

IN THIS ISSUE: Open Arms House Open House, Social Security Changes its Changes, Arizona Charlie & "Little Big Shots: Forever Young"

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume IV, Number 4 • July/August 2017



Officer Steve Beal, senior volunteer program coordinator, (at left) with senior volunteers.

## California Highway Patrol Seeks More Local Senior Volunteers

By Steve Pastis

If you are at least 55 years old and meet a few other requirements, the California Highway Patrol wants you!

The CHP is looking to increase the numbers of people involved in its Senior Volunteer Program, which currently has more than 875 volunteers in its 90 offices across the state.

These volunteers donated a total of 188,541 hours of work in 2016, which the CHP estimates to be worth more than \$5.3 million.

There are currently 20 senior volunteers working out of the Visalia Area CHP office. Their duties fall into four main categories: administration, public affairs, use of the CHP vehicles and related duties, and ride-alongs with CHP officers.

Local volunteers represent the CHP at public events where they help educate the public on legal or traffic matters. They also help transport highway patrol cars for repairs, watch for speeding cars in front of schools, conduct testing for school bus driver applicants, and help with traffic control for civic events, including the World Ag Expo and Tulare County Fair, as well as for funerals for fallen officers.

Now that a grant budget freeze has been lifted, the senior volunteers will also be assisting at traffic checkpoints and even helping conduct school bus sting operations.

Other changes are in the works this summer.

"We're going to more of

leadership by committee to keep the overall efficiency of the program," said Officer Steve Beal, Senior Volunteer Program coordinator. "We're going to create positions so that all areas of service have a (volunteer) leader to contact."

Becoming a volunteer isn't free. Seniors are required to buy their uniforms and badges, which costs over \$100.

Although the safety risk is minimal, volunteers do wear uniforms which put them at

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## Medicare Changes Intended to Thwart Potential Scammers

By Larry Kast

In an effort to reduce identity theft and fraud, the nation's 60 million Medicare enrollees will be receiving new cards next year, and are being warned to watch for an inevitable increase in scams that will undoubtedly follow.

While all current Medicare enrollees will also receive the new cards in the mail starting April 2018 to replace their existing cards, the timetable for implementing the new cards will start earlier.

"Any beneficiary that starts participating in Medicare after March 1, 2018, will receive the new card," said Dory Silveria, program manager for the Medicare Advocacy & Assistance Program for Tulare County Health and Human Services.

The card will have a unique new numbering system, consisting of letters and numbers, which will uniquely identify each Medicare beneficiary. Additionally, social security numbers currently used will no longer be printed on the cards, which has

been a source of concern.

Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime. Incidents among seniors increased from 2.1 million to 2.6 million between 2012 and 2014, according to the most current statistics from the Department of Justice.

"You can't use (the new card) to open a line of credit, or with the utilities, or to get cell phones," Silveria said. "The new number will only be related to Medicare."

The interest in making the change came as a result of reports of fraud throughout the nation, including Tulare County.

"The Kings-Tulare HICAP has received reports of Medicare card identification theft," Silveria said. "We have reported cases of improper billing for medical equipment and services such as psychiatric care while in a skilled nursing facility, billing Medicare for durable medical equipment

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## Flag Ceremony Marks Elder Abuse Awareness Month

By Steve Pastis

An Elder Abuse Awareness Flag Ceremony was held at Government Plaza in Visalia on June 6, which was attended by about 70 people. Speakers included Tulare County Board of Supervisors Chairman Pete Vander Poel, Tulare County District Attorney Tim Ward, Tulare County Sheriff Mike Boudreaux and Family Services Executive Director Caitly Meader.

June has been designated as World Elder Abuse Awareness Month, and annual ceremonies and other events educate people around the world about this serious problem.

Elder abuse is defined as neglect, financial exploitation, physical abuse, sexual abuse or emotional abuse of an individual age 65 or older. In over half of elder abuse cases in Tulare County, the crime is committed by a son, daughter or other relative. Many times, seniors will deny victimiza-



Tulare County Board of Supervisors Chairman Pete Vander Poel presents an Elder Abuse Awareness Month proclamation to Christi Hutson, Adult Protective Services registered nurse, (center) and Chris Wall, Adult Protective Services social worker.

tion to protect those family members.

"Right now, we're filing about one elder abuse case a week, or 55 to 70 a year," said Ward before the ceremony. "If that's not alarming enough, for every one case that gets reported, there are up to five that don't get reported."

Most of the cases reported are financial, rather than physical abuse or neglect, according to Ward.

"The tragedy is by the time the theft is discovered, the money is gone," he said, adding that phone scams are a growing prob-

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# Quick News & Updates

## The West Nile Virus is Here

The California Department of Public Health (CDPH) announced that in late April the first confirmed illness in California this season due to West Nile virus occurred in Kings County. An illness caused by the virus was reported in Visalia in May.

"We are anticipating a significant increase in the number of WNV cases because of all the rain this year," said Dr. Milton Teske, health officer for Kings County. "It's a perfect combination of a lot of water and warm weather."

He advises that it is especially important to eliminate any standing water - no matter how small an amount - where mosquitoes can breed.

## Alzheimer's Walk Invites You to Participate

The Alzheimer's Association is inviting Visalia and Tulare and Kings County residents to join the fight to End Alzheimer's by participating in the Alzheimer's Association Walk to End Alzheimer's on Saturday, October 14 at Mooney Grove Park in Visalia.

In addition to the two-mile walk, participants will learn about Alzheimer's disease, advocacy opportunities, clinical studies enrollment and support programs, and services from the Alzheimer's Association. To sign up as a Team Captain, join a team or register to walk as an individual, visit [act.alz.org/visalia2017](http://act.alz.org/visalia2017).

