



IN THIS ISSUE: Elder & Dependent Adult Abuse Training, 'Book Club' Spotlights Seniors, Prize Schemes, Tulare County Sheriff Bob Hill, Talking about Alzheimer's

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume V, Number 4 • July/August 2018



## Annual Event Marks Elder Abuse Awareness Month



Guest speaker Dr. Ernie Smith

### Kings County Seniors Warned about 'Fraudsters'

By Steve Pastis

"Everyone is susceptible to financial abuse," said Kings County District Attorney Keith Fagundes in his opening remarks at the Financial Fraud Education and Bingo event held at First Presbyterian Church in Hanford on June 15. "We suffer from strangers coming to our community and taking advantage of our seniors."

As an example, he noted the telephone calls from strangers that prey on the sympathies of senior women by starting off with, "Grandma, I'm in trouble. Can you send me cash?"

Fagundes also cautioned his audience to "be careful about the information you give out."  
(continued on page 4)

The annual ceremony to mark Elder Abuse Awareness Month was held at Government Plaza in Visalia on June 19. The event was attended by about 50 people.

Speakers included Tulare County Supervisor Amy Shuklian, Tulare County District Attorney Tim Ward, Tulare County Sheriff Mike Boudreaux, and Tulare County Superior Court Judge Melinda Reed. Tulare County Health and Human Services Deputy Director for Adult Services John Mauro made opening remarks, introduced the speakers and presented the Tulare County Health and Human Services video "Be the Hand that Matters."

June has been designated



Tulare County District Attorney Tim Ward offers his remarks.



Representatives from the Tulare County District Attorney's Office, Tulare County Sheriff's Office, Tulare County Health and Human Services Agency, Adult Services, Tulare County Board of Supervisors, and Family Services of Tulare County pose for a group photo after the ceremony.

as World Elder Abuse Awareness Month, and annual ceremonies and other events educate people around the world about this serious problem.

Elder abuse is defined as neglect, financial exploitation, physical abuse, sexual abuse or emotional abuse of an individual age 65 or older. In over half of the elder abuse cases in Tulare County, the crime is committed by a son, daughter or other relative.

In her remarks, Reed praised first responders for "doing a fabulous job."

"This is personal for me," said Boudreaux. "My grandmother was overmedicated by her care provider so that she could take control over her accounts."

"Our justice system is not very victim-friendly," said Ward, but added that the process is being improved "to make it not as challenging."

Shuklian then read a proclamation from the Tulare County Board of Supervisors, which proclaimed June 2018 as "Elder Abuse Awareness Month in Tulare County."

## University of Michigan Releases Senior Sex Survey Results

### Let's Talk About Sex

Romantic relationships are important to well-being and quality of life at any age. While sex is an integral part of the lives of many older adults, this topic remains understudied and infrequently discussed. In October 2017, the University of Michigan National Poll on Healthy Aging asked a national sample of adults age 65-80 about their perspectives on relationships and sex and their experiences related to sexual health.

### Romantic Relationships

A majority of older adults reported they are married or partnered (66%), 12% are widowed, 15% divorced or separated, and 7% never married. Men were more likely to be



married or partnered (73%) than women (60%). Of those not married or partnered, 18%

said they are in a relationship. Taken together, nearly three in four (72%) of those 65-80 reported having a current romantic partner (married, partnered, or in a relationship).

Most respondents with a romantic partner have been in the relationship for 10 years or longer (92%) and 4% less than five years. Among those who did not have a current romantic partner, 13% had been on a date with someone new in the past two years.

### Perspectives on Sex

Most older adults (76%) agreed that sex is an important part of a romantic relationship at any age. Men were more likely to agree (84%) than women (69%).

Two in five (40%) indicated

that they are currently sexually active. Sexual activity decreased with age (46% age 65-70, 39% age 71-75, and 25% age 76-80). Men were more likely to report being sexually active compared with women (51% vs. 31%) as were those who self-reported that their health was excellent, very good, or good, compared with those with fair or poor health (45% vs. 22%). About half of those with a romantic partner (54%) and 7% of those without one reported they are currently sexually active. The vast majority of those who were sexually active (92%) reported that sex is an important part of a romantic relationship.

"Sex is important to my  
(continued on page 10)

## Ruth Wood Open Arms House Names New Executive Director

Sabrina Jimenez, Visalia native and advocate for enhanced end-of-life care, will start her new position as executive director/administrator of the Ruth Wood Open Arms House in Visalia on July 23.

A member of the Open Arms Foundation Board since 2016, Sabrina has been actively involved with development and community networking for the organization since 2014.

Sabrina has 30 years of business experience in both public and private sectors, including 16 years as a leader in health-care operations and marketing, and six years in direct hospice operations and community education leadership. As the former area director of operations



Sabrina Jimenez

for Sojourn Hospice, Sabrina brings the desired leadership, passion and experience to her new position with Open Arms.

Sabrina's goal is "to provide a unique caregiving model that meets the needs of residents and their families in our community, while continuing to influence, educate and set new standards for the perception of end-of-life care throughout Tulare County."

The Ruth Wood Open Arms House, 3234 W. Iris Ave., Visalia, is a home for end-of-life care where every life matters to the very last breath and no one dies alone.

For more information, visit [OpenArmsHouse.org](http://OpenArmsHouse.org) or call (559) 713-6542.

### VETERANS CORNER

## College Fee Waiver Program

The California College Fee Waiver (CFW) Program is a benefit available to spouses and children of a service connect disabled veteran, and runs each academic year, beginning with the fall semester. The CFW allows for a tuition fees waiver when attending California community colleges, California State University, or a University of California campus.

The County Veterans Services Office (CVSO) can help you determine whether you are eligible. The most recent application form is available at [www.calvet.ca.gov](http://www.calvet.ca.gov) or at the local CVSO. Once completed, return the application to us, along with proof of income (if enrolling under Plan B) and proof of your relationship to the veteran. A benefit letter will be mailed to you and to the appropriate school within two weeks.

The state offers Plans A through D, but I will describe the most commonly used Plans: A and B. The CFW benefit cannot be used to attend private or out-of-state colleges under any plan.

Plan A: Available to the spouse, child or unmarried surviving spouse of a wartime veteran totally disabled due to a service-related illness or injury, died from a service-connected cause, or any dependent of a former POW or veteran who was declared MIA.

