

IN THIS ISSUE: Heart of Seniors, Visalia Police Want You, Coronavirus, Great Depression Brings Community Together, Loneliness vs. Health.

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VII, Number 1 • March/April 2020



Local providers of programs and services for local seniors will be well-represented at this event.

Spring Open House Set for April 15th

The Visalia Senior Center is ready to kick-off spring with its annual Spring Open House event, scheduled for Wednesday, April 15, from 10 a.m. to 1 p.m.

The event will take place at the Senior Center located at 310 N. Locust St. and feature plenty of information, programs, activities and entertainment for active adults.

The Spring Open House event is designed to bring local businesses and providers of programs and services for the senior population together in one convenient location.

"Our goal is to connect seniors, families and caregivers with the community resources available to them," said Recreation Supervisor Eric Ferreira of the Visalia Parks & Recreation Department.

Completely free for guests of all ages, the event will feature over 40 local vendors. Each vendor has been selected as an agency, program or business that offers vital resources for the senior community.

Attendees are encouraged to stay and enjoy lunch, which is \$5 per person. Lunch tickets are available for purchase at the Visalia Senior Center.

"Our open house is a chance for regular visitors and new faces alike, to get a glimpse of all
(continued on page 6)

BBB Warns of New Tax Scams

The Better Business Bureau (BBB) reminds you that tax season is here, and along with it so are the scammers. Con artists are using Social Security numbers of unsuspecting Americans to file phony tax returns and steal their refunds.

The BBB urges you to be on the lookout for this and other tax season scams.

How the Scam Works

You file your taxes as normal and expect a refund from the IRS. Instead, you get a written IRS notice saying that more than one tax return was filed using your Social Security number.

What happened? Scammers got ahold of your personal information, such as your Social Security number, address and birth date. They filed your return early and received your refund before you even got around to filing. Tax ID theft is a particularly sneaky con because victims typically don't realize they've been targeted until they try to file their taxes for real.

Scammers steal your tax information in several ways. You may have fallen for a phishing
(continued on page 12)



Track is again expected to be among the most competitive of the sports at the 2020 Senior Games.

Athletes to Gather in Visalia for 2020 Senior Games

The 2020 Visalia Senior Games, the Central Valley's only senior games, will be held at various locations in Visalia on March 21-22 and 28-29.

Nearly 200 athletes are already registered for the 2020 games, and many more are expected to register before the March 6th registration deadline.

Visalia Senior Games promote a healthy, active lifestyle for adults ages 50 and better.

This is an event that not only recognizes active seniors but draws attendees from all over California and the western United States, contributing to our local economy. Participants do not need prior athletic or competition experience, just a love of sports, fitness and camaraderie, to enjoy the games.

Pickleball, swimming and track & field are the most popular events so far, based on the number of athletes registered.

The youngest athlete registered is 50 years of age, the oldest is 83. Registrants are from as far north as Citrus Heights, and as far south as San Diego. Athletes are also coming from Nevada and Arizona to compete.

The 5th Annual Visalia Senior Games will feature events ranging from archery to swimming to track & field, and a newly added event this year - racquetball.

"We are very excited to bring the Visalia Senior Games back to the Central Valley and to the City of Visalia," said Recreation Supervisor Maggie Kalar. "We look forward to hosting hundreds of athletes from throughout the state and beyond."

According to organizers, the 2020 Visalia Senior Games relies heavily on the support of volunteers and sponsors to make the event a success. This year's event is presented by
(continued on page 5)



ImagineU Children's Museum

ImagineU Launches Grandparents Membership

By Larry Kast

Looking for something new to do with your grandchild? ImagineU Children's Museum may have the answer.

The nonprofit opened in 2015 at its current location northeast of downtown Visalia on Tipton Street, just north of Center. Although its focus is on exhibits and activities for children under eight years old, Executive Director Katy Young said they recent-

ly turned their attention toward a much older demographic - grandparents.

"One day, I was looking out our window and there's a grandmother and her grandson," she said. "They come here every day. So we talked about it in a staff brainstorming session, and then we launched it."

What was launched is a new membership just for grandpar-
(continued on page 3)

Rawhide Announce Renewal of Senior Rustlers Program

Rustler Wednesdays are back at Recreation Park. The Visalia Rawhide has announced the renewal of its Rawhide Rustler Senior Club, a unique ticket membership only available to fans 55 years of age and up.



dance incentives, and free food.

Thanks to Park Visalia, the 2020 season will have six bingo nights throughout the season for all fans in attendance to participate in.

"The Rawhide

Rustler Program's inaugural season was a huge success and we want to expand off that," said Rawhide Director of Ticketing Markus Hagglund. "Thanks to Health Net and Park Visalia, we will have more exclusive giveaways and bingo nights during 2020.

"We hope this keeps Rawhide Ballpark as a place for people to socialize with friends or spend time with loved ones," he continued. "We are a community team and the Rawhide Rustler Senior Club is a great way for us to connect with the most distinguished members of our community."

Opening Day for the Rawhide is April 9th. For more information about the Rawhide Rustler Senior Club or the upcoming season in general, visit www.rawhidebaseball.com or call the Rawhide ticket office at (559) 732-4433 x101.

The Visalia Rawhide is a professional baseball team in the Class A Advanced California League and the only professional sports team in Tulare and Kings counties. The team has been an affiliate of the Arizona Diamondbacks since 2007 and is entering its 74th year of play in 2020.

The Rawhide looks to continue its reputation for hosting competitive baseball while providing affordable family entertainment as the team defends its 2019 California League Championship.

Health Net and Park Visalia will be partnering with the Rawhide this 2020 season to provide tickets to every Wednesday game during the season to local seniors at a heavily reduced rate. Rawhide Rustler members will have the opportunity to receive exclusive giveaway items, atten-

VETERANS CORNER

CalVet Veterans Homes



Ken Cruickshank

In this article, I would like to talk about the California Department of Veterans Affairs (Cal-Vet) Veterans Homes.

Currently there are eight homes throughout the state with varying levels of care and occupancy statuses. The homes are located in Barstow, Chula Vista, Yountville, West L.A., Lancaster, Ventura, Fresno and Redding. The mission of the Homes is "to provide the state's aged or disabled veterans with rehabilitative, residential and medical care and services in a home-like environment."

The homes are a system of live-in, residential care facilities offering a comprehensive plan of medical, dental, (either on-site or the nearest VA facility), pharmacy, rehabilitation services and social activities within the small community environment. They range in size from 60 residents on a 20-acre site to over 1,000 residents on 500 acres. When all eight homes are fully occupied, they will provide housing and care for approximately 3,000 veterans.

If you are a veteran age 55 or older, and discharged from active military service under honorable conditions, you are eligible to apply for admission. If you are disabled or homeless in need of long-term care, the age requirement can be waived. Medal of Honor recipients, ex-POW's and wartime veterans are given priority for admission over peacetime veterans.

To be considered for admission, you must also meet the following:

- Served on active duty in the Armed Forces of the United States for other than training purposes, during wartime or peacetime.
- Provide proof of military service by submitting a DD-214, or obtaining proof through the U.S. Department of Defense (DOD) or the United States Department of Veterans Affairs (USDVA).
- Discharged or released from active duty honorably or under honorable conditions.
- California resident at the time of application for admission.
- Test negative for Tuberculosis (TB).
- Not require more care and supervision than is provided at the Veterans home of choice.
- Not require acute hospitalization at the time of application.
- Not have a primary need for acute psychiatric care.
- Not have a past history of violence or mental illness, or a criminal record that would create a risk to yourself or the other residents.
- Not be under the influence of alcohol or illegal substances.
- Be enrolled in a qualified federal, state or private health insurance plan, or have an application for such a plan

Levels of care that are available at the homes will vary depending on the home. These levels range from independent living (available at all the homes), up to and including skilled nursing care.

