



IN THIS ISSUE: Heart of Seniors Expo & Fashion Show, the Man Who Made History, the LOVOT robot, Newest Samsung in Lov... Jail

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VI, Number 2 • March/April 2019



Samsung Bot Care

New Technology to Make Senior Living Easier, Safer, Happier

As the 50+ market continues to grow, so does the market for the new technology that will make our lives easier, safer and happier as we get older.

At the recent Computer Electronics Show in Las Vegas, Samsung showcased a variety of new products in its "Samsung City" display in the heart of the Las Vegas Convention Center.

Among the items on display was the Samsung Bot Care, the healthcare-specialized robot, which can measure user's blood pressure, heart rate, respiration and sleeping state, and is even capable of reminding them when it's time to take their medicine.

The Samsung Bot product line also includes Samsung Bot Retail, which streamlines ordering and payments and offers a personalized retail experience, and Samsung Bot Air, which uses sensors to detect the precise source of pollution and purify the air.

Abeye

Meanwhile, Abeye, a startup company in Burgundy, France manufactures "smart eyewear for health and wellness." Their newest product, however, does

(continued on page 4)

Athletes Ready for the 2019 Visalia Senior Games

Winning never gets old for the athletes who participate in Visalia Senior Games. The 4th Annual Visalia Senior Games return this spring, spanning the last two weekends of March (March 23-24 and 30-31).

The Visalia Senior Games, sponsored by the Kaweah Delta HealthCare District, promote a healthy, active lifestyle for adults ages 50 and better. This is an event that not only recognizes active seniors but draws attendees from all over California and the Western United States, contributing to our local economy.

Participants do not need prior athletic or competition experience, just a love of sports, fitness and comradere to enjoy the games. Nearly 150 athletes are already registered for this year's games and hundreds more are expected to register before the March 14th deadline.

Pickleball, swimming and track and field are the most popular events so far, based on the number of athletes reg-



Based on early registration numbers, pickleball will again be among the most popular competitions at the Visalia Senior Games.

istered when this issue went to press.

The youngest athlete registered is 51 years of age, the oldest is 79. Registrants are from as far north as Folsom and as far south as Oceanside. There is currently one athlete registered from out of state (Nevada).

The Visalia Senior Games will feature events ranging from archery to swimming to track and field, and include new events such as basketball and a

5k/10k cycling time trial.

A social event is also scheduled each weekend of the games. Socials are open to everyone 50+. The Visalia Parks and Recreation Department encourages the public to join the athletes for some fun and light-hearted competition. The "I Love the 80's" Game Night will be held on March 23 at the Anthony Community Center. This event is free to attend, with

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Senior Center Spring Open House Set for April 10

The Visalia Senior Center is ready to kick-off spring with their annual Spring BBQ and Open House event, scheduled for Wednesday, April 10 from 10 a.m. to 1 p.m.

The event will take place at the Visalia Senior Center, 310 N. Locust St. and feature plenty of information, programs, activities and entertainment for active adults.

The Spring BBQ and Open House is designed to bring local businesses and providers of programs and services for the senior population together to one convenient location.

"Our goal is to connect seniors, families and caregivers with the community resources available to them," said Jeanne Greenwood, City of Visalia Parks & Recreation director.

Completely free for guests of all ages, the event will feature over 40 local vendors. Each vendor has been selected as an agency, program or business that offers vital resources



The Visalia Senior Center's Spring Open House will again feature informational tables.

for the senior community.

Admission to the event is free. Attendees are encouraged to stay and enjoy the BBQ lunch, which costs \$5 per person. Lunch tickets are available at the Visalia Senior Center.

In addition to the vendors and the barbeque lunch, guests will enjoy live music and dance, as well as class demonstrations from programs offered at the Visalia Senior Center.

"Our open house is a chance for regular visitors and new fac-

es alike, to get a glimpse of all the wonderful opportunities available to local seniors," added Greenwood. "With all that we offer, from yoga and computer classes, to daily lunch and activities, we're really a one-stop spot for the 50+ community in Visalia."

For more information or to become a vendor at the Visalia Senior Center Spring BBQ and Open House, contact the Visalia Senior Center at (559) 713-4381.

Rawhide Announce New Rustler Senior Club Program

Wednesdays will be all about the long-time baseball fans at Rawhide Ballpark in 2019. The Visalia Rawhide will debut the Rawhide Rustler Senior Club, a unique ticket membership only available to fans 55 years of age and up, for the upcoming season.

By partnering with Health Net, the team will be able to provide tickets to every Wednesday game during the season (excluding July 3) to local seniors at a heavily reduced rate.

Rawhide Rustler members can also claim exclusive giveaway items and take part in unique experiences not available to the general public.

"Rawhide Ballpark has long been a place for people to socialize with friends or spend time with loved ones and this new program will continue that tradition," said Rawhide Director of Ticketing Markus Hagglund. "We are a community

team and the Rawhide Rustler Senior Club is a great way for us to connect with the most distinguished members of our community."

About the Rawhide

The Visalia Rawhide are a professional baseball team in the Class A Advanced California League and the only professional sports team in Tulare and Kings counties. The team has been an affiliate of the Arizona Diamondbacks since 2007 and is entering their 73rd year of play in 2019.

The Rawhide renovated their home at Recreation Ballpark in 2009 and look to continue their reputation for hosting competitive baseball while providing affordable family entertainment.

Opening Day for the Rawhide is April 4. To be a part of the 2019 Visalia Rawhide season, contact the Visalia Rawhide Ticket Office at (559) 732-4433 or visit rawhidebaseball.com.

CORRECTION

The Gleaning Seniors' mailing address at the end of the article on page 4 of our Jan/Feb 2019 issue was incorrect. The final paragraph should have read:

Visalia Gleaning Seniors is a non-profit 501C3 organization. To volunteer or to make a donation, call their office weekday mornings at (559) 733-5352. Donations can be mailed to: **P.O. Box 3835, Visalia, CA 93278.**



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VETERANS CORNER

New Appeals Process



Ken Cruickshank

Recently, the Department of Veterans Affairs (VA) formalized the process to update their appeals process. This process was the result of the Veteran Appeals Improvement and Modernization Act of 2017, also known as the Appeals Modernization Act, which became law on August 23, 2017 (Pub L. 115-55).

Under the initial implementation, the VA had established both option 1 and 2 below. As of February 19, Option 3 has been implemented as well.

