

IN THIS ISSUE: Senior Film Festival, 10 Scams of Christmas, Rock the Purple, Tiburcio Vasquez. Should You Stay or Move? and Comedian Ken Davis

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume V, Number 6 • November/December 2018



Planning Underway for 2019 Visalia Senior Games



Visalia Mayor Warren Gubler does the triple jump in last year's Visalia Senior Games.

With planning now underway, the City of Visalia, spearheaded by its Parks & Recreation Department, is excited to bring the Senior Games back to the Central Valley.

The Senior Games will again be open to those ages 50 and better, and with 11 age divisions for men and women, there will be plenty of winners.

More than 500 athletes attended the 2018 event, competing in 13 events. The Parks & Recreation Department staff and volunteers are expecting an even bigger turnout in 2019.

The 2019 Visalia Senior Games will be held over two weekends, March 23-24 and 30-31.

The Visalia Senior Games were the first Senior Games in the Central Valley. Created under the umbrella of the California Senior Games Association (CSGA), the Visalia Senior Games promote healthy, active lifestyles for adults ages 50 and better.

Visalia held its first event in 2015, with successful second and third events taking place in

2017 and 2018 respectively.

"We've selected events that we feel appeal to the 50+ community and are at the heart of Senior Games," said Jeannie Greenwood, director of the City of Visalia Parks & Recreation Department. "These sports are known to be popular throughout the Central Valley and will provide seniors with the opportunity for competition and camaraderie."

The Visalia Senior Games will bring back sporting favorites such as: 5k/10k run, archery, bowling, disc golf, golf, horseshoes, men's softball, pickleball, swimming, table tennis, track & field and trap shoot. Two brand new sports -- basketball and cycling -- have been added to the list of sporting events for the upcoming games.

"We are pleased to be able to offer a variety of sporting events for the 2019 Visalia Senior Games," added Greenwood. "We feel that this diverse list of sports will bring even more athletes to Visalia and the

(continued on page 6)



Social Security to Increase Benefits by 2.8% in 2019

Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8% in 2019, according to a Social Security Administration announcement on October 11.

The 2.8% cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January. Increased payments to more than 8 million SSI beneficiaries will begin on December 31. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. This year, for the first time, most people who receive Social Security payments will be able to view their COLA notice online through their "My Social Security Account." People may create or access their My Social Security Account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2019, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2019 are announced. Final 2019 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and the My Social Security Message Center.



Early arrivals at the 2018 Alzheimer's Walk at Mooney Grove Park in Visalia.

2018 Alzheimer's Walk Raises \$55,000... So Far

More than 300 walkers participated in the Alzheimer's Association Walk to End Alzheimer's on Saturday, October 13, at Mooney Grove Park in Visalia.

"We have raised over \$55,000 as a community," said Bobbi Scharton, special events manager of the Alzheimer's Association of Northern California and Northern Nevada.

Participants from throughout the South Valley complet-

ed a two-mile walk and learned about Alzheimer's disease, advocacy opportunities, clinical studies enrollment, and support programs and services from the Alzheimer's Association. Those in attendance also took part in a tribute ceremony remembering those affected by Alzheimer's disease.

More than five million Americans are living with Alzheimer's disease, the fifth leading cause

of death in the U.S. and the only disease among the top 10 with causes that cannot be cured, prevented or even slowed.

Walk donations may still be made to: The Fresno Alzheimer's Association, 550 W. Alluvial, Suite 106, Fresno, CA 93711. Donations received by December 31 will be credited for 2018.

For more information, visit alz.org or call 1-800-272-3900.



Rock the Purple t-shirts were available at the event.

Rock the Purple Luncheon Puts Spotlight on Domestic Violence

The Rock the Purple Luncheon, the fourth annual luncheon put on by the Kings Coalition for Wellness and Awareness (KWCA) was held on October 11th.

The luncheon brings awareness to the community about domestic violence, and provides information and resources for those needing services.

The emcee of the event was Kings County District Attorney Keith Fagundes, and the invocation was provided by Suzy Ward of St. Paul's Episcopal Church. The flag salute and presentation of colors were conducted by Hanford West JROTC.

An art display was provided by Naval Air Stations Fleet and Family Service Center. The art was created by victims to express their victimization.

"Making Right: From Victim to Survivor through Restorative

Justice" was the message of this year's event. The keynote speaker, Tina Rodriguez, was a victim of sexual abuse who lived with domestic violence in her home most of her childhood. She explained that communication is the way to curb the violence and break the stigma surrounding these types of crimes that typically happen behind closed doors.

The sidewalks of the Hanford Civic Park were lined with Purple Flags, 445 flags -- one for each case of domestic violence submitted to the Kings County District Attorney's Office in 2017.

Fagundes ended the luncheon by saying, "Thank you for identifying the problem, participating in the solution, and responding to the call."

KCWA is comprised of multiple agencies serving Kings County.

VETERANS CORNER

The NSC Pension

The Non-Service Connected Disability Pension (NSC) is the Veterans Administration (VA) benefits program for wartime veterans with limited income. The amount payable depends on other income the veteran and their family members currently receive. The amount of household income used to calculate eligibility may be reduced by some unreimbursed medical expenses.

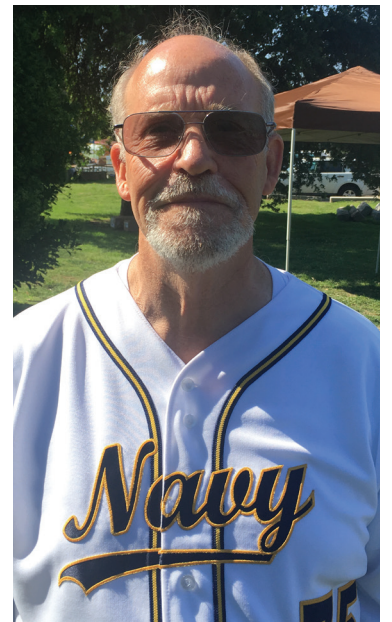
The current amount for a single veteran is \$1,097 per month, but this can change depending on family size and disability status. The Veterans Administration (VA) takes most household income into consideration when determining the amount of benefit that can be provided. For example, if a veteran is receiving \$800 monthly from Social Security, then the most that can be paid from the VA is \$297, bringing income to the baseline level of \$1,097 per month. (There are exceptions to what the VA counts as household income; however, due to its complexity, this is a topic better addressed on an individual basis. Please contact our office if you have a question about countable income.)

In order to qualify for the NSC Pension benefit, the veteran must have been discharged from service under other than dishonorable conditions, must have served on active duty for at least 90 days, of which at least one day occurred during a wartime period; but, need not have served in a war zone. It is different for veterans who enlisted after September 7, 1980; the requirement is generally to have served for at least 24 months or for the full period for which they were called to active duty. A veteran under this clause might be a Reservist or National Guard member activated to serve in Iraq or Afghanistan. (The various dates of wartime periods are available in our office; you may contact us for the specifics.) The veteran must also be permanently and totally disabled or over the age of 65.

