as a valuable tool to family members back home and loved ones here.

Another program is actually a series of modules that could be oriented towards people who are a year or more away from



possibly moving to Mexico, then those who are within 6 months of moving but are on the path, those who are 3 months away and need all the important info to make their move successful, those who have just arrived (the current very popular "Intro to Lakeside") then modules for those who have been here for 3 months, six months and a year. We think this series will be very valuable and beneficial to all.

As far as building collaborations with the Mexican Community, not only will some of the programs from the Wilkes (which was over-crowded preCovid) be able to relocate and grow in the process, but we have also started some new initiatives in this direction.

For years we talked about establishing a Mexican Advisory Council. Thanks to Board Members Yolanda Martinez and Larry Barnhardt, this council has officially been formed and membership on the council is made up of local business and popular opinion leaders. Two other board members, George Radford and Rick Chase have also engaged a diverse group of Fraccionamiento leaders to help collaborate on common challenges and shared experiences for the frags along Lakeside. As President of the board I have also been selected to serve on the new Pueblo Magico Committee. A strong goal of this committee is not only economic development, but in a major way, advancing the health of the community.

As you can see, we have a lot going on. If you haven't been to LCS lately, come take another look. Look for the overall benefit that LCS is uniquely positioned to bring to the community. If you can help us raise the final \$30,000 USD that we need to acquire this neighboring property, we would love to sit down with you and share more thoughts on the value this brings to Lakeside. Donations of any size, targeted to this initiative are greatly valued.

Thank you all so much for your ongoing support and dedication.

We look forward to seeing you in our gardens.

Steve Balfour
President, Lake Chapala Society.

The Lake Chapala Society

Mensaje del Presidente

Tenemos mucho que hacer en Lake Chapala Society y mucho que agradecer.

Uno de los mayores proyectos ha sido la adquisición de la última pieza de la propiedad que rodea LCS. Esto ha sido un gran reto para nosotros, especialmente en este tiempo de Covid. Queremos ser buenos administradores de los dólares de los donantes y también queremos aumentar las colaboraciones entre las comunidades mexicanas y extranjeras. Estamos muy agradecidos con algunos donantes que han mostrado su compromiso con estas colaboraciones y han hecho generosas donaciones importantes que son específicamente para este esfuerzo. Pero todavía estamos un poco lejos de nuestra meta y necesitamos más ayuda ahora.

El Centro Wilkes ha sido un activo importante para LCS durante muchos años y el deseo es que continuemos con esa ubicación en el futuro. Para mí, nunca entendí por qué muchos de los programas orientados a la comunidad mexicana tenían que estar ubicados a unas 3 cuadras de distancia. Eso no parecía un compromiso honesto con la integración y la colaboración. Pero ahora tenemos esta oportunidad única de construir sobre nuestro pasado y ampliar nuestro alcance. Esto es algo que considero vital para salir de este periodo al que nos ha obligado Covid.

En los últimos 16 meses, nos ha costado mucho mantener la relevancia y ofrecer los servicios que consideramos importantes para la vida en la Rivera de Chapala. Con las aperturas y los cierres, y una tremenda caída en el número de miembros como resultado de las restricciones de Covid, hemos tenido un presupuesto muy ajustado y cuando esta propiedad se puso a nuestra disposición, no vimos cómo podríamos lograr nuestro largo deseo y necesidad de adquirirla. No adquirir esta propiedad ahora, resultaría en que no tendríamos acceso a ella durante décadas, pero entonces unas cuantas personas increíbles dieron un paso adelante y expresaron sus preocupaciones. Saben que perder esta propiedad ahora podría tener un impacto a largo plazo en nuestros esfuerzos.

Quizá se pregunte ¿cuál es el beneficio de adquirir esta propiedad?. Hay algunos factores básicos como: esta propiedad está rodeada por LCS y originalmente formaba parte de la propiedad de Neill James, por lo que tiene un gran valor histórico para nosotros. Además, no queremos acabar con un vecino insolidario durante décadas. Antes de Covid, teníamos muy poco espacio para reuniones. Había muchas ocasiones en las que la gente traía grandes ideas para clases o programas que les gustaría que nosotros o los voluntarios pusieramos en marcha, pero sencillamente no teníamos espacio para ello. Covid nos ha obligado a ser más creativos con el espacio exterior, pero ha sido con sacrificios y compromisos que no a todos les han gustado. También hay muchos programas que aún no hemos podido reiniciar.

Así que esta iniciativa es realmente sobre la planificación a largo plazo, y se trata de hacer LCS una organización de la que son socios de por vida y encontrar el beneficio a lo largo de sus años viviendo en la zona. Uno de esos programas que realmente queremos poner en marcha es un programa que varios miembros de LCS han estado ayudando a desarrollar. Se trata del Programa de Preparación para Emergencias, que ampliará en gran medida nuestro actual programa de Planificación Post-Vida. Este taller reunirá a personas y expertos para crear su propia guía personalizada para las emergencias a las que pueda enfrentarse durante estos años de su vida, y actuará como una valiosa herramienta para los miembros de la familia en casa y



Molinari House

los seres queridos aquí.

Otro programa es en realidad una serie de módulos que podrían estar orientados a las personas que están a un año o más de posiblemente mudarse a México, luego a los que están a 6 meses de mudarse pero están en el camino, a los que están a 3 meses y necesitan toda la información importante para hacer su mudanza exitosa, a los que acaban de llegar (el actual y muy popular “Intro to Lakeside”) y luego módulos para los que han estado aquí por 3 meses, seis meses y un año. Creemos que esta serie será muy valiosa y benéfica para todos.

En cuanto a la creación de colaboraciones con la comunidad mexicana, no sólo algunos de los programas del Wilkes (que estaba saturado antes de Covid) podrán reubicarse y crecer en el proceso, sino que también hemos iniciado algunas iniciativas nuevas en este sentido.

Durante años hemos hablado de establecer un Consejo Asesor Mexicano. Gracias a los miembros de la junta directiva Yolanda Martínez y Larry Barnhardt, este consejo se ha constituido oficialmente y los miembros del mismo están formados por empresarios locales y líderes de opinión popular. Otros dos miembros de la junta, George Radford y Rick Chase, también han involucrado a un grupo diverso de líderes de Fraccionamiento para ayudar a colaborar en los desafíos comunes y experiencias compartidas para los fraccionamientos a lo largo de la orilla del lago. Como Presidente de LCS, también he sido seleccionado para servir en el nuevo Comité de Pueblo Mágico. Un fuerte objetivo de este comité es no sólo el desarrollo económico, pero de una manera importante, el avance de la salud de la comunidad.

Como puedes ver, tenemos muchas cosas en marcha. Si no has estado en LCS últimamente, ven a echar un vistazo. Busque el beneficio general que LCS está en una posición única para traer a la comunidad. Si usted puede ayudarnos a recaudar los últimos \$30,000 USD que necesitamos para adquirir esta propiedad vecina, nos encantaría sentarnos con usted y compartir más ideas sobre el valor que esto trae. Las donaciones de cualquier tamaño, dirigidas a esta iniciativa son muy valoradas.

Muchas gracias a todos por su continuo apoyo y dedicación.

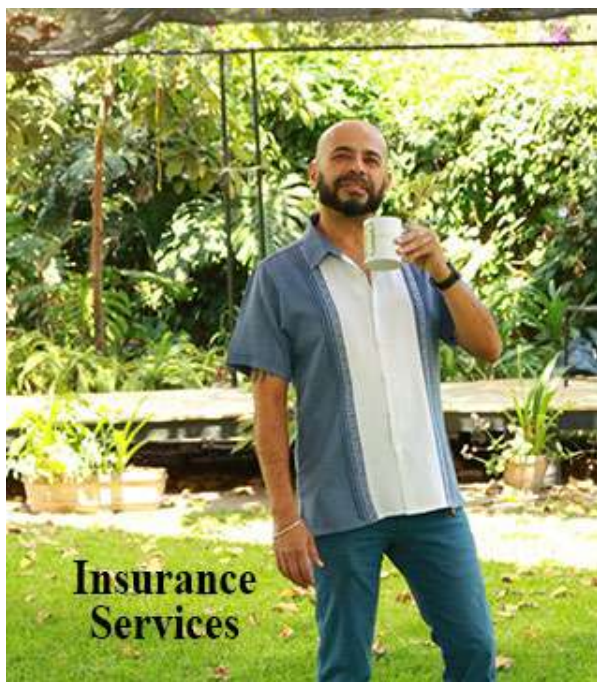
Esperamos verlos en nuestros jardines.

Steve Balfour
Presidente, Lake Chapala Society.

Years ago, when the availability of preventative health services in the Lakeside community was rare, LCS entered into a series of partnerships with health care service providers that continue to this day. Members and non-members alike can have their eyes checked, hearing tested, blood pressure taken, blood sugar and oxygen levels checked, and skin examined for cancer, all free of charge. If, however, prescriptions or any corrective procedures are required there are additional charges.

I spoke recently with the volunteer responsible for booking facilities at LCS, Karen Schirack, who interacts with all the health care professionals who provided services at LCS: Dr. Polo (we regret to inform our readers that Dr. Polo who offered hearing services has passed away. He had served LCS and the lakeside community for many years. Our condolences to his family.), Dra. Luz Zepeda (optometrist), Ana Paula Camacho from San Antonio Hospital for blood pressure and glucose levels, and Drs. Schemmer and Ballesteros for skin checks. See the LCS pages of this magazine for details.

Karen pointed out that several LCS members teach exercise classes free of charge to



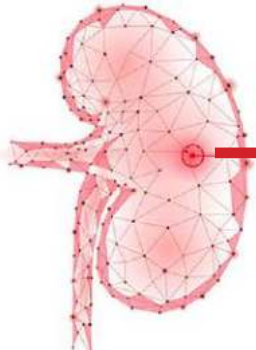
LCS members. These classes are intended to prevent the worst effects of aging and inactivity, and include low impact aerobics, stretch and balance; a class based on a program titled Strong Women Stay Young (offered to all genders), tai chi, chair yoga and weights. It is worth noting that one of the instructors, Dean Niles, has already celebrated his 91st birthday, so yoga is working well for him.

And, just in case you might fall ill in future, there are health insurance agents to sell you a policy: Hospital San Antonio on campus Thursdays, IMSS on Mondays and Tuesdays, and Lakeside Insurance on Tuesdays and Thursdays. Sky Med comes the First Friday of the month. Again, see the LCS pages for specifics.

And finally, Kar-n said: "Don't forget nurse Lydia from Lake Care on the carretera (at the west end of Ajijic next to Vinos America) who helps out as the LCS medical consultant and provides flu and pneumonia shots on our annual LCS Health Days."

And for those unfortunate enough to be battling a disease like diabetes, or an addiction like alcoholism, LCS hosts support groups on the grounds.

Lakeside now has many medical facilities to choose from, but twenty years ago there were precious few, and we've historically been a place to access some essential ones.



Childhood Kidney Disease

By Patricia Moran

Most who live Lakeside have heard that San Pedro Itzicán (SPI), population about 5000, an indigenous village 38K east of Ajijic, has the highest rate of childhood kidney disease in the world. This statistic

comes from the US Renal Data Base, the largest database of its kind in the world. I have traveled to SPI every week for almost 3 years as a volunteer for a group called Poco a Poco and have witnessed the tremendous individual and collective suffering behind this statistic.

Close to every month in SPI, or in a smaller surrounding village, a young person dies of the disease. Every death has a similar story. The disease starts when the person is a toddler, goes undetected for 5 to 10 years until symptoms such as puffiness, trouble concentrating, urinary incontinence, fatigue and anemia begin to appear. By this time, the disease has advanced to a stage where dialysis is needed and the long-term prognosis is poor. There are different types of dialysis, and all are expensive, time consuming, and difficult to endure. It has been heart wrenching to witness young people in their teens and twenties go through years of dialysis with the hope of simply staying alive. It is hard to imagine but one study of urinary samples of children in SPI found that 40% had the beginning of the disease or its precursor.

Understanding what causes the disease is, of course, vital to improving the situation. One mystery is that parents and grandparents report that when they were young the disease was not prevalent. While it is impossible to find reliable information from 25 or more years ago about the level of pollution in Lake Chapala and wells that provide water to homes, it is certainly reasonable to conclude that contaminants in these water supplies has increased and this increase is related to the exponential rise in the rate of the disease.

