



IN THIS ISSUE: Farmers Markets Add Locations & Double Vouchers, Puzzles, Disarming Dementia, Keaton Leads Senior Cheerleaders on the Silver Screen

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VI, Number 3 • May/June 2019



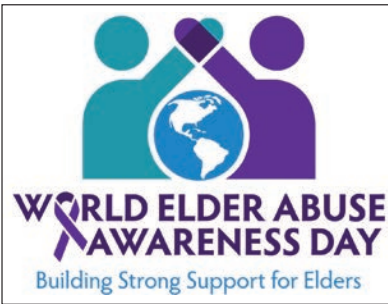
## Local Events to Mark Elder Abuse Awareness Day

Local events have been scheduled to mark World Elder Abuse Awareness Day.

On Tuesday, May 28, "Elder Abuse Awareness Flag Ceremony

2019" will be held on the north-east lawn of Government Plaza, 5957 S. Mooney Blvd., Visalia, starting at 9 a.m. Coordinated by Tulare County Public Guardian & Adult Protective Services, the annual ceremony will again feature local officials and community leaders, and a display of purple flags.

"Each report of elder abuse will be recognized with a purple flag being placed on the front lawn of Government Plaza with the hope of bringing awareness of elder abuse and the need for increased prevention," explained Tammie Weyker-Adkins, Tulare County Health & Human Services Agency public information officer. "Elder and dependent adult abuse can involve neglect, self-neglect and physical, emotional, sexual or financial abuse," she added. "It affects seniors across all cul-



tures, races, and socioeconomic groups. Each year, older adults lose billions of dollars in telemarketing fraud, mail scams and fake lotto schemes."

"Here in California, Adult Protective Services receives more than 191,238 reports of elder and dependent adult abuse per year, and reports are increasing. It is estimated that only one in 24 cases is reported, and for financial abuse, only one in 44 cases is reported," noted John Mauro, L.C.S.W., deputy director for Adult Services at the Tulare County Health & Human Services Agency. "But together we can make a difference and help take care of those who have taken care of us. Through education, recognition and reporting, we can improve the lives of elders and dependent adults in our community."

"In 2018, our office reached thousands of seniors, their families, and service providers throughout the county with ed-

*(continued on page 10)*



Rain did not deter this group of dedicated senior track enthusiasts.

## 533 Athletes Compete in 2019 Visalia Senior Games

The 2019 Visalia Senior Games has wrapped up another year of successful competition with 533 athletes competing in various locations in Visalia over the last two weekends in March.

Seniors from over 80 California cities and from Utah, Maine, Nevada and Washington competed in 13 various sporting events, including a 5k/10k run, archery, bowling, cycling, disc golf, golf, horseshoes, pickleball, softball, swimming, table tennis, track & field, and trap shooting.

By far the most popular sports were softball with 143 athletes, followed by pickleball with 110. The next most pop-



Thirty-three archers competed in the 2019 Senior Games.

ular sports were track & field (62 athletes), swimming (33 athletes), archery (33 athletes), cycling (31 athletes) and trap shoot (31 athletes).

"We enjoyed hosting a number of different athletes from all over California and beyond," said Jeannie Greenwood, director of Visalia Parks & Recreation Department. "With the addition of cycling to the event roster this year, we were able to welcome a number of new athletes who are new to the Visalia Senior Games events and we look forward to having them back for many more years."

In addition to the sporting events, the 2019 Visalia Senior Games hosted two social events on the Saturday of each of the competition weekends. The idea behind hosting the social events is to give the athletes and their families and friends the opportunity to take a break from competition and meet new people, both locally and from outside of the area.

The "I Love the 80's" Game Night social had the Anthony Community Center rocking to popular '80s hits and featured

*(continued on page 3)*

## Senior Day in the Park to Return to Mooney Grove

The 50th Annual Senior Day in the Park, a free event for seniors, their families and caregivers, will be held from 9 a.m. to 2 p.m. on Friday, May 3, at Mooney Grove Park, 2700 S. Mooney Blvd., Visalia. This year's theme is "Golden Anniversary Bash."

Entertainment will include Mariachi Juvenal Nueva Generacion, Jerry Hope singing "The Star Bangled Banner," Post 56 Color Guard and Flag Salute, and of course, a performance by "Elvis" (Jeremy Pearce).

There will also be a classic car show, informational exhibitor booths, cake walk (more than 300 cakes are expected to be donated, and additional donations are welcome), raffle prizes, dancing, bingo and new games such as the bean bag toss, a spinning wheel and a



Senior Day in the Park will again feature booths with information about local services for seniors.

life-size game of Jenga.

Senior Day in the Park was created to honor local seniors for their contributions to local communities.

This year's event is organized by CSET (Community Services Employment Training) and the Kings/Tulare Area Agency on Aging. Sponsors include Tulare County Health &

Human Services, Kaweah Delta Health Care District, Family HealthCare Network, Culligan Water and Vapor Trailers.

For more information, call Albert Cendejas, CSET's assistant director for community initiatives, at (559) 732-4194. Online registration for exhibitors and volunteers is at [www.cset.org/senior-day](http://www.cset.org/senior-day).



## 'Walk With Ease' Program Coming to Visalia Senior Center

Physical activity is important at any age as it helps to build a healthy heart, strong bones and improve movement and flexibility. As we get older, there are additional benefits such as preventing disease or chronic conditions, assisting the body with healing, lowering the chance of injury, improving mood, life expectancy and overall quality of life.

It is with these goals in mind that the Visalia Senior Center is introducing a new program sponsored by the Arthritis Foundation, the National Recreation and Parks Association and the Visalia Parks & Recreation Department.

The Walk With Ease Program is a six-week low-impact walking program that teaches seniors (ages 55+) how to safely and comfortably incorporate physical activity into their everyday lives. Participants will gain increased strength, balance and walking pace along with greater physical ability. This class is especially beneficial for those who have difficulty walking without assistance or anyone who wants to increase their mobility and stamina.

"Our Walk With Ease trained



team members will help seniors stay focused by providing information, tips and tricks and motivation to be successful in the program," said Eric Ferreira, recreation supervisor with Visalia Parks & Recreation Department.

