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The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume III, Number 5 • November/December 2016



The 5K/10K race was one of the highlights of the 2015 Visalia Senior Games.

Visalia to Host 2017 Senior Games

By Steve Pastis

The 2017 Visalia Senior Games, the Central Valley's only senior games, will be held at various locations in Visalia on March 16-19 and March 24-26. Moving the event from October and scheduling events over two weekends instead of several consecutive days are among the changes the committee is making after hosting the first Senior Games in 2015.

Those games were considered a success, attracting athletes from 50 California cities. A total of 237 athletes participated, including some traveling from as far as Oregon and Texas.

"The first year we did the games, we conflicted with the national senior games, which takes place every year in Utah," said Jeannie Greenwood, City of Visalia Parks and Recreation Department recreation manager, adding that the 2015 scheduling affected the committee's ability to recruit teams for team sports such as softball.

"We got a lot of feedback and we made some changes based on that feedback," said Greenwood. "People preferred to play on weekends. A lot of people couldn't take time off during the week to participate."

The 2015 Senior Games included competition in sports

such as tennis, bowling, table tennis, horseshoes, softball, pickleball, archery, golf and a 5K/10K race. Next year's games will include several new events.

"We received a lot of feedback requesting events we didn't have listed and the two biggest events were track and field, and swimming," said Greenwood. "We're still identifying the events within each one. We're still in the early planning stages of that."

Also to be decided are the locations of some of the competitions.

"Right now, we're still looking at high schools based on

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Grant Allows Tulare County to Grow its Elder Abuse Task Force

By Steve Pastis

The Tulare County District Attorney's Elder Abuse Task Force has been growing as it uses some of the \$400,000 in grant funding it was awarded in July. The two-year funding from the California Governor's Office of Emergency Services allows the county to expand its efforts to protect seniors and broaden its community educational outreach.

Elder abuse is defined as neglect, financial exploitation, physical abuse, sexual abuse or emotional abuse of an individual age 65 or older. In over half of elder abuse cases in Tulare County, the crime is committed by a son, daughter or other relative. Many times, seniors will deny victimization to protect those family members. The National Center on Elder Abuse estimates that only one in five cases are reported.



The Tulare County Elder Abuse Task Force (l-r): Eric Grant, assistant chief investigator for the Office of the District Attorney; Nicole Burnham, elder abuse victim advocate; Mario Martin, criminal investigator for the Office of the District Attorney; Erica Gonzalez, elder abuse prosecutor/deputy district attorney; District Attorney Tim Ward; and Donielle Gallamore, victim advocate.

For years, the D.A.'s office has been working with other agencies to respond to reported elder abuse, but they were often overwhelmed by "the sheer volume of cases that adult protective services receives," said Nicole Burnham, victim advocate with the District Attorney's Office.

"This grant will allow us to

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Spring Dedication Planned for Open Arms House

By Steve Pastis

Hospice care is a compassionate and team-oriented approach to medical care for the terminally ill. A hospice house, such as the Open Arms House that will open in Visalia in 2017, is as close to home as possible while still supplying the necessary round-the-clock care.

"Most hospice houses are operated by a single hospice agency and they have a license like a skilled nursing agency," said Open Arms House Board President Carol Nickel. "They cost millions of dollars to build and millions to operate."

Even so, several members of Kaweah Delta Hospice Foundation Board decided to start a separate organization to open a hospice house in Visalia.

After looking at hospice houses in both northern and



The Open Arms House in Visalia

southern California to see how they operated, the Open Arms House board members finally found the kind of hospice house that they were looking for near Santa Barbara.

"They came back and said, 'We're going to do this,'" said Nickel.

Board Member Angela Biscotti explained how everything started happening quickly.

"It's called a higher power,"

she said. "We've had divine intervention this whole journey."

In January, the board filed as a 501c3 nonprofit and started raising money.

"In February, we asked the Kaweah Delta Hospice Foundation Board to change its bylaws to give money (to Open Arms House)," said Biscotti.

The foundation loaned \$259,000 interest-free for 10

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Have a Healthy Holiday Season

SEE PAGE 9

What to Buy for the Senior Who Has Everything

It's that time of year again. Time to buy gifts for those near and dear to you. If your Christmas gift list includes a hard-to-buy-for senior, we have a few ideas for you.

