



IN THIS ISSUE: Senior Day in the Park in Hanford, Kaweah Delta Pink Tea Speaker Karen Mills, Fall & Winter Sports in Visalia, Bravo Lake and Fox Network's 'The Cool Kids'

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume V, Number 5 • September/October 2018



Prop 5 Aims to Help Seniors Buy and Sell Houses

By Steve Pastis

On Tuesday, November 6, California voters will decide the fate of Proposition 5, otherwise known as the Property Tax Transfer Initiative.

Ordinarily, *The Good Life* would steer clear of including any articles about ballot measures, especially in the current political climate. Proposition 5, however, is different. It significantly affects many California homeowners who are 55 or older, so we want you to be armed with some facts about the measure - no matter which way you decide to vote in November.

Proposition 5 would amend the Proposition 13 that voters passed in 1978 to allow homebuyers age 55 or older (or those who are severely disabled) to transfer their tax assessments from their current home to a new home anywhere in the state.

The California Association of Realtors (CAR) is behind the ballot measure, since many seniors have refused to sell their homes because they would lose their current tax rates, which are based on the price they originally paid for their home - and not on the home's current value.

"Over 74% of homeowners 55 and over have not moved since the year 2000," CAR President Steve White told *The Good Life*. "We have many seniors who are living in homes with a lower tax base."

He explained that these seniors, many of whom are on fixed incomes, are reluctant to move because the taxes on any new property would increase their expenses dramatically.

And many of them are eager to move, according to White.

"They would love to move to be closer to their children and grandchildren, to downsize, to be closer to the healthcare they need at this stage in their life," he said. "Instead they are essentially trapped in homes with more rooms than they need."

Some critics have argued
(continued on page 10)



Last year's Walk to End Alzheimer's attracted people from throughout the South Valley.

Alzheimer's Walk Planned for Saturday, October 13

Tulare and Kings County residents are invited to participate in the Alzheimer's Association Walk to End Alzheimer's on Saturday, October 13, at Mooney Grove Park in Visalia.

Participants will complete a two-mile walk and learn about Alzheimer's disease, advocacy opportunities, clinical studies enrollment, and support programs and services from the Alzheimer's Association. Participants will also take part in a tribute ceremony to honor 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. Additionally, more than 15 million family and friends provide care to people with Alzheimer's and other dementias in the U.S.

People are encouraged to sign up as a team captain, join a team or register to walk as an individual at act.alz.org/visalia2018.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and

research. Since 1989, the Alzheimer's Association has mobilized millions of Americans with its annual fundraising walks.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Its goal is a world without Alzheimer's.

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

Visalia Senior Center Ready for Fall Open House

School is back in session, which means that fall is just around the corner and the Visalia Senior Center is ready to kick-off fall with its annual Senior Center Fall Open House event.

This year's event is scheduled for Wednesday, September 12th from 10 a.m. to 1 p.m. at the Visalia Senior Center (310 N. Locust Street) and will feature plenty of information, programs, activities and entertainment for seniors.

Completely free for guests of all ages, the Fall Open House will feature 30-40 local vendors. Each vendor has been hand selected as an agency, program or business that offers vital resources for mature adults; connecting seniors, families and caregivers with the community resources available to them.

"The Visalia Senior Center is always full of energy and is



Vendors at the Fall Open House will offer information about local services and resources for seniors.

really the perfect place for mature adults looking for activities, classes and friendly faces," said Holly Ellis, recreation coordinator for the Visalia Senior Center. "This open house is a chance for regular visitors and new faces alike, to get a glimpse of all the wonderful opportunities available to local seniors."

Attendees will enjoy live music and entertainment as well as class demonstrations from programs offered at the Visalia Senior Center. At 11:30 a.m., attendees can take a break from the booths, grab a seat and enjoy a chicken croissant sandwich lunch, which in-
(continued on page 3)



Vendors offering information about local resources for seniors will be among the many highlights of this year's Senior Day in the Park.

Senior Day in the Park Planned for September 21 in Burris Park

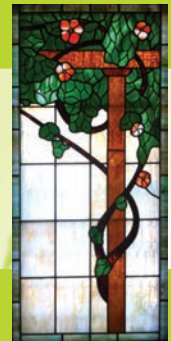
Kings County Commission on Aging (KCCOA) will host its major annual event, Senior Day in the Park, from 9 a.m. to 2 p.m. on Friday, September 21 in Burris Park, 6500 Clinton Way in Hanford. This year's theme is "Let's Fly Away to Neverland."

The event will feature food,

a cake walk, bingo, dancing, information booths, raffles, a crazy hat contest and a performance by Elvis.

A lunch, with a suggested donation of \$3, will be served at noon.

For more information, call KCCOA at (559) 852-2828.



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VETERANS CORNER

Women Veterans

The Department of Veterans Affairs (VA) has programs specifically designed to address health requirements for women.

Women Veterans Health Care addresses health needs specific to female veterans, ensuring those needs are met in a timely, equitable, high-quality, comprehensive manner; and are provided in a sensitive and safe environment at the VA health facilities nationwide.

Women Veterans Health Care works to ensure that eligible women requesting care receive:

- Comprehensive primary care by a proficient and interested primary care provider.
- Privacy, safety, dignity and sensitivity to gender-specific needs.
- The right care in the right place and time.
- State-of-the-art health care equipment and technology; and
- High-quality preventive and clinical care, equal to that provided to male veterans.