Villagers fear drinking the water and this fear has had serious consequences. A couple of years ago a group of teens in SPI were given a urinary test for the kidney disease. The tests could not be completed because the urine was so concentrated from dehydration the test would not work. Chronic dehydration is a serious risk factor for kidney disease. Another consequence of the fear of drinking the water is that Coca Cola is consumed instead of water. Even mothers who have trouble nursing choose coke over water for their babies. While it is easy to judge such actions, it is important to remember that a single container of baby formula costs at least a day's wages.

As indigenous people have moved away from their self-sustained life of fishing and growing food to a life of working in factories and domestic labor away from

their villages, a cruel poverty has settled in. Dirt floors, leaky roofs, lack of toilets and showers, very limited food choices, and lack of medical care in the villages all contribute to childhood kidney disease. E-coli in groundwater, widespread malnutrition, scorpion, snake and spider bites all compromise the kidneys of young children and all are rampant in SPI.

Finally, there are genetic risk factors for childhood kidney disease that, given the isolated nature of these villages, are probably exaggerated due to inbreeding. The extremely high rate of this progressive deadly disease is most likely due to a combination of genetic and environmental risk factors.

To say that finding ways to combat such a monumental problem is daunting is an understatement. Poco a Poco has adopted a very practical approach. We do not need to know the exact combination of risk factors that lead to the disease. We know enough to at least begin the effort. To that end, Poco a Poco has started a meal program for children called Kids Kitchens that provides 310 of the poorest children in SPI a healthy balanced meal and clean water 5 days a week. This program not only provides the children with much needed nutrition, it also gives them an anchor of consistency and predictability.

FoodBank Lakeside funds weekly despensas for 75 families with a person on dialysis, something that these families tell us has greatly alleviated the strain of trying to balance the need for food against the need for medical care. Along with the weekly food despensa, Poco a Poco buys medicine each week for those who cannot afford it.

The long-range goal is to address more and more risk factors through education and increased support for clean water, better food, employment opportunities in the village, and sustainable food gardens. It is all a work in process and each step gets us closer to lessening the number of young people who suffer and die from this disease.





Enfermedad renal infantil

Por Patricia Morán

La mayoría de los que viven en la rívera de Chapala han escuchado que San Pedro Itzicán (SPI), con una población de alrededor de 5,000 habitantes, un pueblo indígena 38K al este de Ajijic, que tiene la tasa más alta de enfermedad renal infantil en el mundo. Esta estadística proviene

de la Base de Datos Renal de los Estados Unidos, la mayor base de datos de su tipo en el mundo. He viajado a SPI cada semana durante casi 3 años como voluntaria de un grupo llamado Poco a Poco y he sido testigo del tremendo sufrimiento individual y colectivo que hay detrás de esta estadística.

Casi cada mes en SPI, o en un pueblo más pequeño de los alrededores, una persona joven muere de la enfermedad. Cada muerte tiene una historia similar. La enfermedad comienza en la infancia, pasa desapercibida entre 5 y 10 años hasta que empiezan a aparecer síntomas como hinchazón, problemas de concentración, incontinencia urinaria, fatiga y anemia. En ese momento, la enfermedad ha avanzado hasta una fase en la que se necesita diálisis y el pronóstico a largo plazo es malo. Hay diferentes tipos de diálisis, y todas son caras, requieren mucho tiempo y son difíciles de soportar. Ha sido desgarrador ser testigo de cómo jóvenes se someten a años de diálisis con la esperanza de simplemente seguir vivos. Es difícil de imaginar, pero un estudio de muestras de orina de niños en SPI descubrió que el 40% tenía el principio de la enfermedad o su precursor.

Entender las causas de la enfermedad es, por supuesto, vital para mejorar la situación. Uno de los misterios es que los padres y abuelos afirman que cuando ellos eran jóvenes la enfermedad no era frecuente. Aunque es imposible encontrar información fiable de hace 25 o más años sobre el nivel de contaminación del lago de Chapala y de los pozos que abastecen de agua a los hogares, es ciertamente razonable concluir que los contaminantes en estos suministros de agua han aumentado y este aumento está relacionado con el incremento exponencial de la tasa de la enfermedad.

Los pobladores temen beber el agua y este temor ha tenido graves consecuencias. Hace un par de años, un grupo de adolescentes de SPI se sometió a una prueba de orina para detectar la enfermedad renal. Las pruebas no pudieron completarse porque la orina estaba tan concentrada por la deshidratación que la prueba no funcionaba. La deshidratación crónica es un factor de riesgo grave para la enfermedad renal. Otra consecuencia del miedo a beber el agua es que se consume Coca Cola en lugar de agua. Incluso las madres que tienen problemas para amamantar eligen la coca cola en lugar del agua para sus bebés. Aunque es fácil juzgar estas acciones, es importante recordar que un solo envase de leche de fórmula para bebés cuesta al menos el salario de un día.

A medida que los indígenas se han ido alejando de

su vida autosuficiente de pesca y cultivo de alimentos para pasar a una vida de trabajo en fábricas y labores domésticas lejos de sus pueblos, se ha instalado una cruel pobreza. Los suelos sucios, los tejados con goteras,



la falta de baños, las escasas opciones alimentarias y la falta de atención médica en los pueblos contribuyen a las enfermedades renales infantiles. La presencia de E-coli en las aguas subterráneas, la malnutrición generalizada, las picaduras de escorpiones, serpientes y arañas comprometen los riñones de los niños pequeños, y todo ello está muy extendido en SPI.

Por último, existen factores de riesgo genético para la enfermedad renal infantil que, dado el carácter aislado de estos pueblos, probablemente sean exagerados debido a la endogamia. La altísima tasa de esta enfermedad mortal progresiva se debe probablemente a una combinación de factores de riesgo genéticos y ambientales.

Decir que la búsqueda de medios para combatir un problema tan monumental es desalentadora es quedarse corto. Poco a Poco ha adoptado un enfoque muy práctico. No necesitamos conocer la combinación exacta de factores de riesgo que conducen a la enfermedad. Sabemos lo suficiente como para, al menos, iniciar el esfuerzo. Para ello, Poco a Poco ha puesto en marcha un programa de comidas para niños llamado Kids Kitchens que proporciona a 310 de los niños más pobres de SPI una comida sana y equilibrada y agua potable 5 días a la semana. Este programa no sólo proporciona a los niños una nutrición muy necesaria, sino que también les da un ancla de consistencia y previsibilidad.

FoodBank Lakeside financia despensas semanales para 75 familias con una persona en diálisis, algo que estas familias nos dicen que ha aliviado en gran medida la tensión de tratar de equilibrar la necesidad de alimentos con la necesidad de atención médica. Además de la despensa semanal, Poco a Poco compra medicamentos cada semana para quienes no pueden pagarlos.

El objetivo a largo plazo es abordar cada vez más factores de riesgo a través de la educación y un mayor apoyo al agua potable, una mejor alimentación, oportunidades de empleo en el pueblo y huertos alimentarios sostenibles. Todo es un trabajo en proceso y cada paso nos acerca a disminuir el número de jóvenes que sufren y mueren por esta enfermedad.

ALONE IN HER ROOM *By Gloria Palazzo*

All these people at the convalescent home, probably 15 at any given time, living in a state that in no way resembles the life I had been living, and yet they need us who are not them, who are socked away, where for the most part they are not seen or heard, and yet they eat and drink, even speak in ways that no one understands, although alone in my room, I hear some of their cries and can feel the waste of all their efforts to stay alive, in spite of the futility that age and illness has set in, and still, they survive to face the new day, even though most of them will not see the light of day, and while a few have visitors, sometimes whole families come from far away, like Nevada and Australia, and I know and feel the love they bring with them, along with the boxes of chocolates for the nurses, is so real that I have a difficult time swallowing the hard lump of emotion stuck in my throat like it's just too much for me to swallow, and I tear up and I cry a few tears, not of sadness, but of love, and feel as though seeing this so unfamiliar ending to these lives, and more than anything, what I want to know is if these old and mostly ill people have a clue about where they are, and how well cared for they are, by the aids and nurses who treat them, even though this job, and it is a job, gives them no real material gain, and still I see joy and dedication and love on their faces, in their postures, and the unending changing of diapers, cleansing of feeding tubes, and the handling of turning those who cannot turn themselves, as I hear them speak with love to everyone including me, as I remain alone in my room, where I too am feeling cared for and about, and I just know that soon a dear friend will come by with a cinnamon biscuit and a cup of coffee, and we will talk and they will tell me all that they have been up to, even though tomorrow I will not remember anything we talked about, only the cinnamon cake, and sometimes there are two in the package, which means I have some to share with the sweet person who will be here soon to take my temperature and test my blood pressure and wish me a good night's sleep

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How Do You Want to Spend Your Retirement?

My favorite word in Spanish is “*jubilación*”. Thinking about retirement after many years of work was really a joy, and I was looking forward to having time off.

My story is similar to that of many foreigners, who choose the Lake Chapala area to retire, but the jubilation soon faded and I needed a purpose and had a desire to be of service to this beautiful country that has embraced me.

I found that purpose in the ESL program sponsored by the Lake Chapala Society. For the past four years, it has been a pleasure to teach English to the adults in my community. Inez Dayer, the program coordinator, explains her teaching philosophy with the quote “Students don’t care how much you know; they need to know that you care.

If you know how to communicate, listen, have empathy and patience, you can teach. The joy comes from the students, who really appreciate your presence, and once you have earned their trust, they will share their lives, their language and their culture with you.

I remember Maria, a health worker who had an English-speaking client and needed to learn the parts of the body, and Javier, a local barber who wanted to be able to chat with his foreign clients. The students come from all walks of life and range from high school age to retired. Most want to learn English to improve their economic situation; they are hardworking and determined, with a wicked sense of humor.

Joy has returned to my life, but with a wonderful sense of purpose, new relationships and a better cultural understanding. Your silver threads shouldn’t stop you from adding new



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meaning to your retirement years. For more information about the ESL program, please visit the following web-site: <https://lakechapalasociety.com/public/esl-classes.php>

To answer any of your questions or to join the team contact Jackie or Inez at Jackie_dumont@hotmail.com or inezme@gmail.com

I have been dedicated for decades to plastic surgery and recently it was a turning point for me to participate in the Mrs. Mexico International beauty pageant and to find myself in a facet of my personal life that involves my specialty. Breaking stereotypes of beauty pageants, today I can express myself with greater objectivity highlighting all the discipline that is required to achieve the presentation of beauty in all its aspects.

I am a Mexican woman, wife, mother, daughter, sister, friend, doctor, teacher, businesswoman and philanthropist. This is how my message today is aimed at appreciating the inner beauty that will highlight any surgical procedure you undergo; above all I emphasize that if we cannot cure, perhaps we can alleviate and if we cannot do either, then at least be compassionate and offer our best smile to the needy.

We know that the abuse of aesthetic procedures can lead to major complications or even death, so I suggest going to specialists in plastic surgery. Check their credentials, ask for references and take care before and after surgery without omitting details of the treating physicians.

Currently there are several outpatient procedures to improve the appearance of the skin, among which we find:

The tensor threads, which stim-

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ulate the rejuvenation of the skin, providing vitality, elasticity and much greater luminosity.

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Microneedling: Micro tunnels are created that penetrate the stratum corneum and allow substances to enter deeper layers of the skin, having moisturizing, anti-flaccidity and rejuvenation effects.

HIFU (high intensity focused ultrasound): consists of the application of high frequency and high energy ultrasound on the skin, to remodel its tissue, by means of thermal ablation. In this process, the surrounding tissues are not affected, as this is a non-invasive technique. It is used to reduce wrinkles, expression lines, localized adiposity and tighten the skin. At the end of the treatment, the skin tissue is stretched and firmed, which may be slightly noticeable in the first days, but will be more noticeable over the weeks up to 180 days and lasts for a year.

Each patient is different, the results vary in each case, but having a wider range of treatments allows us to offer more options. Look for the one that best suits you with your doctor.

Me he dedicado por décadas a la cirugía plástica y recientemente fue para mí, un parteaguas el participar en el concurso de belleza Mrs. México International y encontrarme en una faceta de mi vida personal que involucra ampliamente mi especialidad. Romper estereotipos de certámenes de belleza, al día de hoy puedo expresarme con mayor objetividad destacando toda la disciplina que se requiere para lograr presentar la belleza en todos sus aspectos.