"Other positive benefits of this program may include making new friends, and reductions in physical disability, stress, pain and fatigue."

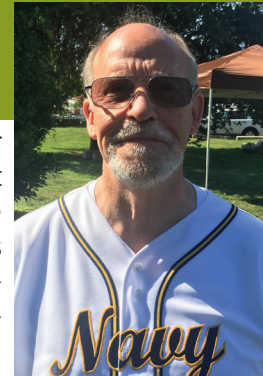
Classes will be held at the Visalia Senior Center, 310 N. Locust Street. The next class sessions will be held 9-10 a.m. every Monday, Wednesday and Friday, from June 3 through July 12. Cost is \$10.

Registration for this class will begin on Wednesday, May 1. Participants can register online at [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com) or in person at the Visalia Senior Center or at the Anthony Community Center, 345 N. Jacob St.

For more information about the Walk With Ease program, email [recreation@visalia.city](mailto:recreation@visalia.city) or call the Visalia Senior Center at (559) 713-4381.

## VETERANS CORNER

### Discharge Upgrades



Ken Cruickshank

Former service members might remember hearing: "Just take the General Discharge; it will automatically be upgraded to Honorable in six months." Most veterans who tried this found out this was not a true statement. However, there is a way that you can apply for a discharge upgrade.

Each branch of service maintains a discharge review board with the authority to change, correct or modify a discharge or dismissal, if it was not issued as a result of conviction from a general court-martial. However, the review board does not have authority to address discharges due to medical issues.

To apply for the discharge upgrade, the veteran (or if the veteran is deceased or incompetent, the surviving spouse, next of kin, or legal representative) may apply for a review of discharge within 15 years from the date of discharge using a DD Form 293, "Application for the Review of Discharge from the Armed Forces of the United States." If it is beyond the 15 years, the veteran must petition the branch of military service's Board for Correction of Military Records, using a DD 149, "Application for Correction of Military Records under the Provisions of Title 10, U.S. Code, Section 1552." The discharge review is conducted through a review of an applicant's record and, if requested, through a hearing before the Board located in Washington, D.C. My office can provide to you a Self-Help Guide to Discharge Upgrade.

Discharges awarded due to a continuous period of unauthorized absence in excess of 180 days will render a veteran ineligible for VA benefits, unless the VA determines that there were compelling circumstances surrounding the absence. Should this be the case, the VA will ask for more information from the veteran.

Remember, a veteran with disabilities incurred or aggravated during active duty may qualify for medical treatment or related benefits, regardless of type of separation and characterization of service. Veterans separated administratively under other than honorable conditions may request a discharge review for possible re-characterization, provided they apply within 15 years from the date of separation.

Normally, the separation code on a DD-214 cannot be changed using the discharge review program. The discharge review is only for the actual characterization of the discharge received during service and should not be confused with the separation code, which cannot be changed.

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

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## The Good Life

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

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**Ad & Article Deadline:**  
**Wednesday, June 19, 2019**





The 2019 Visalia Senior Games included (left to right) softball, swimming and pickleball.

## 2019 Visalia Senior Games...

(continued from page 1)

a variety of fun games including a darts and a Texas Hold'Em tournament where medals were awarded to the top three finishers. The "Party in the Park" social had its own rocking good time as guests enjoyed the sounds of local favorites the Dirty Poppas, dancing the night away, visiting vendor booths and savoring the taste of a luau-themed barbecue dinner. A cornhole tournament was held at this social and the top three finalists received bragging rights and medals.

Greenwood added that it takes a community to facilitate this type of event and the Visalia Senior Games committee is extremely thankful for the many sponsors who partnered with them to help make the 2019 event such a success, including:

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Kaweah Delta

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- Bronze Sponsors - Citizens Business Bank, Valley Public Radio, CourseCo, Anthem Blue Cross, BMW of Visalia, The Wonderful Company, The Good Life, Buckman Mitchell, Inc., City of Visalia, Sierra Pacific Orthope-

dics, Smith Promotions, United Way of Tulare County and Rotary Club of Visalia.

The planning committee is already setting its sights on the 2020 Visalia Senior Games and will be looking at tentative dates for the fifth Annual Visalia Senior Games.

"We're excited to start thinking about next year's events already," said Greenwood. "In addition to keeping the same events, we'll continue to look for new events to add so we can see the Visalia Senior Games expand sport offerings and grow even more."

Event standings and photos are at [www.visaliaseniorgames.com](http://www.visaliaseniorgames.com). For more information, or to be added to the mailing list for the 2020 Visalia Senior Games, contact the Visalia Parks and Recreation Department at (559) 713-4365 or [recreation@visalia.city](mailto:recreation@visalia.city)



Horseshoes attracted skilled athletes and a brave photographer.

**Mental illnesses are common and are treatable.**

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The Tulare County Health & Human Services Agency Mental Health Branch provides services for residents of all ages who are experiencing symptoms of mental illness. Services include:

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- Wellness and recovery services
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For more information and referrals, contact Tulare County Mental Health at 1-800-834-7121.

If someone poses a danger to him/herself or others or needs emergency help, call 911. Ask for an officer trained in CIT.



# Entertainment & Leisure



2012 Belle of the Ballpark Violet Taylor. The tradition continues.

## Rawhide Seeks Pageant Contestants

The Visalia Rawhide baseball team is looking for local ladies at least 70 years of age to participate in its annual "Belle of the Ballpark" pageant on Wednesday, May 15.

At the event, participants will be asked to participate in several in-game "challenges," including a runway walk, cookie baking contest, cheek pinching show-down, and "white t-shirt contest" (decorating a white Rawhide t-shirt).

This annual event began in

2011 to celebrate the team's 65th anniversary. During the team's research, it was discovered that beauty pageants were held at the ballpark in the 1950s and 1960s. The team decided to bring back that tradition... featuring those same ladies!

The event was so successful that the pageant has become an annual ballpark tradition.

For more information or to participate, contact Markus@rawhidebaseball.com or call (559) 732-4433 x1.



Following the success of last year's "Book Club," Diane Keaton stars in another comedy about active seniors. "Poms," which opens in theaters on May 10, is about Martha (played by Keaton), a woman who moves into a retirement community and starts a cheerleading squad with her fellow residents Sheryl (Jacki Weaver), Olive (Pam Grier) and Alice (Rhea Perlman), proving that it's never too late to follow your dreams.