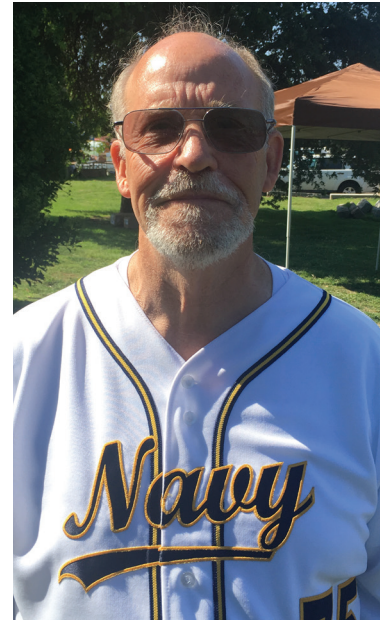
The VA established the Women Veterans Call Center (WVCC), at 1-855-VA-WOMEN (1-855-829-6636). Staff is trained to provide women veterans, their families and caregivers with information and assistance about VA services and resources. Hours of operation are Monday through Friday, 8 a.m. to 10 p.m. ET; and Saturdays 8 a.m. to 6:30 p.m. ET.

All representatives are women, many of whom are veterans themselves. Information will be provided, and if needed, direct referrals will be provided to the Women Veteran Program Managers (WVPM) located at every VA medical center. Representatives will also assist in coordinating women veteran services.

When you make the call to the WVCC:

- You will be connected to a trained staff member.
 - Staff will conduct a brief screening to assess your needs.
 - Women Veterans will be provided personalized information regarding health services, VA benefits and services, and a package of information will be sent to their home.
 - You can call for yourself or for a women Veteran you know.
 - The call is free and confidential.
 - Contact information will be requested so staff may follow-up.
- If you would like to enroll in the VA health care system, you may contact us for further assistance.

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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The Good Life

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Next Deadline: Friday, October 19, 2018

Karen Mills to Speak at Kaweah Delta 7th Annual Pink Tea

Tickets are on sale for Kaweah Delta's 7th Annual Pink Tea Party, a Moroccan-themed event that will transform the Visalia Convention Center on Sunday, October 21. The event will celebrate those in the community whose lives have been touched by cancer.

The tea's keynote speaker is Karen Mills, a national speaker and comedian, who has turned her pain from ovarian cancer into punchlines, and who can be heard daily on Sirius/XM Comedy Channels.

"I've always encouraged others when faced with adversity to stay positive and look for the humor," said Mills. "In spring of 2013, the time came for me to put my money where my mouth was when I was diagnosed with ovarian cancer. I stress ovarian because the breasts get all the glory... though regardless of what color the cancer ribbon is, the journey is the same."

Although Kaweah Delta's event has traditionally celebrated breast cancer survivors, this year it has a more encompassing focus - celebrating those whose lives have been touched by all types of cancer.

"This event is also about raising awareness about major cancer risk factors that we can control," said Dru Quesnoy, director of marketing & public relations at Kaweah Delta. "There are so many things we can do to live healthier and we hope to



Karen Mills

inspire that change,"

The event will also include additional entertainment, opportunity drawings, patient stories, a photo booth and a walk of life honoring those whose lives have been touched by cancer. Lanterns for the walk can be purchased for \$5 and proceeds from the sale will go to the Lost Girls Fund created by the Lost Girls Motorcycle Club. If a low-income woman is in need of a mammogram and cannot pay for it, this fund pays for the mammogram at the Kaweah Delta Breast Center.

Doors open at 12:30 p.m. and the event begins at 1 p.m. at the Visalia Convention Center, 303 E. Acequia Ave. Individual tickets are \$30, while tables are \$240 and can be purchased online at www.kaweahdelta.org/pinktea or by calling (559) 624-2098. Tickets must be pur-

chased in advance of the event.

Since 2011, Kaweah Delta's Pink Tea Party has sold out every year and grown from 100 to nearly 800 attendees. This year, more than 800 people are expected to attend the event.

Located at 4949 W. Cypress Ave. in Visalia, The Kaweah Delta Breast Center is dedicated to comprehensive imaging services for women and is staffed with mammography technolo-

gists with experience in breast imaging. Services include everything from digital screening and diagnostic mammography to ultrasound-guided breast biopsy and community breast health education resources.

To schedule a mammogram and for more information about the Breast Center and its services, call (559) 624-3209 or visit www.kaweahdelta.org.

Fall Open House...

(continued from page 1)

cludes chips, fruit and a drink, for \$5. Lunch tickets can be purchased now and are available at the Visalia Senior Center.

Free flu shots will be available for those with Medicare Part B Insurance. (Attendees will need to present their medical card at the time of service.)

This year's theme will be "Far Out" and celebrate the 1960s. (Tie dye shirts and bell bottom jeans are welcome.)

For more information, con-



Free flu shots will be available for those with Medicare Part B insurance.

tact the Visalia Senior Center at (559) 713-4381 or recreation@visalia.city.

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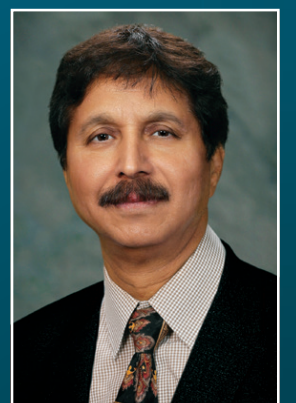
Endocrinologist joins VISALIA MEDICAL CLINIC

Endocrinologist Noman Saif, MD, is accepting new patients, and he is especially passionate about helping patients better manage their diabetes.

