

IN THIS ISSUE: Alzheimer's differs by gender, Seniors Toolbox forum planned, Count Basie Orchestra comes to Visalia Fox, Ezekiel Calhoun, downsizing as you age.

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VI, Number 5 • September/October 2019



Participants at last year's Walk to End Alzheimer's encourage your continued participation in the effort to find a cure.

Alzheimer's Walk Set for October 12

Tulare and Kings County residents are invited to participate in the Alzheimer's Association Walk to End Alzheimer's on Saturday, October 12, at Mooney Grove Park in Visalia.

Participants will complete a two-mile walk and learn about Alzheimer's disease, advocacy opportunities, clinical studies enrollment, and support programs and services from the Alzheimer's Association. Participants will also take part in a tribute ceremony to honor those affected by Alzheimer's disease.

"I walk to find answers for this devastating disease because my mother is traveling this journey and my father is steadfast in his support of her. Plus working in this line, I com-

fort families and reassure them daily," said Penny Chase about the reasons she participates in the local walk.

"I walk in memory of my great-grandmother who was diagnosed with dementia," said Sherrie Wallace. "I continue the fight against Alzheimer's so that one day, no one can forget the life they lived."

More than five million Americans are living with Alzheimer's disease, the fifth leading cause of death in the U.S. and the only disease among the top 10 with causes that cannot be cured, prevented or even slowed. Additionally, more than 15 million family and friends provide care to people with Alzheimer's and other dementias in the U.S.

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Commonly Prescribed Drugs Could Increase Dementia Risk

New research suggests that regular use of certain types of commonly prescribed drugs used to treat bladder conditions, Parkinson's disease and depression could significantly increase the risk of dementia in later life.

The study, carried out by researchers from the University of Nottingham and funded by the National Institute for Health Research (NIHR), found that there was nearly a 50% increased risk of dementia among patients age 55 and over who had used strong anticholinergic medication daily for three years or more.

Anticholinergic drugs help to contract and relax muscles. They work by blocking acetylcholine, a chemical that transmits messages in the nervous system.

Doctors prescribe the drugs to treat a variety of conditions, including chronic obstructive pulmonary disease, bladder conditions, allergies, gastrointestinal disorders and symptoms of Parkinson's disease.

These medicines can have short-term side effects, including confusion and memory loss, but it has been less certain whether long-term use increas-



es the risk of dementia.

The research, published in the *JAMA Internal Medicine Journal* and led by Professor Carol Coupland from the university's Primary Care Division, looked at the medical records of 58,769 patients with a diagnosis of dementia and 225,574 patients without a diagnosis of dementia, all age 55 and over, between January 1, 2004 and January 31, 2016.

The study findings showed increased risks of dementia for

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Visalia Senior Center Ready for Annual Fall Open House

School is back in session, which means that fall is just around the corner and the Visalia Senior Center is ready to kick off fall with its annual Senior Center Fall Open House event. This event, scheduled for Wednesday, September 4 from 10 a.m. to 1 p.m. at the Visalia Senior Center, 310 N. Locust St., Visalia, will feature plenty of information, programs and activities for seniors. Attendance is completely free for guests of all ages.

The Fall Open House will feature 30-40 local vendors, each hand-selected as an agency, program or business that offers vital resources for mature adults. As a result, the event connects seniors, families and caregivers with the community resources available to them.



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

"The Visalia Senior Center is always full of energy and is really the perfect place for mature adults looking for activities, classes and friendly faces," said Holly Ellis, recreation coordinator for the Visalia Senior Center.

"This open house is a chance for regular visitors and new faces alike, to get a glimpse of all the wonderful opportunities available to local seniors."

At 11:30 a.m., attendees can
(continued on page 8)



'Senior Day at Burris Park' Set for September 20

The Kings County Commission on Aging will once again present Senior Day at Burris Park, 6500 Clinton Ave., Kingsburg. The event will feature a cake walk, bingo, raffles, music, informational tables, a crazy hat contest and Elvis, from 9 a.m. to 2 p.m. on Friday, September 20.

The event is free, but there is a \$3 suggested donation for the noon luncheon.

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



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VETERANS CORNER

The Blue Water Act



Ken Cruickshank

Recently, the Blue Water Navy Vietnam Veterans Act (H.R.299) was signed into law. Last year, the House unanimously passed the bill only to have it stall in the Senate Veterans Affairs Committee.

The U.S. Court of Appeals for the Federal Circuit in Washington, D.C. ruled in favor of Agent Orange/Blue Water Navy veterans in the Procopio v. Wilkie court decision in January. The Department of Justice declined to appeal the decision, so the House and Senate passed the supported legislation unanimously.

This court case argued on behalf of Blue Water Veterans, saying that a Navy veteran, Mr. Procopio, who never set foot on land in Vietnam, was exposed to Agent Orange during his military service off the coast of the Republic of Vietnam. Due to this exposure, he developed medical conditions consistent with other veterans who served on land and were exposed to Agent Orange and therefore he was entitled to a presumptive category and eligible for benefits. This legislation essentially codifies the Procopio decision into law.

The law will go into effect January 1, 2020, at which time the Department of Veterans Affairs (VA) will process the claims, however, the VA is encouraging veterans to begin to apply, or in some cases reapply, for the benefits now.

If you have filed and been denied for a disability linked to Agent Orange exposure, should you wish to attempt to file your claim again with the Department of Veterans Affairs, our office can assist you in completing the application and submit it on your behalf.

The recognized presumptive Agent Orange disabilities are listed below:

- Non-Hodgkin's Lymphoma
- Hodgkin's Disease
- Multiple Myeloma
- Respiratory Cancers (including cancers of the lung, trachea and bronchus)
- Prostate Cancer
- Type 2 Diabetes
- Chronic Lymphocytic Leukemia (CLL)
- AL Amyloidosis
- Parkinson's Disease
- B Cell Leukemia
- Ischemic Heart Disease


If you are a surviving spouse of a Vietnam veteran who had any of the above conditions, even if they did not file, you may be eligible to apply for benefits as well.

Should you want assistance, please contact the office at (559) 713-2880 to schedule an appointment.

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

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'The Senior's Toolbox' Educational Forum Planned for October 4

Kaweah Delta and Quail Park are sponsoring "The Senior's Toolbox," an informational conference open to the community. Speakers will address important subjects to better prepare seniors for their present and future needs.

Now in its second year, The Senior's Toolbox is a free educational forum and informational fair addressing situations often faced by seniors, their families and caregivers, and healthcare professionals.

Christ Lutheran Church, 3830 W. Tulare Ave. in Visalia, will host this year's conference from 8 a.m. to noon on Friday, October 4.

Kimberly Jensen is the main coordinator of the event. As community liaison for Quail Park, her job responsibilities include offering information about caring for seniors. Unfortunately, this often happens after an emergency arises.

"Normally, I get a panic call from spouses or family member after a crisis event occurs," Jensen explains. "I want people to be prepared for whatever comes their way and make sure they have set plans *before* the crisis."

The Senior's Toolbox will help attendees prepare for emergencies before they happen.

When attendees register, they choose which of three pre-

sentations to attend in each of two sessions. They can also decide whether to stay for one session or both.

The first session topics to choose from are: "Power of Attorney: Wills and Trusts," presented by Attorney Barbara Craig; "Dementia Training," presented by Marie Espinola of the Alzheimer's Foundation of Central California; and "Quality Aging and Tips on Living



Marie Espinola conducts a dementia training workshop at last year's event.



Pictured (l-r) are: Tish Davis, who assisted in the event planning; event coordinator/speaker Kimberly Jensen; and Marie Espinola, who returns to speak at this year's event.

Longer," presented by Kimberly Jensen.

A break will then follow, allowing attendees the opportunity to gather important information about the services provided by local and regional healthcare and senior care professionals.