## Consider Adding New and Interesting Flowers and Plants to Your Garden

(BPT) - Today's plant lovers want more than the traditional flowers to enhance their home. Rather, people want to enjoy the experience of getting in touch with nature, while also looking for unique flowers and plants to add a more creative, personal touch of color and inspiration to their yards.

This year, gardens will be more visually interesting, environmentally friendly and demonstrate the love and care provided by the families who tend them. Some will plant and grow veggies like the Snackabelle Red Pepper, a mini-bell pepper that starts out green, then ripens red, with a rich, sweet flavor - perfect for snacking as well as cooking.

If you love natural fragrances, Lavender Blue Spear is a wonderful choice. They are easy to grow, and will achieve a height of nearly a foot. You can use the fresh lavender to make infused oil, soap, hand scrubs or bath salts.

### New Color Choices

Look for unexpected colors to help you make a statement with your containers, window boxes or indoor potted plant garden this year. Striking new colors include the 2019 Pantone color of the year, "Living Coral," seen in the Gerbera Revolution Salmon Shades potted flower, also known as the African Daisy. Gerbera plants are easy to care for and provide great indoor decor, which also makes them a good choice for gift giving.

New Tattoo Vinca looks like a work of art, with gorgeous petals showing modern colors, swirled with soft strokes of black that make each petal look inked. The Tattoo Vinca is not only low maintenance and heat



The Gerbera Revolution Salmon Shades potted flower

tolerant, but it will attract pollinators like bees and butterflies to your garden.

The Double Zahara Bright Orange Zinnia is another great choice for head-turning color. Its double flowers bloom in vivid orange, and they are suitable for landscaping and container planting. This flower is also easy to care for and pollinator-friendly.

Or you can choose a unique plant with warm tones, like the bright and colorful Ornamental Pepper, with such attractive multi-colored fruits that they are grown just for show. The Ornamental Pepper displays intense shades of yellows, oranges and reds in its fruit.

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# Farmers Markets Add New Locations, Double Vouchers

By Larry Kast

Shoppers at Visalia's Farmers Markets will be saying goodbye to a long-time location this year, but will double down in more ways than one when two new venues open in May.

The Downtown Thursday Night Market is no more, a victim of poor air quality and stifling summer heat, according to Farmers Market Manager Angie Warkentin, who added there has been a downward trend in vendor and participant attendance at the event.

"Last year, we averaged 30 vendors," she said, contrasting that to 2010, a time when the popularity of most farmers markets peaked, when "we had as many as 50 vendors." She also noted that summer time air quality and being outdoors in the evening heat is difficult for seniors, and commented, "people who attend evening farmers markets are generally there to enjoy the atmosphere of the market. They aren't there so much to shop."

Organizers found a solution just a few blocks away from the Thursday night Main and Church Street location. A new Thursday morning farmers market, known as the Lumberyard Market, will open starting June 6 from 8 a.m. to 11:30 a.m. at Garden and Oak Streets, the location of the Visalia Arts Consortium.

"There's definitely more room," Warkentin said, "and there's shade from the Arts Consortium structures."

The deal with the Arts Consortium, finalized in February, is just the first new partnership sought by the organization. An



The Saturday morning Visalia Farmers Market

additional Farmers Market will open May 14 in the parking lot of Kaweah Delta Healthcare District's West Campus near the northeast corner of Tulare Avenue and Akers Street.

"We've been talking to Kaweah Delta for quite a while," Warkentin said. "Having a sponsor makes a huge difference. We aren't running markets to try to make money. Our goal is to make sure our community has access to affordable, locally grown produce, and to make sure farmers make a fair wage."

While the locations are new, there will also be new attractions. The Lumber Yard Market will feature Zumba classes and "urban art," while the Kaweah Delta Market will feature health screenings and education, as well as children's activities each week courtesy of ImagineU.

Meanwhile, the year-round Saturday Farmers Market will continue in the Sears parking lot on south Mooney Boulevard, while the Porterville Farmers Market will open on May 23 on the grounds of Sierra View

Medical Center. All markets will have identical hours of operation.

New locations aren't the only source of excitement. Thanks to a grant from the California Department of Food and Agriculture, discount vouchers provided to low-income seniors age 60+ will be doubled, providing \$40 instead of \$20 in shopping value to purchase fresh fruits, vegetables, honey or herbs. Vouchers can only be doubled in value at the Visalia Farmers Market Association certified farmers markets in Visalia and Porterville.

"It's not uncommon for us to have 40-50 seniors before (the vouchers) even arrive, and line up an hour before the market even starts," she said. "We run out every market. Tulare County has the highest redemption rate in the state for vouchers. We think we've budgeted enough to get us through the summer markets," adding that vouchers are only valid through October this year. Vouchers will be distributed at all four farmers markets.

Vouchers are valid at any of the participating certified farm-

ers markets in Tulare or Kings Counties. Additional limits may apply, and those interested should inquire at the market for more details. Vouchers will be distributed once the printed booklets are received from the state, which is anticipated sometime in May.

For more information about the vouchers, call the Kings Tulare Area Agency on Aging at (559) 623-0199. For more information about the farmers markets and voucher doubling, call the Visalia Farmers Market Association at (559) 730-6021 or visit VisaliaFarmersMarket.com.



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# Health, Wellness & Safety

## Elderly Firearm Owners with Dementia Pose Shooting Risk

Red flag laws allowing for the removal of firearms from people with mental illness need to be widely extended to patients suffering from dementia, according to an article in *The Journal of the American Osteopathic Association*.

The authors noted that the current lack of public policy could lead to an increase in suicide and accidental shootings among baby boomers and older adults, who have high rates of gun ownership and increasing risk for age-related dementia. While physicians can alert local authorities if a patient should no longer drive a motor vehicle, no such process exists for firearm owners with cognitive impairment.

"Nothing about this is easy. People's identities are formed in large part by the ways and degree to which they can feel self-sufficient. That doesn't end with the onset of dementia," says author Katherine Galluzzi, DO, chair of the department of geriatrics at the Philadelphia College of Osteopathic Medicine. "However, as physicians and family members, we need to be able to do the hard thing in the interest of public safety."