Soy una mujer mexicana esposa, madre, hija, hermana, amiga, doctora, maestra, empresaria y filántropa. Es así como mi mensaje hoy va encaminado a apreciar la belleza interior que hará resaltar cualquier procedimiento quirúrgico al que sean sometidos; sobre todo énfasis en que, si no podemos curar, tal vez aliviar sí y si tampoco podemos, pues por lo menos ser compasivos y ofrecer nuestra mejor sonrisa al necesitado.

El abuso de procedimientos estéticos sabemos que pueden desencadenar en grandes complicaciones o hasta la muerte por lo que sugiero acudir con especialistas en cirugía plástica, revisar sus credenciales, pedir referencias y tomar los cuidados antes y después de la cirugía sin omitir detalles de los médicos tratantes.

Actualmente existen diversos procedimientos ambulatorios para mejorar la apariencia de la piel, entre los que encontramos:

Los hilos tensores, que



estimulan el rejuvenecimiento de la piel, aportando vitalidad, elasticidad y mucha mayor luminosidad.

Plasma rico en plaquetas: La bioestimulación con plasma rico en plaquetas permite retrasar el proceso de envejecimiento de la piel. Activa la regeneración celular, lo que permite obtener una mejor calidad de piel, más luminosa y lozana, con mejor textura, menos flaccidez y menos arrugas.

Microneedling: Se crean micro túneles que penetran al estrato córneo y permiten que las sustancias se adentren a capas más profundas de la piel, teniendo efectos de hidratación, anti flacidez, y rejuvenecimiento

HIFU (ultrasonido focalizado de alta intensidad): consiste en la aplicación de ultrasonido de alta frecuencia y alta energía en la piel, para remodelar su tejido, mediante ablación térmica. En este proceso, los tejidos colindantes no quedan afectados, pues esta es una técnica no invasiva. Se emplea para reducir arrugas, líneas de expresión, adiposidad localizada y tensar la piel. Al finalizar el tratamiento, se consigue estirar y dar firmeza al tejido de la piel que puede notarse levemente en los primeros días, pero será más notorio con el paso de las semanas hasta 180 días y dura un año.

Cada paciente es diferente, los resultados varían en cada caso, pero el tener una mayor gama de tratamientos permite ofrecer más opciones. Busca con tu médico, la que mejor se adapte a ti.

Healthy nature, healthy people.

By **Gabriel Vázquez Sánchez**
General Director, Aipromades

In 1950, 43% of Mexico's population lived in urban localities; by 1990 the percentage was 71%, while by 2021 it will be 79%, with only 21% of the population remaining in rural communities (INEGI, 2020). This trend towards urbanization generates new health challenges due to various environmental factors: pollution, loss of contact with nature, stress or decreased physical activity, among others.

The World Health Organization (WHO) defines health as a dynamic state of complete physical, mental and social well-being, not only the absence of disease. The understanding is that health does not depend only on inherited genetic factors, but results from their interaction with environmental, cultural and socioeconomic factors, so that people's habits, lifestyle and physical condition are fundamental to maintain and promote their health.

In the report "Ecosystem goods and services for health" (WHO, 2017), WHO notes that the United Nations Sustainable Development Goals seek to "provide universal access to safe, inclusive and accessible green and public spaces, particularly for women and children, older persons and persons with disabilities". In consideration, multiple scientific studies have been developed on the positive impacts that natural spaces have on our health, and from which various global initiatives are derived.

The pioneering program was the "Healthy Parks, Healthy People Initiative", developed in Australia, which recognizes the fundamental connections between human health and environmental health and encourages its citizens to experience these benefits through the enjoyment of the natural environment. This program was replicated in the United States, where natural parks are recognized as a health resource and where initia-



tives such as "Park Prescription," where health professionals prescribe connection to parks as a therapeutic resource, have been undertaken.

Since 1982, Japan's Forestry Agency has promoted a public policy based on the philosophy of "Shinrin-yoku" or "forest bathing" where citizens are invited to experience nature as a necessary activity for their well-being. Meanwhile, under the concept of "Natural Health Services", the EUROPARC Federation promotes similar initiatives, including "Parks & Wildlife Finland", "Scotland's Outdoors" and "Bosques Saludables" in Spain.

Being in contact with nature benefits our health, well-being and quality of life, since exposing our bodies to green spaces can reduce stress, anxiety and insomnia, improve cognition, reduce mortality and morbidity, reduce overweight, help maintain cardiovascular health, prevent some diseases and benefit the immune system, among other physiological and psychological benefits.

In addition, urban natural spaces provide important ecosystem services that impact human health, such as air pollution mitigation, noise reduction, increased biodiversity and temperature regulation, mitigating heat island effects.

As a collective, our communities have underestimated the relationship that the environment has with human health and well-being, as well as the close

links we have with the health of the ecosystems and biodiversity that sustain life on the planet.

Our motivation for protecting the planet's natural spaces must not only be to prevent damage to our health caused by a deteriorated environment. It is also to safeguard the ecosystem services they provide and to multiply the benefits they bring to human health.

Naturaleza sana, gente saludable.

Por **Gabriel Vázquez Sánchez**
Director General de Aipromades

En 1950, en México 43% de la población vivía en localidades urbanas; para 1990 el porcentaje era de 71%, mientras que para 2021 es del 79%, quedando un remanente de solo un 21% de la población en comunidades rurales (INEGI,2020). Esta tendencia hacia la urbanización genera nuevos desafíos sanitarios a causa de diversos factores ambientales: contaminación, pérdida del contacto con la naturaleza, estrés o la disminución de la actividad física, entre otros.

La Organización Mundial de la Salud (OMS) define la salud como un estado dinámico de completo bienestar físico, mental y social, y no solo la ausencia de enfermedades, entendiendo que la salud no depende solo de factores genéticos heredados, sino que resulta de su interacción de estos con factores ambientales, culturales y socioeconómicos, por lo que los hábitos, estilo de vida y condición física de las personas son fundamentales para mantener y promover su salud.

En el informe “Ecosystem goods and services for health” (OMS,2017), la OMS observa que los Objetivos de Desarrollo Sostenible de Naciones Unidas buscan “proporcionar acceso universal a espacios verdes y públicos seguros, inclusivos y accesibles, en particular para las mujeres y los niños, las personas de edad y las personas con discapacidad”. En consideración, se han desarrollado múltiples estudios científicos sobre los impactos positivos que los espacios naturales tienen en nuestra salud, y de los cuales se derivan diversas iniciativas globales.

El Programa pionero fue “Healthy Parks, Healthy People Initiative”, desarrollado en Australia, que reconoce las conexiones fundamentales entre salud humana y salud ambiental y promueve que sus ciudadanos experimenten estos beneficios mediante el disfrute del entorno natural. Este programa se replicó en los Estados Unidos, donde se reconoce a los parques naturales como un recurso para la salud y donde se han emprendido iniciativas como la “Park Prescription”, donde los profesionales de la salud prescriben conexión con los parques como recurso terapéutico.

Desde 1982 la Agencia Forestal de Japón ha promovido una

política pública basada en la filosofía del “Shinrin-yoku” o “baño de bosque” donde se convoca a los ciudadanos a experimentar la naturaleza como una actividad necesaria para su bienestar. Mientras, bajo el concepto de “Servicios Naturales de Salud”, la Federación EUROPARC promueve iniciativas semejantes, entre las que destacan “Parks & Wildlife Finland”, “Scotland’s Outdoors” y “Bosques Saludables” en España.

Estar en contacto con la naturaleza beneficia nuestra salud, bienestar y calidad de vida, ya que la exposición de nuestro cuerpo a espacios verdes puede atenuar el estrés, la ansiedad y el insomnio, mejorar la

cognición, reducir la mortalidad y la morbilidad, incidir en un menor sobrepeso, ayudar a mantener la salud cardiovascular, prevenir algunas enfermedades y beneficiar el sistema inmunológico, entre otros beneficios fisiológicos y psicológicos.

Además, los espacios naturales de carácter urbano ofrecen importantes servicios ecosistémicos que inciden en la salud humana, tales como la mitigación de la contaminación atmosférica, la reducción del ruido, un aumento de la biodiversidad y la regulación de la temperatura, mitigando los efectos de isla de calor.

Como colectivo, nuestras comunidades han subestimado la relación que tiene el medio ambiente con la salud y el bienestar humano, así como los estrechos vínculos

que tenemos con la salud de los ecosistemas y biodiversidad que sustentan la vida del planeta.

Nuestra motivación para proteger los espacios naturales del planeta no ha de ser solo evitar los daños en nuestra salud causados por un medio ambiente deteriorado. También salvaguardar los servicios ecosistémicos que proveen y multiplicar los beneficios que aportan a la salud humana.



Renal Health Center “Cruz Roja Mexicana Delegación Chapala”.

By José García Rodríguez

Healthy kidneys eliminate wastes from the blood and excess fluid from the body. However, when the kidneys do not work well, these wastes and excess fluids can accumulate in the blood and cause serious health problems.

Kidney diseases are currently considered a serious public health problem, exposing patients to high-cost treatments such as dialysis and hemodialysis, making it essential for kidney patients to begin treatment immediately when indicated by a nephrologist.

Complications due to kidney disease affect the emotional, mental and social conditions of patients. Several studies show a great impact on the physical condition of renal patients whose deterioration is imminent.

For this reason, CRUZ ROJA JALISCO, which is concerned with the health of the entire population of Lakeside, will integrate a new RENAL HEALTH CENTER into its facilities, where hemodialysis sessions will be offered as specialized care to all patients who need it.



Centro de Salud Renal, from the garden area



Diana Ayala from LCS and Ing. Pepe Garcia from Cruz Roja on the main room for the hemodialysis machines



To measure the seriousness of this situation, it is worth mentioning that chronic kidney disease affects about 10% of the world's population.

The Chapala Red Cross Renal Health Center will have completely remodeled and adequate facilities to offer the highest level of service both in terms of quality and caring, highlighting the humanism and willingness which characterizes this meritorious institution.

The center's facilities will have properly trained and qualified personnel, with an installed capacity of 12 machines, resulting in the possibility of offering around 1,248 sessions per month.

Hemodialysis (HD) treatment consists of dialyzing the blood through a machine that circulates the blood from the patient's artery to the dialysis filter or dialyzer in which the toxic substances in the blood are diffused in the dialysis fluid. The toxin-free blood then returns to the body through a cannulated vein. This procedure is a technique that, unlike peritoneal dialysis, passes the blood through a filter to a machine that replaces the kidney function, where it is purified.

CRUZ ROJA MEXICANA Delegación Chapala, in a second stage, will develop prevention plans, which will be focused on nephrological, psychological, angiological and nutritional counseling for renal patients.

To achieve our goal of serving the largest possible population, we need the support of businessmen, associations, entities and individuals who join together in this great effort with contributions or sponsorships, all of which will have a great impact on the benefit of a healthier society.



**CRUZ ROJA
MEXICANA
CHAPALA
JALISCO**



We invite you to join this important health project for the entire Lakeside area or as permanent donors to the Mexican Red Cross.

For more information please contact Ms. Yolanda Martinez Llamas President of the Local Council of the Mexican Red Cross Chapala Delegation at cruzrojachapala@hotmail.com or call 376 765 25 53 or 376 765 23 08.

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ACTIVITIES & EVENTS

Pull Out

Office & Library Hours: Monday to Saturday 10 a.m. - 1:30 p.m.
Grounds open: Lakeside Gate: Monday to Friday 8:30 a.m. - 1:30 p.m.
Main Gate: Monday to Friday 9:00 a.m. - 2:50 p.m. | Saturday 9:00 a.m. - 1:50 p.m.