## Belle of the Ballpark Rescheduled

The Visalia Rawhide have rescheduled this annual event from Mother's Day to Sunday, July 9. For more information or tickets call (559) 732-4433 or visit [www.Rawhidebaseball.com](http://www.Rawhidebaseball.com)



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# Vet Centers



Congress established the Vet Center Program in 1979 because a significant number of Vietnam veterans had problems re-adjusting to civilian life. They are community based, and in some cases (including the one in Fresno), are not even located at the Veterans Affairs Medical Center (VAMC). Through the years, Vet Centers have expanded to cover veterans having served during other operations.

Vet Centers provide a range of services including counseling, outreach and referral services to assist Veterans in their readjustment to post-war life. In August of 2003, the VA authorized bereavement counseling be made available to surviving parents, spouses, children, and siblings of service members who die of any cause while on active duty. This counseling includes federally activated Reserve and National Guard personnel. To request this service, contact the Readjustment Counseling Service (RCS) at 1-202-461-6530 or by email at [vetcenter.bereavement@va.gov](mailto:vetcenter.bereavement@va.gov). They will help you get in touch with the nearest Vet Center.

Because of the vast range of eligibility periods for combat veterans, please contact our office to see if you served in one of the multiple timeframes and areas covered by Vet Center counseling services. They provide counseling to veterans of both sexes and all eras.

The readjustment counseling is designed to assist Veterans and their families in making a successful transition from military to civilian life through:

- Individual and group counseling
- Family counseling for military issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Outreach and education including Post-Deployment Health Reassessment (PDHRA), and other community events
- Substance abuse assessment and referral
- Employment assessment and referral
- Veterans Benefits Administration (VBA) explanation and referral
- Screening and referral for medical issues

Local support for veterans is provided by the Fresno Vet Center located at 1320 E. Shaw, Suite 125, in Fresno. They can be reached at (559) 487-5660.

*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](mailto:KCruicks@tularehhsa.org)*

## The Good Life

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# Social Security Administration Changes System... Again

By Larry Kast

America's Social Security system appears to be holding to the old adage - If at first you don't succeed, try, try again.

Last August, the Social Security Administration implemented a two-factor authentication system designed to reduce the chance of identity theft for those who access their benefit information online. However, about two weeks after requiring beneficiaries to start entering a security code sent to a cell phone when they tried to log into their accounts, the program was abruptly scrapped after the agency received complaints some consumers were locked out of their accounts due to not having text-enabled cell phones or unreliable cell service.

"Our aggressive implementation inconvenienced or restricted access to some of our account holders," Social Security spokeswoman Dorothy Clark was quoted in *AARP Magazine* at the time. "We are listening to the public's concerns and are responding by temporarily rolling back this mandate." She said the agency strongly recommended the use of the texting measure for added security.

On June 10, two-factor authentication returned, this time as a requirement for benefi-



ciaries to access account information online, through use of either a message sent to cell phones or a code sent to their email accounts.

The change is a part of the government's broader efforts to increase online security considering the number of recent hacks into government and commercial websites that have compromised millions of Americans. However, despite the change, the new system is not anticipated to be as secure as with the cellphone-only method, since many people tend to use the same password for their email as they do for other online accounts. Cyber intruders who successfully hack into a beneficiary's email account might then be able to then gain unauthorized access to the account. Computer experts agree that using a unique password for email accounts that is different from passwords used for other online access would add a layer of protection.

Locally, Social Security rep-

resentatives didn't indicate whether the new system was creating any consumer backlash similar to what happened nationally last summer, or for that matter received any kudos for the latest change from area beneficiaries.

Current retirees can use on-

line Social Security accounts to check their benefit and payment information, and to start or change direct-deposit arrangements. The website can be even more useful to people in their working years, by providing Social Security statements showing a user's earnings history and projected benefits. That statement can be a key resource in deciding when to start benefits—and because of budgetary pressures, the agency now mails those statements to far fewer people than it used to.

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Veterans in Washington, D.C. with Central Valley Honor Flight #13

## Local Veteran Participates in Honor Flight

Recently, Korean War Veteran Robert Geissler (waving in photo) and his guardian, daughter Betsy Champ, toured Washington, D.C. with Central Valley Honor Flight #13.

Geissler enlisted in the U.S. Army in October 1950, just a few short months after attending a Boy Scout Jamboree at Valley Forge. Five months later found him in combat in Korea at Incheon. He served with the 24th Division, 5th Regiment Combat Team, 555 C Battery. He received an honorable discharge in 1953 with the rank of corporal.

Honor Flight makes it possible for many veterans to visit their memorials. It is a time for veterans to come together and visit and to remember, and be recognized for their service.

The next Central Valley Honor Flight is October 9-11. WWII veterans have priority and the remaining seats will be filled from the waiting list of Korean War veterans. The trip is free for veterans, and is funded through donations. For more information, to apply for upcoming trips, find out how you can help, or to make a donation, visit [www.cvhonorflight.org](http://www.cvhonorflight.org).

## Open Arms House Hosts Open House

More than 100 people attended the open house for the Open Arms House in Visalia on June 22. Board members conducted tours and answered questions. Craig VanHorn brought the A&W Floatmobile and it was manned by high school students from Exeter.

The extensive remodeling on the house, located at 3234 W. Iris, was funded through donations and is now complete; however, donations of furniture, television sets, hospital beds and other furnishings are still needed.

"Thanks to very generous donations from Kaweah Delta Hospice Foundation and the Lyles-Porter Family, fundraising started off very strong, and we were able to raise almost \$700,000," said Nickel. "However, the remodeling and expansion was costly, and we are now seeking support to fully furnish the house and to have



The Open Arms House

\$400,000 in the bank to fund our first year."

The house will be dedicated to Ruth Dunagan Wood, a long-time supporter of hospice, at a celebration in September.