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.

PRESTIGE ASSISTED LIVING AT VISALIA



Are you worried about falling?

Did you know that individuals with dementia are up to five times more likely to fall than older people who do not have cognitive impairment?

Changes in coordination, recognition and communication may contribute to a fall, but there are several steps you can take to reduce the risk of a fall for a loved one. **We're here to help.**

For a limited time, we're offering a **FREE** fall reduction assessment. Call **(559) 377-6985** to schedule today!

Prestige Assisted Living at Visalia
3120 W Caldwell Ave.
Visalia, CA 93277
www.PrestigeCare.com



Prestige Senior Living, L.L.C.



License #: 547200844

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VII, Number 1 • March/April 2020



Publisher/Webmaster - Larry Kast
Managing Editor/Art Director - Steve Pastis

For advertising information, call:
Steve at (559) 280-9774, or Larry at (559) 732-5030

The Good Life is published by Kast & Company Communications. Articles and information not written by Kast & Company Communications are assumed to be accurate as provided. This publication does not provide professional, medical, legal or accounting advice, and always recommends seeking counsel from an appropriate professional.

Kast & Company Communications
P.O. Box 7173, Visalia, CA 93290
(559) 732-5030



ImagineU Launches Grandparents Membership...

(continued from page 1)

ents. While most of ImagineU's 2,800+ members are children, Young said the new grandparents membership has been well received and is starting to grow quickly.

The new membership includes two grandparents of any age who can bring their grandchildren to the museum, whether it's one or even 20, all for just \$150 per year. Alternatively, the daily admission costs are \$10 per child and \$8 per adult, and \$6 for seniors ages 63 and older.

The grandparents membership also provides a 10% discount on party packages, as well as museum rentals, camp, membership renewal, Night at the Museum, and discounts on crafts. Members can also bring a friend for free on designated days throughout the year.

While the name museum might imply "look but don't touch" to some, ImagineU is very much a hands-on experience with its exhibits and age-appropriate spaces, which helps when it comes to young children.

"We encourage them to bring them down here and get the wiggles out," said Young, who added once patrons arrive, they tend to hang around a while. "Typically, they tend to stay for a minimum of an hour up to three hours. If you are here less than an hour, it's pretty unusual," she said. "Kids usually bounce



ImagineU wants grandparents to enjoy the experience with their grandchildren. (Above photos courtesy of Kelli Avila Photography.)

around. They don't go in a logical flow."

Grandparents will find plenty of seating if they don't want to jump in themselves in the hands-on activities, which are continually changing to keep the experience fresh and interesting, and makes for a strong reason to keep coming back.

The website, www.imagineuseum.org, has a full listing of current and planned exhibits, including when schools

have planned field trips to the museum, which can make it crowded.

Special events can also be found on the calendar, which could result in the museum being closed to the public. There you'll also find information about the various memberships, as well as a few rules and recommendations.

"We want grandparents to enjoy the experience with their grandchildren," Young said,

adding there are docents available for questions. "But they aren't here to watch the children, they aren't babysitters. They are kind of like a lifeguard. If they see something unsafe, they will remedy the situation. But adults will need to keep an eye on their own children."

Imagine U Children's Museum is open seven days a week, from 9 a.m. to 5 p.m., at 210 N. Tipton St. in Visalia. For more information, call (559) 733-5975.

Our 44th Year in Downtown Visalia




559-734-7079

www.michaelscustomjewelry.com

COMPLIMENTARY CLEANING AND INSPECTION OF YOUR JEWELRY

3-D DESIGNS • CERTIFIED APPRAISALS • FINE ENGRAVING
RING SIZING • RESTRINGING • WATCH REPAIR
WATCH BATTERIES • WATCH BANDS
STONE REPLACEMENT • PRONG RETIPPING
FREE GIFT WRAPPING WITH PURCHASE

Law Offices of Houk & Hornburg, Inc.



Thomas E. Hornburg
C. Matthew Gaebe
William N. Hannah
Philip T. Hornburg (Retired)

Gareth W. Houk Jr.
(1937-2009)

Paralegals: Robert Nix • Michelle Barnes • Sarah DeJohn • Pamela Cardoso

PROVIDING SERVICES IN:

Business Law • Corporations • Partnerships • Real Estate
Landlord/Tenant • Wills and Trusts • Civil Litigation
Family Law • Probate • Farm and Ranch Law

206 S. Mooney Blvd., Visalia, CA 93291 • (559) 733-1065

FAMILY HEALTHCARE NETWORK
a california health center
Your Health. Our Mission.

Be there for these moments. Get screened today.

32 Health Centers Near You
For locations near you, please visit www.fhcn.org/locations

Convenient Hours
Monday-Friday: 7am to 9pm & Saturday: 8am to 5pm
*Hours vary by location.

Colon Cancer Facts

- This is the #2 cause of cancer death in the U.S.
- It affects men and women.
- Multiple tests exist to find colorectal cancer.
- It mostly affects people over 50, but can also occur at any age.

877.960.3426 | fhcn.org



Citizen trains with SWAT equipment (above left) and local seniors serve as Volunteers in Police Service (above right).

VPD Now Accepting Citizen's Police Academy Applications

The Visalia Police Department is now accepting applications for the Citizen's Police Academy.

The Citizen's Police Academy is a ten-week course designed to acquaint the public with the inner workings of the Visalia Police Department. The Citizen's Police Academy is open to anyone who meets the participation requirements and successfully goes through the screening process.

All instructors are Visalia Police Department personnel trained in various areas such as Police Ethics, Crime Scene Investigation, Homicide & Burglary Investigation, K-9, SWAT,

Bomb Unit, Patrol Procedures, Traffic & DUI Procedures, Gang & Narcotics Enforcement, and Crime Prevention.

For those interested in being eligible to become a "Volunteer in Police Service" (VIPs) at the end of the ten weeks, successful completion of the Citizen's Police Academy will serve as a prerequisite.

Upon successful completion of the course and a background investigation, participants will have the option to be sworn in as a VIPs, ready to assist in essential non-hazardous duties.

Some of these duties will include administrative and office

functions and field operations such as community events, parades, traffic control and DUI checkpoints.

An informational meeting for interested community members will be held on Tuesday, March 3 at 6 p.m. at Visalia City Hall Council Chambers, 707 W. Acequia. Classes are scheduled to begin in May.

