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PUBLICATION

THE LAKE CHAPALA SOCIETY
AJJIC, MEXICO

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- Nephrology
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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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Conecciones welcomes submissions of articles from Lakeside authors — we reserve the right to edit as necessary. Submissions should be in MSWord 750 words, and should be directed to submissions@lakechapalasociety.com. Advertisement inquiries should be directed to ventas@lakechapalasociety.com.

Propuestas de artículos para la revista *Conecciones*. Nos reservamos el derecho de editar según sea necesario. Las consultas deben dirigirse a editor@lakechapalasociety.com. Las consultas sobre publicidad deben dirigirse a ventas@lakechapalasociety.com.

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Lake Chapala Society

On the Past

We have met with government officials and are working closely with many people in the community to develop plans for how we can open at least some of our campus over time and what would be our operating policies. We have multiple weekly meetings that work through the many details and plans. We feel we have a lot in place to make the campus safer for when the time comes.

We completely understand that not everyone will be willing to go out, visit the campus or take a class no matter when we open. This staggered opening and gradual reinvolvement will have a major impact on our income and operations for some time to come. People will have to determine their own comfort level and the right timing for them to reengage. But the crucial thing will be that everyone needs to respect each other. Wearing masks and social distancing may be much more about protecting your fellow community members.

The Board of Directors are monitoring many factors to decide how the AGM may be held and if it will be online. Details are subject to change depending upon what is going on in the community over the next few weeks. We will send out email updates on this shortly.

Now!

Please [click on the link](#) to this recent video to see how things are looking at the Lake Chapala Society. You can help us out by forwarding the video to friends and family who also care about LCS. We also have over 200 activities and classes taking place online through Zoom. Check the activity pages and our website for more information. We are thankful to those who can renew their [membership](#) or make a [donation](#) at this time to keep us going.

We look forward to seeing you.

Steve Balfour,
Executive Director

Lake Chapala Society

En el Pasado

Nos hemos reunido con funcionarios del gobierno y estamos trabajando de cerca con muchas personas de la comunidad para desarrollar planes de cómo podemos abrir al menos parte de nuestro campus con el tiempo y cuáles serían nuestras políticas operativas. Tenemos múltiples reuniones semanales para trabajar en los múltiples detalles y planes. Sentimos que tenemos mucho en marcha para hacer el campus más seguro para cuando llegue el momento.

Entendemos completamente que no todos estarán dispuestos a salir, visitar el campus o tomar una clase sin importar cuándo abramos. Esta apertura escalonada y gradual reinicio de actividades tendrá un gran impacto en nuestros ingresos y operaciones durante algún tiempo. La gente tendrá que determinar su propio nivel de comodidad y el momento adecuado para volver a participar. Pero lo crucial será que todos necesitan respetarse unos a otros. Usar cubre bocas y el distanciamiento social puede ser mucho más acerca de la protección de sus compañeros de la comunidad.

La Junta Directiva está monitoreando muchos factores para decidir cómo se puede llevar a cabo la AGM y si será en línea. Los detalles están sujetos a cambios dependiendo de lo que ocurra en la comunidad en las próximas semanas. Enviaremos actualizaciones por correo electrónico sobre esto en breve.

Ahora!

Por favor, haga [clic en el enlace](#) de este reciente vídeo para ver cómo se ven las cosas en Lake Chapala Society. Puedes ayudarnos reenviando el video a amigos y familiares que también se preocupan por LCS. También tenemos más de 200 actividades y clases que se llevan a cabo en línea a través de Zoom. Revisa las páginas de actividades y nuestra página web para más información. Estamos agradecidos a aquellos que pueden renovar su [membresía](#) o hacer una [donación](#) en este momento para mantenernos en marcha

Esperamos verlos pronto.

Steve Balfour,
Director Ejecutivo

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.

My name is Maria Dolores Reynoso Gutierrez and I am from Jalostotitlan. This town, whose name means 'sand caves,' is in the heart of the highlands of Jalisco with an elevation of 1,715 meters and a population of about 40,000. As the youngest member of my big family, including my parents, four boys and four girls, I lived there until I was 26 years old, when I went to live in Guadalajara. Interesting personalities who participated in revolution, religion and literature came from Jalostotitlan. I would like to tell you about them.

José María González Hermosillo (1774-1818)

José María González Hermosillo, son of Andres González Hermosillo and Rosalia Chávez Romero, was born Feb. 2, 1774 in Jalostotitlan. In 1780, the family moved to Loreto, a jurisdiction of Mexiticacan. José married Señorita Guadalupe Jiménez in 1792. In November 1810, he decided to join Mexico's independence movement.

When he heard that Guadalajara was taken by the Insurgents, he and Gómez Portugal decided to go to Guadalajara. Crossing the gully of the river Santiago and the pass of Arcediano and then through the town of Huentitán, they entered into Guadalajara in mid-November 1810. They stayed at the 'Meson of Merced,' where they waited for Miguel Hidalgo and Costilla for further instructions about their part in the ongoing war. Father Hidalgo put José María in charge of the expedition to Sonora and Sinaloa.

Don Miguel Hidalgo nominated him to Lieutenant Colonel after José won the first battle in the location of Real del Rosario, Sinaloa, where he forgave the life of Colonel Pedro Villaesusa and confiscated six cannons and war material. They named the capital of Sonora, Hermosillo, after him. In Jalostotitlan, a street has his name, González Hermosillo. In 1818, he was killed by an Indian named, Candelario.

Santo Toribio Romo (1900-1928)

Beloved priest, Santo Toribio Romo was born on April 16, 1900 at Santa Ana de Guadalupe, a ranch in the Municipality of Jalostotitlan, and he died on May 25, 1928 in Tequila, Jalisco. He was canonized by Pope John Paul II in May, 2000. The festivity is February 25. Today, Santa Ana de Guadalupe, named by Romo, is a center for peregrination of foot travelers. Toribio Romo is recognized by the Catholic Church as a Holy Martyr and considered protector of the immigrants.

When he was 11 years old, he went to the seminar of San Juan de Los Lagos and was ordained as a Priest on December 22, 1922. He celebrated his first mass at Santa Ana in a temple which his family built.

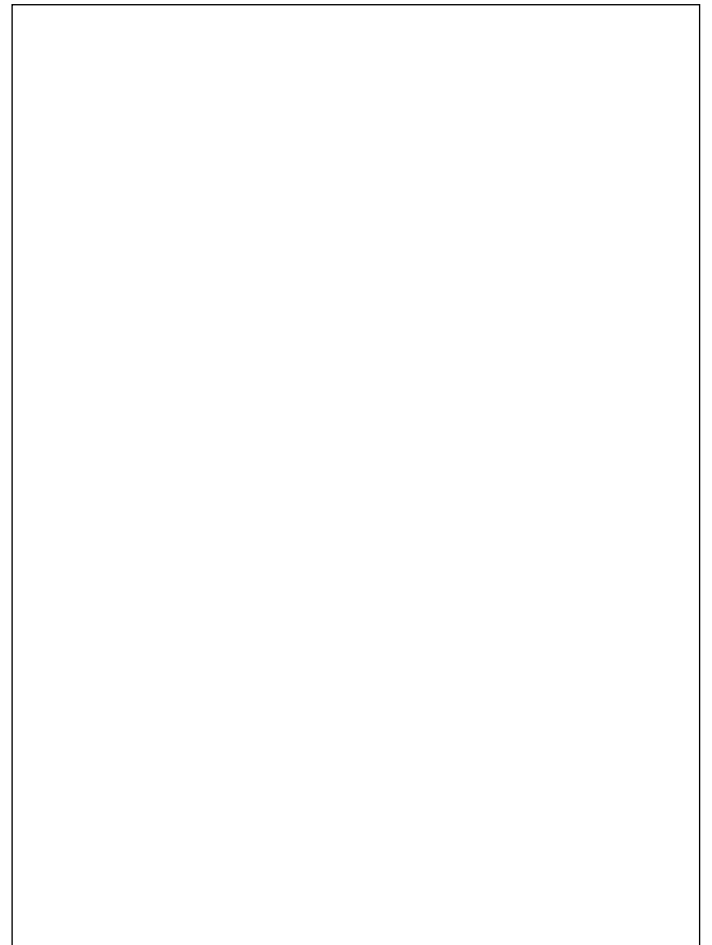
During his four years as a priest, there was terrible suffering, the years of the 'Cristera' prosecution of the law of General Calles. Romo's last destination was Tequila, Jalisco, where the army surrounded the priests even more. Here, he celebrated the Eucharist in people's houses because the churches were closed. He visited the sick to give them comfort, and gave the children catechism, hidden in different places. He baptized babies and married many couples. The people there loved him a lot.

A traitor denounced him to the *federales*. When they found Toribio together with his sister Quica, they shot him, took off his clothes and took him to the town 'La Quenada.' His parents recovered him and buried him in the municipal cemetery. Many immigrants crossing over in the U.S. claim to have been helped by Saint Toribio and taxi drivers consider him a patron.

Alfredo R. Plascencia (1875-1930)

Born September 15, 1875 in Jalostotitlan, Alfredo R. Plascencia left his home when he was 12 years old to go to the Seminary of Guadalajara. He wrote a poem called "A Las Puertas de Antonio" about this experience of leaving Jalostotitlan.

Ordained on September 17, 1899, he traveled from one poor town to another in Zacatecas and Jalisco, preaching. He was a rebel priest, angered the Bishop of Guadalajara, and was exiled to the U.S. and El Salvador. During his 30 years as a priest, he wrote many great poems, the best being "El Libro de Dios." A street in Jalostotitlan is named after him.



There Ain't No Cure for the Summertime Blues

By Harriet Hart

It's August 2020, and you have developed a bad case of the summertime blues, the coronavirus variety. I

have come up with remedies in fashion, dining, and outdoor activities that offer a cure.

A new look can lift the spirits. I recommend our male readers purchase a guayabera shirt. The *guayabera*, a shirt with two vertical rows of pleats running the length front and back, has mysterious origins — Mexico claims it, as well as Cuba and the Philippines. It is worn worldwide in warm countries, often on formal occasions like weddings and funerals. Mexican businessmen can be seen heading to the office in them. They have a straight hem at the bottom and are never tucked in. Political leaders with ideologies as diverse as Fidel Castro and Ronald Regan have worn them, so male Lakesiders will be in good company when they don one of these cool, smart and versatile garments. *Guayaberas* are available locally at Fiaga on Colón in Ajijic, and in some stalls on the Chapala *malecon*.

Next, get yourself a new straw hat. Men's straw hats come in a variety of styles: Stetson or cowboy, boater, Panama, and *fedora*. Celebrities such as Sean Connery, Brad Pitt, Mick Jagger and Leonardo Di Caprio have been photographed in them. They are readily available at Lakeside. Visit the *malecon* stalls in Chapala, and try some on. Nothing is more likely to put a smile on your face and some spring in your step than a good straw hat.

Ladies, your fashion choices are endless at this time of year, but I recommend a new *huipil*. The *huipil* is traditionally worn by indigenous women across Mexico and Central America. Made from cotton, wool or silk, it is a loose-fitting garment woven on a back-strap loom. The *huipil* varies from a short, blouse length to floor length and can be worn every day or on special occasions. There is a shop on Colón in Ajijic that specializes in *huipiles* from Oaxaca; their stock is inexpensive. Also, check out the clothing booths at the Tuesday Farmer's Market. Better yet, support a Mexican folk artist. With *Feria Maestros del Arte* cancelling the 2020 show, artisans are really struggling during Covid-19. Textile artists can be found by going on-line to <https://www.feriamaestros2.com/maestros2020>.

Once you are dressed up for the season, think about favour-

ite summer food. I cheered myself up one hot July afternoon by concocting a Coke float. I hadn't had one since I was a teenager, but with only two ingredients, Coca-Cola and vanilla ice cream, they're easy to prepare and harken back to simpler times. Indulge in the humble hot dog. I found a site on line that featured 49 ways to prepare this all-American classic, many with a Mexican twist. Or, barbeque some burgers, crack an ice-cold Mexican artisan beer and dine *al fresco*.

Make safe choices when it comes to activities. Go for a walk in your neighbourhood, or on a *malecon*, take a hike on a nearby trail, or go for a run or bike ride on Lakeside's new, improved bicycle paths.