The home will be available to those who are enrolled in a hospice program and who can no longer remain in their own home. The cost per day will be determined by each resident's ability to pay, and community support and grants will underwrite the cost of maintaining the home.

For more information about The Open Arms House, call Carol Nickel at (559) 280-0640.



Board members who greeted visitors and gave tours at the open house (l-r) included Carol Nickel, Angela Biscotti, Donnie Clark, Siro Altamarano, Merrilyn Brady, Margaret Moholt, Sue McCallister, July Hong and Pete Sherwood.

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California Highway Patrol senior volunteer Fred Crumrine, who placed flags at the Visalia Public Cemetery for Memorial Day 2017.



California Highway Patrol Senior Volunteer Program personnel who received President's Volunteer Service Awards at the 49th Annual Hands Across the Valley Volunteer Awards Luncheon included: (front, l-r) Tom Bell, Barbara Winfield, Alyce DeVore, Robin Hoffman, (back, l-r) Randy Pravitz, Bart Hilliard and Jim McCoy.

## CHP Seeks More Senior Volunteers...

(continued from page 1)

some risk.

So why do they do it?

"I have learned so many things just by listening and interacting with other officers," said Connie Kelly, president of the volunteers, who smiled and added, "Also because I don't have anything else to do and I like it."

She enjoys doing the tasks that make things easier for CHP officers. She is happy when she is able "to relieve some stress, even if it's just for one officer."

"I thought it would be a good thing with my personality," said Robin Hoffman, a retired school speech pathologist. "I enjoy working with the public."

Her favorite duties include working at events, such as the

Senior Day in the Park, as well as car seat checks, being in parades in a patrol car, and working with kids.

Bart Hilliard enjoys telling stories about his experiences as a senior volunteer with the CHP. He talked about driving a CHP car to Sacramento to deliver and pick up supplies.

"We were going 75 and not one car passed us on the way up or back," he noted.

Hilliard said working at special events and delivering presents to children were among his favorite duties as a senior volunteer.

And why does the California Highway Patrol seek senior volunteers instead of younger volunteers?

"Seniors just have a ton of life experience," explained Officer Beal. "They bring wisdom to the table that we wouldn't see with younger folks. They also have more time and are looking for ways to serve the community."

Those of you who may be interested in becoming a senior volunteer should first be aware that there are some "non-negotiable" requirements.

You must be 55 or older, be able to work at least four hours a week, be able to work during regular business hours, have a clean driving record, have no felony convictions, complete the CHP Senior Volunteer Training Program and sign a Statement of Professional Ethics.

Applicants must also pass a background check, which includes at least two interviews. They are fingerprinted and must pass a review by the Department of Justice and Federal Bureau of Investigation.

There are additional qualifications to become a volunteer that are labeled "negotiable."

Applicants should have strong organizational skills (to assist with clerical duties), strong public speaking skills, experience at directing traffic and a flexible schedule -- but fortunately for some applicants, these qualifications are negotiable.

For more information, contact Officer Steve Beal at (559) 734-6767 or sbeal@chp.ca.gov.



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Appearing on the premier of NBC's new show "Little Big Shots: Forever Young" were (front, left to right) Arthur Duncan, Betty White and Steve Harvey, posing with two musicians.

## New 'Little Big Shots' TV Show Celebrates Extraordinary Seniors

"Little Big Shots: Forever Young" premiered on Wednesday, June 21 with five amazing young-at-heart seniors and a special guest appearance by Betty White. The one-hour show on NBC is executive produced by Ellen DeGeneres and host Steve Harvey.

Following up on the success of "Little Big Shots," in which kids brought their incredible talents to a primetime audience, "Little Big Shots: Forever Young" features amazing seniors ranging in age from 60 to 103, showcasing their hidden talents, vibrant personalities and incredible wisdom.

Seniors featured in the premiere included 72-year-old Larry from Florida, who spent 40 years working as a plumber and is now able to pursue his passion for singing opera; and Arthur, an 80-year-old tap dancer and former performer

on "The Lawrence Welk Show" from Pasadena, who showed off his fancy footwork and was surprised by Betty White, who had given him his first break on television.

Harvey also visited with 11-time Grammy Award-winning gospel singer and pastor Shirley Caesar, who is receiving her 12th Grammy - a Lifetime Achievement Award - in July.

Other remarkable seniors featured include Chips from New Jersey, a funny magician/illusionist; and an 81-year-old high-flying great grandma and daredevil from Florida, who is part of the famous Wallenda family of circus performers and who has performed on the sway pole for 52 years. She showed off her talent at 85 feet in the air, fearless and with no safety net, in a nail-biting performance viewers.

## Puzzle Time - By Alan Stillson

### PUZZLES FOR FIFTIES FANS AND SIXTIES SAVORERS

#### COMIC STRIPS OF THE 50S AND 60S

Fill in the blanks of the names of these comic strips that were popular in the 50s and 60s:

1. A\_\_y C\_\_p
2. B\_\_t\_\_ B\_\_l\_\_
3. B\_\_n\_\_e
4. B\_\_n\_\_ S\_\_r\_\_
5. M\_\_m\_\_u\_\_

#### Answers from the May/June Issue

#### NEWS EVENTS OF THE 60S - ANSWERS

1. 1961 - Alan B. Shepard orbits space
2. 1962 - Cuban missile crisis
3. 1964 - Earthquake destroys Anchorage
4. 1967 - Moshe Dayan leads Israel in 6-Day War
5. 1968 - Martin Luther King slain in Memphis

#### NUMBERS ASSOCIATED WITH THE 50S AND 60S - ANSWERS

1. "101 Dalmatians"
2. "Catch 22"
3. "77 Sunset Strip"
4. "16 Tons"
5. "Love Potion Number 9"

For more of Alan's work,  
visit his website:  
[StillsonWorks.com](http://StillsonWorks.com)

## Fashion Tips to Stay in Style

Muumuus and mom jeans or spangled capris and Aloha shirts - is this really all the fashion world has to offer women over the age of 60? Do mature women who desire to dress fashionably for summer really have to choose between "frumpy and fogey" or "too young and trendy?"