The new law:

- Modernizes the current claims and appeals process,
- Includes three review options for disagreements with decisions,
- Requires improved notification of VA decisions,
- Provides earlier claim resolution, and
- Ensures that you receive the earliest effective date possible.

Option 1: Higher Level Review

Your claim is now reviewed by a more senior claims adjudicator and involves:

- A higher level de novo review (new look) of the decision,
- No submission of new evidence allowed, and
- The possibility of overturning the decision based on a difference of opinion or a clear and unmistakable error. The reviewer, who identifies or learns of a duty to assist error, can return the claim to the regional office for correction. You or your representative can request an informal phone call to identify specific issues. You will only be allowed to select this option once during the appeals process.

Option 2: A Supplemental Claim Lane

You can submit or identify new and relevant evidence to support your claim. VA will provide assistance in developing the evidence.

Option 3: Appeal Lane for Appeals to the Board

This option allows you to appeal directly to the Board of Veterans' Appeals. You can choose among three options:

- Direct review: You have no new evidence and do not want a hearing.
- Evidence submission: You have new evidence, but do not want a hearing.
- Hearing: You have new evidence and want to testify before a Veterans Law Judge.

The VA currently expects to run the new process as well as the older appeals process (legacy) simultaneously until all legacy claims have either been decided or the option to go into the new system has been utilized. All new appeals will be required to choose one of the three new options.

Should you have questions, we are here to assist you.

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

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Once again, seniors from throughout the South Valley filled the Windham Hotel Ballroom for the annual Heart of Seniors event. (Photo by Breann Allen)

2019 Heart of Seniors Luncheon Attracts Big Valentine’s Day Crowd

The sixth annual Heart of Seniors “Spectacular Resource Event” Luncheon, hosted by the Senior Coalition, was held on February 14 at the Wyndham Hotel in Visalia. The event included a vital resource fair with vendors, a fashion show with the latest in fashion for the mature woman, and a luncheon.

The keynote speaker was Cynthia Pahl-Johnson, Language and Communication Studies Division chair at College of the Sequoias, who talked about how to deal with stress and toxic people, and how to develop inspirational communication skills.

For more information about

the Senior Coalition, call (559) 730-3015 or email seniorcoalition@gmail.com. For online information, visit www.these-niorcoalition.com.

2019 Senior Games...

(continued from page 1)

food and beverages available. Enjoy party games and costume contests, or sign-up for darts and a Texas Hold’Em Tournament for \$5 per event. Medals will be awarded to the top three finishers in each event.

The "Party in the Park" Social on March 30 at Plaza Park will include food, live music, dancing, drinks and a cornhole tournament. Tickets are \$10 per person for dinner or \$15 per person for dinner and entry into the cornhole tournament.

If you are not ready to compete but still want to participate, you can attend a social event or sign up to become a volunteer at sporting events, socials or building packets for the athletes.

For more information about registration, volunteering or social events, visit www.visaliasei-orgames.com.



Senior athletes give their full effort when they compete in the Visalia Senior Games.

Measles Outbreak Not a Problem for Most Seniors

Measles, a highly contagious viral disease, is spreading, most significantly in the American Northwest.

The Washington State Department of Health reported 25 confirmed cases in one county.

Measles begins with a fever that lasts for a couple of days, followed by a cough, runny nose, conjunctivitis (pink eye), and a rash. The rash typically

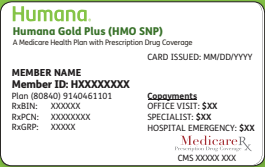
appears first on the face, along the hairline, and behind the ears and then affects the rest of the body.

Fortunately, however, if the outbreak manages to spread to Tulare and Kings Counties, it won’t be a problem for most of our readers,

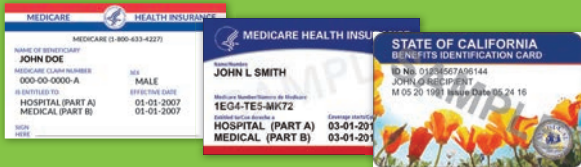
“People born before 1957 are considered immune to measles because they almost

all have had the measles illness and would have ongoing immunity,” explained Tulare County Health Officer Dr. Karen Haught. “If someone thinks that they have never had the measles illness, or has not had two doses of MMR (the measles, mumps and rubella vaccine) then they can ask for a blood test to check on whether they are immune.”

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New Technology...

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more than just help people see. "Our product is fall detection eyeglasses for seniors in order to enable safe aging at home, without suffering from stigmatization induced by current devices," company founder and CEO Michael Kodochian told *The Good Life*.

He describes his product as "standard looking eyeglasses that embed state-of-the-art electronics and algorithms to detect falldowns."

According to Kodochian, the Abeye eyeglasses are:

"Elegant, standard looking - not stigmatizing. This is a key point for seniors who are reluctant to wear stigmatising devices.

"Simple to use. They have no on/off button, they just always work.

"Effective. Thanks to our algorithm, they detect a broader range of falls: hard falls and most soft falls. Soft is, 'I feel dizzy, I catch a table but finish on the floor softly, for example.' It is accurate and has very low false alerts level."

The Abeye eyeglasses run on batteries similar to audio batteries. Every battery pack lasts for four months.

Kodochian also described the eyeglasses as safe.

"The senior care eyeglasses collect no data and emit no wave except in case of an alert. The glasses also have a manual push alert button for all the other cases such as heart problem, fire at home or other service."

When a person falls down, the glasses detect the fall. The first thing the glasses do is to vibrate to tell the person, "I no-



The LOVOT

ticed something is wrong, do not worry, I will send a request for help." Kodochian explained.

The person then has 20 seconds to cancel. If not canceled, the alert is sent to a home relay that immediately contacts the care service company. The box has a mic and speaker phone so people can dialogue with professionals who quickly decide the level of emergency and send an appropriate response to the home. It can be to neighbors or family, or to call an ambulance.

The LOVOT

Unlike the other new technology in this article (or in future articles in this series), the LOVOT, developed by Groove X in Tokyo, is not going to make anyone's life easier or even safer.

"The LOVOT is not a useful robot that will do tasks for human beings," admits CEO Kaname Hayashi. "It begs for attention and gets in the way of those it lives with, and at times will shy away from people it does not know.

