

The Good Life

Travel, Leisure & Fun for South Valley Adults 50+

December 2014 / January 2015 • Volume 2, Number 1

Feb Event Features Radio Talk Show Host

Chris Daniel, the jovial host of KMJ's radio's afternoon talk show, became serious and sullen as he spoke about his dilemma.

You see, Daniel has a predicament about his mother, who lives 3,000 miles away in New York City.

"I've always been very close to my mom and dad," said Daniel, who at 54 has lived the typical relocation-filled life of a radio personality since 1984 when he launched his career after moving to Tucson, Arizona. "She's always had a razor-sharp mind, and she's brilliant. She pushed us a lot toward education." He heaped the accolades on his mother, describing her as a "79-year-old former beauty contestant with brains," who earned her Phi Beta Kappa honors in school and holds a master's degree in speech.

His dilemma is over his forthcoming decision about what to do about his mother, who he said "has something wrong, but none of us know what it is." That struggle and ultimate decision will be the focus on his talk when he is the keynote speaker during the Heart of Seniors event on Feb 12 at the Visalia Holiday Inn & Conference Center. Hosted by the Senior Care Organization, the event is designed to offer



Photos courtesy of Chris Daniel

Chris Daniel will talk about the upcoming decision he will need to make about his mom when he speaks at the Heart of Seniors event on Feb 12.

information and resources to family members and caregivers of the elderly.

The inaugural event in February 2014 sold out, and has been moved to the larger venue to allow for more to attend, where they will hear Daniel talk about his mother, their relationship and his pending decision.

Not that he has the weight of the burden all on himself. Daniel has a brother Paul, 40, and sister Jennifer, 53, who will also weigh in regarding what to do about their mother. Although his 80-year-old father is still very much alive, Daniel said he's "dealing with the normal issues of aging himself. But nowhere near

what my mother is enduring."

"We are the typical Polish family," Daniel said. "We are not a family having a history of intervening, and we don't talk about stuff like this. What appears to be the next thing I have to do, as the oldest son and feeling that pressure, is to have THAT conversation."

There may have been a roadmap toward that talk starting years ago, when his grandmother was diagnosed with dementia, and Daniel's mother took on the role of taking care of her, despite Grandma's living nearly 1,000 miles away in Minneapolis.

"My mom was racking up the frequent flyer miles flying there and back as Grandma

got sicker and sicker," he said, adding that since his Grandfather had died there weren't any options. "Her problem was that although her mind was going, her body was not. These people live until they are 95. But because she didn't die until her mid-nineties, it took her to the final stages of dementia, and my mother saw it all."

"It terrified my mom that it was going to happen to her," Daniel said. "She got to see every bit of it." And then just two to three years later, in her late sixties, the woman who Daniel said "the mind has always been important to her" began to become forgetful. "It was the same with dad, he's an older guy and has his senior moments. But mom got worse and worse. The problem is having all three children not there, and a husband who either doesn't see it or is in denial."

"Last year she lost 10 credit cards, and she lost her wallet," he said, explaining that as the undiagnosed situation progresses, the family's nature of not addressing the issue is complicating things. "We are pretty good at not making it an inviting conversation to have," he said, adding that if the subject comes up with his

See Chris Daniel on page 7

Senior Event Expands in Feb 2015

The Heart of Seniors, a resource fair for seniors and their caregivers, is expanding for the upcoming event, moving to a new, larger location.

"The success of our first event caused us to rethink our location needs, given the size of our audience and attractiveness of the inaugural event," said Shayna Fabre, president of the Senior Care Organization, which organized

the event. The Heart of Seniors will be held on Thursday, Feb 12, at the conference center of the Holiday Inn in Visalia.

The event, which includes a lunch and keynote speaker, drew rave reviews this past February from attendees as well as vendors, which filled the Marriott Hotel meeting room. The move to the Holiday Inn allows for a much larger vendor capacity, as well as room for

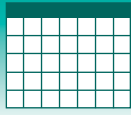
See Heart of Seniors on page 8



Photo courtesy of Senior Care Organization

More than 150 caregivers and health care professionals attended the first Heart of Seniors event in Feb 2014.