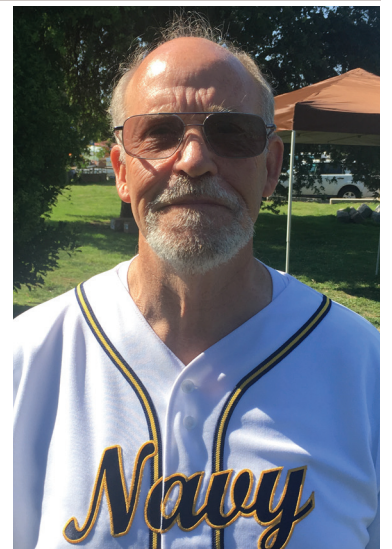
Under Plan A, there is no income limit, but the child must be between 14 and 27 years of age (up to age 30 if the child is also a veteran). There is no age limit for a spouse. This is not available to students also eligible for Chapter 35 unless waived. An Election to Receive College Fee Waiver Benefits Plan A in lieu of Chapter 35 must be on file with the CVSO. Additionally, surviving spouses must not have remarried. The veteran's date of death or date of 100% disability rating has to have occurred before the child's 21st birthday.

Plan B: You must be the child of a veteran who has a permanent service-related disability or who had a service-related disability at the time of death, or who died from service-related causes.

Under Plan B, there is no age limit, but the child's income plus the value of parental support must not exceed \$12,752 (this figure is adjusted annually). The benefit, based on the previous year's annual income, may be used with Chapter 35 benefits. Wartime service is not a requirement and the benefit is only available to the children of a veteran.

To document income, a copy of the income tax return (either the 1040 or the 540) or letter of non-filing must be provided. The Internal Revenue Service (IRS) issues these letters after June 15 of each year. Without everything required, we cannot process the request.

Ken Cruickshank, the Veterans Services Officer for Tulare County, is a retired Navy Master Chief Petty Officer. Contact him at the Veterans Services Office at 3348 W. Mineral King Ave., Visalia; by phone at (559) 713-2880; or by email at [KCruicks@tularehhsa.org](mailto:KCruicks@tularehhsa.org)



Ken Cruickshank

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**Managing Editor/Art Director - Steve Pastis**

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# Elder and Dependent Adult Abuse Training Held in Visalia

By Steve Pastis

The Tulare County Elder and Dependent Adult Abuse Training, held at the Visalia Convention Center on June 7th, began when Tulare County District Attorney Tim Ward welcomed the audience of about 125.

The all-day event was organized by the Tulare County District Attorney Victim/Witness Assistance Division for the benefit of law enforcement, attorneys, advocates, social workers and care providers.

District Attorney Victim Advocate Nicole Burnham introduced the first speaker, Dr. Adriana Navarro, a consultant in community-based projects and an associate professor at Azusa Pacific University.

Navarro is very familiar with the challenges faced by seniors in Tulare County, having done much of the work behind the recent report *Tulare County Elder Justice Survey*.

She talked about the high rate of poverty in the county and other issues confronting local seniors.

"There's a lot more self-neglect in Tulare County that you're dealing with," she said. On the positive side, she noted that the county has "a nice array of services" for seniors.

She then focused on the elder justice survey, which included input from 104 people who work with seniors in the county.

"We wanted to learn about



Event participants included (l-r): Dr. Adria Navarro, Deputy District Attorney Elder Abuse Kalina Laleva, Tulare County District Attorney Tim Ward, District Attorney Victim Advocate Nicole Burnham, Debra Morrow of the Sacramento Senior Safe House, and District Attorney Victim Services Director Jennifer Lightfoot.

gaps in services," explained Navarro. "Where is it that we're challenged? Where should we really put some effort? Where can we put dollars to really make a difference?"

The survey revealed a consensus to these questions.

"Temporary shelters came up over and over," she said. "Experts in your county are saying this is a real gap. That's a real problem here."

Seniors in rural areas face additional problems, according to the survey results.

"There are people who are isolated from the services they need," said Navarro. "We need to chip away at this isolation."

She said there was also a need for "improved collabora-

tion" among those who work with seniors, and she advised those present to "be sure to network with one another."

The next speaker, Debra Murrow, followed up on the subject of providing temporary shelters for seniors. As chair of the Advisory Committee for the Sacramento Senior Safe House, she shared her answers to questions asked by a group from Tulare County when they recently visited the safe house:

- The residents of the Sacramento Senior Safe House are a diverse group of seniors, representative of the diverse ethnic groups in the Sacramento area.
- An average of 8.4 new residents come to the safe

house each month. They are mainly people who are invited based on their case.

- In 2017, a total of 101 seniors resided in the safe house.
- The average stay is 20 days, but residents can stay for up to 90 days.
- There are about as many men as women staying in the safe house.
- About 25% of the residents are veterans.
- About one-third of the residents have an observed or admitted mental health issue.
- Nearly 19% of them are victims of a crime that resulted in their stay.
- The safe house is full "99.9% of the time."
- The Sacramento Senior Safe House is operated by Volunteers of America.
- About two-thirds of its ex-

(continued on page 6)



Dr. Bonnie Olsen from the Keck School of Medicine at USC addressed the gathering.



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# Seniors Warned...

(continued from page 1)

Don't even give out your dog's name."

He also warned about calls or emails that claim to be from the IRS.

"There's never a time that the IRS or other government agencies are going to demand money from you over the phone," he said, adding that you can call his office if you need help or aren't sure about what to do.

Dr. Ernie Smith gave an energetic presentation at the event, which was held in honor of Elder Abuse Awareness Day. He focused on the kinds of financial fraud that most commonly target seniors.

"Financial fraud is a business for some people," said Dr. Smith. "It's a big business for them and we need to be aware. Fraud is not limited to one way they can victimize you.

"Their goal is to relieve you



Kings County District Attorney Keith Fagundes

of your money," he continued. "They have a family just like you do and they have a mortgage payment just like you do, but they don't want to earn their money like you do."

Financial fraud is most commonly committed by a family member, friend or caregiver, according to Smith. They target seniors because we are a trusting generation.

"A fraudster is looking for us

kinds of people who they can take advantage of," said Smith. "We have to be very diligent. Last year, (financial fraud) cost seniors \$36 million. That's a lot of money.

"Our mental faculties are beginning to leave us and that's what the fraudster is looking for," he said. "We have to stay on task."

Smith then focused on various scams seniors should be aware of to "stay on task."

"You can walk into any U.S. post office and do a change of address," he explained. "I can walk in and change (audience member) Maxine's address." The result is that bills and other personal documents will be in somebody else's hands and that person can take over your savings and your credit history.

He cautioned seniors when they buy a car to take a son or daughter with them. "We can't

forget that salespeople can and will manipulate you," he said.

"If somebody wants to take you to lunch and 'increase your income' by you giving up your money to them, just say no," he advised.

To the seniors who rely on caller ID to identify people who call them, Smith said, "Don't believe that ID number. Technology allows someone to call you and have a false number on your phone. And hang up on any robocalls you get.

"Stay away from limited free trial offers," he said. "You will get a bill for not calling to cancel."

Smith then set his sights on contracts that put seniors at risk.

"Contracts ought to be in writing," he said. "If it ain't in writing, it ain't happening. We have intuition when something isn't right. Follow that intuition."

Sometimes people on the phone will say something to you to get you to say "yes," and they will use that "yes" to make it seem that you agreed to a contract, he said.