LESSONS (M)

Basic Principles of Drawing/Painting	T 9-11 Email <i>jorge.garcia003@gmail.com</i>
Chair Yoga & Strength Training Exercise	SAT 10:30-11:30 M+W+F 9-9:50
Hurachess Club*	SAT 12-1*
Intermediate Hatha Yoga	T+TH 2-3:30
Introduction to Lakeside zoom	13 August 9-12
Introduction to Lakeside	9 August, 9-12, campus,
Introduction to Spanish (S)	3, 10, 17 August, 12-1:30, Cost
Line Dancing, <i>redheadinmexico@gmail</i>	T + TH 10-11:15
Low Impact Aerobics	M+W 10-11
Mudlarks Pottery Introduction to Ceramics (S)	M+F 11-1 Cost + registration
Mudlarks Pottery Open Studios (S)	M+F 10-2
NIA Fitness	F 10-11
PEP & Prueba Mexico Series (S)	See the LCS website + Cost
Portraiture for Beginners (S)	TH 12-1:30 <i>zoearmiger@gmail.com</i> to register
Stretch & Balance, <i>harry_bertram@hotmail.com</i>	T+TH 8:45-9:45
Spanish in Action classes (español en acción)	See LCS website or in the office for more info
Spanish a la carta Online program,	See LCS website for more info.
Tech Help via Email	<i>lcs.tech.training@gmail.com</i>
Write to a Prompt Writers' Group	TH 10-12

InterCam Banking Services	M-F 10-1
Optometrist Claravision (S)	TH 9-4 Call for appointment 331-411-1178
Skin Cancer Screening (S)	2nd+4th W 10-12:30 Sign up at LCS office
SkyMed	1st F 10-1

SERVICE & SUPPORT GROUPS *

Al-Anon (Spanish)	M 6-7:30, W 5:30-7:30
ASA Board Meeting	Last W, 10:30-12
Dementia Support Group	T 11:30-1:30
Diabetes Support Group	Zoom, 1st F 11:00 <i>welchk4diabetes@gmail.com</i>
Information Desk	M-Sat 10-1:30
Lakeside AA	M+TH 4:30-5:30
Needle Pushers	T 10-11:45
Open Circle	Sun 10:30-11:30
Toastmasters	M 7-9

NEW ACTIVITIES:

- NIA/Joy of Movement: Fridays from 10-11am on the SC Patio. Nia is a non-impact cardio-dance class. Nia incorporates elements of modern dance, jazz, yoga, and chi gong. Susan Michie, *sgm150@ymail.com*, 376-766-3861
- Dementia Support Group: Tuesdays, 11:30-1:30, Maestro patio (old smoking patio). Join our caregiver's support group. The goal is to offer caring support for those dealing with spouses who have dementia. We will get acquainted; share stories and offer positive examples of things we have found to be helpful. Contact Cathey Merrill, 713-253-3537, *mexamigos@att.net*
- Mudlarks Pottery Introduction to Ceramics: Open to members, covers basic hand building techniques, glazing & finishing. Meets Monday & Friday, 11 am to 1 pm. Fee: Per calendar month: \$500 MN, plus \$500 MN for 12 pounds of clay. Registration limited to 6 participants, register after the 25th of the previous month.
- Mudlarks Pottery Open Studio: Open to members who have completed one month Introduction to Ceramics — chance to work independently. Meets Monday & Friday, 10am-2pm. Fee: Per calendar month: \$500 MN. Clay may be purchased as needed, \$500 MN for 12 pounds. Registration for Open Studios is any time.

LIBRARIES (M)

Book Library M-Sat 10-1:30
 DVD, Books on Tape & Library of Congress Talking Books Library. To order books on-line, you must use a computer or a tablet/iPad. It is not possible to order using a cell phone. Go to lakechapalasociety.com & select libraries/English.

SOCIAL ACTIVITIES (M)

Bridge4Fun	T+F 1-4:30
Discussion Group	W 12-1:30
English/Spanish Conversation* Open to public	Sat 12-1:30*
Everyday Mindfulness Zoom, <i>barbarahildt@gmail.com</i>	M 10:00
Game Group	TH 1-4
HOT Science Zoom, <i>hotsciencelcs@gmail.com</i>	T 1:45
Scrabble	F 11:30-1:30
Tournament Scrabble	T 12-1:50

HEALTH INSURANCE*

Hospital San Antonio	TH 10-12
IMSS & Immigration Services	M+T 10-1 Call for Appointment 333-157-9472 No sign up
Lakeside Insurance	T+TH 11-2

HEALTH & LEGAL SERVICES*

Becerra Immigration	TH 10:30-12:30
Gonzalez Attorney at Law	3rd W 10-1 Call for appointment 331-511-4088

NOTE We regret to inform our readers that Dr. Polo (hearing services) has passed away. He had served the LCS and lakeside community for many years. Our condolences to his family.

www.lakechapalasociety.com

**ADULT PASSPORTS FOR RENEWAL
AT LCS**

Form DS-82 for renewal fee \$110 USD, get it at Lake Chapala Society office or www.LakeChapalaSociety.com

Drop off 2ND MONDAY at LCS, 10 am-12 pm with the following:

1. Completed form using black ink
2. Proper 2"x2" color passport photos (NO GLASSES) Genesis Digital photography is located at Ocampo #34 in Ajijic.
3. Your current passport and a copy.
4. A pre-paid Fed Ex envelope purchased at IShop in San Antonio (short block East from Super Lake) Originating address: US Consulate calle Progreso 175, Col Americana, Americana, 44100 Guadalajara, Jal.
5. Payment in CASH ONLY either US dollars or Mexican pesos at the Consulate's current monthly rate. EXACT CHANGE ONLY

- Of special note question #8 is your US address or mail forwarding address and question #18 is your local Mexico address.
- For current monthly rate inquire at email address below. Questions to Norm Pifer at pifernr@gmail.com



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Por la Profa. Dolores Alicia Ordóñez Pinter

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1B SEPT 20TH TO NOV 08TH

Monday and Thursday - 11:15 to 1:15 pm. Gazebo

1B SEPT 22ND TO NOV 05TH

Wednesday - 9:00 to 11:30 am. and
Friday - 1:30 to 3:00 pm. Gazebo

2A SEPT 21ST TO NOV 05TH

Tuesday and Friday - 9:00 to 11:00 am. Wilkes

2B SEPT 21ST TO NOV 05TH

Tuesday and Friday - 11:15 to 1:15 pm. Gazebo

3A SEPT 20TH TO NOV 08TH

Monday - 1:30 to 3:00 pm. and
Wednesday - 12:00 to 2:30 pm. Gazebo

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This course will explore important things to know when preparing your last will and testament. Know about Mes del Testamento and its benefits. Learn how to defend ourselves from intimidation by authorities of any kind.

MEXICAN MANNERS

ALFREDO PÉREZ Thursday, Aug 12
Fee: \$350 from 1 - 3:30 pm

Cultural shock is a normal part of life when you move to another country. Learn why the behaviour of your new neighbors differs from your own. Our intention it help you understand cultural differences and promote real and positive coexistence.

MEXICAN SALSAS

ANA MORENO Thursday, Aug 20
Fee: \$380 from 1 to 3 pm

Learn how some of the favorite Mexican salsas in the region are made. What ingredients you need, how and where to buy them. How Mexicans use them. What food you can dress with them.

CORN TORTILLA

ANA MORENO Wednesday, Aug 25
Fee: \$400 from 1 to 3 pm

We will prepare corn tortillas out of the corn (maíz) dough, as well as "tlacoyos, huaraches, sopes, pellizcadas, and other homemade delicacies." This includes the fillings, side dishes and traditional sauces that accompany them. And some traditional beverages too.

Enrollment at LCS Office or LakeChapalaSociety.com
MEMBERS ONLY. Registration requires payment. There is no refund.
We will follow COVID protocols with no exception.

DRIVER'S LICENSE

ALFREDO PÉREZ

Fee: \$400 Monday, from 3 to 4:30 pm

We will provide you with the necessary knowledge to obtain a new license or to renew it. Material will be sent over email previous to the class.

Aug 09 class & 18 visit
Sept 13 class & 22 visit

INTRODUCTION TO LAKESIDE

RACHEL MCMILLEN

Online Class \$400 Friday Aug 13 or Sep 10
From 9 am to 12 pm

In person Class \$600 Monday, Aug 9 or Sept 13
From 9 am to 12 pm

Where exactly is Lakeside, Lakeside Communities, Ajijic Village, Fiestas and LCS. Health & Medical, Eating Out - Eating In, Money - Banks & ATM's, Churches, Entertainment & Recreation, Transportation, Accommodation & Utilities. There's always a world to know.

MEXICAN BANKNOTES AND COINS, COUNTERFEIT

JORGE LUIS SILVA Monday, Aug 16
Fee: \$100 from 12 to 1:00 pm

Through this workshop we will seek to know the range of currency circulating in the country. We will focus especially on the design and security features of each bill, order to recognize whether a bill is valid or counterfeit.

INTRODUCTION TO SPANISH

INEZ DYER Tuesday, Aug 03, 10 & 17
Fee: \$350 or Sept 07, 14 & 21
From 12 noon to 1:30 pm

3-sessions class. The instructor will introduce learners to Spanish pronunciation, some vocabulary and social protocols.

Enrollment at LCS Office or LakeChapalaSociety.com
MEMBERS ONLY. Registration requires payment. There is no refund.
We will follow COVID protocols with no exception.



ATTENTION BIBLIOPHILES

By Cate Howell

The variety of books available for your reading pleasure here at the LCS library is really quite mind-blowing. For those of you who are music groupies, for example, our biography/autobiography collection has books by and about a huge number of famous musicians and performers. To name just a few, in no particular order, we have books by and about the Beatles, John Fogerty, Johnny Cash, Frank Sinatra, Miles Davis, Dr. John, Aretha Franklin, Warren Zevon, George Harrison, Billy Joel, Dizzy Gillespie, Mick Jagger, Chuck Negron, Quincy Jones, Bruce Springsteen, David Bowie, Oscar Peterson, Bob Marley, John Lennon, Dizzy Gillespie, Barbra Streisand, Steven Tyler, and many others. Some are in the biography collection, others are shelved in the music and musicians section (780s).

One of our most popular collections is our Mexico collection — books written by and about Mexicans and life here in Mexico. We have both fiction and non-fiction books in the collection. The non-fiction section has a wide selection of books about Mexican history, cuisine, home décor, travel guides to destinations within Mexico, including books about life here at Lakeside, biographies of famous Mexicans, cultural and social explanations about why Mexico works the way it does, and much more.

Since nearly all our books have been donated over the years, I just want to thank those who have given us their treasures. Many more of you have books that may eventually come our way, but we have a BIG request to make before you pack them all up for us. We love to get recent publications, as these are always in high demand, both fiction and non-fiction. Older books in good condition are welcome, but there are some types of books we simply can't use — old textbooks, encyclopedias, dictionaries, workbooks from classroom exercises, books with spiral bindings and very small pocket books.

We hope we've started to give you a sense of the breadth of our library collection, and we invite you to browse online and to come in personally to look for the perfect read on a quiet day. Happy reading !!

Concerts in the Park
Steve Balfour presents A benefit for LCS

Showgirl

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**CHRISTINE
DEAVER**

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- San Francisco Chronicle

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VIP Table seating \$500 | General seating \$350

Tickets available at the Lake Chapala Society Office 10:00 am - 1:30 pm Monday through Saturday,
or at LakeChapalaSociety.com and the day of event

There's nothing much more beautiful in this world Than a person who cares.

Let's Share... Sharing is Caring!

*Click Here
for a
Short Video*

The Last year you have shown Niños Incapacitados many things:

- You care that the need to help our children does not go away
- You share when we need people to volunteer their time and skills
- You care that Niños Incapacitados needed to do more for our families because of the pandemic
- You shared and supported our fundraising campaigns when the pandemic changed our way to interact with you



But MOST of all, with everything that is happening, YOU continue to Care & Share.

THANK YOU

What we are doing for the children and their families:

- Ensuring the families continue to be reimbursed for their medical expenses under new circumstances
- Taking on new children in need of assistance
- Finding new medical partners to enhance our ability to serve the children better and reduce costs
- Engaging the Mexican Business Community in assisting with fundraising opportunities
- Ensuring that Niños Incapacitados remains a nonprofit charity in good standing with the Mexican Governing authorities

We do all this and more to show you that we are very grateful for your continued support.

All of this is because you Care & Share

THANK YOU

DONATE >

Mark Your Calendars!!

- *Tuesday August 17, 2022 "Summer Edition" Online Evening Trivia Quiz*
- *Thursday September 9, 2022, " An Evening about Cole Porter & his Music" by Mike Daley, Dr. Music, Ph.D in Musicology*

Details can be found on our website.

Los riñones sanos eliminan los desechos de la sangre y el exceso de líquido del cuerpo. Sin embargo, cuando los riñones no funcionan bien, estos desechos y el exceso de líquidos en el organismo pueden acumularse en la sangre y causar graves problemas de salud.

