

IN THIS ISSUE: Healthy Lifestyle vs. Dementia, Seniors Like Meal Kits, Lake Sequoia Stage, Most Popular Senior Names, 2018-19 Design Challenge Winners

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VI, Number 4 • July/August 2019



Scientists Suspect Many Alzheimer's Diagnoses Wrong

LATE, formally known as limbic-predominant age-related TDP-43 encephalopathy, a recently recognized brain disorder that mimics the clinical features of Alzheimer's disease, could be more common than Alzheimer's, according to a report published on April 30 in the journal *Brain*. The report suggests that many patients diagnosed with Alzheimer's might instead be suffering from this newly discovered disease.

"While we've certainly been making advances in Alzheimer's disease research - such as new biomarker and genetic discoveries - we are still at times asking, 'When is Alzheimer's disease not Alzheimer's disease in older adults?'" said Richard J. Hodes, M.D., director of the National Institute on Aging (NIA), part of the National Institutes of Health, the nation's medical research agency. "The guidance provided in this report, including the definition of LATE, is a crucial step toward increasing awareness and advancing research for both this disease and Alzheimer's as well."

Alzheimer's is the most common form of dementia, which is the loss of cognitive functions - thinking, remembering and reasoning - and everyday behavioral abilities. In the past, Alzheimer's and dementia were often considered to be the same. Now there is increasing understanding that a variety of diseases and disease processes contribute to dementia. Each of these diseases appears differently when a brain sample is examined at autopsy. However, it has been increasingly clear that in advanced age, a large number of people had symptoms of dementia without the telltale signs in their brain at autopsy. Emerging research seems to indicate that the protein TDP-43 - though

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Tulare County Marks Elder Abuse Awareness Month

Tulare County's annual ceremony to mark Elder Abuse Awareness Month was held at Government Plaza in Visalia on May 28. The event was attended by about 50 people.

"This event is to build awareness in the community about elder abuse," said Deputy HHSA Director of Adult Protective Services John Mauro, who noted, "One in every 10 people over 60 experiences some form of elder abuse."

"The whole concept of elder abuse has been very personal to me this year," said Tulare County Assistant District Attorney Robert Dempsie, who talked about "a very close relative... who fell prey to the 'grandma scam' on the telephone," and sent \$1,600 to the scammer.

"When she started to talk about it, the tears would flow," he said.

A tall and stocky 65-year-old man told the gathering about how he became a victim of elder abuse, often beaten by the manipulative woman in their co-dependent relationship. He then praised the services available from the county.

"The end result was that they helped me and got me healthy again," he said. "I have to commend all the county agencies."

Tulare County Sheriff Mike



Tulare County officials and staff attending the ceremony included (l-r): Deputy DA Kalina Laleva, Assistant DA Robert Dempsie, DA Victim Advocate Nicole Burnham, Supervisor Eddie Valero, Supervisor Dennis Townsend, Public Health Director Karen Elliott, Unit Manager for Aging Services Jamie Sharma, Human Services Division Manager Francena Martinez, Sheriff Mike Boudreaux, Supervisor Amy Shuklian, Deputy HHSA Director of Adult Protective Services/Public Guardian John Mauro, Chairman of the Board of Supervisors Kuyler Crocker, and County CAO Jason Britt. (Photo courtesy of Tulare County District Attorney's Office)

Boudreaux said his grandmother was a victim of elder abuse who was beaten and overmedicated.

"She was addicted to prescription drugs because of her caretaker," he said. "It brings tears to my eyes if I think about it."

Chairman of the Board of Supervisors Kuyler Crocker then read a proclamation from the Tulare County Board of Supervisors, which proclaimed June 2019 as "Elder Abuse Awareness Month in Tulare County."



Tulare County Sheriff Mike Boudreaux explains how his grandmother was a victim of elder abuse.

County Elder Abuse Program Completes Second Year

Two years ago, the Tulare County District Attorney's Office received grant funding in the amount of \$400,000 for a new Elder Abuse Program.

"This was a highly competitive statewide grant and we were one of the few jurisdictions awarded it - and I believe we have been good stewards of it," said Tulare County District Attorney Tim Ward. "The grant has really given us the means to chart a new course when addressing elder abuse by being proactive. Our ability to educate seniors, caregivers and community stakeholders with outreach awareness as a preventative measure has been tremendous. Our team has done a great job in the community."

The first goal of the two-



The Tulare County Elder Abuse Task Force at the recent Senior Day in the Park where they distributed information to local seniors and their families.

year funding from the California Governor's Office of Emergency Services was to enable the county to hire victim witness workers.

"The grant allows for two full-time employees to get in their

cars and go throughout Tulare County," Chief Deputy District Attorney Dan Underwood told *The Good Life* two years ago about the new staff members who would be following up on reports of elder abuse.

The money was also intended to cover training and operational expenses, in addition to raising awareness in the community about the problem.

"That's the goal, to educate the community on what constitutes elder abuse," said Underwood.

So what has the grant money allowed the county to do?

Last year, Elder Abuse Victim Advocates hosted 26 public presentations throughout Tulare County explaining to seniors and those who work with

(continued on page 5)



FRAUD ALERT: SSI Hotline 'Spoofing'

The Inspector General of Social Security, Gail S. Ennis, is warning citizens about a caller-ID "spoofing" scheme misusing the Social Security Administration (SSA) Office of the Inspector General's (OIG) Fraud Hotline phone number. The OIG has received recent reports of phone calls displaying the Fraud Hotline number on a caller-ID screen. This is a scam; OIG employees do not place outgoing calls from the Fraud Hotline 800 number. Citizens should not engage with these calls or provide personal information.

Callers may use a variety of false scenarios or threats to request personal information or payments, often by means of gift cards or prepaid debit cards. The caller may claim to be from a "legal department," and they may state that one's Social Security number (SSN) has been involved in fraudulent activity. They may also accuse citizens of committing crimes, and may threaten arrest by federal marshals.