Whenever you are at an ATM, "you get in front of that thing," said Smith. "Don't take for granted that there's no one there looking."

He advised people with personal computers to "get a good antivirus system on it."

To those who "still write checks," he suggests minimizing the number of checks you write. He explained that all the information printed on a check can create problems in the wrong hands. To protect your personal information, he told the gathering to not let mail sit in a mailbox too long.

"Fraudsters are like the lion," said Smith. "They look for the weak animal out there."

## FHCN Opens Health Center in Dinuba

On June 18, Family Health-Care Network (FHCN) opened the doors to its new health center at 324 N. Vermont Ave. in Dinuba. The health center offers internal medicine, family medicine and lab services.

The new 3,400-square-foot health center features seven exam rooms and one testing room for medical services and supports the organization's team-based, patient-centered medical home model. The Dinuba Health Center is FHCN's 27th site, and 22nd community health center in Fresno, Tulare and Kings counties.

The Dinuba Health Center is open Monday and Wednesday 9 a.m.-noon and 2-5 p.m.; Tuesday and Thursday 9 a.m.-1 p.m. and 2-5 p.m.; and Friday and Saturday, 9 a.m.-1 p.m. For an appointment or more information, call 1-877-960-3426, or visit [www.FHCN.org](http://www.FHCN.org).

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# Health & Wellness

## Tips for Talking about Alzheimer's with a Family Member

It's a conversation no family wants to have, but one that can be vitally important - talking to a loved one about memory loss or cognitive decline.

Mary Foss of Eagan, Minnesota, said she knew it was time to broach this sensitive topic with her husband, Darrell, when she noticed he was having difficulty doing the home improvement projects he had enjoyed all his life.

"Darrell would spend hours building and fixing things around the house - it was his hobby," Mary said. "But it got to a point where he was having trouble doing even routine tasks. He would get frustrated and soon began doing less and less. I knew something was wrong, but dismissed it for a while."

As Darrell's retreat from activities he once loved grew, so did Mary's concern. Eventually, Mary and the couple's adult daughter, Michele, decided to share their concerns.

"We just told him that something is not right and you need to see a doctor and figure out what it is," Foss said. "I thought maybe he had a mini-stroke or a brain tumor. We were shocked when the diagnosis came back as mild cognitive impairment, possibly Alzheimer's."



The Fosses' story is not uncommon. Talking about memory or cognition problems with a family member can be daunting for many families. Denial, fear and difficulty initiating conversations about this sensitive subject are common barriers.

"Alzheimer's disease is challenging, but talking about it doesn't have to be," said Ruth Drew, director of Information and Support Services at the Alzheimer's Association. "Family members are typically the first to notice when something is not quite right and it's important to discuss these concerns and follow up with your doctor."

The Alzheimer's Association offers six tips to help families have conversations about Alzheimer's and other dementias:

1. Have the conversation as early as possible - Addressing memory or cognition problems early offers an opportunity to identify the cause and take action before a crisis occurs.
2. Think about who's best suited to initiate the conversation - If there is a family member, close friend or trusted adviser who holds sway, include them in the conversation.
3. Practice conversation starters - Be thoughtful in your approach. For example, consider an open-ended question such as, "I've noticed a few changes in your behavior lately, and I wanted to see if you've noticed these changes as well?"
4. Offer your support and companionship - Let your family member or friend know that

you're willing to accompany them to the doctor and offer your support throughout the diagnosis process.

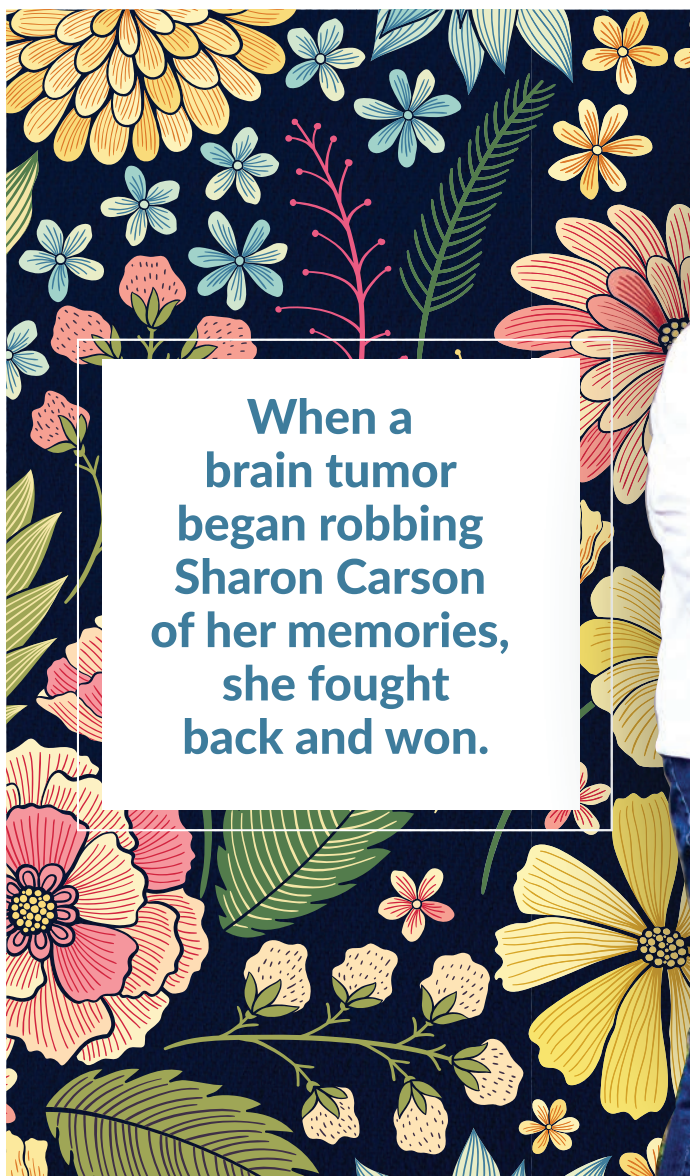
5. Anticipate gaps in self-awareness - Someone experiencing cognitive decline may be unaware of problems. Be prepared to navigate confusion, denial and withdrawal, as people may not want to acknowledge their mental functioning is declining.

6. Recognize the conversation may not go as planned - A family member may not be open to discussion. They may get angry, upset or simply refuse to engage. Unless it's a crisis situation, don't force the conversation. Take a step back and revisit the subject in a week or two.

While receiving the diagnosis was difficult, Mary Foss said it also provided a path forward.

"As difficult as it was to receive Darrell's diagnosis, it provided an answer to what we're facing," Foss said. "We took a few days to grieve, but then we focused our attention on getting educated about the disease and what we can do to fight it. We are staying active and focusing on the things that are most important to us."

For more information, visit [alz.org/6Tips](http://alz.org/6Tips) or [www.alz.org](http://www.alz.org).