Hang out with Mother Nature; she's lovely at this time of year. Take up photography and you will see all the beauty around you with fresh eyes. Paddle a kayak out on the lake or buy binoculars and go birding.

Purchase a set of *bocce* balls and learn the game. *Bocce* is the oldest game known to mankind. Egyptians were playing it in 5200 B.C., the Greeks in 800 B.C., and citizens across the globe are playing in 2020. This is the ideal game for this summer; it can be played by two to eight players, on any flat surface, is completely non-contact, and doesn't require too much physical exertion! You require a set of *bocce* balls, available from *Amazon.com.mx*. We may be physically distancing for some time to come, and you can play *bocce* at Lakeside year-round so they're a good investment. If that sounds too strenuous, crawl in a hammock and open a good book.

If none of the above improves your mood, listen to upbeat music. *Summertime Blues* was first recorded by Eddie Cochran in 1958, and has been covered for six decades by artists as diverse as The Who, Alan Jackson, Jimi Hendrix, and recently The Boss himself, Bruce Springsteen (2016). I guarantee you'll be on the road to recovery in no time.

Melancolía de Verano

Es agosto de 2020 y has desarrollado un cuadro de melancolía de verano, de la variedad de coronavirus. He ideado remedios basados en: moda, comida y actividades al aire libre que te pueden ofrecer una cura.

Un nuevo look puede levantar el ánimo.

Recomiendo a nuestros lectores masculinos que compren una guayabera. La guayabera, una camisa con dos filas verticales de pliegues a lo largo de la parte delantera y trasera, tiene orígenes misteriosos — México la reclama, así como Cuba y Filipinas. Se usa en todo el mundo en los países cálidos, a menudo en ocasiones formales como bodas y funerales. Se puede ver a los hombres de negocios mexicanos dirigiéndose a la oficina vistiendo una. Tiene un dobladillo recto en la parte inferior y se utilizan por fuera del pantalón. Líderes políticos con ideologías tan diversas como Fidel Castro y Ronald Reagan las han usado, así que los residentes del Lago estarán en buena compañía cuando se pongan una de estas prendas frescas, inteligentes y versátiles. Las guayaberas están disponibles localmente en Fiaga en Colón en Ajijic, y en algunos puestos en el malecón de Chapala.

A continuación, consígase un nuevo sombrero de paja. Los sombreros de paja para hombres vienen en una variedad de estilos: Stetson o vaquero, bote, Panamá y fedora. Celebridades como Sean Connery, Brad Pitt, Mick Jagger y Leonardo Di Caprio han sido fotografiados con ellos. Están disponibles en la zona. Visite los puestos del malecón en Chapala, y pruébese algunos. Nada mejor para poner una sonrisa en tu cara y algo de primavera en tu paso que un buen sombrero de paja.

Señoras, sus opciones de moda son interminables en esta época del año, pero les recomiendo un nuevo huipil. El huipil es usado tradicionalmente por las mujeres indígenas de México y América Central. Hecho de algodón, lana o seda, es una prenda suelta tejida en un telar de cintura. El huipil varía desde una blusa corta hasta el largo al piso y puede usarse todos los días o en ocasiones especiales. Hay una tienda en Colón, en Ajijic, que se especializa en huipiles de Oaxaca; sus existencias son bastante accesibles. Además, mira los puestos de ropa en el Mercado de los Martes.

Una vez que te hayas vestido para la temporada, piensa en tu comida favorita de verano. Me animé una calurosa tarde de julio preparando un flotante de Coca-Cola. No había tomado una desde que era adolescente, pero con sólo

dos ingredientes, Coca-Cola y helado de vainilla, son fáciles de preparar y recuerdan a tiempos más sencillos. Disfruta un hot dog. Encontré un sitio en línea que presentaba 49 formas de preparar este clásico americano, muchas con un toque mexicano. O, hacer hamburguesas a la parrilla junto con una cerveza artesanal mexicana helada y cenar al aire libre.

Tomar decisiones seguras cuando se trata de actividades. Salga a caminar por su vecindario, o en un malecón, una caminata en un sendero cercano, o corra o ande en bicicleta por los nuevos y mejorados senderos para bicicletas de la zona.

Pasa el tiempo con la Madre Naturaleza; es encantadora en esta época del año. Toma fotografías y verás toda la belleza que te rodea con ojos frescos. Navega en kayak por el lago o compra unos prismáticos y observa las aves.

Compra un juego de bolas de bocce y aprende el juego. El Bocce es el juego más antiguo conocido por la humanidad. Los egipcios lo jugaban en el 5,200 A.C., los griegos en el 800 A.C., y los ciudadanos de todo el mundo lo juegan en el 2020. Este es el juego ideal para este verano; puede ser jugado por dos a ocho jugadores, en cualquier superficie plana, es completamente sin contacto, y ¡no requiere demasiado esfuerzo físico! Se requiere un juego de bolas, disponibles en Amazon.com.mx. Puede que estemos distanciados físicamente durante algún tiempo, y puedes jugar durante todo el año, así que son una buena inversión. Si eso suena demasiado extenuante, métete en una hamaca y abre un buen libro.

Si nada de lo anterior mejora tu estado de ánimo, escucha música alegre. Summertime Blues fue grabado por primera vez por Eddie Cochran en 1958, y ha sido cubierto durante seis décadas por artistas tan diversos como The Who, Alan Jackson, Jimi Hendrix, y recientemente el propio The Boss, Bruce Springsteen (2016). Le garantizo que estará en el camino de la recuperación en poco tiempo.

SALUD **Pandemic Perspectives**

By Amelia Stevens, MD

In late February, the President of the United States announced that the risk of corona virus to the American people was “very low,” and that one day it would “just disappear like a miracle.” On March 11, the World Health Organization (WHO) declared the corona virus outbreak to be a pandemic. As of early July, worldwide infections are at nearly 12 million and deaths at almost 550 thousand. The United States by far leads the world in both infections and deaths.

The main route of transmission of corona virus is through person to person contact, primarily from respiratory droplets produced when an infected person coughs, sneezes, talks, shouts or sings. Infection may also occur from shaking hands or other physical contact. It is likely that a high number of people have the disease without symptoms, and spread it unknowingly. Other possible routes include contact with objects or surfaces handled by an infected person. Evidence for airborne transmission is compelling; infective particles remain in the air for an unspecified time, especially in enclosed, poorly ventilated spaces.

Both the WHO and the US Centers for Disease Control and Prevention (CDC) strongly emphasize wearing facial coverings outside the home, social distancing (physical distance of at least 6 feet from others), and frequent hand washing as crucial basic measures for protecting oneself and others from infection, and curbing the spread of disease. A recent (June 2020) publication of the Proceedings of the National Academy of Science (PNAS) concludes that the wearing of face coverings reduced the number of new infections in New York City by 66,000 between April 6 and May 9.

Currently countries and states worldwide are relaxing restrictions in order to reopen their economies. Some have science-guided approaches, but others do not. At the same time people seem to be abandoning recommended precautions, not using facial coverings or trying to maintain social distance. In the US there is a raging resurgence of infection, especially in several states bordering on Mexico.

Why would anyone choose to ignore unequivocal science-based health advisories from the foremost health protection agencies in the world?

For one thing pandemic fatigue is real; people are exhausted, yearn to return to normal life, and are vulnerable to risky behavior. “If I get it, I get it, most people don’t die,” say some. Particularly in bubbles where infection rates have been relatively low and people don’t know anyone who has been affected, it may seem worth it to relax vigilance.

It is also likely that contradictory and confusing messages early in the pandemic from WHO and the CDC regarding face masks and social distancing eroded confidence in these bodies. Some people were not inclined to trust science in the first place and have dismissed them as unreliable authorities. There is also abundant and highly influential misinformation on both public and social media.

Fundamental personality differences along the spectrum of risk aversion/tolerance are probably a factor in some people’s choice to adhere to or disregard recommended precautions. In general women are more risk averse than men, and older people more than younger. It is notable and unlikely to be a coincidence that the countries which have handled the pandemic best have women leaders: New Zealand, Taiwan, Germany, Norway, Denmark, Iceland and Finland.

Common psychological defense mechanisms which serve to allay fear such as denial (it’s a hoax), and magical thinking (sacred amulets will keep me safe), make it possible for some to disregard precautions. A puerile and dangerous mindset (men look weak in masks; masking and social distancing infringe on my civil rights) can also play a role.

People are influenced by the behavior of others and are more likely to abandon precautions when they see others doing so. Leaders are models and when they exhibit unsafe behavior large swathes of people find it acceptable and easy to follow suit. (A flawed rationale promoted by some leaders for ignoring/disparaging scientifically demonstrated containment methods is that ultimately more lasting societal damage would result from economic devastation than from unrestrained corona virus infection.)

A recent article in the National Geographic magazine (June 24, 2020) theorizes that some who socialize “normally” with no precautions as if the pandemic didn’t exist, may be “addicted to the psychological and neurochemical rewards they gain from social behavior.” Being with others causes release of endorphins, internal substances which are related to morphine, well known to be powerfully addictive. The dopamine or “reward” system in the brain is activated at the same time.

The corona virus has no agenda other than to replicate itself, using human cells to do so in the current pandemic. It does not respect individuals or borders.

Our task is to combat this indifferent force by embracing and adhering to uncomfortable but lifesaving practices that clash with our wish to return to normality and our human need to socialize freely with others.

A finales de febrero, el Presidente de los Estados Unidos anunció que el riesgo del virus de Covid 19 para el pueblo americano era “muy bajo” y que un día “desaparecería como un milagro”. El 11 de marzo, la Organización Mundial de la Salud (OMS) declaró que el brote de corona virus era una pandemia. A principios de julio, las infecciones en todo el mundo se elevaban a casi 12 millones y las muertes a casi 550 mil. Los Estados Unidos son, con mucho, los líderes mundiales tanto en infecciones como en muertes.

La principal vía de transmisión del corona virus es el contacto entre personas, principalmente a través de las gotitas respiratorias que se producen cuando una persona infectada tose, estornuda, habla, grita o canta. La infección también puede producirse por un apretón de manos u otro tipo de contacto físico. Es probable que un gran número de personas tengan la enfermedad sin síntomas y la propaguen sin saberlo. Otras posibles vías de contagio son el contacto con objetos o superficies manipuladas por una persona infectada. Las pruebas de la transmisión por vía aérea son convincentes; las partículas infecciosas permanecen en el aire durante un tiempo no especificado, especialmente en espacios cerrados y mal ventilados.

Tanto la OMS como los Centros para el Control y la Prevención de Enfermedades (CDC) de los Estados Unidos hacen hincapié en el uso de cubre bocas fuera del hogar, el distanciamiento social (distancia física de por lo menos metro y medio de los demás) y el lavado frecuente de las manos como medidas básicas cruciales para protegerse a sí mismo y a los demás de la infección y frenar la propagación de la enfermedad. Una publicación reciente (junio de 2020) de las Actas de la Academia Nacional de Ciencias (PNAS) concluye que el uso de cubre bocas redujo el número de nuevas infecciones en la ciudad de Nueva York en 66,000 entre el 6 de abril y el 9 de mayo.

Actualmente los países y estados de todo el mundo están relajando las restricciones para reabrir sus economías. Algunos tienen enfoques guiados por la ciencia, pero otros no. Al mismo tiempo, la gente parece estar abandonando las precauciones recomendadas, no utilizando cubre bocas o la distancia social. En los EE.UU. hay un resurgimiento de la infección, especialmente en varios estados fronterizos con México.

¿Por qué alguien elegiría ignorar los inequívocos consejos de salud basados en la ciencia de los principales organismos de protección de la salud en el mundo?

Por un lado, la fatiga pandémica es real; la gente está agotada, anhela volver a la vida normal y es vulnerable al comportamiento arriesgado. “Si lo consigo, lo consigo, la mayoría de la gente no muere”, dicen algunos. Especialmente en las burbujas donde los índices de infección han sido relativamente bajos y la gente no conoce a nadie que se haya visto afectado, puede parecer que vale la pena relajar la vigilancia.

También es probable que los mensajes contradictorios y

confusos de la OMS y los CDC en los primeros momentos de la pandemia, en relación con los cubre bocas y el distanciamiento social, hayan erosionado la confianza en estos organismos. Algunas personas no se inclinaron a confiar en la ciencia en primer lugar y ahora las consideran autoridades poco fiables. También hay abundante y muy influyente información errónea en los medios de comunicación públicos y sociales.