SSA and OIG employees do contact citizens by telephone for official purposes, and they may request the citizen confirm personal information over the phone. However, the calls do not appear on caller ID as the Fraud Hotline number of (800) 269-0271. Also, SSA and OIG employees will never threaten you for information or promise any type of official action in exchange for personal information or payment. In those cases, the call is fraudulent, and you should just hang up.

"This caller-ID spoofing scheme is the latest attempt to use Social Security and the OIG's trusted name to mislead people into providing information or even money over the phone," Inspector General Ennis said. "I encourage everyone to alert your family and friends about how common these scams are, and to be extremely cautious when speaking with unknown callers, even if you recognize the caller ID."

Inspector General Ennis urges citizens not to provide any sensitive information, such as SSN or bank account number, over the phone or internet unless you are certain of who is receiving it. You should also never wire money or add money to a prepaid debt card to pay for any official government service.

Report suspicious calls to the OIG online at <https://oig.ssa.gov/report> or by calling (800) 269-0271 Monday through Friday, 10 a.m. to 4 p.m. Eastern Time.

VETERANS CORNER

Veterans with ALS



Ken Cruickshank

In earlier columns, I discussed disabilities that the Department of Veterans Affairs (VA) may consider as presumptive to where and when a veteran served.

However, in this edition I would like to discuss a presumptive that pertains to all service members who meet eligibility requirements. In September of 2008, the VA published regulations to add Amyotrophic Lateral Sclerosis (ALS), commonly called Lou Gehrig's Disease, to the presumptive disability list. ALS is a neuromuscular disease that affects nerve cells in the brain and spinal cord, and is usually fatal. Veterans diagnosed with ALS can receive disability payments, and health care benefits.

While the cause of ALS is unknown, statistical evidence indicates that service in the military can result in the development of the disease. Apart from those with the exceptions listed below, all veterans will qualify for service connection for ALS with the Department of Veterans Affairs:

- Unless there is evidence that ALS was not incurred during or aggravated by active military, naval or air service;
- Unless there is affirmative evidence that ALS is due to the veteran's own willful misconduct; or
- Unless the veteran did not have active, continuous service of 90 days or more.

What this means is that unless there is clear evidence to the effect otherwise, any veteran who develops ALS at any time after discharge or release from active military, naval or air service lasting longer than 90 days of continuous service is to be presumed to have a service-connected disability. There is no time limit after service if diagnosed with ALS to apply for benefits with the Department of Veterans Affairs. If you need assistance in completing an application for benefits, we are here to assist.

In addition, for the spouse of a veteran who died because of ALS being a contributing factor to their death, you may be eligible to apply for a benefit as well. Please contact our office with any questions you may have.

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.

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Send to: editor@kastcompany.com



The winners of the Stanford Center on Longevity's 2018-2019 Design Challenge included (left to right): the team that created the card game "So You Think You Know Your Grandma"; the developers of "Family Room," an application to help capture family histories from older loved ones; and the creators of the video game "Pillow Fight," which brings together people from different generations.

Stanford Center on Longevity Announces Design Challenge Winners

The Stanford Center on Longevity named teams from the University of California, Berkeley and Stanford co-champions of the 2018-2019 Longevity Design Challenge competition. These teams beat out 97 entries from 24 countries during the course of the competition. Both teams will receive a \$10,000 first prize for their accomplishment.

The Stanford Center on Longevity Design Challenge is a global competition to encourage students to design products and services to improve the lives of people of all ages.

The "So You Think You Know Your Grandma" team from the University of California Berkeley developed a card game specifically targeted at breaking down barriers between

members of different generations. Their approach combines elements of both storytelling and game dynamics to engage players who may have differences in mindsets, views and perceived stereotypes.

The "Family Room" team from Stanford University created an easy-to-use app that helps families capture and share the histories of their older loved ones through high quality audio stories. Their approach allows people with varying levels of comfort with technology to access the app via telephone, web interface or smartphone.

The third place winner was "Pillow Fight" from YuanZe University in Taipei, an innovative video game platform using pillows as game controllers. The team that created it demon-

strated how the simplified controllers allow very young and very old players to play together, creating shared laughter and experiences. Pillow Fight received \$2,000 for third place.

This year's Design Challenge theme was focused on finding ways to promote intergenerational relationships and contributions from all generations. For the first time, teams were required to include people from multiple generations as contributing members. So You Think You Know Grandma and Family Room drew expertise from older generations, while Pillow Fight included children as product testers.

"This year's challenge was absolutely outstanding in terms of the quality and diversity of both the entries and the stu-

dents' presentations," said Ken Smith, challenge director. "Having co-winners came as a surprise. After an hour-and-a-half of deliberations, our judges simply couldn't bring themselves to award one team the championship over the other. Facing a deadlock, our sponsors stepped forward to support the additional prize money."

Established in 2013, the challenge is focused on ways to motivate and empower people in their daily lives both inside their homes and in their community, particularly as they remain healthy and vigorous long past the traditional beginning of retirement.

"Reducing the Inequality Gap: Designing for Affordability" was announced as the theme for the next Design Challenge.



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Most Common Names Among Seniors Age 62+

TOP 10

Men	Women
1. Robert "Bob"	1. Mary
2. James	2. Linda
3. John	3. Patricia "Patty"
4. William "Bill"	4. Barbara
5. Richard "Dick"	5. Carol
6. David	6. Nancy
7. Thomas "Tom"	7. Sandra
8. Michael "Mike"	8. Susan "Susie"
9. Charles "Charlie"	9. Betty
10. Donald "Don"	10. Shirley

Top Ten Most Popular Senior Names Revealed

In honor of National Older Americans Month, American Advisors Group (AAG), a leading provider of home equity solutions for retirement, analyzed data of more than 28,000 customers over a three-year period to find the most popular names among U.S. men and women age 62 and older.

Above are the results.

After the results were tallied, Robert "Bob" and Mary led the list of most popular names among older Americans. The average age among seniors used in the study was 74, with the youngest individual being 62 and the oldest being 101 years old.

"Our entire customer base is comprised of older Americans, which gives us one of the

largest senior citizen-based databases in the nation," said Austen Verst, AAG chief strategy officer. "And with the 2020 national census just around the corner, we thought it would be a perfect time to put names behind the numbers."