Las enfermedades renales en la actualidad, se consideran un grave problema de salud pública, exponiendo a los pacientes con tratamientos de alto costo como la diálisis y la hemodiálisis, siendo imprescindible que los enfermos renales deban de iniciar de manera inmediata un tratamiento, cuando es indicado por un nefrólogo.

Las complicaciones por una enfermedad renal, afectan las condiciones emocionales, mentales y sociales de los pacientes. Varios estudios demuestran una gran repercusión sobre la condición física de los pacientes renales cuyo deterioro es inminente.

Por tal motivo, CRUZ ROJA JALISCO, preocupados por toda la población de la Riviera de Chapala, integra en sus servicios a la población el nuevo CENTRO DE SALUD RENAL, en donde se ofrecerá como atención es-



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SPECIALIST IN PROSTHODONTICS AND COSMETIC DENTISTRY
Especialista en Prostodoncia y Odontología Cosmética



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pecializada, sesiones de hemodiálisis a todo paciente que lo necesite. Para dimensionar la gravedad de esta situación, cabe mencionar que la enfermedad renal crónica afecta cerca del 10% de la población mundial.

El Centro de Salud Renal de Cruz Roja Delegación Chapala contará con instalaciones completamente remodeladas y adecuadas para ofrecer el servicio con la mayor calidad y calidez, destacando el humanismo y voluntad, que caracteriza a esta benemérita institución.

Las instalaciones del centro contarán con personal debidamente capacitado y calificado, teniendo una capacidad instalada de 12 máquinas, dando como resultado, la posibilidad de ofrecer alrededor de 1,248 sesiones por mes.

El tratamiento de hemodiálisis (HD) consiste en dializar la sangre a través de una máquina que hace circular la sangre desde una arteria del paciente hacia el filtro de diálisis o dializador en el que las sustancias tóxicas de la sangre se difunden en el líquido de diálisis; la sangre libre de toxinas vuelve luego al organismo a través de una vena canulada. Dicho procedimiento, es

una técnica, que al contrario de la diálisis peritoneal, la sangre pasa por un filtro a una máquina, que sustituye la función del riñón, donde ésta es depurada.

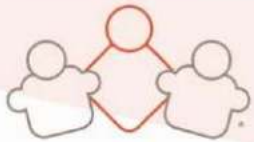
CRUZ ROJA MEXICANA Delegación Chapala, en una segunda etapa, desarrollará planes de prevención, los cuales estarán enfocados en la asesoría nefrológica, psicológica, angiología y nutricional para los pacientes renales.

Para lograr nuestro objetivo de servir a la mayor población posible, necesitamos de la gran voluntad de empresarios, asociaciones, entidades y de personas que se sumen a este gran esfuerzo, con aportaciones, o patrocinios, los cuales tendrán un gran impacto en beneficio de una sociedad más sana.

Los invitamos a sumarse a este importante proyecto de salud para toda la zona de la Rivera de Chapala o como donadores permanentes de Cruz Roja Mexicana.



Para mayor información favor de contactar a la Lic. Yolanda Martínez Llamas Presidenta del Consejo Local de Cruz Roja Mexicana Delegación Chapala en el correo: cruzrojachapala@hotmail.com o comunicarse a los teléfonos 376 765 25 53 o 376 765 23 08.



Felipe González Attorney At Law



Member of:



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Psychedelics Rise Again

“Turn on, tune in, drop out!”:

By Amelia Stevens MD

Those were the infamous words of Timothy Leary, disgraced Harvard psychologist and counterculture guru of the 1960s.

Psychedelic drugs such as LSD and psilocybin (the active ingredient in “magic mushrooms,”) were widely blamed for all manner of dangerous and damaging effects, from staring at the sun until blind to schizophrenia to suicide. When radio/TV star Art Linkletter’s 20 year old daughter leapt to her death from her 6th floor kitchen window, many, including her father, believed this tragedy occurred because she had taken LSD. U.S. President Richard Nixon declared Leary “the most dangerous man in America,” because of his reckless promotion of the uncontrolled use of psychedelic drugs, and his charismatic influence on the younger generation.

Psychedelic drugs which cause alterations of mood, cognition and perception, have been used for centuries, both medicinally and in religious ceremonies to promote enlightenment and spiritual experiences.

Albert Hoffman, a Swiss scientist, first synthesized LSD and psilocybin in 1938. As the result of his personal experiments with LSD in the 1940s, he believed its mind-altering properties had the potential to change mankind for the better. Research by other scientists in the 40s and 50s supported his belief. Hundreds of scientific papers were written in the 50s and 60s about the potential benefits of psychedelics.

Psychedelics were still legal in the 1960s when Leary and his colleague Richard Alpert (the late Ram Dass) were experimenting with LSD and psilocybin at Harvard and in other distinctly non-academic settings. By 1970, because of demonizing media hype and the lack of official established guidelines or controls for their experimental use, the U.S. Food and Drug Administration (FDA) outlawed them. Research on these fascinating substances ceased in the U.S. and worldwide for several decades.

Investigation into the therapeutic and life enhancing uses of psychedelics cautiously resumed in the 2000s. Experiments were and continue to be conducted under tight guidelines, which include double-blind conditions, carefully chosen participants, regulated dosages, controlled settings and close monitoring.

In 2006, Dr. Roland Griffiths of Johns Hopkins University administered psilocybin to 36 emotionally healthy subjects without any previous experience of psychedelics. Fourteen months later two-thirds of the participants reported it as one of the five most meaningful, spiritually significant events of their lives. In 2011, Dr. Charles Grob of UCLA administered psilocybin to a group of 12 patients in advanced stage cancer with reactive anxiety. Significant reductions in anxiety were reported at one, three and six months. A subsequent Johns Hopkins study in 2016 using psilocybin in patients with life threatening cancer, showed

that 80% had remission of their depression, anxiety and fear of death. More recent studies indicate a broader range of efficacy for psilocybin in the treatment of patients with major depressive disorder who do not have a life threatening illness.

A striking and highly publicized multi-site study with 90 patients reported in *Nature Magazine* (June 2021) showed that MDMA-assisted psychotherapy resulted in complete remission of symptoms of PTSD (post traumatic stress disorder) in 67% of participants and significant reduction of symptoms in 88%. (MDMA, a synthetic psychedelic, is popularly known as Ecstasy or Molly.)

People often describe their psychedelic experiences as mystical, reporting that they feel at peace with themselves and the world, at one with the universe. There are remarkable similarities between the psychedelic experience and the life-changing revelations reported by religious mystics as well as those who have a long history of meditating. Psychedelics act on the serotonin system in the brain, known to be important in mood regulation among other functions. (Prozac, perhaps the best known of many related anti-depressants, is a selective serotonin reuptake inhibitor or SSRI.) Among other effects, they dampen activity in what is known as the default mode network (DMN), thought to be the seat of the self or ego. Results are quick and the effects are long lasting and often life-changing. The drugs are not addictive and adverse effects have been minor and transitory. This is in marked contrast to traditional pharmacological treatment of many mental health disorders where results may not be apparent for weeks, medication must be taken daily, and benefits are often less than optimal. Psychedelics offer hope for cure.

Psychedelics are so promising that investors are pouring money into startup companies, and universities are rapidly creating specialty divisions to study them. In keeping with this spirit of enthusiastic optimism, the city of Denver has decriminalized psilocybin and the state of Oregon has approved it for therapeutic use. Researchers have reason to believe that MDMA will be approved by the U.S. FDA for therapeutic use by 2023, with psilocybin soon to follow. These substances have come full circle from being wildly popular life-enhancing and party drugs, to being completely outlawed for decades, to a robust renaissance of exciting trials. They hold great promise for the treatment of many conditions, including depression, PTSD, drug and alcohol abuse, obsessive-compulsive disorder, anxiety disorders, even cluster headaches.

There were striking similarities between the psychedelic experience and the life-changing revelations reported by religious mystics and those who have a long history of meditating.

Los psicodélicos resurgen ¡Enciende, sintoniza, abandona!

Por Amelia Stevens MD

Ésas fueron las infames palabras de Timothy Leary, el desgraciado psicólogo de Harvard y gurú de la contracultura de los años sesenta.

Las drogas psicodélicas, como el LSD y la psilocibina (el ingrediente activo de las “setas mágicas”), fueron ampliamente culpadas de todo tipo de efectos peligrosos y perjudiciales, desde mirar al sol hasta quedarse ciego hasta la esquizofrenia y el suicidio. Cuando la hija de 20 años de la estrella de la radio y la televisión Art Linkletter saltó a la muerte desde la ventana de su cocina en un sexto piso, muchos, incluido su padre, creyeron que esta tragedia ocurrió porque había tomado LSD. El presidente de EE.UU., Richard Nixon, declaró a Leary “el hombre más peligroso de América”, debido a su imprudente promoción del uso incontrolado de drogas psicodélicas, y a su carismática influencia en la generación más joven.

Las drogas psicodélicas, que provocan alteraciones del estado de ánimo, la cognición y la percepción, se han utilizado durante siglos, tanto a nivel medicinal como en ceremonias religiosas para promover la iluminación y las experiencias espirituales.

Albert Hoffman, un científico suizo, sintetizó por primera vez el LSD y la psilocibina en 1938. Como resultado de sus experimentos personales con el LSD en la década de 1940, creía que sus propiedades de alteración de la mente tenían el potencial de cambiar a la humanidad para mejor. Las investigaciones realizadas por otros científicos en los años 40 y 50 respaldaron su creencia. En los años 50 y 60 se escribieron cientos de artículos científicos sobre los beneficios potenciales de los psicodélicos.

Los psicodélicos aún eran legales en los años 60 cuando Leary y su colega Richard Alpert (el difunto Ram Dass) experimentaban con el LSD y la psilocibina en Harvard y en otros entornos claramente no académicos. En 1970, debido a la demonización en los medios de comunicación y a la falta de directrices o controles oficiales establecidos para su uso experimental, la Administración de Alimentos y Medicamentos de EE.UU. (FDA) las prohibió. La investigación sobre estas fascinantes sustancias cesó en EE.UU. y en todo el mundo durante varias décadas.

La investigación de los psicodélicos sobre sus usos terapéuticos y para mejorar la calidad de vida se reanudó con cautela en la década de 2000. Los experimentos se realizaron y se siguen realizando bajo estrictas directrices, que incluyen condiciones de doble ciego, participantes cuidadosamente elegidos, dosis reguladas, entornos controlados y una estrecha vigilancia.

En 2006, el Dr. Roland Griffiths, de la Universidad Johns Hopkins, administró psilocibina a 36 sujetos emocionalmente sanos y sin ninguna experiencia previa con psicodélicos. Catorce meses después, dos tercios de los participantes declararon que se trataba de uno de los cinco acontecimientos más significativos y espirituales de sus vidas. En 2011, el doctor Charles Grob, de la UCLA, administró psilocibina a un grupo de 12 pacientes en fase avanzada de cáncer con ansiedad reactiva. Se informó de reducciones significativas de la ansiedad al cabo de

uno, tres y seis meses. Un estudio posterior de Johns Hopkins en 2016, en el que se utilizó psilocibina en pacientes con cáncer en peligro de muerte, demostró que el 80% tuvo remisión de su depresión, ansiedad y miedo a la muerte.

Estudios más recientes indican un rango más amplio de eficacia para la psilocibina en el tratamiento de pacientes con trastorno depresivo mayor que no tienen una enfermedad que amenace su vida.

Un llamativo y muy publicitado estudio con 90 pacientes, de la revista Nature (junio de 2021), demostró que la psicoterapia asistida con MDMA produjo una remisión completa de los síntomas del TEPT (trastorno de estrés postraumático) en el 67% de los participantes y una reducción significativa de los síntomas en el 88%. (La MDMA, un psicodélico sintético, se conoce popularmente como éxtasis o Molly).