When a veteran is eligible to receive benefits for both service-connected disabilities and the NSC Pension program, the VA is only authorized to pay the veteran one benefit. The VA will pay the veteran whichever benefit is highest.

As always, feel free to contact our office if you have questions about the NSC Pension benefit or any other benefits. We can assist you in determining your eligibility and submitting your application.

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



Ken Cruickshank

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Next Deadline: Friday, December 14, 2018

Beware of These 10 Scams of the Christmas Season

"Unfortunately, the holiday season brings thieves, scammers, and con artists out of the woodwork," said Kings County Assistant District Attorney Phil Esbenshade. "Scams targeting the elderly sharply increase during the holidays because scammers think that seniors are more vulnerable and more charitable before and during Christmas and New Year."

To help protect local seniors, *The Good Life* asked the district attorney's offices in Tulare and Kings Counties about the scams they expect this holiday season and what our readers can do to keep from becoming a victim.

Some of these scams can happen any time of year, but they are more common this time of year when people are more distracted by the holidays.

1.) Holiday Charity Scams

"Scammers often pose as charity workers, contacting seniors in person or on the phone," said Esbenshade. "They will tell sad stories around the holidays, which, of course, conclude with a request for a donation."

"Charity scammers usually make the situation seem urgent, and are quick to request money," he added. "Telephone charity scammers will frequently demand that a credit card number be given instead of a mailed check. Of course, this gives the scammed person no time to investigate the legitimacy of the charity and contemplate whether they should donate."

A legitimate charity has no use for your personal information and should never ask for a Social Security number via email or over the telephone, said Esbenshade. "If you receive an email or text requesting personal information, bank routing numbers or other private information, it's most likely a scam."

2.) Lookalike Website Scams

The Tulare County District Attorney's Victim's Assistance Division, hosts about 25 scam and financial exploitation talks each year, according to Nicole



Burnham, victim advocate with the Tulare County District Attorney's Office. This time of year, she advises people to protect themselves while shopping online.

"While shopping online has many perks and benefits -- no parking issues, no one fighting for the last Star Wars Leggos -- with convenience comes customer responsibility," said Burnham. "Be aware of look-alike websites. You may be enticed by an email alert announcing great savings or flash sale with deep discounts, with a link to the 'website.' The links may lead to lookalike websites meant to trick you into entering private information or give scammers an opportunity to download malware onto your computer."

The Better Business Bureau advises consumers should:

- Review the sender's address. Is the business using an email address with the company's name?;
- Look for misspellings throughout the email;
- Hover over links without clicking to see where they re-route; and
- Only enter sensitive information into a website that begins with "https." The "s" informs you that it's secure and information entered is encrypted.

3.) Information Collecting Scams

"Shoppers should always be aware of sites that save your

payment information," said Burnham. "Those who were victims of the Lowe's and Target data breach know all too well the risks associated with having personal financial information compromised from a company's server. On many sites, shoppers can now elect to **not** save their credit card information, rather just entering it for that specific transaction."

"Also, shoppers should consider using Visa gift cards when shopping online," she added. "The gift card holds no personal or bank account information for the user and can be used worry-free on internet shopping sites."

"Traditional credit cards usually have some form of fraud protection included from the credit card company. Know your company policies before

something happens.

"Lastly, it is least recommended to use your bank/debit card on internet sites if you are unsure of the safety of the site or your connection," she added. "When you use your bank/debit card, the money is often immediately removed from your account, and you are left with whatever protection your bank has in place regarding fraud or disputed delivery."

4.) Selling and Buying Online

"If you decide to meet a seller or buyer in person to sell or buy an item from an online advertisement, be sure you have a friend or relative accompany you," advised Esbenshade. "Let others know where you'll be, and when you expect to return. If possible, meet in a populated, safe location such as a restaurant, public building or parking lot, or busy area of town. Thieves sometimes contact online sellers and request to view items at the seller's home. Do not tell a potential buyer when you will or won't be home, or that you can't meet them because you'll be away from home or out of town."

5.) Porch Pirates

Esbenshade defined "Porch Pirates" as thieves who steal packages left on front porches.

"These thefts are always on the rise during the holiday season," he warned. "To combat this crime, request notifications

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Urologist joins VMC

Joseph Ford, DO, served his urology residency and general surgery internship at Detroit Medical Center, and completed a fellowship in urological oncology at the Carolinas Medical Center. This program focused on training in the diagnosis and treatment of complex cancers of the urinary tract and male reproductive organs.



Joseph Ford, DO

Dr. Ford's practice focuses on helping both men and women retain their quality of life, and he evaluates and treats patients of all ages (children to adults).

Dr. Ford joins Dr. Marty Prah and Dr. Joseph Chidi in VMC's Urology Department.



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Health & Wellness

Alzheimer's Disease, Related Dementias to Double by 2060

The U.S. burden of Alzheimer's disease and related dementias (ADRD) will double by 2060, according to a new study from the Centers for Disease Control and Prevention.

The study, published online in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, is the first to forecast Alzheimer's disease by race and ethnicity. CDC researchers predict that Hispanic Americans will have the largest projected increase due to population growth over the projection period, although because of the relative size of the population, non-Hispanic whites will still have the largest total number of Alzheimer's cases.

The burden of Alzheimer's disease and related dementias in 2014 was 5 million people, which is 1.6% of the U.S. population in 2014—319 million people. This burden is projected to grow to 13.9 million, nearly 3.3% of the population in 2060—417 million people.

"This study shows that as the U.S. population increases, the number of people affected by Alzheimer's disease and related dementias will rise, especially among minority populations," said CDC Director Robert R. Redfield, M.D. "Early diagnosis is key to helping people and their families cope with loss of memory, navigate the health care system, and plan for their care in the future."

Racial Disparities in Future Burden of Alzheimer's

Alzheimer's disease is the fifth most common cause of death for Americans ages 65 years and older. It is an irreversible, progressive brain disorder

that slowly destroys memory and, eventually, a person's ability to perform even the simplest tasks, such as bathing, feeding and dressing.

CDC researchers estimated the number of people with Alzheimer's by age, sex, race and ethnicity in 2014 and 2060, based on population projections from the U.S. Census Bureau, and percentages of Medicare Fee-for-Service beneficiaries ages 65 years and older with Alzheimer's disease and related dementias from the Centers for Medicare & Medicaid Services.

Key Findings

Among people ages 65 and older, African Americans have the highest prevalence of Alzheimer's disease and related dementias (13.8%), followed by Hispanics (12.2%), and non-Hispanic whites (10.3%), American Indian and Alaska Natives (9.1%), and Asian and Pacific Islanders (8.4%).