The presentations in the second session include: "Senior Living Options," presented by Kimberly Jensen; "Caring for the Caregiver," presented by Marie Espinola; and "How to Pay for Senior Care without Going Broke," presented by Greg Steen of

Steen & Company.

"Last year's event was so informational and productive that the attendees wanted to make sure that we held this event every year," said Jensen. "Planning for your future and getting your 'ducks in a row' while you are still healthy and not in crisis makes for better planning when you might need this information."

"Whatever we can do to better educate the community and give them peace of mind is of the utmost importance," she added.

To register or for more information, call Kimberly Jensen at (559) 737-7443. All registrations must be submitted or called in by October 1.

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Entertainment

Count Basie Orchestra to Headline Fox Visalia October 11

In the history of jazz music, there is only one bandleader with the distinction of having his orchestra still performing sold out concerts all over the world more than 30 years after his passing, still with band members chosen by him. Pianist and bandleader William James "Count" Basie was and still is an American institution that personifies the grandeur of jazz.

The Count Basie Orchestra, with guest vocalist Carmen Bradford, will headline the Visalia Fox Theatre on Friday, October 11.

The orchestra, today under the direction of Scotty Barnhart, has won every respected jazz poll in the world at least once, won 18 Grammy Awards. They have performed for kings, queens and other royalty, appeared in several movies and television shows, and at every major jazz festival and major concert hall in the world.

Their latest honors are the 2018 Downbeat Readers Poll Award as the #1 Jazz Orchestra in the world, and a Grammy nomination for their 2018 recording, "All About That Basie," which features special guests Stevie Wonder, Jon Faddis, Take 6 and Kurt Elling, among others. This follows their critically acclaimed 2015 release, "A Very Swingin' Basie Christmas!," the first holiday album in the 80-year history of the orchestra. Released on Concord Music, it went to #1 on the jazz charts and sold out on Amazon. Special guests included vocalists Johnny Mathis, Ledisi, Carmen Bradford and pianist Ellis Marsalis.

A full-length documentary on Basie and the orchestra was completed by the BBC Tele-

vision Network and is slated for worldwide release in 2020, which will be the orchestra's 85th anniversary.

Some of the greatest soloists, composers, arrangers and vocalists in jazz history, including Lester Young, Billie Holiday, Frank Foster, Thad Jones, Sonny Payne, Freddie Green, Snooky Young, Frank Wess and Joe Williams, became international stars once they began working with the legendary Count Basie Orchestra. The 18-member orchestra is still continuing the legacy of stomping and shouting the blues, as well as refining those musical particulars that allow for the deepest and most moving of swing.

William "Count" Basie was born in Red Bank, New Jersey in 1904. He began his early playing days by working as a silent movie pianist and organist and by eventually working with the Theater Owners Booking Agency circuit, sometimes referred to as the "chitlin' circuit" that catered primarily to the African-American communities in the South, East and Midwest. In 1927, Basie, then touring with Gonzelle White and the Big Jazz Jamboree, found himself stranded in Kansas City. It was here that he would begin to explore his deep love of the blues, and meet his future band mates including bassist Walter Page.

In the 1920s and 1930s, Kansas City was headquarters for the territory bands that played the Midwest and Southwest. It was also ground zero for the heady mixture of blues, 4/4 swing rhythms and hot instrumentalists that were to become the standard bearers and precursors for the Swing Era and the underlying rhythm of modern



The Count Basie Orchestra today

jazz. Walter Page's Blue Devils and Benny Moten's Kansas City Orchestra caught Basie's ear and soon he was playing with both, and serving as second pianist and arranger for Moten.

In 1935, Bennie Moten died and it was left to Basie to take some of the musicians from that orchestra and form his own. The Count Basie Orchestra, which is still alive and well today some 84 years later, epitomized Kansas City Swing and, along with the bands of Fletcher Henderson, Jimmy Lunceford, Duke Ellington and Benny Goodman, his orchestra would define the Big Band Era.

While the media of the period crowned Goodman the "King of Swing," many considered Count Basie to be the real King of Swing. As Basie trumpeter Sweets Edison once said, "We used to tear all of the other bands up when it came to swing. The basic fundamentals of Basie's orchestra were and still are foot-stomping 4/4

swing, an unparalleled use of dynamic contrasts, shouting the blues at any tempo, and just making one want to dance."

The Basie Orchestra evolved into one of the most venerable and viable enterprises in American music with continued productivity rivaling any musical organization in history.

The Count Basie Orchestra can be viewed between 1935 and 1955 as the "Old Testament" and "New Testament" bands. The Old Testament band's style was a combination of spontaneously developed riff-driven, or "head" arrangements, full of the blues and relaxed, but intense swing that showcased a some of the greatest names in jazz history: Lester Young, Hershel Evans, Harry Edison, Buck Clayton, Dicky Wells, Jo Jones, Freddie Green and Jimmy Rushing.

The New Testament Count Basie Orchestra was formed circa 1952 after Basie's brief hiatus

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Committees at Work on California's Master Plan for Aging

Recognizing that California’s over-65 population is projected to grow to 8.6 million by 2030, Governor Gavin Newsom signed an executive order calling for the creation of Master Plan for Aging to be developed by October 1, 2020.

The Master Plan will serve as a blueprint that can be used by state government, local communities, private organizations and philanthropy to build environments that promote healthy aging.



“The Golden State is getting grayer and we need to be ready for the major population changes headed our way,” said Governor Newsom. “An aging population will introduce new opportunities for economic and community growth but also drive increased health and long-term care costs.

"We need a plan that brings everyone to the table – local communities, labor, private sector and philanthropy – to help us understand what’s coming and guide us toward taking better care of older Californians.”

The action directs the secretary of the California Health and Human Services Agency to convene a cabinet-level workgroup for aging to advise the secretary in developing and issuing

the Master Plan.

Additionally, the California Health and Human Services Agency, along with other state partners, will convene a Master Plan for Aging Stakeholder Advisory Committee, which will include a Research Subcommittee and a Long-Term Care Subcommittee, with an interest

in building an age-friendly California.

These subcommittees are expected to include older Californians, adults

with disabilities, local government representatives, health care providers, health plans, employers, community-based organizations, foundations, academic researchers and organized labor.

The Long-Term Care Subcommittee is tasked with issuing a report to the governor by March 2020 on stabilizing state long-term care programs and infrastructure, including In-Home Supportive Services, with the full Master Plan completed by October 2020.

The workgroup’s focus will go beyond just the health and human services area. The academic research is clear: underlying social factors, such as transportation and housing, have a significant impact on an

individual’s health outcomes and well-being.

Additionally, the Master Plan will look beyond public programs and be inclusive of all older Californians. There are

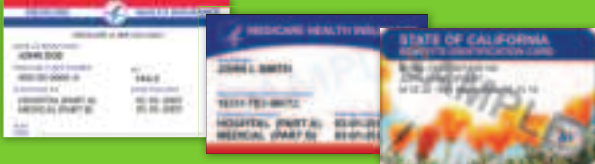
many older Californians who don’t utilize or have access to public programs and services that the state administers and the Master Plan will also address this situation.

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Alzheimer's Risk, Progression, Resilience Differ by Gender

Research reported at the Alzheimer's Association International Conference (AAIC) held in Los Angeles earlier this summer identified a number of differences in the progression and risk of Alzheimer's disease between women and men, including newly identified sex-specific risk genes and contrasting presentation of Alzheimer's biology in the brain.

Two-thirds of people living with Alzheimer's disease in the United States are women, according to the Alzheimer's Association's 2019 Alzheimer's Disease Facts & Figures report. There are a number of potential reasons why more women than men have Alzheimer's or other dementias; a longheld view has been that it is due to women living longer than men, on average, but new evidence suggests that may not be the whole story.

"The majority of people living with Alzheimer's are women and it's imperative we understand why," said Maria C. Carrillo, Ph.D., Alzheimer's Association chief science officer. "The research reported at AAIC gets us one step closer to answering that question by identifying specific biological and social reasons why Alzheimer's is different in men and women."

