



Persian Heritage

www.persian-heritage.com

Persian Heritage, Inc.

110 Passaic Avenue
Passaic, NJ 07055

E-mail: Mirassiran@aol.com

Telephone: (973) 471-4283

Fax: 973 471 8534

EDITOR

SHAHROKH AHKAMI

EDITORIAL BOARD

Dr. Mehdi Abusaidi, Shirin Ahkami Raiszadeh, Dr. Mahvash Alavi Naini, Mohammad Bagher Alavi, Dr. Talat Bassari, Mohammad H. Hakami, Ardeshir Lotfalian, K. B. Navi, Dr. Kamshad Raiszadeh, Farhang A. Sadeghpour, Mohammad K. Sadigh, M. A. Dowlatshahi.

MANAGING EDITOR

HALLEH NIA

ADVERTISING

HALLEH NIA

* The contents of the articles and advertisements in this journal, with the exception of the editorial, are the sole works of each individual writers and contributors. This magazine does not have any confirmed knowledge as to the truth and veracity of these articles. All contributors agree to hold harmless and indemnify *Persian Heritage (Mirass-e Iran)*, Persian Heritage Inc., its editors, staff, board of directors, and all those individuals directly associated with the publishing of this magazine. The opinions expressed in these articles are the sole opinions of the writers and not the journal. No article or picture submitted will be returned to the writer or contributor. All articles submitted in English must be typed.

* The appearance of advertising in this magazine does not constitute a guarantee or endorsement of the products by *Persian Heritage*. In addition, articles and letters published do not reflect the views of this publication.

* Letters to the Editor should be mailed, faxed or e-mailed to the above addresses and numbers. The journal reserves the right to edit same for space and clarity or as deemed appropriate.

* All requests for permissions and reprints must be made in writing to the managing editor.

PUBLISHED BY

PERSIAN HERITAGE, INC.

A corporation organized for cultural and literary purposes

Cover Price: \$8.00

Subscriptions: \$32.00/year (domestic);
& 50.00/year (International)

Typesetting & Layout
TALIEH PUBLICATIONS

Persian Heritage

Vol. 25, No. 100

Spring 2021

FROM THE EDITOR'S DESK 6

LETTERS TO THE EDITOR 8

NEWS

Two Former Iran Football Players Die Due to Covid-19 9

Iranian Women Empower Amid Pandemic by Making Masks 10

Switzerland Negotiating to Buy Covid-19 Vaccine From Iran 11

Sun Children Shortlisted for 2021 Oscars 13

THE ARTS & CULTURE

Reviews 16

The Hill We Climb 17

Quchan 18

Azita Ghafouri, A Life of Passion 19

Croatians and Cravats Are of Iranian Origin 20

Theory of Evolution is 600 Years Older Than Darwin 21

The Spiritual Zoroastrianism (*Davood Rahni*) 22

Meet Dr. Ali Nouri 25

Persian Onager 25

Birds in Iran, part two 26

The 1,500-Year-Old Love Story (*Mark Oliver*) 28

Khuzestan, Iran's Unique Haven for Birds 29

Norouz at the Beginning of the Spring 30

(*Davood Rahni*)

Important Notice

All written submissions to Persian Heritage with the expectation of publication in the magazine must include the writer's name, address and telephone number. When an article is submitted we assume the author has complete ownership of the article and the right to grant permission for publication.

Persian  Heritage

**Special
Announcement:**

**Contact our California
based Advertising Agent
for your ads.**

(973) 471 4283

Alzheimer's

ORANGE COUNTY

Q & A With

Jim McAleer

President and CEO of Alzheimer's Orange County

Tell us about Alzheimer's Orange County!

Alzheimer's Orange County began as an independent 501c3 nonprofit in 1982 with a primary mission of providing care and support for those impacted with dementia and their caregivers in Orange County. As you may know, Alzheimer's is a devastating neurodegenerative illness that weakens the memory and other cognitive and emotional functions.

To put some context to the importance of our organization and mission, today there are more than 84,000 Orange County residents living with Alzheimer's disease or another form of dementia, and that number is projected to more than triple by 2025. In Orange County alone, Alzheimer's disease is the third leading cause of death.

Alzheimer's Orange County provides life-changing programs, support services, and advocacy for those living with memory loss, including older adults and frail seniors, as well as the people who love and care for them. We provide support to Orange County families and individuals through brain health and dementia education, care consultations, community resource connections, Adult Day Health Services, residential, memory care services, and much more.

We operate the Irvine Cottages residential memory care business, which has 12 neighborhood locations in Newport Beach, Irvine and Mission Viejo with 72 beds. Founder Dr. Jacqueline DuPont, Gerontologist, donated the business.

Describe a few of the programs the organization offers.

We are a one-stop shop for all things related to Alzheimer's and dementia. A few of our stand-out initiatives include our Annual SoCal Alzheimer's Disease Research Conference co-hosted by UCI MIND; our live online webinars; our Memories in the Making® signature art program; the MindFit OC health education program based on the latest research from the Cleveland Clinic; and our special fundraising events, including our annual gala and Walk4ALZ & Run 4ALZ. To reflect the diversity of our county, we provide educational and support services in English, Spanish and Vietnamese.

We also offer support groups for Chinese, Farsi, and Korean speakers.

How did Alzheimer's Orange County respond to the COVID-19 Crisis?