Not at all, says Catherine Brock, who blogs about style on [thebudgetfashionista.com](http://thebudgetfashionista.com).

"Reaching a certain age doesn't mean you have to give up your love of fashion, or that you can't be stylish," Brock says. "In our youth-obsessed society, many fashion trends are geared for young women, but truly stylish clothing can work for women of any age."

Joyce Williams agrees. Williams didn't leave her lifelong love of fashion behind upon moving into the senior community. Instead, she remains an avid reader of fashion magazines, and designs and makes her own jewelry to accessorize her wardrobe. She shares fashion advice with women who seek to remain stylish after 60.

Here are some of Brock's and Williams' favorite tips and insights for senior women:

- Senior women can have trouble finding fashion images that feature women who could be their peers, Brock says. Because most clothing is marketed with images of younger models, many older women may worry about their clothes being "age-appropriate." Don't be limited by that kind of thinking, she advises. The age of the model wearing the fashion is far less important than whether the style will work for you.

- Look for garments that have a defined shape. You don't have to wear form-fitting clothing, but avoid overalls or baggy, pull-on pants and maxi dresses with no waistline, Brock advises.

- Find your colors, Williams suggests. Everyone has certain colors that complement their skin tone, hair and eyes, and others that are less flattering. Determine which ones are yours and emphasize those colors in your wardrobe. Brock also counsels against putting too many colors in a single outfit, and says avoid wild color patterns. Instead, pick one piece in an outfit to make a color statement and use muted, complementary colors in the rest of the outfit to create a backdrop for

your statement color.

- Just as important as knowing your best colors, you should also know the visual line that looks best for your body type, Williams says. For example, if you're pear-shaped, a line that draws attention to your shoulders can be flattering, Brock adds. Apple-shaped women may find an A-line skirt flattering since it creates an angle from the shoulder to the waist.

- Stay true to your own personal style, regardless of your age. "If you had a well-established personal style when you were younger, it doesn't need to change just because you're older," Brock says. "If anything, as you age, you can pay more attention to your personal style and be less of a slave to the season's trends." Adapt your younger style to your more mature place in life by focusing on creating outfits that make only one statement at a time, she advises. For example, wear that big, chunky turquoise necklace that you've always loved and pair it with an outfit that's simple and straightforward like a pair of tailored jeans and a white blouse.

- Some styles work particularly well for senior women, Brock says. Blazers and cardigans pair well with V-neck tops, sheath dresses, shift dresses and button-down shirts. "In warmer months, V-neck tops with elbow-length sleeves are the new T-shirt for seniors," she says. "Just add a necklace for a little sparkle." Plus, every senior woman should have wardrobe staples such as a black blazer, white button-down shirt, dark-wash jeans, straight-leg trousers, neutral-colored cardigans, a collection of dolman-sleeve tops and T-shirts with varying sleeve lengths and necklines.

- Never underestimate the power of great accessories, Williams says. The right jewelry can turn an ordinary outfit into something stunning, and you can change the entire look of an outfit simply by switching around your accessories.

"It's never too late to discover your personal style," Brock says. "Reacquaint yourself with your body type and go shopping with a friend. Try on different cuts of pants, skirts and dresses until you both agree on which are the most flattering. Find the cuts that look good on you and then start experimenting with colors and textures."





# Elder Abuse Awareness Flag Ceremony...

(continued from page 1)

lem. "We're trying to do more and more in this arena."

Tulare County has its share of physical abuse cases also, including the case of a 92-year-old rape victim.

"Despite the brutality of the attack, she considered not reporting it," said Caity Meader, executive director of Family Services, who added that letters from a class of College of the Sequoias students helped change her mind.

"The woman wrote back to the students and said, 'I'm glad this happened to me rather than to you young folks because I won't have long to live with this memory,'" said Meader.

Boudreaux said his department was involved in an elder abuse case involving an in-home care worker overmedicating a senior and stealing from her.

The family told Boudreaux, "All the time we thought we had someone taking care of her. We will remember the guilt that we didn't recognize it. She was a victim, but we think we were also victims."

Boudreaux believes that it is important "that the sheriff's department is there for those who have taken care of us in our early years."

During his remarks about elder abuse at the ceremony, Ward said, "The impact on our families can be astronomical."

He also talked about how agencies and departments are working together to deal with elder abuse and help take care of its victims, "It's important that we send the message that (elder abuse) is not just a criminal matter."

Vander Poel told the gathering that some cultures around the world have a high respect and appreciation for the elderly.

"I don't know how our American culture got away from this," he said. "We should be valuing, honoring and paying tribute to our elderly for the things they did to get us where we are."

Vander Poel then read the following proclamation from the Tulare County Board of Supervisors, which proclaimed June 2017 as "Elder Abuse Awareness Month in Tulare County":



Participating in the Elder Abuse Awareness Flag Ceremony on June 6th were: (l-r) Claudia Carriedo, Adult Protective Services social worker; Jennifer Pico, administrative aide; Penny Smith, Adult Protective Services social worker (hidden); Tulare County Board of Supervisors Chairman Pete Vander Poel; Maggie Hernandez, Adult Protective Services social worker; Nicole Burnham, victim advocate for Tulare County District Attorney's Office; Kalina Laleva, elder & dependent abuse prosecuting attorney for District Attorney's Office; Chris Wall, Adult Protective Services social worker; Tamara Willard, Adult Protective Services social worker (hidden); Christi Hutson, Adult Protective Services registered nurse; Rosalinda Gomez, deputy public guardian; and John Mauro, human services deputy director - public guardian/APS/IHSS. (Photo by Mike Steck.)