Findings from researchers at the Vanderbilt University Medical Center found sex-specific differences in the spread of abnormal tau protein, a toxic substance associated with cognitive decline in Alzheimer's. Complementary to these findings, researchers at University of California San Diego School of Medicine found sex differences in levels of energy usage in the form of brain glucose metabolism.

Research from the University of Miami found novel sex-specific genes that are associated with risk and resilience for Alzheimer's disease, which could provide unique risk profiles for men and women. Finally, in a large study of women, researchers from the UCLA Fielding School of Public Health found a faster rate of memory decline among women who never engaged in waged employment compared to women who participated in the paid labor force.

"Understanding these sex-specific differences may help us identify and apply customized prevention strategies for different populations against cognitive decline, Alzheimer's disease and other dementias," Carrillo added.

Work/Family Demands and Late-Life Memory Decline in Women

Women have experienced drastic changes in patterns of



employment and family circumstances over the last 100 years. To better understand how women's work/family demands (paid labor force participation, marriage, motherhood) may play a role in late-life memory decline, Elizabeth Rose Mayeda, Ph.D., MPH, assistant professor of epidemiology at UCLA Fielding School of Public Health, and her team studied 6,386 women born between 1935 and 1956 in the Health and Retirement Study.

Women in the study reported paid employment, marital and parenthood status between ages 16 and 50. Memory performance was measured using standardized tests every two years starting when the women were age 50 or older.

The researchers found that women in the study who participated in the paid labor force between early adulthood and middle age, including mothers and non-mothers, experienced slower memory decline in late-life. Rate of memory decline was fastest among women who did not engage in waged employment. For example, compared with married mothers who participated in the paid labor force:

- average memory performance between ages 60 and 70 years declined 61% faster for married women with children who never engaged in waged employment; and
- average memory performance between ages 60 and 70 years declined 83% faster for women who experienced a prolonged period of single motherhood without waged employment.

Based on these findings, the scientists suggest that participation in the paid labor force may play an important role in late-life cognitive health for women in the United States. This builds on prior research that has found participation in the workforce is associated with

higher levels of cognitive stimulation and increase in cognitive reserve.

"Though preliminary, our research provides evidence that participation in the paid labor force may help prevent late-life memory decline among women in the United States. Possible pathways include mental stimulation, financial benefits, and social benefits," said Mayeda. "Future research should evaluate whether policies and programs that facilitate women's full participation in the paid labor force are effective strategies to prevent memory decline."

Glucose Metabolism Supports Verbal Memory Skills in Women

Women typically outperform men on verbal memory tests, including through the early stages of Alzheimer's disease. This is true even when women and men have similar degrees of Alzheimer's-related brain changes – or pathology. Because of the better verbal memory performance in women versus men at early Alzheimer's stages, verbal memory tests may fail to detect mild cognitive impairment and Alzheimer's disease in women until they are further along in the disease.

To better understand this phenomenon, Erin Sundermann, Ph.D., a neuropsychologist at UC San Diego School of Medicine, and colleagues from other institutions compared the brain's ability to metabolize glucose, a measure of brain function, between men and women at different stages of Alzheimer's pathology and whether a difference contributes to women's verbal memory advantage.

The study included 1,022 older adults (453 women, 569 men) from the Alzheimer's Disease Neuroimaging Initiative. Study participants received brain scans that measured levels of amyloid plaques – a signature brain lesion in Alzheimer's

– and how well their brains metabolized glucose in regions affected by Alzheimer's. Glucose is the primary energy source for the brain; poor metabolism is a sign of dysfunction in brain cells. Participants' verbal memory skills were also tested.

Women outperformed men on the verbal memory test when amyloid plaque deposition was minimal to moderate, indicating early-stage Alzheimer's. However, this difference was absent when amyloid deposition was severe, indicating a later stage of the disease. In parallel to the verbal memory findings, the researchers also found that women showed higher levels of brain glucose metabolism than men at minimal to moderate levels of amyloid deposition.

This suggests that women may be better able than men to compensate for early-stage Alzheimer's-related brain changes by maintaining brain metabolic function, and this ability may contribute to women's verbal memory advantage at this disease stage.

"As the field moves towards using brain changes and biomarkers to measure Alzheimer's risk, this research is important in understanding how these changes differ by sex," said Sundermann. "By doing so, we can develop more personalized dementia risk measurements and interventions."

Novel Sex-Specific Genes for Alzheimer's Disease

To examine the possible genetic differences between men and women that may contribute to women's higher risk for Alzheimer's, Brian Kunkle, Ph.D., MPH, genetic epidemiologist and associate scientist at the University of Miami, and genomics teams at multiple institutions, analyzed two large datasets from the Alzheimer's Disease Sequencing Project whole-exome sequencing study (5,522 cases, 56.4% female; 4,919 controls, 59.1% female) to identify potential additional sex-specific genetic associations with Alzheimer's.

Sex-specific associations with Alzheimer's disease risk were found for 11 different genes, many of which have functions that may be relevant to development of Alzheimer's. These include genes related to risk only in men, MCOLN3 and CHMP2B, both of which are involved in endocytosis, a process critical to the development of Alzheimer's, and genes related to risk only in females, CD1E and PTPRC, which play essential roles in immunity.

"This research demonstrates that genetics may contribute to differences in risk and progres-

(continued on next page)

Alzheimer's Disease Differs by Gender...

(continued from page 6)

sion of Alzheimer's disease between men and women," said Kunkle. "More research is needed to understand how much these genes contribute to Alzheimer's risk, and whether they can be used to specifically identify men and women at risk for this disease."

Sex Differences Identified in the Spread of Tau Pathology in the Brain

The biological hallmarks of Alzheimer's involve the abnormal accumulation of proteins in the brain. Much past work has focused on amyloid, but Alzheimer's disease is also characterized by the abnormal accumulation of tau, a protein that, when clumped into tangles, causes brain cell death.

Previous research has established that there are sex-specific differences in how brain regions are connected, and this may influence the pattern of how tau spreads through the brain in men and women.

Sepideh (Sepi) Shokouhi, Ph.D., assistant professor of psychiatry and behavioral sciences at Vanderbilt University Medical Center, and colleagues examined positron emission tomography scans to model the brain as a network of tau-connected regions. They examined the architecture of these networks to identify global pathways of tau propagation and to test for differences between men and women.

The study included healthy individuals (123 men, 178

women) and people with mild cognitive impairment (MCI: 101 men, 60 women) enrolled in the Alzheimer's Disease Neuroimaging Initiative database. For each group, the tau-connectivity networks were characterized to indicate (1) the overall number of connections, (2) areas within the brain with higher tau connectivity than the rest of the brain (communities), and (3) regions that influenced the spread of tau across different communities.

The researchers found that the tau network of women with MCI looked very different than the other three groups. Women with MCI had the highest network density and, at the same time, increased brain-wide tau burden. The researchers speculate that this may favor an accelerated brain-wide tau spread in women, which may lead to cog-

nitive decline.

"The differences that we observed indicate the strong possibility that there are sex differences in the structural and functional connections in the brain, which may contribute to women's increased risk for Alzheimer's," Shokouhi said. "This study has implications for the possibility of creating sex-specific risk-reduction strategies and preventive interventions."

About AAIC

The Alzheimer's Association International Conference (AAIC) is the world's largest gathering of researchers from around the world focused on Alzheimer's and other dementias. As a part of the Alzheimer's Association's research program, AAIC serves as a catalyst for generating new knowledge about dementia and fostering a vital, collegial research community.

Drugs May Increase Dementia Risk...

(continued from page 1)

anticholinergic drugs overall and specifically for the anticholinergic antidepressants, antipsychotic drugs, antiparkinsons drugs, bladder drugs and epilepsy drugs, after accounting for other risk factors for dementia.