Las diferencias fundamentales de personalidad a lo largo del espectro de la aversión/tolerancia al riesgo son probablemente un factor que influye en la decisión de algunas personas de adherirse a las precauciones recomendadas o de hacer caso omiso de ellas. En general, las mujeres son más reacias al riesgo que los hombres, y las personas mayores más que los jóvenes. Es interesante que los países con bajas tasas de infección y mortalidad tengan a las mujeres como jefas de estado (Nueva Zelanda, Taiwán y Alemania).

Los mecanismos de defensa psicológica comunes que sirven para disipar el miedo, como la negación (es un engaño), y el pensamiento mágico (los amuletos sagrados me mantendrán a salvo), hacen posible que algunos hagan caso omiso de las precauciones. Una mentalidad pueril y peligrosa (los hombres parecen débiles con cubre bocas; el enmascaramiento y el distanciamiento social infringen mis derechos civiles) también puede desempeñar un papel.

Las personas se ven influenciadas por el comportamiento de los demás y es más probable que abandonen las precauciones cuando vean que otros lo hacen. Los líderes son modelos y cuando exhiben un comportamiento inseguro grandes franjas de personas lo encuentran aceptable y fácil de seguir. (Un razonamiento erróneo promovido por algunos líderes para ignorar/despreciar los métodos de contención científicamente demostrados es que, en última instancia, un daño social más duradero resultaría de la devastación económica que de la infección del corona virus sin control).

Un artículo reciente de la revista National Geographic (24 de junio de 2020) teoriza que algunos que socializan “normalmente” sin precauciones como si la pandemia no existiera, pueden ser “adictos a las recompensas psicológicas y neuroquímicas que obtienen del comportamiento social”. Estar con otros causa la liberación de endorfinas, sustancias internas relacionadas con la morfina, bien conocidas por ser poderosamente adictivas. La dopamina o el sistema de “recompensa” en el cerebro se activa al mismo tiempo.

El corona virus no tiene otra agenda que la de replicarse a sí mismo, utilizando células humanas para hacerlo en la actual pandemia. No respeta a los individuos ni las fronteras.

Nuestra tarea es combatir esta fuerza indiferente, abrazando y adhiriendo prácticas incómodas y antinaturales, que chocan con nuestro deseo de volver a la normalidad y nuestra necesidad humana de socializar libremente con otras personas.

BOOK REVIEW

“New Worlds for the Deaf”

By Harriet Hart

Gwen Chan Burton's *New Worlds for the Deaf: The story of the pioneering Lakeside School for the Deaf in rural Mexico* lived up to its title and opened up a new world for me, the reader. I had never considered what it would be like to be profoundly deaf or to be the parent of a deaf child until I read this book. I approached it (which was gifted to the LCS library by the author) with mild curiosity, but was totally hooked on page one: “How did it come about that two retired Canadian women started a school for the deaf in a dusty *pueblo* in rural Mexico, when they had no experience in teaching the deaf, only limited Spanish, no building and no funding?”

The following 171 pages answer this question and more. How did a recent graduate teacher like Gwen and her friend Susan van Gorp become involved? Where did the students come from, not to mention the curriculum and teaching aids? Author Gwen Chan Burton uses an interesting combination of chronological and thematic chapters to describe individual students and teachers, fund-raising efforts, field trips and what a typical school day was like to bring this world to life.

Teaching deaf students is considered one of the most difficult roles in special education, so why do it? “Primarily, it is the opportunity to make a really huge difference in some young lives. It was the knowledge that the skills you taught daily in your classroom — by sign language, speech, reading, writing and creative activities — offered these children and teenagers their only real chance to communicate effectively with others, to learn of the world outside their homes, to master life skills and vocational training. When a 9-year-old arrives at school and cannot write his own name, nor speak it, nor recognize it in speech or print, you realize his world has failed him miserably. But you also know you and your colleagues and the other students can transform his world”.

Transformations leap off the pages. We hear about a “memorable excursion” into Guadalajara, barely an hour away, where none of the students had been. It took courage for them to ride up the escalator in a department store, and determination on the part of their teachers to get them to stop once they got the hang of it! How about a three-day

field trip to the ocean, generously funded by a Mexican resort manager, in which one teen was finally convinced the ocean was salt water? Prior to visiting Chamela Beach, he had thought his teacher was teasing him, and that all water was fresh, like Lake Chapala's.

Schools for the deaf in the USA are usually residential, but here at Lakeside Gwen initiated a boarding program so deaf students lived with local families. As Director for nine years, she was simultaneously an audiologist, teacher, administrator, fundraiser, curriculum developer and conference planner. She pays tribute to the teachers, parents, community leaders and the generous volunteers who organized house and garden tours, bazaars, fancy dinners, fashion shows, movie nights, and even a Great Gatsby picnic to raise money for salaries, rent, special equipment — all the necessities for this type of school. The book depicts a different world in which everyone pitched in to help out with whatever needed to be

done. Bus companies donated tickets for students who needed to travel to school, neighbors offered their swimming pool so students could enjoy weekly lessons, an expat seamstress sewed curtains for the school windows.

Unfortunately, the story isn't always a smooth one. In Chapter 14 titled School Board stumbles, and Chapter 15 titled Trouble at the School, we learn of financial difficulties and Board/staff issues that almost brought an end to the school, but Gwen and a small band of committed citizens approached the government and obtained crucial ongoing funding that saved the school, now the Jocotepec Special Education Center.

In 2019, Gwen Chan Burton wrote this book to celebrate the 40th anniversary of The Lakeside School for the Deaf. Gwen continues to provide audiology services. Her personal story is as unique as the one she has written about, a very special deaf population and the committed individuals who opened up their world. This small book will do the same for you.

“New Worlds for the Deaf” is available at La Nueva Posada, Diane Pearl Colecciones and on Amazon. Proceeds from its sales benefit deaf children in the Lake Chapala region. A Spanish translation will be available in fall.

RIBERAS AUTHORS

The Day Will Come

And the day will come when the switch will be turned but no light will illuminate.

Computers will not hum, monitors will not glow.

Boys will have no flashing games to play.

Pumps will not pour gasoline.

Every one will walk on concrete and asphalt made for machines.

Those wearing expensive shoes will not keep up with those wearing sneakers.

Those who don't know how to start a fire will be cold.

The wealthy will be inconvenienced.

And those who live under bridges will not notice the difference.

GUADALAJARA! GUIADALAJARA!

Weekend Shopping Guadalajara Style

By Herbert W. Diekow

Currently there is no way to predict whether these markets will be open or not, as this changes all the time.

Shopping can be a fun and an exhausting experience. Since I live in Guadalajara and often have guests, I always take them shopping at a typical Mexican *tianguis*.

The *Tianguis Cultural*, *Avenida Fray Antonio Alcalde and Parque Agua Azul*, is unique and a favorite of both the young and not so young. Governor Alfaro frequents this *tianguis* to keep in touch with Jalisco's younger citizens. One of the reasons I enjoy going, is that young people make people my age feel special. This densely packed *tianguis* begins each Saturday at 10 a.m. and lasts until approximately 5 p.m.

Throughout the day there are various rock bands that blast out both classic and contemporary music. The bands change regularly and since the venue is open air, the music fills a great void. Young people come here for unique clothing, a tattoo, to meet friends, listen to music, or purchase some incense or a plant. There are specialty vendors who will make a drum to fit your talents or needs. This market is unique and both the food and the vibes are good.

Tianguis Chapultepec, another Saturday *tianguis*, begins at 6 p.m. and terminates about 11 p.m. As the name implies, it runs along *Avenida Chapultepec*, from *Niños Heroes* to *Hidalgo*. My suggestion is to walk one way and return on the opposite side. Some lanes are closed to traffic. However, the intersecting streets are not, so caution is key to surviving while gawking at people and things. This *tianguis* offers everything from unique handmade clothing to antique books and creative jewelry, pottery and specialty foods. Normally there are two locations for free concerts, which range from heavy metal to Plácido

Domingo, who I heard here about 10 years ago. It can also be crowded as *Chapultepec* is the heart of *Zona Rosa*, the nightclub district. This is also a good thing, because you can walk hand-in-hand along with so many others and, when you tire, there are innumerable local restaurants and bars, some with live music and dancing, to take a break.

Tianguis de Antiguiedades or *El Trocadero de Guadalajara*, is, as the word *trocadero* implies, a place to bargain. The location is easy to find as it runs along *Avenida México* from *Avenida Americas* to *Chapultepec*.

My brother once bought a cannon ball here. Of course, he had to pay for overweight baggage when he flew home, but he was happy. This unique *tianguis* sells mostly antiques and almost all the vendors have business establishments and are glad to make appointments for later in the week. If something from the past interests you, then there is no better *tianguis* in Guadalajara.

Here one can purchase antique and vintage furniture, elaborate chandeliers, paintings, both good and bad, and books in English, French and Spanish that belong in a grand library. Some vendors sell curios, games and *hacienda* coins (coins with which *hacienda* owners paid their laborers and could only be spent at a specific *hacienda*). Walk along the displays and imagine who last wore that topaz brooch or elegant ring. There are antique posters, old records, maps and toys alongside marble busts and Chinese pottery. Even if you don't collect "stuff" this is a great way to pass a Sunday morning before eating in one of the local restaurants, or before going to the nearby *Tianguis de Santa Teresita*.

Tianguis de Santa Teresita is so vast and crowded that all I can give for directions is walk through the *Tianguis de Antiguiedades* to *Chapultepec* and go left behind the vacant green building, walk two blocks and there you are. Alternately, ask directions from anyone nearby.

This *tianguis* caters to everyone. I once saw a group of Guadalajara's famous transvestites shopping here and knew then that the prices and styles of shoes and clothing could not be beat. The *Tianguis de Sta. Teresita* sells every type of clothing imaginable. Remember that Guadalajara is an international garment and style center. The drawback of this Sunday *tianguis* are the crowds, who are shopping for food, clothes, perfumes, games, plants, tools, utensils and household items. Imagine the *Ajijic tianguis* and multiply by 10. There are some very good restaurants in the vicinity and the famous Church of Saint Teresa the Little Flower deserves a visit.

GUADALAJARA! GUADALAJARA!

Compras en fin de semana en Guadalajara

Por Herbert W. Diekow

Actualmente no hay manera de predecir si estos mercados estarán abiertos o no, ya que esto cambia constantemente.

Ir de compras puede ser una experiencia divertida y agotadora. Como vivo en Guadalajara y a menudo tengo invitados, suelo llevarlos de compras a un típico tianguis mexicano.

El Tianguis Cultural, la Avenida Fray Antonio Alcalde y Parque Agua Azul, es único y favorito de los jóvenes y los no tan jóvenes. El gobernador Alfaro frecuenta este tianguis para mantenerse en contacto con los ciudadanos más jóvenes de Jalisco. Una de las razones por las que me gusta ir es que los jóvenes hacen que la gente de mi edad se sienta especial. Este tianguis tan concurrido comienza todos los sábados a las 10 de la mañana y dura hasta aproximadamente las 5 de la tarde.

A lo largo del día hay varias bandas de rock que tocan tanto música clásica como contemporánea. Las bandas cambian regularmente y como el lugar es al aire libre, la música llena un gran vacío. Los jóvenes vienen aquí por ropa única, un tatuaje, reunirse con amigos, escuchar música o comprar incienso o una planta. Hay vendedores especializados que harán un tambor que se ajuste a sus talentos o necesidades. Este mercado es único y tanto la comida como las vibraciones son buenas.

El Tianguis Chapultepec, otro tianguis sabatino, comienza a las 6 p.m. y termina alrededor de las 11 p.m. Como su nombre lo indica, corre a lo largo de la Avenida Chapultepec, desde Niños Héroes hasta Hidalgo. Mi sugerencia es caminar en una dirección y regresar por el lado opuesto. Algunos carriles están cerrados al tráfico. Sin embargo, las calles que se cruzan no lo están, así que la precaución es clave para sobrevivir mientras se mira boquiabierto a la gente y las cosas. Este tianguis ofrece de todo, desde ropa única hecha a mano hasta libros antiguos y joyería creativa, cerámica y alimentos especiales. Normalmente hay dos lugares para conciertos gratuitos, que van desde el heavy metal hasta Plácido Domingo, a quien escuché aquí hace unos diez años. También puede estar lleno de gente, ya que Chapultepec es el corazón de la Zona Rosa, el distrito de los clubes nocturnos. Esto también es algo bueno porque puedes caminar de la mano con tantos otros y, cuando te cansas, hay innumerables restaurantes y bares locales, algunos con música en vivo y baile, para tomar un descanso.