"It is adorable just by being there," he continued, explaining how it can make seniors'

lives happier. "When you are with it, you feel a sense of relief, of contentment, and can't help but smile. You get a warm feeling inside. People feel a sense of happiness when they reach out and gently touch it or hug it close. You can feel the joy of loving something. When robots can have such a trusted relationship with people and become a way to add enrichment and security to their lives, we believe that they can nurture people's 'capacity to love' and lead to enhancing their everyday performance.

"What we have pursued with technology is not efficiency or usefulness but rather a robot that makes people truly happy by its innocent character and charming gestures that feels satisfying to cuddle," he added. "It gently stirs people's feelings and fills us with happiness. It draws out our capacity to love and gives us the energy to face our tomorrows. Though it is not alive, LOVOT is warm. It has been created for you to love it."

(More new technology for seniors will be featured in the May/June issue.)



Abeye Eyeglasses

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Kaweah Delta Affiliates with Country's Top Heart Hospital

Kaweah Delta has officially joined forces with Cleveland Clinic's Heart & Vascular Institute, the No. 1 ranked heart program in the country, in an effort to elevate services for people seeking cardiovascular care in the Central Valley.

The announcement was made at a January 25th press conference attended by over 100 people at Kaweah Delta.

As an affiliate, the two organizations will stay independent, and physicians and staff of Kaweah Delta's heart program will remain the same. However, the affiliation will give Kaweah Delta access to best practices that have helped the Ohio-based Cleveland Clinic's heart program achieve *U.S. News & World Report's* No. 1 cardiology and heart surgery ranking since 1995.

"It is an honor to be chosen by the Cleveland Clinic as an affiliate and we know the relationship will be mutually beneficial," said Gary Herbst, chief executive officer of Kaweah Delta, noting that in 2019 Kaweah Delta was named one of America's 50 Best Hospitals for Cardiac Surgery and one of America's 100 Best Hospitals for Cardiac Care by Healthgrades. "For the past 34 years, we have provided heart care to our community and kept people close to home with great results, but we



Pictured (left to right) are: Regina Sawyer, D.N.P., vice president and chief nursing officer at Kaweah Delta; Sergio Caminha, M.D., director of cardiac surgery at Kaweah Delta; Suma Thomas, M.D., vice-chairman of strategic operations, Cleveland Clinic Heart & Vascular Institute; Gary Herbst, chief executive officer of Kaweah Delta; Harry Lively, M.D., chief of staff, Kaweah Delta; Jeffrey Rich, M.D., chairman of strategic operations, Cleveland Clinic Heart & Vascular Institute.

know that having this world-renowned peer organization will help us further elevate the care that we provide our community."

Additionally, as affiliates, Kaweah Delta and Cleveland Clinic's heart program will share best practices in patient care, outcomes measurement, quality reporting and clinical research. In addition, physician teams from both entities will collaborate to accelerate advances in heart care treatments and protocols. Medical staff members of Kaweah Delta's heart program were very supportive of the affiliation, said Harry Lively, M.D., chief of med-

ical staff at Kaweah Delta.

"We have a strong cardiovascular program, and this relationship will help us take it to the next level," Dr. Lively said. "The best get better by collaborating and learning from each other. Collaborating with a proven national performer will accelerate our progress toward having a world class heart program here in Visalia to benefit people throughout the region."

Jeffrey Rich, MD, chairman of strategic operations at Cleveland Clinic's Miller Family Heart & Vascular Institute, said the affiliation will elevate care for patients in the Central Valley.

"Our affiliation will give

Kaweah Delta access to the best practices, which will further strengthen their cardiac care," Dr. Rich said. "Treating patients with cardiovascular disease is complex. Our affiliation with Kaweah Delta will advance heart care in Tulare County."

The formal affiliation will be beneficial in a variety of ways, said Regina Sawyer, D.N.P., vice president and chief nursing officer at Kaweah Delta. "It has truly been rewarding working with the Cleveland Clinic physicians and staff over the past three years. I look forward to renewed energy and to our continued partnership through formal affiliation."

Benefits of the affiliation to Kaweah Delta patients and doctors include access to new treatments and technologies, opportunities to collaborate with Cleveland Clinic in medical research, sharing of care pathways, quality processes, outcomes data analysis and medical education opportunities, Herbst said.

"Collaboration and partnership is one of Kaweah Delta's founding principles, and this relationship with Cleveland Clinic further demonstrates the value of that philosophy," he added. "The way forward in health care is through alliances that enable sharing of resources, knowledge and skills."

"BOTTOM LINE: I GOT MY LIFE SAVED BY A HERNIA AND THE HEART DOCTORS. BECAUSE OF THEM, I GET TO SEE ANOTHER BIRTHDAY."

- JERRY LITTLE

FROM HERNIA REPAIR TO HEART SURGERY, WE'RE HERE TO HELP YOU CELEBRATE MORE BIRTHDAYS.

Other than needing a hernia repaired, Jerry Little was feeling just fine. Ready to fix his only known health issue, he made an appointment with a general surgeon hoping to be cleared for surgery. However, an abnormal electrocardiogram (EKG) alerted doctors to a potential heart issue and sent Jerry to board-certified cardiologist Dr. Ashkan Attaran for further testing.

Soon, Dr. Attaran would discover Jerry's health issues were gravely more serious than a hernia. A major blockage in his left anterior descending artery, less affectionately known as the "widow maker", meant Jerry was on the verge of suffering a heart attack. A stent was placed to remove the blockage but just one year later, additional blockages would be found and Jerry would need Triple Bypass Heart Surgery to save his life.

"I was scared but can't say enough good things about the doctors and nurses who cared for me," expressed Jerry. "Life is so short and I have a whole new perspective on life." Thanks to the nationally recognized cardiac team at Kaweah Delta, less than a year after Triple Bypass Heart Surgery, Jerry is thriving and thankful he gets to blow out another year of birthday candles.



Kaweahdelta.org/heart

Health & Wellness

Diabetes Main Reason for Frequent Geriatric Emergencies

Older adults go to the emergency department more often than other age groups, stay longer and require more resources and medical interventions. The most common conditions among geriatric frequent users include diabetes, heart disease, kidney disease, congestive heart failure and blockage or damage to veins or arteries, according to new research in *Annals of Emergency Medicine*.

"Efforts to improve care for vulnerable older Americans should focus on enhancing delivery and decreasing utilization," said Edward M. Castillo, PhD, MPH, associate adjunct professor with the University of California San Diego Department of Emergency Medicine and lead study author. "Older patients are more likely to have multiple chronic conditions which makes emergency care increasingly complex. A better understanding of older patients opens the door for interventions in and beyond the emergency department."