No increased risks were found for the other types of anticholinergic drug studied such as antihistamines and gastrointestinal drugs.

The 58,769 patients with dementia had an average age of 82 and 63% were women. Each dementia case was matched to five control patients of the same age, sex and general practice.

Anticholinergic drug exposure was assessed using prescription information over a complete period of 10 years, from one to 11 years before diagnosis of dementia or the equivalent dates in control patients, and was compared between the two groups. Further analysis looked at prescriptions for anticholinergic drugs up to 20 years before diagnosis of dementia.

This is an observational study so no firm conclusions can be drawn about whether these anticholinergic drugs cause dementia, and it is possible that the drugs were being prescribed for very early symptoms of dementia.

"Our study adds further evidence of the potential risks associated with strong anticholinergic drugs, particularly antidepressants, bladder antimuscarinic drugs, anti-Parkinson drugs and epilepsy drugs," said Professor Coupland.

"The risks of this type of medication should be carefully considered by healthcare professionals alongside the benefits when the drugs are prescribed," she continued, "and alternative treatments should be considered where possible, such as other types of antidepressants or alternative types of treatment for bladder conditions. These

findings also highlight the importance of carrying out regular medication reviews.

"We found a greater risk for people diagnosed with dementia before the age of 80, which indicates that anticholinergic drugs should be prescribed with caution in middle-aged people as well as in older people."

These results, along with those of a similar study published in 2018 help to clarify which types of anticholinergic drug are associated with the highest risks of dementia.

In the 1-11 years before the dementia diagnosis date or equivalent in controls, nearly 57% of cases and 51% of controls were prescribed at least one strong anticholinergic drug, with an average of six prescriptions in cases and four in controls. The most frequently prescribed types of drugs were antidepressants, anti-vertigo and bladder antimuscarinic drugs, which are used to treat an overactive bladder.

The increased risk associated with these drugs indicates that if the association is causal, about 10% of dementia diagnoses could be attributable to anticholinergic drug exposure, which would equate to about 20,000 of the 209,600 new cases of dementia per year in the UK.

This is a sizeable proportion and is comparable with other modifiable risk factors for dementia, including 5% for midlife hypertension, 3% for diabetes, 14% for later life smoking and 6.5% for physical inactivity.

"This study gives insight into the potential long term impacts of the use of anticholinergic drugs," said Professor Martin Rossor, NIHR national director of dementia research. "Further research is needed to confirm whether or not the association between these drugs and risk of dementia is causal. These drugs are prescribed for a number of health conditions and any concerns patients might have about them should be discussed with their doctors."

Four Cases of West Nile Virus in Tulare County

Tulare County Public Health and the California Department of Public Health are investigating four cases of suspected West Nile Virus (WNV) infection in Tulare County.

Three adult males and one child have been affected, three of the individuals from the Visalia area and one from Tulare.

The West Nile virus is transmitted to humans by mosquitoes, and there is no vaccine or

medication to treat the virus.

Delta Vector Control has also confirmed that the St. Louis Encephalitis Virus has been detected in mosquitos in Tulare County.

Residents are asked to help track WNV by reporting all dead birds and squirrels. Call 1-877-968-2473 to report a dead bird or squirrel, or you can submit an online report to the California West Nile website at westnile.ca.gov.

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Count Basie Orchestra at the Visalia Fox Theatre...

(continued from page 4)

from the full orchestra, when he was working with a small group of six to seven musicians during the industry-imposed recording ban that began in 1948.

The sound of the orchestra was constantly deepening and getting more precise as each series of non-stop tours was completed. One of the things setting Basie's orchestra apart from others is that Basie actually encouraged his musicians to compose and arrange especially for the orchestra and its distinctive soloists such as Snooky Young, Thad Jones, Frank Foster and Frank Wess on flute, who recorded the very first jazz flute solo in history.

Eddie Durham, Thad Jones, Ernie Wilkins, Quincy Jones, Neal Hefti, Sammy Nestico, and Frank Foster, to name a few of the more prominent Basie arrangers, have added volumes to the Basie library. Through them, the Basie repertoire continued to broaden harmonically and rhythmically, making it more than hospitable to the talents of the successive generations of musicians. The orchestra also began to become the first choice for the top jazz vocalists of the day including Frank Sinatra, Ella Fitzgerald, Tony Bennett and Basie's "Number One Son," Joe Williams.

As Basie allowed for a cer-

tain measure of change and for a variety of voices to emerge on the platform he created, his orchestra's repertoire always remained accessible, interesting and ultimately perfect for dancing. This can be seen in a popular motion picture of 1960, "Cinderfella," starring Jerry Lewis. For the biggest scene in the movie, which required the perfect orchestra to dance to at the ball, Lewis chose The Count Basie Orchestra. This movie was seen by millions and led to presidential inaugural ball performances and private parties of the world's elite from New York to Bangkok, Thailand, to St. Tropez in the south of France.

During the 1960s and 1970s and into the 1980s, the orchestra's sound, swing feel, general articulation and style began to become more laid back and more relaxed. As 30-year veteran trumpeter Sonny Cohn once slowly said, "This is a laid... back...orchestra....a...laid... back...orchestra."

With very few personnel changes, the orchestra members were able to blend into one sound and one way of phrasing that is now known as the "Basie way." Jazz orchestras all over the world began to emulate this way of playing, with a deceptive suspension of time and rhythm, but with a sound that is



The "Old Testament" Count Basie Orchestra

infectious and never loses that all-important dance element. In simple terms, the Count Basie Orchestra continued to set a precedent in 4/4 swing at any tempo - swing is that intangible that makes you tap your foot.

Since Basie's passing in 1984, Thad Jones, Frank Foster,

Grover Mitchell, Bill Hughes, Dennis Mackrel and now Scotty Barnhart have led the Count Basie Orchestra and maintained it as one of the elite performing organizations in Jazz.

For tickets or more information, call (559) 625-1369 or visit www.foxvisalia.org.

Visalia Senior Center Open House...

(continued from page 1)

take a break from the booths, grab a seat and enjoy a chicken croissant sandwich lunch which includes chips, fruit and a drink, all for \$5. Lunch tickets can be purchased now and are available at the Visalia Senior Center.

Flu shots will also be available for those with Medicare Part B Insurance; attendees will need to present their medical card at the time of service.

This year's theme will be a sweet treat as we celebrate all things "Candy Land!" Vendors will have their booths decorated to match the theme, and attendees are encouraged to dress up and join in the fun during the



Attendees have an opportunity to interact with vendors to get helpful information at the Fall Open House.

costume contest. For more information on the event, call the Visalia Senior Center at (559) 713-4381 or email recreation@visalia.city.

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The program uses physical tools "games" that also work the core, and activate the organs and systems of the body. The 21 tools of the program are based on the concept of neuroplasticity – the ability of the brain to change structurally and functionally. Each tool is based on every day, natural movements that focus on the healthy longevity of the body and mind. People of all ages and abilities, including those with physical disabilities and challenges, will benefit from the class.

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Pictured above left: Seniors make necessary repairs and process food for distribution. Pictured above right: Seniors process dried soup mix from September to May to send to the hungry around the world.

Local Seniors Volunteer at Gleanings for the Hungry

Few people in the Central Valley know that there is a huge operation right in our backyard that sends literally tons of free local fruit and dried soup mix to desperately hungry people in many countries around the world, and many seniors play a big part in this endeavor.

Since 1982, Gleanings for the Hungry has provided dried fruit to needy people around the world. Gleanings is a non-profit organization located in Sultana (near Dinuba) that functions as a ministry arm of Youth With A Mission, an interdenominational Christian ministry whose mission is to help feed desperately poor and hungry people with nutritious food.