Calendar of Events



Around the South Valley

Thursday, January 8 – Total Joint Camp, Kaweah Delta Rehabilitation Center, 3 – 4:30 pm. Thinking about getting your knee or hip replaced? This free program is designed to help you understand the benefits and risks of joint replacement, as well as discuss any special needs or concerns. With advancements in surgical techniques, materials, and patient selection, total joint replacement is no longer limited to the elderly population. 624-3800.

Friday, January 9 – The 39 Steps. Visalia Ice House Theatre. Also playing January 9, 10, 16, 17, 23, 24, at 7:30 PM. January 11, 18, 25 at 2:00 PM \$16 advance, \$20 at the door. Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have The 39 Steps, a fast-paced whodunit for anyone who loves the magic of theater! This 2-time Tony® and Drama Desk Award-winning treat is packed with nonstop laughs, over 150 zany characters (played by a ridiculously talented cast of 4), an on-stage plane crash, handcuffs, missing fingers and some good old-fashioned romance! 734-3900.

Saturday, January 10 – Walk with a Doc. Riverway Sports Park, 8 - 9 am. The walk will take place from 8-9 a.m. at Riverway Sports Park, 3611 N. Dinuba Blvd., with the series continuing every second Saturday of the month through December. This free program requires no pre-registration. During the walk, a healthy topic is presented and healthy snacks are provided. For a schedule, visit walkwithadoc.org or healthyvisalia.com. 624-5985.

Saturday, January 10 – Tulare County Symphony presents The Russia House. Visalia Fox Theater. Doors open at 6:30 p.m. \$20 - \$39.50. Masterworks II Concert at Visalia Fox Theatre featuring Tchaikovsky: Marche Slave Elgar: Cello Concerto with Cicely Parnas, Cello Tchaikovsky: Symphony No. 6. 732-8600.

Thursday, January 15 - Living Well with Diabetes, Tulare Regional Medical Center. Allied Services Building, 2nd Floor, Classroom 1. 6 - 8 pm. The Living Well with Diabetes is a free, two-hour class designed to provide education tools for managing diabetes. These adult classes are facilitated each week for a 4 week session, by experienced certified diabetes instructor Susan Yoshimura, RD,CDE. 685-3404.

Saturday, January 17 - Cirque Ziva ~ Golden Dragon Acrobats. Visalia Fox Theater. Doors: 6:30 pm / Show: 7:30 pm. \$21.00 - \$29.00. Children's tickets are available at the Fox office for \$15. Series tickets can be purchased from the Fox Theatre office for \$169, \$139 and \$109. As you read this, Cirque Ziva's 2005 seven-week run at New York's New Victory Theater earned two prestigious New York Drama Desk Award nominations (Angela Chang for Best Choreography and Danny Chang for Most Unique Theatrical Experience). Company of 30, a show for all ages with exquisite costumes, stupendous stunts and acrobatic feats you never imagined possible. "Amazing feats of athleticism, daring heart-stopping stunts and the grace of their centuries-old art form" ...Broadway World. Call 625-1369 for tickets and information.

Thursday, January 22 – Total Joint Camp, Kaweah Delta Rehabilitation Center, 3 – 4:30 pm. Thinking about getting your knee or hip replaced? This free program is designed to help you understand the benefits and risks of joint replacement, as well as discuss any special needs or concerns. 624-3800

Wednesday, February 4 - The Second City 55th Anniversary Tour! Visalia Fox Theater. Doors: 6:30 pm / Show: 7:30 pm \$22.00 - \$32.00. Sketch Comedy and Improv. The freshest, funniest faces in comedy. This Chicago based company is where many of the world's best and brightest comedians cut their teeth, including Alan Arkin, Martin Short, John Belushi, Bill Murray, John Candy, Mike Myers, Tina Fey and Steve Carell among many others. A night of cutting edge comedy, hilarious songs and on the spot improvisation. And you get to participate in this hilarious celebration! 625-1369.

See Around the South Valley on page 6

For more events, go to our website www.TheGoodLifeSV.com

To submit events to the calendar, mail to Kast & Company Communications, P.O. Box 7173, Visalia, CA 93290, or e-mail to Editor@TheGoodLifeSV.com. Submissions must be appropriate for The Good Life readership of 50-and-over, and be received by the 15th of the month prior to publication.

Date Changes For Fresno Event Celebrating the Caregiver

The date has been changed for a presentation in Fresno about Alzheimer's by a former national talk show host and author.