La gente suele describir sus experiencias psicodélicas como místicas, informando de que se sienten en paz consigo mismos y con el mundo, en armonía con el universo. Existen notables similitudes entre la experiencia psicodélica y las revelaciones que cambian la vida que relatan los místicos religiosos, así como los que tienen un largo historial de meditación. Los psicodélicos actúan sobre el sistema de la serotonina en el cerebro, conocido por su importancia en la regulación del estado de ánimo, entre otras funciones. (El Prozac, quizá el más conocido de los muchos antidepresivos relacionados, es un inhibidor selectivo de la recaptación de serotonina o ISRS). Entre otros efectos, amortiguan la actividad de lo que se conoce como red de modo por defecto (DMN), que se cree que es la sede del yo o ego. Los resultados son rápidos y los efectos son duraderos y a menudo cambian la vida. Los psicodélicos no son adictivos y los efectos adversos son menores y transitorios. Esto contrasta notablemente con el tratamiento farmacológico tradicional de muchos trastornos mentales, en el que los resultados pueden no ser evidentes durante semanas, la medicación debe tomarse a diario y los beneficios son a menudo menos que óptimos. Los psicodélicos ofrecen una esperanza de curación.

Los psicodélicos son tan prometedores que se están invirtiendo dinero en nuevas empresas y las universidades están creando rápidamente divisiones especializadas para estudiarlos. En consonancia con este espíritu de optimismo entusiasta, la ciudad de Denver ha despenalizado la psilocibina y el estado de Oregón ha aprobado su uso terapéutico. Los investigadores tienen razones para creer que la MDMA será aprobada por la FDA de EE.UU. para su uso terapéutico en 2023, y que la psilocibina le seguirá pronto. Estas sustancias han cerrado el círculo, pasando de ser unas drogas muy populares para mejorar la vida y las fiestas, a estar completamente prohibidas durante décadas, y a un sólido renacimiento de emocionantes ensayos. Son muy prometedoras para el tratamiento de muchas enfermedades, como la depresión, el TEPT, el abuso de drogas y alcohol, el trastorno obsesivo-compulsivo, los trastornos de ansiedad e incluso las cefaleas en racimo.

Keep on Moving, However Possible

by Barbara Hildt

The older we get the more aware we are of the limitations of our physical bodies.

Many friends have worn out joints in their hips and knees. They are always grateful when replacement surgery and rehabilitation enables them to move again with little or no pain.

When I was younger I could sit for hours and then jump up and go. Now if I sit for very long, I get stiff and it's harder to move quickly. The lesson for me is to remember to keep moving.

I don't want to injure a body part, so I need to tune into my body to know how I need to move.

Sitting or standing still, I ask my body to tell me where the energy is stuck. Then I begin moving slowly, usually stretching and gently turning my torso. Or sometimes I begin to move by reaching out my arms, rotating my hands. Then bending my back, I slowly look over one shoulder and then the other.

Once I can feel the energy flowing to all parts of my body, I can safely begin to dance slowly.

Any music, classical or pop, that has a good steady beat can make me want to dance. As I increase my movements, I breathe more deeply as my heart rate increases. This keeps my old heart free of the symptoms of angina that I used to have occasionally.

Besides keeping my old body more flexible and pain free, dancing keeps me feeling balanced.

When I dance I can express my feelings without having to speak. Emotions are a powerful form of energy. So dancing expressively can be a healthy, harmless way to release pent up emotions that if not released can manifest as discomfort or pain in parts of our bodies.

Dancing keeps our bodies physically stronger and more flexible. And dancing also keeps us more balanced and free of negative energies caused by pent up negative emotions.

Naturally as we age we need to be more careful about how we move so we don't injure a body part like a knee or hip that has suffered from wear and tear. But even if we do have an injury in one part, we can still carefully move most of our other parts.

When my knee was healing from a torn meniscus, I would sit in a chair to stretch and move gently to music. Soon I was up on my feet dancing with a cane. Although I usually dance alone, I use stationary pieces of furniture, the kitchen counter and walls for support or help with balance when needed.

If I ever end up confined to a wheelchair I won't let that keep me from dancing. I'll keep moving the body parts I can to express my true feelings. I hope many seniors are also discovering the importance of expressive movement to maintain their physical and emotional freedom and well-being. May we all keep moving, however possible.



Seguir avanzando, como sea posible

por Barbara Hildt

Cuanto más envejecemos, más conscientes somos de las limitaciones de nuestro cuerpo.

Muchos amigos tienen articulaciones desgastadas en las caderas y las rodillas. Siempre están agradecidos cuando la cirugía de sustitución y la rehabilitación les permiten volver a moverse con poco o ningún dolor.

Cuando era más joven podía estar sentada durante horas y luego levantarme de un salto e irme. Ahora, si estoy sentada mucho tiempo, me pongo rígida y me cuesta más moverme rápidamente. La lección para mí es recordar que hay que seguir moviéndose.

No quiero lesionarme una parte del cuerpo, así que tengo que sintonizar con mi cuerpo para saber cómo tengo que moverme. Sentada o de pie, le pido a mi cuerpo que me diga dónde está atascada la energía. Entonces empiezo a moverme lentamente, normalmente estirando y girando suavemente el torso. O a veces empiezo a moverme extendiendo los brazos y girando las manos. Luego, doblando la espalda, miro lentamente por encima de un hombro y luego del otro.

Una vez que puedo sentir que la energía fluye hacia todas las partes de mi cuerpo, puedo empezar a bailar lentamente con seguridad. Cualquier música, clásica o pop, que tenga un buen ritmo constante puede hacer que quiera bailar. A medida que aumento mis movimientos, respiro más profundamente al tiempo que aumenta mi ritmo cardíaco. Esto mantiene mi viejo corazón libre de los síntomas de angina de pecho que solía tener ocasionalmente.

Además de mantener mi viejo cuerpo más flexible y libre de dolores, bailar me hace sentir equilibrada. Cuando bailo puedo expresar mis sentimientos sin tener que hablar. Las emociones son una poderosa forma de energía. Así que bailar de forma expresiva puede ser una forma sana e inofensiva de liberar emociones reprimidas que, si no se liberan, pueden manifestarse como molestias o dolor en algunas partes de nuestro cuerpo.

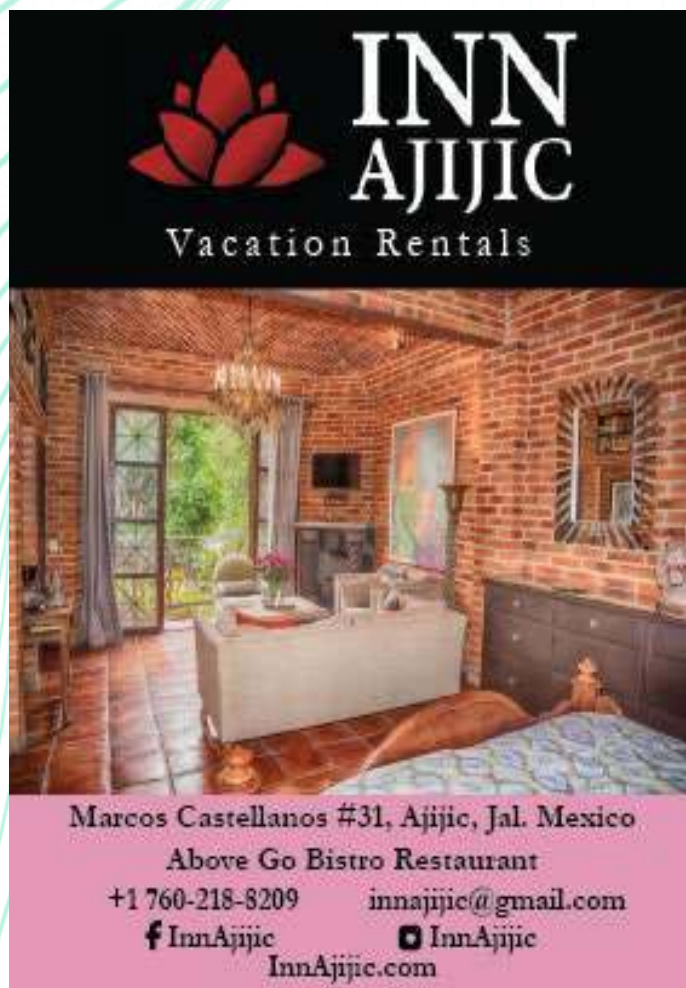
Bailar mantiene nuestro cuerpo físicamente más fuerte y flexible. Y bailar también nos mantiene más equilibrados y libres de las energías negativas causadas por las emociones negativas reprimidas.

Naturalmente, a medida que envejecemos debemos tener más cuidado con la forma de movernos para no lesionarnos

una parte del cuerpo, como la rodilla o la cadera, que ha sufrido desgaste. Pero incluso si tenemos una lesión en una parte, podemos seguir moviendo la mayoría de nuestras otras partes con mucho cuidado.

Cuando mi rodilla se estaba curando de una rotura de menisco, me sentaba en una silla para estirar y moverme suavemente al ritmo de la música. Pronto estaba de pie bailando con un bastón. Aunque suelo bailar sola, utilizo muebles fijos, la encimera de la cocina y las paredes para apoyarme o ayudarme con el equilibrio cuando lo necesito.

Si alguna vez acabo confinada en una silla de ruedas, no dejaré que eso me impida bailar. Seguiré moviendo las partes del cuerpo que pueda para expresar mis verdaderos sentimientos. Espero que muchas personas mayores también descubran la importancia del movimiento expresivo para mantener su libertad y bienestar físico y emocional. Que todos sigamos moviéndonos, como sea posible.



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There is a long-term care crisis in America which COVID – 19 made impossible to ignore. One in four deaths from COVID in the USA were elderly individuals living in institutions; in Canada it was 80%. The problems include underpaid, overworked, poorly trained staff and overcrowded facilities.

I wondered about the situation here at Lakeside, and visited the oldest assisted living facility in the area, Casa Nostra. Manager Delia Villanueva and I toured the home. They didn't have a single case of COVID: "We locked down for for four months, no visitors allowed. We drove our staff to and from work so they didn't have to take the bus." Delia's strategy worked.

Staff turnover is not a problem at Casa Nostra. Delia has worked there since 1992; many staff members have been there almost that long including the gardener (26 years) and the cook (27 years). Her eldest daughter Sandra, who has a nursing degree specializing in geriatric care, is the head nurse and her daughter Norma is the administrator. "We treat the residents like family, too. We have birthday parties, and celebrate Father's Day, Mother's Day and Christmas with mariachis and cakes."

There are currently 21 residents living at Casa Nostra. They all have a sitting/bedroom with their own bathrooms and small kitchenettes. A nurse assesses everyone who applies for his or her care needs. There is short-term recovery care for people who've had surgeries or a medical situation that requires one or two months of care, plus long term lighter and heavier care, both of which include assistance with bathing, grooming, dressing, and medication management. They also accept individuals with dementia.

Delia is trained as an auxiliary, certified by the Red Cross, but senior care is more than a job to her, it's her "calling." Her philosophy is to use her head and her heart. Her daughter elaborated: "She has magic powers. She knows who will fit in, what their needs are." Clearly this approach works; one gentleman has lived at Casa Nostra ten times, coming in as needed, and leaving when he's better. A friend of mine is there for the seventh time.

Casa Nostra is licensed by the state of Jalisco and inspected annually. A doctor comes in once a week, and in addition to care, residents have access to daily exercise classes, and weekly Spanish classes, bingo and painting classes. The gardens are lovely, with plenty of outdoor spaces to sit and socialize.

I'd seen the oldest facility at Lakeside, so I decided to visit the newest. La Pueblita is still under construction. Head nurse Kate Street met with me and gave me the grand tour. She explained their philosophy is to encourage residents to live the best lives they possibly can. "We want residents to be part of our community," she says, and thinks of it as a retirement resort, rather than an institution.

There is a memory care facility for persons with dementia, plus 32 bungalow style casitas, and an apartment building. Independent seniors live alongside those requiring assisted living care, offered in three stages. All residents must pay a one-time only membership fee.

A service plan is developed for those who require assistance; these will be reviewed on a regular basis. The great news is if care needs change, people can "age in place." You don't have to move out; instead the care comes to you.

In addition to onsite care, there are recreational opportunities: a swimming pool, restaurant, cultural center (open to the community), and a mini strip-mall with a medical clinic, pharmacy, and grocery store.

At this point, La Pueblita expects more expatriate residents than Mexicans. As Mariana Torres, Senior Solutions Consultant, ex-

plained, for Mexican nationals there is still a stigma attached to placing a parent in a care facility. "It's viewed as abandoning them and your responsibility." Also, the children of senior parents who require care don't always agree on where the parents ought to live. "It's complicated," she said, "but it's changing."