El Tianguis de Antigüedades o El Trocadero de Guadala-

jara, es, como la palabra trocadero implica, un lugar para regatear. El lugar es fácil de encontrar ya que corre a lo largo de la Avenida México desde la Avenida Américas hasta Chapultepec.

Mi hermano compró una vez una bala de cañón aquí. Por supuesto, tuvo que pagar por el exceso de peso del equipaje cuando voló a casa, pero estaba feliz. Este singular tianguis vende sobre todo antigüedades y casi todos los vendedores tienen establecimientos comerciales y están encantados de hacer citas para que los visiten en sus locales. Si algo del pasado le interesa, entonces no hay mejor tianguis en Guadalajara.

Aquí se pueden comprar muebles antiguos y de época, elaboradas lámparas de araña, pinturas, buenas y malas, libros en inglés, francés y español que pertenecieron a una gran biblioteca. Algunos vendedores ofrecen curiosidades, juegos y monedas de hacienda (monedas con las que los dueños de las haciendas pagaban a sus trabajadores y que sólo podían ser gastadas en una hacienda específica). Camine a lo largo de las exhibiciones e imagine quién fue el último en usar ese broche o anillo elegante de topacio. Hay carteles antiguos, discos viejos, mapas y juguetes junto a bustos de mármol y cerámica china. Incluso si no coleccionas “cosas” esta es una gran manera de pasar un domingo por la mañana antes de comer en uno de los restaurantes locales, o antes de ir al cercano Tianguis de Santa Teresita.

El Tianguis de Santa Teresita es tan vasto y lleno de gente que todo lo que puedo dar para las direcciones es caminar a través del Tianguis de Antigüedades hasta Chapultepec e ir a la izquierda detrás del edificio verde vacío, caminar dos cuadras y ahí estás. Puedes pedir direcciones a cualquiera que esté cerca.

Este Tianguis atiende a todo el mundo. Una vez vi a un grupo de travestis famosos de Guadalajara comprando aquí y supe entonces que los precios y estilos de zapatos y ropa no podían ser mejores. El Tianguis de Sta. Teresita vende todo tipo de ropa imaginable. Recuerda que Guadalajara es un centro internacional de ropa y estilo. El inconveniente del Tianguis de este domingo son las multitudes, que están comprando comida, ropa, perfumes, juegos, plantas, herramientas, utensilios y artículos para el hogar. Imaginen el tianguis de Ajijic y multiplíquenlo por diez. Hay muy buenos restaurantes en los alrededores y la famosa Iglesia de Santa Teresa la Pequeña Flor merece una visita.

Medical Tourism

Some years ago, I heard the term medical tourism and it caught my attention, because at the time I did not relate those two activities in one trip. Moreover, why should one travel to get medical care? As time went by, I understood that in Mexico, as well as some other countries, some medical treatments are more economical and the quality of service and level of attention is excellent, so efforts were made to create medical clusters and offer those options to tourists.

In Mexico, there is the Baja Health Cluster, located in Baja California and, as Adrian Murillo from www.baja-healthcluster.mx told me, while they serve 1.2 million patients a year, they attract 2.8 million tourists, counting families. For Baja California, this represents \$1,800,000 for the economy, employing more than 7,000 people (representing 8% of the economically active population). It is beneficial to the state that at the government level there is a public policy that promotes medical tourism.

In Jalisco, there have been several attempts to organize the sector, but to-date, none have been successful. But, here at Lakeside we have several options:

The Red Cross

They are in charge of emergencies, have ambulances and rescue equipment, and in their facilities are x-ray equipment and supplies for emergency treatment. If the patient requires hospitalization, the Red Cross makes the transfer. The cost varies according to the service provided.

IMSS

Workers in Mexico are affiliated with IMSS, an insurance provider that covers the cost of treatment for any medical issue or disease other than pre-existing conditions. Until a few years ago, it was relatively easy for foreigners to pay an annual fee and have access to the services. But, according to Verónica Muñoz (imssinm@gmail.com), this has changed. IMSS is now a family health insurance provider, at least two family members must join and those joining must undergo a medical examination before being accepted. The annual fee per person varies according to age, but is in the range of \$15,000 pesos.

With the disappearance of **Seguro Popular at the beginning of 2020, and the fact that Jalisco did not join INSA-BI**, there were initially many concerns. But, if you were already enrolled in Seguro Popular, then you could continue to get medical attention at the various clinics and hospitals. For those who were not enrolled, if you present yourself at the clinic or hospital for your first visit and show your

CURP and identification, you should be accepted. Something to take into account, is that in some hospitals, because of the COVID-19 crisis, you cannot bring a companion. So if you don't speak Spanish, it can be a little complicated.

In the Lakeside area, there are now two operating hospitals, and another that will soon open. The services they provide are as follows:

San Antonio Hospital:

San Antonio Hospital opened its doors in April 2019, and offers 16 areas of specialization. It has an office area, 10 very large and well-equipped rooms, an imaging unit, X-ray lab, tomography, magnetic resonance imaging (MRI), mastography (mammogram), and ultrasound. In addition, there is a full-service laboratory as well as three operating rooms, a maternity area, a hemodialysis unit, and an oncology unit. They offer several membership packages which include various services and they are open 24 hours a day for emergencies.

Ajjic Hospital

Ajjic Hospital opened more than 20 years ago, when it first became obvious that a hospital was needed in the area. Run by Doctors Alfredo Rodriguez and Salvador Flores, it has been adapting and expanding the services it offers in response to the growth of the population. It has 12 rooms, an operating room, laboratory, X-rays, plus doctors' offices. Dr. Flores explained that they like to support the community and, therefore, their prices are quite accessible. Also, they seek to promote preventive medicine. Recently the hospital had a remodeling and they are looking to offer more services, including a blood bank and an intensive care area. It is the only hospital in the area that has its own ambulance, which is under maintenance and will soon be able to provide transfer service.

Hospital Riberas Medical Center:

Expects to open this year and, according to Rosalba Dominguez, the administrative director, the 14-bed hospital will provide services including surgery, intensive care, hemodynamics, laboratory, X-ray, tomography, ultrasound, mastography, magnetic resonance imaging, hemodialysis, and a blood bank. They will also respond to emergencies.

A recent addition to Lakeside medical services is **Sportkines**, which specializes in physical rehabilitation. They provide physical therapy, a gymnasium, and massages. They have six medical specialties and are located next to the San Antonio Hospital.

The various hospitals and clinics are staffed by a large number of specialists. Many can be found in the medical clinics, including **Chapala Med** and **Quality Care**, both in Plaza Interlago (behind the Pemex on the Libramiento), while others are in places like the **Heart Center** and **Lakeside Health Specialists**, both located in west Ajjic. Still others practice out of the **Riberas Medical Center** and then there are those specializing in ophthalmic issues who are located in places such as **Alta Retina**. Many more have their own practice.

Medical standards are high in Jalisco, and there is no shortage of medical practitioners and specialists, so no matter what your need, you can easily find a specialist to assist you.

Lake Chapala Society

EVERYDAY MINDFULNESS

Meeting via Zoom at 10 a.m. on Mondays. Any LCS member interested in becoming a new participant, should email Barbara Hildt to request more information. barbarahildt@gmail.com

STRETCH & BALANCE

A stretch and balance class that can help you strengthen your core, improve your balance, and improve your vitality at www.youtube.com or click the following link: <https://www.youtube.com/watch?v=sqN4nDue89E&feature=youtu.be>

EXPLORING SPANISH

Exploring Spanish classes via Zoom, Wednesdays at noon and Saturdays at 11 a.m. Contact Sandy Britton at sambrit10@gmail.com to get put on the Zoom invite list.

SKIN CANCER SCREENINGS

Dra. Martha Ballesteros is seeing patients on Thursdays at the Riberas Medical Group. Address is Hidalgo # 244, Riberas Del Pilar. Office number is 376-688-1244 to schedule appointments. Dra. Ballesteros's cell 333-408-0591. Skin cancer screenings at the LCS will resume when LCS reopens and Dra. Ballesteros advises LCS of her schedule.

LCS INTERMEDIATE/ZOOM YOGA

Print a copy of the poses in our yoga class along with an audio file of George Knight conducting the same. Many in the yoga class have these already. Zoom Yoga — for the LCS Tuesday and Thursday afternoons Yoga Class, please contact George Knight at knightsinajijic@gmail.com if you want more information

LCS TED LEARNING SEMINARS

LCS TED Learning Seminars have been suspended until the sala reopens to be used for presentations.

FILM AFICIONADOS

The Film Aficionado showings that were suspended in March may be starting again from your home with use of your computers, tablets, or phones. This would be available for LCS members only. There is still some technical work to be done. Check the LCS website for future details. mak1939@gmail.com

IMSS & IMMIGRATION,

Veronica Muñoz is available for IMSS and Immigration help by email. Contact her at imssinm@gmail.com

LUZ OPTOMETRIST

Available Thursday mornings, just for URGENT glasses. Call for an appointment 331-411-1178 and to find out the procedures to follow for your appointment.

LCSTECH CLASSES & ALL THINGS TECH

Tech Classes are alive and well using Zoom online classes. Since we all have more time on our hands, classes have ex-

panded to twice a week — Tuesday and Thursday 10 a.m. a Tech Class is presented via Zoom. Information about how to register and what classes are being offered is all detailed on the LCS website. www.lakechapalasociety.com. Scroll down to see “What’s Happening” to the item called “Online Tech Classes”. Need help using your Tech device and Zoom, email Mike Goss at lcs.tech.training@gmail.com and he will get you online.

LCS HOT SCIENCE

HOT Science meetings have been put on hold. For those interested in science, technology and medicine, we have turned HOT Science into an expanded weekly science newsletter, *Weekly Science*. To get this by email every week, send a request to hotsciencelcs@gmail.com. You will get the week's news and developments from Science, Technology and Health. Newsletter by Richard Clarke, Silicon Valley guy, with a career in high-tech.

BECERRA IMMIGRATION

Lic. Alvaro Becerra Sánchez

Cell 333-201-3123, office 333-810-5313 alvaro100@yahoo.com. If you are in Mexico on a tourist/visitor visa that is about to expire, please contact us to help obtain an extension. We are here to support people with immigration issues during the pandemic.. Becerra and Associates are also available for other immigration and legal services.

HEARING AID SERVICES

Dr. Polo 331-511-4088 or polgon62@yahoo.com, direccion@audilabs.mx for concerns regarding hearing aids and repairs.

OPEN CIRCLE

Open Circle has suspended its Sunday programming until further notice, however, many of their videos are available on the YouTube at Open Circle Videos.

CHAUTAUQUA INSTITUTE ON-LINE LECTURES

Check the 2020 season of lectures at www.chq.org.

HOW TO DRAW ALMOST ANYTHING

Contact Zoe Armiger for information on the Thursday Zoom drawing class. zoearmiger@gmail.com, 333-452-4894

TOASTMASTERS

Toastmasters Lago de Chapala club is meeting on Monday nights at 7 p.m. via Zoom. This is a fun way to work on improving your communication skills. Meetings rotate between Spanish and English. Contact sarana.donaldson@gmail.com for more information.

LAKESIDE AA

Zoom AA Meetings are available every day of the week at 10 a.m. For more information contact Marian H. at lakesidetilly@gmail.com or call 331 219 6987.

EDGARDO CEDEÑO/INSURANCE BROKER

Call 333 106 6982 or send an email for free consultation to: mexicoprotect@hotmail.com

Lake Chapala Society

US CONSULATE

The U.S. Mission in Mexico suspended routine passport and other consular services March 19 in light of COVID-19.

If your passport is expired or is going to expire soon, and you have imminent travel plans to the U.S., please contact the embassy or nearest consulate to apply for an emergency passport ONLY. To schedule an appointment, please call 55-8526-2561 or visit our website.