Michael Reagan, son of former president Ronald Reagan, will speak on January 21 at the Calvary Worship Center, 4581 E Dakota Ave in Fresno. The event, known as "Celebrating the Caregiver," is free for family caregivers, and in addition to Reagan's talk will feature resources and information to the public and health care professionals. There is a \$15 charge for health care professionals, and a \$30 fee for those wanting CEU credits.

The event is sponsored by the Alzheimer's Association of Central California and Auspice Home Care. Doors will open to the event at 7:30 a.m. to 1 p.m. Reservations are strongly encouraged due to limited space. Admission for

healthcare professionals is \$15, and 2 hours of CEU credit is available. Walkup registration is available at the door provided space is available.

Celebrating the Caregiver will feature breakout sessions with topics pertinent to the event. These will offer supportive resources to family caregivers or healthcare professionals. Several health care resources will be available to attendees to reach out for additional information or support.

Reagan, the son of former president Ronald Reagan who died in 2004 following a ten-year battle with Alzheimer's, will be speaking on his experiences caring for his father and the toll it took on his family and friends. Family caregivers will also be speaking about their experiences caring for their loved one with Alzheimer's disease and how they are coping.

See Michael Reagan on page 7



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New Year's Resolution Thoughts for the Cancer Patient

by Donna Heckler

As the year 2014 comes to an end and you think about next year, it is only natural to consider your resolutions.



What will you do to better yourself? Your life? Your finances? Your family? Your health? So many times we think of very specific resolutions, such

as this year I really will lose those 20 pounds. Let me offer a different way to consider resolutions.

I discovered this approach while I was going through my cancer. I read about it in an airline magazine, while I was on a business trip, just a week after my fourth chemo treatment. So, while I cannot take credit for the idea, I can offer how helpful this approach has been for me.

The suggestion is that instead of developing particular resolutions, identify a word that

will be your word of the year and weave its spirit into everything you do. What I loved about this idea is that it was simple. I could do this. Especially when it seemed that my cancer-filled life was so full of complexity.

With this idea in mind, I offer words to you that may be the foundation for your resolution this coming year.

Invigorate: This is the word I chose for my first year post cancer treatments. I wanted to invigorate my health, invigorate my relationships, and invigorate my finances. That word through the year reminded me to breathe life back into my life, to live out loud and get every part of my life active again.

Glow: Last year, three years out from diagnosis, I chose the word glow. I wanted to glow from the inside out. Let my faith shine through. Encourage my spirit to shine through as I finished my book. I wanted to physically glow – from the old adage: Men perspire, women glow, horses sweat.

Radiant: Being radiant, especially as you go through cancer, can be very

empowering. Can you use this word to help you find a smile, even while your body aches? Can you use the word to encourage you be your best self, to share your unique inner spirit? Perhaps this word reminds you to work out, or drink your water, so that you can be radiant on the inside and out.

Flourish: The idea of flourish is to be the best you can be in the moment. Your friendships can flourish, your spiritual life can flourish, physically you can flourish for that day and the next, and the next.

Hope: The word hope is used so often in cancer messages and with good reason. It encourages you to look forward, think of the best outcome and have faith in the possibilities.

Whatever word you choose for yourself, use it to inspire, to motivate, to encourage you to approach this New Year vibrantly.

St. Louis writer Donna Heckler provides more practical tips on living your best life while living through cancer in her new book Living Like A Lady When You Have Cancer. Or visit www.livinglikealady.org.

Finance

Millions to be Penalized by ObamaCare Tax

About 6 million people will pay a penalty in 2016 because they lack federally mandated health insurance, a new analysis shows. The previous estimate was that about 4 million people would be hit with the health insurance "tax" in four years.

Beginning in 2014, the federal health care reform law – sometimes called "ObamaCare" – will require most legal U.S. residents to either obtain health insurance or pay a penalty tax. In 2016, that penalty will be \$695 per person or 2.5 percent of a household's income, whichever is greater. Earlier this year, the U.S. Supreme Court upheld the controversial health insurance mandate.

The nonpartisan Congressional Budget Office (CBO) and Congress' Joint Committee on Taxation estimate that about 30 million people under age 65 won't have health insurance in 2016, but that most of them won't need to pay the tax. Among the reasons for exemptions from the tax are religious beliefs or extremely low income.

The estimated 6 million people who will be taxed will end up paying about \$7 billion in 2016, according to the CBO. That's up about \$3 billion from the CBO's previous estimate.