All of AAG's products and services are focused around helping older Americans use available financial solutions to retire better. AAG conducted the Most Popular Senior Citizen Names Study in celebration of the 2019 National Older Americans Month. Every year, the Administration for Community Living recognizes May as National Older Americans month to help encourage elderly Americans to engage with their local community.

Older Consumers Become the Ideal Target Market for Meal Kits

Think meal kits are a Millennial or Gen Z trend best suited to the novice cooking skills of adults under age 40? Packaged Facts encourages you to reconsider. The market research firm reveals in the report *Meal Kits: Trends and Opportunities in the U.S., 3rd Edition*, that older adults provide a wealth of growth opportunities.

Many older consumers are experienced cooks who enjoy a homemade meal. However, as people age, their ability to use their hands and their ability to leave their home to shop for groceries may be diminished.

Older consumers are more likely to have developed conditions such as arthritis and tremors that make it difficult to engage in food preparation tasks, especially chopping and peeling vegetables. Meal kit delivery services can appeal to these customers by providing them with prepared ingredients so that they don't have to worry about working a lot with their hands but still get to cook a fresh meal.

Additionally, older people are more likely to have limited mobility and difficulty getting out to shop, preventing them from regular grocery shopping. Delivering meal kits to the consumer's home helps those with mobility issues meet the need to get to a grocery store for fresh food.

"Sales of meal kits to older consumers compete with premade delivery or carryout meals from restaurants," says David Sprinkle, research director for Packaged Facts. "Many older customers already order a lot of food from restaurants, particularly if they are no longer comfortable doing food preparation tasks. However,



Meal kits, such as this one from Blue Apron, are popular among seniors.

many of these customers may miss being able to cook or could benefit from a simplified cooking process. Additionally, the restaurant and home delivery options available for them might not be as healthy or as fresh as they desire."

Online grocery shopping or other types of grocery delivery are also competitive with meal kit delivery services. Many seniors may get grocery deliveries from a grocery store or family members. Customers who need help leaving the house may order meals for delivery through a local meal service that specializes in serving seniors (e.g., Meals on Wheels). However, these services may not be available to everyone and tend to have waiting lists.

A meal kit can be an attractive alternative, particularly by delivering only the amount of food that is needed for a limited number of meals. This reduces the waste from buying food in amounts intended to feed a family and can appeal to a senior with a reduced appetite who is still interested in eating healthy and fresh food.

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Elder Abuse Program Completes Second Year...

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them how to identify and report elder abuse, as well as how to identify and avoid cons, scams and frauds that particularly target seniors in the community.

Last year on June 7, the Tulare County District Attorney's Office (TCDA) hosted a free countywide six-hour training to provide education and information gathered in the Tulare County Needs Assessment study, as well as in elder and dependent adult abuse investigations and prosecutions. The sessions were attended by 125 people, including law enforcement officers, victim advocates, city and county senior center staff, Adult Protective Service social workers, public guardian representatives, hospital social workers, direct care providers, and civil and criminal attorneys.

Grant money was also used to send Tulare County District Attorney Advocates to the California District Attorney Association's 2019 National Elder & Dependent Adult Abuse Symposium in Anaheim, where they received the latest information on the fight against elder and dependent adult abuse.

Grant money was used to spread information about elder abuse.

"TCDA produced elder abuse information materials that are being distributed throughout the county, includ-

ing: elder abuse brochures that discuss how to identify and report elder abuse; elder abuse fotonovelas (comic book-like works) that discuss how to identify and report elder abuse; and an informational guide on cons, scams and frauds that are targeting seniors, which includes examples of the types of fraud we are seeing in Tulare County, to help people identify and avoid these scams," said Victim Advocate Nicole Burnham.

"Grant monies allowed TCDA to hire a trilingual South County Elder Abuse Victim Advocate that serves our south county areas and is stationed at the Porterville D.A.'s office," she said. "Additionally, we are able to hire a part-time extra help advocate to assist with outreach and case management, serving all parts of Tulare County."

The grant funded last year's Tulare County Needs Assessment study.

"In the early months of our XE (California Elder Abuse) Grant award, we realized that as a victim service provider, it would be helpful to measure what our community and collaborative partners identified as gaps in services that elder and dependent adult victims are experiencing," said Burnham. "We polled over 100 professionals in Tulare County including law enforcement, hospital social workers, Adult Protective Service workers, public guardians, prosecutors, and civil and family law attorneys, and the outcomes were published in



Keynote speaker Paul Greenwood told the audience at last year's training session, hosted by the Tulare County District Attorney's Office and funded by grant money, how he organized the Elder Abuse Prosecution Unit for the San Diego District Attorney's Office.

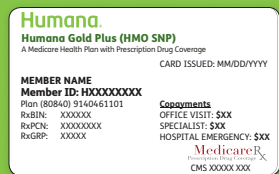
The Tulare County Elder Justice Report.

"The needs assessment identified several issues that face elder and dependent adult victims of crime," she continued. "It reinforced what many already suspected, that there was a great shortage of affordable senior housing and affordable housing for dependent adults who are not yet old enough to qualify for senior housing. It highlighted the need for emergency shelter beds for victims of abuse in later life. Additionally, we found that many elders do not have access to reliable affordable transportation. Needs for more enhanced services for victims were also identified. We used this data to determine, what could we do to bridge some of these gaps with the assistance from the XE Grant funds."

As a result of the report, TCDA purchased city transit tickets in every city of Tulare County, including rural transit TCAT passes, to be provided free to elder and dependent adult abuse victims who need transportation for crime-related services such as counseling and medical treatment after a crime.

Earlier this year, the program received a one-year extension of its two-year grant. When the funding runs out in June 2020, grant money will again be sought to continue this program.

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Health, Wellness & Safety

NEW WHO GUIDELINES

Adopting a Healthy Lifestyle Reduces Risk of Dementia

People can reduce their risk of dementia by getting regular exercise, not smoking, avoiding harmful use of alcohol, controlling their weight, eating a healthy diet, and maintaining healthy blood pressure, cholesterol and blood sugar levels, according to new guidelines issued by the World Health Organization (WHO).