Dr. Saif completed a fellowship in endocrinology/metabolism at SUNY at Brooklyn, New York, and his residency at

Lutheran Medical Center in Brooklyn, New York. He comes to VMC from his practice with Good Shepherd Health System in Texas, where he oversaw the Diabetes Task Force.

He is Board certified in endocrinology and is certified by the American Board of Internal Medicine.



Noman Saif, MD

A FEW WORDS FROM DR. SAIF'S PATIENTS ...

"Thank you!! I'm touched beyond words. You have changed my life."

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Kaweah Delta Opens New Cardiology Clinic

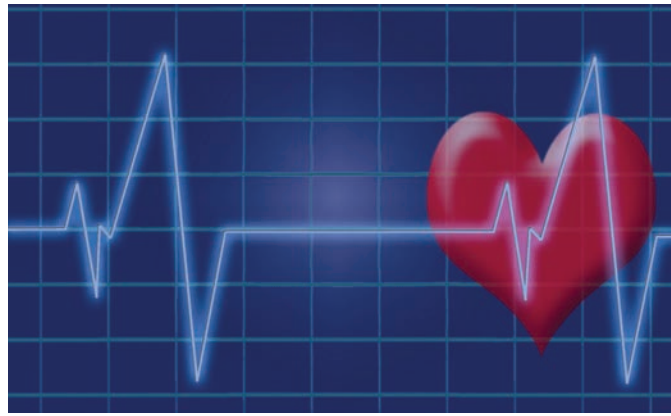
Kaweah Delta has opened a new clinic to make it easier for people to keep their hearts healthy close to home.

Community members are invited to tour Kaweah Delta's Sequoia Cardiology Clinic on Monday, October 15, during the open house from 5-7 p.m. at 820 S. Akers St., Suite 130 in Visalia.

The new clinic gives the community access to five heart specialists in one place to promote heart health and receive

ongoing evaluation and management of heart problems.

The five heart specialists caring for patients at Sequoia Cardiology Clinic include: David Cislowski, M.D. and Medical Director Dennis Johnson, M.D., Harry Lively M.D., Ankur Gupta, M.D., and John Tells, M.D.



Valve Replacement) services to treat conditions such as congestive heart failure, coronary artery disease, cardiac arrhythmia, high blood pressure, heart attack, high cholesterol and more.

"By visiting this state-of-the-art location, patients can get the attentive, leading-edge cardiology care they need in a comfortable setting close to home," said Tracy Salsa, nurse manager of Kaweah Delta's Sequoia Cardiology Clinic.

Together, they provide general cardiology and structural heart (Transcatheter Aortic



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Health & Wellness

Think You're Too Old to Quit Smoking? Think Again

It's no secret that tobacco smoke can be deadly. It is strongly linked to everything from cancer and stroke to pulmonary issues and heart disease.

Although the prevalence of smoking in the U.S. decreased from 21% to 17% of adults over the past five years, according to America's Health Rankings, the risk of dying from cigarette smoking has not decreased. In fact, the risk has increased over the past 50 years, and, according to the Centers for Disease Control (CDC), one in five deaths is estimated to be attributed to smoking.

One reason it's still so deadly is that tobacco addiction is tough to break. Much of the dramatic drop in smoking rates over the past quarter century is due not to people quitting but to fewer starting in the first place.

Even as overall smoking rates have declined, the rate has hardly budged among those 65 and older. Nearly 9% of adults aged 65 and older were regular smokers in 2017, meaning more than 4 million older adults could benefit from kicking the habit.

Several common misconceptions about smoking and older adults persist. Eliminat-



ing these is an essential step in helping long-time smokers quit once and for all.

Misconception 1: After smoking for decades, quitting won't make much of a difference to someone's health.

Truth: Quitting smoking later in life can reduce the risk of diseases like cancer and chronic obstructive pulmonary disorder, according to Everyday Health. And people who quit in their 60s are likely to live longer than those who continue to smoke. Additionally, the CDC says, stopping smoking can benefit most major parts of your body - including improving blood flow to help wounds heal properly, and even keeping hearing and night vision sharp.

Misconception 2: Older smokers have a more challenging time quitting than younger smokers.

Truth: While older smokers are less likely to attempt quitting, studies quoted at ScienceDirect.com show they are more likely to be successful than younger smokers when they do attempt to quit. That doesn't mean smoking is necessarily easier to quit as people get older, but age itself shouldn't be an obstacle.

Misconception 3: Changes in an older smoker's lifestyle make it harder to quit.

Truth: Older smokers are often making major changes in their lives, from retiring to downsizing their home to making room in their lives for grand-

children. These changes often trigger natural shifts in perspectives and behaviors that can be useful in quitting. The prospect of babysitting a new grandchild or visiting a long-awaited vacation destination can be a powerful motivator to put away cigarettes for good.