The summer fruit season at Gleanings is a very busy time. Peaches and nectarines are being processed now and dried in the hot sun to preserve them for transport. Cull fruit grown in the Central Valley, which cannot be sold at market value, is donated by local growers for processing, which consists of sorting, washing, pitting, sun drying and packing the fruit into buckets for shipment.

Huge shipping containers can be seen leaving Sultana heading to remote locations around the world with food for the hungry this summer, and many local seniors help in every aspect of the process. Kitchen helpers in these busy summer months cook and serve every meal to the 100 to 200 volunteers from all over the U.S. and Canada.

While some seniors brave the heat of the summer to help at Gleanings, more come out from September to May when soup season starts. This nutritious soup can include dehydrated vegetables, rice, lentils, pasta, potatoes and other

ingredients which are mostly donated. These are combined with spices to make a very flavorful and nutritious meal for those in need.

Gleanings staff member Lori Ragains reports that seniors process the dried soup mix by scooping out the soup, putting it into bags, putting labels on the bags, dumping dried potatoes and spices into the mix, placing the bags in shipping buckets, and using forklifts to load the buckets into shipping containers.

Any time of year, seniors from our local area and around the world volunteer in food processing, packaging, quilting, machine and vehicle repair, housekeeping, kitchen, grounds work, building maintenance, painting and building – whichever they choose.

Lori says that seniors who come to help, “do just about everything that any other volunteer does at the plant,” and the facility staff delights in those who might have more expertise and experience than the younger generations.

Some come for the day, while others stay at the facility for two weeks to three months to volunteer. Some even come in their RV’s and volunteer for a while. She reports that even seniors with walkers and canes have helped in many endeavors at the plant and some use the facility golf carts to get around.

Gleanings also has seniors who live year-round at the facility working in food service, groundskeeping and repair. Many senior “snowbirds” come down from Canada and the northern states in the winter to volunteer at Gleanings, escaping the harsh cold. Lori says that pastors who are seniors have come from all over the U.S. and

Canada with their high school and junior high youth groups to aid in food drying in the summer months as well.

During the cooler season, September to May, many seniors come to make quilts handmade at the Gleanings facility to be and shared with love to the poor and traumatized. Recently, groups of quilters created and sent quilts around the world, including to Holocaust survivors, bringing love and comfort for their winter needs.

Gleanings receives millions of pounds of donated nutritious food. Generous farmers and companies have donated nutrition and energy bars, raisins, pasta, cereal, vitamins, rice, beans, flour, cooking oil, nuts, various fruits (dried and fresh), spices, various dried vegetables, and quilting supplies and fabric.

Also, the generous donations of time and service, furniture, machinery and equipment have allowed for a greater impact on desperate people in need throughout the world. Many also give financially to help feed the world’s hungry.

In 2018, more than 3 million pounds of food products from this local plant were shipped and distributed through agencies in differing nations.

This nutritious food is shipped to feed needy seniors, widows, orphans, victims of disaster, and refugees. Countries that have received Gleanings food have included Armenia, Fiji, Liberia, Romania, Belarus, Mexico, Ghana, Moldova, South Sudan, Guatemala, Burkina Faso, Haiti, Tanzania, Niger, Cambodia, Israel, Nigeria, Ukraine, Venezuela, Cuba, Jamaica, Dominican Republic, Jordan, Paraguay, Zimbabwe, El Salvador, Kenya, Ethiopia, Lebanon, and most recently to refugees leaving war-torn Syria.

Gleanings for the Hungry offers local seniors many opportunities for service. For more information, visit them at 43029 Road 104, Dinuba, CA 93618, or online at Facebook/YWAMGleanings or www.gleanings.org.

You can also contact them at 559-591-5009 or info@gleanings.org.

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Calendar

Monday, September 2 - Mike Pike Musical Performance
Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, will host this 3 p.m. event. For more information, call (559) 739-1339.

September 2, 9, 16, 23, 30 - Senior Inc. Pot Luck Bingo
Bingo is played every Monday starting at 12:15 p.m. at the Goodwill Building, 426 W. Lacey Blvd., Hanford. Cost is \$4,50. For more information, call (559) 904-5019.

September 2, 4, 9, 11, 16, 18, 23, 25, 30 - Community Bingo
Tulare Senior Services Volunteers will host Bingo from 12:30-3:30 p.m. at the Tulare Senior Community Center, 201 North F St., Tulare. For more information, call (559) 685-2330.

September 3, 5, 10, 12, 17, 19, 24, 26 - Healing Hearts Walks
Visalia Public Cemetery, 1300 W. Goshen, Visalia, hosts these events, which include a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk inside the cemetery. Call (559) 734-6181 for more information.

Wednesday, September 4 - Visalia Senior Center Fall Open House
The Visalia Senior Center, 310 N. Locust St., Visalia, will host this annual event. (See article on page 1.)

Wednesday, September 4 - Free Fresh Produce Neighborhood Market
The Kings Commission on Aging, Feeding America and the City of Hanford provide this monthly free fresh food bank at Longfield Center, 560 S. Douty, Hanford, from 9-11:30 a.m. For more info, call (559) 237-3663.

September 4, 11, 25 - Senior, Inc. Dance
This event, featuring live music, will be held from 6:30-9:30 p.m. at the Hanford Senior Cen-

ter, 401 N. Irwin St., Hanford. Tickets are \$8. For more information, call (559) 584-5103.

Thursday, September 5 - Tim Matos Musical Performance
Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, will host this 3 p.m. event. For more information, call (559) 739-1339.

September 5, 12 - Medicare 101 Informational Seminar
The Key Medical Group and Kaweah Delta Health Care District will host this 6 p.m. event at The Lifestyle Center, 5105 W. Cypress, Visalia. For reservations (required) or more information, call (559) 802-1990.

Friday, September 6 - Grandparents Day Luncheon
This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. Bring the grandkids! The cost is \$4 for seniors. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

September 6, 13, 20, 27 - Senior Dance
Tulare Senior Services will provide live music for listening and dancing from 7-10 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. Tickets are \$8. Bring potluck foods to share. For more information, call (559) 685-2330.

Saturday, September 7 - Sierra Hills Open House
This event will be held at Sierra Hills, 2500 W. Henderson Ave., Porterville, from 2-4 p.m.

Wednesday, September 11 - Remembering 9/11 Luncheon
This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11 a.m. Tickets are \$3 for those 60+. For reservations (required by 12:30 p.m. on September 10) or more information, call (559) 685-2330.

Wednesday, September 11 - Valley Renal Support Group

The only kidney support group in four counties will meet at Kaweah Delta Dialysis Center 5040 W. Tulare Ave., Visalia. from 7-8:30 p.m. For more information, call (559) 688-6804.

September 11-15 - Tulare County Fair
The Tulare County Fair is celebrating its 100th anniversary this year, with a wide variety of displays and events in the works to celebrate this landmark year. Traditional favorites include fun fair food, the annual Junior Livestock Auction, carnival rides and entertainment ranging from comedy and gold rush mining to an illusionist team and an extreme dogs stunt show. Visit www.tcfair.org for more information, or call (559) 686-4707.

Thursday, September 12 - 'God's Plans are Always Better than Our Plans'
Gateway Church, 1100 S. Sowell St., Visalia, will host this presentation by Paul Loeffler. (See article on page 13.)

Thursday, September 12 - Seminar on Stroke Awareness
Kaweah Delta will present this seminar at Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, at 11 a.m. For more info, call (559) 739-1339.

September 12-14 - Visalia Gleaning Seniors Fall Yard Sale
Visalia Gleaning Seniors will host their seasonal sale from 8 a.m. to 2 p.m. at the Gleaner Yard, 28600 Road 156 in Visalia. For more information, call (559) 733-5352.

Friday, September 13 - James Garner's Tribute to Johnny Cash
This fundraiser for Kings County Commission on Aging will begin at 7 p.m. at Hanford Soccer Complex, 266 Gilkey Lane, Hanford. For tickets (\$15 to \$30) or more information, call (559) 852-2828.