"In the next 30 years, the number of people with dementia is expected to triple," said WHO Director-General Dr. Tedros Adhanom Ghebreyesus. "We need to do everything we can to reduce our risk of dementia. The scientific evidence gathered for these guidelines confirm what we have suspected for some time, that what is good for our heart is also good for our brain."

The guidelines provide the knowledge base for health care providers to advise patients on what they can do to help prevent cognitive decline and dementia. They will also be useful for governments, policy-makers and planning authorities to develop policy and design programs that encourage healthy lifestyles.

The reduction of risk factors for dementia is one of several areas of action included in WHO's global action plan for a public health response to dementia. Other areas include: strengthening information sys-



tems for dementia; diagnosis, treatment and care; supporting caregivers; and research and innovation.

WHO's Global Dementia Observatory, launched in December 2017, is a compilation of information about worldwide activities and resources for dementia, such as national plans, dementia-friendly initiatives, awareness campaigns and facilities for care. Data from 21 countries, including Bangladesh, Chile, France, Japan, Jordan and Togo, have already been included, with a total of 80 countries now engaged in providing data.

Creating national policies and plans for dementia are

among WHO's key recommendations for countries in their efforts to manage this growing health challenge. Last year, WHO provided support to countries such as Bosnia and Herzegovina, Croatia, Qatar, Slovenia and Sri Lanka to help them develop a comprehensive, multi-sectoral public health response to dementia.

An essential element of every national dementia plan is support for caregivers of people with dementia, said Dr. Dévora Kestel, director of the Department of Mental Health and Substance Abuse at WHO. "Dementia caregivers are very often family members who need to make considerable ad-

justments to their family and professional lives to care for their loved ones. This is why WHO created iSupport. iSupport is an online training program providing caregivers of people with dementia with advice on overall management of care, dealing with behavior changes and how to look after their own health."

iSupport is currently being used in eight countries, with more expected to follow.

Dementia

Dementia is an illness characterized by a deterioration in cognitive function beyond what might be expected from normal aging. It affects memory, thinking, orientation, comprehension, calculation, learning capacity, language and judgement. Dementia results from a variety of diseases and injuries that affect the brain, such as Alzheimer's disease or stroke.

Dementia is a rapidly growing public health problem affecting around 50 million people globally. There are nearly 10 million new cases every year. Dementia is a major cause of disability and dependency among older people. Additionally, the disease inflicts a heavy economic burden on societies as a whole, with the costs of caring for people with dementia estimated to rise to \$2 trillion annually by 2030.

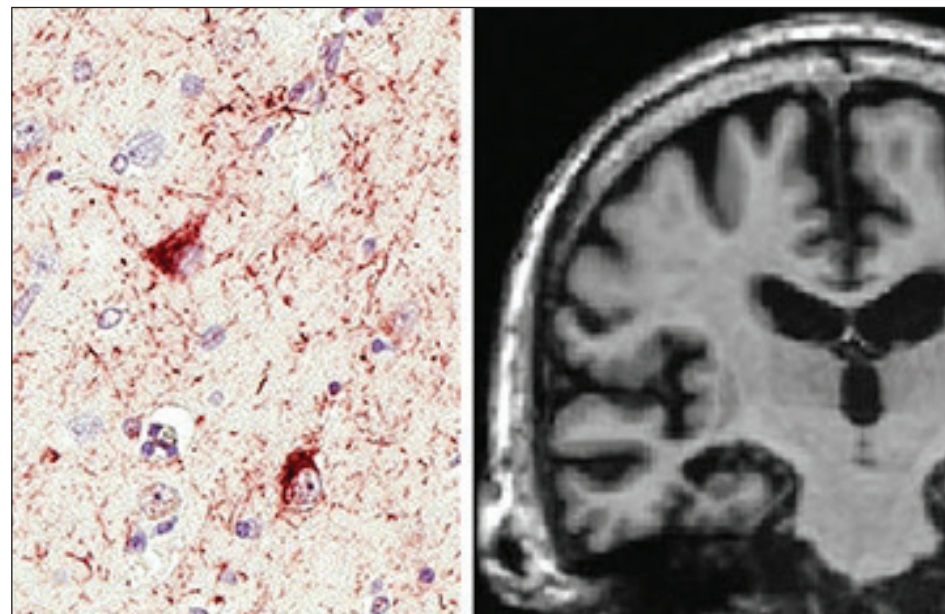
Many Alzheimer's Diagnoses Suspected to be Wrong...

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not a stand-alone explanation - contributes to that phenomenon.

TDP-43 is a protein that normally helps to regulate gene expression (the process of taking the genetic information in DNA and translating it into biological functions) in the brain and other tissues. Prior studies found that unusually misfolded TDP-43 has a role in causing most cases of amyotrophic lateral sclerosis and frontotemporal lobar degeneration. However, these are relatively uncommon diseases. A significant new development seen in recent research is that misfolded TDP-43 protein is very common in older adults. Roughly 25% of individuals over 85 years of age have enough misfolded TDP-43 protein to affect their memory and/or thinking abilities.

TDP-43 pathology is also commonly associated with hippocampal sclerosis, the severe shrinkage of the hippocampal region of the brain - the part of the brain that deals with learning and memory. Hippocampal sclerosis and its clinical symptoms of cognitive impairment can be very similar to the effects of Alzheimer's.



Limbic-predominant age-related TDP-43 encephalopathy, or LATE, as seen by microscope and MRI. (Images courtesy of Nelson et. al. and Brain.)

"Recent research and clinical trials in Alzheimer's disease have taught us two things: first, not all of the people we thought had Alzheimer's have it; second, it is very important to understand the other contributors to dementia," said Nina Silverberg, Ph.D., director of the Alzheimer's Disease Centers Program at NIA. "Noting the trend in research implicating TDP-43 as a possible Alzheimer's mimic, a group of experts convened a workshop to provide a

starting point for further research that will advance our understanding of another contributor to late life brain changes."