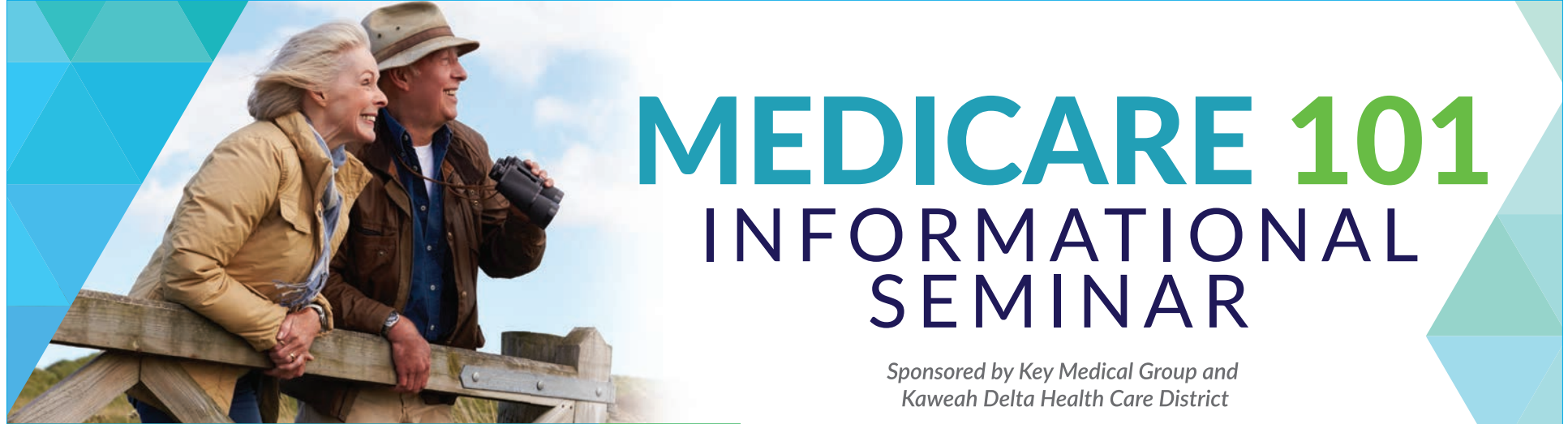
Misconception 4: Older smokers have a harder time finding support to help them quit.

Truth: Medicare covers eight smoking cessation counseling sessions every 12 months at no cost to individuals as long they visit a Medicare-participating provider. In addition, Medicare Part D and many Medicare Advantage plans with prescription drug coverage will cover medications that can help with nicotine withdrawal, providing extra help to battle cravings. There are also many phone and online resources free to individuals ready to stop smoking or quit tobacco use.

The Bottom Line

Research not only shows that people can still reap health benefits when they quit later in life, but also that once an older person has made up their mind to quit, they have a good chance of success.

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Avoiding Mosquito Bites a Matter of Health

There is a confirmed incident of West Nile Virus in an individual in Porterville, and the Tulare County Health & Human Services Agency, Delta Vector Control District, and Tulare Mosquito Abatement District are warning all Tulare County communities to be vigilant against mosquito bites, as they may cause St. Louis Encephalitis Virus or West Nile Virus.

Mosquito samplings across Tulare County have resulted in higher positive samples of the St. Louis Encephalitis Virus (SLEV) than in past years.

Tulare Mosquito Abatement District sampling has resulted in 19 positive mosquito samples (containing between 10 and 50 female mosquitoes, capable of transmitting SLEV or WNV) this year for SLEV, whereas there were only three positive samples last year at the same time. In comparison, this year there have only been five positive samples of West Nile Virus (WNV), whereas last year there were 46.

The Delta Vector Control District, which serves most of Northern Tulare County, has had 77 positive mosquito samples for SLEV this year and 23 positive for WNV, out of 2,935 mosquito samples tested. At this time in 2017, they had 14 positive samples for SLEV and 514 positive for WNV, out of 2,353 samples tested. Both SLEV and WNV are illnesses caused by mosquito bites. People should take precautions to prevent being bitten by mosquitoes and report any incidence of mosquito presence.

Symptoms of SLEV and WNV can vary:

- West Nile Virus (WNV) - Although most individuals will experience minimal or no effects from WNV, symptoms

include fever, headache, body aches, skin rash and swollen lymph nodes, while more severe symptoms include disorientation, coma, tremors, convulsions and paralysis. If you experience symptoms three to 14 days after being bitten, contact your local physician.

- St. Louis Encephalitis Virus (SLEV) - SLEV is transmitted through the bite of an infected mosquito, and most people have no symptoms or only mild, flu-like illness. However, especially in the elderly, SLEV can cause serious illness that affects the central nervous system. If you experience symptoms five to 15 days after being bitten, contact your physician.

To reduce the risk of being bitten by mosquitoes, Tulare County residents are strongly urged to report mosquito presence (anonymously, if you like) by calling the Delta Vector Control District, toll-free, at 1-877-732-8606, or by reporting online at www.DeltaVCD.com, or on its Facebook (DeltaVectorControlDistrict), Twitter (@DeltaVCD) or Instagram (@DeltaVCD) accounts. For information about the Tulare District, call (559) 686-6628.

- Apply insect repellents that contain DEET, picaridin, oil of lemon eucalyptus, or IR3535 according to label instructions, especially in the early morning and evening.
- Wear long-sleeved shirts and pants if outside in the early morning and evening.
- Make sure that doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens that have holes.
- Eliminate standing water and containers that can hold water from around the home and yard.



People get infected by breathing in spores present in dust that get into the air when it is windy or when soil is disturbed.

Valley Fever Cases Increase

Valley Fever numbers in Tulare County increased to 275 confirmed cases in 2017, according to California Department of Public Health data, which indicate a continuing increase from an average of 123 cases annually for 2011-2015 and 212 confirmed cases in 2016 - a 96.7% increase over the previous average.