WHEREAS, it is our shared responsibility to ensure all seniors in Tulare County receive the support and protection they deserve; and

WHEREAS, it is necessary to increase public awareness of the warning signs of abuse and to bring issues of elder and vulnerable adult abuse out of the shadows; and

WHEREAS, older adults are prime targets for exploitation both by persons they know and trust - often family members or caregivers - and by strangers; and

WHEREAS, there is an estimated 125,000 cases of reported elder abuse in California annually, and for every reported case of elder mistreatment, as many as four go unreported; and

WHEREAS, in fiscal year 2015-16 Tulare County Adult Protective Services received more than 2,700 reports of abuse against seniors and dependent adults; and

WHEREAS, elder abuse effects all socio-economic groups, cultures, and races; and can include physical abuse, neglect, financial exploitation, sexual abuse, and emotional abuse including coercion and intimidation; and

WHEREAS, Elder and Dependent Adult Abuse Awareness Month is a campaign to encourage the reporting of elder abuse and to take a stand against it; and

WHEREAS, through education, recognition, and reporting, we can make a difference in the lives of elder, vulnerable adults and that heightened awareness will result in increased reporting of suspected abuse, not only in the month of June, but

throughout the year.

NOW, THEREFORE, BE IT RESOLVED the Tulare County Board of Supervisors does hereby proclaim June 2017 to be Elder and Dependent Adult Abuse Awareness Month and urges every resident to become educated about the various types of abuse, how to recognize signs of abuse, and where and how to report suspected abuse.

## KNOW ABUSE REPORT ABUSE

For every report of elder abuse in the United States, as many as 23.5 go unreported. Make a stand against elder abuse!



If you or someone you know suspects elder abuse please call  
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# Health & Wellness

## Seniors Face Economic Barriers to Better Health

America's seniors are seeing improvements in clinical care but are facing significant economic barriers to better health, according to the key findings from United Health Foundation's fifth annual *America's Health Rankings Senior Report*. Accompanying the report is new survey data, released in partnership with the Alliance for Aging Research, highlighting risks of health savings shortfalls among current and future seniors and uncertainty about future health care savings needs.

The report finds continued notable improvements in care quality and outcomes since 2013, including:

- a 25% reduction in preventable hospitalizations for Medicare beneficiaries age 65+;
- a 30% decrease in hospital deaths among Medicare decedents age 65+;
- a 7% decrease in hospital readmissions among Medicare beneficiaries age 65+; and
- a 9% reduction in visits to the ICU in the last six months of life among Medicare decedents age 65+.

Sixty-two percent of retired seniors age 65+ and nearly three out of four non-retired adults age 50 to 64 have less in total retirement savings than

what experts recommend saving for health care costs alone.

Current and future seniors with retirement savings of \$20,000 or less are more likely to be in poor health and have chronic disease compared to those with higher rates of retirement savings.

Fifty percent of retired seniors and 36% of non-retired adults age 50-64 don't know or have no opinion of how much money their households will need for both anticipated and unexpected health care costs during retirement.

### California Ranks 16th in Senior Health

Minnesota is the healthiest state for seniors, rising from fourth place last year, while Mississippi drops two spots to become the state with the greatest opportunity for improvement in senior health. Among rank-



ings, the report found: Utah (2), Hawaii (3), Colorado (4), New Hampshire (5) and Massachusetts (6) round out the healthiest states for seniors.

In addition to Mississippi, Kentucky (49), Oklahoma (48), Louisiana (47), Arkansas (46) and West Virginia (45) have the greatest opportunities to improve seniors' health and well-being.

California and South Dakota made the greatest strides to improve their health rankings over the past year. California jumped from 28 to 16 in the rankings, primarily due to decreases in smoking prevalence, physical inactivity and obesity. South Dakota improved its rank from 25 to 15 due to factors like a decrease in preventable hospitalizations, and an increase in excellent or very good health status and health screenings.

"Though clinical care for our nation's seniors is improving, new data in this report show that seniors are facing higher social and economic barriers that are putting their overall health at risk," said Rhonda Randall, D.O., senior adviser to United Health Foundation and chief medical officer and executive vice president, UnitedHealthcare Retiree Solutions. "Rising rates of obesity and food insecurity, especially when paired with the potential shortfalls in health care savings of many current and future seniors, underscore the need for action to help seniors live healthier lives."

"We are encouraged by the improving quality of care current seniors are receiving, yet more needs to be done to help prepare current and future older adults to meet the costs of this care," said Susan Peschin, MHS, president and CEO of Alliance for Aging Research. "We're grateful for the opportunity to partner with United Health Foundation to draw needed attention to this under-discussed aspect of senior health. We hope this report sparks conversation among seniors, family caregivers and advocates about ways to solve these ongoing affordability and cost-transparency challenges."



## BEHIND THE LENS IN THE SPOTLIGHT

TIFFANY MOLLES, 50, OF KINGSBURG, PREFERS TO BE BEHIND A LENS. BUT WHEN OVARIAN CANCER PUT HER IN THE SPOTLIGHT IN APRIL OF 2016, SHE STEPPED INTO A PICTURE SHE NEVER IMAGINED.

Tiffany was looking forward to a very big year of celebrations but lingering pain in her lower abdomen told her something wasn't right. She waited a couple of weeks and then went to see her doctor. "I knew within hours that I was in trouble," Tiffany said. Testing confirmed her fears and she was diagnosed with ovarian cancer.

Tiffany initially struggled to find the right care but through the strong recommendation of her surgeon, Kate O'Hanlan, M.D., she confidently sought care from Robert Havard Jr., M.D. and Sequoia Regional Cancer Center in Visalia. There, she found hope and the only words she needed to hear, "you're a candidate for a cure".