### A Widespread Problem

Researchers report that older adults have the highest rates of gun ownership, with 27% of people 65 and older owning



one or more firearms, and 37% living in a home with a firearm present. One study of patients with dementia or related mental health issues revealed 18% lived in a home with one or more firearms. Of that group, 37% had delusions and 17% had documented hallucinations.

Another survey found 60% of households of individuals with a diagnosis of dementia had one or more firearms. According to the study, the presence of guns did not vary by the degree of dementia, with severely impaired patients as likely to have firearms in their homes as those with mild cognitive impairment.

Two cases illustrate the po-

tential for tragedy. An 80-year-old man living alone with Alzheimer's received regular care from a health aide, whom he shot and killed during a period of heightened confusion. In another case, a 72-year-old male patient with cancer rejected treatment options and ended his life with a gunshot to the head.

"Red flag laws" that emerged in several states over the last year offer a potential solution. Such laws allow families and law enforcement to petition a judge for temporary removal of firearms from someone deemed to be a danger to themselves or others. Similar policies could assist physicians and families of patients with de-

mentia, Dr. Galluzzi noted.

### An Opportunity to Intervene

Aside from public policy, the authors say physicians need to get comfortable talking with patients and their families about guns in the home.

The article cites a prior survey comprising a set of questions called the "5 Ls," which can help frame conversations with family members:

1. Is there a **L**oaded gun in the home?
2. Is there a **L**ocked gun in the home?
3. Are there **L**ittle children in the home?
4. Has anyone been feeling **L**ow in the home?
5. Is there a **L**earned operator (someone with prior safety training) in the home?

In addition, Dr. Galluzzi encourages patients and their families to make a plan for transferring ownership of the gun before dementia sets in.

"Whether it's a question of taking away a person's car or gun, these difficult discussions don't get easier as the patient's mental state deteriorates," says Dr. Galluzzi. "It's critical for families to talk about this early and decide on power of attorney so someone can act in the best interest of the patient when they are no longer able to do it for themselves."

## The Relaxing, Fun & Healthy History of Puzzles

(BPT) - Just try to walk by an unfinished jigsaw puzzle without stopping. It's almost impossible. In fact, nearly half of all Americans puzzle for fun, to relax or to relieve stress.

Families puzzle together as a tradition. Millennials puzzle to connect with each other and disconnect from a hyper-digital lifestyle, while seniors puzzle for a brain boost. It may feel like puzzling is one of many retro activities in vogue again, but it has always been in fashion.

Here are some fun facts you might not know about the always-fashionable hobby:

1. **Puzzles in ancient times.** Puzzling has been around since the dawn of time (almost). Greek mathematician Archimedes puzzled around 250 B.C. to solve geometry problems. He cut a square into 14 pieces, then examined how many different configurations could be made from those pieces. This puzzle was recently solved by Bill Cutler, a mathematician from Cornell University, who showed the puzzle has 536 truly distinct solutions.

2. **The first jigsaw puzzle.** Engraver and mapmaker John Spilsbury is credited with in-



venting the first jigsaw puzzle in 1767. He drew a map on top of a piece of wood, then used a jigsaw to cut it into small pieces. The name clearly stuck! Kids today still learn geography by using jigsaw puzzles of maps. In fact, the "Geographical Puzzle" was the first wooden puzzle produced in 1891 by the puzzle maker Ravensburger.

3. **A puzzling craze sweeps the nation.** Puzzles for adults became popular around 1900, and by 1908 puzzles were a staple of the upper class. Why upper class? Wooden puzzles

were expensive, typically costing \$5 each (or \$140 today). For working people, who earned an average of \$50 per month, puzzles would have been a luxury. Over time, cardboard puzzles became a less expensive option, making puzzling available to everyone.

4. **A welcome escape.** During the Great Depression, puzzles offered people a quiet, inexpensive escape from the troubled economy. In 1932, a new concept emerged: a weekly puzzle. The "Jig of the Week" was sold at newsstands every

Wednesday. In February 1933, puzzle production reached an all-time high of 10 million puzzles per week.

5. **Puzzles grew. Literally.** In 1977, Ravensburger debuted the world's largest puzzle for its time, with 5,000 pieces. Today, the world's largest Disney puzzle, "Memorable Disney Moments," clocks in at 40,320 pieces. It took the puzzle creators 650 hours to trace each of the 10 scenes by hand to be digitally rendered on the computer and another 400 hours to bend the steel sheets with a hammer to create the cutting tool.

6. **Puzzling today.** As far back as we can trace, puzzling has been equal parts art and craft, driven by puzzlers who race to place the last piece and solve the puzzle. And today, there are even new game-like Escape Puzzles that combine puzzling with escape-the-room mystery. Puzzling is more than ever a respite from today's hectic lifestyle to relax and connect with one another over a shared goal.

To learn more about jigsaw puzzles, visit [www.ravensburger.com](http://www.ravensburger.com).



# Tulare County Marks Mental Health Month with Focus on Reducing Stigma

May is Mental Health Month, and the Tulare County Health & Human Services Mental Health Branch and its partners are raising awareness about the connection between physical and mental health by holding events throughout the county.

"Prevention, early intervention, education and engagement are key in addressing mental health issues," said Donna Ortiz, deputy director of Mental Health Integrated Services.

Maintaining mental health involves a balanced diet; regular exercise and sleep patterns; emotional awareness; developing a sense of self-worth and coping skills that promote resiliency; and connections to family, friends and the community. For some residents, moving toward wellness also involves the assistance of medical staff and counselors.

A healthy lifestyle can help prevent the onset or worsening of mental health conditions such as depression and anxiety,

as well as heart disease, diabetes, obesity and other chronic health problems. Exercise can improve mental wellness, control weight and assist with getting a good night's sleep, which is important for mental resiliency and reduction of stress. Staying engaged and making healthy lifestyle choices can have a positive impact for overall well-being.

Community members are encouraged to attend the following events during Mental Health Awareness Month:

Wednesday, May 1, 11 a.m. to 5 p.m. at the Porterville College Theater: Porterville Mini-Conference to address culture of poverty, suicide pre-



vention, alcohol and other drugs, sexually exploited children, LGBTQ and a foster youth panel;

Friday, May 3, 5-8 p.m.: The Arts Consortium and My Voice Media Center in Visalia will host the annual Lived Experience Artistic Showcase in the form of an open mic night. Register at the door to share your talent.