Due to reduced operations at U.S. domestic facilities effective April 2, if you have previously applied for a passport or citizenship service, such as a Consular Report of Birth Abroad (CRBA), you should expect significant delays receiving your documents.

If you are in this situation and have imminent travel planned, please contact us for an emergency passport. As a reminder, U.S. citizen children do not require a CRBA to qualify for an emergency passport.

Please enroll in the Smart Traveler Enrollment Program (STEP) and visit the Embassy's COVID-19 webpage for up-to-date information on COVID-19 and the status of U.S. consular operations in Mexico.

OPEN CIRCLE

Open Circle has suspended its weekly program on the patio at Lake Chapala Society. Each week it highlights a different video of a past presentation. This are our selection for August, you can find them at opencircleajijic.org

Olga Kaplounenko. Nine Romantic Songs in Two Romance Languages Plus Russian & English: Our favorite Russian chanteuse will enchant us with nine romantic songs from different countries sung in Russian, Italian, English and Spanish. Olga is a Muscovite who earned a Master's degree in Electrical Engineering, as well as a degree in music and jazz vocals from the Moscow Jazz College. She was a guest researcher in Denmark, Sweden, and later in Silicon Valley, where she worked for 16 years. While in the US, she sang solo and in different choirs. When her husband (recently deceased) was diagnosed with Alzheimer's in 2011, they moved Lakeside where she's been involved with *Los Cantantes*, in LLT productions "Drowsy Chaperone" and "Tickle Your Fancy."

Ed Tasca. Leonardo da Vinci: A Tribute: Arguably the most fascinating mind the known cosmos has ever produced — a major figure of the Italian Renaissance. This year, the world joins in celebrating him on the 500th anniversary of his death. Ed will attempt to capture da Vinci's essence — no historian, no biographer, no researcher has been able to come close because of the vast array of his achievements and the complexity of his creative genius.

Ed Tasca is a writer, novelist, playwright, and essayist. Among his books is a collection of Leo's fables, *The Fables of Leonardo da Vinci*. Tasca's works have been published in the US, Canada, En-

LCS REACHING OUT PROGRAM

We have recruited over 80 volunteers who are mobilized and ready to reach out to members, especially those who live alone, have no family in the area and want to be contacted on a daily basis.

This service has now been extended to the community at large.

For more information,
[Click Here](#)

gland, Australia, Italy, and Mexico. He currently writes a weekly humor column for the Guadalajara Reporter and does some acting.

Peter Steven Malakoff. An Introduction to Ayurveda: Ayurveda is the oldest medical system in the world, which gave birth to Chinese, Tibetan, Greek, and western medicine. Our present approach to healing has gone over to the 'dark side of the force,' primarily treating symptoms with drugs and surgery instead of removing the cause. As a result, 'iatrogenic disease' (a state of ill health or adverse effect resulting from medical treatment) is now the third leading cause of death in the western world! Ayurveda is not idealistic and what may be good for one person may be poisonous for another. Ayurveda always takes into account Dosha, season, time of day and period of life (youth, middle age and old age), and prescribes diet, herbs, lifestyle changes and other modalities to bring about health.

Peter has a degree in Religious Studies (Hinduism-Buddhism) from UCSB and in 2004 received the Ayurvedic Sadhana Padavika Diploma from Kalidas Sanskrit University, Maharashtra, India. For the last 14 years he has taught courses on Ayurveda in the United States and India.

Carlos Martinez, Bryan Clark, and John Pint. You Need to See to Believe Mexico: More than 1000 years of Meso-American cultures define México in so many ways, but the sudden influence of Spain transformed everything. New cultures emerged through a mishmash of religion and traditions. Life as it was known before changed for the inhabitants of the New Spain. 40 million people visit Mexico every year but little do they fathom its secrets. Three experts will introduce you to what is out there only a stone's throw away, untouched and barely on the map—natural, man-made, cultural, and culinary experiences unknown to most locals. They will reveal some of the fantastic secrets of México.

John Pint, writer, professor. Passionate speleologist and nature lover. A life of exploring. Bryan Clark, always a helping hand in more than a dozen countries. Carlos Martínez, writer, professor. Passionate speleologist. Curious about everything.

Música Para Crecer. The San Juan Children's Orchestra and Chorus Annual Holiday Concert: Five years ago a few community leaders in San Juan Cosalá began a music program intended to give disadvantaged at-risk children a sure and safe path to young adulthood. The students studied hard, stayed off the streets, and devoted themselves to what they most loved — music. They have traveled to music festivals and camps, encountered children of other cultures, lived with them, and made music with them. The program has transformed not only individual lives but also the village itself. The San Juan Children's Orchestra and Chorus (*Música Para Crecer*) now enriches the lives of 80 children from 5 to 18 years of age. It includes 20-year-old graduates of the program who assist as teachers. Their Open Circle concert features traditional Mexican, Pop, classical, and Latin American music, with Daniel Medeles conducting.

As a non-profit civic organization, *Música Para Crecer* is supported solely by governmental grants and private donations. The orchestra is looking for generous patrons and the backing of civic organizations and businesses to help guarantee their future. Open Circle has watched them from the very beginning and has adopted them into our hearts as though they were our own. Let us continue to relish their music and do our best to assure their future.

Hace algunos años escuché el término turismo médico y me llamó la atención, porque no relacionaba las dos actividades en un solo viaje, además ¿Por qué habría que viajar para atenderse médicamente? Con el paso del tiempo entendí que en México y en otros países algunos tratamientos médicos son más económicos, la calidad del servicio y atención son excelentes, así que buscaron crear clusters médicos y ofrecer esas opciones.

En México existe el Baja Health Cluster, ubicado en Baja California y según me comentó Adrián Murillo de www.bajahealthcluster.mx atienden a un millón doscientos mil pacientes al año, pero atraen a dos millones ochocientos mil personas contando a las familias. Esto representa para Baja California una derrama económica de mil ochocientos millones de dólares, da trabajo a más de 7,000 personas (que representan el 8% de la población económicamente activa) lo cual suena muy atractivo para el Estado, por lo que a nivel gobierno tienen una Política Pública de Estado para Impulsar el Turismo Médico.

En Jalisco ha habido varios intentos de organizar al sector, sin que a la fecha alguno haya rendido frutos. Pero en la Rivera de Chapala tenemos diversas opciones, veamos cuáles son:

Cruz Roja

Ellos se encargan de emergencias, cuentan con ambulancias, equipo para rescate, y en sus instalaciones cuentan con material para las curaciones, equipo de rayos X y si el paciente requiere hospitalización realizan el traslado. El costo varía según el servicio otorgado.

cualquier enfermedad. Para los extranjeros hasta hace unos años era relativamente fácil afiliarse, pagar una cuota anual y tener los servicios, pero según me comentó Verónica Muñoz (imssinm@gmail.com) es un seguro de salud para la familia, por lo que al menos dos familiares deben afiliarse, no reciben si existen enfermedades previas, para lo cual te hacen un examen médico que debes pasar. La cuota anual por persona varía según la edad, pero está en el rango de los \$15,000 pesos.

Ante la desaparición del seguro popular a inicios del año, y que Jalisco no entró al INSABI se generaron muchas dudas, pero por lo que pude investigar si ya tenías seguro popular y te atendían todo sigue igual, tus citas y medicamentos. Y si es la primera vez que necesitas atención, con tu CURP e identificación te deben atender. Algo a tomar en cuenta es que en algunos hospitales, por la crisis del Covid-19, no dejan llevar acompañante, así que si no hablas español, puede ser un poco complicado.

En la zona contamos con 2 hospitales funcionando y uno que próximamente abrirá sus puertas, sus servicios son:

Hospital San Antonio

Abrió sus puertas en abril 2019, atienden 16 especialidades, tienen área de consultorios, 10 habitaciones muy amplias y equipadas, unidad de imagenología, estudios de rayos X, tomografía, resonancia magnética, mastografía y ultrasonido. Además servicio de laboratorio. 3 quirófanos, área de maternidad, unidad de hemodiálisis, unidad de oncología. Manejan un paquete de membrecías las cuales incluyen diversos servicios. Atienden urgencias las 24 horas.

IMSS

Los trabajadores en México estamos afiliados al IMSS, donde nos proporcionan el tratamiento completo para

ventiva. Hace poco el hospital tuvo una remodelación y siguen buscando ofrecer más servicios, me comentó que esperan tener un banco de sangre y un área de terapia intensiva. Es el único hospital en la zona que cuenta con su propia ambulancia, la cual está en mantenimiento y próximamente podrá dar servicio de traslado.

Hospital Ajijic

Surgió hace más de 20 años, por la necesidad de contar con un hospital en la zona, los doctores Alfredo Rodríguez y Salvador Flores siguen al frente y han ido adaptando e in-

crementando los servicios según la población ha necesitado, cuentan con 12 cuartos, un quirófano, laboratorio, rayos x, área de consultorios. El Dr. Flores me comentó que les gusta apoyar a la comunidad y sus precios son bastante accesibles, buscan fomentar la medicina pre-

Hospital Riveras Medical Center

Espera abrir sus puertas este año y según me dijo Rosalba Dominguez, Directora administrativa, tendrán servicios de hospitalización con 14 camas, cirugía, terapia intensiva, hemodinamia, laboratorio, RX, tomografía, ultrasonido, mastografía y resonancia magnética, hemodiálisis y banco de sangre. Atenderán urgencias.

Hace poco llegó **Sportkines**, especializados en medicina física, otorgan el servicio de fisioterapia, gimnasio, masajes. Cuentan con 6 especialidades médicas. Están ubicados a un lado del Hospital San Antonio.

Mientras hacia mi investigación para este reportaje descubrí que hay una gran cantidad de especialistas en la zona,

algunos están en grupos médicos, como **Chapala Med** o **Quality Care** ambos en plaza Interlago. **Heart Center** y **Lakeside Health Specialists**, en el oeste de Ajijic; **Riveras Medical Center** y otros especializados en cuestiones oftalmológicas como **Alta Retina**. Así que estoy segura que en la zona encontrarás un especialista para tu necesidad.

Old Dogs Can Learn New Tricks

By Carol L. Bowman

We all know the phrase, “You can’t teach old dogs new tricks,” but my level 4 Advanced English class proved that to be completely false. Faithful readers of *Conexiones* magazine may recall the December 2019 article, “Elderly, Welcome to the 21st Century,” written by my student, María Elena Herrera. In her piece, María Elena lamented about the absolute necessity for senior citizens to force themselves to learn and use new technology in order to ease their tasks of daily living. How did she know what was coming? She must be a soothsayer, because March 2020 rolled around and challenges to every aspect of our lives exploded; challenges that required hi-tech solutions. None of us ever anticipated these tests of our technological endurance — except, perhaps, María Elena!

English class, as we knew it, was dead. As the teacher, I had two choices. Wait until this pandemic was over to continue English instruction or research the virtual technology *Zoom* that kept zooming passed me in the media. I must make a confession. I hate learning to use devices that require instinctive knowledge of how the darn things work. I even had to ask one of my students to teach me how to turn on my smart phone, answer a call, or send a text. But I took the plunge, waded through Zoom tutorials, learned about scheduling meetings online, waiting rooms, admitting persons to the virtual meeting, ID numbers and passwords and was flat-out exhausted. Since all my students and myself are between the ages of 60 and 77, I pondered if these “old dogs” could learn new tricks.

My confidence in our ability to pull this off was shaken — actually shattered — when just as I was about to propose Zoom to the students, I had a rude awakening. In order to find an alternative to the bus, I impulsively bought a bicycle at a bike shop in Ajijic. Not having ridden a bike for 20 years, the shop owner had to

hold it steady and give me a push, just as my father did with my bike’s training wheels on, 65 years ago. I zig-zagged down the new *ciclopista*, hit an uneven rise in the concrete, flew over the handlebars, and the bike came crashing down on top of me. Bloody and bruised, I had to finish the ride home, and all the while I thought, this old dog couldn’t even remember how to do old tricks. How could she ever learn new ones?