The 2017 number is an increase of 14.6% over the 2016 cases and a 125% increase over the 2011-2015 average. Dry weather conditions and blowing dust may be contributing to the increase and cases often increase in August and throughout the autumn months.

Valley Fever is a fungal infection caused by breathing the coccidioides organism, a fungus, into the lungs, where the spores reproduce. The fungi spores are commonly found in soil and grow as a mold with long filaments that break off into airborne spores. The spores can be stirred into the air by anything that disrupts the dry soil, such as gardening, farming, construction and the wind.

Symptoms of Valley Fever include fever, chest pain and coughing that mimics pneumonia, fatigue, chills, night sweats, joint aches, and a red spotty rash, mostly on the lower legs. If the initial infection does not completely resolve, it can progress to a chronic form of pneumonia that includes weight loss, cough with chest pain, nodules in the lungs, and blood-tinged sputum. In a severe infection, the disease can spread to other parts of the body.

If you have the symptoms of

Valley Fever, contact your primary care physician right away or visit one of Tulare County's local clinics to ask about your symptoms. They may order a blood test, a chest x-ray, or other tests to help diagnose Valley Fever.

Mild cases of Valley Fever can go unnoticed and may resolve on their own. For severe cases, medications are needed to treat the underlying infection. Individuals over 60 years of age, those with weakened immune systems, women who are pregnant, and African American, Filipino, Native American or Hispanic individuals are at greater risk.

To reduce your risk of getting Valley Fever, stay inside when it is windy outside and the air is dusty, especially during dust storms. In dusty conditions, use the "recirculating" option for your vehicle air conditioning and keep windows closed. If you must be outside in dusty air, wear an N95 mask or respirator, if your doctor says it is safe for you to do so.

N95 masks are available at drug and hardware stores, and the U.S. Centers for Disease Control and Prevention instruction video can assist with proper fitting (www.youtube.com/watch?v=0d_RaKdqeck&feature=player_embedded).

Other options that can reduce your risk include wetting down soil before gardening or other soil-disturbing activities to reduce dust, and covering open dirt areas around your home with grass, plants or other ground cover. Wash clothing immediately after working or playing in dusty soil.

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Entertainment & Leisure



"The Cool Kids" stars (l-r): Vicki Lawrence, Leslie Jordan, Martin Mull and David Alan Grier.

Fox Network's 'The Cool Kids' Stars Four Veteran Comedians

"The Cool Kids" is Fox Network's new comedy about a rowdy, rag-tag group of friends living in a retirement community who are willing to break every rule in order to have fun.

What unites them is their shared belief that growing old with dignity is for chumps. These self-proclaimed "cool kids" are determined to make the third act of their lives the craziest one yet.

The show stars Tony Award nominee David Alan Grier ("The Carmichael Show," "In Living Color"), Emmy Award nominee Martin Mull ("Veep," "Roseanne"), Emmy Award winner Vicki Lawrence ("Mama's Family," "The Carol Burnett Show") and Emmy Award winner Leslie Jordan ("Will and Grace," "American Horror Story").

Hank (Grier) is the lead-

er of this motley crew, a gruff, opinionated, 21st century Archie Bunker who will go to any lengths to have a good time. His loyal, but less than helpful, friends include Charlie (Mull), a bumbling wanderer who constantly goes off on tangents about some bizarre, barely believable episode from his life; and Sid (Jordan), a fun-loving hedonist with a flair for the melodramatic. Complicating matters is Margaret (Lawrence), a brash, confident woman who forces her way into their group and refuses to leave because she's not going to take crap from anyone - especially not these three.

"The Cool Kids" is produced by 20th Century Fox Television, in association with FX Productions and 3 Arts Entertainment.

Visalia Parks & Rec Offers Fall, Winter Sports for 50+ Athletes

The Visalia Parks and Recreation Department is offering new fall and winter sports leagues for athletes age 50 and better: men's 50+ basketball and men's 50+ softball.

"We are excited to offer these new sports leagues and hope to encourage those age 50 and better to get out and play the sports they love in a fun and social environment, all while continuing to stay fit and healthy," said Freddy Arias, recreation supervisor for Visalia Parks & Recreation. "This is also a great opportunity for senior athletes to practice and get prepared for the upcoming 2019 Visalia Senior Games."

Athletes can get back into their game with the Visalia Parks & Recreation Department's 4-on-4 mens fall basketball league. This league offers novice through advanced divisions for players at all skill levels.

The basketball registration deadline is 5 p.m. on Friday, September 7. League starts on Thursday, September 17, with games on Wednesday and Thursday evenings. The cost is \$325 per team.

The Visalia Parks & Recreation Department men's winter softball program offers an excellent recreational opportunity for adults to socialize and get a little exercise. City of Visalia leagues are organized and administered by professional staff with expertise in league formation and maintaining competitive divisions.



Officials are certified through the Amateur Softball Association of America (ASA) certification program.

The softball registration deadline is Friday, December 7 by 5 p.m. League starts on Thursday, December 20, and games are played on Thursday and Friday evenings. The cost is \$350 per team.

Register online for either league at www.liveandplayvisalia.com or in person at the Anthony Community Center (345 N. Jacob St. in Visalia). Sports league registration will only be accepted with a completed roster and full payment. Team registration packets are available now.

For more information, call (559) 713-4365 or email recreation@visalia.city.