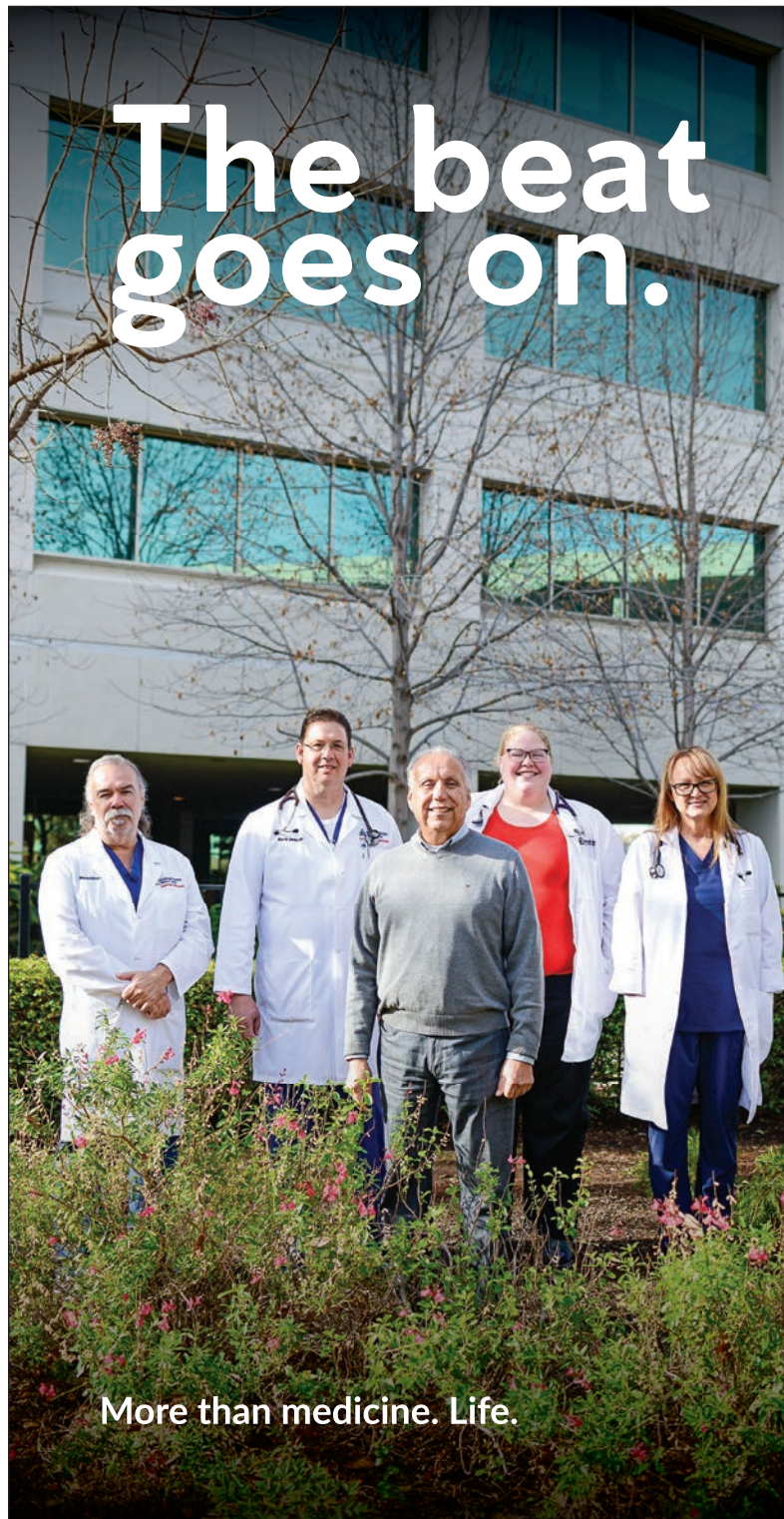
Applications are available online through March 23 at <https://agency.governmentjobs.com/visalia/default.cfm>

For more information, call-



Sometimes being a volunteer can be fun and games.

Community Outreach Coordinator Rebekah Jones at (559) 713-4370, or Sgt. Mona Whalley at (559) 713-4161.



When your heart is on the line, our cardiac team doesn't skip a beat.

Robert knows a thing or two about a good beat. A lifelong drummer, he understands that any good song needs a steady beat, and the same can be said for a healthy heart. Fifteen years ago, Robert's demanding career took its toll on his health when he suffered a mild heart attack. After the heart scare, Robert knew he needed to make major changes to save his life. Less than three months later, he retired from his stressful job and moved north from the chaotic streets of Los Angeles to the peaceful orchards of Tulare.

Last fall, 14 years after moving to Tulare, Robert's elevated blood pressure was making him worry so he made an appointment with Dr. Sarmad Said, a cardiologist affiliated with Kaweah Delta. Robert passed heart test after test but his blood pressure remained elevated. Thankfully, he was in the expert hands of Dr. Said. "Dr. Said didn't turn away from me. He took the time to listen and scheduled me for an angiogram to take a closer look." Just as Dr. Said began the procedure, Robert's blood pressure dropped dangerously, revealing to Dr. Said that an artery blockage was likely and heart surgery would be necessary. In the end, Robert's heart required quadruple bypass heart surgery performed by Kaweah Delta-affiliated Cardiothoracic Surgeon Dr. Leheb Araim.

Now, Robert's on his comeback tour and believes he was meant to move to Tulare County to be treated by the compassionate team at Kaweah Delta. "I really can't convey the appreciation I have for Dr. Said, Dr. Araim, and the hospital's medical staff. It wasn't just a hospital experience. It was a people experience. I was always told by music teachers that the drummer is the heartbeat of the band, and Kaweah Delta's goal was to give me the beat back. They revive and restore lives, and I'm one of them. Those are the people who bring you back to life."



In affiliation with



More than medicine. Life.

LEARN MORE kaweahdelta.org/thebeatgoeson



Cyclists will be among the competitors at this year's games.

Senior Games...

(continued from page 1)

Kaweah Delta and is supported in part by Park Visalia, Quail Park Communities, American Ambulance, Exeter District Ambulance, Southern Sierra Cyclists, *The Good Life*, CourseCo, Valley Public Radio and Sierra Pacific Orthopedics.

The organizing committee is welcoming volunteers to assist at some of the athletic events and with putting together athlete's welcome packets. No previous experience is required to sign-up to volunteer. Volunteers do not even have to be sports fans to sign-up, however, the minimum age to volunteers is 16. Volunteering for the Visalia Senior Games can fulfill school community service requirements.

Registration for the 5th Annual Visalia Senior Games is open through Friday, March 6th. Some sports will accept day of competition registration as space allows. Athletes are encouraged to register early.

Registration can be done in person at 345 N. Jacob St., Visalia, or online at www.visaliaseniorgames.com. American Express, Visa, MasterCard, Discover, and checks with proper ID are accepted.

For information on competing or volunteering, call the Visalia Parks & Recreation Department at (559) 713-4365, email recreation@visalia.city or visit www.visaliaseniorgames.com.

The website has a registration form, rules for each event, and photos and results from the 2019, 2018, 2017 and 2015 Visalia Senior Games.

Kaweah Delta Opens Sequoia Health and Wellness Centers

On January 14, Kaweah Delta Healthcare District celebrated the opening of Sequoia Health and Wellness Centers, which opened to better care for all people in Tulare County, including those who face obstacles seeking care because they are either new to the area, covered by Medi-Cal or uninsured.

The event, which included tours and a ribbon-cutting celebration, was attended by nearly 100 community members at Sequoia Health and Wellness Centers (SHWC) in what was previously known as Kaweah Delta's Family Medicine Center, located just north of Kaweah Delta Medical Center, at 202 W. Willow Ave., Suite 502, Visalia. Earlier this month, the center opened its doors as Sequoia Health and Wellness Centers.

Under its new structure, SHWC will continue to provide a variety of healthcare services (primary care, women's health, prenatal care, pediatrics, etc.) to people no matter who they are or where they live, and regardless of income, insurance or ability to pay.