By 2060, the researchers estimate there will be 3.2 million Hispanics and 2.2 million African Americans with Alzheimer's disease and related dementias. The increases are a result of fewer people dying from other chronic diseases and surviving into older adulthood when the risk for Alzheimer's disease and related dementias increases.

Caregivers of people living with Alzheimer's and related dementias need support

The report also addresses the need to provide support to caregivers of persons living with Alzheimer's and related dementias because an early diagnosis can help caregivers

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California Department of Public Health Urges Flu Immunizations

The California Department of Public Health (CDPH) urges Californians to get the influenza (flu) vaccine to protect their health before the upcoming flu season.

In California, flu usually begins to increase in late November or December. It takes a couple of weeks after vaccination for the body to build immunity, so now is the time to get vaccinated to have the best protection.

"Getting vaccinated is the best line of defense against flu," said Dr. Karen Smith, CDPH director and state public health officer. "You can prevent missing work or school, visits to the doctor or hospitalization, and protect others from coming down with the flu."

A person with the flu may be contagious and infect others before they even feel sick.

According to the Centers for Disease Control and Prevention (CDC), during the 2016-2017 season, flu immunization prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza-associated hospitalizations in the United States.

Flu vaccines are administered as a shot or nasal spray. For this flu season, the CDC recommends either vaccination.

CDPH recommends the annual flu vaccination for everyone six months of age and older. While anyone can get flu, pregnant women, children under five, adults 65 years of age and older, and people

with chronic conditions such as heart disease, lung disease, diabetes and asthma are particularly at risk for flu-related complications. Flu vaccinations are needed every year to maintain the greatest protection because the vaccine changes each year to match circulating viruses and annual vaccinations boost immunity.

Common symptoms of the flu include fever or feeling feverish, a cough and/or sore throat, a runny or stuffy nose, chills, fatigue and body aches. Children may also have nausea, vomiting or diarrhea.

To stop the spread of flu and other respiratory illnesses, you should also:

- Stay home while sick and limit contact with others.
- Cover coughs or sneezes with your sleeve or disposable tissue.
- Wash hands frequently and thoroughly with soap and warm water, or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.

CDPH encourages Californians to contact their health care provider, physician's office or clinic about getting the flu vaccine. When flu vaccine is in stock, adults with Medi-Cal can also get immunized at their local pharmacy. Some local health departments may offer low or no-cost flu immunizations.

For more information about the flu, visit CDPH's website. For the flu vaccine location nearest you, visit www.flu.gov.

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Entertainment & Leisure

Ken Davis Offers Comedy, Motivation from a Senior's Perspective

By Steve Pastis

Whether it's in his books, motivational talks or stand-up comedy performances, Ken Davis enjoys making people laugh, and has enjoyed this for as far back as he can remember.

"It's started almost when the doctor slapped me and said it's a boy," he said.

Davis attended a country school where he would get into trouble for making his classmates laugh, which required his parents to come to his school.

"In those days, they didn't bring lawyers, they brought weapons of mass destruction," he said.

Fortunately, one of his teachers helped to steer him onto the right path.

"She told me, 'Kenneth Davis, God has given you a gift and you're using it to disturb my class,'" Davis recalled, adding that those words motivated him to develop his speaking skills.

After high school, Davis started working with local youth, putting those skills to good use. He quickly became a sought-after public speaker.

"There were so many (speaking) invitations then, I couldn't ignore them," he said.

This growing popularity eventually inspired him to expand his public speaking en-

deavors in a different direction.

"I said to myself, 'I have to become a famous comedian,' Davis recalled.

He put his talents to the test at an open mic night at a local comedy club. The club owner invited him to come back to perform the following week.

Davis went on to perform with such up-and-coming comedians as Roseanne Barr, Tim Allen and Louie Anderson.

"I remember one night coming out of a show, one of the ladies serving drinks was sitting outside crying because nobody had tipped her," recalled Davis. "I got her a taxi."

That incident changed Davis' career direction. It was no longer enough to provide an audience with a moment of relaxation and laughter.

"I wanted them to go home with hope," he said. "I want people to laugh so hard that they need medical attention, and then have a healed heart and hope for the next day."

So what does a comedian talk about to reach that goal?

"Life -- L-I-F-E," he said. "It's about life in general. I don't tell jokes. I tell stories about life and blow them out of proportion"

Davis describes his humor as "a gentle way to acknowledge human frailties," including



Ken Davis

the difficulties men and women have understanding each other and "the tendency we have to pretend we have it all together."

Now, 72 years after the doctor slapped him, a lot of his humor focuses on getting older: "The fact that I don't remember what I had for breakfast but I remember who played in a movie I saw 50 years ago."

Davis shares "the frustration of sitting at the table with your wife and one of you says, 'Do you remember that movie? It had people in it, some of them with hair.'

"And the frustration of looking for your car keys so you decide to look in your car. You unlock the car door with the keys you thought were lost.

"When you get to this stage

of life, the conversation always turns to scars and pains and operations," he said. "I focus on life itself and in particular the weirdness of being in this stage of life.

"I asked my wife one time, 'Can you pick up *Bourne Ultimatum* (a DVD)?' So she comes back, puts down the groceries and says, 'I went to three different grocery stores and nobody even knows what a 'porn tomato' is.'

"Evidently, there is some kind of tomato that comes close," Davis added.

Whenever Davis performs as a comedian or motivational speaker, he maintains a code of ethics.

"You don't trick people," he said. "You don't do 30 minutes of comedy and then preach a sermon. I tell stories and let people take them for what they are worth."

Davis will be performing at "Comedy Blast!," a fundraising event hosted by Hands in the Community at Visalia First Assembly beginning at 8 p.m. on January 29. Also performing will be puppeteer Davis Pendleton.

For more information about the event, visit hnconline.org. For more information about Ken Davis, visit kendavis.com.

"WE GOT OUR LIFE BACK. IT WAS JUST A MIRACLE HOW EVERYTHING WORKED OUT."
-GEORG EARLEY

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Georg Earley never thought getting off a backhoe to move a "little rock" in January 2017, would change his life. Suddenly, the 53-year-old heavy equipment operator, whose trade centered on his health, had back pain so bad, he could barely walk. Hospital visits dulled the pain and got Georg to his feet, but the pain made it hard to work, sleep, and play. Neurosurgeon Dr. Charles Liu offered Georg spine surgery to repair his multiple herniated discs. After carefully considering, Georg agreed. Today, he is back to work and is ready to write his next chapter of adventures with his wife Christine.

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"You Don't Know Mr. Hall at All" reveals some cold hard truths about aging.

Senior Living Communities Hold 'Celebrate Aging Film Festival'

The Good Life doesn't usually cover news from Tennessee, but this kind of event is something that local seniors may want to consider planning here in the South Valley.