Visalia Mighty Oak Chorus Announces Event... and Welcomes Female Singers

The Visalia Mighty Oak Chorus will host its "Western Round-Up" Barbeque fundraiser at 5 p.m. on Saturday, October 6, at Ritchie Barn in Ivanhoe. The award-winning, non-profit all-male chorus was founded 37 years ago by the Visalia Unified Adult School to provide musical entertainment throughout the Tulare and Kings County area.

For the first time, the chorus is welcoming female singers into the Visalia Chapter of the International Barbershop Harmony Society. With over 80,000 members in more than ten countries, this new world-wide campaign is called "Everyone in Harmony."

"For this expansion, we will need new music, new costumes and new marketing funds," said chorus member Lee Smith.

"We will continue to provide music scholarships for Youth Harmony Camps," he added. "We also offer free music to our Tulare and Kings County high school chorus directors and training for music educators in our unique 'barbershop quar-

ter style' singing."

The Visalia Mighty Oak Chorus and its quartets sing a wide range of songs from Broadway, popular movie themes, and some of radio's biggest hits.

"Every spring, our chorus puts on a fun-filled two-hour musical show at the CVC Theatre in Visalia," said Smith. "During the year, we also perform at various community events such as the Symphony Concert in the Park, the Kings Fair, the Kingsburg Band Concert, the Springville Summer Concert Series and Christmas Caroling for senior citizens centers.

The group's "Western Round-Up" Barbeque features a complete tri-tip barbeque dinner, a silent auction, a country music band, and chorus and quartet singers. The \$20 admission will help support the chorus' new expansion to add female voices.

For tickets or information, call Bud Case at (559) 901-4615 or Dee Baughman at (559) 280-5715, or visit visaliamightyoakchorus.org.

VISALIA PARKS & RECREATION PROUDLY PRESENTS

Senior Center Fall Open House

The Visalia Parks and Recreation Department would like to invite you to our annual
Fall Open House!

Wednesday, September 12th
10:00AM - 1:00PM

This event connects families, care-givers and seniors to local resources. Entertainment, lunch, raffles and more will make this Groovy Open House one you won't want to miss!

Lunch tickets are \$5, purchase yours today!

Dig out those tie-dye shirts and bottoms!
Mark your calendar and get ready for a groovy good time!



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Calendar

September 3, 5, 10, 12, 17, 19, 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.

September 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.

Tuesday, September 4 - Brain Fitness for Seniors

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.

Wednesday, September 5, 19 - Blood Pressure Screening

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

Thursday, September 6, 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 or more information, call (559) 802-1990.

Friday, September 7 - Grandparents Day Luncheon

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

September 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, September 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 "Weight Loss and Yoga."

Saturday, September 8 - An Evening at the Races

Tulare County Association of Realtors will host this fundraiser for the Walk to End Alzheimer's and Boys and Girls Clubs, featuring event entry, buffet dinner and live entertainment, at Koetzier Ranch, 8230 Avenue 272, Visalia, from 5-11 p.m. Tickets are \$50. For more information, call (559) 627-1776.

Wednesday, September 12 - Visalia Senior Center Fall Open House

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this annual event. (See article on page 1.)

Thursday, September 13 - "What's Next? Preparing for and Handling Life's Transitions"

Gateway Church, 1100 S. Sowell St., Visalia, will host this presentation by H. Norm Wright. (See article on page 10.)

Monday, September 17 - Western Day

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

Friday, September 21 - Senior Day in the Park

Kings County Commission on Aging will host this event from 9 a.m. to 2 p.m. in Burris Park, 6500 Clinton Way in Hanford. (See article on page 2.)

Friday, September 21 - Music 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.

Wednesday, September 26 - Free Outdoor Concert & Open House

The Hanford Parks and Recreation Department will host this event, featuring a two-hour concert by Rollin West Country Rock Band and a free pancake breakfast, from 9-11 a.m. at Longfield Community Center, 560 S. Douthy St., Hanford. For more info, call (559) 362-3212.

Thursday, September 27 - Tales from the Tomb

McKellar Farms will present this 5:30 p.m. event at Visalia Public Cemetery, 1300 W. Goshen, Visalia. Call (559) 734-6181 for more information.

Saturday, September 29 - Second Annual Moo Mile & 5K Run/Walk

This event, which starts at Tulare Public Library at 7:30 a.m., is a fundraiser for the Meals on Wheels program at Tulare Senior Center. For more information, call (559) 685-2330.



THE 7TH ANNUAL TRUNK-OR-TREAT

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Prestige Assisted Living at Visalia
3120 W Caldwell Ave

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Includes Entry, BBQ lunch, & Drinks
Prizes for 1st, 2nd, & 3rd
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More Calendar

October 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 - Community Bingo

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

October 2, 4, 9, 11, 16, 18, 23, 25, 30 - Healing Hearts Walks

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

Tuesday, October 2 - Identity Theft and Senior Fraud

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.

Wednesday, October 3, 17 - Blood Pressure Screening

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

Friday, October 5 - World Series Luncheon

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

October 5, 12, 19, 26 - Senior Dance

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

Saturday, October 6 - "Western Round-Up" Barbeque

The Visalia Mighty Oak Chorus will host this fundraiser at Ritchie Barn in Ivanhoe. (See article on page 7.)

October 11-13 - Fall Yard Sale

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

Saturday, October 13 - Walk to End Alzheimer's

This event starts early in the morning at Mooney Grove Park in Visalia. To sign up or to sponsor a walker, call Chairperson Bob Patel at (559) 300-9101 or visit <https://act.alz.org/visalia2018>. (See article on page 1.)