She underwent two rounds of chemotherapy at Sequoia Regional Cancer Center (SRCC) and found hope and healing. She credited the humor and compassion of her nurses for getting her through it. "My nurses became my sisters. They are amazing!" Tiffany said with a beaming smile.

One year later, Tiffany is cancer free and though it didn't turn out to be the year Tiffany eagerly anticipated, she sums it up in one powerful word, "grateful". Today she is peeking out from behind the comfort of her camera's lens and urging women to take care of themselves. "There is no test for

ovarian cancer and it can develop at any age," Tiffany said. "If you are feeling pain or anything unusual, complain of your symptoms and get an ultrasound instead of just an exam." Today, Tiffany is back to living her life as a photographer capturing family and senior portraits.

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# Medicare Changes...

(continued from page 1)

for items either never ordered, not received or improperly fitted, including hospital beds, diabetic shoes wrist, back and knee braces and power wheel chairs."

The new cards will be mailed to enrollees, with no action needed to be taken. Just be looking in your mailbox starting next April, when the replacement cards begin to be mailed. Silveria said the replacement cards will be mailed up until April 2019.

Healthcare providers and beneficiaries will both be able to use secure look up tools that will support quick access to the new numbers when they need them. There will also be a 21-month transition period when providers will be able to use either the old or new cards and numbers, further easing the transition. In the meantime, Silveria said the more than 90 categories of stakeholder agencies will be trained and educated about using the new system. Locally, Silveria's department will be conducting public education forums to inform consumers and answer questions.

While the new cards are designed to protect consumers from fraud and identity theft, Silveria said the nationwide



campaign will undoubtedly be viewed by scammers as an opportunity.

"First, Medicare will never call beneficiaries on the phone," she said, adding that is one of the many methods scammers will use to deceive their victims. "They will only return a call initiated by the consumer."

A release from the California Senior Medicare Patrol said some scammers call beneficiaries claiming to be Medicare and say they must confirm their current Medicare numbers before sending them a new card. Others call saying there is a charge for the new card and are collecting beneficiaries' personal information.

"There is no charge for your

new card and Medicare will never call you for your information," according to the release. "They already have it."

Phone calls aren't the only method scammers use. Email, regular postal mail and even door hangers have been used to deceive victims.

"Consumers are advised to carefully review mailings, letters, postcards, ads left on their front doors, or anyone asking to see their card, for suspicious marketing," she said. "Medicare

will not go door-to-door. They will not call consumers at home about the new cards. Medicare will not charge for the new cards. Consumers should not mail their old cards or money to anyone. They can protect themselves further by not giving their Medicare cards, old or new, to anyone other than trusted caregivers, medical providers, SSA or HICAP offices."

If a beneficiary is concerned they might be the victim of a scam, or simply want to verify if something they receive in the mail about Medicare is legitimate, they can call the local office at 559-623-0199 or the national hotline at 800-434-0222. Suspicious activities may be turned over to the Senior Medicare Patrol fraud project located in Orange County. Reports are reviewed and forwarded to the Department of Justice for possible investigation.

"We also advise consumers to contact their local police departments and DA's office," she said.

Log onto [Cahealthadvocates.org](http://Cahealthadvocates.org) for more information.



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**Next Issue: September/October 2017**  
**Advertising & Editorial Deadline:**  
**Friday, August 18, 2017**



# Calendar

## Monday, July 3 - Fourth of July Party

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this luncheon. For tickets (\$4) or more information, call (559) 713-4381.

## July 3, 5, 10, 12, 17, 19, 24, 26 & 31 - Bingo

The Tulare Senior Center will host Bingo from 12:30-3:30 p.m. at 201 North F Street in Tulare. For more information, call (559) 685-2330.

## Thursday, July 6 - Adventure Travel Club: Italy

Walnut Park will host this 11 a.m. event, followed by lunch and a tour, in its lobby at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

## Thursday, July 6 - Prostate Cancer Support Group

This event will be held from 3:30-4:30 p.m. at the Sequoia Regional Cancer Center, 4945 W. Cypress Ave., Visalia. For information, call (559) 624-3225.

## Friday, July 7, 14, 21 & 28 - Friday Night Dances

The Tulare Senior Community Center, 201 North F St., Tulare,

will host these events with live music, from 7-10 p.m. Tickets are \$8. For tickets or more information, call (559) 685-2330.

## Sunday, July 9 - Belle of the Ballpark

The Visalia Rawhide have rescheduled this event (from Mother's Day) as part of their Family Fun Sundays festivities at Recreation Ballpark, 300 N Giddings St, Visalia. For more information or tickets call (559) 732-4433 or visit [www.Rawhidebaseball.com](http://www.Rawhidebaseball.com)

## Thursday, July 13 - 2017 Alzheimer's Walk Season Kickoff

This 4-7 p.m. kickoff officially launches the efforts to make the October 14th fundraising walk even bigger than last year. The event, which features light bites and fun, will be held at Century 21 Jordan Link & Company, 2009 W. Feemster Ave., Visalia. For information, visit [act.alz.org/visalia2017](http://act.alz.org/visalia2017)

## Thursday, July 13 - Women's Cancer Connection

This event will be held from 6:30-8 p.m. at the Sequoia Regional Cancer Center, 4945 W. Cypress Ave., Visalia. For

more information, call (559) 624-3209.

## Thursday, July 13 - Historical Impressionist Peter Small Presents Theodore Roosevelt

Walnut Park will host this 2 p.m. event at 4119 W. Walnut, Visalia. For information, call (559) 739-1339.

## Saturday, July 15 - Smooth Jazz with Terry Collins

Walnut Park will host this 3 p.m. event at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

## Saturday, July 15 - Blood, Sweat and Tears 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-\$80. For more information, call (559) 625-1369 or visit [www.foxvisalia.org](http://www.foxvisalia.org).