However, unlike Kaweah Delta's other primary and specialty clinics, the center will be applying to become a Federally Qualified Health Center (FQHC). The move will enable SHWC to access state and federal programs and funding sources that will help it expand and improve care for patients and attract more physicians and providers to Tulare County.

"This is an exciting moment," said Ryan Gates, PharmD, Sequoia Health and Wellness Centers CEO, and director of Population Health Management at Kaweah Delta. "From the very beginning, we've known this is the right thing to do for our patients, our physicians and our community,

"Our community wants and deserves outstanding health outcomes and needs greater access to physicians," he added. "Alongside our community partners, Sequoia Health and Wellness Centers will play an important role in helping us achieve both."



Kaweah Delta officials and community members cut the ribbon to officially open Sequoia Health and Wellness Centers in Visalia.

Through the FQHC co-applicant model available to public entities, Kaweah Delta Health Care District will continue to own and operate the center, but it will be governed by SHWC's 11-member board of directors, of which at least 51% will be those served by the center.

Kaweah Delta is a publicly-owned community healthcare organization that provides com-

prehensive health services to the greater Visalia region and Tulare County. With over 5,000 dedicated medical professionals and employees, Kaweah Delta is committed to meeting the community's health needs through state-of-the-art medicine, high-quality preventive services and specialized health centers and clinics. For more information, visit www.kaweahdelta.org.

BONES | STRENGTH | BALANCE

OSTEO STRONG

NO PAIN ALL GAIN

60 Seconds a Week to Improved:

Book A FREE Session!


BALANCE


POSTURE


STRENGTH


POWER


AGILITY


ENERGY

Joint & Back Pain?
Osteoporosis?
Type 2 Diabetes?

NOW OPEN!

1570 W Olive Ave
Porterville, CA 93257

(559)782-1570

5410 W Cypress Ave
Visalia, CA 93277

(559)409-2426

THE ULTIMATE BIOHACK

Follow us on Facebook at [OsteoStrong Porterville](#) or [OsteoStrong Visalia](#)

Happiness Loves Company

At Carefield, we help people find their happy place

- Optimizing Health – Customized care and delicious food options
- Enlightened Memory Care
- Engagement and Socializing
- Fun Activities
- Community and Family Connection

Call Today to Schedule a Tour

PARK VISALIA
ASSISTED LIVING • MEMORY CARE
A Carefield Living Community

3939 West Walnut Ave • Visalia, CA 93277
559-625-3388
www.ParkVisalia.com

  RCFE #547208809



Jewel Diamond Taylor (above left) gave an inspirational presentation at Heart of Seniors. Attendees (above right) hope their raffle numbers will be called. (Photos courtesy of Breann Allen Photography.)

Heart of Seniors Fills Wyndham Hotel Ballroom

The seventh annual Heart of Seniors "Spectacular Resource Event" Luncheon, hosted by the Senior Coalition, was held on February 13th at the Wyndham Hotel in Visalia. The event included a vital resource fair with vendors, a fashion show with the latest in fashion for the mature woman, and a luncheon.

The keynote speaker was Jewel Diamond Taylor, a motivational speaker who teaches possibility thinking, emotional wellness, strategies for success, self-worth and resiliency. She energized the audience by having them stand up and dance to Pharrell Williams' hit "Happy," before inspiring them with her presentation, "The Great 8 Things Seniors Desire & Deserve."

She told those in attendance to start each day with the right attitude, and urged them to enjoy the benefits of being a senior.

The eighth annual Heart of Seniors Expo and Fashion Show is scheduled for Thursday, February 11, 2021.

For more information about the event or about the Senior Coalition, call (559) 730-3015 or email seniorcoalition@gmail.com. For online information, visit www.theseniorcoalition.com.



Attendees gather information at last year's event.

Spring Open House...

(continued from page 1)
the wonderful opportunities available to local seniors," added Ferreira. "With all that we offer, from fitness to art classes, to daily lunch and activities, we're really a one-stop spot for the 50+ community in Visalia."

For more information or to become a vendor at the Visalia Senior Center Spring Open House, call the Visalia Senior Center at (559) 713-4381.

READY FOR MOSQUITO SEASON?



Mosquito bites are more than just annoying!
They can spread dangerous diseases such as West Nile, St. Louis Encephalitis, Chikungunya, Dengue, and Zika.



Dump standing water weekly

Mosquitoes lay their eggs on, or near, water and take as little as 5-7 days to develop from eggs into adults.



Maintain permanent water sources

Service pools, hot tubs, and fountains weekly. Place free mosquitofish in ponds and other water features.



Use an EPA-registered repellent

EPA-registered insect repellents are safe and effective in preventing mosquito bites.

THERE IS NO CHARGE WHEN USING DISTRICT SERVICES.

Delta Vector Control District is an independent special district that is committed to protecting public health. For more information on the District and our services, visit our website or call Monday - Friday, 7:30am to 4:00pm.

(559) 732-8606
www.deltavcd.com



  
@Deltavcd

Health

Local Health Officers Following Latest Coronavirus Updates

Tulare and Kings Counties are working closely with the California Department of Public Health and other health partners, and following the latest news about the new Novel Coronavirus (recently renamed COVID-19), which caused an outbreak of respiratory illness in the city of Wuhan, Hubei Province, China, in December.

Since then, the outbreak has expanded in scope and magnitude, and there is a growing number of cases in the United States, including 15 in California (at press time).

To date, there have been no suspected cases in Tulare or Kings Counties.

So far, only individuals who have traveled to China or have been in close contact with individuals who recently traveled from China have been considered at risk.

Coronaviruses are a large family of viruses. Some cause illness in people, similar to the common cold, while others are found in animals.

According to the Centers for Disease Control (CDC), "the complete clinical picture with regard to COVID-19 is not fully understood." Reported illnesses have ranged from mild to severe, including illness resulting in death. The people who have been sick are between 15 and 81 years old.

Symptoms of the virus include fever, cough, shortness of breath and other breathing difficulties, which may occur two days to two weeks after exposure. More serious symptoms have been occurring in those who are older.

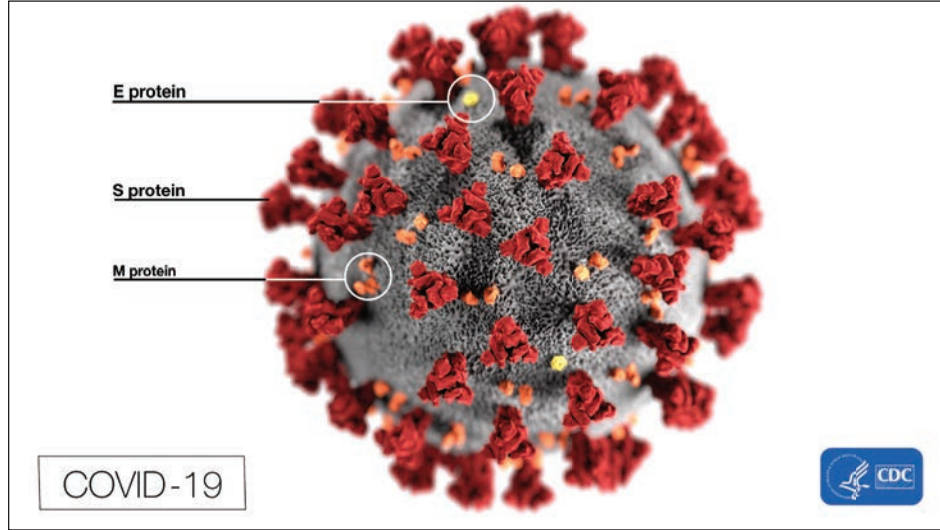
Kings County Public Health Officer Dr. Milton Teske recommends that if you have been in China or around someone who has travelled there within the last several weeks, and you develop symptoms, call your doctor first for further information.