Assisted living is a relatively recent development in the USA and Canada. Until the 1950s, family members, usually female, provided most senior care. However, as more women entered the work force, and families moved more frequently, nursing homes were born. Today 1.2 million Americans live in one. Here in Mexico assisted living is still in the early stages of development, with most facilities being built close to the Mexico/US border, or in places with large expatriate populations.

We cherish our independence, but Father Time and Mother Nature take their toll on us all, expatriates and Mexican nationals alike, and Lakesiders are blessed with many options, old and new, large and small, pricey or economical. It's important to see the facility for yourself, meet the management, check the place out, and if possible, talk to someone already living there. And, insist they are licensed!

In her excellent book titled Necessary Losses, author Judith Viorst writes: "The losses of old age are multiple and involve not only the losses of friends, home, purpose, status, security and control, but also the loss of strength, beauty, reflexes and memory, but it is our attitude toward aging that determines its quality."

Moving into an assisted living facility can be viewed as experiencing a loss, or it can be seen as an opportunity for a new, different, and safer lifestyle, one where staff prepare your meals, help you with activities of daily living, and where you have time to pursue new leisure activities and meet new friends. As one happy resident of La Pueblita said to me: "I wouldn't want to live anywhere else." Assisted living really can help us live the best life we can.

La Pueblita, Memory Care



La Pueblita, Memory Care

En Estados Unidos existe una crisis de cuidados de larga duración que COVID - 19 hizo imposible de ignorar. Una de cada cuatro muertes por COVID en EE.UU. eran personas mayores que vivían en instituciones; en Canadá era el 80%. Los problemas incluyen personal mal pagado, sobrecargado de trabajo y mal formado, así como instalaciones superpobladas.

Me pregunté por la situación aquí en la zona, y visité la residencia asistida más antigua del área, Casa Nostra. La gerente Delia Villanueva y yo recorrimos la residencia. No tenían ni un solo caso de COVID: “Nos encerramos durante cuatro meses, sin permitir visitas. Llevamos y trajimos a nuestro personal al trabajo para que no tuvieran que coger el camión”. La estrategia de Delia funcionó.

La rotación de personal no es un problema en Casa Nostra. Delia trabaja allí desde 1992; muchos miembros del personal llevan casi ese tiempo, como el jardinero (26 años) y la cocinera (27 años). Su hija mayor, Sandra, licenciada en enfermería y especializada en atención geriátrica, es la enfermera en jefe y su hija Norma es la administradora. “También tratamos a los residentes como a una familia. Hacemos fiestas de cumpleaños y celebramos el Día del Padre, el Día de la Madre y la Navidad con mariachis y pasteles”.

Actualmente hay 21 residentes viviendo en Casa Nostra. Todos tienen una sala de estar/dormitorio con sus propios baños y pequeñas cocinas. Una enfermera evalúa a todos los que solicitan su atención. Hay cuidados de recuperación a corto plazo para personas que han tenido cirugías o una situación médica que requiere uno o dos meses de cuidados, además de cuidados más ligeros y más pesados a largo plazo, que incluyen asistencia para bañarse, afeitarse, vestirse y gestionar la medicación. También aceptan personas con demencia.

Delia está formada como auxiliar, certificada por la Cruz Roja, pero el cuidado de personas mayores es más que un trabajo para ella, es su “vocación”. Su filosofía es usar la cabeza y el corazón. Su hija lo explica: “Tiene poderes mágicos. Sabe quién va a encajar, cuáles son sus necesidades”. Está claro que este enfoque funciona; un señor ha vivido en Casa Nostra diez veces, entrando cuando lo necesita y saliendo cuando está mejor. Un amigo mío está allí por séptima vez.

Casa Nostra está autorizada por el estado de Jalisco y es inspeccionada anualmente. Un médico viene una vez a la semana y, además de los cuidados, los residentes tienen acceso a clases diarias de ejercicio y a clases semanales de español, bingo y pintura. Los jardines son preciosos, con muchos espacios al aire libre para sentarse y socializar.

Había visto la instalación más antigua, así que decidí visitar la más nueva. La Pueblita aún está en construcción. La enfermera en jefe, Kate Street, se reunió conmigo y me hizo un gran recorrido. Me explicó que su filosofía es animar a los residentes a vivir lo mejor posible. “Queremos que los residentes formen parte de nuestra comunidad”, dice, y piensa en ella como un centro de jubilación, más que como una institución.

Hay un centro de atención a la memoria para personas con demencia, además de 32 casitas de estilo bungalow y un edificio de apartamentos. Las personas mayores independientes conviven con las que necesitan cuidados de vida asistida, que se ofrecen en tres etapas. Todos los residentes deben pagar una única cuota de socio.

Se elabora un plan de servicios para los que requieren asistencia, que se revisa periódicamente. La gran noticia es que, si las necesidades de atención cambian, la gente puede “envejecer en su sitio”. No tienen que mudarse, sino que los cuidados van a su encuentro.

Además de los cuidados in situ, hay oportunidades de ocio: una piscina, un restaurante, un centro cultural (abierto a la comunidad) y un mini centro comercial con una clínica médica, una farmacia y una tienda de

comestibles.

En este momento, La Pueblita espera más residentes extranjeros que mexicanos. Como explicó Mariana Torres, consultora de soluciones senior, para los mexicanos sigue existiendo un estigma a la hora de ingresar a un familiar en un centro de atención. “Se ve como un abandono de ellos y su responsabilidad”. Además, los hijos de los padres mayores que requieren cuidados no siempre están de acuerdo con el lugar donde los padres deben vivir. “Es complicado”, dice, “pero está cambiando”.

La vida asistida es un desarrollo relativamente reciente en Estados Unidos y Canadá. Hasta los años 50, los miembros de la familia, generalmente mujeres, se encargaban de la mayor parte de los cuidados de los ancianos. Sin embargo, a medida que un mayor número de mujeres se incorporaba al mercado laboral y las familias se mudaban con más frecuencia, nacieron las residencias de ancianos. Hoy en día, 1,2 millones de estadounidenses viven en una. Aquí en México la vida asistida está todavía en las primeras etapas de desarrollo, con la mayoría de las instalaciones construidas cerca de la frontera entre México y Estados Unidos, o en lugares con grandes poblaciones de extranjeros.

Apreciamos nuestra independencia, pero el Padre Tiempo y la Madre Naturaleza nos pasan factura a todos, tanto a los extranjeros como a los mexicanos, y los habitantes de los lagos tienen la suerte de contar con muchas opciones, antiguas y nuevas, grandes y pequeñas, caras o económicas. Es importante ver las instalaciones por ti mismo, conocer a la dirección, comprobar el lugar y, si es posible, hablar con alguien que ya esté viviendo allí. E, ¡insiste en que tengan licencia!

En su excelente libro titulado Pérdidas necesarias, la autora Judith Viorst escribe: “Las pérdidas de la vejez son múltiples e implican no sólo la pérdida de amigos, hogar, propósito, estatus, seguridad y control, sino también la pérdida de fuerza, belleza, reflejos y memoria, pero es nuestra actitud hacia el envejecimiento la que determina su calidad”.

Mudarse a una residencia asistida puede considerarse como una pérdida, o puede verse como una oportunidad para un estilo de vida nuevo, diferente y más seguro, en el que el personal le prepara las comidas, le ayuda con las actividades de la vida diaria y en el que tiene tiempo para realizar nuevas actividades de ocio y conocer nuevos amigos. Como me dijo un feliz residente de La Pueblita: “No querría vivir en ningún otro sitio”. La vida asistida realmente puede ayudarnos a vivir lo mejor posible.





Niños Incapacitados It's All About the Kids

By Carol L. Bowman

A service organization Lakeside, that continues to provide incomparable benefits to the community after 47 years, has triumphed over many obstacles along the way. That non-profit, all-volunteer charity is Niños Incapacitados and local families with children who have serious medical disabilities or life-threatening illnesses have been the beneficiaries. The need never stops and for nearly half a century, this organization of 'angels' has stepped up to the challenge.

Its origins took root as *Amigos de Salud* in 1974, when Silvia Flores, with 11 *Mexicans* and expatriates, organized to help families of *Centro de Salud* Clinic in Jocotepec. In 1993, the group expanded into *Programa Por Niños Incapacitados del Lago (PPNI)*. Two original volunteers, Joan Frost and Lance Elmstrom launched the Chapala Chili Cook-Off in 1978, as a *Niños* fund raiser. This annual event still remains a significant revenue source for local charities.

While meeting with *Niños'* powerhouse Board, *PPNI* president, Lydia Bodin, Communications Director, Carol Antcliffe, and Clinics Director, Nicole Sergent, I witnessed their work in action. Nicole received a call that one of the program's children with Cerebral Palsy suffered a broken back. Nicole flew into crisis mode. Through phone calls and emails, she learned the immediate medical treatment the child needed and determined how *Niños Incapacitados* could reimburse the family for those expenses. I observed, in awe, the swift execution of services to supported families, no matter what, no matter when.

The 22 voting members of *PPNI*, including both Mexican Nationals and expatriates, never forget their mission to the 120 families they currently serve. The primary goal remains to locate resources and to financially reimburse approved families for expenses directly related to each child's illness or disability. 95% of all donations go directly to medical needs, which include medications, special equipment, diagnostic tests and transportation for treatment in Guadalajara and Mexico City, but their caring reach goes far beyond financial. "It's all about the kids," echoed over and over.

The organization receives referrals from Social Workers at Chapala and Jocotepec Offices of DIF, the Federal arm of Mexico that coordinates programs to assist vulnerable social groups. They determine which families meet the income threshold for assistance. Currently *Niños* serves children who suffer kidney, heart and orthopedic maladies, epilepsy, cancer, diabetes, Down syndrome and other debilitating disorders. Sick children aged one month until 18 or 22 for exceptional situations, are served. Monthly *Niños* clinics at DIF offices, supervised by Nicole, provide interaction with the families, evaluation of

the child's progress and reimbursement. Outcome based goals result in incredible success stories and tragic losses as well. Lydia emphasized, "We have the lives of children in our hands, we make a promise to go to the wall to get them what they need, and the commitment endures from start to finish."

In 2017, cash reimbursements to parents became unwieldy. At times, an individual child's medication costs could reach \$9,000 pesos per month. Nicole, Clinics Director since 2015, taught mothers how to open bank accounts, deposit checks and withdraw funds. This alternative money management tool has benefited families in countless other ways,

The COVID pandemic brought incredible challenges to *Niños Incapacitados*. *DIF* offices closed, Zoom and WhatsApp became the virtual on-line contact with families. Two Mexican mothers in Jocotepec and one in Chapala stepped-up as the volunteer mainstays of family interaction, collecting facturas verifying medical expenses and handing out checks.

With in-person fundraising events cancelled, Carol developed integral on-line paradigms to communicate with the public, engage new volunteers and remind donors that children's illnesses and disabilities continued, even though everything else was 'on hold.' Lydia commented that every morning her first thought is "How can I make money for *Niños* today?" Virtual events such as special speaker series, efficient and profitable without overhead, will remain in place for the near future, but human contact is missed. Collaboration with Mexican small businesses, local labs and pharmacy discounts, reduced physician costs and Shriner involvement have proved invaluable. Parents of supported children organize their own community fundraisers, known as *Kermes* as their way of giving back to *Niños*. "We could never meet our fiscal obligations without hands across international borders, support from local business or consistent and one-time donors from this community," echoed Lydia.

The story of *Niños Incapacitados* has too many layers to fit on this page. Please go to www.programaninos.com. Meet the children and smile about their medical successes. Learn how to donate — your time, your skills, your tax deductible Canadian or American dollars. Mexican donors can receive tax receipts. Discover how to volunteer as a bilingual clinic assistant, help with IT needs, and assist with virtual or future in-person events. Realize that your help can be as simple as writing out reimbursement checks. Read about children's lives that have been saved, life experiences improved, illnesses or disabilities diminished. Be part of the solution to helping this Mexican community. Remember, "It's all about the kids."



Niños Incapacitados Todo gira en torno a los niños

Por Carol L. Bowman

Una organización de servicios en la zona, que sigue proporcionando beneficios incomparables a la comunidad después de 47 años, ha triunfado sobre muchos obstáculos en el camino. Esa organización benéfica, sin ánimo de lucro y totalmente voluntaria, es Niños Incapacitados y las familias locales con niños que tienen graves discapacidades médicas o enfermedades que amenazan su vida han sido las beneficiarias. La necesidad nunca cesa y, durante casi medio siglo, esta organización de “ángeles” ha aceptado el reto.