Supported by NIA, a workshop was held last October in Atlanta, co-chaired by Dr. Silverberg and Peter Nelson, M.D., Ph.D., from the University of Kentucky, Lexington, the lead author on the paper. In addition to U.S. scientists, experts included researchers from Australia, Austria, Sweden, Japan and the United

Kingdom with expertise in clinical diagnosis, neuropathology, genetics, neuropsychology and brain imaging.

The authors wrote that LATE is an under-recognized condition with a very large impact on public health. They emphasized that "the oldest-old" are at greatest risk and importantly, they believe that the public health impact of LATE is at least as large as Alzheimer's in this group.

The clinical and neurocognitive features of LATE affect multiple areas of cognition, ultimately impairing activities of daily life. Additionally, based on existing research, the authors suggested that LATE progresses more gradually than Alzheimer's. However, LATE combined with Alzheimer's - which is common for these two highly prevalent brain diseases - appears to cause a more rapid decline than either would alone.

"It is important to note that the disease itself is not new," said Dr. Silverberg. "LATE has been there all along, but we hope this report will enable more rapid advancement in research to help us better understand the causes and open new opportunities for treatment."



West Nile Virus Detected in Visalia

A sampling from a mosquito to trap in southwest Visalia has tested positive for West Nile Virus (WNV). Delta Vector Control District, the testing agency, and the Tulare County Health & Human Service Agency's Public Health Branch ask Visalia residents to be vigilant against mosquito bites.

WNV is an illness caused by the bite of an infected mosquito. Symptoms of WNV can vary in severity, and though most individuals experience minimal to no effects, symptoms can include fever, headache, body aches, skin rash and swollen lymph nodes, while severe symptoms include disorientation, coma, tremors, convulsions and paralysis. If you experience symptoms after being bitten, contact your local physician or clinic.

Tulare County residents are strongly urged to report mosquito presence (anonymously, if you like) by calling the Delta Vector Control District at (559) 732-8606 or by reporting online at www.DeltaVCD.com.

CalFresh Food Debit Card Now Available to Seniors Receiving SSI/SSP Benefits

On June 1, the CalFresh food program in Tulare County and statewide expanded to serve qualifying individuals who receive Supplemental Security Income/State Supplementary Payment (SSI/SSP) benefits. Participation does not change or reduce SSI/SSP benefits.

"A tremendous change in legislation means we can now provide CalFresh benefits to SSI recipients for the first time," said Vienna Barnes, deputy director of Tulare County Health & Human Services Agency (HHSA), TulareWORKs. "The change helps individuals and families to stretch their budgets to buy nutritious food."

People who receive SSI/SSP may apply online at www.getcalfresh.org or in person at a local county office. A list of local county offices can be found at www.tchhsa.org or www.cal-freshfood.org.

CalFresh expects to serve an estimated 7,400 newly eligible SSI recipients in Tulare County, and HHSA has supports in place to help older adults and individuals with disabilities who receive SSI navigate applying for CalFresh benefits.

The CalFresh application process includes:

1. Complete an application online or in person.



2. Complete an interview by phone or in person (when requested by household).

3. Provide proof of income and expenses, if necessary.

4. County determines eligibility within 30 days or less (three days if very low resources).

5. If eligible, CalFresh benefits are issued through an Electronic Benefit Transfer (EBT) card.

Households that already receive CalFresh and currently have an excluded member receiving SSI do not need to re-apply or contact the county; those households can expect to be contacted by the county at their next report date.

Additional state-funded nutrition benefits may be available to those currently in CalFresh households who experience a drop in CalFresh benefits due to counting the SSI income in the CalFresh case. Clients may

contact county offices to ask questions or report changes at any time.

CalFresh food benefits enable individuals and families to afford nutritious food via an EBT debit card that can be used at grocery stores and farmers markets that accept EBT. Food benefits for one person range from \$15 to \$192 per month, for older adults and people with disabilities. Tulare County currently serves about 47,900 families through CalFresh.

SSI is a needs-based program that provides a monthly benefit to individuals who are blind, elderly or have a disability. For disabled people who have never worked or those who haven't worked enough in recent years to qualify for Social Security disability insurance, SSI may be the only program available to them.

For more information, call 1-800-540-6880.

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Calendar

July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 - 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., Tulare. For more information, call (559) 685-2330.

Tuesday, July 2 - Legal & Financial Issues

The Alzheimer's Association California Southland Chapter will present this session from 1:30-3:30 p.m. at Visalia Unified Methodist Church, 5200 W. Caldwell Ave., Visalia. For reservations (required) or more information, call (661) 912-3053.

July 2, 9, 11, 16, 18, 23, 25, 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.

Wednesday, July 3 - Free Fresh Produce Neighborhood Market

The Kings Commission on Aging, Feeding America and the City of Hanford provide this monthly free fresh food bank at Longfield Center, 560 S. Douthy, Hanford, from 9-11:30 a.m. For more info, call (559) 237-3663.

Wednesday, July 3 - 4th of July Luncheon

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11 a.m. Dressing in red, white and blue is encouraged. Tickets are \$3 for those 60+. For reservations (required by 12:30 p.m. on July 2) or more info, call (559) 685-2330.

Wednesday, July 3 - Independence Day Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m.

The cost is \$4 for seniors. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

July 3, 10, 24, 31 - Senior, Inc. Dance

This event, featuring live music will be held from 6:30-9:30 p.m. at the Hanford Senior Center, 401 N. Irwin St., Hanford. Tickets are \$8. For more info, call (559) 584-5103.

July 5, 12, 19, 26 - 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.

July 8, 25 - Grief Support Group

Adventist Health will host this 2-2:30 p.m. meeting with trained grief counselors at 450 N. Greenfield, Hanford. For more info, call (559) 537-2860.

Wednesday, July 10 - Valley Renal Support Group

The only kidney support group in four counties will meet at Kaweah Delta Dialysis Center 5040 W. Tulare Ave., Visalia. from 7-8:30 p.m. For more information, call (559) 688-6804.

Thursday, July 11 - Creative Writing Workshop

This workshop will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 1:30-4 p.m. The cost is \$25. For more info, call (559) 713-4481.