Thursday, October 18, 25 - 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 or more information, call (559) 802-1990.

Friday, October 19 - Puppypalooza!

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

Saturday, October 20 - Trunk or Treat Show

Prestige Assisted Living will host this event from 11 a.m. to 2 p.m. at 3120 W. Caldwell Ave., Visalia. For more information, call (559) 735-0828.

Saturday, October 20 - Tales from the Tomb

Tulare County Historical Society will present this event from 10 a.m. to 1 p.m. at Visalia Public Cemetery, 1300 W. Goshen, Visalia. Call (559) 732-2581 for more information.

Saturday, October 20 - Fall Carnival

Hanford Post Acute will host this event, featuring a live band, a petting zoo, carnival games, crafts, prizes, a pumpkin carving contest and food booths, at its facilities at 1007 W. Lacey Blvd. in Hanford from 4-7 p.m. Call (559) 582-2871 for more information.

Sunday, October 21 - 7th Annual Pink Tea

The Kaweah Delta Health Care District will host this Moroccan-themed event at the Visalia

Convention Center. (For more information, see page 3.)

Thursday, October 25 - Ladies Autumn Brunch

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 9:30 to 11 a.m. The cost is \$15. For reservations or more information, call (559) 713-4481.

Saturday, October 27 - 7th Annual Trunk-or-Treat Classic Car Show

Westgate Gardens will host this annual event, featuring a free lunch, a raffle and live entertainment, from 10 a.m. to 2 p.m., at 4525 W. Tulare Ave., Visalia. For more info, call (559) 240-1069.

Monday, October 29 - Afternoon at the Movies

Aging in Community - Three Rivers will present a movie (to be announced), at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Drive in Three Rivers. The event is free and free popcorn and lemonade will be available. For reservations or for information about the Senior Lunch Special

at noon, call (559) 465-4666.

Wednesday, October 31 - Halloween Luncheon

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


Wednesday, October 31 - Halloween Bash

This event, sponsored by Family HealthCare Network and Altura Centers for Health, 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.

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.

Venture presents Author & Lecturer




H. Norm Wright

"What's Next? Preparing for and Handling Life's Transitions"

FREE presentation
Gateway Church
1100 S Sowell St, Visalia
Thursday, Sept 13, 10:30 a.m.

Are YOU ready to handle life's next transition?
H. Norm Wright has written more than 70 books, and is a nationally renowned lecturer on crisis intervention, marriage and aging. His insight and engaging delivery has helped thousands.

A catered lunch will immediately follow the lecture, and is available for \$13 per person. To RSVP for the lunch, call 732-4787 no later than Monday, Sept 10.





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Proposition 5...

(continued from page 1)

that extending the benefits of Proposition 13 from 1978 will result in significant tax losses, a burden that would have to be made up by others.

White argues that these critics are only looking at tax losses in the county where someone 55 or older moves. "They're not in any way taking into account the property that you sold and the fact that the people who purchase your home are going to be paying taxes based on their purchase."

Does this mean that tax revenues should be the same if Proposition passes?

"It's a little better than a wash," predicts White, who believes that if passed, this proposition would result in an additional 44,000 home sales a year.

"It depends how many people are moving to a certain area," said Brett Taylor, CEO of the Tulare County Association of Realtors. "If everyone (55 and over) moved to Visalia, it would hurt Visalia."

Since many locals tend to move to the Central Coast to retire, however, Visalia should be in a position to benefit from Proposition 5.

People planning to buy their first home would benefit from Proposition 5, once they become 55, according to White.

"Let's say you purchase a



home now and years from now, you want to move to downsize, or be closer to family or health-care, when Proposition 5 passes, this will allow you to take your tax base with you to another property," he said.

It should be noted that Proposition 5 only provides benefits for property values up to the market value of your current home. If you sell your home, which was originally assessed at \$75,000, for \$500,000, and you buy a home for \$800,000, Proposition 5 will only give you the same assessment on \$500,000 of the value of your new home. There will be no reduction in property taxes for the remaining \$300,000.

CAR members were each assessed \$100 to get the Property Tax Transfer Initiative on the November ballot because it is definitely good for realtors. You need to decide whether it is also good for you.

Author H. Norman Wright to Address Life's Transitions at Gateway Church

Best-selling author H. Norman Wright will present a free community lecture at 10:30 a.m. on Thursday, September 13 at Gateway Church, 100 S. Sowell, Visalia, where the nationally-known speaker will be hosted by the church's Venture group.

Wright, who's presentation is entitled "What's Next? Preparing for and Handling Life's Transitions," has written more than 80 books including *Experiencing Grief*, *The New Guide to Crisis and Trauma Counseling*, and *Recovering from the Losses of Life*.

"Transitions are a part of life," said Steve Hopper, associate minister at Gateway Church. "Some are predictable, and you can see them coming, while others are unexpected. As you look at what might be ahead in the next five years, even the next 15 or 20, there's one fact you absolutely can count on, life will change."

Wright is a licensed marriage and family therapist, as well as a certified trauma specialist. He is on the faculty of Talbot Graduate School of Theology, taught at Biola University, and conducts seminars on many subjects, including marriage enrichment, parenting, and grief recovery. He holds degrees from Westmont Col-



Author H. Norman Wright

lege, Fuller Theological Seminary, Pepperdine University and Phoenix Seminary, in addition to two honorary doctorates. His current focus is on crisis and trauma counseling and critical incident debriefings within the wider community.