Friday, May 3, 7 p.m.: Mental Health Awareness Night at the Rawhide will include infor-

mation booths and a baseball hat giveaway to the first 500 people through the gate. Tickets are available for purchase at the Visalia Rawhide box office.

Saturday, May 4: The Cinco de Mayo Parade in Porterville will include a float from Porterville Mental Health Clinic and Youth Services, partnering with the South County One-Stop Center, South County Mobile Services and the Crossroads Transitional-Age Youth Housing program.

Family Resource Centers' Children's Art Shows (Spanish language) will be held:

May 8, 3-6 p.m. at 114 N. Front St., Earlimart;

May 10, 4:30-7 p.m. at the Woodlake Plaza;

May 15, 3-6 p.m. at Parenting Network, 330 N. Johnson St., Visalia;

May 15, 2-4 p.m. at 400 E. Hermosa, Lindsay;

May 17, 5:30-7:30 p.m., at 40802 Road 128, Orosi; and

May 22, 1:30-4:30 p.m., 770 N. Main St., Porterville.



## Few Bitcoin Fans among Seniors

Retirees are not famous for being major risk-takers. In fact, quite the opposite is true with those in their age bracket.

That said, it's surprising to learn that one third of them don't even know what Bitcoin is, according to results found through the survey launched by *Gold IRA Guide*, a magazine providing resources for IRA and 401k owners interested in investing in alternative assets such as precious metals, cryptocurrencies, annuities and other asset classes.

"Frankly, the results aren't surprising," said Mark Turner, editor at *Gold IRA Guide*. "It just goes to show how much the powers that be at Bitcoin and other cryptos have to educate the elderly about what it is exactly,"

According to the findings of the survey, when asked how they feel about investing in Bitcoin, a surprising 56.7% of 1,000 respondents age 55 and over said that they are aware of Bitcoin, yet they had no interest in owning it. That is more than one in two respondents.

A smaller, albeit still important group, responded that they were at a loss as to how to invest in Bitcoin. Nearly three-and-a-half percent said that they would like to invest, but did not know where to start. This is an example of the lack of investor education imparted by Bitcoin to this demographic.

# FIGHT THE BITE THIS SUMMER



## Mosquito bites are more than just annoying!

They can spread dangerous diseases such as West Nile, St. Louis Encephalitis, Chikungunya, Dengue, and Zika.

### 1. 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.

Common water sources are:

- Plant saucers
- Pet water bowls
- Birdbaths
- Toys and figurines

### 2. Maintain large water sources regularly

- Chlorinate or service pools and fountains
- Place mosquitofish, free to District residents, in ponds, troughs, and water features

### 3. Use an EPA-registered repellent daily

EPA-registered repellents are proven to be safe and effective when used according to their product label.

Look for a product that contains one of the following:

- DEET
- Picaridin
- IR3535

Visit [www.epa.gov/insect-repellents](http://www.epa.gov/insect-repellents) for more information.



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# Calendar

## Wednesday, May 1 - Senior, Inc. "Pot Luck" 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 information, call (559) 584-5103.

## May 1, 15 - Blood Pressure Screening

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

## Friday, May 3 - Senior Day in the Park

The 50th Annual Senior Day in the Park will be held from 9 a.m. to 2 p.m. at Mooney Grove Park. (See page 1.)

## Friday, May 3 - Fiesta Day 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 fiesta style is encouraged. Tickets are \$3 for those 60+. For reservations (required by 12:30 p.m. on May 2) or more information, call (559) 685-2330.

## Friday, May 3 - "Around the World: Mexico" Luncheon

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

## Friday, May 3 - 6th Annual Hands in the Community Golf Tournament

This fundraising event will be held at the Ridge Creek Golf Course in Dinuba. More info, sign-up forms and sponsorship opportunities forms are avail-

able at hnconline.org or by calling (559) 625-3822.

## Friday, May 3 - Tim Mattos Musical Performance

Prestige Assisted Living will host this event from 2-3 p.m. at 3120 W. Caldwell Ave., Visalia. For more information, call (559) 735-0828.

## Friday, May 3 - "An Evening at the Derby"

Assistance League of Visalia will host its annual fundraiser at Koetsier Ranch, 8230 Ave. 272, Visalia, beginning at 6:30 p.m. All proceeds from the event will benefit the league's five children's programs at Tulare County schools. The event begins with "horse racing" with wooden horses racing to the finish line, earning prizes for the winning bettors. Dinner follows. There will be over 100 silent auction items and a drawing for the Disney raffle with two winners taking away 10 one-day "Park Hoppers" to Disneyland, valued at more than \$1,800. For more information, visit [assistanceleague.org/visalia](http://assistanceleague.org/visalia) or by call (559) 737-1907.

## May 3, 10, 17, 24, 31 - Senior Dance

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

## May 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.

## May 7, 9, 14, 16, 21, 23, 28, 30 - Healing Hearts Walks

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

## Tuesday, May 7 - Living with Alzheimer's - Middle Stage, Part I

The Alzheimer's Association California Southland Chapter will present the first of two sessions 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.

## Wednesday, May 8 - Senior, Inc. "Pot Luck" Dance

This event, featuring live music by Rollin' West Band, 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.

## Friday, May 10 - Mother's Day Luncheon

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11 a.m. Tickets are \$3 for those 60+. For reservations (required by 4 p.m. on May 8) or more information, call (559) 685-2330.

## Friday, May 10 - Mother'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.

## Friday, May 10 - Mother's Tea & Fashion Show

Prestige Assisted Living will host this event beginning at 2 p.m. at 3120 W. Caldwell Ave.

Visalia. For reservations (required) or more information, call (559) 735-0828.

## Saturday, May 11 - Walk with a Doc

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

## Saturday, May 11 - Silent Movies with Dean Mora on Pipe Organ

Movies include "Our Hospitality" starring Buster Keaton, "Family Life" starring Mark Jones and "The Grocery Clerk" starring Larry Semon. Tickets are \$10, \$5 for seniors, military and students. For more information, call (559) 584-7423 or visit [www.foxhanford.com](http://www.foxhanford.com).