Geriatric frequent users

are most likely to visit an emergency department for pain or injury. The most common conditions among geriatric frequent users included diabetes (25.8%), chronic pulmonary disease (21.5%), kidney disease (19.1%), congestive heart failure (16%) and peripheral vascular disease (15.1%).

Geriatric frequent users are more likely to have been admitted or transferred (85.8%) or discontinued care (7.8%) than less frequent users (44.6% and 1.7%, respectively). Frequent users are more likely to have comorbid conditions and 20% of geriatric patients visit three or more hospitals in the year.

For the purposes of this study, a "frequent user" is a patient who visited an emergency department six times or more in 2014 in California. The analysis included more than 1.25 million patients visiting 326 licensed, non-federal hospitals. The study, "Factors Associated

with Geriatric Frequent Users of Emergency Departments," was funded by a grant from the West Health Institute.

Seniors represented 15% of the population but 21% of total health spending in 2012, and almost half of the top 1% of spending, according to the Agency for Healthcare Research and Quality (AHRQ). The Centers for Disease Control and Prevention (CDC) notes that more than 15% of emergency visits nationwide are made by seniors age 65 or older.

"This study shows that there

are opportunities for both cost savings and more targeted interventions to help improve outcomes for seniors in the emergency department, where they often experience the health care system," said Kelly J. Ko, Ph.D., director of Clinical Research at the West Health Institute and study co-author.

Annals of Emergency Medicine is the peer-reviewed scientific journal for

the American College of Emergency Physicians (ACEP), the national medical society representing emergency medicine, and advancing emergency care through continuing education, research, and public education.

Headquartered in Dallas, ACEP has 53 chapters representing each state, as well as Puerto Rico and the District of Columbia. The Government Services Chapter represents emergency physicians employed by military branches and other government agencies. For more information, visit www.acep.org.



Tips for Travelers with Disabilities

(BPT) - Traveling, especially during peak times, can come with lots of hassles. Booking a flight, getting through a packed airport and getting to the gate on time are just a few things that can cause stress. Then there's those tiny on-board bathrooms, and hoping you get your luggage back in one piece.

Travel is difficult for the average person, but now imagine doing all this in a wheelchair.

"Problems for travelers with disabilities are extremely common," says Shaun Castle, a service-disabled U.S. Army veteran and deputy executive director of Paralyzed Veterans of America (PVA). "By far, the number one complaint that we receive from our members about any issue, is about the problems with air travel."

Castle has experienced the difficulties firsthand. He has had his wheelchair bent, cracked and lost in separate incidents.

"These are more than minor inconveniences," Castle says. "If my wheelchair is damaged, it may mean I am stranded until I



can get it repaired."

But things could be getting better soon for Castle and tens of thousands of travelers with disabilities with the signing of the Federal Aviation Administration Reauthorization Act of 2018 (H.R. 302) by President Donald Trump.

The passage of H.R. 302 provides a "bill of rights" and an advisory panel for passengers

with disabilities, as well as revised training and procedures for TSA screenings for people with disabilities.

PVA calls it a matter of basic civil rights and has been a vocal advocate for safer trips for all travelers with disabilities. The congressionally chartered veteran's service organization even challenged the Department of Transportation in court to move

forward with requirements for accessible bathrooms on single-aisle planes.

There are some things travelers with disabilities can do to reduce risks, especially during the busy peak travel times.

Write it down - The group recommends attaching written instructions for folding and stowing directly to wheelchairs and scooters. Many airlines have forms online for passengers to complete.

Plan ahead - Call the airline a week in advance of the flight to confirm special arrangements and call the TSA Cares helpline 72 hours in advance (1-855-787-2227) for assistance with security.

"This new bill recognizing the rights of travelers with disabilities is a huge move forward, but there's more work to do," says Castle. "Paralyzed Veterans of America will continue to work toward accessibility for all Americans with disabilities."


Check pva.org/travel for more tips, resources and to share your travel story.



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Brilliant Senior Living

Gateway Church to Present Grandparenting Lecture March 28

Dr. Otis Ledbetter, co-founder of Heritage Builders, will be the guest speaker at Gateway Church on Thursday, March 28 at 10:30 a.m. when he talks about "Extending Your Heritage."

Ledbetter, who holds a Doctor of Ministry degree from Liberty University, is senior pastor of Sunrise Church in Clovis, where he has served for over 30 years. Widely known and respected, his ministry has taken him across the nation and internationally.

Dr. Ledbetter's talk will encourage and help equip adults who are either parents or grandparents, or who have other opportunities to pass along their heritage to the next generation.

Heritage Builders encourages parents and grandparents become intentional about building a strong spiritual heritage. Begun over 20 years as a ministry of Focus on the Family, Heritage Builders has provided

resources and training to help families grow in their faith together and pass along a godly heritage to the next generation.

For more information about the organization, log onto heritagebuildersglobal.com.

The author of seven books, Dr. Ledbetter will be speaking at Gateway Church's "Venture," a midweek ministry for adults 55+. "Venture" meets each Thursday for a time of worship, fellowship and teaching, and offers a choice of three or four classes each quarter. The group also hosts special events, including guest speakers, musicians, luncheons and day trips. For more information about the group, visit GatewayVisalia.com/Venture.

There is no cost to attend the event. A pot luck lunch will follow, for those who would like to stay. For more information, call Gateway Church at (559) 732-4787. The church is located at 1100 S. Sowell St., near Conyer Street and Tulare Avenue.

Tulare County Library Offers Three 'Before I Die' Programs

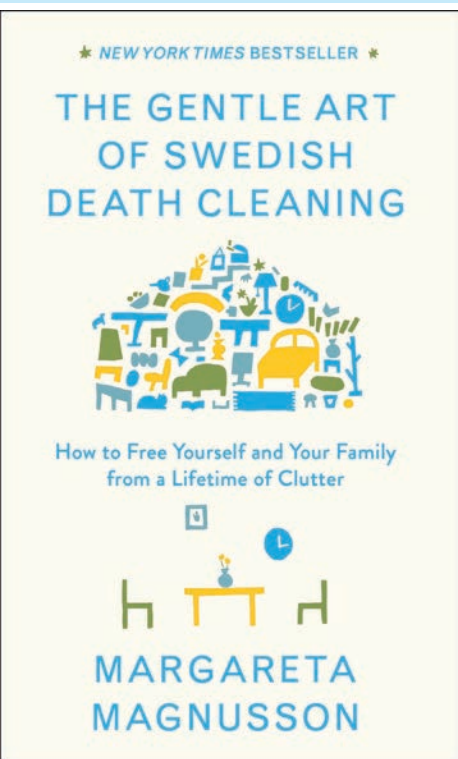
Tulare County Library, along with the California Center for the Book, will present "Before I Die" a Book to Action program series at the Visalia Branch Library. The series is based on the book *The Gentle Art of Swedish Death Cleaning* by Margareta Magnusson.