Saturday, September 14 - Walk with a Doc
This informational walk and talk sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia, begins with registration at 8 a.m., followed by a zumba warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. This month's topic is "Immunization Awareness."

Saturday, September 14 - Richard Frost Performance
Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, will host this 3 p.m. event. For more info, call (559) 739-1339.

Monday, September 16 - Western Day!

This luncheon will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11 a.m. Tickets are \$3 for those 60+. For reservations (required by 12:30 p.m. on September 12) or more info, call (559) 685-2330.

Monday, September 16 - Afternoon at the Movies
Aging in Community - Three Rivers will present a movie, at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Dr., Three Rivers. The event is free. Lunch is available for \$5. For reservations, call (559) 561-4595.

Wednesday, September 18 - \$5 Barn Dance
This event, featuring live music by the Rollin West Band, will be held from 7-9 p.m. at the Hanford Civic Auditorium, 400 N. Douty St., Hanford. For more info, call (559) 362-3212.

Thursday, September 19 - Casino Games & Wine Tasting
Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, will host this 3 p.m. event. For more info, call (559) 739-1339.

Friday, September 20 - Senior Day in Burris Park
Kings County Commission on Aging will host this event from 9 a.m. to 2 p.m. in Burris Park, 6500 Clinton Way in Kingsburg. (See article on page 1.)

Wednesday, September 25 - 'Butch Cassidy and the Sundance Kid'
The Visalia Fox Theatre will present this classic starring Paul Newman and Robert Redford. Show starts at 6:30 p.m. and tickets are \$5. For more info, call (559) 625-1369 or visit www.foxvisalia.org.

Thursday, September 26 - Robins Rockin Ranch and BBQ
Prestige Assisted Living will host this event, featuring a mini-ranch with a mini-donkey, mini-pony, mini-goats, an opportunity to try your hand at roping the steer head, and a BBQ hamburger lunch, from 9:30 a.m. to 1:30 p.m., at 120 W. Caldwell Ave., Visalia. For lunch reservations (\$5) or more information, call (559) 735-0828.

Saturday, September 28 - One Nation Musical Performance
Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, will host this 3 p.m. event. For more info, call (559) 739-1339.

Sunday, September 29 - Chinta Performance
Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, will host this 2 p.m. event. For info, call (559) 739-1339.

Venture presents radio host and author



Paul Loeffler

"God's plans are always better than our plans"

FREE presentation

Gateway Church

1100 S Sowell St, Visalia

Thursday, Sept 12, 10:30 a.m.

Radio broadcaster and host of "Home Town Heroes," Loeffler is known for not only for his work covering Fresno State sports, but also for interviewing hundreds of veterans of World War II, Korea and Viet Nam. He'll share his life experiences, both personal and professional, as well as observations from all those veterans interviews. A catered lunch for \$10 will follow.

To learn more, or to RSVP for the lunch by Sept 9, call 732-4787 or log onto the website at www.GatewayVisalia.com/Venture.



Calendar

October 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 - Healing Hearts Walks
Visalia Public Cemetery, 1300 W. Goshen, Visalia, hosts these events, which include a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk inside the cemetery. Call (559) 734-6181 for more information.

Wednesday, October 2 - Free Fresh Produce Neighborhood Market
The Kings Commission on Aging, Feeding America and the City of Hanford provide this monthly free fresh food bank at Longfield Center, 560 S. Douty, Hanford, from 9-11:30 a.m. For more info, call (559) 237-3663.

October 2, 7, 9, 14, 16, 21, 23, 28, 30 - Community Bingo
Tulare Senior Services Volunteers will host Bingo from 12:30-3:30 p.m. at the Tulare Senior Community Center, 201 North F St., Tulare. For more information, call (559) 685-2330.

October 2, 9, 23, 30 - Senior, Inc. Dance
This event, featuring live music, will be held from 6:30-9:30 p.m. at the Hanford Senior Center, 401 N. Irwin St., Hanford. Tickets are \$8. For more information, call (559) 584-5103.

Friday, October 4 - The Senior Toolbox Conference & Information Fair
This annual conference offers information for seniors, their families and caregivers. (See article on page 3.)

October 4, 11, 18, 25 - Senior Dance
Tulare Senior Services will provide live music for listening and dancing from 7-10 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. Tickets are \$8. Bring potluck foods to share. For more information, call (559) 685-2330.

Saturday, October 5 - Octoberfest!
Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, will host this 2 p.m. event featuring a performance by Richard Noel. For information, call (559) 739-1339.

Sunday, October 6 - Tulare County Historical Society's Annual BBQ & Entertainment Fundraiser
This event, featuring tri-tip and chicken dinners, dessert by Haagen-Dazs, and musical entertainment by Run4Cover, will be held from 3:30-6 p.m. at Tulare County Museum, Mooney Grove Park, Visalia. For tickets (\$50) or more information, call (559) 786-4972 or (559) 280-3142, or visit www.TulareCountyHistoricalSociety.org

October 7, 14, 21, 28 - Senior Inc. Pot Luck Bingo
Bingo is played every Monday starting at 12:15 p.m. at the Goodwill Building, 426 W. Lacey Blvd., Hanford. Cost is \$4.50. For more info, call (559) 904-5019.

October 8-9 - National LOSS Team Conference
This conference is for suicide loss survivors, clinicians, first responders, active military and veterans, faith-based and non-governmental organizations, educators, family members, and supporters who seek to learn more about suicide prevention, intervention, postvention, and care and support. For more info, visit www.bit.ly/nltc2019

Wednesday, October 9 - Valley Renal Support Group
The only kidney support group in four counties will meet at Kaweah Delta Dialysis Center 5040 W. Tulare Ave., Visalia. from 7-8:30 p.m. For more information, call (559) 688-6804.

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

Friday, October 11 - The Legendary Count Basie Orchestra
For tickets (\$22-\$45) to this 7:30 p.m. show or for more information, visit www.foxvisalia.org or call (559) 625-1369. (See article on page 4.)

Saturday, October 12 - Visalia Walk to End Alzheimer's
This annual fundraising and educational walk starts at Mooney Grove Park in Visalia. (See article on page 1.)

Saturday, October 12 - Walk with a Doc
This informational walk and talk sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia, begins with registration at 8 a.m., followed by a zumba warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. This month's topic is "Breast Cancer Awareness Month."

Tuesday, October 15 - Rock the Purple Luncheon
This annual event in recognition of National Domestic Violence Awareness Month will be held from noon to 2 p.m. at Hanford Civic Auditorium, 400 N. Douty St., Hanford. Lunch will be provided at no charge and resource information will be available. Kings County District Attorney Keith Fagundes will serve as emcee and an art show will be presented by Lemoore Naval Base, Fleet and Family Services. For more information, call (559) 852-2644.

Wednesday, October 16 - \$5 Barn Dance
This event, featuring live music by the Rollin West Band, will be held from 7-9 p.m. at the Hanford Civic Auditorium, 400 N. Douty St., Hanford. For more information, call (559) 362-3212.

October 18 & 19 - Sequoia Symphony Presents 'Raiders of the Lost Ark'
These 7:30 p.m. concerts feature music from the classic movie "Indiana Jones and the Raiders of the Lost Ark." For tickets (\$22-\$45) or more information, visit www.foxvisalia.org or call (559) 625-1369.

Saturday, October 19 - Jim and Larry Performance
Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, will host this 3 p.m. event. For more info, call (559) 739-1339.

Monday, October 21 - Afternoon at the Movies
Aging in Community - Three Rivers will present a movie, at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Dr., Three Rivers. The event is free. Lunch is available for \$5. For reservations, call (559) 561-4595.

Saturday, October 26 - Fall Carnival
Hanford Post Acute will host this annual event, featuring music by John Pemberton, games and prizes, crafts, vendor booths, and a pumpkin carving contest at its facility at 1007 W. Lacey Blvd. in Hanford from 2-5 p.m. Call (559) 582-2871 for more information.