While the speaker event is free to attend, there will also be a catered lunch for \$13 following the event. RSVPs for the lunch are requested by calling the church at (559) 732-4787 no later than Monday, September 10. The Venture group at Gateway Church is for adults ages 55 and over and meets on Thursdays at 10 a.m.

Visalia Senior Center Offers New Wednesday Breakfast Program

The Visalia Senior Center knows many folks are early risers and are looking for a great way to start their day.

What better way to start the day than by spending the morning sipping on a steaming cup of Joe and talking with good friends and eating a fresh, delicious breakfast? Which is why the Visalia Senior Center is now offering its Breakfast with Friends program every Wednesday morning at the senior center, located at 310 N. Locust St. in Visalia.

"Our Breakfast with Friends program is the perfect way for older adults to come together for good food, conversation and coffee at a very affordable price," said Eric Ferreira, recreation supervisor for the City of Visalia.

The program started this summer and already has a loyal following of fans who come out each and every Wednesday morning to enjoy such



tasty dishes as eggs benedict, homemade waffles and sausage, Denver omelettes, breakfast burritos, biscuits and gravy, fresh fruit and, of course, hot delicious coffee.

Breakfast is served every Wednesday morning from 7:30 to 9 a.m. at the senior center. The cost is \$4 per meal for guests 55 years and older, or \$5 per meal for guests under 55 years of age.

For menu information or to reserve a breakfast, call the Visalia Senior Center by noon on the day before at (559) 713-4481. An online menu is available at www.liveandplayvisalia.com.

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Next Issue:
November/December 2018
Advertising & Editorial Deadline:
Friday, October 19, 2018



Bravo Lake (circa 1912)

Woodlake – Home of the Sapphire Gem

When Grace Canan Pogue wrote *Within the Magic Circle*, she started her Woodlake history book with this poem:

*Girt 'round by rugged mountains,
The Woodlake Valley lies,
The lake, a gem of sapphire,
Set in hills of emerald hue.*

She clearly loved the Woodlake area and obviously had a special fondness for the body of water found there. She called it a “gem of sapphire,” and she wasn’t the only one impressed with Bravo Lake.

A wealthy Los Angeles real estate investor named Gilbert F. Stevenson discovered this area within the “magic circle” in the early 20th century and he fell in love with it, too. He thought the foothills gave the land a scenic backdrop and found the soil to be perfect for growing crops, especially citrus. But one feature he found extraordinarily appealing was the 300-acre Bravo Lake.

In 1910, Stevenson followed his heart and bought thousands of acres of Woodlake Valley land and began planning the development of his purchase.

His dreams for the land were as big as his bank account. He planted citrus on his newly created Sentinel Butte Ranch and in 1912, the town of Woodlake was created. He constructed buildings, dug wells on the town site, and laid

out streets, sewer lines and water mains.

Within a year there were retail stores, two schools, two churches, a telephone company and a bank. His Woodlake Townsite Company boasted that it was “the fastest growing town in Central California.”

Once the town’s infrastructure was in place, Stevenson turned his attention to the recreation of Bravo Lake which was going to be the centerpiece. The natural body of water had a long history and the community latched on to the story of how it got its name.

The story goes that in the mid-19th century, Thomas Fowler and Swamp John Asbil were having a prolonged fistfight on the lake shore, and the Native Americans, some say Mexican vaqueros, watched and shouted “Bravo, Bravo” in delight. After the brawl, the two men cleaned up using water from the lake and it took on the name Bravo Lake.

Stevenson relished the uniqueness of having a lake in the valley town and aggressively began planning his resort. He built a 40-foot-wide levee that defined the lake boundaries and allowed the depth of the lake to be increased. A deeper lake meant better fishing, boating and swimming.

His plan also included building three islands in the lake, all connected by bridges. The islands would comprise

Dusting Off History
with Terry Ommen



about seven acres of land on which would be built bath and boat houses, dancing pavilions and cafes. A narrow gauge railroad was planned around the lake, allowing visitors to take leisurely excursions around the three-mile route. Motorboat launches were also in the works. Landscaping was planned and a park would be built.

His glorious vision never made it to the lake. However, reportedly he did purchase three excursion boats, one a 10-person vehicle called the Ozeta, and rides were given for 10 cents. His fleet was jokingly called “Stevenson’s Navy.”

Stevenson spent considerable money on his Woodlake and Bravo Lake venture, but it was complicated by legal problems. The entrepreneur continued to invest in other projects beyond Woodlake and some say he became “spread too thin.”

The father of Woodlake never got to see his dream fully realized. His financial house came crashing down with help

from the Great Depression. However, Woodlake survived and the town harbored no hard feelings toward Stevenson. In his *Woodlake Echo* obituary on March 25, 1938, he was called “perhaps the truly greatest [man] to walk through Woodlake.”

Despite his unfinished dream, Bravo Lake, owned by the Wutchumna Water Company and leased by the city, remains an important feature in Woodlake’s landscape. This sapphire gem is open to the public, so go by and take a look.

By the way, the nearby Woodlake Botanical Garden/Bravo Lake Botanical Garden is also well worth the visit. Go to www.tularecountytreasurers.org for more information.

I encourage local history fans, to pick up a copy of *Within the Magic Circle, A Story of Woodlake Valley* by Grace Pogue and *Images of America – Woodlake* by Marsha Ingrao. Both will be nice additions to your local history library.

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