July 11, 18 - Medicare 101 Informational Seminar

The Key Medical Group and Kaweah Delta Health Care District will host this 6 p.m. event at The Lifestyle Center, 5105 W. Cypress, Visalia. For reservations (required) or more information, call (559) 802-1990.

Saturday, July 13 - 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. This month's topic is "Pain Management/Arthritis."

Thursday, July 18 - Vic Weatherly Musical Performance

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

Friday, July 19 - Hawaiian Luau Luncheon

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11 a.m. Dressing in colorful and flowery attire is encouraged. Tickets are \$3 for those 60+. For reservations (by 12:30 p.m. on July 18) or more info, call (559) 685-2330.

Friday, July 19 - One Nation Musical Performance

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

Monday, July 22 - Afternoon at the Movies

Aging in Community - Three Rivers will present a movie, at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Dr., Three Rivers. The event is free (so is popcorn and lemonade). Lunch is available for \$5. For reservations, call (559) 561-4595.

Wednesday, July 24 - Painting with Friends

Prestige Assisted Living will host this 1:30 p.m. event at 3120 W. Caldwell Ave., Visalia. For more info, call (559) 735-0828.

August 2, 9, 16, 23, 30 - 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.

August 5, 7, 12, 14, 19, 21, 26, 28 - 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., Tulare. For more information, call (559) 685-2330.

Tuesday, August 6 - Effective Communication Strategies

The Alzheimer's Association California Southland Chapter will present this session from 1:30-3:30 p.m. at Visalia Unified Methodist Church, 5200 W. Caldwell Ave., Visalia. For reservations (required) or more information, call (661) 912-3053.

August 6, 8, 13, 15, 20, 22, 27, 29 - 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.

Wednesday, August 7 - Free Fresh Produce Neighborhood Market

The Kings Commission on Aging, Feeding America and the City of Hanford provide this monthly free fresh food bank at Longfield Center, 560 S. Douthy, Hanford, from 9-11:30 a.m. For more info, call (559) 237-3663.

Wednesday, August 7 - Music and Comedy - Ruth and the Kernel

Prestige Assisted Living will host this 2 p.m. event at 3120 W. Caldwell Ave., Visalia. For more info, call (559) 735-0828.

Wednesday, August 7 - Senior, Inc. Dance

This event, featuring live music by Bobby Seals, will be held from 6:30-9:30 p.m. at the Hanford Senior Center, 401 N. Irwin St., Hanford. Tickets are \$8. For more info, call (559) 584-5103.

Thursday, August 8 - Creative Writing Workshop

This workshop will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 1:30-4 p.m. The cost is \$25. For more info, call (559) 713-4481.

Friday, August 9 - Luau Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost is \$4 for seniors. For reservations (at least 24 hours



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Calendar

in advance) or more info, call (559) 713-4481.

Saturday, August 10 - 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. This month's topic is "Emergency Preparedness."

August 13, 22 - Grief Support Group

Adventist Health will host this 2-2:30 p.m. meeting with trained grief counselors at 450 N. Greenfield, Hanford. For more info, call (559) 537-2860.

Wednesday, August 14 - Valley Renal Support Group

The only kidney support group in four counties will meet at Kaweah Delta Dialysis Center 5040 W. Tulare Ave., Visalia, from 7-8:30 p.m. For more information, call (559) 688-6804.

Wednesday, August 14 - Senior, Inc. Dance

This event, featuring live music by Phil Hanna, will be held from 6:30-9:30 p.m. at the Hanford Senior Center, 401 N. Irwin St., Hanford. Tickets are \$8. For more information, call (559) 584-5103.

Thursday, August 15 - Movie Day!

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare. Lunch is at 11:30 a.m. Dressing for the Oscars or as your favorite actor is encouraged. Movie starts after lunch. Tickets are \$3 for those 60+. For reservations (by 12:30 p.m. on August 14) or more info, call (559) 685-2330.

August 15, 22 - Medicare 101 Informational Seminar

The Key Medical Group and Kaweah Delta Health Care District will host this 6 p.m. event at The Lifestyle Center, 5105 W. Cypress, Visalia. For reservations (required) or more information, call (559) 802-1990.

Friday, August 16 - Around the World Luncheon: Japan!

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

Friday, August 16 - One Nation Musical Performance

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

Saturday, August 17 - Women's Health & Wellness Day

Kaweah Delta's Pelvic Health Program will present this free event from 10 a.m. to 1:30 p.m. at Therapy Specialists, 820 S. Akers St., Suite 200, Visalia. Activities will include: health screening booths; educational speakers on women's health; Pilates, yoga and Barre classes; spa and beauty service; fashion show, dance performance, drawings; and refreshments. For more information call (559) 624-3427 or visit kaweahdelta.org/womenshealthday.

Monday, August 19 - Afternoon at the Movies

Aging in Community - Three Rivers will present a movie, at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Dr., Three Rivers. The event is free. Lunch is available for \$5. For reservations, call (559) 561-4595.

Wednesday, August 21 - National Senior Citizen Day Celebration

This celebration, featuring lunch and lively activities, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 11 a.m. to 1 p.m. Dress in your photo best. The cost is \$4. For more information, call (559) 713-4481.

Wednesday, August 21 - Country "Barn" Dance

The Hanford Recreation Department is hosting country dances, featuring the Rollin' West Band, from 7-9 p.m. on the third Wednesday of each month at the Hanford Senior Center, 401 N. Irwin St., Hanford. Tickets are \$5 in advance, \$7 at the door. For more information, call (559) 362-3212.

Thursday, August 22 - Vic Weatherly Performance

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

Saturday, August 24 - Paso Summer Wine Tour

Those in attendance will taste the day away at three wineries and have lunch during the cave tour at Eberle Winery. Cost (\$100) includes charter bus, continental breakfast, wine tasting and lunch. The bus will

depart from the Visalia Senior Center, 310 N. Locust St., Visalia. For more information, call (559) 713-4481.