## Wednesday, May 15 - Belle of the Ballpark

This pageant allows ladies age 70 and over to show off their talents in front of a crowd while participating in fun activities. (See page 4.)

## Wednesday, May 15 - 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, May 16 - Spring Paint & Sip Event

This painting and wine sipping event will be held at the Valley Oaks Golf Course in Visalia, from 6-8 p.m. The cost is \$35. For more information, call (559) 713-4481.

## Thursday, May 16, 23 - 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, May 18 - Creative Writing Workshop

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 8:30 a.m. to noon. The cost is \$25. For more information, call (559) 713-4481.

## Monday, May 20 - Afternoon at the Movies

Aging in Community - Three Rivers will present a movie (to



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LIVING CARE



# More Calendar

be announced), at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Drive in Three Rivers. The event is free (along with popcorn and lemonade). Lunch is available for \$5. For reservations, call (559) 561-4595.

### Wednesday, May 22 - Senior Health Fair

The Kings County Commission on Aging Council will present this annual event, featuring a free pancake breakfast (9-10 a.m.), live music by Rollin' West Band, flu shots, aerobics demonstrations, entertainment, activities and informational services, at the Hanford Civic Auditorium, 400 N. Douty, Hanford, from 9 a.m. to 1 p.m. Admission is a suggested \$3 donation. For more information, call (559) 852-2828.

### Wednesday, May 22 - Senior, Inc. "Pot Luck" 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.

### Wednesday, May 22 - 'The Wizard of Oz'

Choices will present this 1939 classic starring Judy Garland at 6:30 p.m. at the Visalia Fox Theatre. Tickets are \$5. For more information, call (559) 625-1369 or visit [www.foxvisalia.org](http://www.foxvisalia.org).

### Friday, May 24 - Exeter Mural Tour

This 90-minute guided tour will take you through the friendly downtown streets of Exeter. The \$10 fee provides transportation and tour. (Lunch will not be provided, as attendees are encouraged to taste the local eateries and explore downtown Exeter after the tour.) The bus leaves the Visalia Transit Center, 425 E. Oak Ave., Visalia promptly at 9 a.m. For more information, call (559) 713-4481.

### Monday, May 27 - Avenue of Flags

Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host this program, which includes a presentation of wreaths and patriotic music, in its Pavilion. Call (559) 734-6181 for more information.

### Tuesday, May 28 - Elder Abuse Awareness Flag Ceremony 2019

This event will be held on the northeast lawn of Government Plaza, 5957 S. Mooney Blvd.,

Visalia, starting at 9 a.m. The ceremony will feature local officials and community leaders. (See page 1.)

### Wednesday, May 29 - Senior, Inc. "Pot Luck" Dance

This event, featuring live music by Rollin' West Band, 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, May 30 - National Senior Health & Fitness Day

This free event, featuring activities, information, prizes and more, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 10 a.m. to noon. A luncheon (\$4) will follow. For more information, call (559) 713-4481.

### June 3, 5, 10, 12, 17, 18, 24, 26 - 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.

### June 4, 6, 11, 13, 18, 20, 25, 27 - Elder Abuse Awareness Training Sessions

These sessions will be conducted throughout Tulare County in June to help people recognize and resolve cases of elder abuse. All sessions begin at 11 a.m. (For a list of locations, see the "Elder Abuse Awareness Events" article continuation on page 10.)

### Tuesday, June 4 - Living with Alzheimer's - Middle Stage, Part II

The Alzheimer's Association California Southland Chapter will present the second of two sessions 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.

### June 4, 6, 11, 13, 18, 20, 25, 27 - 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.

### June 5, 19 - Blood Pressure Screening

Tulare Adult School will offer free screenings from 10-11 a.m. at the Tulare Senior Community

Center, 201 North F St. in Tulare. For info, call (559) 685-2330.

### Friday, June 7 - Friendship Day

The Kings County Commission on Aging Council will present this annual event, featuring a luncheon, raffles, prizes, music and dancing, and a special appearance by Elvis, at the Hanford Civic Auditorium, 400 N. Douty, Hanford, from 9 a.m. to 2 p.m. Admission is a \$3 donation. For more information, call (559) 852-2828.

### June 7, 14, 21, 28 - Senior Dance

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

### Saturday, June 8 - 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 "Skin Cancer Prevention."

### Thursday, June 13, 20 - 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.

### Thursday, June 13 - Father's Backyard BBQ

Prestige Assisted Living will host this event beginning at 2 p.m. at 3120 W. Caldwell Ave. Visalia. Tickets are \$5. For reservations (required) or more information, call (559) 735-0828.

### Friday, June 14 - Father'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.

### Monday, June 17 - Afternoon at the Movies

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

### Wednesday, June 19 - 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.



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**July/August Calendar Deadline: Wednesday, June 19, 2019**



# Is Medi-Cal Planning Ethical?

By Gregory A. Steen

As in any area of consumer spending, knowing what to look for and what strategies to use in arranging for paid care services can save money. Medi-Cal planning allows many seniors to keep their homes and limit the depletion of their retirement savings.

A person facing the prospect of long-term care with only moderate income and savings may have to rely on Medi-Cal to pay part or all of the cost of care. For example, someone making \$2,000 a month would not be able to afford a nursing home at \$8,500 a month. Savings would be depleted quickly and a spouse's income and savings may be depleted as well. Medi-Cal may become the only option.

Medi-Cal has provisions to protect a healthy spouse at home, but many states will take away the previously adequate resources of healthy spouses by protecting too little of their resources and savings. Likewise, children, other relatives and friends are not compensated for any financial sacrifices they make to provide the early care before a recipient needs Medi-Cal-funded professional help.

Medi-Cal planning, using a professional Medi-Cal planning advisor, allows families to correct inequities in the system. Medi-Cal planning, however, has gotten a bad name because some individuals, who would normally have too many assets to qualify, give away everything to their family many years in advance so they can qualify for Medi-Cal. It is wrong to abuse the system in this way and to use taxpayer dollars to ensure an inheritance for the family. Additionally, if the person giving away assets is not anticipating immediate care, this strategy is really unfair. There are much better ways to plan for long-term care in advance.