People are advised that taking steps to protect themselves from the flu will also help protect them from the coronavirus.

"Community members and any travelers should take precautions against becoming ill at all times, particularly as this is flu season and we are seeing high flu numbers," said Tulare County Public Health Officer Dr. Karen Haught.

Tulare County Health & Human Services Agency's Public Health Branch is strongly encouraging community members to remember basic precautions against illnesses during this time of the year, such as:

- Regularly and thoroughly wash hands with soap and water for at least 20 seconds,



This illustration, created by the Centers for Disease Control and Prevention, shows the spikes that adorn the outer surface of the virus, which create the appearance of a corona.

onds, or use hand sanitizer if no soap is available.

- Cover coughs and sneezes, and avoid touching your eyes, nose and mouth.
 - Get a flu shot - it isn't too late in the season.
 - Avoid contact with sick individuals.
 - Stay home if you have symptoms of illness, and disinfect frequently touched surfaces.
 - Use medications as instructed by your physician.
- Dr. Haught notes the importance of contacting a doctor immediately when you see signs of serious illness, some of which vary depending on age:
- Adults may experience shortness of breath, difficulty breathing, abdominal pain, dizziness, confusion, vomiting and dehydration.
 - Children may experience hyperventilation or difficulty breathing, vomiting, dehydration, lethargy, irritability and restlessness.
 - Infants may experience a decreased appetite and dehydration.
 - Fever returning after the illness has resolved indicates a need for medical care.

Individuals with flu symptoms, particularly those with risk factors such as pregnancy, diabetes, heart disease, asthma and kidney disease, and children age five and younger, should talk to their healthcare

COVID 19 CORONAVIRUS DISEASE 2019 (COVID-19)

SYMPTOMS* OF CORONAVIRUS DISEASE

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

* Symptoms may appear 2-14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.

www.cdc.gov/COVID19

providers about antiviral medication.

Up-to-date information is on the CDC's website at www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

Turning 65? Check out your Medicare options!

Karen Munger
CA License #0D73967

4142 S. Demaree Rd. Visalia, CA 93277

EMAIL KarenMunger@HealthPlans2ProtectU.com

Finding the right Medicare supplement insurance is just around the corner.

559-737-9660

Quail Park Memory Care Residences on Cypress

It's a beautiful day in the neighborhood! Won't you be our neighbor?

Brilliant Senior Living

QPCypress.com | 559.429.8342 | 4520 West Cypress Ave in Visalia

Calendar

March 2, 4, 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., Tulare. For more information, call (559) 685-2330.

March 2, 9, 16, 23, 30 - Senior Inc. Pot Luck Bingo

Bingo is played every Monday starting at 12:15 p.m. at the Goodwill Building, 426 W. Lacey Blvd., Hanford. Cost is \$4.50. For info, call (559) 904-5019.

March 3, 5, 10, 12, 17, 19, 24, 26, 31 - Healing Hearts Walks

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

March 5-7 - Visalia Gleaning Seniors Spring Yard Sale

The Gleaning Seniors will host this event from 8 a.m. to 2 p.m. in the Gleaner Yard, 28600 Road 156, Visalia (between Caldwell and Walnut). For more information, call (559) 733-5352.

March 5, 12, 19 - A Question of Balance

This free program, which emphasizes practical strategies to manage falls, will be held at Kaweah Delta Chronic Disease Management Center, 325 S. Willis St., Visalia, from 10 a.m. to noon. For more information, call (559) 624-5615.

March 6, 13, 20, 27 - 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.

March 10, 24, 31 - Living with Alzheimer's for Middle Stage Caregivers

The Alzheimer's Association California Southland Chapter will hold this free three-part series from 1:30-4:30 p.m. at Visalia United Methodist Church, 5200 W. Caldwell Ave., Visalia. For reservations (required) or more information, call (661) 912-3053.

Thursday, March 12 - Health Resources Support Group

This informational group will host a free health presentation at Tulare Public Library 475 N. M Street, Tulare at 1 p.m. For more information, call (559) 688-6804.

Saturday, March 14 - "If You Passed On Your Baton, Take It Back"

(See ad below or article on next page.)

Saturday, March 14 - "50's Flashback" Dance

This over-21 event, featuring live music by the Jeremy "Elvis" Pearce and a KOOL Radio Station DJ, as well as a costume contest, will be held from 7-10:30 p.m. at the Hanford

Civic Auditorium, 400 N. Douth St., Hanford. Early bird tickets are \$10; \$20 at the door. No-host bar and food available for sale. For more information, call (559) 362-3212.

Monday, March 16 - 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.

Tuesday, March 17 - St. Patrick's Day Luncheon

This event, featuring an Irish meal, will be held at the Tulare Senior Community Center, 201 North F St., Tulare, at 11:30 a.m. Wear green. Tickets are \$3 for those 60+. For reservations (by 12:30 p.m. on March 16) or more info, call (559) 685-2330.

Tuesday, March 17 - St. Patrick's 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 reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

Tuesday, March 17 - TOAH Tuesdays

The Ruth Wood Open Arms House, 3234 W. Iris, Visalia, hosts a Tacos & Tours Open House for the community 12-3 p.m. on the third Tuesday of every month. To RSVP or for more info, call (559) 713-6542.

Tuesday, March 17 - Visalia Caregivers Support Group

The Alzheimer's Association California Southland Chapter will hold this free event from 1:30-2:30 p.m. at Visalia United Methodist Church, 5200 W. Caldwell Ave., Visalia.

Friday, March 20 - One Nation Musical Performance

Walnut Park, 4119 W. Walnut Ave. Visalia, will host this 2 p.m. garden rock painting event. RSVP to (559) 735-0828

Saturday, March 21 - Sequoia Symphony Presents "Colorful Arrivals"

This 7:30 p.m. concert features Stravinsky's "Petrouchka" and Britten's "Young Person's Guide." For tickets (\$33-\$45) or more information, visit www.foxvisalia.org or call (559) 625-1369.

Saturday, March 21 - Silent Comedies

The Hanford Fox Theatre will present a night of silent movies with Dean Mora on the pipe organ, featuring Buster Keaton in "Seven Chances." For tickets (\$5 for seniors) or more information, call (559) 584-7823.

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

Athletic competitions include track, softball, pickleball, swimming, golf and archery. (See article on page 1.)

Wednesday, March 25 - Chukchansi Gold Resort & Casino Bus Trip

Kingsburg Senior Center will host this bus trip from 10 a.m. to 4:30 p.m. The \$21 trip fee includes \$10 casino gaming credits and \$5 food voucher. For info, call (559) 897-6549.

Friday, March 27 - Free Drive-Thru Shredding Event

Quail Park on Cypress will host this event at their facilities at 4520 W. Cypress Ave., Visalia, from 8-11 a.m. Three-box limit. For info, call (559) 624-3503.

April 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., Tulare. For more information, call (559) 685-2330.