I promptly gave the bicycle away and preceded with the technology challenge, which would only give me brain bruises, not body cuts and blows. All the students agreed to give Zoom a try. Our first attempt was a disaster. We were plagued with audio and video issues, Internet problems, not being able to hear some students, not being able to see others, and entering correct passwords and meeting IDs. By the time we had everyone onboard, our Zoom meeting time allotment of 40 minutes had expired. I wanted to give up. I wanted to be back in the physical classroom. I wanted to feel their presence. It just wasn’t the same through a screen.

But the old dogs persisted, constantly referring to María Elena’s words for inspiration. Week after week the buttons to push and the passwords to enter became easier for us to navigate and we had more class time and less “How do I . . . ?” time. Our class has even expanded to one hour, 20 minutes after learning to adjust to the system.

After eight weeks, the students join in the virtual waiting room five minutes before the class begins. I admit them one by one, and soon we appear on the screen together, animated and chatty rather than confused and anxious, eager to spend this time, learning, with one another. Hair coiffed, lipstick and makeup applied, donned earrings and jewelry, all of us anticipate this scheduled session as a reason to “glam up” for our public display, instead of our locked-down sweatpants, mussed hair, and pale faces ready for mask coverings. These old dogs have turned into young pups, confident that they have mastered one of the new technologies now relied upon by many to help our social isolation. The students eagerly do their homework assignments and share their compositions over the airwaves with the same enthusiasm that they had used in the physical classroom.

Now, they have regular video contact with their families, near and far with *Google Meet*, *Facebook Time*, or *WhatsApp* Video. Their fear of technology has been replaced with accomplished performance. That well-known adage is relevant no more, as we proved that “Old dogs can learn new tricks.”

Perro viejo si aprende nuevos trucos.

Por Carol L. Bowman

Todos conocemos la frase, “No puedes enseñar nuevos trucos a los perros viejos”, pero mi clase de inglés avanzado de nivel 4 demostró lo contrario. Los fieles lectores de la revista Conexiones tal vez recuerden el artículo de diciembre de 2019, “Elderly, Welcome to the 21st Century”, escrito por mi estudiante, María Elena Herrera. En su artículo, María Elena comentaba de la absoluta necesidad de que los ancianos se obligaran a aprender y a utilizar las nuevas tecnologías para facilitar sus tareas de la vida diaria. ¿Cómo sabía ella lo que se avecinaba? Debe ser adivina, porque en marzo de 2020 llegó el momento de la explosión de desafíos en todos los aspectos de nuestras vidas, desafíos que requerían soluciones de alta tecnología. Ninguno de nosotros anticipó nunca estas pruebas de nuestra resistencia tecnológica, ¡excepto, quizás, María Elena!

La clase de inglés, tal como la conocíamos, desapareció. Como profesora, tenía dos opciones: Esperar a que esta pandemia terminara para continuar con la enseñanza del inglés o utilizar la tecnología virtual Zoom. Debo hacer una confesión. Odio aprender a usar dispositivos que requieren un conocimiento instintivo de cómo funcionan las malditas cosas. Incluso tuve que pedirle a uno de mis estudiantes que me enseñara a encender mi teléfono inteligente, responder una llamada o enviar un texto. Pero me lancé a la aventura, tomé tutoriales de Zoom, aprendí a programar reuniones en línea, salas de espera, admisión de personas en la reunión virtual, números de identificación, contraseñas... y al final, estaba totalmente agotada. Como todos mis estudiantes y yo tenemos entre 60 y 77 años, me pregunté si estos “perros viejos” podrían aprender nuevos trucos.

Mi confianza en nuestra capacidad para lograrlo se vio sacudida, realmente destrozada, cuando justo cuando estaba a punto de proponer el Zoom a los estudiantes, tuve un duro despertar. Para encontrar una alternativa al camión, impulsivamente compré una bicicleta en una tienda de Ajijic. Como no había montado en bicicleta durante 20 años, el dueño de la tienda tuvo que mantenerla firme y darme un empujón, como hizo mi padre con las ruedas de entrenamiento de mi bicicleta, hace 65 años. Bajé en zigzag por la nueva ciclista, golpeé una subida desigual en el hormigón, volé sobre el manillar, y la bicicleta se estrelló encima de mí. Sangrienta y magullada, tuve que terminar el viaje de vuelta a casa, y todo el tiempo pensé, este viejo perro ni siquiera podía recordar cómo

hacer viejos trucos. ¿Cómo podría aprender otros nuevos?

Rápidamente abandoné la bicicleta y precedí con el desafío de la tecnología, que sólo me daría moretones en el cerebro, no cortes y golpes en el cuerpo. Todos los estudiantes estuvieron de acuerdo en darle una oportunidad a Zoom. Nuestro primer intento fue un desastre. Estábamos plagados de problemas de audio y video, problemas de Internet, no poder escuchar a algunos estudiantes, no poder ver a otros, e introducir contraseñas correctas e identificaciones de reuniones. Para cuando estuvimos a todos a bordo, nuestro tiempo de reunión de Zoom de 40 minutos había expirado. Quería rendirme. Quería volver a la clase de física. Quería sentir su presencia. No era lo mismo a través de una pantalla.

Pero los perros viejos persistieron, refiriéndose constantemente a las palabras de María Elena para inspirarse. Semana tras semana los botones a pulsar y las contraseñas a introducir se hicieron más fáciles de navegar y teníamos más tiempo de clase y menos “¿Cómo le hago...?” tiempo. Nuestra clase se ha ampliado incluso a una hora.

Después de ocho semanas, los estudiantes se unen a la sala de espera virtual cinco minutos antes de que empiece la clase. Los admito uno por uno y pronto aparecemos en la pantalla juntos, animados y charlatanes en vez de confundidos y ansiosos, deseosos de pasar este tiempo, aprendiendo, unos con otros. Cabello peinado, lápiz labial y maquillaje, aretes puestos y joyas, todos nosotros anticipamos esta sesión programada como una razón de “glamour” para nuestra exhibición pública, en lugar de nuestros pants, pelo despeinado y caras pálidas listas para cubrirse con un cubre bocas. Estos perros viejos se han convertido en jóvenes cachorros, confiados en que han dominado una de las nuevas tecnologías en las que muchos confían para ayudar a nuestro aislamiento social. Los estudiantes hacen con entusiasmo sus tareas y comparten sus composiciones por internet con el mismo entusiasmo que utilizan en el aula de física.

Ahora, tienen contacto regular por vídeo con sus familias, con Google Meet, Facebook Time o WhatsApp Video. Su miedo a la tecnología ha sido reemplazado por un rendimiento logrado. Ese conocido adagio ya no es relevante, ya que demostramos que “Los perros viejos pueden aprender nuevos trucos”.

The rupture of the rotator cuff represents one of the major causes of functional limitation and a common reason for consultation with an orthopedic surgeon. It is estimated that in the fifth decade of life this occurs in approximately 4% of the American population, however this rate suffers a dramatic increase towards the sixth and seventh decade of life, when the incidence rate increases to 60%, with the ten-

don of the supraspinatus muscle the most affected in up to 70% of all cases.

The various therapeutic methods are in accordance with the patient's needs and with the technical and technological resources of the shoulder surgeons and even orthopedists in general.

Arthroscopic surgery in recent decades has increased

exponentially, with special relevance in the treatment of rotator cuff ruptures. However, the treatment margin ranges from physical therapy at home to joint replacement surgery (prosthesis) when it reaches its most advanced stages.

How does it manifest itself?

There are two aspects. First are those patients with traumatic injuries (e.g. the initial manifestation can be a non-limiting pain that gradually increases in intensity, predominantly at night, and is not limited or relieved by analgesics. Later, the phase of limited range of motion begins, especially in activities above the head (such as combing hair, taking objects from a shelf, etc.). Second are those patients who present with traumatic ruptures, who seek assistance immediately after the event with severe limitation or complete lack of function of their shoulder, along with pain that does not diminish with analgesics.

Diagnosis.

In both cases, the diagnostic approach is of utmost importance and should be performed by trained and experienced personnel since the initial physical examination and assessment plays an important role in diagnosis, along with imaging that includes simple x-rays of the shoulder, ultrasound or even magnetic resonance imaging (MRI) studies.

Treatment.

As mentioned at the outset, the set of treatment options will depend on the type of injury, patient activity, including whether or not it is the dominant side, plus other factors, and these range from physical therapy, arthroscopic (minimally invasive) repairs, open repairs or even prosthetic replacements.

Manguito Rotador – Sigiloso y enfadoso

Por M. en C. Dr. Gustavo Armando Tafoya Arreguín
Traumatología y Ortopedia.

Reconstrucción Articular, Cirugía de Hombro y Codo, Cirugía Artroscópica.

Tratamiento.

Como mencionamos al inicio, la baraja de opciones de tratamiento dependera del tipo de lesión, actividad del paciente, incluyendo si es o no el lado dominante, entre otros factores, y éstas van desde la fisioterapia, reparaciones por vía artroscópica (mínima invasiva), reparaciones abiertas o incluso reemplazos protésicos.

La ruptura del manguito rotador representa una de las causas de limitación funcional y motivo de consulta más socorridos en la consulta del cirujano ortopeda. Se estima que en la quinta década de la vida se presenta en aproximadamente el 4% de la población americana, sin embargo, esta tasa sufre un drástico incremento hacia la sexta y séptima década de vida, considerando una incidencia del 60%, siendo el tendón del músculo supraespinoso el más afectado hasta en un 70% de todos los casos.

Los diversos métodos terapéuticos van acorde a las necesidades del paciente y a los recursos tanto técnicos como tecnológicos de los cirujanos de hombro e incluso de ortopeda en general.

La cirugía artroscópica en las últimas décadas ha incrementado exponencialmente, con especial relevancia en el tratamiento de las rupturas del manguito rotador, sin embargo el margen de tratamiento va desde la fisioterapia en casa hasta cirugía de reemplazo articular (prótesis) cuando llega a sus etapas más avanzadas.

¿Como se manifiesta?

Existen dos vertientes, aquellos pacientes con lesiones traumáticas (p.ej. caídas) o aquellos con lesiones degenerativas; estos últimos son los frecuentes y se presentan sobre todo en mayores de 55 años, la manifestación inicial puede ser un dolor insidioso no limitante, que paulatinamente va aumentando de intensidad teniendo como predominio durante la noche y no se limita ni cede con analgésicos, posteriormente comienza la fase de limitación de rango de movimiento, sobre todo en actividades por arriba de la cabeza (como el peinarse, tomar objetos de una repisa, etc); mientras que los pacientes que presentan rupturas traumáticas, refieren de manera inmediata y posterior al evento, limitación o imposibilidad a la función de su hombro, junto con dolor que no disminuye con analgésicos.

Diagnostico.

En ambos casos, el abordaje diagnóstico es de suma importancia y debe ser realizado por personal capacitado y con experiencia ya que de manera inicial la exploración física y valoración inicial juegan un papel importante en el diagnóstico, junto con estudios de imagen que incluyen: radiografías simples del hombro, ultrasonido o incluso estudios de Resonancia Magnética (RM).

One of the new catchwords we hear these days is staycation, a combination of two words, stay and vacation, and defined by Wikipedia as a holiday in which “an individual or family stays home and participates in leisure activities within driving distance from their home and does not require overnight accommodation.” Merriam-Webster added the word to their dictionary in 2009, citing the earliest use of the term as far back as July 1944.

There are several benefits of staycations. First of all, they are inexpensive. The American Automobile Association estimates that the cost of the average North American holiday is \$244 per day for two, including accommodation and meals. If you fly or add children it's much costlier. As a former snowbird who used to travel to and from Canada twice yearly and kept detailed records, it cost us on average \$300 CDN per diem ten years ago. I am including gasoline and tolls, hotels, meals and admission to tourist attractions. Staying home costs next to nothing.

Staycations are less stressful. When you consider what you put yourself through planning a vacation, booking accommodations and taking flights (getting to the airport, clearing customs, waiting for your flight, flying itself, and arrival challenges) you start tensing up before you even begin. How about jet lag, finding taxis and navigating unfamiliar places, or the perils of taking road trips which can include traffic, road construction, and detours, not to mention the long hours of driving and the toll that takes on the person who's doing the driving.

Staycations benefit local businesses. You are spending vacation dollars in your home community. And, because you aren't flying or driving anywhere, you are cutting down on carbon emissions and helping the environment.