## Tuesday, July 18 - Caregivers Connection

Caregivers Connection provides support and resources for those caring for a loved one with dementia. This free event will be held 1:15-2:45 p.m. at Visalia United Methodist Church, 5200 W. Caldwell Ave., Visalia, is open to the community.

## Thursday, July 20 - Music with Tim Mattos

Walnut Park will host this 2 p.m. event at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

## Friday, July 21 - Beach Party Day

The Tulare Senior Community Center, 201 North F Street, Tulare, will host this event featuring a beach-style tropical lunch and a Hawaiian-themed meal. For tickets or more information, call (559) 685-2330.

## Friday, July 21 - Music with One Nation

Walnut Park will host this 3 p.m. event at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

## Saturday, July 22 - Christmas in July

Walnut Park will host this event, featuring shopping and more, from 10 a.m. to 3 p.m. at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

## Thursday, July 27 - Senior Finances, How to Help

Prestige Assisted Living of Visalia will host this event at 3 p.m.

at its facilities at 3120 W. Caldwell Ave., Visalia. For information, call (559) 735-0828.

## August 2, 7, 9, 14, 16, 21, 23, 28 & 30 - Bingo

The Tulare Senior Center will host Bingo from 12:30-3:30 p.m. at 201 North F Street in Tulare. For more information, call (559) 685-2330.

## Thursday, August 3 - Prostate Cancer Support Group

This event will be held from 3:30-4:30 p.m. at the Sequoia Regional Cancer Center, 4945 W. Cypress Ave., Visalia. For information, call (559) 624-3225.

## Thursday, August 3 - Visalia Diabetes Support Group

This event will be held from 5:30-6:30 p.m. at the Kaweah Delta Chronic Disease Management Center, 325 S. Willis St., Visalia. For more information, call (559) 624-2416.

## Friday, August 4, 11, 18 & 25 - Friday Night Dances

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

## Saturday, August 5 - Annual Festival of Trees

This event, which will Benefit the Bethlehem Center, will be held 11 a.m.-3 p.m. at St. Mary's Hall, 506 N. Garden St., Visalia. Tickets are \$25. For information, call (559) 805-4092.

## Saturday, August 5 - Music with Miles

Walnut Park will host this 3 p.m. event at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

## Thursday, August 10 - Adventure Travel Club: Tahiti

Walnut Park will host this 11 a.m. event, with a Tahitian lunch at 12:30 p.m., at 4119 W. Walnut, Visalia. For information, call (559) 739-1339.

## Thursday, August 10 - Women's Cancer Connection

This event will be held from 6:30-8 p.m. at the Sequoia Regional Cancer Center, 4945 W. Cypress Ave., Visalia. For more information, call (559) 624-3209.

## Saturday, August 12 - Music with One Nation

Walnut Park will host this 2 p.m. event at 4119 W. Walnut, Visalia.

(continued on page 11)

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# Famous Showman Had His Start in Tulare County

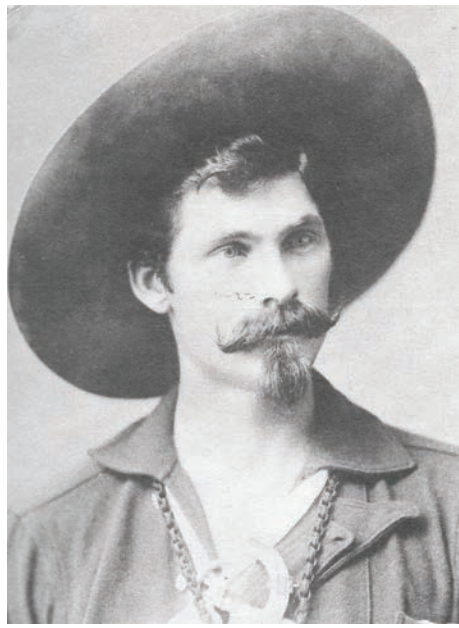
He was a western man through and through. Lean in frame, he stood 6'5" and wore buckskin clothing. He was a crack shot, an expert on horseback and when performing, he made rodeo fans cheer with delight. So who was this bigger-than-life man who cut his teeth in Tulare County and became known throughout the world as "Arizona Charlie"?

Abraham was born to John and Margaret Meadows on March 10, 1860 on the family homestead near Elbow Creek just outside of Visalia. His father was a cattleman and a preacher, so the name Abraham, with obvious Biblical roots, was not a surprise.

John was a staunch "state's rights" man who supported the sentiments of the South as the country entered the war that was anything but civil. When the country elected Abraham Lincoln as President, John declared "no son of mine shall bear the name of a president who brought this shameful war upon us." So in protest, he changed baby Abraham's name to Charles.

Charles and his brothers and sisters grew up around cattle and the young boy quickly learned the life of a cowboy. He could ride, shoot and wrangle, and learned his skills all while attending school in Visalia.

In the 1870s, California passed laws prohibiting cattle from roaming freely, a move designed to protect crop farmers. So in the late 1870s, unhappy over these restrictive cattle grazing laws, the Meadows family moved their ranching operation to the Tonto Basin of Arizona near Payson. There in 1882, Charles father was killed by the Apache Indians at his Diamond Valley Ranch. Upset, Charles began pursuing those he felt were responsible. So



Arizona Charlie as he appeared in about 1884.

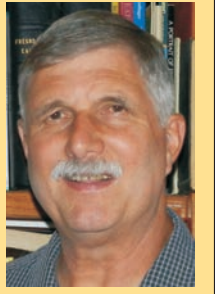
add Indian fighter to his growing list of titles.

Charles began working the rodeo in Payson in 1884, and performed in Prescott and Phoenix as well. It was during this time he was asked to join a wild west show. He did and eventually caught the eye of Buffalo Bill Cody. Charles joined Buffalo Bill's Wild West Show and it was this famous showman who gave him the stage name Arizona Charlie.