April 2, 7, 9, 14, 16, 21, 23, 28, 30 - Healing Hearts Walks

Visalia Public Cemetery, 1300 W. Goshen, Visalia, hosts these events, with a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-

CITY OF VISALIA
PARKS & RECREATION

SENIOR CENTER

SPRING OPEN HOUSE

The Visalia Parks and Recreation Department invites seniors and vendors alike to our annual Spring Open House! Vendors are encouraged to decorate their booths like a childhood lemonade stand as this year's theme is "Sunny Days!" This event is designed to bring businesses and providers of programs and services for the senior population all to one convenient location connecting families, caregivers and seniors to local resources. Grab your sunglasses and vote for the vendor with the best "lemonade stand!"

Wednesday, April 15th from 10am - 1 pm

Parks
Make
Life
Better!

Location: Visalia Senior Center
Cost: Admission is FREE
\$5 lunch tickets on sale February 13th



Venture presents author & pastor

Chuck Stecker

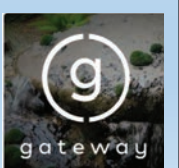
"If you passed on your baton, take it back"

Gateway Church
1100 S Sowell St, Visalia
Saturday, March 16, 6 p.m.

How to Get Back into the Race

Have you handed off your baton in the race of life? Do you think you've given all you have to offer? Not according to Chuck Stecker. The author ordained minister and regional director of Promise Keepers will challenge you to get back into the race and finish strong.

Tickets are \$5. Dessert & beverages will be served.
For more information, call 732-4787 or go to www.GatewayVisalia.com/Venture



Calendar

mile walk. Call (559) 734-6181 for more information.

Friday, April 3 - Downtown Historical Walk

Explore Downtown Visalia with historian Terry Ommen, who has researched Visalia history for over 30 years. Terry will share the history of Visalia from where it began. The cost is \$10. For more info about this event, call (559) 713-4481.

Friday, April 3 - 15th Annual Birdhouse Auction

Habitat for Humanity will host this annual celebration, featuring a wide selection of birdhouses and doghouses, at the Wyndham Hotel in Visalia beginning at 6 p.m. Tickets are \$100. For tickets or more information, call (559) 734-4040.

April 3, 10, 17, 24 - 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.

April 6, 13, 20, 27 - Senior Inc. Pot Luck Bingo

Bingo is played every Monday starting at 12:15 p.m. at the Goodwill Building, 426 W. Lacey Blvd., Hanford. Cost is \$4.50. For information, call (559) 904-5019.

Wednesday, April 8 - "The French Connection"

The Visalia Fox Theatre will present this 1971 American action thriller starring Gene Hackman. Show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Thursday, April 9 - Health Resources Support Group

This informational group will host a free health presentation at Tulare Public Library 475 N. M Street, Tulare at 1 p.m. For information, call (559) 688-6804.

Friday, April 10 - Eggstravaganza Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost is \$5. For reservations (at least 24 hours in advance) or more information, call (559) 713-4481.

Friday, April 10 - Easter Luncheon

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning with a ceremony at 11 a.m. Wear your best spring outfit. Tickets are \$3 for those 60+. For reservations (by 12:30 p.m. on April 9) or more information, call (559) 685-2330.

Wednesday, April 15 - Visalia Senior Center Spring Open House

(See article on page 1.)

Thursday, April 16 - "The Knee"

Exeter Therapy Specialists, a division of Kaweah Delta Health Care District, will host this free presentation as part of its "Physical Therapy and You" series, from 7-8 p.m. at Exeter Therapy Specialists, 1131 W. Visalia Road, Exeter. For reservations (required) or more information, call (559) 592-7342.

Friday, April 17 - One Nation Musical Performance

Walnut Park, 4119 W. Walnut Ave. Visalia, will host this 3 p.m. event. RSVP to Penny at (559) 735-0828.

Saturday, April 18 - Sequoia Symphony Presents "The Creation"

This 7:30 p.m. concert features Haydn's most popular work, For tickets (\$33-\$45) or more information, visit www.foxvisalia.org or call (559) 625-1369.

Monday, April 20 - Afternoon at the Movies

Aging in Community - Three Rivers will present a movie, at 1 p.m. at St. Anthony Retreat Center, 43816 Sierra Dr., Three Rivers. The event is free; lunch is \$5. For reservations or more information, call (559) 561-4595.

Tuesday, April 21 - TOAH Tuesdays

The Ruth Wood Open Arms House, 3234 W. Iris, Visalia, hosts a Tacos & Tours Open House for the community between noon and 3 p.m. on the third Tuesday of every month. To RSVP or for more information, call (559) 713-6542.

Tuesday, April 21 - Visalia Caregivers Support Group

The Alzheimer's Association California Southland Chapter

will hold this free event from 1:30-2:30 p.m. at Visalia United Methodist Church, 5200 W. Caldwell Ave., Visalia.

Wednesday, April 22 - Veterans Opportunity Day 2020

This event offers veteran benefit advice, door prizes for veterans, job opportunities, a notary on site, and free haircuts from 0900 to 1300 at Tulare Veterans Memorial Building, 1771 E. Tulare Ave., Tulare. For more info, contact Ken Cruickshank at (559) 713-2880 or kcruciks@tularehhsa.org.

Thursday, April 23 - "Good Morning, Vietnam"

The Visalia Fox Theatre will present this 1987 film starring Robin Williams. Show starts at

6:30 p.m. and tickets are \$5. For more info, call (559) 625-1369.

April 25, 26 - Gourd and Basketry Classes

Classes will be held at the Elks Lodge in Visalia, under the auspices of the California Gourd Society and Handweavers of the Valley. To sign up or for more info, visit www.CalGourd.com (look under events).

Thursday, April 30 - Low Vision/Blindness Presentation

Quail Park on Cypress, 4520 W. Cypress Ave, Visalia, will host this free workshop from 2-3 p.m. Guest speaker is Beth Jurco, orientation and mobility specialist with Valley Center for the Blind. For reservations or more info, call (559) 624-3503.

Author/Minister to Speak at GateWay Church March 14th

If you think you've finished your race in life, Chuck Stecker has another thought for you to consider.

The author and ordained minister contests those who think they have nothing else to offer in life. The nationally known speaker will offer his thoughts during his presentation entitled "If You Passed On Your Baton, Take It Back" on Saturday, March 14 at 6 p.m. at GateWay Church, 1100 S. Sowell Ave., Visalia.

Stecker served in the U.S. Army for 23 years, including on the Joint Staff at the Pentagon. He has also served as regional director for the national movement Promise Keepers, and in 2000, he founded "A Chosen Generation" to help churches and families create strategies for intergenerational ministry.

It is his conviction that too many, as they have moved through life, have handed off the "baton" of leadership to younger people, believing they have finished their race. He defies the notion that we have finished the "race." He offers



Chuck Stecker

a challenging and inspiring message to get back in the "race" and to finish well.

Stecker, who has written *Men of Honor*, *Women of Virtue* and *If You Passed On Your Baton, Pick It Up*, has been married to wife, Billie, for more than 40 years, and they have three children and four grandchildren.

Dessert and beverages will be served at the event, and tickets are \$5. For more information, call the church office at (559) 732-4787.

Stecker will also be speaking that morning at the "Man Alive!" men's conference in Porterville. More information on that event is at www.manaliveevents.org.