"Among the uninsured individuals subject to the penalty tax, many are expected to voluntarily report on their tax returns that they are uninsured and pay the amount owed. However, other individuals will try to avoid payments," the CBO says.

Erin Shields Britt, a spokeswoman for the U.S. Department of Health and Human Services, shrugs off the new CBO numbers, pointing out that less than 2 percent of Americans will be affected by the penalty, according to Inquistr.com. She suggests that those who don't have health insurance now should begin buying it as part of their civic responsibilities.

The CBO analysis "doesn't change the basic fact that the individual responsibility policy will only affect people who can afford health care but choose not to buy it," Britt says. "We're no longer going to subsidize the care of those

See Healthcare on page 7



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Visalia Senior Center Benefits from Fund Raiser

The Visalia Senior Center received more than \$2,200 as a result of a fund raising campaign, courtesy of the coordinating efforts of Prestige Assisted Living in Visalia and several area companies.

Optimal Home Health, Asera Care Hospice and Delta Nursing & Rehabilitation Center came

together at the Prestige facility in Visalia on December 18 to host a Reconnecting Gala & Open House, with estimates of nearly 100 people in attendance.

"I think that the event was the culmination of the season of philanthropic effort by these agencies and Premier," said Michael Mayfield, Executive



Photo courtesy Prestige Assisted Living

More than \$2,200 was raised as a donation to the Visalia Senior Center by the event, which was hosted at Prestige Assisted Living.

Director at Prestige Assisted Living. "The really fun thing about this is that the residents got really involved as well. I thought it was cool the residents baked goods and deliver pies and got to do a variety of activities."

The idea for the event came about in October, Mayfield said, with fund raising efforts beginning in November. A Thanksgiving pie sale was also held, with \$300 raised as a result. The Good Life

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History

Dusting Off History with Terry Ommen

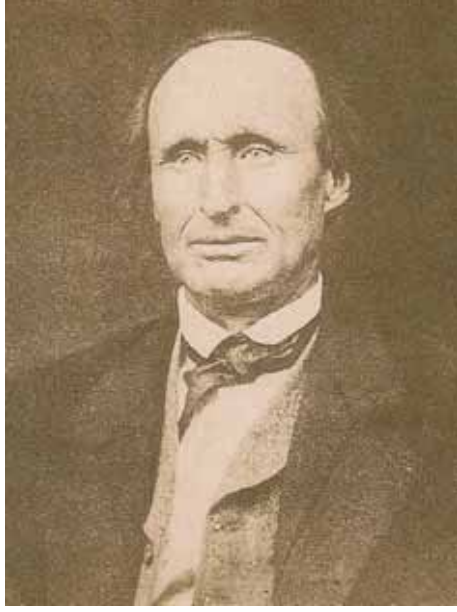


Visalia Becomes the Tulare County Seat

The Tulare County election of 1853 marked the beginning of the end for the tiny settlement of Woodsville. When Tulare County was formed from the southern section of Mariposa County in 1852, Woodsville became the first county seat. Its position as the county capital was short lived, however, and Woodsville's misfortune became a blessing to Visalia. How the transfer of power happened is interesting, especially if early county settler Richard Chatten's version of the event is accepted as factual.

The county election of 1853 offered the normal array of office seekers, but the big issue to be decided was the location of the county seat. The honor of being the seat of government meant prosperity, so Woodsville was anxious to retain its status and the new settlement of Visalia was interested in taking over.

As the county had only 24 voters, most settlers knew each other and as a result, they knew how everyone felt on the county seat question. It was clear by initial polling that voting was going to be close. Thomas Baker, a candidate for county judge, was pushing hard for the Visalia site, while John Cutler,



Thomas Baker, the man who did his part to make Visalia the Tulare County seat.

also a candidate for judge, lobbied strongly for Woodsville.

Baker formulated a plan. He approached Dick Chatten and said, "Dick, we need another man to carry Visalia as county seat. Do you think you can find him?" Chatten said he would try.

Chatten took to the hills east of Visalia and there he found a hunter named Bryson. The mountain man had regularly gone to Visalia to buy tobacco, so Chatten thought he might be the voter that could push Visalia over the top.

To woo him over, Bryson was offered an all expense paid vacation in Visalia right before the election. He was wined and

dined and soon he was convinced that Visalia was the best location for the county seat.