A year later Arizona Charlie had his own wild west show. He toured different parts of the country and world, and on June 13, 1893, he even brought his show to Visalia.

In 1897, he caught gold fever, and headed for the goldfields of Alaska and the Yukon. After hunting for the elusive metal for a time, he settled in Dawson City, Yukon Territory. He started a newspaper called the *Klondike News*. In it he wrote about the people that made the area newsworthy including, of course, himself. Not the least bit humble in his self promoting article, he wrote that he was "the king of the cowboys, rancher, miner, wild west

## Dusting Off History with Terry Ommen



showman and all around frontiersman." He added that he was "famous in the southwest as an Indian fighter and known the world over as the greatest horseman on earth."

In 1899, Charlie built what he called the Grand Opera House, later renamed the Palace Grand Theatre. It was a fancy place and the miners were happy to pay for entertainment and alcohol. Feeling the need to move on, he sold the theatre and in 1901 he left Dawson City.

He ended up in Yuma, Arizona where he was a colorful and controversial figure around town. He purchased a Reo automobile and on one occasion

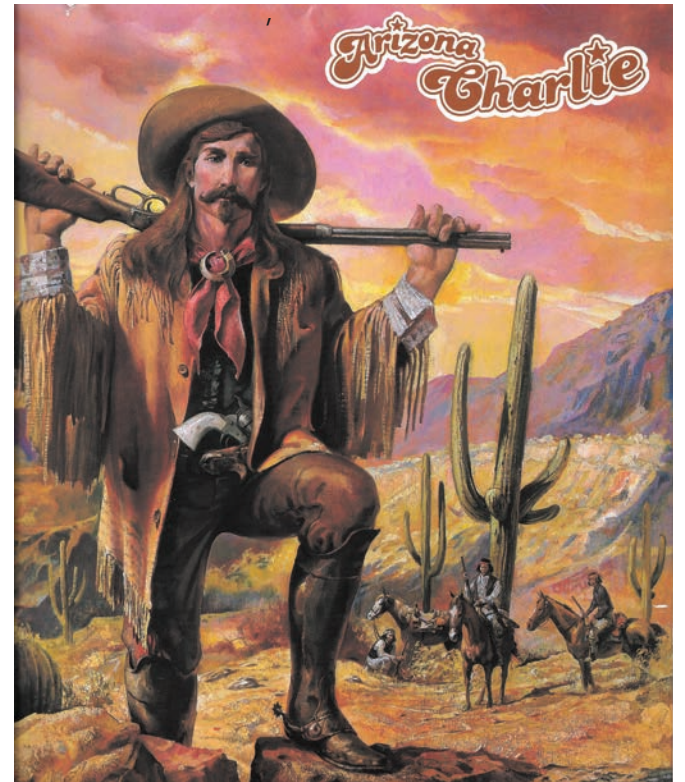
he couldn't get it to stop. But always a man with a plan, he figured he could just run the vehicle into a sand dune. Fortunately, he didn't have to as he ran out of gas first. Entering his senior years with a host of medical problems, his friends cautioned him to take care of himself. His standard response was always the same, "It'll be a snowy day in Yuma, Arizona the day I die."

In 1931 Charlie was invited to be a guest of honor at the July 4th rodeo

festivities in Visalia. He quickly accepted the invitation and drove to town in his Model T Ford. Charlie had a good time visiting with his many friends.

On December 9, 1932, Arizona Charlie breathed his last. The 72-year old dream chaser had become the victim of his own hand. He had suffered from varicose veins, and while performing his own surgery with a pocket knife, he bled to death.

By the way, the evening of the day he was buried in Yuma, snow fell. It was the first snow recorded in the 80-year history of the U.S. Weather Bureau there.



Artwork by Bill Ahrendt from the book *dust jacket for Arizona Charlie*, written by Jean Beach King and published by Heritage Publishers.

## Calendar...

(continued from page 10)

lia. For more information, call (559) 739-1339.

### Tuesday, August 15 - Caregivers Connection

Caregivers Connection provides support and resources for those caring for a loved one with dementia. This free event will be held 1:15-2:45 p.m. at Visalia United Methodist Church, 5200 W. Caldwell Ave., Visalia.

### Thursday, August 17 - Woodlake Diabetes Support Group

This event will be held at 5:30-6:30 p.m. at Woodlake Manor Apartments, 200 E. Sierra Ave., Woodlake. For more information, call (559) 624-2416.

### Friday, August 18 - Local History Presented by Patricia

Walnut Park will host this 11 a.m. event at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

### Saturday, August 19 - Music with David Pillow

Walnut Park will host this 3 p.m. event at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

### Wednesday, August 23 - Free Hearing Screening

Prestige Assisted Living of Visalia will offer free hearing tests beginning at 2 p.m. at 3120 W. Caldwell Ave., Visalia. For more information, call (559) 735-0828.

### Friday, August 25 - Music with Richard Frost

Walnut Park will host this 3 p.m. event at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

### Saturday, August 26 - Visalia Mighty Oak Chorus' "Western Round Up"

This musical dinner and silent auction, with live music by a country band, a chorus and a quartet, will be held at the Ritchie Barn near Ivanhoe from 5-8 p.m. (Western attire is encouraged.) Tickets are \$20. For more information, call (559) 901-4615.

### Sunday, August 27 - Polyneesian Luau Lunch

Walnut Park will host this 12:30 p.m. event, followed by dancers at 2 p.m., at 4119 W. Walnut, Visalia. For more information, call (559) 739-1339.

### Thursday, August 31 - Westgate Gardens Open House

Westgate Gardens will host this event, featuring a luau theme, raffles and food, from 4:30-7 p.m., at 4525 W. Tulare Ave., Visalia. For more information, call (559) 733-0901.

### Thursday, August 31 - Effectively Manage Chronic Pain

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

Please send your event information to:

editor@kastcompany.com



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