

IN THIS ISSUE: Senior Day in the Park Scheduled, Senior Crash Test Dummies, Hepatitis C, and When a Senior Loved One Wanders Away

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume IV, Number 2 • March/April 2017



The 5K/10K race was one of the highlights of the first Visalia Senior Games.

## Athletes to Gather in Visalia for the 2017 Senior Games

The 2017 Visalia Senior Games, the Central Valley's only senior games, will be held at various locations in Visalia on March 16-19 and 24-26.

Nearly 160 athletes are already registered for the 2017 games, and many more are expected to register before the March 3rd deadline.

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

The youngest athlete registered is 51 years of age, the oldest is 84. Registrants are from as far north as Citrus Heights, and as far south as Oceanside.

"We are very excited to bring the Visalia Senior Games back to the Central Valley and to the City of Visalia," said Jeannie Greenwood, director of the City of Visalia Parks and Recreation Department. "We look forward to hosting hundreds of athletes from throughout the state."

The organizing committee needs a few more volunteers to assist with athletic events and socials. Volunteers are needed for: putting together athletes' welcome packets, the Texas Hold'Em Tournament and other social events, and with the competitions in archery, bowling, disc golf, golf, horseshoes, soccer, table tennis, tennis, volleyball, the 5K/10K Road Race, other track & field events, trap shoot, and swimming.

No previous experience is required to sign-up to volunteer. Volunteers don't even have to be sports fans to sign-

up, but the minimum age to volunteer is 16. Volunteering for the Visalia Senior Games can fulfill school community service requirements.

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

For more information about competing or becoming a volunteer, visit [www.visaliaseniorgames.com](http://www.visaliaseniorgames.com), or contact the Visalia Parks and Recreation Department at (559) 713-4395 or [recreation@visalia.city](mailto:recreation@visalia.city). The website has a registration form, rules for each event, and photos and results from the 2015 Visalia Senior Games.

Those interested in volunteering can also call Laurissa Roggenkamp, volunteer coordinator, at (559) 713-4365.

The Annual Visalia Parks & Recreation Department's Visalia Senior Center Spring Open House will be held at the Visalia Senior Center, 310 N. Locust Street in Visalia, on Wednesday, April 5 from 10 a.m. to 2 p.m. Admission is free.

The Open House is geared to the 50 and better community in and around Visalia. Caretakers are also encouraged to attend.

More than 50 vendors will provide programs and service information for the 50+ population.

## Farmersville City Council Decides CDBG Senior Services Programs

By Steve Pastis

On January 23, the Farmersville City Council decided how to use the \$150,000 Community Development Block Grant (CDBG) the city was awarded to help pay for senior services over the next two years.

Although the city already has a senior center, seniors there wanted nothing to do with the grant money because it meant allowing CSET (Community Services Employment Training) to run their center and serve pre-packaged meals instead of the home-cooked meals they currently enjoy.

The approved agreement will allow CSET to offer services through the Farmersville Community Center. Services will include: a lunch program providing well balanced meals and diabetes management support; shelter for seniors from extreme summertime heat; and social interaction to combat and prevent senior clinical depression through art programs, quilting and computer classes.

Nutrition programs and other services are CSET's main goals, according to Albert Cendejas, CSET's assistant director for community initiatives. "That's what we're there for," he said, "to support our seniors."

CSET, which has been serving Tulare County for more than 40 years, was approached by the city to handle the complex



The City of Farmersville will run its new grant-funded senior programs through the Farmersville Community Center.

sub-recipient agreement part of the CDBG grant.

The city council's decision was not unanimous, however. Council Member Leonel Benavides voted against the agreement.

"The money we got from the grant was originally for the senior center," he said. "The money wasn't meant to go to other centers. How (is the Farmersville Senior Center) going to survive?"

"I hope that seniors at the (senior) center will see that it adds to what seniors in the community can benefit from," said Mayor Paul Boyer before the decision. "For whatever reason, they're not all taking advantage of the senior center now."

## Visalia Senior Center Spring Open House Set for April 5

The event will also feature door and raffle prizes, as well as live entertainment.

Tickets for the BBQ lunch are available at the Visalia Senior Center for \$5.

Vendor booth applications are now being accepted.

For more information about the event or to become a vendor, call the Visalia Senior Cen-



The Spring Open House attracts those 50+ from throughout the area.

ter weekdays between 10 a.m. and 4 p.m. at (559) 713-4381.



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Want to speed up the processing of your claim? The VA has implemented the Fully Developed Claims (FDC) Process, which has significantly decreased the time it takes to process these claims. On average, it only takes about four months now.

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Our office will assist veterans in completing the FDC forms and submit them to the VA on their behalf. I want to stress that in order to use this claims process, the VA must not require any further development other than the possibility of ordering a Compensation and Pension exam on your behalf.

Also, if a veteran files a claim under the FDC process and comes into our office (or talks to the VA directly) to add to the original claim, the claim will no longer qualify under the FDC program and will revert to the traditional claims process, thereby extending the VA's timeline.

Should you have any questions or wish to complete a claim for benefits from the Department of Veterans Affairs, feel free to contact our office and let us assist you.

*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 3350 W. Mineral King Ave., Visalia; by phone at (559) 713-2880; or by email at KCruicks@tularehhsa.org*

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**Tulare Senior Center News**

Submitted by Lorraine Zorn, City of Tulare Parks & Recreation

**Chukchansi Day Trip - Sign Up Now!**

The seats are filling up fast - come in and register for a fun trip to Chukchansi Casino! Registrations are now being taken for Thursday, March 16. Please stop by the Tulare Senior Center at 201 North F Street to reserve your space. The cost for this fabulous day of fun is \$20. Upon arrival, every passenger will receive a credit for \$10 free play and a \$5 food credit. Adults, 21 and over, must have a valid photo ID. For more information call (559) 685-2330.

**Tulare Senior Softball Tournament Returns!**

Players in the Senior Softball League, which has been together since 1994, wanted to see the senior softball tournament come back this year. The tournament was held from 2000 to 2009 and each year it helped raise money for the Meals on Wheels Program. We will be restarting this fundraising campaign again and host the tournament on March 25-26 at Prosperity Sport Park. Games start 8 a.m. The divisions are 50, 55, 60 and 65, and women's. Sponsors for the tournament are: Big Brand Tire & Service, Rosa Brothers Milk Company and Best Wester Town & Country Lodge. If you do not have a softball team to enter into the tournament but would still like to donate and be a sponsor of the Tulare Senior Softball Tournament, please make a \$100, tax deductible, check to Tulare Senior Services. For more information, ask for Lorraine at (559) 685-2330.

**1st Annual Moo Mile & 5K Fundraiser for Meals on Wheels**

The Tulare Senior Community Center will host its first Annual Moo Mile & 5K Run/Walk, September 30 at 7:30 a.m. at Zumwalt Park. Sponsors are: Top O' the Morn Farms, Altura Centers for Health, Family Healthcare, J. D. Heiskell & Co., Land O Lakes, Rescom Pest Control, Tucoemas Federal Credit Union, Curtimade Dairy, Fernjo Farms, and Terra Linda Dairy.