Programs feature open dialogue on topics related to death and dying, and ways to prepare and overcome to find fulfillment. The series include a book discussion group, guest speakers and programs that provide ideas on creating wills and cleaning up the past and the things that may wear a person down to make room for more life, happiness, and joy.

Attendees at the Visalia Branch Library will be invited to complete the sentence, "Before I die I want to..." to express those things that one never accomplished, while there is still time to fulfill in life.

On March 5 from 6:30-7:30 p.m., the First Tuesday Book Club will discuss *The Gentle Art of Swedish Death Cleaning*. What do you have around your home that is taking up space in your emotional and physical wellbeing? What are you hanging onto that your family will have to clean up?

On March 16 from 1-3 p.m. a presentation on "Advanced Health Care Directives and Physician Orders for Life Sustaining Treatment" will be given by Jill McCarthy from Hinds Hospice. This program will cover health care options for end-



of-life treatment and planning.

On March 30 from 1-3 p.m., the library will present Death Café with Jonathan Waltmire, featuring cake and snacks, as participants have an open dialogue about death and dying.

The Book to Action program comes to the Tulare County Library in part by the California Center of the Book, a program of the California Library Association and supported by the U.S. Institution of Museum and Library Services, and under the provisions of the Library Services and Technology Act in California administered by the California State Librarian.

The Visalia Branch is located in downtown Visalia at 200 W. Oak Ave.

For more informtion, visit www.tularecountylibrary.org.

Visalia Medical Clinic CEO to Retire

After 25 years as the chief executive officer of Visalia Medical Clinic, Richard (Rick) Strid is retiring and beginning a new career in teaching.

Strid has overseen significant growth in the multi-disciplinary clinic, which now offers over 60 providers as well as on site imaging, lab, physical therapy and a sleep lab. Under Strid's leadership, the clinic was named Large Business of the Year by the Visalia Chamber of Commerce in 2014.

He has been a member of the board of the Visalia Chamber of Commerce, Wish Upon a Star and Grace Community Church. He is involved in the Rotary Club of Visalia and is a graduate of Leadership Visalia.

Strid and his wife, Kim, plan to stay in the community, watching their five granddaughters grow, and he has accepted a teaching position in the Health Care Administration department of Fresno Pacific Univer-



Rick Strid

sity.

"VMC has been privileged to have Rick at the helm for the past 25 years, guiding the organization through huge changes in health care," said Ralph Kingsford, president of VMC. "He has certainly earned his retirement and the board, physicians and staff are grateful for his leadership. He will be missed."

Visalia Medical Clinic, an affiliate of the Kaweah Delta Medical Foundation, offers the expertise of more than 60 providers. The Quick Care and Sequoia Prompt Care walk-in clinics are open Monday through Friday 8 a.m. to 7 p.m.; Saturdays from 8 a.m. to 5 p.m. and Sundays from 9 a.m. to 2 p.m. For information, call (559) 739-2000 or visit www.vmchealth.com.

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April 2019

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Office: 559.713.6542 | Fax: 559.205.2178
www.openarmshouse.org Nonprofit ID#: 81-1048361

Calendar

March 1, 8, 15, 22, 29 - 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, March 2 - Sequoia Symphony Presents 'Great Movies/Great Music'

This 7:30 p.m. concert features popular movie themes. For tickets (\$22-\$45) or more information, visit www.foxvisalia.org or call (559) 625-1369.

Saturday, March 2 - Mardi Gras Musical Performance

Walnut Park, 4119 W. Walnut Ave., Visalia, will host this 2 p.m. performance by Richard Kroll. For more information, call (559) 739-1339.

March 4, 11, 18, 25 - Senior Lunch

St. Anthony Retreat Center 43816 Sierra Dr. Three Rivers, will host this buffet-syle lunch beginning at noon. Tickets are \$5. For more information, call (559) 561-4595

March 4, 6, 11, 13, 18, 20, 25, 27 - Community Bingo

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

Tuesday, March 5 - 'The Gentle Art of Swedish Death Cleaning'

Tulare County Library, along with the California Center for the Book, will present this First Tuesday Book Club discussion as part of its "Before I Die" Book to Action program series, at the Visalia Branch Library, 200 W. Oak Ave., Visalia. (See page 7 for more information.)

March 5, 7, 12, 14, 19, 21, 26, 28 - 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.

March 6, 20 - Blood Pressure Screening

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

Wednesday, March 6 - 'Grease'

Choices will present this 1978 classic starring John Travolta and Olivia Newton-John at 6:30 p.m. Tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Friday, March 8 - Senior Golf Clinic

This clinic, conducted by the staff of Valley Oaks Golf Course,

will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 10-11 a.m. The cost is \$10. For more information, call (559) 713-4481.

Friday, March 8 - International Woman's Day High Tea

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

Saturday, March 9 - 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.

Saturday, March 9 - Creative Writing Workshop

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, beginning at noon. The cost is \$25. For more information, call (559) 713-4481.

Friday, March 15 - St. Patrick's Day Luncheon

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, at 11:30 a.m. Wearing your favorite green outfit is encouraged. For reservations or more info, call (559) 685-2330.

Friday, March 15 - St. Patrick's Day Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, beginning at 11:30 a.m. The cost for those 55+ is \$4. Seating is limited. Tickets are available at the Senior Center. For more information, call (559) 713-4481.

Friday, March 15 - Free Shredding Event

Quail Park on Cypress will host this drive-through event at their facilities at 4520 W. Cypress Ave., Visalia, from 8-11 a.m. Three box limit. For more information, call (559) 429-8342.