Residents and associates at nine Brookdale Senior Living communities throughout the country were honored with awards at the company's second annual "Celebrate Aging Film Festival."

Held October 3rd at the historic Franklin Theatre in Franklin, Tennessee, the event was established to help change the perception of aging and to communicate a positive, uplifting or touching message about aging. Movie shorts were created by residents and associates at Brookdale communities and narrowed down to nine finalists.

The film festival offered the opportunity for residents and associates to work together on a creative project using their



"Old or Older?" won the award for best acting.

senior living community's iPad technology. The groups handled all aspects of production including conception, script-writing, casting, acting, directing, filming and editing.

Awards were presented in the following categories: Best Picture, Best Writing, Best Acting, Best Technical Design, and the Courage Award, all chosen by judges. The films were also eligible for the Ecolab People's Choice Award, with the winner chosen by public voting. Votes for the Ecolab People's Choice Award totaled over 8,347 with the winning film accumulating 1,678 votes.

Categories, winning communities and movie titles included:

- Best Writing - "Cat's Outta the Bag" by Brookdale Colonial Heights, Kingsport, Tenn.
- Best Technical Design - "Reflections" by Brookdale Greenville, Greenville, S.C.
- Best Acting - "Old or Older?" by Freedom Pointe at The Villages, The Villages, Fla.
- Best Picture - "Reflections" by Brookdale Greenville, Greenville, S.C.
- Courage Award - "Determination Becoming Inspiration" by Oklahoma City Southwest, Oklahoma City, Okla.
- Ecolab People's Choice Award - All These Moments by The Solana Vintage Park, Houston, Texas

All the nominees can be seen at <https://visit.brookdale.com/peoples-choice-awards>.

Senior Games...

(continued from page 1)

Visalia Senior Games next year."

The committee has been meeting to make plans for the 2019 event, as well as social events for athletes, volunteers and anyone 50+ who likes to have a good time. The '80s themed social on March 23rd will offer exhibition sports such as darts, a Texas Hold'Em Tournament and billiards for anyone who would like to come out and "compete for the gold." With such a big undertaking, the committee is looking to once again partner with the community.

"There are many ways to

get involved," said Greenwood. "From volunteering at an event to providing sponsorships and contributions; we will need the support of the whole community to make our fourth event bigger and better."

Registration opens on November 1st. Athletes can register online at www.visaliasenior-games.com or in person at the Anthony Community Center, 345 N. Jacob Street, Visalia.

For more information on the 2019 Visalia Senior Games or to become a sponsor or volunteer, call (559) 713-4365 or email recreation@visalia.city.

New Book Asks: Is Staying in Your Home Really Your Best Choice?

Should I stay or should I go? When asked this question, many retirees express a strong preference for staying in their home as long as possible. After all, for many of them it is where they raised their children and is located near their faith community and familiar shopping spots.

In her new book, *Your Home Sweet Home*, financial planner Penelope Tzougros helps people dispassionately evaluate whether staying put or going makes the best economic sense.

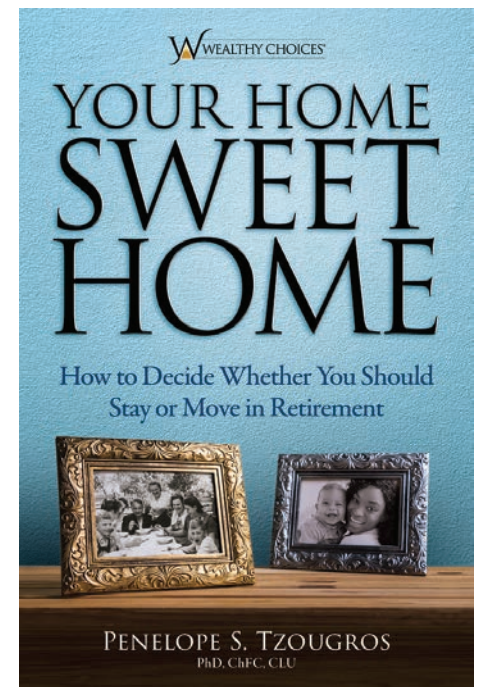
Tzougros shares the stories, insights, fears and clever solutions her clients made when facing this dilemma. She also presents analytical tools, worksheets and a "Decision Guide" to create a step-by-step process for sorting out fears, facts and finances.

"Ultimately," she says, "this is not a real estate decision but a decision about what retirees need to have the best life possible. And the reality is that when a house's maintenance costs are draining people's savings, it is no longer an asset."

Extensively interviewed on TV, radio and in print, Tzougros produced and directed the television show "Money Makeover." She has worked with thousands of retirees and is known for her ability to explain complicated financial concepts with elegant simplicity.

Your Home Sweet Home deals with the following topics:

- How to figure out if your home is the cheapest place you can live.
- Calculating the relative costs of different housing options - and why almost everyone makes critical miscalculations.
- The biggest mistakes seniors make when considering whether to stay in their home or move.
- Whether you stay or move, critical timing mistakes to avoid.
- The true and hidden costs of moving vs. maintaining your house.



- How to move beyond your inevitable fears and discover clever solutions that can serve your long-term interests.

Dorothy Drago, consumer product safety consultant and author of *Living Safely, Aging Well*, described Tzougros' book as "a must-read for those pondering the questions of retiring from work and planning their next living arrangements. You may be surprised at your options."

Penelope S. Tzougros, Ph.D., ChFC, CLU, is a financial consultant, author, speaker and founder of Wealthy Choices, a Registered Investment Advisor.

In addition to *Your Home Sweet Home*, she is the author of *Wealthy Choices: The Seven Competencies of Financial Success*, and *Long-term Care Insurance: How to Make Decisions That Are Right for You*.



Penelope Tzougros

Senior Starlight Ball Set for December 13

The City of Visalia Parks & Recreation Department and the Visalia Senior Center invite the public to attend a new event this winter, the Senior Starlight Ball, which is planned for Thursday, December 13th from 5-8 p.m. at the Lamp Liter Inn, 3300 W. Mineral King Ave., Visalia.

This event offers attendees the opportunity to enjoy dinner, a comedy show featuring Peggy Buchanan and Amy Shuklian, and dancing to the music of the '50s and beyond as the popular local band JERK provides live music for the evening.

"This is going to be a won-

derful event and we encourage everyone to bring a friend and grab some dancing shoes to join us for a fun-filled evening of laughter, great food and fabulous tunes," said Holly Ellis, Visalia Senior Center program coordinator.

Tickets must be purchased in advance and are available at the Visalia Senior Center, 310 N. Locust Street. Tickets are \$20 per person for those 50 and older or \$25 per person for those 49 years and younger.

For more information, call the Visalia Senior Center at (559) 713-4381.