For Anyone 55 and up

Membership Includes:
Ticket to Every Wednesday Game
Membership T-Shirt
Exclusive Giveaways
Ballpark Bingo







Health Net
A Better Decision





Senior Loneliness Shortens Lifespan

Loneliness, which affects one in three aging adults, is a serious epidemic among seniors in the U.S. According to a National Poll on Healthy Aging, chronic loneliness can impact one's memory, physical well-being, mental health and life expectancy.

The symptoms of loneliness are complex, and while its signs can be concealed, they often come during a change of circumstance in a person's life. Retiring from a career and missing the social contact that came with it, health issues that prevent people from participating in things they've always enjoyed or the death of a loved one can lead to isolation.

According to the AARP, potential signs of loneliness can include poor eating habits, loss of interest in personal hygiene or appearance and significant clutter in the home, as well as a general lack of interest or withdrawal.

Immanuel Communities in Nebraska offers the following tips to seniors and their loved ones to combat loneliness:

1. Get to know the facts. Learn more about the loneliness epidemic and its effects.
2. Take the online loneliness assessment at www.immanuel.com/lonelinessassessment. Find out if you or your senior loved one is at risk. This assessment has been provided by Daniel Russell, Ph.D., one of the creators of the UCLA Loneliness Scale, to determine your loneliness quotient.
3. Learn what help is available. Living choices, programs and activities can help lessen feelings of loneliness.
4. Ask for support. A senior living consultant can help guide you.
5. Make the choice. Which solution helps foster feelings of liveliness and connection?

"Finding companionship is particularly important for seniors," says Jennifer Knecht, vice president of marketing and communications at Immanuel Communities. "No matter what an aging adult's season in life and personal needs are, finding thoughtfully planned living options, inviting wellness programs, engaging social opportunities and spiritual support can help senior loved ones live large and leave loneliness behind."

CDPH to Invest \$4.5 Million to Address Dementia

On February 11, the California Department of Public Health (CDPH) announced awards totaling \$4,500,000 to six local health jurisdictions to help address dementia. Each local health jurisdiction awardee will receive \$750,000 in funding for three consecutive fiscal years starting on June 1.

"California has more aging people than any other state in the nation, including more people living with Alzheimer's, other age-related brain dementias, and the people who care for them" said Maria Shriver, former California first lady.

"The Healthy Brain Initiative will help reveal critical and factual insights on how communities throughout the state can prioritize brain health and caregiving," she continued. "As the chair of the Governor Gavin Newsom's Task Force on Alzheimer's Prevention, Preparedness and a Path Forward, we are excited about

this initiative and look forward to collaborating as we lead the way to become a cognitively healthy country at every stage of life."

"There are about 670,000 people in California who are living with Alzheimer's dementia, with very mild to advanced symptoms," said Dr. Sonia Angell, California Department of Public Health director and State Public Health Officer. "Their needs and those of the families and caregivers who help support them varies across a spectrum. The time is now to work with communities and partners to find durable solutions. These awards reflect an important investment towards that goal."

The funding, made available through the California Healthy Brain Initiative State and Local Public Health Partnerships program, will support activities in four categories:

1. Monitoring data and evaluating programs to contribute to

evidence-based practice.

2. Education and empowerment of the public with regard to brain health and cognitive aging.

3. Mobilizing public and private partnerships to engage local stakeholders in effective community-based interventions and best practices.

4. Ensuring a competent workforce by strengthening the knowledge, skills and abilities of health care professionals who deliver care and services to people with Alzheimer's disease and other dementias and their family caregivers.

Local health jurisdictions in the following counties were awarded grants: Los Angeles, Placer, Sacramento, San Diego, Santa Clara and Shasta.

For more information, visit www.cdph.ca.gov and under "I am looking for" click on "Diseases and Conditions" "Alzheimer's Disease" will appear in the list that opens.

OsteoStrong Offers Balance, Fracture Prevention

"It's not a gym," said Angela Patterson about OsteoStrong, the business she and her husband, Eddie, recently opened in Visalia. They are also the owners of an OsteoStrong location in Porterville.

"People can come in in day clothes," she explained. "There's no sweating. It's pain-free."

"It's basically a 12-minute-a-week program," said Eddie, offering an estimate based on two minutes on each machine.

He is enthusiastic about the benefits of OsteoStrong for seniors. "We're reversing the aging process," he said.

"At the age of 30, all people stop growing bone," he said. "They start losing bone density."

The loss of bone density, which is about 1% a year, but 2% a year for women after menopause, puts people at an increased risk of bone fracture. Women tend to be in bed longer after a fracture and as a result, their body has a longer period of deconditioning.

Conditioning includes having healthy bones, which has been a challenge for seniors. There's a formula that shows the amount of weight necessary to trigger bone growth in lower extremities is 4.2 times a person's body weight.

This means that triggering bone growth requires a woman who weighs 100 lbs. to lift 400 lbs.

"That's pretty impossible," said Eddie. "She'll never be able to accomplish that in a gym."

He explained that the machines at OsteoStrong "emulate the force (of 400 lbs.) on her body without the stress on her joints."

Bone density has an impact on the strength of a person's muscles.

"Your muscles will only get as



Angela and Eddie Patterson, owners of the new OsteoStrong location in Visalia, as well as the one in Porterville, demonstrate the Lower Growth Trigger machine.

strong as your bones will allow," said Angela.

In addition to helping seniors, clients at OsteoStrong's locations throughout California and across the U.S. include professional members of the Golden State Warriors, as well as 12-year-old soccer players.

Professional athletes come to OsteoStrong to lessen the chances they will break a bone. Preteen athletes, "will have denser bones and stronger muscles at a young age," said Eddie. "A kid will have less of a chance to break a bone."

"We work on fracture prevention," said Angela. "We also work on balance, such as if they have a problem getting out of chairs. We 'rewire' the brain and muscles to work together. We've had people not use their canes or their walkers anymore."

Eddie and Angela use a vibrating floor machine to help

this process.

"It wakes up all your muscle fibers," said Angela.

Meanwhile, the Lower Growth Trigger puts stress on bones by fatiguing the muscles. Unlike gym equipment, there are no repetitions. You push on it until your muscles shake.

Other machines at OsteoStrong include the Upper Growth Trigger, the Core Growth Trigger and the Postural Growth Trigger. Most people mistake the last one for a dead weight lift.

"But it's not," said Eddie. "It's more like a wheel barrow. You hold on and maintain good posture."

"We are very strict about your posture," said Angela. "We make sure everyone is symmetrical."

For more information, including about when the next demonstration is scheduled, call (559) 782-1570 or visit www.osteostrongvisalia.me.

Great Depression Brings Community Together

Many people have heard of the nightmare of the 1930s called the Great Depression. Our country, in fact most of the world, was hit by a devastating economic downturn, and many people lost their jobs. Family incomes plummeted. It is estimated that during the worst of the Depression, 25% of U.S. workers were unemployed. Family bills went unpaid and home mortgages went into default, leaving many without homes or basic necessities.

The collapse left local economies also hurting at a time when the need for social services was the greatest. Individuals and governments were struggling. The federal government saw what was happening and stepped in to help. A key element of their assistance came in the form of jobs. They created the Civil Works Administration (CWA) that supplied money to local governments and special districts to hire the unemployed to work on public works projects.