**When a brain tumor began robbing Sharon Carson of her memories, she fought back and won.**



Sharon Carson is back to gardening with Tug, her one-year-old cocker spaniel, by her side.

*Life. Unlingited.*

Sharon Carson's difficult road led to a beautiful destination - home. The 74-year-old Visalia woman says she has Kaweah Delta's Neurosurgery Program to thank for that.

In November 2017, she was rushed to the emergency department to rule out a stroke after loved ones noticed she was struggling to answer questions and remember things.

It was a brain tumor, about the size of Sharon's palm, said Dr. Joseph Chen, Medical Director of Kaweah Delta's Neurosurgery Program. Due to the complexity of the surgery, he immediately connected Sharon with USC's Keck Hospital. A week later, Sharon came home to Visalia where Kaweah Delta's new Neurosciences Center made follow-up care possible.

"It made everything so easy. It would have been a long drive to USC to be checked for this and that," she said.

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## Elder and Dependent Adult Abuse Training...

(continued from page 3)

penses are funded by Adult Protective Services. It is not HUD-funded because it doesn't meet the criteria for the chronic homeless.

- It is a six-bed shelter that doesn't require licensing because there is no care being administered.
- The safe house is for people capable of operating independently.

The next speaker was Bonnie Olsen, Ph.D., vice chair of Academic Affairs in the Department of Family Medicine at the Keck School of Medicine at USC. Her presentation, "Evaluating Capacity in Elder Abuse Cases," provided an overview of the challenges faced in attempting to balance safety and autonomy for seniors.

Olsen defined vulnerability as, "any condition severe enough that another person could use it to unduly influence you or take advantage of you."

Contributing factors to vulnerability include dementia, psychiatric disorders, depression, anxiety, loneliness, isolation, grief, disability and substance abuse.

Olsen explained how she determines a person's decision-making capacity and their executive capacity (ability to



Keynote speaker Paul Greenwood talked about how he organized the Elder Abuse Prosecution Unit for the San Diego District Attorney's Office, and about some of his cases.

manage the tasks and responsibilities in their life).

"When you evaluate capacity, it's about a specific decision," she said, adding that she administers tests to determine someone's ability to make a reasonable choice.

"You have to be able to appreciate the impact," she said. "It's not just about picking the thing you want to do."

The final speaker of the day was Paul Greenwood, a retired deputy district attorney from San Diego who calls his mother in England every day. He sug-

gested that those in his audience follow his lead.

"Think of an elderly relative of yours and think of a way you can improve communications with them," he said.

When Greenwood was asked to start up an Elder Abuse Prosecution Unit for the San Diego District Attorney's Office in 1996, he admitted he had "no clue" about how to do it.

"Nobody was bringing me any cases," he said. "Silence was a problem. How do I break this silence?"

Greenwood needed to first

determine who the victims were. He decided to become proactive instead of reactive. He started "talking to different folks" including people in social services.

As his caseload started to grow, Greenwood realized that many of those he worked with really didn't understand seniors.

"Age doesn't make you forgetful," he said. "Having too many stupid things to remember makes you forgetful."

Greenwood had mainly good things to say about having seniors testify in court. He noted that seniors usually show up on time and dressed for business. He added that others prosecuting cases for the San Diego District Attorney's Office expressed their jealousy for the kind of senior witnesses he was able to bring into court.

"It's not a problem to get seniors to come to court -- but they don't want to leave their soaps," he said, noting that there were a lot of Susan Lucci fans among seniors.

Seniors in San Diego are apparently fond of ocean cruises also.

"The downside of prosecuting elder abuse cases in San Diego is that half the witnesses are on the high seas," he said.

## Sweepstakes, Prize Schemes Devastate Older Victims

A new report by Better Business Bureau (BBB) says sweepstakes, lottery and prize schemes are devastating victims financially and emotionally with ever-evolving methods. These frauds concentrate on seniors, targeting them by direct mail, cold calling, social media, even text messages and smartphone pop-ups. BBB warns consumers to be on guard against these serious and pervasive frauds and their perpetrators.

The report, *Sweepstakes, Lottery and Prize Scams: A Better Business Bureau Study of How 'Winners' Lose Millions Through an Evolving Fraud*, notes these scams bilked \$117 million out of half a million Americans and Canadians in 2017 alone, with actual victims and losses likely numbering much higher. BBB received 2,820 sweepstakes and lottery scam reports in Scam Tracker in 2017, with a median loss of \$500. Seniors are the most frequent target and suffer the largest losses by far in these scams, which the report found commonly originate in Jamaica, Costa Rica and Nigeria.

The report recommends stronger law enforcement efforts on three front: in Jamaica, which has seen an upswing in violence related to lottery fraud profits; in the U.S., where law enforcement is urged to step up extraditions and pros-

ecutions of overseas fraudsters operating in the U.S.; and globally, as law enforcement agencies worldwide are encouraged to take steps toward holding deceptive mailing organizations accountable and stopping fraudulent mail. It also urges Facebook and other social media platforms to take steps to weed out fake, fraudulent profiles and make fraud reporting easier.

The law requires you to purchase a ticket to play the lottery, but a legitimate lottery or sweepstakes will never ask its winners to wire money to claim the prize.

One victim, a St Louis man in his 80s, was told during a phone call in 2015 that he had won \$60 million. He began sending money to get his "winnings," as callers insisted that he needed to pay transfer fees and taxes on the money. In multiple instances, he was informed that an armored truck awaited him with the money if he would first pay taxes on the funds. Fraudsters even showed up at his house to collect funds in person. A successful businessman, he did not need the "winnings," but hoped to donate them to worthy causes such as the university he had attended. Ultimately, he lost nearly \$8 million.

Among the report's key findings:

- The majority of lottery



or sweepstakes scam victims are between 65 and 74 years old. Among that age group, people who recently experienced a serious negative life event, and who expect their income in the near future to remain steady or decline, are even more likely to be victimized.

- Sweepstakes/lottery fraud can strike through many channels - phone calls, text messages, pop-ups on a smartphone's Internet browser, social media and mailings.

- In 2017, 2,820 individuals reported sweepstakes and lottery scams to BBB Scam Tracker. These reports show a median loss of \$500, with wire transfer as the most frequent method of payment.

- Jamaica is a major source of "cold calls" to victims who are told they have won money. Although similar calls come from Costa Rica, the scam has had a major impact in Jamaica, where the amount

of money generated by lottery fraud has resulted in gang wars between rival fraud groups, leading to a dramatic spike in violence. More than 95% of reported fraud in Jamaica involves lottery or sweepstakes scams.

BBB offers the following tips for consumers to avoid being caught in lottery or sweepstakes fraud:

- True lotteries or sweepstakes don't ask for money. If they want money for taxes, themselves, or for a third party, they are most likely crooks.