Election day came and the voters turned out in expected numbers. Not surprisingly, sometime around midday, the vote tally revealed an even split on the county seat question. But Bryson hadn't voted yet. He was the last voter of the day. He approached the polling location and was immediately challenged by a Woodsville advocate. "Do you live in Tulare County, Mr. Bryson?" he was asked. "I don't know," he replied. "Where do you live?" the questioner continued. "Sometimes I live on one side of

Dry Creek, sometimes I live on the other and my house is generally under an oak tree," answered Bryson.

He satisfied the questioner and Bryson was able to cast his vote. Thanks to the man from the mountains, Visalia received one more vote than Woodsville. Visalia became the county seat of Tulare County and has been ever since.

Baker's strategy worked for Visalia, but it did not work for him personally. John Cutler was elected county judge, however, Baker would continue to be an important figure in the new county seat. He later moved south and founded the town of Bakersfield.

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Health



Free Transportation Services Expand in Visalia, Porterville

Family HealthCare Network has expanded its door-to-door transportation service for patients in Visalia as well as the South Valley, with expansion of the service starting on Dec. 8.

The service is free of charge for FHCN patients and is available for patients visiting any of the three Visalia locations including the centers at 400 E. Oak Ave., 501 N. Bridge St. and 401 E. School Ave, as well as patients in Poplar, Woodville and Woodville Labor Camp who go to the Porterville Health and Dental Centers.

"Reliable transportation can be an issue for many patients living in the Central Valley," said Kerry Hydash, FHCN's president and CEO. "By providing transportation services, we are helping to eliminate an unnecessary barrier to health care for our community."

Each transportation van is equipped with both an infant's

and toddler's car seat. Those interested in using the service may call 877-960-3426 or visit www.fhcn.org. Patients can also schedule the transportation service while scheduling their next medical appointment.

FHCN's transportation service is already available for patients in Porterville, Hanford, Cutler, Orosi, Goshen, Woodlake, Farmersville and Terra Bella. The Porterville Health Center is located at 1107 W. Poplar Avenue and operates Monday through Friday, 7:00 am to 9:00 pm and on Saturdays, 7:00 am to 5:00 pm. The Porterville Dental Center is located adjacent to the health center and operates Monday through Friday, 8:00 am to 5:00 pm.

FHCN is a private nonprofit organization that operates 18 federally qualified health centers, 14 of which are located in the Tulare and Kings county areas.

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Friday, Feb 6 – Tulare-Kings Counties Mass Choir. Visalia Fox Theater. 7 pm. Silver anniversary gospel music concert & gala. General admission \$15 advance, \$20 at the door. VIP seating \$25. Tickets available at the box office or on Ticketfly.com. Banquet following at the Visalia Marriott Hotel, tickets \$40. All proceeds benefit BStars and the Tulare-Kings Counties Mass Choir. Info – 559/303-4992.

Thursday, February 12 – Heart of Seniors. Visalia Holiday Inn & Conference Center. 10 am - 2 pm. \$10 includes lunch and fashion show. Sponsored by the Senior Care Organization, this senior resource fair will feature vendor booths and information with the goal of education caregivers as well as health care professionals. Keynote speaker will be Chris Daniel, the afternoon talk show host at KMJ radio. 559/977-6812.

Friday, Feb 13 – Betsy Wolfe in Concert. Visalia Fox Theater. 7 pm. Benefitting Hands in the Community, a Christian-based community support organization. \$25 - \$40. BETSY WOLFE recently played Beth in Merrily We Roll Along at Encores. This past season she created the role of Mary Ann Singleton in ACT's World

Premiere of Tales of the City, a musical based on Armistead Maupin's novels, with music by the Scissor Sisters, originally workshopped at the O'Neill Theatre Conference. She was last seen on Broadway in Everyday Rapture with Sherie Rene Scott, a show she also performed off-Broadway in 2009. Other Broadway includes 110 in the Shade at Studio 54, The 25th Annual Putnam County Spelling Bee, and Wonderful Life. She can also be heard on the 110 in the Shade and Everyday Rapture recordings. Ms. Wolfe starred in the San Francisco and Boston companies of The 25th Annual Putnam County Spelling Bee. Regional credits include Tommy (Mrs. Walker) at Dallas Theatre Center, Ragtime (Evelyn Nesbitt) at Paper Mill Playhouse. She has been a guest artist for over 25 Symphony, Pops, and Philharmonic Orchestras across the U.S. and internationally. At 23 she made her concert debut at Carnegie Hall as a headliner with the Cincinnati Pops under Maestro Erich Kunzel. Ms. Wolfe was a guest soloist for the New York City Ballet where she performed at Lincoln Center and at The Coliseum in London. Recent and upcoming releases include Stage Door Canteen, 35MM, and Merrily We Roll Along. She holds a BFA in musical theatre from Cincinnati Conservatory of Music (CCM).