The Moo Mile offers you:

An opportunity to help donate to the Tulare Meals on Wheels - the fee is a low \$15 and you can walk the Moo Mile Course! But if you are looking to win that 2017 Champion Moo Mile t-shirt - only two will be made - one for the Fastest Female Finisher and one for the Fastest Male Finisher!

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A Moo Mile Finisher commemorative tag,

Goodie Bag (If registered by Sept. 9), and

Free mini-carnival & refreshments will be held after run/walk.

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**The Good Life**

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Former McFarland Coach Jim White provides the keynote address.

Heart of Seniors Event Packs Wyndham Ballroom

The fourth annual Heart of Seniors "Spectacular Resource Event" Luncheon, hosted by the Senior Coalition, filled the ballroom of the Wyndham Hotel in Visalia on February 16.

The event, which included a vital resource fair with vendors, a fashion show and a lunch, featured keynote speaker Jim White, the track coach portrayed by Kevin Costner in the movie "McFarland, USA." White talked about his years of coaching and provided some behind-the-scenes insight into the movie.

"They took a lot of liberties," said White, "but they were good ones. I didn't get fired twice and I never taught in Boise, Idaho."

He said that since the film was released, the town of McFarland has had visitors from countries such as Argentina, Honduras, Japan, China and Spain.

White also shared his philosophy on life. "Life is like a rowboat," he said. "If you don't keep rowing, you're going to drift."

Because of the continued success of his high school track teams, White said his school was moved up to compete against larger schools in division 1. He was told that the decision was made to "let somebody else win."

His response was, "Let somebody else work harder than we do."

This year's Heart of Seniors event was sponsored by Kaweah Delta Home Care Services, Amdal, Dinuba Healthcare, Kast & Company, Humana, Optimal Health Services, The Providence Group, Redwood Springs and Westgate Gardens Care Center.



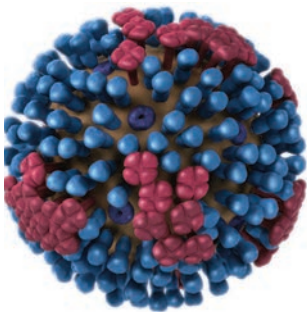
Model Jessie Tuttle and her escort from American Ambulance are about to stroll the runway at the fashion show as emcee Kathleen Remillard looks on.

First Flu Fatality in Tulare County

A Tulare County resident has died from an influenza-related infection. Flu numbers have increased and because the flu can have serious, life threatening effects, including death, everyone should protect themselves and others from contraction and spread of the virus by getting vaccinated.

"With great regret, I must inform the community of this death from influenza," said Dr. Karen Haight, Tulare County health officer. "Public health is

which vary depending on age: Adults may experience shortness of breath, difficulty breathing, abdominal pain, dizziness, confusion, vomiting, and dehydration. Children may experience hyperventilation or difficulty breathing, vomiting, dehydration, lethargy, irritability and restlessness. Infants may experience a decreased appetite and dehydration. Fever returning after the illness has resolved indicates a need for medical care.



our first priority and so I'm strongly encouraging community members to get vaccinated and help prevent the spread of flu."

In order to prevent contraction or spread of the flu:

Get vaccinated every year,  
Avoid contact with sick individuals, and stay home when you have symptoms of the flu,  
Wash your hands often with soap and water, or an antibacterial hand rub,  
Use medications as instructed,  
Cover your mouth when coughing or sneezing, and  
Avoid touching your eyes, nose and mouth.

Dr. Haight notes the importance of contacting a doctor immediately when you see signs of serious illness, some of

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

Everyone over six months of age should receive the flu vaccination, which is available at physicians' offices, local clinics and pharmacies. Tulare County Health & Human Services Agency's (HHS) immunization program also provides the vaccine.

Log on to [www.tchhsa.org](http://www.tchhsa.org) (under "Health and Wellbeing") or [www.flu.gov](http://www.flu.gov), or call (559) 685-5725 for more information.



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Crash test dummies at Humanetics represent different age group and body size demographics, including the latest obese dummy (red) and elderly dummy (yellow). (Photo courtesy Business Wire)

## Elderly Crash Test Dummies Help Protect Senior Drivers

Humanetics Designs has created an elderly crash test dummy to better protect senior drivers.

Developments over the past decades have resulted in very advanced dummies like THOR and WorldSID for frontal and side impact applications. Like their predecessors however, these dummies were still based on anthropometry of what was considered a “healthy, average” adult mid-size male and small female population in the 1970’s.

Over the past few decades however, the driving population has changed significantly in age and weight. As lifestyles and medical advancement evolve with time, industrialized world baby boomers are now 65 and older and often overweight, and are still driving and leading active lifestyles.

There were more than 40 million licensed drivers aged 65 and older in the United States in 2015, according to the U.S. Department of Transportation. This represents 18.4% - or nearly one in every five drivers - on the American roads. In 2014, more than 5,700 older adults were killed and more than 236,000 were treated in emergency rooms for motor vehicle crash injuries. This amounts to 16 older adults killed and 648 injured in crashes on average every day.

It should not come as a surprise that anatomically, an elderly person is built very differently compared to someone younger, and therefore will likely sustain very different injuries during a crash. In response, Humanetics has embarked on a

project to realize an ATD design to reflect the anthropometry of an elderly 70 year old small female driver by using research conducted by ICAM (International Center for Automotive Medicine) and UMTRI (University of Michigan Transportation Research Institute). Using this data, coupled with a newly designed organ system concept, the Elderly ATD will allow more precise measurements of internal injuries sustained in automotive accidents for this specific occupant group.

“As the demographics of the driving population continues to evolve, our crash test dummies and the test equipment that we design and manufacture must continue to evolve at the same rate,” explained Christopher J. O’Connor, president and CEO of Humanetics. “Let’s not forget the more vulnerable drivers on the road and provide a product that the car manufacturers, government agencies and research groups around the world can use to design and test a safer car for people of all sizes and ages.”

In order to understand the dynamic properties of internal human organs such as the liver and spleen, Humanetics is working closely with ICAM to define anatomical features and verify performance attributes with real-world injury feedback.

“The condition, size and shape of an individual is hugely important in how severe their injuries are in any given crash,” said Michigan Medicine trauma surgeon Stewart Wang, M.D., Ph.D.

Safety-minded consumers  
(continued on page 6)

## What to Do When a Senior Loved One Wanders Away

Virtually all parents have experienced the terror of looking up from what they were doing only to realize their child has wandered off. Your pulse races, your heart pounds and you can’t relax until your child is back in sight.

If you become a caregiver for a parent, grandparent or other loved one with dementia, you may find yourself having the same fear if your loved one begins to exhibit a concerning symptom - getting lost or wandering.

The Alzheimer’s Association says six out of 10 people with Alzheimer’s experience episodes of wandering. The behavior can take many forms, from leaving the house without telling anyone to leaving and then becoming too disoriented to find their way home. Wandering can also occur at night, when a person with Alzheimer’s gets out of bed and wanders inside the house - or more concerning, goes outdoors in the dark.

“Wandering is one of the potentially most dangerous symptoms of dementia,” says Juliet Holt Klinger, senior director of dementia care for Brookdale Senior Living. “The Alzheimer’s Association notes that up to half of those who wander will suffer serious injury, or even die, if not found within 24 hours. It’s important for caregivers to understand why and how wandering happens, when it occurs and what they can do to prevent or minimize occurrences.”