- Call the lottery or sweepstakes company directly to see if you won. Publishers Clearing House (PCH) does have a sweepstakes but does not call people in advance to tell them they've won. Report PCH imposters to their hotline at 800-392-4190.

- Check to see if you won a lottery. Call the North American Association of State and Provincial Lotteries at (440) 361-7962 or your local state lottery agency.

- Do an internet search of the company, name or phone number of the person who contacted you.

- Law enforcement does not call and award prizes.

- Talk to a trusted family member or your bank. They may be able to help you stay in control of your money in the face of fraudster pressure.

# Entertainment News



The four friends in "Book Club" are (l-r): Diane Keaton, Candice Bergen, Jane Fonda and Mary Steenburgen.

## Lifelong Senior Friendships Inspire Changes in 'Book Club'

Three Academy Award-winning actresses and one Academy Award nominee have combined their acting talents in Paramount Pictures' recent release "Book Club." The comedy breaks new ground by featuring senior women as the four main characters. It's a buddy movie starring women whose ages range from 65 to 80.

Hooray for Hollywood!

The movie, which was released on May 18th (so look for it on DVD soon), focuses on Diane (played by Diane Keaton) who was recently widowed after 40 years of marriage; Vivian (Jane Fonda), who enjoys her

men with no strings attached; Sharon (Candice Bergen), who is still working through a decades-old divorce; and Carol (Mary Steenburgen), whose marriage is in a slump after 35 years.

The four lifelong friends' lives are turned upside down when their book club tackles the infamous book *Fifty Shades of Grey*. From discovering new romance to rekindling old flames, the four friends inspire each other to make their next chapter the best chapter.

For more information and to see clips from the movie, visit [www.bookclub.movie](http://www.bookclub.movie).

## Marvel Comics Founder Stan Lee Possible Victim of Elder Abuse

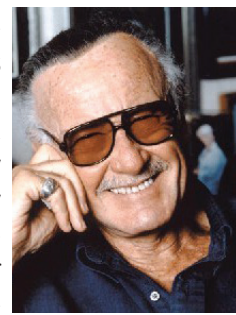
On June 13, a restraining order was granted against Stan Lee's business partner, Keya Morgan, currently under investigation by the Los Angeles Police Department for elder abuse. Morgan, a memorabilia collector, became Lee's caregiver after Lee's wife, Joan, died in July 2017.

The request for a restraining order was filed by Lee's attorney, Tom Lallas, who is now the authorized guardian of the 95-year-old former editor-in-chief of Marvel Comics, who co-created such popular superhero characters as Spider-Man, Black Panther, the Hulk, Doctor Strange, Iron Man, Thor, Ant-Man, the X-Men and the Fantastic Four.

In August 2009, Disney purchased Marvel and its 5,000 characters for \$5 billion.

Only four days before Lallas' courtroom motion, Lee described Morgan as his sole partner and consultant in a Twitter post, adding, "The two of us work together and are conquering the world side by side."

After a financial elder abuse report was filed against Morgan in December, he "instructed



Stan Lee

security to deny family members and others who have helped Mr. Lee in the past access to Mr. Lee. Family members have been unable to contact Mr. Lee by telephone," the courtroom papers state.

The LAPD started investigating Morgan for possible elder abuse in February, according to Lallas.

Court papers allege that Morgan removed Lee from his house and into a condominium on February 15.

The LAPD "determined that in order to protect Mr. Lee, it was necessary to obtain an emergency protective order and, thereafter, an elder abuse restraining order against Keya Morgan," according to the papers. "Mr. Lee has a large estate worth over \$50 million and therefore is vulnerable to financial predators."

"Mr. Morgan's behavior, including, but not limited to, isolation and undue influence, places Mr. Lee's well-being at risk," according to court papers. "He has been denied contact with his family members and other individuals that he has known and trusted for years."

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# Calendar

## July 2, 9, 11, 16, 18, 23, 25, 30 - Community Bingo

Tulare Senior Services Volunteers will host Bingo from 12:30-3:30 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. For more information, call (559) 685-2330.

## July 2, 9, 16, 23, 30 - Senior Pot Luck Bingo

This 12-3 p.m. event is held at the city-owned Goodwill building at 426 W. Lacey Blvd., Hanford. Early bird is at 11:30 a.m. The cost is \$4.50. Bring a dish to share. For more info, call (559) 904-5019.

## July 3, 5, 10, 12, 17, 19, 24, 26 - Healing Hearts Walks

Visalia Public Cemetery, 1300 W. Goshen, Visalia, hosts these events, which include a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk inside the cemetery. Call (559) 734-6181 for more information.

## Tuesday, July 3 - Fourth of July Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, beginning at 11:30 a.m. The cost is \$4. For reservations (at least 24 hours in advance) or more information, call (559) 713-4481.

## Tuesday, July 3 - Fourth of July Luncheon

This event, sponsored by Tulare Nursing & Rehabilitation and Altura Centers for Health, will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11:30 a.m. For more information, call (559) 685-2330.

## July 6, 13, 20, 27 - Senior Dance

Tulare Senior Services will provide live music for listening or dancing from 7-10 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. Tickets are \$8. Bring potluck foods to share. For more information, call (559) 685-2330.

## July 11, 18, 25 - Breakfast with Friends

This event is held every Wednesday at the Visalia Senior Center, 310 N. Locust St., Visalia, from 8:30-10 a.m. The cost is \$4. For reservations (at least 24 hours in advance) or more information, call (559) 713-4481.

## Wednesday, July 11 - Paint and Sip

Prestige Assisted Living of Visalia will host this 3 p.m. class, featuring an instructor leading the group in painting a specific picture. Prestige is located at 3120 W. Caldwell Ave., Visalia. For more information, call (559) 735-0828.

## Saturday, July 14 - Walk with a Doc

This informational walk and talk sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia, begins with registration at 8 a.m., followed by a zumba warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. The topic this month is "Heat Safety."

## Wednesday, July 18 - Free Blood Pressure Screening

Tulare Adult School and Tulare Nursing & Rehabilitation will offer free screenings from 10-11 a.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. For more information,

call (559) 685-2330.

## Wednesday, July 18 - Alzheimer's Support Group

This group meets monthly from 10-11:30 a.m. at Quail Park Retirement Village, 4520 W. Cypress Ave., Visalia. For information call 737-7443.

## Friday, July 20 - Hawaiian Day Luncheon

This event, sponsored by Altura Centers for Health and LUSO, will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11:30 a.m. For more information, call (559) 685-2330.

## Friday, July 20 - Hollywood Party & Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, beginning at 11:30 a.m. The cost is \$4. For reservations (at least 24 hours in advance) or more information, call (559) 713-4481.

## Friday, July 20 - One Nation

Prestige Assisted Living of Visalia will host this musical performance beginning at 3 p.m. at 3120 W. Caldwell Ave., Visalia. For more information, call (559) 735-0828.