10 Scams of the Christmas Season...

(continued from page 3)

on your deliveries via phone or email to monitor your packages in transit and upon delivery. Consider requiring a signature on your deliveries to ensure packages are never left unattended, or schedule your delivery for a specific date and time that you'll be home. Be aware of 'tailgaters' (people who follow delivery trucks and steal the packages immediately after they are dropped off)."

6. Utility Scams

"With cooling temperatures comes rising electric and gas bills as folks try to stay warm during the fall and winter," said Burnham. "A popular scam that particularly targets our senior community, is when someone calls claiming to be from the power or gas company (Edison, The Gas Company, etc). The caller will claim that the customer has not paid their energy bill and will threaten to shut off the power or gas to the home by the close of that business day.

"The caller will offer the customer to pay a portion of the bill by phone 'to avoid interruption' in their service," she continued. "Customers are cautioned that this is a scam. Hang up! Locate a previous electric bill or simply dial 4-1-1 to get the tried and true phone number to the utility company, and make the call yourself. You'll probably find out the utility company received your payment just fine."

7. Social Security Mail Scams

With the New Year approaching, unscrupulous companies have been mailing letters to Social Security recipients, offering a variety of services relating to Social Security benefits, such as assisting consumers with obtaining a replacement SSA card, or getting an updated Social Security card with your married name.

"Often, these companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge," said Jim Borland, SSA's acting deputy commissioner for communications.

If you receive one of these ads in the mail, Borland says the Social Security Administration would like to see it. Send the ad, along with the envelope it came in to:

Office of the Inspector General
Fraud Hotline

Social Security Administration

P.O. Box 17768

Baltimore, Maryland 21235

8. Social Security Phone Scams

"Scammers will call seniors and advise them they are eligible for a 1.7% increase in their social security benefits," said Burnham. "To get the increase, however, they need to provide their personal information. By giving the scammer personal

or bank account information, the senior gives them everything they need to open fraudulent accounts in the seniors name and possibly wipe out their bank account."

9. Phony IRS Scams

"Beware of phony IRS calls requesting payments around the holidays," said Esben-shade. "The IRS **never ever calls** to request an immediate payment, nor would they call without first mailing a notice and a bill to your home. The IRS does not require you to use a specific payment method like a debit card nor would they ever threaten you with arrest for not paying."

10. Door-to-Door Scams

"Something that is on the rise is an increase in Tulare County seniors reporting door-to-door salesman contacting them," said Burnham. "Many seniors report that they live in a senior community, which has clearly posted signs stating 'No Soliciting,' however, the signs are being ignored. I have received a great influx of complaints from our senior com-



munity regarding the types of agreements they have entered into with these various door-to-door salesman.

"Though the companies may vary, we often hear of salesman representing security companies, or medical supply companies, encouraging seniors to sign up for services. Some seniors reported the salesman has a tablet (computer), and when it comes time to sign the 'contract,' there is no paper contract at all. The consumer is asked to sign digitally on the tablet. This is concerning, because there is no actual copy of the contract available for the consumer to review.

They are simply relying on the salesman to relay what it might say.

"The senior will later realize that the contract was for five years (60 months) and even if the service is discontinued, the consumer is still responsible for the service fees, according to the contract," she said. "Some contracts additionally state that at the end of the initial 60 months, the contract will renew itself with no further action needed."

Burnham suggests that seniors avoid feeling rushed into signing a contractual agreement of any kind, and that they consider consulting with a friend or family member to have a second set of eyes to look over the agreement.

"If you are not offered an actual contract to review, please beware," she said. "Your signature is incredibly binding."

In addition to the above scams, please be on guard against new scams, especially around the holidays. If something doesn't sound right, it probably isn't.

Kaweah Delta Hospice to Mark National Hospice Month

Kaweah Delta Hospice will again mark November as National Hospice Month with a schedule of events for its patients and their families.

Kaweah Delta Hospice is a not-for-profit hospice that has been providing end-of-life services in Tulare and Kings Counties for more than 35 years, serving both adult and pediatric patients.

The mission of Kaweah Delta Hospice is to provide physical, emotional, social and spiritual support to terminally ill patients, as well as their families and loved ones, while assisting patients and families to live with dignity and comfort as they cope with end-of-life issues.

Hospice is not a just a place. It is a philosophy of care that

recognizes dying is not just a medical event, but a personal one as well. The focus is on maintaining quality of life when curative measures are no longer viable. Hospice is considered the model for quality compassionate care for people facing a life-limiting illness.

Hospice helps the patient and family make choices about end-of-life issues and enables the patient to have greater control over these choices. It emphasizes quality, rather than length of life. Hospice neither hastens nor postpones death. It affirms life and regards dying as a normal process.

"Our team of physicians and registered nurses (RNs) are available 24 hours a day, seven days a week, to provide expert

management of pain and other symptoms," said Susan Buscaglia, director of hospice services for Kaweah Delta.

The Kaweah Delta Hospice Team includes a primary physician; a hospice medical director; a nurse practitioner; a registered nurse; a social worker; a spiritual counselor; a hospice aide; a physical therapy, occupational therapy, a dietitian; a bereavement coordinator; and volunteers.

Hospice care is provided in a patient's home or wherever a patient calls "home," such as skilled nursing facilities, residential care facilities, and assisted living centers.

For more information, call Kaweah Delta Hospice at (559) 733-0642.

Quail Park Communities

Opening in 2019

Serving the Visalia Area

Quail Park at Shannon Ranch | Quail Park Memory Care Residences of Visalia | Quail Park on Cypress

Now Even More Brilliant Senior Living Choices

Active Senior Living
Assisted Living | Enhanced Assisted Living
Memory Care | Private Cottages

559.372.2038 • QPCommunities.com/GL

Brilliant Senior Living!

LIVING CARE

Calendar

November 1, 6, 8, 13, 15, 20, 22, 27, 29 - Healing Hearts Walks

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

November 2, 9, 16, 23, 30 - Senior Dance

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

Saturday, November 3 - Cornhole Tournament

Prestige Assisted Living at Visalia, 3120 W. Caldwell Ave, will host this fundraiser for the Senior Care Organization featuring a barbecue lunch, raffle prizes and the cornhole competition. The cost is \$100 for a team of two. For more information, call (559) 667-9601.

Saturday, November 3 - Showcase 2018 featuring Terra Bella

The Rotary Club of Visalia will hold its second annual show-

case fundraiser event, featuring country band Terra Bella, at the Visalia Convention Center. The evening will also include dinner and silent auctions. Proceeds will be used to support scholarships for local Visalia graduates. The event begins at 5 p.m. Tickets are \$75 per person for dinner, auctions and concert, or \$40 for the concert only. For tickets and information, visit VisaliaRotaryEvents.com, call (559) 740-3677 or email showcase@visaliarotaryevents.org.