### Why Wandering Occurs

To understand why your loved one may be wandering, look for a pattern, Holt Klinger advises. Does he wander at a particular time of day or night? Is she trying to communicate with you? Do they have an unmet physical or psychological need, like being hungry or thirsty, or feeling lonely? Is an undiagnosed medical problem, such as a urinary tract infection, prompting the person to get out of bed at night?

Sleep patterns change as we age, and those changes can be pronounced and concerning for people with dementia.

### Wandering Safety Tips

Common coping strategies for night-time wandering include:

- Help people living with Alzheimer’s differentiate be-



tween day and night by making sure they’re exposed to plenty of natural light during the day.

- Encourage at least 30 minutes of exercise every day, but not within four hours of bedtime.

- Discourage daytime sleeping by keeping people with Alzheimer’s engaged in meaningful activity.

- Avoid serving alcohol, caffeine or large meals as bedtime approaches.

- Encourage a bathroom visit right before bedtime.

- Avoid screen time (white light) directly prior to bedtime and use amber-colored night lights which do not disrupt REM sleep patterns.

- Practice relaxation methods like a short, light massage, warm bath, hot milk or herb tea, or reading aloud.

- For extreme wandering concerns, consider investing in a monitoring system that will alert you when a loved one gets out of bed at night.

For daytime episodes of wandering, try:

- Hiding car keys. This can prevent loved ones from leaving the house, getting in the car and losing their way.

- Keeping doors locked.

- Equipping doors with an alarm to signal when it is opened. This can be as simple as putting a bell on the door.

- Staving off wandering impulses by taking your loved one for frequent walks outdoors.

- Occupying your loved one with a relatable, doable task that provides a sense of purpose.

“Sometimes, despite your best efforts and precautions, wandering can remain a concern,” Holt Klinger says. “If that happens, it may be time to consider a move to a senior living community that specializes in caring for people with Alzheimer’s and other dementias.”



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# Two-Thirds of Seniors are Victims of Online Scams

Nearly 97% of seniors age 70 and older are using the Internet at least once a week to check email, manage money and keep in touch via social media. All this time online is putting them at risk for scams and hacks, including tax fraud. To help seniors understand potential hazards and how to prevent fraud, Home Instead Senior Care collaborated with the National Cyber Security Alliance to launch a national public education program, Protect Seniors Online, available at [www.ProtectSeniorsOnline.com](http://www.ProtectSeniorsOnline.com).

"We understand the stress seniors feel when they perceive their financial security - and their independence - may be at risk," said Jeff Huber, CEO of Home Instead, Inc., franchisor of the Home Instead Senior Care network. "Unfortunately, we know scammers often target seniors. That's why we're committed to educating and empowering seniors to proactively protect themselves. Implementing simple cybersecurity best practices can go a long way in helping seniors protect sensitive information and reduce their risks online."

A new survey by Home Instead found that two-thirds (67%) of U.S. seniors online have been the victim or target of at least one common online scam or hack. More than one-third (38%) report that someone has tried to scam them online, and 28% of surveyed seniors have mistakenly downloaded a computer virus.



Like younger generations, many seniors are using the Internet to manage their finances, with 41% banking online and more than one-in-four (26%) paying bills online. And nearly one-quarter of seniors (21%) file their taxes online. As seniors' finances move online - coupled with what scammers view as perceived financial security and a trusting nature - seniors are a primary target for scammers. Approximately one in 10 seniors (9%) said they had been a victim of criminals posing as the IRS and demanding immediate payment of taxes.

Michael Kaiser, executive director of the National Cyber Security Alliance, explains that encouraging seniors to protect themselves online can go a long way in protecting sensitive identity and financial information.

"Cybersecurity is about risk reduction. It's difficult to achieve perfect security. But you can help older adults work to make themselves a more difficult target," Kaiser said.

The Protect Seniors Online program offers free resources and tips to help seniors understand how scammers operate, familiarizes themselves with the most common scams targeted at seniors, and provides proactive steps seniors and caregivers can take to protect sensitive information. The resources include the online "Can You Spot an Online Scam?" quiz to test seniors' cyber security knowledge.

According to the National Cyber Security Alliance and the Better Business Bureau, here are five of the hottest cyber scams that older adults need to avoid:

1. Tech support scams: These types of scams can appear as "pop-ups," that show up on computer screens and look like legitimate offers from reputable companies such as Microsoft. They could be selling fake software or asking for remote computer access, or install malware to steal personal and financial information.
2. Tax scams: The tax season provides another window of opportunity for online fraudsters. One IRS scam being perpetrated by email as well as

mail is an official-looking notice CP2000 for the tax year in question. Scam emails may direct that an immediate payment be sent. If you get a notice like this, delete it immediately and call the IRS at 1-800-366-4484. The IRS will never reach out to you by email nor will they call demanding payment. Stay up-to-date on current tax scams at [IRS.gov](http://IRS.gov).

3. Ransomware: This is a malicious software designed to block access to a computer system until a sum of money is paid. Prevent ransomware by ensuring your system has an up-to-date antivirus system. Also, never open suspicious emails from unknown senders, do not download attachments from senders you do not trust or suspicious emails, and avoid clicking on links in suspicious emails.

4. False debt collectors: False debt collection emails often come as official-looking documents and the tone of the emails may be threatening and urgent. Do not respond, open any attachments or click on any links. Delete these emails. If you're concerned about whether you owe money, contact any creditors directly to find out if they sent the emails.

5. Sweepstakes scams: A sweepstakes scam often asks you to pay to receive your prize. Another version of this is a charity scam, asking you to help those in need. Sweepstakes and charities scams prey on emotions, and scam charities may have names similar to real charities. However, they usually cannot provide important documentation of their identity and mission, nor provide proof of tax-deductible contribution. If you believe the charity is legitimate, you can check it out by looking up the number and calling it.

Seniors can test their cybersecurity skills at "Can You Spot an Online Scam?" and view other program resources and tips at [www.ProtectSeniorsOnline.com](http://www.ProtectSeniorsOnline.com).



The audience awaits the start of last year's conference.

## 'Celebrating the Caregiver' Set for March 4

"Celebrating the Caregiver," an educational forum for family caregivers and healthcare professionals, will be held on Saturday, March 4 from 8:30 a.m. to 2 p.m. at People's Church, 7172 N. Cedar Ave. in Fresno. Topics will include Alzheimer's/dementia, and community resources and support. To register or for more information, call Tish Davis at (559) 708-7951 or visit [www.auspicehomecare.com](http://www.auspicehomecare.com).



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Top Hollywood Films Show Disrespect for Seniors

New research finds that characters aged 60 and over continue to be under and misrepresented in Hollywood's most critically acclaimed films. Findings were uncovered through an ongoing partnership between health and well-being company Humana Inc. and the Media, Diversity, & Social Change Initiative at University of Southern California's (USC) Annenberg School for Communication and Journalism. A separate but growing body of evidence exploring ageism suggests there are consequences to stereotypes of aging Americans – including potential negative health impacts.