Sus orígenes se remontan a 1974 como Amigos de Salud, cuando Silvia Flores, con 11 mexicanos y extranjeros, se organizaron para ayudar a las familias de la Clínica Centro de Salud de Jocotepec. En 1993, el grupo se amplió a Programa Pro Niños Incapacitados del Lago (PPNI). Dos voluntarios originales, Joan Frost y Lance Elmstrom lanzaron el Chapala Chili Cook-Off en 1978, como una recaudación de fondos de Niños. Este evento anual sigue siendo una importante fuente de ingresos para las organizaciones benéficas locales.

Mientras me reunía con Junta de Niños, la presidenta de PPNI, Lydia Bodin, la directora de comunicaciones, Carol Antcliffe, y la directora de las clínicas, Nicole Sergent, fui testigo de su trabajo en acción. Nicole recibió una llamada en la que le informaban de que uno de los niños con parálisis cerebral del programa se había roto la espalda. Nicole entró en modo de crisis. A través de llamadas telefónicas y correos electrónicos, se enteró del tratamiento médico inmediato que necesitaba el niño y determinó cómo Niños Incapacitados podría reembolsar a la familia esos gastos. Observé, asombrada, la rápida ejecución de los servicios para apoyar a las familias, sin importar qué ni cuándo.

Los 22 miembros con derecho a voto de PPNI, entre los que se encuentran tanto mexicanos como extranjeros, nunca olvidan su misión para con las 120 familias a las que sirven actualmente. El objetivo principal sigue siendo localizar recursos y reembolsar económicamente a las familias aprobadas los gastos directamente relacionados con la enfermedad o discapacidad de cada menor. El 95% de las donaciones se destinan directamente a las necesidades médicas, que incluyen medicamentos, equipos especiales, pruebas de diagnóstico y transporte para el tratamiento en Guadalajara y Ciudad de México, pero su alcance solidario va mucho más allá de lo económico. “Se trata de los niños”, se repite una y otra vez.

La organización recibe referencias de los trabajadores sociales de las oficinas de Chapala y Jocotepec del DIF, el brazo federal de México que coordina los programas de asistencia a grupos sociales vulnerables. Ellos determinan qué familias cumplen con el umbral de ingresos para recibir asistencia. Actualmente Niños atiende a menores que padecen enfermedades renales, cardíacas y ortopédicas, epilepsia, cáncer, diabetes, síndrome de Down y otros trastornos debilitantes. Se atienden niños enfermos de un mes hasta los 18 años o 22 para situaciones excepcionales. Las clínicas mensuales en las oficinas del DIF, supervisados por Nicole, proporcionan la interacción con las familias, la evaluación del progreso del bene-

factor y el reembolso. Los objetivos basados en los resultados dan lugar a increíbles historias de éxito y también a trágicas pérdidas. Lydia enfatizó: “Tenemos la vida de los niños en nuestras manos, hacemos la promesa de ir hasta el final para conseguir lo que necesitan, y el compromiso perdura de principio a fin.”

En 2017, los reembolsos en efectivo a los padres se volvieron inmanejables. A veces, los gastos de medicación de un niño podían alcanzar los 9,000 pesos al mes. Nicole, directora de las clínicas desde 2015, enseñó a las madres a abrir cuentas bancarias, depositar cheques y retirar fondos. Esta herramienta alternativa de gestión del dinero ha beneficiado a las familias de otras innumerables maneras,

La pandemia de COVID trajo increíbles desafíos a Niños Incapacitados. Las oficinas del DIF cerraron, Zoom y WhatsApp se convirtieron en el contacto virtual en línea con las familias. Dos madres mexicanas en Jocotepec y una en Chapala se convirtieron en los pilares voluntarios de la interacción con las familias, recolectando facturas para verificar los gastos médicos y entregando cheques.

Con la cancelación de los eventos de recaudación de fondos en persona, Carol desarrolló paradigmas integrales en línea para comunicarse con el público, involucrar a nuevos voluntarios y recordar a los donantes que las enfermedades y discapacidades de los niños continuaban, aunque todo lo demás estuviera “en espera”. Lydia comentó que cada mañana su primer pensamiento es “¿Cómo puedo ganar dinero para Niños hoy?”. Los eventos virtuales, como las series de oradores especiales, eficientes y rentables sin gastos generales, seguirán existiendo en el futuro próximo, pero se echa de menos el contacto humano. La colaboración con las pequeñas empresas mexicanas, los descuentos en laboratorios y farmacias locales, la reducción de los costes de los médicos y la participación de los Shriner han demostrado ser muy valiosos. Los padres de los niños que reciben apoyo organizan kermes, como su forma de retribuir a los Niños. “Nunca podríamos cumplir con nuestras obligaciones fiscales sin las manos a través de las fronteras internacionales, el apoyo de las empresas locales o los donantes constantes y puntuales de esta comunidad”, se hizo eco Lydia.

La historia de Niños Incapacitados tiene demasiadas capas para caber en esta página. Por favor, visite www.programaninos.com. Conozca a los niños y sonría con sus éxitos médicos. Aprenda cómo donar -su tiempo, sus habilidades, sus dólares canadienses o estadounidenses deducibles de impuestos. Los donantes mexicanos pueden recibir recibos de impuestos. Descubra cómo ser voluntario como asistente bilingüe en la clínica, ayudar con las necesidades de TI, y ayudar con eventos virtuales o futuros en persona. Date cuenta que tu ayuda puede ser tan simple como escribir cheques de reembolso. Lea sobre las vidas de los niños que se han salvado, las experiencias de vida mejoradas, las enfermedades o las discapacidades disminuidas. Sea parte de la solución para ayudar a esta comunidad mexicana. Recuerda: “Todo se trata de los niños”.



Mi palabra favorita en español es “jubilación”. Pensar en la jubilación después de muchos años de trabajo era realmente un júbilo, y estaba deseando tener tiempo libre.

Mi historia es similar a la de muchos extranjeros, que eligen la zona del Lago de Chapala para retirarse, pero el júbilo pronto se desvaneció y necesitaba un propósito y tenía el deseo de ser de servicio a este hermoso país que me ha abrazado.

Encontré ese propósito en el programa de ESL (programa de inglés como segunda lengua) patrocinado por Lake Chapala Society. Durante los últimos cuatro años, ha sido un placer enseñar inglés a los adultos de mi comunidad. Inez Dayer, la coordinadora del programa, explica su filosofía de enseñanza con la siguiente cita “A los estudiantes no les importa cuánto sabes; necesitan saber que te importa”.

Si sabes comunicar, escuchar, tienes empatía y paciencia, puedes enseñar. La alegría viene de los estudiantes, que realmente aprecian tu presencia, y una vez que te has ganado su confianza compartirán sus vidas, su lengua y su cultura contigo.

Recuerdo a María, una trabajadora sanitaria que tenía un cliente de habla inglesa y necesitaba aprender las partes del cuerpo, y a Javier, un barbero local que quería poder charlar con sus clientes extranjeros. Los alumnos proceden de todos los ámbitos de la vida y van desde la edad de la escuela secundaria hasta la de los jubilados. La mayoría qui-

¿Cómo quiere pasar su jubilación?

ere aprender inglés para mejorar su situación económica; son trabajadores y decididos, con un perverso sentido del humor.

El júbilo ha vuelto a mi vida, pero con un maravilloso sentido del propósito, nuevas relaciones y una mejor comprensión cultural. Sus hilos de plata no deberían impedirle añadir un nuevo significado a sus años de jubilación. Para obtener más información sobre el programa de ESL, visite la siguiente página web: <https://lakechapalasociety.com/public/esl-classes.php>

Para responder a cualquiera de tus preguntas o para unirse al equipo contacta con Jackie o Inez en Jackie_dumont@hotmail.com o inezme@gmail.com



WRITINGS FROM WILKES

These writings are from the LCS Wilkes Center, or Biblioteca, a beehive of activity, Galeana 18 in Ajijic, two blocks from the LCS main campus. For 20 years, a cadre of volunteers have taught ESL to the Mexican Community, gratis. There are several levels of study. Volunteer teacher and author Carol Bowman recently asked her Level 4 students to try their hands at creative writing. We are proud to announce that Writings from the Wilkes will become a regular feature of this magazine. We will not edit these pieces as a way of demonstrating how much progress these talented, hard working students have made.



August 13 will be the 500th anniversary of the fall of Tenochtitlán, today Mexico City. This event in Mexican history has many names, dates and facts. To write this article, I interviewed Carmen Esther Ruvalcaba, who has a Master's Degree in history and is an enthusiastic teacher. She was so happy to share her knowledge and information with me and I really appreciated her support.

Bernal Díaz Castillo wrote about the events of the Conquest in his work called "Historía Verdadera de La Conquista de La Nueva España" (True History of the Conquest of New Spain,) in which he narrates the taking of Tenochtitlán with descriptions of places, stories of characters, anecdotes and dangers faced.

Tenochtitlán, with its own rich history, was the capital of the Mexicas Empire, one of the largest cities of its time in the world, and dominated much of Mesoamerica.

On the other side of the world, Christopher Columbus was determined to find a direct route from Western Europe to Asia, but instead discovered America on October 12, 1492. During his four voyages across the Atlantic Ocean (1492-1502,) he claimed various Caribbean islands for Spain. Wherever he landed he referred to the resident peoples as 'Indians,' in his belief that he had reached the Indian Ocean.

After three expeditions to the new continent, Hernán Cortés disembarked on the Yucatán peninsula. There, he ran into Fray Jerónimo de Aguilar whose previous expedition had been shipwrecked. Cortés rescued him from the slavery of the natives, and he was very useful to Cortes because the Fray spoke Spanish and Mayan. Arriving in Veracruz, Cortes learned about the great Aztec kingdom.

In Tenochtitlán, the King, Moctezuma II, believed that in future times, powerful beings would arrive in his dominions. Fearful that the Spaniards were those beings, he sent them rich gifts, gold and precious stones and requested that they not advance any farther, but the Spaniards were motivated to have more and went to Tenochtitlán. Hernán Cortés dismantled and burned his ships to prevent his sailors from return-

ing to Spain.

King Moctezuma II received the Spanish as gods and hosted them in the Axayácatl Palace in Tenochtitlán on Nov. 18, 1519. The Aztecs, who had never seen horses, attributed divine powers to the Spanish and thought that the horses with mounted riders were Gods.

"Malinche," the daughter of a rich man, who had been enslaved and was rescued by Moctezuma II, spoke Mayan and Nahuatl, among other dialects, so her participation in the conquest was very important. Hernán Cortés communicated in Spanish to Fray Jerónimo Aguilar, he translated into Mayan to Malinche and she at the same time communicated with Moctezuma II in Nahuatl.

Cortés went to Veracruz because some soldiers of the Governor of Cuba, Diego Velázquez, arrived. They left in command, Pedro de Alvarado, who, moved by ambition during an Aztec ceremony on May 23, 1520, killed Indians and stole the gold and precious stones they carried, causing much disgust.

Cortés returned to Tenochtitlán, but the indigenous people were very angry. He asked Moctezuma II to calm his people, but when he tried, they threw stones at him, wounding him severely. Moctezuma II died a few days later. Other versions suggest that the Spaniards killed him, or his people had already appointed another king and he died of starvation, abandoned.

When Cuitláhuac, brother of Moctezuma II, was named King on the night of June 30 to July 1, 1520, the Aztecs rebelled and killed the Spaniards. Cortés cried for this betrayal and this event is known as "La Noche Triste," (the Sad Night.)

Cuitláhuac died of black smallpox, a disease brought by the Spanish and Cuauhtémoc, nephew of Moctezuma II was named king on January 25, 1521.

Cortés organized his army again, aided by the Tlaxcala Indians.

In May 1521, the Spaniards blocked the entry of food to Tenochtitlán. After three months of resisting, the Indians surrendered on August 13, 1521, ending the Aztec Empire and beginning of Spanish domination from 1521 to 1821. The King Cuauhtémoc was taken prisoner. His feet were burned when he refused to tell the Spanish where his treasure was hidden. They never found out. He was hanged on Feb. 28, 1525 at the age of 28 years.

Starting in 1821, the Independent Mexico was established.



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