Saturday, March 16 - A Night of Salsa

Valley Adult Day Services, 227 E. Oak Ave., Porterville, will host this 4-8 p.m. event that combines chips, salsa and dancing with an opportunity to learn about dementia. The event also features free food and prizes. For more information, call (559) 783-9815

Saturday, March 16 - St. Patrick's Day Open House

Walnut Park, 4119 W. Walnut Ave., Visalia, will host this 11:30 a.m. featuring a social hour with Irish drinks and appetizers, followed by lunch and a dessert bar. For more information, call (559) 739-1339.

Saturday, March 16 - 'Advanced Health Care Directives and Physician Orders for Life Sustaining Treatment'

Tulare County Library, along with the California Center for the Book, will present this talk by Jill McCarthy from Hinds Hospice as part of its "Before I Die" Book to Action program series, at the Visalia Branch Library, 200 W. Oak Ave., Visalia. (See page 7 for more information.)

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

The Central Valley's only Senior Games, featuring athletic competitions including track, softball, pickleball, swimming, golf and archery, will be held once

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Date: Wednesday, April 10th
Time: 10AM - 1PM


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Otis Ledbetter
"Extending Your Heritage"
FREE presentation
Gateway Church
1100 S Sowell St, Visalia
Thursday, March 28, 10:30 a.m.

How to Pass Along Your Heritage
Co-Founder of Heritage Builders, Otis Ledbetter will show how
adults can pass along their heritage to the next generation. Heritage
Builders began over 20 years ago, and encourages adults to be
intentional about building a strong spiritual heritage. Following this
FREE presentation will be a pot luck for those
who would like to stay. RSVP's are not needed.
For more information, call 732-4787 or go to
www.GatewayVisalia.com/Venture



Ad & Article Deadline:
Wednesday, April 15, 2019

More Calendar

again in Visalia at various locations throughout the city. (See page 1 for more information.)

Wednesday, March 27 - Open Arms House Ribbon Cutting Ceremony
This event with the Tulare Kings Hispanic Chamber of Commerce will be held from 10-11 a.m. at 3234 W. Iris Ave., Visalia. Refreshments to follow. For more info about this event (or the 2nd Annual "Bloomin' Pinwheels" Fundraiser that will run through the month of April) call (559) 713-6542 or visit openarmshouse.com.

Wednesday, March 27 - Alzheimer's Support Group
This group meets monthly from 6-7:30 p.m. at Quail Park Retirement Village, 4520 W. Cypress Ave., Visalia. For information call 737-7443.

Thursday, March 28 - 'Extending Your Heritage' Talk
This free talk by Dr. Otis Ledbetter, co-founder of Heritage Builders, will be held at Gateway Church, 1100 S. Sowell St., Visalia, at 10:30 a.m. (See article on page 7.)

Thursday, March 28 - 'Batteries Not Included'
Choices will present this 1987 classic starring Hume Cronyn and Jessica Tandy at 6:30 p.m. Tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Saturday, March 30 - 2nd Annual Murder Mystery Dinner
The Visalia Host Lions offer a night of entertainment and fun as the club presents its second annual murder mystery event at the Visalia Convention Center. The evening will combine great food and a "who done it?" murder mystery set in the glory days of the 1920s. Guests are encouraged to dress in their best 1920s attire. The fundraiser proceeds will help support the many good causes of Visalia Host Lions Club, including Visalia Emergency Aid, Lions Eye Foundation, Tulare County Special Olympics, and more. Tickets are \$75 per person. Cocktail hour begins at 6 p.m. followed by a three-course dinner at 7 p.m. Tickets are avail-

able at visaliahostlions.org. For additional information, call (559) 936-5712.

Saturday, March 30 - Death Café with Jonathan Waltmire
Tulare County Library, along with the California Center for the Book, will present this event as part of its "Before I Die" Book to Action program series, at the Visalia Branch Library, 200 W. Oak Ave., Visalia. (See page 7 for more information.)

Sunday, March 31 - 'Flapjack Frenzy Fundraiser'
The Kings County Commission on Aging will present this event, featuring a 50/50 raffle, a silent auction and a full flapjacks breakfast, at Applebee's, 1665 W. Lacey Blvd., Hanford, from 8-10 a.m. Tickets are \$10. For reservations or more information, call (559) 852-2828.

April 1-30 - 2nd Annual 'Bloomin' Pinwheels' Memorial Fundraiser
The Ruth Wood Open Arms House Foundation will conduct this fundraiser offering colorful pinwheels to be planted in its gardens throughout the month, providing a dazzling display of love and remembrance for all to see. For more information, call (559) 713-6542.

April 1, 3, 8, 10, 15, 17, 22, 24, 29 - 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.

April 1, 8, 15, 22, 29 - Senior Lunch
St. Anthony Retreat Center 43816 Sierra Dr. Three Rivers, will host this buffet-style lunch beginning at noon. Tickets are \$5. For more information, call (559) 561-4595

April 2, 4, 9, 11, 16, 18, 23, 25, 30 - Healing Hearts Walks
Visalia Public Cemetery, 1300 W. Goshen, Visalia, hosts these events, which include a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk inside the cemetery. Call (559) 734-6181 for more information.

April 3, 17 - Blood Pressure Screening
Tulare Adult School will offer free screenings from 10-11 a.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. For more information, call (559) 685-2330.

April 5, 12, 19, 26 - 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, April 6 - Musical Performance
Walnut Park, 4119 W. Walnut Ave., Visalia, will host this 3 p.m. performance by Richard Frost. For more information, call (559) 739-1339.

Saturday, April 6 - 'The Okie From Muskogee: A Tribute to the Bakersfield Sound'
This 6:30 p.m. show at the Visalia Fox Theatre will feature music by Kris Korgsaden. Tickets are \$15 to \$30. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Wednesday, April 10 - Visalia Senior Center Open House & BBQ
(See page 1 for information.)

Friday, April 12 - Senior Putting Clinic
This clinic will be held at Valley Oaks Golf Course, 1800 S. Plaza St., Visalia, from 10-11 a.m. The cost is \$15. For more information, call (559) 713-4481.

Saturday, April 13 - 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 and "Talk with a Doc" at 8:30 a.m.

Saturday, April 13 - Musical Performance
Walnut Park, 4119 W. Walnut Ave., Visalia, will host this 3 p.m. performance by Jim and Larry. For more info, call (559) 739-1339.

Saturday, April 13 - Sequoia Symphony Presents 'Wonders of Europe'
This musical tour through Europe's regions and history begins at 7:30 p.m. For tickets (\$22-\$45) or more information, visit www.foxvisalia.org or call (559) 625-1369.