Led by Dr. Stacy L. Smith, USC's study analyzed 1,256 speaking or named characters in the 25 best picture-nominated films in 2014, 2015 and 2016, to assess the portrayal of characters aged 60 and over. In tandem, Humana analyzed its own quantitative survey data on the attributes considered most important for aging Americans. One theme that emerged from the Humana data was the perceived importance of feeling optimistic, valued or recognized. If seniors aren't accurately portrayed onscreen, might it impact their well-being in real life?

A deeper analysis of the findings shows:

Even in the most critically acclaimed films, aging characters are underrepresented and stereotypically portrayed.

Of 1,256 characters evaluated, only 148 (11.8%) were 60 years of age or older – despite representing 18.5% of the U.S. population, according to the 2010 U.S. Census.

Six of the 14 films that featured a leading or supporting aging character contained ageist comments. Examples of these comments include "mentally feeble, sick old ladies" and "...just sit here and let Alzheimer's run its course" – revealing that even critically acclaimed films misrepresent what it



Quality roles for seniors in top Hollywood movies such as "On Golden Pond," starring Henry Fonda and Katherine Hepburn (pictured above), are more and more scarce these days.

means to be a senior citizen.

There are inherent consequences to these stereotyped portrayals of aging Americans – including not feeling valued as a member of society and a potentially negative impact on health.

Humana's quantitative survey segmented seniors aged 60 and over by those who feel most valued, which was defined as being positively recognized and appreciated by family, friends and society.

Those seniors who felt least valued reported more than twice as many physically unhealthy days and more than three times as many mentally unhealthy days per month as their "most valued" counterparts.

Regardless of their health, most seniors agreed that film industry portrayals of their age group were inaccurate.

"The outcry over the lack of diversity at Hollywood's premier award show has failed to recognize the value of senior voices on screen," said Dr. Stacy L. Smith, director of the Media, Diversity & Social Change

Initiative at USC's Annenberg School of Communication and Journalism. "While 2016 best picture-nominated films are more diverse when it comes to gender and some racial and ethnic groups, ageism is still an accepted form of exclusion in cinematic storytelling."

Dr. Yolangel Hernandez Suarez, vice president and chief medical officer of care delivery at Humana, shared her own thoughts on the subject.

"Clearly, there's more work to be done before we can say precisely how inaccurate media portrayals impact self-image in seniors, from their sense of being valued to their sense of optimism, but what really concerns me as a physician is how a diminished sense of self-worth can, in turn, impact a senior's health," she said. "In our survey, we showed that aging

Americans who report feeling more valued in society tend to have more healthy days. At Humana, we believe aging with optimism contributes to health, and that's why we're committed to reversing societal perceptions and promoting aging with optimism."

Key findings surrounding both studies will be showcased at "Over Sixty, Underestimated: A Look at Aging on the 'Silver' Screen in Best Picture-Nominated Films," a discussion at the University of Southern California on Feb. 16.

The event features both Drs. Hernandez Suarez and Smith, joined by Dr. Caroline Cicero professor at USC Leonard Davis School of Gerontology, and Gary Lucchesi, president of the Producers Guild of America and president of Lakeshore Entertainment.

Crash Test Dummies...

(continued from page 4)

will consider crash test star ratings in the selection of a vehicle, but they might not always understand that the design used in government or consumer testing does not necessarily conform to their own body and/or age group.

Humanetics is also involved in research programs to address similar type of concerns in

other regions of the world. Humanetics collaborates with other safety organizations worldwide to develop products that best reflect the current population, which car manufacturers and restraint suppliers can use as research and design tools to build the safest cars possible for every occupant, regardless of body type and age.



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Exhibitor booths will provide visitors with important information about health and other products and services.

## Senior Day in the Park Planned for Friday, May 12 at Mooney Grove

“Sock Hop” is the theme of the 48th Annual Senior Day in the Park, an annual free event this year organized by CSET (Community Services Employment Training), and sponsored by Kings/Tulare Area Agency on Aging, Tulare County Health & Human Services and others. This year’s event for seniors, their families and caregivers, will be held from 9 a.m. to 2 p.m. on Friday, May 12, at Mooney Grove Park.

The event will feature entertainment, exhibitor booths and



bingo. (More details in our next issue.)

For more information, call Albert Cendejas, CSET’s assistant director for community initiatives, at (559) 741-4628.

## Beware of Medicare Fraud

Every day, Medicare fraud affects people with Medicare and their families across the U.S. - regardless of background - robbing them of hard-earned money and peace of mind.

Scammers know the ins and outs of the Medicare system and their attempts can be well thought-out enough that it’s not always easy to know when and where fraud is occurring.

By remembering some simple but effective tips, you can protect yourself against scams, including identity theft and prescription drug fraud. Remembering to protect, detect and report fraud helps everyone, including you.

### 1. Protect

Protecting your personal information is your best line of defense against health care fraud. Treat Medicare, Medicaid and Social Security numbers like credit card numbers. Never give them to a stranger and don’t carry your cards unless you need them for appointments.

Medicare doesn’t call or visit to sell you anything. Outside of a trusted health care setting, never give this information to anyone who asks for it.

### 2. Detect

No matter how careful you are, you may be targeted for fraud. Always review your Medicare statements closely. Things

to look for include charges for something you didn’t purchase or receive, duplicate charges and charges for services not ordered by your doctor. Compare these documents to your personal records and receipts.

Recording medical visits and procedures in a journal or on a calendar can help you keep track of what happened at each appointment and make it easier to spot inaccuracies.

### 3. Report

If you suspect you’ve been a target of fraud, report it. This can help you and others at risk for fraud. If you have questions about your Medicare statements, call your health care provider.

If you’re uncomfortable calling or are not satisfied with the response, help is available through your local Senior Medicare Patrol (SMP). SMP volunteers work with Medicare beneficiaries and their families and caregivers to stop health care fraud, errors and abuse.

You can also report suspicious calls and direct general questions through this resource. You can find your local SMP program by calling 1-877-808-2468 or at SMPresource.org.

Suspected fraud can also be reported to 1-800-Medicare or by calling 1-800-HHS-TIPS.

## Tulare Senior Center News...

(continued from page 2)

The Moo Mile is a flat and fast one-mile course! The start is at Twin Oaks Assisted Center on M Street. The run/walk is one mile down M Street to Zumwalt Park/Finish. The 5K Run/Walk start and finish are at Zumwalt Park. The run goes north on North N Street until reaching the Santa Fe Trail. The route then goes east on the Santa Fe Trail and continues to Laspina Street. Laspina is the turnaround point and the runners then go back (west) in the opposite direction from which they came and return to Zumwalt Park.

Fee for individual Moo Mile or 5K Run/Walk is \$15 per person (or \$18 after September 9). Online registration (<https://apm.activecommunities.com/tulareparksandrec>) ends on Thursday, Sept. 29 at 4 p.m. Registrations in person or by mail must be received by Sept. 29 at 4 p.m. Our address is Meitzenheimer Community Center, 830 S. Blackstone Ave, Tulare. Packet pick-up is on Thursday, Sept. 29, from 8 a.m. to 4 p.m.

Registration on the day of the race is at 7 a.m.