The purist staycationer never leaves their own house. Real Simple magazine has great ideas for how to make your very own home feel like a vacation destination. Their suggestions include:

- Turn off your telephone
- Ban emails
- Stop watching the news; stop watching television period
- Have dinner delivered every night

- Take an armchair journey in the company of a great writer
- Pitch a tent and camp in your own backyard
- Hold a private Netflix film festival featuring the movies of a favorite actor (Peter Sellers comes to mind)
- Turn your home into a resort. This might involve making a few purchases such as a spa-style bathrobe, high-thread-count cotton sheets, a hammock or set of lounge recliners, or a new barbeque.
 - Make your bathroom into a spa. Light candles, use a little bath oil or bubble bath and take a soak in the tub. Talk your partner into bringing you a cold glass of wine to sip while you soak. Or, bring your own.
 - Have a do-it-yourself massage using only a yoga mat and old tennis balls; you just place the balls strategically and gently roll back and forth, and side to side.

Staycations also include driving short distances to somewhere new. Recently my husband and I drove to Concepcion de Buenos Aries simply to view some different scenery, do a little bird watching and have a picnic. Lakesiders are fortunate to have many available options featuring natural beauty open to them. I recommend consulting John &

Susy Pint's *Outdoors in Western Mexico*. As the back cover blurb says: “. . . visit the Boiling Mud Pots of Los Negritos, a hidden waterfall near Mazamitla, the graceful Lyre Tree of Quila, the lava-spurting Volcán de Fuego or the mysterious poltergeists of La María Crater Lake.” The book provides directions, driving times, and descriptions of 40 scenic places all located within a few hours of Guadalajara.

The other, indispensable guide for day trips from Lakeside is Tony Burton's *Western Mexico: A Traveller's Treasury*, first published in 1993 and in its fourth printing. All the destinations highlighted, whether artistic, cultural, ecological or historical, are day excursions, the longest drive three hours. Burton calls it a “personal, idiosyncratic collection of my favourite places in western Mexico” which he's confident others will enjoy.

So save money, reduce stress, support the local economy, and most importantly, stay safe by taking a staycation this August.

VaCASAciones

Por Dorrie Dixon

Uno de los nuevos tópicos que escuchamos hoy en día es “vaCASAciones”, una combinación de dos palabras, “casa” y “vacaciones”, en inglés sería: “Staycations”, donde Wikipedia define como unas vacaciones en las que “un individuo o familia se queda en casa y participa en actividades de ocio a poca distancia de su casa y no requiere alojamiento nocturno”. Merriam-Webster añadió la palabra a su diccionario en 2009, citando el primer uso del término en julio de 1944.

Hay varios beneficios de las estadías. En primer lugar, son baratas. La Asociación Americana del Automóvil estima que el costo de un día festivo promedio en Norteamérica es de 244 dólares por día para dos personas, incluyendo el alojamiento y las comidas. Si vuelas o añades niños es mucho más costoso. Como un antiguo snow bird que solía viajar hacia y desde Canadá dos veces al año y mantenía registros detallados, nos costó en promedio 300 dólares canadienses por día hace diez años. Incluyo la gasolina y los peajes, los hoteles, las comidas y las entradas a las atracciones turísticas. Quedarse en casa no cuesta casi nada.

Las estancias son menos estresantes. Cuando consideras por lo que te has pasado planeando unas vacaciones, reservando alojamiento y tomando vuelos (llegar al aeropuerto, pasar la aduana, esperar el vuelo, volar en sí mismo y desafíos de llegada) empiezas a tensarte incluso antes de empezar. Qué tal el jet lag, encontrar taxis y navegar por lugares desconocidos, o los peligros de hacer viajes por carretera que pueden incluir el tráfico, la construcción de carreteras y los desvíos, sin mencionar las largas horas de conducción y el peaje que cobra la persona que conduce.

Las estancias benefician a las empresas locales. Se gasta el dinero de las vacaciones en la comunidad de origen. Y, como no estás volando o conduciendo a ningún sitio, estás reduciendo las emisiones de carbono y ayudando al medio ambiente.

El purista vaCASAcionista nunca sale de su propia casa. La revista Real Simple tiene grandes ideas sobre cómo hacer que su propia casa se sienta como un destino de vacaciones. Sus sugerencias incluyen:

- » Apagar el teléfono
- » Prohibir los correos electrónicos
- » Deja de ver las noticias; deja de ver la televisión.
- » Que la cena sea entregada todas las noches...
- » Hacer un viaje de sillón en compañía de un gran escritor

- » Montar una tienda de campaña y acampar en tu propio patio trasero
- » Organizar un festival de cine privado de Netflix con las películas de un actor favorito (me viene a la mente Peter Sellers)
- » Convierte tu casa en un centro turístico. Esto puede implicar hacer algunas compras como una bata de baño estilo spa, sábanas de algodón de 300 hilos, una hamaca o un juego de sillones reclinables, o una nueva parrilla.
- » Convierta su baño en un spa. Enciende velas, usa un poco de aceite de baño o un baño de burbujas y sumérgete en la bañera. Hable con su pareja para que le traiga un vaso de vino frío para beber mientras se empapa. O, traiga la suya propia.
- » Hazte un masaje “hágalo usted mismo” usando sólo una esterilla de yoga y pelotas de tenis viejas; sólo tienes que colocar las pelotas estratégicamente y rodar suavemente hacia adelante y hacia atrás, y de lado a lado.

Las estancias también incluyen conducir distancias cortas a un lugar nuevo. Recientemente mi marido y yo condujimos a Concepción de Buenos Aires simplemente para ver un paisaje diferente, observar un pequeño pájaro y hacer un picnic. Los residentes del lago son afortunados de tener muchas opciones disponibles con belleza natural abierta para ellos. Recomiendo consultar John & Susy Pint's Outdoors en el oeste de México. Como dice el anuncio de la contraportada: “. . . visitar las ollas de barro hirviendo de Los Negritos, una cascada escondida cerca de Mazamitla, el elegante Árbol de Lira de Quila, el Volcán de Fuego con chorros de lava o los misteriosos poltergeists del Lago del Cráter de La María”. El libro proporciona direcciones, tiempos de conducción y descripciones de 40 lugares escénicos, todos ellos situados a pocas horas de Guadalajara.

La otra guía indispensable para las excursiones de un día desde Lakeside es el México Occidental de Tony Burton: A Traveller's Treasury, publicado por primera vez en 1993 y en su cuarta edición. Todos los destinos destacados, ya sean artísticos, culturales, ecológicos o históricos, son excursiones de un día, el viaje más largo de tres horas. Burton lo llama “una colección personal e idiosincrásica de mis lugares favoritos del oeste de México” que confía en que otros disfrutarán.

Así que ahorra dinero, reduce el estrés, apoya la economía local, y lo más importante, mantente seguro tomando unas vaCASAciones en agosto.

Cultural Project 100 DEL TREN

By /Por Alberto Paz Bustamante

The old train station in Chapala, now González Gallo Cultural Center, celebrated its 100th anniversary on April 8, so with the “100 del Tren” campaign a great celebration was organized with exhibitions, concerts and various cultural activities.

The idea of the celebration arises from the Master’s Degree in Cultural Management and Development of the University of Guadalajara, which aims to strengthen the link between the space and the community, generate a reunion and sense of pride and belonging, through new cultural products that revive the memory of *Chapalense*, so while studying this master’s degree I conducted research with the invaluable support of the González Gallo Cultural Center and the Ministry of Culture, also had the support of a group of graphic design students to design the campaign “100 del Tren”.

Given the new reality brought by the COVID-19 pandemic, the campaign has been transformed and becomes a virtual effort through social networks. “100 years 100 videos” celebrates the life of this wonderful building, the work of architect Guillermo de Alba; in the videos we see cultural promoters, authorities and citizens who love and value the legacy of the old train station, thus promoting emotional appropriation. On the Facebook page Old Chapala Train Station, you can watch the videos and learn more about this project.

In addition, the activities at the González Gallo Cultural Center were also transformed and on July 3 we witnessed an exhibition “*Realidad Paralela*” (Parallel Reality), a virtual gallery that gathers the talent of 23 young artists from the

area, who talk to us about the concept of their creation. You can take in this exhibition on the Facebook page: González Gallo Cultural Center.

More than 30 thousand people have seen our videos and the González Gallo Cultural Center is more alive than ever! Celebrate with us!

Proyecto Cultural 100 DEL TREN

COLORES DE LA RIBERA

La antigua estación del tren en Chapala, ahora Centro Cultural González Gallo, celebró el 8 de abril sus 100 años, por lo que con la campaña “100 del Tren” se tenía organizada una gran celebración con exposiciones, conciertos y diversas actividades culturales.

La idea de la celebración surge de la Maestría en Gestión y Desarrollo Cultural de la Universidad de Guadalajara, que tiene como objetivo fortalecer el vínculo del espacio con la comunidad, generar un reencuentro y sentido de orgullo y pertenencia, a través de nuevos productos culturales que reaviven la memoria Chapalense, por lo que mientras estudié dicha maestría llevé a cabo una investigación con el invaluable apoyo del Centro Cultural González Gallo y la Secretaría de Cultura, además conté con el apoyo de un grupo de estudiantes de diseño gráfico para el diseño de la campaña “100 del Tren”

Ante la nueva realidad que nos trajo la pandemia del Covid 19, la campaña se transforma y se vuelve un esfuerzo virtual a través de redes sociales. 100 años 100 videos celebran la vida del maravilloso edificio, obra de Guillermo de Alba; en los videos vemos a promotores culturales, autoridades y ciudadanos que aman y valoran el legado de la antigua estación del tren, con lo que se promueve la apropiación emocional. En la página del Facebook: Antigua Estación de Trenes de Chapala, puedes ver los videos y conocer más sobre este proyecto.

Además, las actividades en el Centro Cultural González Gallo se transformaron también y el 3 de julio fuimos testigos de una exposición “Realidad Paralela”, una Galería virtual que reúne el talento de 23 jóvenes artistas de la zona, los cuales nos platican el concepto de su creación. En la página de Facebook: Centro Cultural González Gallo puedes apreciar esta exposición.

Más de 30 mil personas han visto nuestros videos y el Centro Cultural González Gallo, está más vivo que *nunca!*
¡Celebra con nosotros!

COMMUNITY OUTREACH

Envisioning a Retirement Boom, Mexico Creates More Independent Living for Americans & Canadians – Especially at Lake Chapala

By Wendy Jane Carrel

Envisioning a Retirement Boom, Mexico Creates More Independent Living for Americans and Canadians — Especially at Lake Chapala

Mexico is the first choice for the many Americans, Canadians and, increasingly, Europeans looking for affordable aging options, because of its proximity to Canada and the U.S., mild weather, opportunities for new life adventures, and most of all, access to medical and senior care at one-third to one-half less than at home — a major concern, even for those who are super fit and who follow a healthy lifestyle.

Many of these new retirees — boomers, boomers bringing parents, and some Gen-Xers — love technology, travel, and learning. They like to drive, to explore. Some will continue to work on-line. More than anything they enjoy their independence. They seek ways to live more economically, and use Mexico as a home base for more travel.

They have unique interpretations of what independent living means, and the overriding lifestyle goal is AGING IN PLACE, either within a community where one is self-sufficient, or in a community providing services such as meals, laundry, cleaning, and transportation.

This is no surprise to developers from Canada, Mexico, Spain, and the U.S. who have anticipated the rise in the number of retirees for over 10 years, and the most aggressive housing expansion has been at Lake Chapala, one hour south of Guadalajara, Mexico's second largest city, which also boasts an international airport.

Lake Chapala currently has three large construction projects underway — two Life Plan Communities with in-

dependent living (with moves to assisted living or nursing care as part of a long-term plan), and one “luxury” development of condos and casitas not unlike the existing communities of El Dorado, El Parque, or the Raquet Club, replete with tennis courts, pools, a club house, gym equipment, and gardens. These new projects may be open by 2021.

The two newest Life Plan Communities are:

Namaste Lake Chapala Community tiny houses, a co-housing enclave in the village of Ajijic. Its founder is American James F. Twyman, a body/mind/spirit author and musician who travels the globe as a “peace troubadour.” The Namaste community opens its doors to the public for morning meetings to discuss or review *A Course in Miracles*.