Some Medi-Cal planners will attempt to discredit other forms of funding long-term

care, such as using insurance or a reverse mortgage. They do this in order to discourage the public from using these other strategies. The intent is to limit competition, ensuring that paying clients will rely entirely on Medi-Cal planning as a solution.

On the other hand, many long-term care funding specialists will use the same strategy against Medi-Cal planners to eliminate competition from their services. These people make Medi-Cal planners seem evil or dishonest. In addition, many elder law attorneys will make it appear that they are the only professionals knowledgeable in this field.

Medi-Cal planning is no different than tax planning. In fact, a Supreme Court decision condones honest methods of eliminating income taxes or estate taxes. Tax planning and Medi-Cal planning both have the potential to place an additional burden on taxpayers, but one is considered ethical and the other is often frowned upon.

All strategies have their place in the grand scheme of things. Medi-Cal planning is valuable in certain circumstances, usually where families are in a crisis mode trying to preserve a few assets such as a house or a savings plan. There is no attempt to take advantage of taxpayers.

Meanwhile, using other strategies to pay the cost of care is a much better approach than Medi-Cal planning for a younger generation. Not relying on Medi-Cal will allow a greater choice in care settings and care services.

*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.*



The award-winning poster produced by Tulare County Health & Human Services Agency

## Elder Abuse Awareness Events...

(continued from page 1)

education on financial and physical abuse, and we'll continue those excellent outreach efforts with community partners this year," said Tulare County District Attorney Tim Ward. "Last year, this office filed over 50 cases of criminal elder abuse. If you see or suspect elder abuse, report it to law enforcement or social services. We must never lose sight of the most vulnerable victims among us and fight to protect their rights."

World Elder Abuse Awareness Day (WEAAD), which was later expanded to World Elder Abuse Awareness Month, was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. Its purpose is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations and communities to raise awareness about elder abuse,

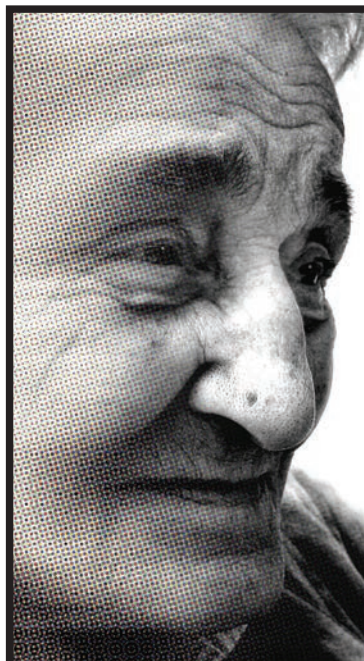
neglect and exploitation.

Each year, an estimated five million older persons in the United States are abused, neglected and exploited. In addition, elders throughout the country lose an estimated \$2.6 billion annually due to elder financial abuse and exploitation, funds that could have been used to pay for basic needs such as housing, food and medical care.

Training sessions will be conducted throughout Tulare County in June to help people recognize and resolve cases of elder abuse. The following sessions are all free to attend, and all will begin at 11 a.m.:

- June 4 - Goshen Senior Center, (559) 651-1030
- June 6 - Exeter Senior Center, (559) 592-5960
- June 11 - Woodlake Senior Center, (559) 564-3251
- June 13 - Cutler-Orosi Senior Center (559) 528-6108
- June 18 - Earlimart Senior Center, (661) 849-2232
- June 20 - Lindsay Senior Center, (559) 562-5859
- June 25 - Porterville Senior Center, (559) 782-4725
- June 27 - Farmersville Senior Center, (559) 594-4300

The Tulare County District Attorney's Office Victim Services Division offers free awareness talks on a host of crime types including elder abuse. To schedule a presentation in English or Spanish, call (559) 636-5471.



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Kings County District Attorney Keith Fagundes prepares to welcome the more than 300 attendees at the April 9th ceremony to mark National Crime Victims' Rights Week, while the Naval Health Clinic Lemoore Color Guard conducts the presentation of colors. Local victims of elder abuse were among the invited guests at the event.



# Harnessing the Kaweah River

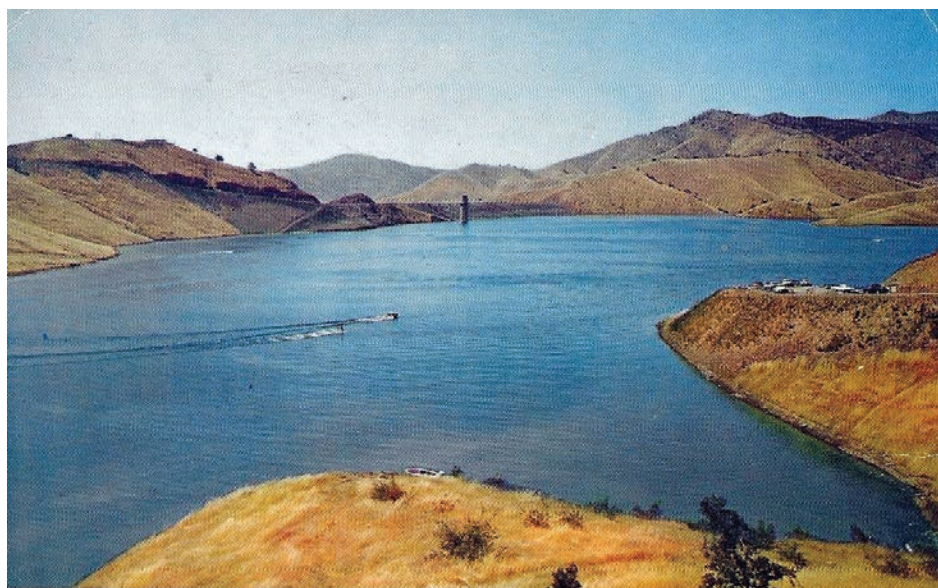
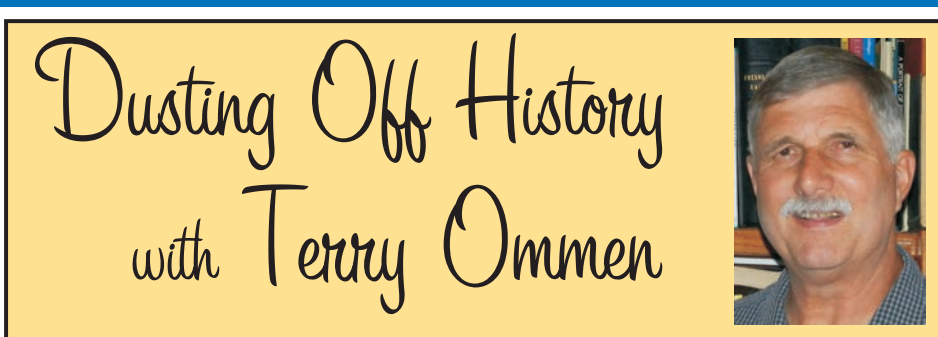
In 1850, Lt. George Derby, a topographical engineer with the U.S. Army, and his party explored the Tulare Valley (now called the San Joaquin Valley) looking for a good site for a military post.