### Consider a Tax-Deductible Donation to Meals on Wheels

The Tulare Meals on Wheels Program currently serves over 250 meals per week, which adds up to almost 13,000 homes. Donations are accepted in any amount and proceeds go directly to purchasing meals. This program relies on volunteers and donations to keep seniors living independently in their own homes. A donation receipt will be provided to you and we will send a special card to the individual and/or their family, publish the names in our monthly newsletter and the senior column.

### Collette Trips

New Orleans & the Deep South, October 15-22; Double \$2,599, Single \$3,199; Highlights: French Quarter, WWII Museum, Cajun Cooking School, Baton Rouge, Natches, Martin Accordions, Vermilionville, Bayou Cruise. Seats guaranteed until April 15.

### Bingo

The regular Bingo Program is held every Mon. & Wed., 12:30-3:30pm. Cost is 10¢ a game, 25¢ a card. Another great activity for anyone 18 years and older to enjoy socializing and have a wonderful time playing!

### Card Playing

This activity is free and fun for all...every Monday, Wednesday and Friday after lunch!

### Lunches

We serve lunches from 11:30 a.m. to noon, Monday through Friday. Reservations are required. Requested contribution for anyone 60 or older is \$3. Call (559) 685-2330 the business day prior by 12:30 p.m., to make or cancel your reservation.

\$5 for guest under 60 years of age.

The Tulare Senior Community Center is located at 201 North F Street in Tulare. For more information, call (559) 685-2330. Need more information on services we provide? Check out our website, [www.tulare.ca.gov/departments/community-development/senior-services](http://www.tulare.ca.gov/departments/community-development/senior-services) or find Tulare Senior Community Center on Facebook!

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# Health & Wellness

## Hepatitis C Kills More Americans than Any Other Infectious Disease

New CDC studies underscore the urgency of hepatitis C testing and treatment, especially for baby boomers.

Deaths associated with hepatitis C reached an all-time high of 19,659 in 2014, according to preliminary surveillance data released by the Centers for Disease Control and Prevention (CDC).

A second CDC study, published online in *Clinical Infectious Diseases*, shows that annual hepatitis C-related mortality in 2013 surpassed the total combined number of deaths from 60 other infectious diseases reported to CDC, including HIV, pneumococcal disease, and tuberculosis. Further, both studies use data from death certificates which often underreport hepatitis C, so there likely were even more hepatitis C-related deaths than these numbers suggest.

About 3.5 million Americans are currently living with hepatitis C and roughly half are unaware of their infection. CDC and the U.S. Preventive Services Task Force recommend one-time hepatitis C testing for everyone born from 1945 to 1965 and regular testing for others at high risk.

### A Local Problem

"Last year there were over 500 cases of chronic hepatitis C reported in Tulare County," said Tulare County Health Officer Dr. Karen Haught.

"Screening for hepatitis C is recommended for adults over age 45 to 65," she advised. "Screening should also be considered for seniors. Chronic

hepatitis C can cause cirrhosis and increases the risk of liver cancer.

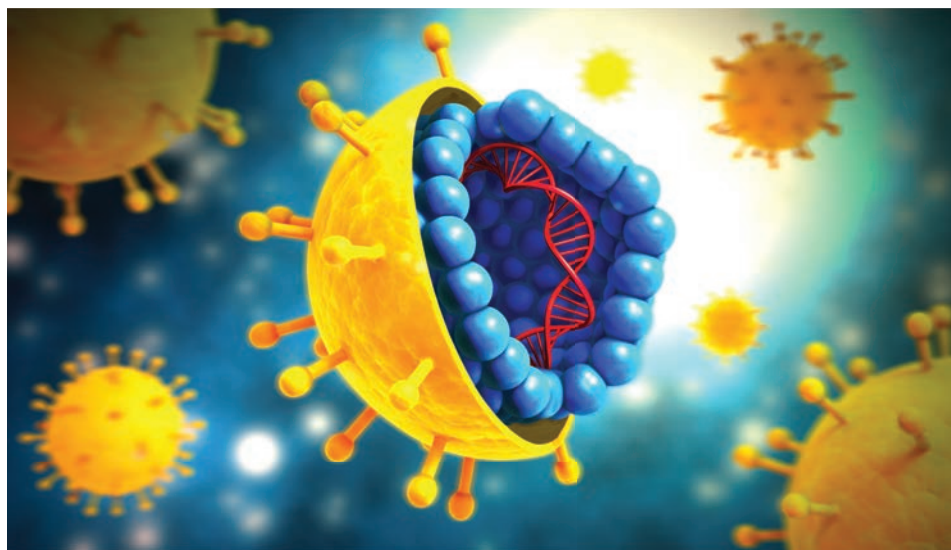
"If hepatitis C is detected, it is important for individuals to be monitored and to avoid alcohol and medications that are toxic to the liver. It is also important to talk with your doctor about whether treatment is recommended. There are new treatments for hepatitis C which are more effective than before and better tolerated."

### Why Are Boomers at Risk?

The greatest hepatitis C burden falls on baby boomers - those born from 1945 to 1965 - many of whom have unknowingly been living with the infection for many years.

According to a study published in *The Lancet Infectious Diseases* last year, many baby boomers were infected via medical procedures in the years after World War II, when injection and blood transfusion technologies were not as safe as they are today. Without diagnosis and treatment, they increasingly suffer from liver cancer and other life-threatening hepatitis C-related diseases, and they may unknowingly transmit the disease to others.

"A recommendation came out in 2012 from the CDC to screen people born between 1945 and 1965 for hepatitis C," said Haught. "This recommendation was made because national surveys had revealed that 75% of all cases of hepatitis C were born during that time period. In addition it was found that the prevalence of hepatitis C in people born during those



*The hepatitis C virus*

years was five times higher than the prevalence in adults born during other periods. Because hepatitis C can exist for many years with no symptoms, many people may not have been tested and did not know that they had it and were missing an opportunity for treatment."

"Once hepatitis C testing and treatment are as routine as they are for high cholesterol and colon cancer, we will see people living the long, healthy lives they deserve," said Jonathan Mermin, M.D., director of CDC's National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention.

Once diagnosed, patients can take advantage of new, highly effective treatments that can cure the vast majority of infections in two to three months and take other steps to protect their health.

The preliminary surveillance data also point to a new wave of hepatitis C infections among people who inject drugs. Acute cases of hepatitis C infection

have more than doubled since 2010, increasing to 2,194 reported cases in 2014.

"Because hepatitis C often has few noticeable symptoms, the number of new cases is likely much higher than what is reported. Due to limited screening and underreporting, we estimate the number of new infections is closer to 30,000 per year," said John W. Ward, M.D., director of CDC's Division of Viral Hepatitis. "We must act now to diagnose and treat hidden infections before they become deadly and to prevent new infections."

Addressing viral hepatitis risk among people who inject drugs is an important public health priority and a key concern for CDC. CDC recommends that comprehensive prevention programs be implemented to avert drug-related hepatitis C transmission. These prevention programs should include regular testing for hepatitis C (as well as hepatitis B and HIV).

## People Over 50 at Increased Risk of Shingles Virus

A few years ago, a Harris Interactive-sponsored poll found that Americans consider 50 to be the "perfect age" to live forever in good health. For many, the half-century mark can be a time when experience and opportunity balance perfectly - as told by the saying "50 is the new 30." At 50, there may be more time to spend on your hobbies or other activities that interest you.