As the coronavirus (COVID-19) pandemic first developed in Orange County and then became increasingly dangerous to the health and well being of thousands of residents of who are affected by Alzheimer's disease or other related dementia, we took immediate steps to address it and implemented a plan of action.

The difficult decision was made to postpone this year's Gala after governmental recommendations and the CDC and California Public Health Department issued warnings. The spread of the virus and its potential impact on the community, particularly older adults, was not something to be ignored or underestimated. Later, a successful virtual gala was held earning more than \$500,000 to support many life-saving and life-changing programs.

After the California State Department of Aging required us to close Acacia Adult Day Services of Garden Grove and South County Adult Day Services in Laguna Woods, our team began nursing and social work support and connecting families in need of food and supplies.

To keep connected to adults now unable to go to the centers for nourishment and socialization, the staffs began a service to prepare and directly deliver meals and other items like games and puzzles to keep them engaged - all at no charge.

AlzOC transitioned services, like educational courses, on-line and ramped up PPE distribution efforts to help keep essential workers safe.

Caring for someone with Alzheimer's can be an intensely emotional journey. So we used our Facebook Caregiver Support Group to help people stay connected with other caregivers, care partners, and people living with Alzheimer's or dementia. We also began virtual Zoom support group sessions via video call or telephone.



How can someone become involved with Alzheimer's Orange County?

There are several ways. We are seeking donors and advocates to help us meet the needs and assure rights of people with Alzheimer's disease and their families. We invite everyone to visit <https://www.alzoc.org> to learn more.

Bio of Jim McAleer



Jim McAleer began his career in the nonprofit world at age 18 while pursuing an undergraduate degree in Savannah, Georgia.

For the next 22 years, he worked with individuals with mental retardation, issues of mental health and other disabilities. He earned a master's degree in Public Administration at Northeastern University in 1994.

After relocating to Southern California, Jim began a comprehensive nonprofit consulting business specializing in organizational leadership and change, management transitions, strategic planning, and fundraising.

McAleer & Associates, Inc. served dozens of clients over the next six years including Friends of El Faro, Street Poets, Crystal Cove Alliance, and more.

Since 2004, Jim has settled into his role as President and CEO of Alzheimer's Orange County, serving the 84,000 + people living in OC with, or at risk of, dementia.

He manages \$9.2 million in income and a staff of 100. He has made more than 100 professional presentations and has served on five nonprofit boards of directors supporting at risk children's causes, and the board of Cal Optima.

Jim created the Orange County Aging Services Collaborative in 2009, now gathering together more than 30 nonprofits serving seniors for regular collaborative projects and promotions.

He continues to co-chair that group.

<http://www.ocagingservicescollaborative.org/>

In 2016, Jim began to convene the Orange County Strategic Plan on Aging (OCSPA), which now boasts 18 cities, the County, 13 nonprofits and four funders as its members. The plan has created two 18-month strategic initiative tracks (so far) as well as the OC Report on Seniors released in 2019.

He currently serves as chair of the group.

<http://www.ocagingplan.org/>

Contact Communications Director:

Amanda Helvie

562 900 2265

amanda.helvie@alzoc.org

To Those of Us Born 1925 - 1955

TO ALL THE KIDS WHO SURVIVED

THE 1930s, 1940s, and 1950s

This article's author is unknown, but it is food for thought! Who knows what one will write at the end of another fifty years, ENJOY

First, we survived being born to mothers who may have smoked and/or drank, while they were pregnant. They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes. Then, after that trauma, we were put to sleep on our tummies in baby cribs Covered with bright colored lead-based paints.

We had no childproof lids on medicine bottles, locks on doors or cabinets and when we rode our bikes, we had baseball caps, not helmets, on our heads. As infants and children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes no brakes. Riding in the back of a pick-up truck on a warm day was always a special treat. We drank water from the garden hose and not from a bottle. We shared one soft drink with four friends, from one bottle, and no one actually died from this. We ate cupcakes, white bread, real butter, and bacon. We drank Kool-Aid made with real white sugar, and we weren't overweight.

WHY?

Because we were always outside playing... that's why! We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day, and, we were OKAY.

We would spend hours building our go-carts out of scraps and then ride them down the hill, only to find out that we forgot about brakes. After running into the bushes a few times, we learned to solve the problem. We did not have Play Stations, Nintendo, and X-boxes. There were no video games, nor No 150 channels on cable, no video movies, or DVDs, No surround-sound or CDs, no cell phones, no personal computers, no Internet and no chat rooms.

We Had Friends

And we went outside and found them! We fell out of trees, got cut, broke bones and lost teeth, and there were no lawsuits from those accidents. We would get spankings with wooden spoons, switches, ping-pong paddles, or just a bare hand, and no one would call child services to report abuse.

We ate worms, and mud pies made from dirt, and the worms did not live in us forever. We were given BB guns for our 10th birthdays, 22 rifles for our 12th, rode horses, made up games with sticks and tennis balls, and although we were told it would happen- we did not put out very many eyes. We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them. Little League had tryouts, and not everyone made the team. Those who didn't had to learn to deal with disappointment.

Imagine that!!

The idea of a parent who didn't bail us out if we broke the law. That was unheard of...They actually sided with the law!?? These generations have produced some of the best risk-takers, problem solvers, and inventors ever. The past 60 to 85 years have seen an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and we learned how to deal with it all.