November 5, 7, 12, 14, 19, 21, 26, 28 - Community Bingo

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

Tuesday, November 6 - Veterans Day Ceremony & Luncheon

This event, sponsored by Tulare Cabrillo Club and United Way of Tulare County, will be held at the Tulare Senior Community Center, 201 North F St., Tulare, at 11:30 a.m. For more information, call (559) 685-2330.

Tuesday, November 6 - Chronic Pain Management Seminar

Prestige Assisted Living will

host this event beginning at 2 p.m. at 3120 W. Caldwell Ave., Visalia. For more information, call (559) 735-0828.

November 7, 21 - 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.

Saturday, November 10 - Visalia Veterans 6th Annual Parade

The parade will begin at 10 a.m. along Main Street in Downtown Visalia.

Saturday, November 10 - Walk with a Doc

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

Sunday, November 11 - Veterans Day Ceremony

The Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host this 9 a.m. event featuring the raising of the United States flag, the Pledge of Allegiance, a moment of silence, a sing-a-long to the Armed Forces Medley and a parade around the cemetery led by the Patriot Guard Riders.

Friday, November 16 - Annual Give Thanks Luncheon

This event, sponsored by United Way of Tulare County and Family HealthCare Network, will be held at the Tulare Senior Community Center, 201 North F St., Tulare, at 11:30 a.m. For more info, call (559) 685-2330.

Friday, November 16 - Music Celebration with One Nation

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

Saturday, November 17 - Sequoia Symphony Presents 'Classical Goes Hollywood'

This 7:30 p.m. concert features some of the world's greatest composers and talents from Shostakovich to Aaron Copland. For tickets (\$25-\$45) or more information, visit www.foxvisalia.org or call (559) 625-1369.


Wednesday, November 21 - Thanksgiving Luncheon

This event, featuring turkey with all the fixings, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, beginning at 11:30 a.m. The cost for those 55+ is \$5. Seating is limited. Tickets are currently available at the Senior Center. For more information, call (559) 713-4481.

Wednesday, November 28 - 'High Noon'

Choices will present this 1952 classic starring Gary Cooper. The show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.


HANDS IN THE COMMUNITY PRESENTS




COMEDY BLAST!

A night of side-splitting hilarity for the whole family!

Featuring the Off-the Wall Duo of Comedian Ken Davis and Ventriloquist David Pendleton



My friend Ken Davis is one of the most engaging, colorful, insightful and creative communicators you'll ever hear. Get ready to laugh and learn at the same time!
- LEE STROBEL



David Pendleton's creativity, clever style and choice humor provide the ticket to an unforgettable evening!
- CHUCK SWINDOLL

FRI, JAN 25, 2019 • 8:00PM
VISALIA FIRST
Akers and Caldwell, Visalia

Premium Seating **\$30.00** • General Seating **\$25.00**
Purchase tickets online at hnconline.org

Registration opens November 1st
www.visaliaseniorgames.com



The City of Visalia Parks & Recreation Department proudly invites you to participate in the 2019 Visalia Senior Games. Don't miss this Olympic-style competition for adults ages 50 and better!





Dates: Saturday – Sunday, March 23rd & 24th
Saturday – Sunday, March 30th & 31st
Ages: Men & Women 50 – 100+
Price: \$25 per athlete (includes Athlete's Pack with event shirt and CSG Registration), individual event fees apply.

March 23 rd & 24 th *	March 30 th & 31 st *
<ul style="list-style-type: none"> BASKETBALL DISC GOLF ROAD RACE TABLE TENNIS 	<ul style="list-style-type: none"> BOWLING RACE WALK SWIMMING TRACK & FIELD
<ul style="list-style-type: none"> ARCHERY GOLF PICKLEBALL TRAP SHOOT 	<ul style="list-style-type: none"> CYCLING HORSEHOES SOFTBALL

*Schedule of events is subject to change.

Volunteers Needed!
There are a lot of ways for you to be involved. Join a committee (Planning, Sponsorships), come cheer at the events or volunteer - we need lots of help!

  (559) 713-4365 • recreation@visalia.city  

More Calendar

Thursday, November 29 - 'A Festival of Trees' in Three Rivers

St. Anthony's Retreat and Santa Teresita Youth Conference Center will host this fundraising event to benefit local nonprofits. The event features wine and microbrew tasting, food samplings from local restaurants, horse-drawn carriage rides, a photo booth and a silent auction with hand-decorated gingerbread houses. Tickets are \$25 per person. For more information or to purchase tickets, visit www.stanthonyretreat.org or call (559) 561-4595

November 29-December 1 - Christmas Yard Sale

Visalia Gleaning Seniors will host this sale at 28600 Road 156 in Visalia. For more information, call (559) 733-5352.

Friday, November 30 - 'A Merry-achi Christmas'

This 7:30 p.m show at the Visalia Fox Theatre features Mariachi Sol de Mexico de Jose Hernandez performing holiday tunes from both sides of the border. A three-time Grammy nominee, Sol de Mexico is a dynamic ensemble of musician/vocalists who personify the spirit of Mexico. Tickets are \$22-\$49. For tickets, visit www.foxvisalia.org or call (559) 625-1369.

Sunday, December 2 - Winter Wonderland Shopping Bazaar

The Visalia Wyndham Hotel will be the site of this 1-6 p.m. holiday shopping event featuring more than 50 vendors and crafters, door prizes and a holiday raffle. Proceeds benefit the Golden West Jazz Band and Valley Life Charter School Admission is free. For more information, email ksondra68@gmail.com.

December 3, 5, 10, 12, 17, 19, 24, 26, 31 - Community Bingo

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

Tuesday, December 4 - Beating the Holiday Blues Seminar

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

December 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.

December 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 more information, call (559) 685-2330.

Friday, December 7 - Happy Hour with Patriotic Music

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

Friday, December 7 - Annual Christmas Tree Auction

"Holiday Affair" is the theme of this year's event sponsored by the Visalia Chamber of Commerce at the Visalia Convention Center. General admission tickets are \$80; VIP dinner tickets are \$140. For more information, visit www.visaliachamber.org or call (559) 734-5876.

December 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, December 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. The topic this month is "Traditional Chinese Medicine."

Saturday, December 8 - Sequoia Symphony Presents 'A Soulful Christmas'

Both the 3 p.m. and 7:30 p.m. concerts feature great music from Motown. For tickets (\$25-\$45) or more information, visit www.foxvisalia.org or call (559) 625-1369.