At 50, the last thing anyone would want is to be blindsided by illness. Yet risks of certain medical conditions increase with age. For example, shingles is a condition caused by the same virus that causes chickenpox - a virus that 98% of adults have had according to the U.S. Centers for Disease Control and Prevention (CDC). Even after recovery from chickenpox, the virus never leaves the body. At some point later in life, it can unexpectedly reactivate and emerge as shingles - a painful blistering rash that can last for 30 days.



*Edwin DePeiza, a passionate guitar player, witnessed how shingles can interrupt the moments that matter in life.*

When Edwin DePeiza discovered he had shingles, he learned the meaning of the adage: "You don't miss something until it's gone." DePeiza, who is in his 60s and resides in Massa-

chusetts, first noticed a burning sensation on his torso. By the time he saw his doctor, a rash had developed. Upon seeing the rash, his doctor quickly diagnosed it as shingles.

DePeiza, a passionate guitar player, witnessed how shingles can interrupt the moments that matter in life. His guitar playing had taken him all over the world, but the intense pain of shingles forced him to put his passion on hold.

"The things I love to do most I couldn't do, like playing in the band and spending time with (my wife) Marylou," DePeiza recalls. "The sensation of having shingles for me was like being scalded by hot water, (or) having hot cereal spill on you. I have never experienced that kind of pain or burning sensation."

According to the CDC, one in three people will get shingles in their lifetime, and every year, about 1 million cases are diagnosed in the United States. Adults aged 50 and older are

especially at risk for shingles, as the risk increases with age due to naturally declining immune systems. There is no way to tell who will get shingles, nor how severe the case will be.

Shingles most commonly surfaces on a single side of the torso, but it can appear anywhere on the body - even the face. For most people, after the shingles rash and blisters heal, the pain and itch subside - though some people may experience permanent scarring even after the rash heals. In some cases, shingles can cause complications like postherpetic neuralgia (PHN), a long-term nerve pain that can last for months or even years after the blisters heal and the rash disappears.

Speaking with a healthcare professional to understand one's personal risk for shingles is important. Talk to your doctor or pharmacist about a vaccine that can help prevent shingles.

For more information go to [www.ShinglesInfo.com](http://www.ShinglesInfo.com).



# Kaweah Delta to Host Monthly Diabetes Support Groups

To help people who have diabetes live better lives, Kaweah Delta Health Care District will begin a series of free monthly diabetes support groups through October in Visalia, Lindsay, Woodlake and Orosi.

Support group attendees will review topics from the book, *Diabetes Burnout: What to Do When You Can't Take It Anymore*, by William H. Polonsky, Ph.D. In addition, they can expect peer support in a small group atmosphere. English and Spanish speakers are welcome at all support groups.

The diabetes support groups are provided by Kaweah Delta's Community Outreach Department in collaboration with Kaweah Delta Chronic Disease Management Center, Lindsay Healthy Start Family Resource Center, and Community Services & Employment Center (C-SET) Senior Services.

The free diabetes support groups will take place from 5:30-7:30 p.m. on the following dates and locations:

- Visalia - On the first Thursday of the month at the Kaweah Delta Chronic Disease Management Center, 325 S. Willis St., Visalia
- Lindsay - On the sec-

ond Thursday of the month at Lindsay Healthy Start Family Resource Center, 400 E. Hermosa, Lindsay

- Woodlake - On the third Thursday of the month at Woodlake Manor Apartments, 200 E. Sierra Ave., Woodlake

- Orosi - On the last Thursday of the month at Cutler Senior Center, Ledbetter Park, 12691 Avenue 408, Cutler

Tulare County continues to exceed state averages for rates of diabetes, according to the Tulare County Health and Human Services Agency. Adults diagnosed with diabetes - one of several diseases linked to obesity - has climbed since 2007, reaching 13.2% in 2012, compared to 8.4% statewide in 2012.

Established in 1963, Kaweah Delta Health Care District is a 581-bed district hospital. The district offers a comprehensive scope of services including everything from a well-respected pediatric hospitalist program to nationally recognized orthopedic and cancer programs.

For more information, call (559) 624-2416 or visit [www.kaweahdelta.org](http://www.kaweahdelta.org), or follow Kaweah Delta on Twitter or Facebook.



## WHERE THERE'S A WILL, THERE'S A WAY

*Kaweah Delta partners with local orthopedic surgeons to give hips and knees new life*

Ted Carney, a salesman for Allied Packaging Corporation in Goshen, isn't one to rest, but knee pain forced the issue for the 65-year-old. He walked, worked and slept in pain.

Today, Ted is free of pain after two recent knee replacements performed in 2015 and 2016 by Dr. Ian Duncan at Kaweah Delta Medical Center.

"Having my knees replaced was the best decision I ever made," Ted said.

Dr. Duncan wowed Ted and so did his hospital experience.

"[The nurses] even sent me a card. It made me feel like they really cared," Ted said.

### JOINT PAIN

*Are you at risk for joint replacement?*

Find out now, visit [www.kaweahdelta.org/jointpain](http://www.kaweahdelta.org/jointpain)  
Information: 624-3800

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# Kaweah Delta Medical Center

*A division of Kaweah Delta Health Care District*



[kaweahdelta.org](http://kaweahdelta.org)

*More than medicine. Life.*

# Ever Wonder Who Participates in All Those Health Surveys?

Giving blood and participating in fundraiser walks are popular ways to help those in need, but there's another way to directly support America's medical research communities and advance important knowledge that could someday improve or save lives: participate in a clinical trial.

Research studies are one of the most effective ways for scientists to advance knowledge in virtually every facet of health care. From studying nutrition and exercise, to developing new treatments and more, clinical trials shape the future of health care for everyone.

Thousands of institutions across the country are looking for people just like you to participate in a research study. ClinicalTrials.gov - a service of the U.S. National Institutes of Health - currently lists over 95,000 studies in the U.S. with locations in all 50 states. You can search by a variety of criteria, including age, health condition and location, to find studies that are a match to your interests.

According to JoAnn Manson, MD, DrPH, Chief, Division of Preventive Medicine at Brigham and Women's Hospital, a teaching affiliate of Harvard Medical School, "Volunteers are critical to the research process. Without the dedication and altruism



of study volunteers, researchers wouldn't be able to get the answers needed to advance science and improve health."

Dr. Manson is part of several large, groundbreaking clinical trials. She and her colleague Dr. Howard Sesso are lead investigators of the COcoa Supplement and Multivitamin Outcomes Study (COSMOS), a landmark clinical trial examining the role of cocoa flavanols, plant-derived bioactive compounds from the cacao bean, and a multivitamin supplement in helping people maintain cardiovascular health and reduce the risk of other chronic diseases such as cancer.

Dr. Manson, Dr. Sesso, and their team are looking to enroll 18,000 women and men nationwide to take cocoa flavanol and multivitamin supplements for four years. If you are interested in volunteering for COSMOS, visit [www.cosmostrial.org/join](http://www.cosmostrial.org/join) or call 800-633-6913 to learn more.



Calendar

Friday, March 3, 10, 24, 31 - Friday Night Dances

The Tulare Senior Community Center, 201 North F Street, Tulare, will host these events, featuring live music, from 7-10 p.m. Tickets are \$8. For tickets or more information, call (559) 685-2330.