## Saturday, July 28 - Elvis Impersonator Jeremy Pierce

Come dressed in your best 50's attire to enjoy the music of Elvis Presley as performed by impersonator Jeremy Pierce at Kingsburg Senior Center, 1450 Ellis St., Kingsburg, beginning at 4 p.m. The cost is \$10 (\$5 for Kingsburg Senior Center members). For more information, call (559) 897-3013.

## Monday, July 30 - Afternoon at the Movies

Aging in Community - Three Rivers will present a movie (to be announced), at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Drive in Three Rivers. The event is free and free popcorn and

lemonade will be available. For reservations or for information about the Senior Lunch Special (soup, sandwich and a cookie) at noon, call (559) 465-4666.

## Monday, July 30 - Music with Tim Mattos

Prestige Assisted Living of Visalia will host this event beginning at 3 p.m. at 3120 W. Caldwell Ave., Visalia. For more information, call (559) 735-0828.

## Tuesday, July 31 - Walk with a Cop & Blood Drive

Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host these events, which include a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk with members of the Visalia Police Department inside the cemetery. The blood drive will be conducted from 7:30-11:30 a.m. in the Cemetery Chapel. Call (559) 734-6181 for more information.

## August 1, 8, 15, 22, 29 - Breakfast with Friends

This event is held every Wednesday at the Visalia Senior Center, 310 N. Locust St., Visalia, from 8:30-10 a.m. The cost is \$4. For reservations (at least 24 hours in advance) or more information, call (559) 713-4481.

## August 1, 15 - Free Blood Pressure Screenings

Tulare Adult School and Tulare Nursing & Rehabilitation will offer free screenings from 10-11 a.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. For more information, call (559) 685-2330.

## August 1, 6, 8, 13, 15, 20, 22, 27, 29 - Community Bingo

Tulare Senior Services Volunteers will host Bingo from 12:30-3:30 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. For more information, call (559) 685-2330.



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# More Calendar

**August 2, 7, 9, 14, 16, 21, 23, 28, 30 - Healing Hearts Walks**  
 Visalia Public Cemetery, 1300 W. Goshen, Visalia, hosts these events, which include a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk inside the cemetery. Call (559) 734-6181 for more information.

**Friday, August 3 - Wild West Hootenanny (Dance)**  
 This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from noon to 3 p.m. The cost is \$8. For more information, call (559) 713-4481.

**August 3, 10, 17, 24, 31 - Senior Dance**  
 Tulare Senior Services will provide live music for listening and dancing from 7-10 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. Tickets are \$8. Bring potluck foods to share. For more information, call (559) 685-2330.

**Saturday, August 4 - Kingsburg Cancer Volunteers Lunch and Bingo**  
 This event, to raise money for the organization's work with cancer patients, will be held at Holy Family Catholic Church Social Hall, 1275 Smith St., Kingsburg, beginning at 11:30 a.m. Lunch is \$5 and includes hamburgers and sides. Drinks are \$1. Bingo six-card sheet is \$15, three card sheets are \$10. For more information, call (559) 974-6842.

**August 6, 13, 20, 27 - Senior Pot Luck Bingo**  
 This 12-3 p.m. event is held at the city-owned Goodwill Building at 426 W. Lacey Blvd., Hanford. Early bird is at 11:30 a.m. The cost is \$4.50. Bring a dish to share. For more info, call (559) 904-5019.

**Thursday, August 9 - Bunco Night**  
 Prestige Assisted Living of Visalia will host this event at 6 p.m. at its facilities at 3120 W. Caldwell Ave., Visalia. The cost to play is a \$10 donation to the Walk to End Alzheimer's. There will also be "heavy" hors d'oeuvres, refreshments and raffle baskets. For information, call (559) 735-0828.

**Saturday, August 11 - Walk with a Doc**  
 This informational walk and talk sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia, begins with registration at 8 a.m., followed by a zumba warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. The topic this month is "Celiac Disease/Health Gut."

**Wednesday, August 15 - Alzheimer's Support Group**

This group meets monthly from 10-11:30 a.m. at Quail Park Retirement Village, 4520 W. Cypress Ave., Visalia. For information call 737-7443.

**Wednesday, August 15 - \$5 Country Barn Dance**  
 The Hanford Recreation Department will host this country dance from 7-9 p.m. (doors open at 6:30 p.m.) at the Hanford Civic Auditorium, 400 N. Douty St., Hanford. Tickets are \$5 (as you probably guessed by the name of the event). For more info, call (559) 362-3212.

**Friday, August 17 - Hawaiian Luau Luncheon**  
 This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, beginning at 11:30 a.m. The cost is \$4. For reservations (at least 24 hours in advance) or more information, call (559) 713-4481.

**Saturday, August 18 - "Let's Luau" Shopping Spree**  
 This "Beat the Heat Shopping Spree" will be held at the Visalia Veterans Memorial Building, 609 W. Center St., Visalia, from 4-8 p.m. The event features over 40 local vendors offering home décor items, crafts, health and beauty items, jewelry, candles, vintage collectibles and wearables. There will be over 100 chances to win and admission is free. Kerribb Flavá will offer food in the patio area. For more info, call (559) 623-2475.

**Tuesday, August 21 - National Senior Citizen's Day Luncheon**  
 This event, sponsored by Steen & Co. and Family Healthcare, will be held at the Tulare Senior Community Center, 201 North F St., Tulare, starting at 11:30 a.m. For more info, call (559) 685-2330.

**Monday, August 27 - Afternoon at the Movies**  
 Aging in Community - Three Rivers will present a movie (to be announced), at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Drive in Three Rivers. The event is free and free popcorn and lemonade will be available. For reservations or for information about the Senior Lunch Special (soup, sandwich and a cookie) at noon, call (559) 465-4666.

## MARK YOUR CALENDARS

**Friday, September 12 - Visalia Senior Center Fall Open House**  
 The Visalia Senior Center, 310 N. Locust St., Visalia, will host this event. *(More information will be in our next issue.)*

**Saturday, October 13 - Walk to End Alzheimer's**  
 This event starts early in the morning at Mooney Grove Park in Visalia. To sign up or to sponsor a walker, call Chairperson Bob Patel at (559) 300-9101 or visit <https://act.alz.org/visalia2018>. *(More information will be in our next issue.)*

**Please send information about your upcoming events to us at: [editor@kastcompany.com](mailto:editor@kastcompany.com)**



## Phony 'Deputy' Calls Locals for Money

The Tulare County Sheriff's Office is warning about a scam that deputies were made aware of since our last issue.

"We've received reports that a man has called at least two in Tulare County (on May 30), stating his name is Lieutenant Corey Jones and the person has missed a court date," reported Ashley Ritchie, the department's media specialist.

The caller then says money needs to be deposited in an online account or sheriff's deputies will come to the house and arrest them.