Wednesday, April 17 - 'Chinatown'
Choices will present this 1978 classic starring Jack Nicholson and Faye Dunaway at 6:30 p.m. Tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Saturday, April 20 - Easter Open House and Egg Hunt
Walnut Park, 4119 W. Walnut Ave., Visalia, will host this 2 p.m. event featuring a special appearance by the Easter Bunny. For more information, call (559) 739-1339.

Wednesday, April 24 - Alzheimer's Support Group
This group meets monthly from 6-7:30 p.m. at Quail Park Retirement Village, 4520 W. Cypress Ave., Visalia. For information, call 737-7443.

Saturday, April 27 - The Mighty Oak Chorus 38th Annual Show
The Mighty Oak Chorus will present "Rock-N-Roll Is Here to Stay" at Central Valley Christian High School Theatre, 5600 W. Tulare Ave. in Visalia. For tickets (\$10 to \$20) or information, call (559) 901-4615 or email luther-case@yahoo.com.

Friday, May 3 - 6th Annual Hands in the Community Golf Tournament
This fundraising event will be held at the Ridge Creek Golf Course in Dinuba. More info, sign-up forms and sponsorship opportunities forms are available at hnconline.org or by calling (559) 625-3822.

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The Newest Romance Scam: Fall in Love – Go to Jail

In February, the Better Business Bureau (BBB) issued an in-depth investigative study on romance scams, describing how fraudsters target people who are looking for romance. BBB's follow-up study, "Fall in Love – Go to Jail: A BBB Report on How Romance Fraud Victims Become Money Mules," describes how fraudsters then exploit that relationship further.

As detailed in the original study, romance scammers typically contact their victims through dating websites, apps or social media, often using fake profiles and even stolen credit card information. Using these false identities, scammers may spend months grooming their victims, building what the victim believes to be a loving relationship, before asking for money to handle an emergency or travel expenses.

The financial damage inflicted by these scams, which is often accompanied by far greater emotional harm, is often just the tip of the iceberg. According to the new BBB report, 20 to 30% of romance scam victims were used as "money mules" in 2018 alone, with these victims numbering in the thousands.

Money mules act as financial middlemen in a variety of scams, laundering money from other victims by receiving money or goods purchased with stolen credit cards and sending them on to the fraudsters, often out of

the country. This often happens when the romance scam victim has no money or already has given all of their money to the scammer. The victim may be a willing accomplice or may have a variety of other motives – love, fear, financial compensation for their own losses – but the outcome is the same: By providing this type of aid to the fraudster instead, the victim aids and abets a variety of other frauds, muddying the fraud and the identity of the real perpetrator.

The scams and crimes in which money mules may become embroiled include business email compromises, fake check scams (the subject of an in-depth BBB investigative study in 2018), credit card re-shipping, grandparent scams and even illegal drug transportation. These frauds have in common that the money mules frequently are romance scam victims.

As law enforcement cracks down on romance and other frauds, prosecuting more and more of these scams' perpetrators in recent years, money mules at times have been prosecuted as well, facing jail time and hundreds of thousands of dollars in fines and restitution payments. In most cases, however, there is no desire to take criminal action against unwitting participants who had no financial gain and who stop transferring money for crooks



as soon as they realize the role they have been playing.

"The money mule phenomenon adds insult to injury for romance scam victims," said Blair Looney, BBB CEO. "After losing money and dignity to fraudsters they believed were loving romantic partners, these victims find themselves tangled in a web of even more serious crimes, possibly facing consequences themselves."

According to the new BBB report, cybersecurity experts have traced the bulk of online romance scams to Nigeria, though Nigerian nationals operating these frauds are based in several countries around the world, including the U.S.

Jamaican groups that operate sweepstakes and lottery frauds – the subject of another in-depth BBB investigative study in 2018 – have begun running romance frauds as well, using victims to help launder money from sweepstakes and lottery fraud victims.

The report recommends:

- It is important to warn people about romance frauds before they get in an online relationship. Alert them that the loss of their money is not the end of the matter because fraudsters may try to enlist them as money mules. It also is important to be cautious in one's own online dating ventures in order to avoid falling for a ro-

mance fraud at the outset.

- Romance fraud victims often need counseling to help them overcome the trauma of this fraud. More victim support groups like those in Los Angeles and Ventura, California, would be helpful.

- More warnings to money mules may help alert romance fraud victims that they are engaged in assisting frauds and encourage them to stop.

- More prosecutions of romance fraudsters would help deter romance fraud.



- Change existing restrictions to let banks share information with law enforcement, regulators and other financial institutions about possible money mule accounts.

- Increase cooperation and sharing of information between law enforcement officials in different jurisdictions working on the same cases.

- More training and cooperation is needed internationally to recognize and combat romance fraud.


What to do if you are the victim of a romance scam:


- Complain to bbb.org
- Report the fraud to bbb.org/scamtracker
- Report it to the Federal Trade Commission (FTC) or call 1-877-FTC-HELP
- Report it to the Internet Crime Complaint Center, or IC3
- Report it to the Canadian Anti-Fraud Centre. Toll free from the U.S. at 1-888-495-8501.
- Report it to the Senate Aging Committee Fraud Hotline at 1-855-303-9470 or through its website.
- Victims who have sent money through Western Union should complain directly to them at 1-800-448-1492.
- Victims who have sent money through MoneyGram should notify them directly at 1-800-926-9400.



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The Man Who Made History – Literally