In his report, he made important observations, especially about the water features. He noted the lakes of Buena Vista and Tache (Tulare) and rivers like the Kern, Tule and Francis. The Francis, now called the Kaweah River, seemed to attract his special attention. He wrote in his report, "The only point in the whole valley which struck me as at all suitable for a military post was the small portion of the interval land contained by the five creeks of the river Francis," an area that now is home to communities like Visalia, Farmersville, Ivanhoe, Woodlake and Tulare.

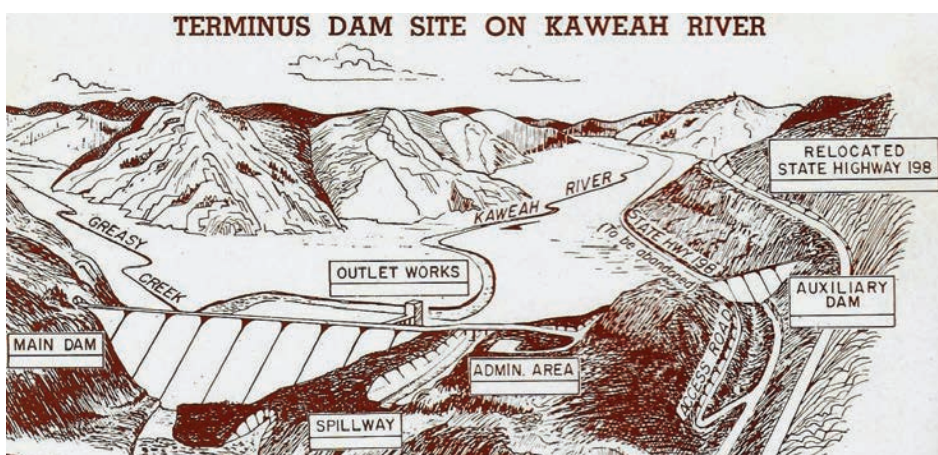
And the mighty Kaweah River has been attracting attention ever since, and for good reason. It has provided valuable water for drinking, irrigation, hydroelectric power and recreation as it delivers its precious cargo from the peaks of the Sierra Nevada.

But the Kaweah hasn't always been kind. Historically, it has frequently been the source of inconvenience, injury, destruction, and even death. When excessive rainfall and heavy snowmelt occurred in the mountains, the river would oftentimes overflow its banks, and the valley floor would turn into an enormous lake that inundated towns, washed out roads, damaged crops and generally made life miserable. Floods were a regular occurrence and residents frequently complained about the excessive uncontrolled water of the Kaweah.

After the 1906 flood, Ben Maddox, publisher and owner of the *Visalia Daily Times*, editorialized about the need for a dam. He was probably the first person with clout to propose such an idea, and others joined in. In 1917, the California legislature discussed the possibility of constructing a dam on the Kaweah for "storage and conserving," but noth-



Kaweah Lake as it appeared in about 1967.



The diagram from the 1959 groundbreaking ceremony program.

ing was done.

Periodically, and usually sparked by a damaging flood, the subject of damming the river would come up, but it wasn't until the 1937 flood – one that destroyed bridges and inundated the valley floor – that the U.S. Army Corps of Engineers tested the area around Lime Kiln Hill and Bell's Bluff near Three Rivers to determine if they both were adequate as anchor hills for a dam. They were, but still no dam was built.

The floods continued and a consensus for a dam grew, however, it wasn't until April 1958 that the money for construction was finally put into the budget, and not just for the Kaweah River but for a dam on

the Tule River as well. That year, the two construction projects went out for bid. The Kaweah River dam was to be called Terminus, named for the end of the line for the Visalia Electric Railroad, and the Tule River dam was to be called Success.

On February 19, 1959, a groundbreaking ceremony for Terminus took place with an actual dynamite detona-

tion set off by Harry H. Holley, long time watermaster of the Kaweah River. It was witnessed by about a thousand people with Visalia Mayor Ira Chrisman, president of the Terminus-Success Flood Control Dams Association, leading the festivities.

The construction project was awarded to the Winston Bros Co. and Green Construction Co., both of Monrovia, California. It was a huge endeavor that when finished, the "rolled earthfill" dam, with a maximum height of 50 feet and a crest length of 2,375 feet, would control about 560 square miles of drainage. Construction continued for the next three years and in 1962, the \$24,000,000 project was finished. The dedication ceremony took place on May 18, 1962.

Finally, the Kaweah River was under control. The *Visalia Times-Delta* expressed the sentiment of many when it commented that Visalia and the surrounding areas could now "look forward to wet years without the fear of a repetition of the nearly \$20 million damage done by the 1955 flood."

Terminus did not totally eliminate all future flooding. Occasionally, due to unusual circumstances, localized flooding continues to occur, but the days of massive flooding are over.

In 2002, an upgrade to Terminus began – this time the corps' plan was to raise the height of the dam to allow for increased water capacity. Today, Terminus Dam and Kaweah Lake continue to be valuable valley resources for flood control, irrigation and recreation. By the way, Success Dam on the Tule River was completed in 1961, about a year before Terminus.



Terminus Dam under construction, circa 1961. (Photo courtesy of the History Room, Tulare County Library)

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