Saturday, October 26 - 4th Annual Trunk or Treat Car Show
Prestige Assisted Living will host this annual event from 11 a.m. to 2 p.m., at 120 W. Caldwell Ave., Visalia. For more information, call (559) 735-0828.

Saturday, October 26 - One Nation Musical Performance
Walnut Park Independent Living. 4119 W. Walnut Ave. Visalia, will host this 3 p.m. event. For more info, call (559) 739-1339.

Wednesday, October 30 - 'Psycho'
The Visalia Fox Theatre will present this classic movie directed by Alfred Hitchcock. Show starts at 6:30 p.m. and tickets are \$5. For more info, call (559) 625-1369 or visit www.foxvisalia.org.

Friday, October 31 - Halloween Luncheon
This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost is \$4 for seniors. For reservations or more info, call (559) 713-4481.

(continued on page 13)



Quail Park Invites You to The Senior's Tool Box Conference & Information Fair

A FREE educational forum and information fair, open to all in the community! Featuring expert speakers on:

- Dementia Training and Caregiver Support
- Getting POAs, Trusts, and Wills in Order
- Living a Longer & Better Life Without Going Broke!

Friday, October 4th, 2019 • 8am-12pm
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Downsizing as You Age: Eight Helpful Tips

It's easy to accumulate a lot of things throughout your life. From clothes and household goods to antiques and treasured keepsakes, decades of living often means decades of stuff. When you get to a certain age, it can be smart to start downsizing your belongings.

Sometimes downsizing is inspired by a move and other times it's simply a proactive effort to keep a home clutter-free and make things easier for the next chapter of life. Although it can feel overwhelming, with a few smart steps, the process can be easy and even enjoyable. Use these eight tips to get started:

Sort it out: Creating a system before organizing and downsizing can help the process go smoother. This can be as simple as getting large boxes and labeling them: Keep, Donate, Gift or Throw Away.

Enlist some help: Ask your spouse or kids to help you go through your items and decide what to keep and what to get rid of. Some items that you find difficult to part with may not be things that your children want: books, figurines, antique furniture and silver servingware. Keep a few meaningful mementos, but consider parting with the items your kids aren't interested in inheriting.

Think about safety: Whether you're moving into a new home or preparing to age in place, it's important to consider safety factors as you age. Clutter is a trip hazard for seniors, so keep this in mind as you go through items. It might be time to get rid of throw rugs and exposed cords, and cut down on end table clutter to make room for a lamp that provides extra light.

Consider your new space: If you're moving, evaluate how much space you will have in your new home to help decide what to keep. Smaller storage space might mean getting rid of clothing you haven't worn for over a year or consolidating printed photographs by transferring them into digital files and storing online for easy access by family.

Memory care concerns: Ju-



liet Holt Klinger, senior director of Alzheimer's and dementia care at Brookdale Senior Living, says if a loved one is moving into a memory care community, you want the new space to be as comfortable and familiar as possible. "Set up the new apartment as close to the layout at home as possible. For example, put the nightstand on the same side of the bed and decorate the room with familiar items," she suggests.

Peruse paperwork: Take this opportunity to get paperwork in order. Invest in a file cabinet and organize important documents, such as your will and advanced care directives. It's also smart to have electronic records of these types of documents and have a conversation with loved ones who need to be aware of their existence.

Make some money: After you have sorted through all the rooms in your home, consider having a garage or estate sale. This is a great way to make extra money off of things you otherwise no longer use. Alternatively, take items to a consignment store or sell your goods online using a site like eBay, Craigslist or Facebook Marketplace.

Support a good cause: Take your unwanted items to a family in need or a local nonprofit. These can benefit a number of good causes you can feel good about. List items and get a donation slip so you can consider it as a deduction come tax time.

No matter the reason, it can feel great to downsize and organize your belongings.

(Article courtesy of Brandpoint)

Perpetrators of Elder Abuse Are Usually Family Members

By Gregory A. Steen

Many elderly people rely entirely on family or other trusted individuals to help them. Whether it is physiological or psychological, as people grow older they tend to need guidance and support. Unfortunately, the dependence upon caregivers or family members makes an older person more vulnerable to abuse.

One in ten Americans (age 60+) are suffering from some form of abuse. Worse yet, one study estimates that only one in 14 cases of abuse are reported to authorities.

Many believe institutions for care, like assisted living and nursing homes, commit the most abuse. This is not so. Research shows that 90% of elder abuse cases are perpetrated by family members.

A typical elder abuse story might go something like this:

An aging widow, relying on her children to provide meals, transportation, and to make financial decisions, finds it difficult to report abuse when one of her children takes advantage of her. The child takes her money, hits her and is neglectful in caregiving. Furthermore, the widow is threatened with loss of support from the child if she complains.

Common Classifications of Adult Abuse

Physical abuse - inflicting physical pain or injury upon an older adult.

Emotional abuse - verbal assaults, threats of abuse, harassment, or intimidation.

Financial abuse - stealing money or changing title on assets. A MetLife study found that seniors lose at least \$2.9 billion annually to financial exploitation. Over half of financial abuse in the United States is committed by family members, caregivers and friends.

Active and passive neglect by caregivers - Active neglect is the willful failure by a caregiver to fulfill caretaking functions and responsibilities. This includes, but is not limited to, abandonment, deprivation of food, water, heat, cleanliness, eyeglasses, dentures or health-related services. Passive neglect is the non-willful failure to fulfill care-taking responsibilities because of inadequate caregiver knowledge, infirmity or disputing the value of prescribed services.

Sexual abuse - touching, fondling, intercourse or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened or physically forced.

Self-neglect is one of the most common forms of abuse, but is self-imposed, unlike the others. This occurs when an individual is failing to care for his or her own self needs. Proper hygiene, meal preparation and prescription drug management are usually the first to suffer. The good news here is that they are easily detected, and easy to correct.

What Can You Do to Help Prevent Abuse?

Watch for warning signs that might indicate elder abuse.

Look in their refrigerator - Are they consuming the food they have? Is some of it going bad because of neglect?

Take a look at the elder's medications - Are they being taken properly?

Watch for possible financial abuse - Are they loaning people money all of a sudden?

Call and visit as often as you can. Even quick drop-ins are beneficial, and it allows you to see how they are when they aren't expecting someone.

Ask questions about health, happiness and safety. Stay on top of doctor visits and go with them whenever possible. Two sets of ears are always better than one, and you will get the rest of the story this way.

Offer to stay with the elder so the caregiver can have a break on a regular basis, if possible.

Report the Abuse

All states have agencies that receive complaints of abuse. In many states, failure to report abuse of the elderly is a crime. Anyone who suspects that an older adult is being mistreated should contact a local Adult Protective Services office, Long-Term Care Ombudsman or the police. The Elder Abuse Hotline phone number is (800) 677-1116.

Gregory A. Steen is the CEO of Steen & Company, a full-service estate planning firm. Steen is also the host of the popular Truth4Seniors TV program, and founder of Truth4Seniors. He is certified in Life Resource Planning, and a member of the National Ethics Association and the National Association of Senior Advocates. He can be reached at greg@truth4seniors.com.

Ad & Article Deadline:
Wednesday, October 16, 2019
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Calendar

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Friday, October 31 - Halloween BASH!
This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11 a.m. Wear orange and black, or a fun costume. Tickets are \$3 for those 60+. For reservations (required by 12:30 p.m. on October 30) or more info, call (559) 685-2330.

Thursday, October 31 - Halloween Party
Walnut Park Independent Living, 4119 W. Walnut Ave. Visalia, will host this 3 p.m. event featuring a performance by

Rich Jackson. Wear a costume! For more info, call (559) 739-1339.