March 3-5, 10-12, 17-19 - Visalia Players Present 'Wit'

The Visalia Players will perform this play at the Ice House Theatre, 410 E. Race Ave., Visalia. For tickets or more information, visit [www.visaliaplayers.org](http://www.visaliaplayers.org) or call (559) 734-3900.

March 3-4, 10-12, 17-19, 24-26 - Kings Players Present 'Crimes of the Heart'

The Kings Players will perform this play at the Temple Theater, 514 Visalia St., Hanford. For tickets or more information, visit [www.kingsplayers.net](http://www.kingsplayers.net).

Wednesday, March 8 - How to Treat and Avoid Shoulder Pain

This seminar, part of a series presented by Therapy Specialists, a division of Kaweah Delta Health Care District, will

take place from 6:30-7:30 p.m. at Therapy Specialists, 820 S. Akers St., Suite 200, in Visalia. RSVP is required to attend. Call (559) 624-3427.

Saturday, March 11 - Tulare County Symphony Presents 'Great Movies/Great Music: Oscar Winners'

For its annual film music concert series, the symphony will present some of the best loved original songs and original musical scores from Oscar-winning films. Tickets for the 7:30 p.m. performance are \$30 - \$39.50. For tickets or more information, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

Tuesday, March 14 - 'One Night in Memphis'

This show features tributes to Carl Perkins, Johnny Cash, Jerry Lee Lewis and Elvis Presley. Tickets for the 7 p.m. performance are \$17-\$40. For tickets or more information, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

Wednesday, March 15 - Melco Jam Nite

The Hanford Senior Center will host a series of jam nights for

local musicians from 6-9 p.m. at 401 N. Irwin St., Hanford. Bring your guitar, drums, tambourine, etc. For more information, call (559) 585-2519.

March 16-19, 24-26 - Visalia Senior Games

The City of Visalia Parks & Recreation will host this event featuring Olympic-style competition for those 50+ over two weekends. (See article on page 1.) For more information, call (559) 713-4365 or visit [www.visaliaseniorgames.com](http://www.visaliaseniorgames.com).

Friday, March 17 - St. Patrick's Day Dance

The Tulare Senior Community Center, 201 North F Street, Tulare, will host this event, featuring live music, from 7-10 p.m. For tickets or more information, call (559) 685-2330.

Saturday, March 18 - Kelly Pickler in Concert

Hands in the Community will present this fundraiser at the Visalia Fox Theatre. The show starts at 8 p.m. and tickets are \$40-\$83. For more information, call (559) 625-1369 or visit [www.foxvisalia.org](http://www.foxvisalia.org).

Wednesday, March 22 - 'Citizen Kane'

Choices will present this 1941 classic starring Orson Welles. The show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit [www.foxvisalia.org](http://www.foxvisalia.org).

Saturday, March 24 - 'The Reunion - A Fantasy Tribute to the Beatles'

This tribute show features many of the greatest hits of The Beatles plus the best of their solo work. Tickets for the 7 p.m. performance are \$18-\$45. For tickets or more information, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

March 25-26 - Tulare Senior Softball Tournament

Tulare Senior Services will host this event. (See "Tulare Senior News" on page 2.) For more information, ask for Lorraine at (559) 685-2330.

Wednesday, April 5 - Visalia Senior Center Spring Open House

The Annual Visalia Parks & Recreation Department's Visalia Senior Center Spring Open House will be held at 310 N. Locust Street in Visalia. (See article on page 1.)

Friday, April 7, 14, 21, 28 - Friday Night Dances

The Tulare Senior Community Center, 201 North F Street, Tulare, will host these events, featuring live music, from 7-10 p.m. Tickets are \$8. For tickets or more information, call (559) 685-2330.

Wednesday, April 12 - Get Walking! Sitting is the 'New' Smoking

This seminar, part of a series presented by Therapy Specialists, a division of Kaweah Delta Health Care District, will take place from 6:30-7:30 p.m. at Therapy Specialists, 820 S. Akers St., Suite 200, in Visalia. RSVP is required to attend. Call (559) 624-3427.

Wednesday, April 19 - Melco Jam Nite

The Hanford Senior Center will host a series of jam nights for local musicians from 6-9 p.m. at 401 N. Irwin St., Hanford. Bring your guitar, drums, tambourine, etc. For more information, call (559) 585-2519.

April 21-23, 28-30, May 5-7 - Visalia Players Present 'The Amish Project'

The Visalia Players will perform this play at the Ice House Theatre, 410 E. Race Ave., Visalia. For tickets or more information, visit [www.visaliaplayers.org](http://www.visaliaplayers.org) or call (559) 734-3900.

Saturday, April 22 - 'Bette & Her Divine Divas'

This show features tributes to Dusty Springfield, Diana Ross and Bette Midler. Tickets for the 7 p.m. performance are \$29-\$45. For tickets or more information, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

Saturday, April 29 - Tulare County Symphony

This performance will feature Prokofiev's "Piano Concerto No. 3" and Copland's "Symphony No. 3." Tickets for the 7:30 p.m. performance are \$30 - \$39.50. For tickets or more information, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

Friday, May 12 - Senior Day in the Park

The 48th Annual Senior Day in the Park will be held from 9 a.m. to 2 p.m. at Mooney Grove Park. (See article on page 7.)

Please send information about your events to us at: [editor@kastcompany.com](mailto:editor@kastcompany.com)

One Night in Memphis

Presley, Perkins, Lewis & Cash

TUESDAY, MARCH 14

7PM

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ELVIS PRESLEY

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THE BEATLES

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Bette!

& Her Divine Divas

Saturday April 22

7pm

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A new tribute show about from Golden Age Icons

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VISALIA FOX THEATRE



# Tulare County Gets Exposure at the Exposition

The Panama-Pacific International Exposition was by most accounts one of the most successful events in California history. The ten-month fair was held in 1915 and during its 288-day run, 19 million people visited the palaces, courts, buildings and attractions on the 635 acres in the marina area of San Francisco. It was created to celebrate and commemorate the completion of the Panama Canal and the 400th anniversary of the discovery of the Pacific Ocean by the Spanish explorer Vasco Nunez de Balboa.

The exposition opened to the public on February 20, 1915. Sculptures, paintings and architecture were a big part of

the displays, but the counties of California were also provided space to highlight their resources.

Tulare County chose to take advantage of the opportunity to participate and the Board of Supervisors appointed Arthur E. Miot, Secretary of the Tulare County Board of Trade, to make it happen. The veteran booster of the county was the right person for the job, and his labor and skill paid off.

The county exhibit space was in the California Building, and Miot obviously chose to highlight the county's agricultural assets. The dedication of the exhibit took place on March 13th with about 200 in attendance, many making a special trip from Tulare County.