Sunday, December 9 - 'John Mueller's Winter Dance Party'

The 1950s will live again when Buddy Holly, Ritchie Valens and the Big Bopper take the stage at the Visalia Fox Theatre. This is the official live and authentic re-creation of Holly, Valens and the Big Bopper's final tour and the only show endorsed by the Holly, Valens and Richardson estates. The concert performance (continued on page 10)

The Festival of Trees
THURSDAY NOVEMBER 29th
TICKETS \$25
DOORS OPEN AT 5pm
LIVE AUCTION 7PM
(CASH OR CHECKS ONLY)

Feast your eyes on **Everything Gingerbread**

- Wine and Micro Brew Tasting
- Delectable food sampling from local restaurants
- Horse drawn carriage rides available both evenings
- Hand pick that special Christmas gift from one of kind Silent Auction items
- Photo booth for that special Christmas card or Family Photo

Gingerbread Village presents
 Hand decorated **GINGERBREAD HOUSES**
 For your bidding pleasure!

Special preview on Wednesday November 28th at 3pm

Call TODAY for more information on how to participate. Or ask about group tours for the Special Preview

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 All proceeds benefit each individual Non Profit

VARIOUS DISCOUNTS ARE AVAILABLE—INQUIRE AT THE BOX OFFICE

FRIDAY, NOVEMBER 30 7:30PM

MERRY-ACHI CHRISTMAS

John Mueller's WINTER DANCE PARTY*
 a tribute to

BIG BOPPER **BUDDY HOLLY** **RITCHIE VALENS**

SUNDAY, DECEMBER 9 – 7PM

A Traditional Christmas Celebration
LOU HANNAH & SAN JOAQUIN JUNCTION
 with the Hannah Family & Friends and guest Waddie Mitchell
SATURDAY, DECEMBER 15 3PM

300 W. MAIN ST.
559-625-1369 • WWW.FOXVISALIA.ORG

Simplicity and Savings Trigger Flip Phone Comeback

(BPT) - The good old-fashioned flip phone is enjoying a quiet resurgence, with sales having increased by 5% in 2017. While they're not exactly poised to overtake the popularity of the iPhone, these venerable devices retain a timeless appeal for those who prefer the simple convenience of using a cellphone primarily for making and receiving calls, and with older users who find smartphones unnecessarily complex for their needs.

In fact, in a "Back to the Future" twist, most of the major smartphone makers are now working on foldable devices as the next big thing in cellphone design evolution. Having seemingly reached the limits when it comes to expanding the traditional rectangular smartphone handset, a device using two or more bendable panels to form a large touchscreen when unfolded is reportedly on the drawing boards of several tech giants, and could be on the



The flip phone is returning, but in new and improved versions.

market as soon as next year.

A Practical Choice

While fancy, foldable smartphones may be the future, the rugged and classic 12-key flip phone soldiers on in the present, gaining new fans for more than just its compact clamshell

design. After more than a decade of smartphones integrating themselves into every aspect of our daily lives, many users are making a conscious decision to dial back their screen time and let their cellphone be what it was meant to be in the first place: a simple phone.

Then there's the affordability. In addition to a full range of smartphones, Consumer Cellular, a leading no-contract wireless provider with a special focus on the needs of users over 50, offers flip phones for as little as \$30, and wireless plans to go with them starting as low as \$15 per month. If you're on a limited budget, the savings of using a flip phone are huge, especially when compared to the cost of connecting with a flagship smartphone where the latest top-of-the-line releases come with price tags around \$1,000 for the device alone.

Easy Way to Stay Connected

As an added benefit, most flip phones today offer import-

ant features that make them surprisingly versatile. Some models can connect to the internet, though usually with limited functionality. Most include photo and video capabilities. And you can't beat the battery life: a fully charged Doro PhoneEasy 626 from Consumer Cellular provides 16 days of power. By contrast, heavily used smartphone batteries will be drained after just 10-16 hours.

For seniors, or those with limited vision, the benefits are even greater. The flip phone's tactile keys make it easy to find the right buttons when dialing. Many include an emergency alert button, an added safety feature which allows a user to connect with emergency contacts at the push of a single button. Flip phones even work with Bluetooth functionality, so calls can be made hands-free.

Fewer Frills, Fewer Worries

A flip phone won't fit the bill for everyone, especially if you're a fan of using your phone for things like streaming movies, playing games or posting to social media. Photo resolution is less sharp on flip phone cameras than on most smartphones, and while you can send text messages, the typing process can be slow and cumbersome.

But viewed through another lens, many of these perceived shortcomings are precisely the charm for those who no longer feel the need to be plugged into their phone 24 hours a day, or have limited mobility or technical savvy. Add in the fact that flip phones are a great choice for anyone who likes saving money, and you can understand why they remain a popular and viable choice, even in today's smartphone-dominated wireless world.

Even More Calendar...

(continued from page 9)

will include hit songs of the 1950s such as "That'll Be the Day," "Peggy Sue," "Oh, Boy," "Rave On," "La Bamba" and "Chantilly Lace." Tickets for the 7 p.m. show are \$23-\$34. For tickets or more information, visit www.foxvisalia.org.

Thursday, December 13 - Senior Starlight Ball

This event will be held from 5-8 p.m. at the Lamp Litter Inn, 3300 W. Mineral King Ave., Visalia. (See article on page 6.)

Friday, December 14 - Music Celebration with One Nation

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

Saturday, December 15 - A Traditional Christmas Celebration with Lon Hannah & San Joaquin Junction and the Hannah Family & Friends

Tickets for this 3 p.m. performance, which will also feature Waddie Mitchell, are \$15-\$30. For tickets or more information, visit www.foxvisalia.org or call (559) 625-1369.

Wednesday, December 19 - \$5 Barn Dance

The Hanford Parks & Recreation Department will host this country dance, featuring the Rollin West Band, from 7-9 p.m. at the Hanford Civic Auditorium, 400 N. Douty St., Hanford. For more info, call (559) 362-3212.

Wednesday, December 19 - 'White Christmas'

Choices will present this 1954

classic starring Bing Crosby. The show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Friday, December 21 - Classic Christmas Luncheon

This event, featuring a Christmas feast, live holiday music and special guests, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, beginning at 11:30 a.m. The cost for those 55+ is \$5. Seating is limited. For more information, call (559) 713-4481. (Beginning November 21, the Senior Center will accept donations of new, unwrapped, non-perishable gift items for this event.)

MARK YOUR CALENDARS

Tuesday, January 29 - Comedy Blast!

Comedian Ken Davis and puppeteer David Pendleton will perform at this 8 p.m. fundraising event hosted by Hands in the Community at Visalia First Assembly. (See feature about Ken Davis on page 5.)

Thursday, February 14 - Heart of Seniors

This resource event, featuring a lunch, fashion show, speakers and informational booths, will run from 9:30 a.m. to 2 p.m. at the Lamp Litter Inn, 3300 W. Mineral King Ave., Visalia.

March 23-24 & 30-31 - 2019 Visalia Senior Games

This event is open to those ages 50 and better, and with 11 age divisions for men and women. More than 500 athletes participated in the 2018 event. (See article on page 1.)