Tulare County was suffering, too. The local Visalia office of the CWA was responsible for distributing the funds throughout the county. In November 1933, for example, it was announced in the *Visalia Times-Delta* that the CWA was distributing funds for projects countywide. About \$90,000 had been given to the county to hire 873 men to go to work


on local projects immediately. As part of that allocation, 26 men would be hired to work for 60 days digging the Visalia High School Bowl (which later became known as the Mineral King Bowl.) Another 37 men would be hired to work for 60 days on a Dry Creek road project and another 20 would be hired in the Porterville area to work on a Tule River flood control project. The following month, an additional 25 men were authorized for employment at Sequoia National Park to do "pick and shovel" work to widen the curves on the winding road.

Not all the help for the suffering population came from the federal government. Transients, for example, could work "a few hours" at the Visalia city woodpile, chopping and splitting wood in exchange for food and clothing.

In the early 1930s, a group of charitable and sympathetic Visalians got together "to do something to mitigate worry and suffering." They formed the Visalia Central Welfare Council, which became the coordinating organization for many "helping" projects including job replacement service. One young couple with three children had signed up for assistance and the *Visalia Times-Delta* shared the family's plight and requested community help, "The young father is

Dusting Off History

with Terry Ommen





The city hall and fire department building stood at the corner of Church and Acequia streets. It was in this building that the fire department stored goods for distribution to those in need. (photo circa 1933)



Pioneer grocers Henry Goldstein and Myer Iseman established their business in Visalia in 1896. During the Depression, they donated fresh fruit and vegetables. This building was located at 120 W. Main St. (Photo circa 1920)

able to do any kind of work, but except for a few odd jobs, has been unable to find employment. He is back in rent, grocery bills, etc."

The council helped in other ways as well. The committee served as the collection coordinator for those willing to donate clothing, shoes, hats, etc. They used the firehouse storeroom as the supply depot. The need for shoes, even badly worn pairs, was especially critical. A cobbler was recruited who repaired shoes in exchange for groceries.

But there were other Visalia groups that pitched in. The local chapter of the Red Cross worked with the council finding jobs. Knudsen Creamery donated 360 gallons of skimmed milk weekly to families in need. The Goldstein & Iseman grocery store and the Visalia Bak-

ing Company donated bread, pastries and vegetables several times a week to the food pantry. And there were many others, including Visalia Woman's Welfare Club, Associated Charities, Kiwanis Club and Catholic Daughters of America.

But according to the Visalia Central Welfare Council, there was a media organization that was especially helpful. On October 11, 1933, the council wrote an open letter thanking the *Visalia Times-Delta* for the "wonderful publicity and cooperation you have rendered the Visalia Central Welfare Council."

The character of a community can be judged on how it comes together during times of need, and the actions of Tulare County and Visalia during the Great Depression should make us all proud.

**Ad & Article
Deadline:
Wednesday,
April 15, 2020**

Send ads,
articles &
calendar listings to:
editor@kastcompany.com

VETERANS OPPORTUNITY DAY 2020

Wednesday, April 22
0900-1300

Veteran Benefit Advice

Service Providers Available

Door Prizes for Veterans

Job Opportunities

Notary on Site

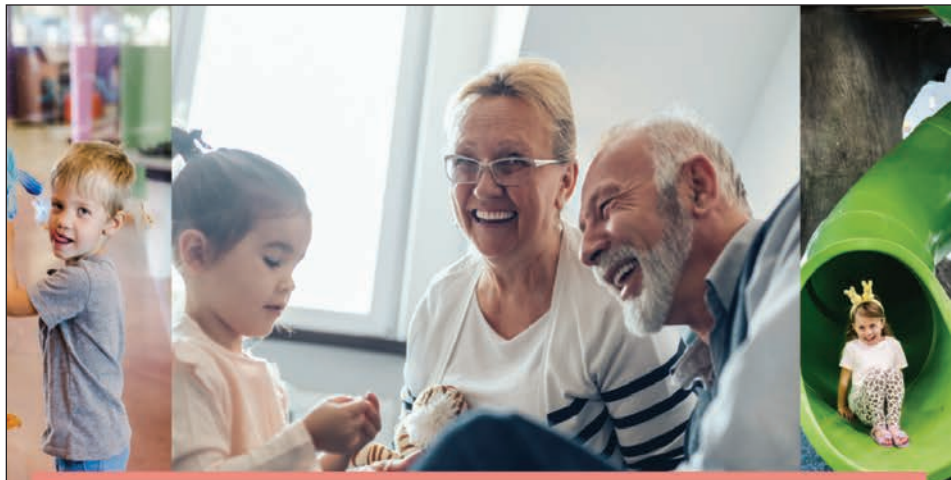
Free Haircuts for Veterans

For more information or booth registration form contact
Ken Cruickshank 559-713-2880 email kcruicks@tularehhsa.org

Tulare Veteran's Memorial Building

1771 E. Tulare Avenue, Tulare

if available bring your DD214



GRANDPARENT MEMBERSHIP

Grandparent membership includes annual admission for TWO named adults and ALL grandchildren

Ideal way for you to spend quality time with all the special little ones in your life.



• OPEN DAILY 9AM - 5PM • (559) 733-5975 •
210 N. Tipton Street | Visalia, CA 93292

New Tax Scams...

(continued from page 1)

scam at an earlier time, used a corrupt tax preparation service, or had your information exposed in a hack or data breach. Sometimes tax scammers file in the name of a deceased person or steal children's identities to claim them as dependents.

How to Avoid Tax ID Theft Scams:

- File early. The best way to avoid tax identity theft is to file your taxes as early as possible, before a scammer has the chance to use your information.

- Watch out for red flags. If you receive written notice from the IRS about a duplicate return, respond promptly. You may also receive an IRS notice stating that you've received wages from somewhere you never worked, or receive other notices that don't actually apply to you. Another big red flag is if you receive a notice that you owe additional tax, refund offset or have had collection actions taken against you for a year you did not file a tax return. Contact the IRS if you have any suspicions that a return has been filed in your name.

- Protect your Social Security number. Don't give out your SSN unless there's a good reason, and you're sure who you're giving it to.

- Research your tax preparer. Make sure your tax preparer is trustworthy before handing



over your personal information.

If you are a victim of ID theft, consider getting an Identity Protection PIN (IP PIN). This is a six-digit number, which, in addition to your Social Security number, confirms your identity. Once you apply, you must provide the IP Pin each year when you file your federal tax returns.

Visit IRS.gov for more information. For more information about tax scams, check out the BBB Tip on Tax Scams.

If you are the victim of tax identity theft in the U.S., contact the IRS at 1-800-908-4490. You should also file a complaint with the Federal Trade Commission (FTC) at www.ftc.gov/complaint or by calling 1-877-FTC-HELP. The FTC also offers a personalized identity theft recovery plan at www.identitytheft.gov.

If you've been targeted by this or another scam, help others avoid the same problem by reporting your experience to www.BBB.org/ScamTracker.

HYPERBARIC & WOUND MEDICINE

Hope for Healing

If a wound has not improved after four weeks, it's time to visit the wound center.

A wound or sore that won't heal is more than just an inconvenience... it can be dangerous to your health. The longer a wound takes to heal, the greater the risk of infection. Thankfully, the team of compassionate doctors, nurses, and physical therapists at Kaweah Delta Wound Center are experts in therapeutic techniques that help you heal faster and return to normal life. As the first center in Tulare County to house two state-of-the-art hyperbaric oxygen chambers, Kaweah Delta Wound Center provides advanced healing power with a human touch.



Located inside Kaweah Delta Rehabilitation Hospital
840 S. Akers St., Visalia

(559) 624-3741

LEARN MORE | kaweahdelta.org/wound