Wednesday, August 28 - Senior, Inc. Dance

This event, featuring live music by Rollin West, will be held from 6:30-9:30 p.m. at the Hanford Senior Center, 401 N. Irwin St., Hanford. Tickets are \$8. For more info, call (559) 584-5103.

MARK YOUR CALENDARS!!

Saturday, October 12 - Visalia Walk to End Alzheimer's

This annual fundraising and educational walk starts at Mooney Grove Park in Visalia. To register or for more information, visit act.alz.org/visaliawalk or call (661) 437-8148.

March 21-22 & 28-29, 2020 Visalia Senior Games

The Visalia Parks and Recreation Department has already announced next year's dates for the Central Valley's only Senior Games, featuring athletic competitions including track, softball, pickleball, swimming, golf and archery. (See future issues of The Good Life for more information.)

Send your event information to us at: editor@kastcompany.com



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Prestige Senior Living, L.L.C.



Quail Park at Shannon Ranch to Open in October

Living Care Lifestyles, Kaweah Delta Health Care District, Shannon Senior Care, LLC, and BTV Senior Housing, LLC, have announced that the opening of Quail Park at Shannon Ranch, pictured above under construction, is scheduled for October. The new community at 3440 W. Flagstaff Ave. in Visalia will offer luxury apartments for active adults, as well as dignified memory care services for those with Alzheimer's Disease and related dementias.



Attending the ceremony were (l-r): Iris East, VEAC development director; Tom Homsey, Humana Medicare sales director; Pete Sherwood, VEAC board member; Becky Duffey, VEAC executive director; Richard Duran, Humana Fresno sales manager; Leslie Anderson, VEAC board member; and Nicole Brooks, VEAC board member.

VEAC Receives \$10,000 from Humana

Visalia Emergency Aid Council (VEAC) received a \$10,000 donation from Humana, a leading health and well-being company. A check presentation and celebratory event was held May 2 at its food pantry in Visalia.

The donation will allow VEAC to provide 52,632 pounds of food for its food pantry, which will feed 1,315 families with children.

"Our work depends on the support of our community and partners like Humana," said Iris East, development director of VEAC. "We're honored to receive such a generous do-

nation that will help us drive forward even more meaningful change in our community."

VEAC serves Visalia, Goshen and Ivanhoe by providing food, clothing and household goods to families, seniors and individuals in need.

"Day in and day out, VEAC provides vital food and services to those in the community who need it most," said Rick Beavin, California Medicare president for Humana. "We're thrilled to support this organization and the life-changing work they do every day."

For more information about VEAC, visit veac.org.

Don't Put Me in a Nursing Home

By Gregory A. Steen

Over the years, I've heard many people state such things as, "I will never put my loved one in a nursing home," and "I promised them that I would care for them at home until the end." The reality is that most of those receiving long-term care, and most caregivers, prefer a home environment but unfortunately end up transferring out of the home before they pass.

Today, there are approximately 10 million older Americans receiving care, of which 70% are in their own home or the home of a family member or friend. According to the National Association for Home Care & Hospice, over 12 million individuals currently receive care from more than 33,000 providers. Causes include acute illness, long-term health conditions, permanent disability and terminal illness, to name a few.

Staying at Home is Affordable

Most older people prefer their home over the unfamiliar proposition of living in a care facility. Family or friends attempt to accommodate the wishes of loved ones even though caregiving demands might warrant a different environment. Those needing care feel comfortable and secure in familiar surroundings and a home is usually the best setting for that support.

Often the decision to stay in the home is dictated by funds available. It is much cheaper for a wife to care for her husband at home than to pay out \$3,000 to \$6,000 a month for care in a facility. Likewise, it's much less costly and more loving for a daughter to have her widowed mother move into the daughter's home than to liquidate mom's assets and put her in a nursing home. Besides, personally taking care of our parents or spouses is an obligation most of us feel very strongly about.

For many long term care recipients the home is an ideal environment. These people may be confined to the home but continue to lead active lives, engaging in church service, entertaining grandchildren, writing histories, corresponding, pursuing hobbies or doing handwork activities. Their care needs might not be that demanding and may include occasional help with housecleaning and shopping, as well as help with getting out of bed, dressing and bathing.

Most of the time these people don't need the supervision of a full-time caregiver. There are, however, some care situations that make it difficult to provide long term care in the home.

The ongoing and escalating need for help with activities of daily living, or the need for extended supervision often

makes it impossible for a caregiver to provide help in the home. Either the physical demands for help with activities of daily living or the time demand for supervision can overwhelm an informal caregiver. This untenable situation usually leads to finding another care setting for the loved one.

On the other hand, if there are funds to hire paid providers to come into the home, there would be no need for finding another care setting. By planning for eldercare in advance and providing the funding necessary to remain in the home, no one need go to a facility to receive long term care. In most cases, with enough money, anyone who desires, can remain at home to receive the necessary care.

Can't Afford to Stay Elsewhere

Now, on to another concern. Why pay an in-home care company when you can hire a private individual at a lower rate? This is a very common question and the answer lies in the individual's needs and level of comfort, in addition to the financial considerations. Some don't feel comfortable allowing others into their home. Some have heard stories that bring up negative thoughts.

The other side of the coin though is that by hiring a firm to provide skilled caregivers, you also have less risk of providing the wrong level of care, and their employees are certified by the state, as well as bonded and insured. Too many people have been undermedicated, or the opposite, and end up hospitalized as a result.

Furthermore, when someone is not cared for properly, they will certainly pay the price healthwise, with some unable to recover. This is all too common and is completely avoidable. Most in-home care companies provide significant training to their caregivers, where most private caregivers, although generally very well-meaning, receive very little if any skilled training.

One Day Can Change Everything

The reality of what is best for you is truly determined by your own personal standards, and how well you have planned. Most folks desire to plan ahead but end up in a crisis due to their good intentions not being acted upon. Also, in my own experience with clients, a medical episode ends up causing the change in where the care is provided. A stroke, fall, heart attack or similar issue sends them to a hospital, where a physician must inform the patient that what was working at home will not work going forward, due to an increase in care needs.