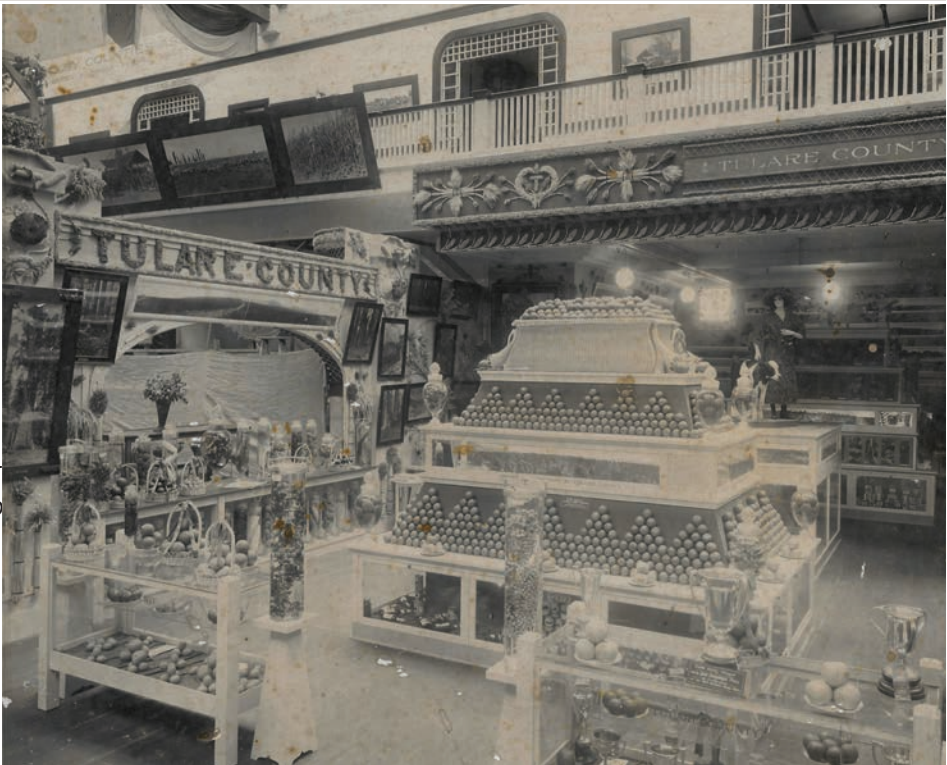
Several speakers, including J. Sub Johnson, President of the Board of Trade gave interesting speeches encouraging visitors to come to the county.

"We want everyone who visits the exposition to come to Tulare [County] to see what we have to offer them. One thing we have of which we are proud of is 42,000 acres of citrus land," Johnson said, adding proudly that the county was the garden spot of the world.

Other speakers also spoke of the county in glowing terms. Tulare County "literally tops the United States" with Mt. Whitney towering over one corner of the county," one said. And another mentioned that the coun-

ty at one time contained Tulare Lake – the biggest body of water in the state at the time. The Giant Sequoia trees were alluded to and one of the speakers, carried away by the enthusiasm of the moment, even called attention to the fact that the most famous train robberies in the world had been staged there, an obvious reference to the antics of Chris Evans and John Sontag. At the end of the ceremony, young ladies from the county handed out sweet Tulare County grown oranges to the visitors.

For the next months, throngs of people enjoyed more than 50,000 displays and more than 15,000 pieces of sculpture. Thirty-nine foreign countries participated with a number of them



The Tulare County display at the Pan-Pacific International Exposition in 1915.

## Dusting Off History with Terry Ommen



having their own buildings. Visitor reviews were glowing and the people had a great time.

But all good things must come to an end. Saturday, December 4th was the last day and the organizers had a big finale planned for the evening. The most dramatic part was the pyrotechnic display described as the "heaviest and most elaborate" ever attempted. More than a half ton of powder was used to hurl rockets, bombs and "star shells" into the air. Organizers declared the event a big success. They were especially proud that early estimates showed an exposition profit of more than \$2,000,000.

The agreement between the city and exposition officials called for clearing of all the land within four months after the

event closed. Everything had to be removed, including buildings and statuary. To that end, exposition officials announced that some statues would be made available to cities and counties that wanted them at no cost other than the shipping expense.

Secretary Boyer, Visalia Board of Trade, made a request on behalf of the city, "asking that at least one piece of statuary be sent to grace" Visalia's courthouse park. It's not clear whether Boyer's request was ever granted, but Tulare County's requests eventually were granted when Solon Borglum's "Pioneer, A Reverie" and James Earle Fraser's "The End of the Trail" came to Tulare County. Both stood at Mooney Grove Park for many years.

## Puzzle Time for Fifties Fans & Sixties Savorers - By Alan Stillson

### Major Movies of the Fifties

Fill in the blanks:

1. Rear W \_\_\_\_\_
2. S \_\_\_\_\_ e
3. A \_\_\_\_\_ of a Murder
4. G \_\_\_\_\_ a \_\_\_\_\_
5. S \_\_\_\_\_ a \_\_\_\_\_



Example: LET'S MAKE IT  
RUM AND COLA = TRUMAN

1. I LOVE THE JOYFUL BRIGHTNESS OF CHRISTMAS
2. SHE LIKES EATING OLD WATERMELONS
3. I PLUCKED A PEACH OFF A TREE
4. THIS IS NOT THE GAME I REQUESTED
5. I USED TO PLAY CANDYLAND

- its first n \_\_\_\_\_ r power plant
4. R \_\_\_\_\_ P \_\_\_\_\_ refuses to sit in the back of a bus
  5. E \_\_\_\_\_ and S \_\_\_\_\_ merge into United Arab Republic

### Singers of the Sixties

Find the last names of the singers of these top songs of the 60s:

1. "Puppy Love" - 1960 - Paul \_\_\_\_\_ a
2. "At Last" - 1960 - Etta \_\_\_\_\_ s
3. "Hello Mary Lou" - 1961 - Ricky \_\_\_\_\_ n

4. "Palisades Park" - 1962 - Freddy \_\_\_\_\_ n
5. "Go Away Little Girl" - 1963 - Steve \_\_\_\_\_ e

### Famous Names of the Fifties & Sixties

Find a famous name using consecutive letters.

### News Events of the Fifties

Fill in the blanks:

1. Alaska and Hawaii granted s \_\_\_\_\_ a \_\_\_\_\_ d
2. The 22nd Amendment is r \_\_\_\_\_ i \_\_\_\_\_ d
3. The United States builds

### Popular Foods of the Fifties & Sixties

Fill in the blanks:

1. Cream of m \_\_\_\_\_ m soup
2. C \_\_\_\_\_ suey
3. Ding \_\_\_\_\_ D \_\_\_\_\_
4. O \_\_\_\_\_ rings
5. S \_\_\_\_\_ b \_\_\_\_\_ steak

Answers in our next issue. In the meantime, you can visit <http://stillsonworks.com>



# Volunteer Medicare Counselors Needed

***The Health Insurance Counseling & Advocacy Program (HICAP) for Kings and Tulare counties is in need of dedicated volunteers willing to become State registered Medicare counselors.***

## ***HICAP Volunteers:***

- Educate beneficiaries about Medicare and Medicare fraud
- Help individuals identify and/or enroll in Medicare prescription drug plans and Medicare Health Plans
- Assist with Medicare-related insurance claims and billing

***HICAP counselors are NOT insurance agents or brokers and do not sell, recommend, or endorse any insurance product, insurance company, or health plan.***

For an application or more information, please call 559-623-0199 or 1-800-434-0222.



LOCAL HELP FOR PEOPLE WITH MEDICARE

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**[www.KTAAA.org](http://www.KTAAA.org)**