One call made to a Porterville resident requested \$1,500 in fines, due to missing a court date. The other call, to a Visalia resident, requested \$975 in fines, due to missing jury duty.

The calls were made from (559) 500-6911. Neither person transferred any funds.

"Please remember the Tulare County Sheriff's Office would never solicit money in this way," said Ritchie. "If you get a call like this, do not send any money and please let us know immediately."

If you receive a call from someone claiming to be a sheriff's deputy asking for money, call the Sheriff's Office at (559) 802-9400.

## Visalia Public Cemetery

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# Senior Sex Survey...

(continued from page 1)

overall quality of life." Over half (54%) agreed with this statement, with more men (70%) agreeing than women (40%). Those with a romantic partner were more likely than those without a partner to agree (61% vs. 36%). Those who reported being sexually active were more likely than those who were not to agree that sex was important to their quality of life (83% vs. 35%).

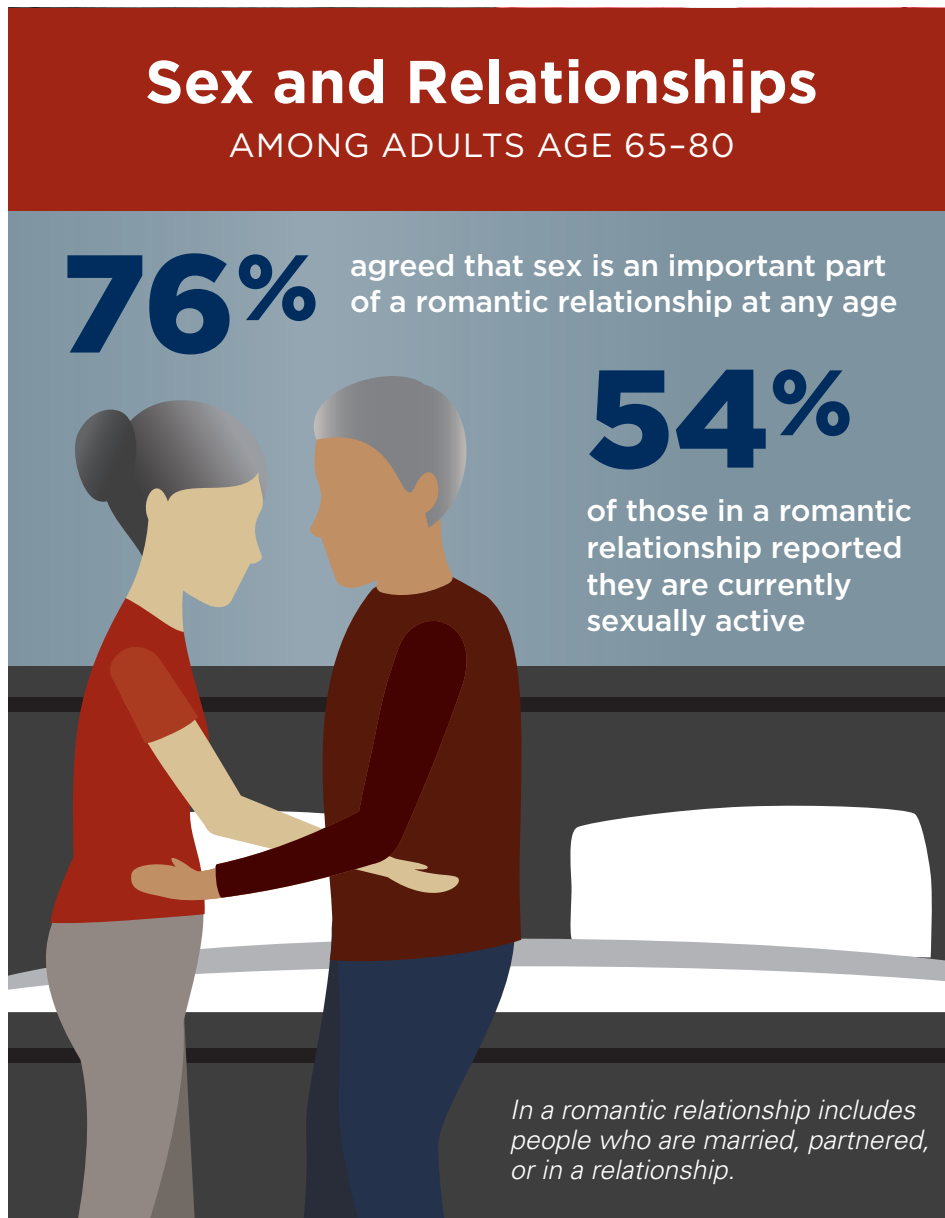
About two in three respondents (65%) described being interested in sex (30% extremely or very interested, 35% somewhat interested). Half of men (50%) reported being extremely or very interested in sex as compared to 12% of women. Younger respondents were more likely than older respondents to report being extremely or very interested in sex (34% age 65-70, 28% age 71-75, and 19% age 76-80).

Nearly three in four older adults (73%) indicated they were satisfied with their sex life (37% extremely or very satisfied, 36% somewhat satisfied). Women were more likely to be extremely or very satisfied than men (43% vs. 31%), as were those with a romantic partner as compared with those without one (40% vs. 30%), and those in better health as compared with those in worse health (40% vs. 28%).

Nearly one in five men (18%) and 3% of women reported they had taken medications or supplements to improve sexual function in the past two years. Among those who had taken medications or supplements, three in four (77%) said it was helpful.

### Sexual Health Discussions

One in six respondents (17%) reported speaking with their health care provider about their sexual health in the past two years. Of those who had talked with their health care provider, three in five (60%) initiated the conversation themselves, and 40% reported that their health care provider brought up the topic. The majority of those who spoken with their health care pro-



vider (88%) reported that they felt comfortable discussing their sexual health, regardless of who initiated the conversation.

"If you were to have a problem with your sexual health, who would you talk to about it?" Most older adults (62%) said they would talk with their health care provider, while 36% would talk to their spouse/partner. One in ten (10%) said they would speak to a friend, family member or other person, and 17% said they would not talk to anyone.

### Implications

While it is clear that sex is important for many older adults, it is not often discussed. The majority of adults age 65 to 80 indicated that sex is an important part of a romantic relationship at any age and important to their quality of life, though only about half of those in a relationship reported being sexually active.

The majority of those with

a romantic partner reported being in a long-term relationship. Dynamics in a relationship change over time, as do the bodies and health of the partners. Changes in lifestyle and responsibilities (retirement, caregiving) can likewise contribute to fluctuations in interest and frequency of sexual activity.

The observed connection between self-reported health status and sexual activity warrants further exploration. A limitation of this study is that it is not possible to determine whether poor health contributes to lack of sexual activity or whether not being sexually active contributes to poor health. Similar percentages of those in better and worse health reported that sex is important to their quality of life, and those in poor health reported engaging in sex less frequently and indicated they were less satisfied. This illustrates the importance of sex and sexu-

al health, regardless of health status.