Planning to stay at home and knowing the options avail-

(continued on page 11)

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Staging in the San Joaquin Valley

Dusting Off History with Terry Ommen



The stagecoach was a common mode of transportation in the southern San Joaquin Valley in the 19th century. For the most part, it served its purpose in getting a traveler from one place to another, but it also had its drawbacks. In fact, in most cases, those that chose the four-wheeled vehicle, usually pulled by horses, had a stronger sense of adventure and a higher pain tolerance than the average person.

And there was a reason coaches had such a negative reputation. The lurching and bone-jarring conveyance with little or no shock absorption had to follow the contours of the roadways, so a terrible road meant a terrible ride. The coach was also at the mercy of the team of animals pulling it and the expertise of the driver, so a temperamental team or a bad driver could translate into discomfort for the passengers. Then there were the elements. The coach body, usually only partially enclosed, was vulnerable to outside conditions that included rain, cold, dust and insects.

But despite its problems, the stagecoach served an important need. One of the most frequent uses was mail delivery. In that category, the most well known stage line passing through the southern San Joaquin Valley was the southern route of John Butterfield's Overland Mail Company.

It started in 1858 in St. Louis, Missouri, and followed a nearly 2,800-mile path to San Francisco, with Visalia being a timetable stop on the route. Passengers could ride along if they were willing to sit next to bags of mail, packages and other travelers.

Once the valley-related mail arrived in Visalia, it was sorted and prepared for delivery to many communities all over the San Joaquin Valley. Small stage companies would then take the letters and packages to the towns. For exam-

ple, in 1859, Hice & Company stage line delivered the sorted mail in Visalia to points like Smith's Ferry, Centreville, Millerton, Fresno River, Buchanan Hollow, Mariposa Creek and Indian Gulch, all lying on the route between Visalia and Hornitos.

Over the years, Visalia became a commercial hub for many stages that provided service to nearby communities like Exeter, Tulare, Goshen, Three Rivers, Kaweah Colony and Mineral King, and also more distant places like Millwood, General Grant Park, Bakersfield and Gilroy.

With many different stage lines operating, the number of drivers increased as well. Many became experts in their trade.

Of the talented group, probably none was more well-known than Monroe C. Griggs—the legendary "whip" from Exeter. He drove stages between Exeter and Woodlake and drove the stage to Mineral King. Griggs shared his knowledge of the business in his book called *Whealers, Pointers & Leaders*.

An equally knowledgeable stage driver was Oliver "Yank" Booth. Reportedly, he was a relative of John Wilkes Booth, the infamous assassin of President Abraham Lincoln. Yank, as his nickname implies, was a staunch Union man. He came to California in 1853 and drove stagecoaches in the mother lode country and other places as well. He came to Visalia in about 1869 and continued to drive stages. By 1881, he had established himself and was called "Visalia's Jehu," a Biblical reference. He died in 1899 in Visalia and his obituary called him "one of the most expert stage drivers in California."

As automobiles, trucks and trains began to appear on the scene, stagecoaches began to



A typical stagecoach carrying mail and passengers. This is the Lake Sequoia stage circa 1900. (Photo courtesy of the Three Rivers Museum)

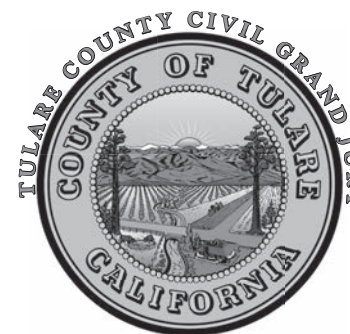


This is an original San Joaquin Valley Stage Company annual passenger pass for 1888. This company had its headquarters in Bakersfield.

disappear. On Thursday, April 13, 1911, the *Tulare County Times* newspaper noted the end of the stagecoach era, at least in Visalia.

It reported, "Beginning Sunday, for the first time in over half a century, no stage coach will be operated out of Visalia. Notice of the passing of this, one of the few remaining relics of pioneer days, was issued by Postmaster Lamberson this morning when he made the announcement that hereafter all mail for Woodlake, Auckland, Badger and the General Grant National Park, will be sent via the Visalia Electric Railway to Woodlake, to be there transferred to stage for the hill country. This will mark the abolition of Visalia as the terminus of the last of the stage lines."

2018 – 2019 Grand Jury Final Report



The 2018 – 2019 Grand Jury Final Report is now available to be viewed by the general public. You can access the report electronically at the Tulare County Civil Grand Jury website: <https://tularecounty.ca.gov/grandjury/> click Reports, click the year you wish to view.

If you do not have electronic access, paper versions are available at various Tulare County government buildings and public libraries.

The following are titles of reports for 2018 – 2019

Agencies Affected

Elder Abuse: Everyone's Business	Kings-Tulare Area Agency on Aging
Tulare County Resource Management Agency-Code Enforcement	Tulare County Resource Management Agency
Elections: Timely Access to Results	Tulare County Registrar of Voters
Inmate Educational Programs in Tulare County	Tulare County Sheriff's Office
Electronic Monitoring	Tulare County Probation Department
Water, Water Everywhere, Not a Drop to Drink	Tulare County Resource Management Agency
Sheriff's Patrol	Tulare County Sheriff's Office
Effects of Prop 64 in legalizing Marijuana in Tulare County	Tulare County Sheriff's Office, Resource Management Agency

If you wish to apply to serve on the Tulare County Civil Grand Jury, you will need to fill out an application available at the Civil Grand Jury website: <https://tularecounty.ca.gov/grandjury/>

Don't Put Me in a Nursing Home...

(continued from page 10)

able to assist in that endeavor will allow many to achieve this goal, but understanding the reality of it actually happening, and remaining flexible when it doesn't, will serve you well during it all. Staying at home is a great goal, but don't allow yourself to pursue the goal to the detriment of you and/or your loved one's health.

Gregory A. Steen is the CEO of Steen & Company, a full-service estate planning firm. Steen is also the host of the popular Truth4Seniors TV program, and founder of Truth4Seniors. He is certified in Life Resource Planning, and a member of the National Ethics Association and the National Association of Senior Advocates. He can be reached at greg@truth4seniors.com.



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