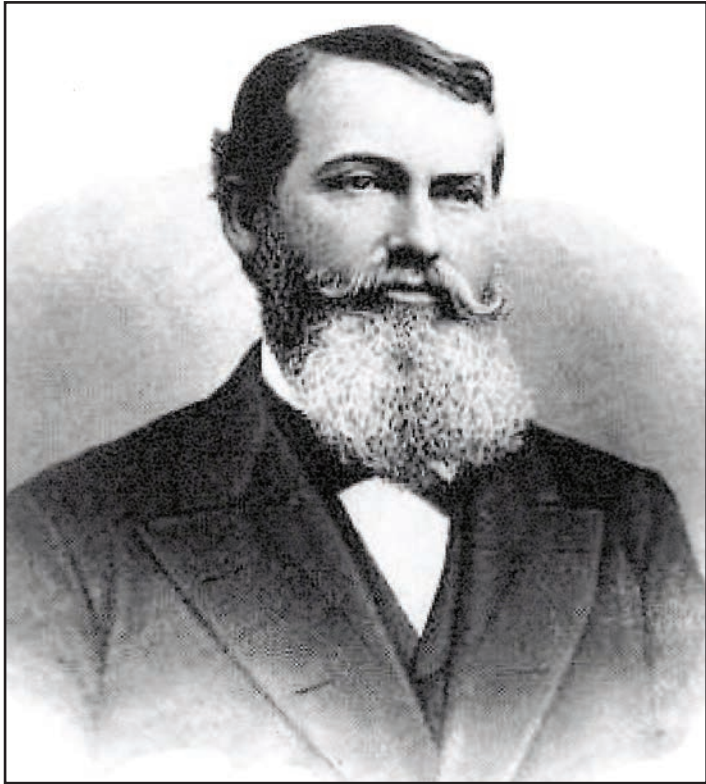
Thomas Hinckley Thompson was born in Dundee, Illinois on October 1, 1841. During his life, this bright and talented man did many things and did them all well. He was an engineer, farmer, furniture maker, real estate developer and even served as an officer in the Union Army during the Civil War. But of all his pursuits, he is probably most known, in central California at least, for publishing his classic *Official Historical Atlas of Tulare County, California* – the gold standard for local history.

Thompson came to California in about 1875 with an impressive résumé including important Civil War credentials. In 1861, he enlisted in the Union Army from Illinois and fought in numerous campaigns including Shiloh and Peach Tree Creek. He was “mustered out” of military service in 1864 with the rank of captain.

When he arrived in California, he settled in Oakland and went into the map publishing business, one of his many previous pursuits. In December 1884, he moved to Tulare County where he bought a ranch and began farming. Eventually, he opened a real estate, insurance and loan office at K and Kern streets in the city of Tulare. But of all of his ventures, publishing was the one that perhaps did the most to propel him into fame in Tulare County.

When he decided to create his Tulare County book, Captain Thompson wasn’t new to the history publishing business. In fact, since 1870, he had published many maps and atlases, but had focused mostly on the Midwest states like Illinois, Indiana, Wisconsin, Minnesota and Iowa.

In 1890, Thompson made his plan official through the *Visalia Weekly Delta* newspaper. He shared that the process to be used was much like what he had done before. He would gather and compile statistical and other information within the county. He would illustrate



Myron Angel (Courtesy California State Library)

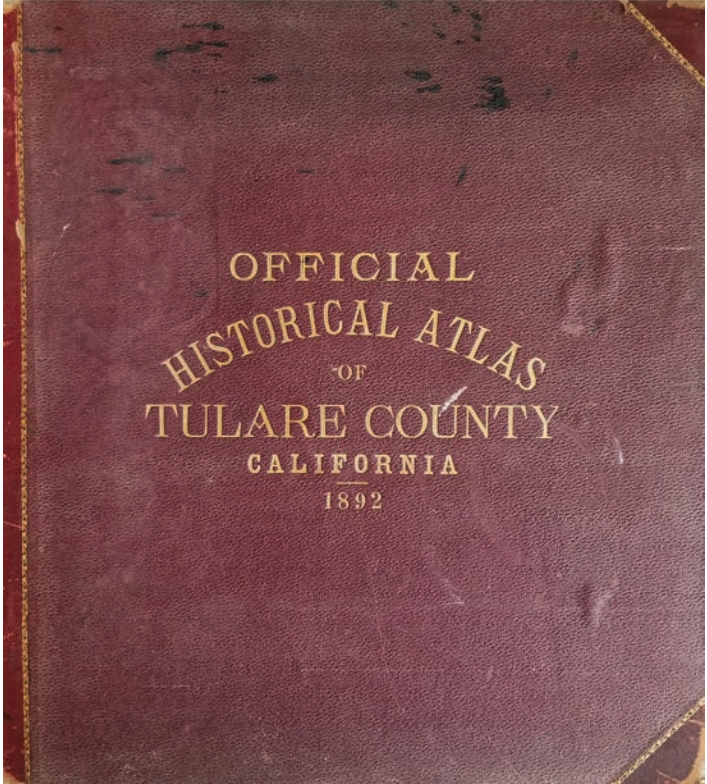
the book with lithographs including maps of county cities and towns. He promised a quality product in artwork, paper and binding.

George W. Stewart, the publisher of the *Visalia Delta* strongly endorsed Thompson’s project and wrote, “Knowing Captain Thompson well and being acquainted with the character of the work he has done, we commend his atlas earnestly and give him no hesitation in promising that his work will be satisfactory.”

So in December 1890, Thompson began gathering material. He offered to sell space in the book to land and business owners. The more they paid, the larger and more elaborate their display would be. He hired a sales force to sell the space and take pre-publication orders.


In addition to maps and illustrations, the book would include an extensive section on county history, so he commissioned Myron Angel to write that portion. Angel was a good choice as he was a well-respected history writer who owned the *San Luis Obispo Tribune* newspaper. According to Stewart, “no one is better fitted to do such work.”

On February 24, 1892, the



The original cover of the 1892 Thompson Atlas

Dusting Off History with Terry Ommen



book was finished. Stewart announced in his newspaper that he had just received his advanced copy and had thoroughly reviewed it. He couldn’t be more impressed. The newspaperman seemed most pleased to see that the title page included an acknowledgement from the Tulare County Board of Supervisors that they had made it the county’s “official atlas.”

Stewart proclaimed it was “the best historical sketch of Tulare County that has ever been written...” He summed up his assessment with, “No other work of any kind relating to Tulare County can compare with it in accuracy or value.” He added, “Captain Thompson’s work is by far the most valuable of anything in book form concerning our county and is cheap at the price of \$15, for which it is offered.” The *Visalia Daily Times* was equally impressed, reporting, “The cap-

tain has performed his work well and subscribers will realize it as soon as the map is shown to them.”

Thompson was an active man in Tulare County and was clearly an important figure. He died in the city of Tulare in 1915 and was buried there. His legacy is huge thanks to his historical atlas.

The Official Historical Atlas of Tulare County, California continues to be a well-respected source for local history. It has been reprinted twice, once in 1973 and in again in 2006. It deserves a prominent place on any local history lover’s bookshelf. Most public libraries in Tulare County also have it available and I encourage everyone to take a look.

I owe special thanks to two friends and local historians, Bill Allen and Troy Tuggle, who generously provided me with valuable material from their files.



Thompson (at right) in his office at K and Kern streets in Tulare



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