It is notable that nearly one in five men in this age group reported taking medications or supplements to improve sexual function in the past two years. Some of these older adults may be taking prescription medications, but others may be taking supplements which are not required to be reviewed by the Food and Drug Administration. Given potential side effects and drug interactions, providers should ask patients about supplement use.

The differences in responses between men and women are also worthy of mention. Men were more likely to report being interested in sex and a greater proportion of men said sex is important to their quality of life, though women were more likely to report that they were satisfied. Gender differences in perspectives on sex may result in differing expectations and challenges, even for long-term relationships.

To this end, conversations about sex in a relationship are important. However, sex can be a difficult topic to broach with a romantic partner, as evidenced by the fact that only one in three respondents indicated they would talk to their partner about sexual health problems.

While two in three respondents said they would talk with their health care provider if they had a problem with their sexual health, 83% had not spoken with their health care provider about their sexual health in the past two years. Older adults should be encouraged to speak with their providers about concerns and questions related to their sexual health. Those who had these discussions reported that they felt comfortable doing so, even if they did not initiate the conversation.

Fewer than half of those who spoke with their health care provider said it was their health care provider who initiated the conversation. Clinicians should inquire about and offer opportunities to discuss sexual health. Raising the topic can help older adults to better understand and address problems related to this important component of overall health and quality of life.

### Data Source and Methods

This National Poll on Healthy Aging was administered online in October 2017 to a randomly selected, stratified group of older adults age 65-80. The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau.

For more information or to receive future reports, visit [healthyagingpoll.org](http://healthyagingpoll.org)



# Thieves Plunder Cutler Bank (1922)

When the San Francisco & San Joaquin Valley Railroad (which later became the Santa Fe Railroad) built its line through Tulare County in 1897, they passed through land in the northern section that belonged to John Cutler, Sr.

Cutler made the accommodation when the railroad agreed to build a depot there and call it Cutler. In 1910, with the Cutler depot in place, John Cutler, Jr. filed a plan with the Tulare County supervisors for a new town called Cutler complete with streets, blocks and building lots.

As the new town grew, homes and business were established. In 1919, to give it a boost, Loy Cutler opened a bank called First National Bank, and built a fancy new brick building at the corner of First and Orosi Drives. It was an attractive addition to the town and caught the eye of a good number of people, including some with evil intent. It didn't take long for the criminal element to visit the new bank.

In the late evening hours of Friday, March 3, 1922, professional safe crackers forced their way in, blew open the vault, and made off with the cash. No one was ever charged in the \$5,000 heist.

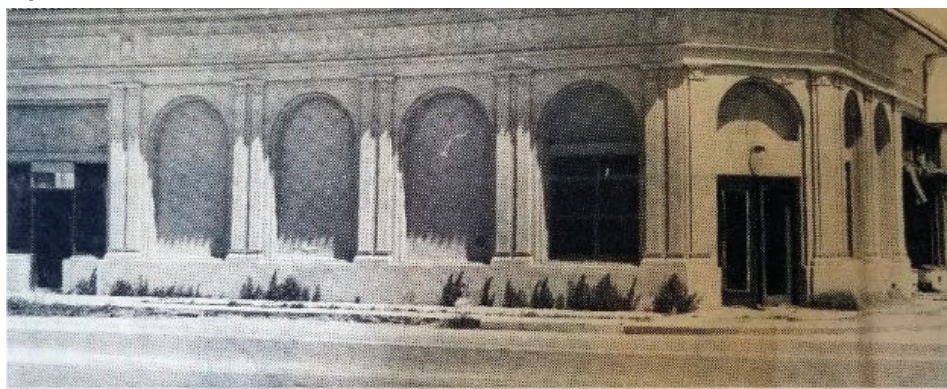
The following year, the bank became a target again. This time it was a robbery. Wednesday, August 1, 1923, started like most other days at the bank. Assistant cashier J. P. Rhodes and cashier E. F. Coe were the only ones working. At noon, Coe took his lunch break leaving Rhodes to work by himself. At about 12:35



Tulare County Sheriff Bob Hill led the hunt for the Cutler robber. Hill served three terms as Tulare County Sheriff.

p.m., a man entered the bank. The man shoved a handgun in Rhodes' face and climbed through the teller window. The robber then pushed the teller against the wall and began scooping up the money. He then shoved Rhodes into the vault and the thief walked out of the bank with \$800 to \$1,000 in gold and silver.

At the same time, Coe was walking back to work and saw the man leaving the bank and enter a red Hudson automobile with another man behind the wheel. The bank alarm sounded so Coe quickly entered the bank. Rhodes, while in the vault, had activated the alarm. Coe ran



The Cutler bank building as it appeared just before it was torn down in 1979.

## Dusting Off History

with Terry Ommen

outside but the two men and the vehicle were gone.

The Tulare County Sheriff's Office was notified and Sheriff Robert "Bob" Hill and his deputies responded to the area. They determined that the lone gunman was about 24 years old, about 5'6" tall, weighing about 110 pounds. He had a thin face and was wearing a blue shirt and overalls, along with a slouch hat. They fanned

I doubt it very much. I could wish only that the identification was more positive than it apparently has been." Hill's suspicions were correct. Later it was determined that Hibbard was not the robber.

There was an interesting twist in the mystery of the Cutler bandit. On February 5, 1924, about six months after the Cutler crime, the First State Bank in Clovis was robbed.

Thomas Griffin, nicknamed "The Owl," was convicted of the crime. In the trial, Griffin's accomplice was identified as Felix Sloper, nicknamed "The Lone Wolf." Sloper was never put on trial for the Clovis robbery, however, an arrest warrant was issued. While on the run, he killed a police officer in San Francisco during another bank robbery. The cop killer was convicted, and died on the gallows



This 1925 mug shot shows Felix Sloper after he killed a police officer in San Francisco. Was he the Cutler holdup man?

out north of Cutler as witnesses indicated the suspect vehicle fled in that direction. No suspects were found.

The next day, a tip came in and an arrest was made. William Hibbard, 21, was arrested in Fresno. Rhodes, Coe and others who claimed to have seen the robber, all identified Hibbard. He was brought to the Tulare County Jail on August 11, charged with the Cutler bank robbery.

But Sheriff Hill had his doubts about the guilt of the arrestee. "I sincerely hope Hibbard is the man," said Hill, "but

at Folsom Prison in 1926.

Although Sloper was never officially linked to the Cutler bank robbery, Tulare County historian Kathleen Small wrote, "Later it was learned that Sloper answered the description of the Cutler bandit and Tulare County officers announced their satisfaction that he was the man who held up the bank in Cutler."

After only seven years in business, the First National Bank of Cutler closed its doors for good in 1926, a victim of a bad economy and a determined criminal element.

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COUNTY OF TULARE  
Tim Ward, *District Attorney*