Saturday, November 2 - "Pouring Out Blessings" - Hands in the Community's 10th Annual Dinner and Silent Auction
This event - featuring dinner and fine wines, and a silent and live auction for trips, vacation packages, gourmet foods, wines and much more - will be held at the Visalia Convention Center, beginning at 6 p.m. For information or reservations, call (559) 625-3822.

November 6 - Senior, Inc. Dance
This event, featuring live music, will be held from 6:30-9:30 p.m. at the Hanford Senior Center, 401 N. Irwin St., Hanford. Tickets are \$8. For more information, call (559) 584-5103.

Friday, November 8 - Veterans Day Luncheon
This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost is \$4 for seniors. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

Saturday, November 9 - Walk with a Doc
This walk and talk is sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia. This month's topic is "Diabetes & Your Kidneys."

MARK YOUR CALENDARS!!

March 21-22 & 28-29, 2020 Visalia Senior Games
Central Valley's only Senior Games features athletic competitions including track, softball, pickleball, swimming, golf and archery. (See next issue of The Good Life for more information.)

'Hometown Heroes' Host to Speak at Gateway

The host of syndicated radio show "Hometown Heroes" will be the featured speaker September 12 at Gateway Church in Visalia.

Paul Loeffler, who also handles radio play-by-play for Fresno State athletics, will share his life's experiences as well as observations from hundreds of interviews with veterans of World War II, Korea and Vietnam. The event is hosted by the church's Venture group, a ministry focused on adults ages 55+. Loeffler's topic will be "God's Plans are Always Better than Our Plans."

Since 2005, Loeffler has interviewed hundreds of World War II veterans throughout the country. What began with an award-winning TV feature and continues as a syndicated radio program, Loeffler's weekly visits with veterans eventually led to his helping launch Central Valley Honor Flight, an all-volunteer organization that has transported more than 1,200 veterans, free of charge, to military memorials in Washington, D.C.

During Loeffler's longtime radio career covering Fresno State, he has covered the exploits of former Bulldogs Paul George, Aaron Judge and Derek Carr. He called the 2008 College World Series before writing the book about the team that won it all - *Underdogs to Wonderdogs*.

His national TV experience includes football, basketball, and baseball play-by-play on ESPN platforms, as well as the unique recurring role of providing expert analysis on ABC/ESPN's broadcasts of the Scripps National Spelling Bee since 2006.

The Visalia event begins at 10:30 a.m. at the church, located at 1100 S. Sowell St., Visalia. While Loeffler's presentation is free to attend, a catered lunch for \$10 will follow and requires an RSVP by September 9. For more information or to RSVP, call (559) 732-4787, or log onto www.GatewayVisalia.com/Venture.

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Last year's participants enjoy a pep rally in Mooney Grove Park before they start out on the Walk to End Alzheimer's.

Alzheimer's Walk...

(continued from page 1)

People are encouraged to sign up as a team captain, join a team or register to walk as an individual at alz.org/walk. The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association has mobilized millions of Americans with its annual fundraising walks.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. For more information about the walk, call (661) 437-8148.

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



VISALIA WALK TO END ALZHEIMER'S

October 12, 2019
Mooney Grove Park

Registration at 8AM
Ceremony at 9AM
Walk at 9:30AM

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Contact Amanda for more information
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avalenzuela@alz.org

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The Short and Exciting Life of Havilah – Land of Gold

Before Kern County began in 1866, much of the area within its current boundaries was part of Tulare County. One of those areas was the mountainous region lying between the Kern River and Walker Basin. It was an interesting place in its early days and created all kinds of excitement...all centered around finding gold.

In the spring of 1864, a small group of miners discovered a rich quartz deposit. They tried to keep their gold discovery quiet, but the word could not be contained and the area was overrun with prospectors. One of the early arrivals was a man named Asbury Harpending who took it upon himself to name the little settlement Havilah – a biblical name found in the book of Genesis, which loosely translated means “land of gold.”

Havilah was located on Clear Creek, so the mining district took the name of the creek. The little gold camp in the heart of the district became a boomtown attracting statewide attention. But not all the news was good. One reporter acknowledged that the new town had become an “important point as the center of trade for the rich and extensive district,” but added that the community, like all new mining towns, had been “infested and overrun by a host of adventurers, sharps, gamblers and desperadoes...”

Another writer was even harsher in his assessment of the town and its people when he wrote, “But of all places for drinking, swearing, fighting and bumming, I guess the like has not been seen in California since its earliest days. If ever there was a God-forsaken set of reprobates collected in an unprotected town in the state, it is here. Los Angeles, San Bernardino, El Monte, Aurora, Virginia City and San Quentin seem to have colonized all



Ezekiel Calhoun was a former Tulare County judge who became Kern County's first district attorney.

their worthless vagabonds and gambling wretches at Clear Creek. From morning to night and night to morning, it is one ceaseless round of drinking and gambling, only varied by an occasional shooting, scrape or fight. Unfortunately, none of the scoundrels get killed, and a good pummeling detains them from their cards and whiskey but a few days.”

Another critic observed that when Tulare County Deputy Sheriff Harding came to the area on one of his official visits, “I think he arrested about one an hour...and then didn’t near keep up with the demand.”

But peace keepers were on the way. In 1865, probably in response to the rampant hooliganism, a group of Havilah citizens petitioned the Tulare County Board of Supervisors to appoint Ezekiel Ewing Calhoun Justice of the Peace. He was a logical choice as he had been a Tulare County judge at one time. One day in the same year, Father Daniel Francis Dade, Visalia's Catholic priest whose clerical jurisdiction included Havilah, “celebrated mass and preached a sermon to a large and attentive congregation” in the town. He also picked a site for a new Roman Catholic Church and received pledges of \$600 for its construction. With their arrival, it seemed as if law, order and civilization would finally come to the wild little town.

The timing seemed right too. The area was continuing to attract more and more gold seekers. *The Visalia Weekly Delta* newspaper, for example, reported in mid-1865 that “hardly a day passes that some emigrant trains do not pass through town” heading to the Havilah country. The area was so popular that some were even speculating that Clear Creek could soon become one of the richest mining districts in California. And who could dispute it? Havilah was doing a land office business selling Main Street frontage lots for \$50 per front foot. By



Daniel Francis Dade was called the “apostle of the valley.” This Catholic priest's jurisdiction included the Clear Creek Mining District.

Dusting Off History
with Terry Ommen



This United States Geological Survey map shows the little town of Havilah. It was about 47 miles from Bakersfield at an elevation of about 3,136 feet. (Courtesy U.S.G.S.)

the end of 1865 the town had 147 business buildings including 13 saloons and numerous gambling places, dance halls, and houses of “pleasure.”

In 1866, the county of Kern was created from Tulare County's southern section and with that move, the Clear Creek Mining District, including Havilah, was no longer part of Tulare County. Havilah, with about 3,000 residents, was picked as the Kern County seat. With its new status, the *Havilah Courier* newspaper began publishing, a U.S. Post Office opened, and Calhoun was named the first district attorney of the new county.

But in the late 1860s,

things began to change for the boomtown. The earlier discovered veins of gold were no longer producing and people were beginning to leave, many moving to the valley town of Bakersfield. With that migration, by 1870 there were calls for Kern County to move its county seat to Bakersfield. Clearly mining was on the decline, and agriculture was taking over as the industry of choice.

In 1874, Bakersfield became the county seat and Havilah was speeding toward ghost town status. Today, the town has all but disappeared, and is remembered only by a couple of historical markers.

VISALIA PARKS & RECREATION PROUDLY PRESENTS

Senior Center
Fall Open House

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

Wednesday, September 4th
10:00AM - 1:00PM

This event connects families, care-givers and seniors to local resources. Entertainment, lunch, raffles and more will make this a sweet Open House you won't want to miss! Seniors are also invited to partake in the costume contest!

Lunch tickets are \$5 and go on sale August 9th.
*Tickets must be purchased in advance.

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