Dementias to Double...

(continued from page 4)

plan for the life-changing experience of caring for a friend or family member with these conditions, which can also impact the caregiver's health and well-being.

"It is important for people who think their daily lives are impacted by memory loss to discuss these concerns with a health care provider. An early assessment and diagnosis is key to planning for their health care needs, including long-term services and supports, as the disease progresses," said Kevin Matthews, Ph.D., health geographer and lead author of the study with the CDC's Division of Population Health within the National Center for Chronic Disease Prevention and Health Promotion.

CDC works to understand and improve the lives of people with Alzheimer's and related dementias, and their families, by:

- Collecting, analyzing, and disseminating data on cognitive decline and caregiving to guide public health action.

- Promoting awareness of Alzheimer's disease and other dementias, including the importance of early assessment and diagnosis.

- Collaborating with partners to develop, promote, and disseminate effective strategies to train health care workers about early signs of dementia despite cultural differences.

For more information on CDC's activities related to Alzheimer's disease and the Healthy Brain Initiative, visit <https://www.cdc.gov/aging/index.html> and www.cdc.gov/aging/healthybrain.

For more information on the National Plans to Address Alzheimer's Disease, visit <https://aspe.hhs.gov/national-plans-address-alzheimers-disease>.

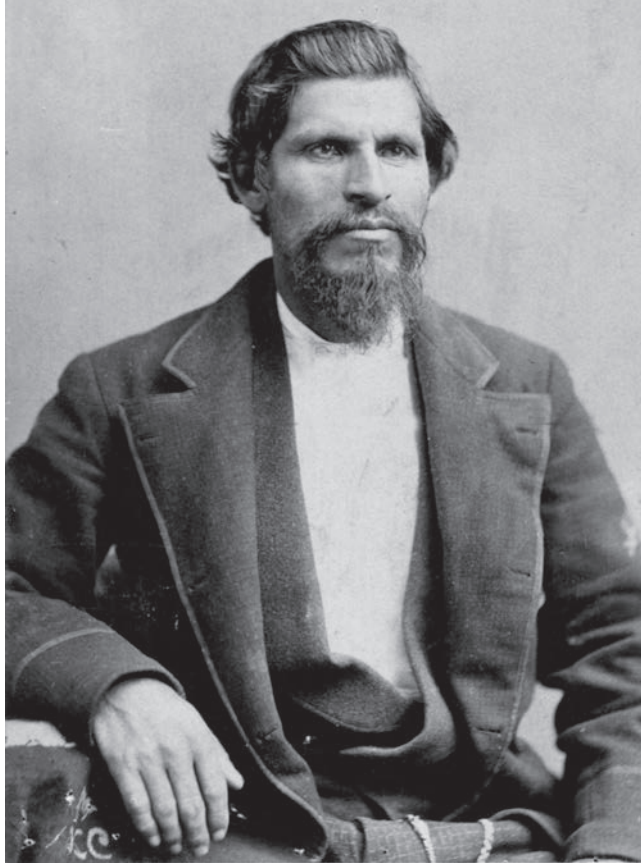
Tiburcio Vasquez – the Bandit King

There was a time when outlaws, desperadoes and nefarious badmen of all kinds roamed the San Joaquin Valley. For a host of reasons, they found the area to be an inviting place to commit their crimes. A number of them were so notorious that the near mention of their names caused folks to shiver with fear. One such outlaw group was Tiburcio Vasquez and his gang of cutthroats. Although they committed their foul deeds throughout California, the San Joaquin Valley seemed to have a special attraction to them.

Vasquez was born in 1835 in California before it became a state. He grew up with a tough crowd, so it's not surprising that as an adult he chose a criminal career. A few like-minded types joined him and his gang was formed. They made their presence known throughout the state, but there were a couple of incidents that helped solidify their badmen reputation.

In February 1873, the Vasquez gang approached Firebaugh's Ferry (now Firebaugh in Fresno County). This little settlement on the San Joaquin River was probably best known as a stop on the Gilroy to Visalia stage line. It had a hotel, store and express office. The masked gang brazenly rode into town, hitched their horses directly in front of the hotel, entered it, and robbed seven guests sitting around

a fire. Then the hotel owner, a man named Hoffman, was next. He was forced to open his safe and surrender \$350 in cash. Then they entered the store and helped themselves to clothing, whiskey and cigars. And they weren't finished. When the scheduled stage arrived, the Wells Fargo strong-



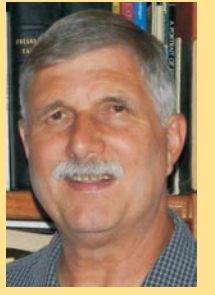
Tiburcio Vasquez

box onboard was forced open and the money was taken.

In December of the same year, his outlaw gang successfully held up the townsfolk in the little community of Kingston, a settlement along the Kings River (now a ghost town in Kings County). Word of these two bold attacks reverberated throughout the state, especially in the valley.

After the robberies at Firebaugh Ferry and Kingston,

Dusting Off History
with Terry Ommen



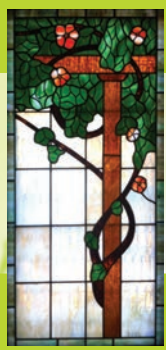
the residents of the San Joaquin Valley were inundated with Tiburcio visits, both real and imaginary. His gang seemed to be seen everywhere – Kingsburg, Yokohl Valley, Visalia and beyond. *The Visalia Delta* perpetuated the rumors when they reported, "Vasquez is heard from every point in the San Joaquin Valley." Factiously, the newspaper added to the Vasquez hysteria reporting, "We would not be surprised to see Vasquez and his gang rob the sheriff's office right here in Visalia one of these moonlit evenings."

The criminal group even crept into commercial advertising. Visalia's Bishop & Co. drugstore climbed on the Vasquez bandwagon and put an ad in the Visalia paper saying "Vasquez's raid on Kingston was rough, but nothing to be compared to the raid Bishop & Co. (is

making) on the high prices of drugs."

Tiburcio and his gang became well known for their merciless robberies, but Tiburcio himself was also accused of murder, although he denied ever killing anyone. By May 1874, his crime spree was coming to an end. He was arrested near Los Angeles for killing multiple people at Tres Pinos in San Benito County during a robbery. By this time, he had become a celebrity, almost a folk hero. Hundreds of people stood in line to get a glimpse of him in jail. He was eventually taken to San Jose where he pled not guilty to the murder charge, went to trial, but was found guilty. He was sentenced to death.

On March 19, 1875, Tiburcio Vasquez died on the gallows at the San Jose Jail. But despite the bandit king's death, his legend continued on, especially in the San Joaquin Valley.



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FROM THE
OFFICE OF THE TULARE COUNTY DISTRICT ATTORNEY

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Tim Ward, *District Attorney*