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Chris Daniel

from page 1

parents, the conversation gets steered in another direction.

"We all see it," he said. "I see my parents every two years, or someone else tells us. She won't go to a doctor about it, but she has something. We just don't know what." He said during a recent phone conversation "we spoke for 20 minutes and she repeated the same thing five times. She just doesn't remember."

While the story Daniel will tell is heartbreaking as well as

unfinished, he says he doesn't believe it is out of the ordinary. "I don't think my story is unique, I think it is common. I'm frustrated and feel guilty about being so far away. I'm worried for my dad, and what's he going to do? As far as talking to my mom, I'm the one. I feel terrible about it, I have no idea what to say. I feel like I'm losing her already," he said.

To attend Daniel's story, attend the Heart of Seniors event. For more information about the event, call 559-972-9800.

Michael Reagan

from page 2

An estimated 5.2 million Americans of all ages have Alzheimer's Disease, according to the Alzheimer's Association, with 200,000 of those individuals younger than age 65. Approximately 500,000 die each year because they have Alzheimer's. In 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than \$220 billion.

Reagan is the author of the autobiography Michael Reagan: On The Outside

Looking In, which he published in 1988. In 2005 he wrote "Twice Adopted" about his feelings of rejection being adopted, parents divorcing and becoming a Born Again Christian. The Alzheimer's Foundation of Central California is a non-profit organization that does not receive any government funding. All services are provided through fundraising and private donations. For more information please call Tish Davis at Auspice Home Care at 559-458-8060 or look for the event on Eventbrite.com.

Healthcare

from page 3

who can afford to buy insurance but make a choice not to buy it."

The CBO report prompted Dave Camp, a Michigan Republican who chairs the powerful U.S. House Ways and Means Committee, to once again condemn the federal health care reform law, which was passed in 2010.

"The bulk of the law hasn't even gone into effect yet,"

Camp says in a news release, "and already the nonpartisan CBO is increasing its predictions as to how many middle-class and low-income Americans will see their taxes increase because of ObamaCare. This is yet another example of why we need to repeal this law and replace it with a bill that not only lowers health insurance premiums but does so without raising taxes."

Camp complains that under the CBO's revised scenario,

more than 4 million uninsured people with income below 400 percent of the federal poverty level – \$98,400 for a family of four in 2016 – will shoulder "an

even larger burden" than had been estimated.

"The bad news and broken promises from ObamaCare just keep piling up," Camp says.

Senior Center

from page 4

Newspaper, published by Kast & Company Communications, purchased 24 pies as a part of the drive, and enlisted the help of Hands in the Community to help with delivery of the pieces to unsuspecting seniors in the Visalia area. The

pies were delivered in the days leading up to Thanksgiving.

Mayfield said the Senior Center plans to use the money to help provide lunches at the Center for those who can't afford it. "With the population we serve here, it was a natural fit," said Mayfield.

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Photo courtesy of Senior Care Organization

Walnut Park resident Bernice Banks modeling a fashion during last year's Heart of Seniors event.

Heart of Seniors

from page 1

many more seniors and caregivers, Fabre said. The past event saw more than 150 people and 37 health care or service providers attend. The event will once again feature raffle prizes from the various vendor booths.

This year's keynote speaker will be radio talk show host Chris Daniel, who will share how he copes with his mother's Alzheimer's disease. Daniel is the weekday afternoon host on KMJ radio in Fresno.

One of the highlights to the event will be a fashion show, featuring local seniors modeling fashions from various local merchants.

Doors open at the event at 10 a.m. Registration for the event, which includes lunch and a fashion show, is only \$10. An expanded vendor fair will run until the event ends at 2 p.m. Discounted rates for in-home care assistance is available upon request for caregivers.

Vendor booths are still available. For more information, or to preregister, call 559-977-6812 or 559-240-0926.



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