Namaste offers 12 brightly painted homes providing 300 SF to 600 SF of living space, each with kitchen, bath, and living areas. The Namaste concept is to age in place affordably, bringing healthcare in should it be needed. Meals are communal, or taken to your residence if you wish silence.

As of this writing, all but one of the homes have been purchased and/or rented. For more information see www.NamasteLakeChapala.com or call Kerri Moon, Head of Sales, at (510)250-3002, a U.S. phone number.

Ohana Independent Living in San Juan Cosala is the other newbie. Located on a large lakefront estate with sprawling lawns, close to nature, the owners are bi-lingual geriatric nurses. Even though there is no assisted living or nursing care at their two-story independent living home on the lake, folks with walkers who can take care of themselves

are welcome. An elevator is currently being installed.

There are 12 rooms and each has mountain or lake views. There is a balcony on the second floor facing the lake. Rooms are partially furnished or decorated to one's preferences. Dogs are welcome. Meals are included, as well as laundry, maid service, and parking. There is no web site. For more information call Alonzo Garcia at 52 331 495-6167.

There are three existing independent living residences with meals, laundry, maid service, and parking for your car at Lake Chapala. There is a fourth residence, owned by a physician, with no parking. If you became seriously infirm at any of these places, you would be required to move somewhere else. Monthly fees range from \$1200 to \$1800/month USD, the average cost of Mexican assisted living with no frills.

There are another four communities designed as individual apartments for older adults, and there are about seven more that have a community feel but are exclusively rentals for older adults. There are also four hotel apartments, some with kitchens, rented long-term by older adult ex-pats.

There is also Rancho La Salud Village in West Ajijic, which consists of a group of larger homes created for aging in place, and green, sustainable living. There are no communal meals, each resident is on his or her own. RLSV was founded in 2010 by Jaime Navarro and his wife Sara Villalobos, together with "green" architect Rick Cowlshaw. See www.ranchollasaludvillage.com

As of this writing, other "independent living" and/or senior living projects for ex-pat retirees are in the works throughout Mexico awaiting, for the most part, American and Canadian boomers.

However, unlike the U.S., retirees must not expect choices as diverse as an all Hindu, laughing yoga, retired postal worker, artist, Japanese, or Presbyterian senior com-

munity, nor any development as large as a Sun City.

Wendy Jane Carrel, MA, is a Spanish-speaking senior care specialist and consultant. Over a period of several years she has traveled state to state in Mexico researching health systems, senior care options, and end-of-life care. <http://www.WellnessShepherd.com>

FINDING WOODS ON A SUMMER EVENING

(with apologies to Robert Frost)

By Michael Warren

Whose woods these are I think I know.
His putter's in the clubhouse though;
And what's this 4-iron doing here
Bent out of shape into a bow?

They say he's getting rather queer —
And all the caddies keep well clear —
The other day he broke a rake
And now he's thrown out all his gear.

His ball just went into the lake,
He asks if there is some mistake,
"Surely my score's not seventeen,
My bloody partner's not awake!"

It's such a lovely peaceful scene,
A ball, a hole, a silent scream
And miles to go before the green
And miles to go before the green!

CUSTOMS & CULTURE

Since 2002, when the Feria Maestros del Arte was born, artisans from all corners of Mexico have come together in Chapala to sell their work to Feria-goers from all over the world. This venue has brought considerable attention to the plight of Mexican folk art — that is, that many traditional art forms are in danger of becoming fragments of antiquity.

There are no folk art events in Mexico or the U.S. on the scale of, and with the impact of, the Feria Maestros del Arte. Every year artisans vie for a booth space. Eighty-five artists are juried and selected from all of Mexico. Their space is free, they are not charged a percentage of their sales, they are guests in local residents' homes for the three days of the show, and transportation to and from the Feria is paid for as well. No other event, anywhere, goes to such great lengths to ensure that artists return home with every centavo they earn.

Artists hoping for sales at the 2020 Feria Maestros del Arte in November have had their hopes shattered. Not only have all events since March — at which the artisans might have garnered some income — been cancelled due to COVID-19, but now the Feria has also been. This has brought hardship and uncertainty for artisans all over Mexico. With no venues such as the Feria at which to sell, and the public adhering to social distancing and curtailing most of their face-to-face contacts, there is nowhere left for artisans to sell except perhaps the Internet, but many artisans have no idea how to use Facebook. Many do not even speak Spanish but rather their indigenous language. Some do not read or write. How are these people to continue making even a meager living?

It has been said of the Feria Maestros del Arte, that it is a “heart” show and not just an “art” show. The Feria Board of Directors explored various scenarios of how we might still promote and sell artisans' work, given the distancing practices of COVID. With the unveiling of our new website <https://www.feriamaestros2.com>,

Go to the Feria “Virtually”

By Marianne Carlson

it was decided to devote it solely to artisan sales. Each artisan has their own webpage — photos, dimensions, prices, and descriptions of each item help the buyer to make choices. Ongoing Facebook posts keep the public informed when new artisans are added to the website and “teaser” photographs of work being offered accompany the post.

To help the 2020-invited Feria artisans, the Feria Board of Directors has deposited \$1,400 pesos into each artisan's bank account. This was a prelude to the decision to dedicate our website to artisan sales. Not a large amount of money, but it was gratefully received. Several artists donated their \$1,400 pesos back to the Feria, and it has been added to the next round of artist donations being dispersed through a special Feria committee.

If you are interested in helping Mexico's folk artisans, the Feria invites you to donate through us. We will ensure donations get to those in the greatest need. The easiest way is to use our PayPal button on the website <https://www.feriamaestros2.com>. If you wish to donate to a particular artist, just make a note on your PayPal donation and we will disperse it for you.

“The show must go on” — 2020 is a Feria with a virtual twist. To support an artisan by purchasing from our website, just follow these easy instructions:

- Go to <https://www.feriamaestros2.com>,
- Click on COVID-19 MAESTROS in the menu,
- Artisans are listed by the category their work falls into.
- We are asking that you deal directly with the artist; however, should you need help with the language issue, we are happy to try and assist you.
- Contact feriamaestros@gmail.com or text 331 098 4850 with questions or comments.

Here are a few “teaser” photos of work you will find on the Feria Maestros del Arte website.

Desde 2002, cuando nació la Feria Maestros del Arte, artesanos de todos los rincones de México se han reunido en Chapala para vender su trabajo a los asistentes de todo el mundo. La Feria ha atraído una considerable atención a la difícil situación del arte popular mexicano, es decir, que muchas formas de arte están en peligro de convertirse o se han convertido en fragmentos de la antigüedad.

No hay eventos de arte folclórico en México o en los Estados Unidos a la escala y con el impacto de la Feria Maestros del Arte - cada año los artesanos compiten por un espacio en un stand. Ochenta y cinco artistas son evaluados y seleccionados provenientes de todas partes de México. Su stand es gratuito, no se les cobra un porcentaje de sus ventas, son hospedados en las casas de los residentes locales durante los tres días de la feria, y el transporte de ida y vuelta a la Feria también se paga. Ningún otro evento, en cualquier lugar, se esfuerza tanto para asegurar que los artistas regresen a casa con cada peso que ganan.

Los artistas que esperaban ventas en noviembre durante la Feria Maestros del Arte de 2020 han visto sus esperanzas destrozadas - todos los eventos desde marzo en los que los artesanos podrían haber obtenido algún ingreso, han sido cancelados — ahora, la Feria también ha sido cancelada debido a Covid-19, y esto ha traído incertidumbre para los artesanos de todo México. Si no hay lugares como la Feria en los que vender y el público se adhiere al distanciamiento social y reduce la mayoría de sus contactos cara a cara, no queda ningún lugar para que los artesanos vendan, excepto tal vez Internet - muchos artesanos no tienen idea de cómo usar Facebook; muchos ni siquiera hablan español sino su idioma indígena; algunos no leen ni escriben — ¿cómo van a seguir ganándose la vida aunque tenga todas estas limitantes?

Se ha dicho de la Feria Maestros del Arte, que es un espectáculo de “corazón” y no sólo de “arte”. La Junta Directiva de la Feria exploró varios escenarios de cómo podríamos seguir promoviendo y vendiendo el trabajo de los artesanos dadas las prácticas de distanciamiento de Covid-19. Con la inauguración de nuestra nueva página web <https://www.feriamaestros2.com>, se decidió dedicarla únicamente a la

venta de artesanía. Cada artesano tiene su propia página web: las fotos, dimensiones, precios y descripciones de cada artículo ayudan al comprador a tomar sus decisiones. Las publicaciones continuas en Facebook mantienen al público informado cuando se añaden nuevos artesanos a la página web y las fotografías muestra de los trabajos que se ofrecen, acompañan a la publicación.

Para ayudar a los artesanos de la Feria invitados este año, gracias a una subvención que recibimos, pudimos depositar \$1,400 pesos en la cuenta bancaria de cada artesano. Esto fue un preludio a la decisión de dedicar nuestro sitio web a la venta de su arte. No es una gran cantidad de dinero, pero fue recibido con gratitud. Varios artistas donaron sus \$1,400 pesos a la Feria, y se ha añadido a la siguiente ronda de donaciones de artistas que se dispersan a través de un comité especial de la Feria.

Si usted está interesado en ayudar a los artesanos populares de México, la Feria le invita a donar a través de nosotros. Nos aseguraremos de que llegue a los más necesitados. La manera más fácil, es usar nuestro botón de PayPal en el sitio web <https://www.feriamaestros2.com>. Si desea donar a un artista en particular, solo haga una nota en su donación de PayPal y nosotros se la entregaremos.

“El espectáculo debe continuar” - 2020 es una Feria con un giro virtual. Para apoyar a un artesano comprando en nuestro sitio web, sólo siga estas sencillas instrucciones:

- » Vaya a <https://www.feriamaestros2.com>,
- » haga clic en COVID-19 MAESTROS en el menú,
- » Los artesanos están listados por la categoría en la que se encuentra su trabajo.
- » Le pedimos que trate directamente con el artista, sin embargo, si necesita ayuda con el tema del lenguaje, estaremos encantados de tratar de ayudarlo.
- » Contacte con feriamaestros@gmail.com o envíe un mensaje de texto al 331 098 4850 con preguntas o comentarios.

Aquí hay algunas fotos muestra de la obra que encontrará en el sitio web de la Feria Maestros del Arte “Covid-19”.

Cashless Medical Services are Available in Mexico

Using foreign insurance policies in Mexico can be nightmare — complicated claim procedures can be time consuming and costly. Foreign patients might have negative experiences, which result from a lack of understanding of their insurance policy and the tedious insurance claim process.

Regardless of your immigration status in Mexico, there are companies that can assist you to receive medical services under your existing international health plan, ensuring you receive the maximum allowed health benefits — to illustrate, we will use one of those companies as an example of the health care coverage you might experience — Amexcare. They work with many types of foreign nationals in Mexico, including retirees, snowbirds, expatriates, and travellers.

Medical Providers

Amexcare works in collaboration with a broad network of medical providers in Mexico, including Guadalajara, to directly bill international health and travel insurers on behalf of their patients. This allows you, as the patient, to have cashless medical services.

Verification of Coverage

Amexcare provides free verification of insurance benefits to individuals who possess foreign insurance policies, allowing them to understand their policy coverage, benefits, limitations, deductible, co-payments, co-insurance, out-of-pocket maximums, etc.

Once your insurance benefits are verified, they help set up your medical appointments and arrange medical treatment. Once discharged, they work directly with the hospital and medical professionals to submit the insurance claim.

They prepare the hospital for your arrival, and inform them upfront about your coverage. You never have to worry about paying the bills.

Coronavirus SARS-COV-2 (COVID-19)

With the novel coronavirus being declared a global pandemic, patients and medical providers around the globe are feeling the stress regarding changing medical pro-

cedures. You will want a provider that ensures you receive the best response to this pandemic, and that closely monitors updates from the Centres for Disease Control, World Health Organization, and National Authorities.

Insurance Claim Management Services During the Pandemic

Our example firm, Amexcare, works closely with their network of medical providers and international insurance companies, ensuring they are aware of updates regarding patient insurance coverage and claims. Most insurance companies are covering costs related to COVID19, and you will want to be sure the cashless medical services company that you select, does the same.

To see for yourself whether a company offering cashless medical services will work for you, you might begin the information search with Amexcare at vob@amexcare.com and learn whether they are the company for you.