Perhaps your loved one was a fan of "The Golden Girls." If so, you might want to consider the following two options.

Funko offers a Golden Girls action figure four-pack featuring Rose, Dorothy, Blanche and Sophia. The figures, measure 3.75 inches high.



Funko POP Golden Girls Set to \$15 each.

Another gift option is Hasbro's Joy for All Companion Pet Golden Pup that "has all the love in the world to give but it won't chew up your slipper." Its built-in sensors and speakers allow your loved one the pleasures of owning a dog without the expense and trouble of having a real pet. Cost: \$120.

(An article about Hasbro's Companion Pet Cat appeared in our January 2016 issue.)



Yours for only \$268.65.

The set is currently offered on Amazon for \$268.65. As we write this, the website only has one set left in stock. Considering the price, it will probably still be there if you want it.

If you prefer more sensible purchases, Funko also offers individual Rose, Dorothy, Blanche and Sophia figures as part of its Funko POP TV set for about \$10



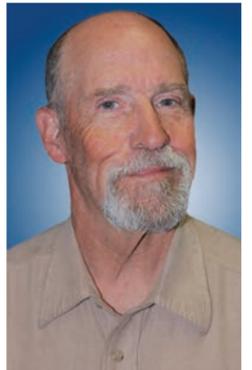
Hasbro's Joy for All Companion Pet Golden Pup

VETERANS CORNER

AGENT ORANGE

Between 1962 and 1972, about 20 million gallons of herbicides were utilized in Vietnam. The primary ingredient in these defoliants was dioxin, which is now a known carcinogen.

Agent Orange (AO) exposure itself is not a disability, however, it has been linked to certain disabilities. In other words, if you were exposed to AO and have any of the diseases listed below, the VA may presume it's due to your exposure. The diseases currently recognized as presumptive to exposure are:



- Non-Hodgkin's lymphoma
- Some soft tissue sarcomas
- Hodgkin's disease
- Multiple myeloma
- Respiratory cancers, including lung, larynx, trachea and bronchus
- Prostate cancer
- Diabetes Mellitus Type 2
- Chronic lymphocytic leukemia (CLL)
- AL amyloidosis
- Parkinson's disease
- B-cell leukemia (hairy cell)
- Ischemic heart disease (heart disease caused by blockage or reduced blood flow; does not include hypertension)

If you have been diagnosed with any of the above diseases and can prove that you served as "boots on the ground" in Vietnam, even if only for one day, then you should file a claim. If you served in the Navy during the Vietnam War, the VA must verify your exposure.

Veterans commonly suffer from three quite common disabilities/diseases: diabetes, ischemic heart disease and prostate cancer. If you have a stent, angioplasty or have had a bypass procedure, you may have ischemic heart disease. If you are the widow of a veteran who died as a result of any of the listed presumptive diseases, you may qualify for benefits. Please call our office for more information.

AO was also used in Thailand and Korea in specific areas, units and times. You can check the following website for this: www.publichealth.va.gov/exposures/agentorange/militaryexposure.asp. For further information, please contact my office.

Ken Cruickshank, the Veterans Services Officer for Tulare County, is a retired Navy Master Chief Petty Officer. Contact him at the Veterans Services Office at 3350 W. Mineral King Ave., Visalia; by phone at (559) 713-2880; or by email at KCruicks@tularehhsa.org.

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The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume III, Number 5 • November/December 2016



Publisher - Larry Kast

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www.TheGoodLifeSV.com

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'The Best Prevention for Influenza is the Flu Vaccine'

Flu season is here. It's time to take steps to protect yourself against "Influenza 2016."

The influenza strains that are expected to be most prevalent this year are the A/California, A/Hong Kong, B/Brisbane and B/Phuket.

"These are the strains selected for this season's vaccines," said Tulare County Health Officer Dr. Karen Haught, who offered her advice for staying healthy during the coming flu season.

"The best prevention for influenza is the flu vaccine," she said. "Everyone over the age of six months should receive the flu vaccine. Now is the time to obtain a flu vaccine as it takes approximately two weeks for protection to develop after receiving a vaccine."

Only injectable flu vaccines are recommended this year, according to Dr. Haught. "The live attenuated vaccine that was given as a nasal spray vaccine is not recommended this year because of questions about its effectiveness."

She offered other advice, including staying away from those who are sick. "If you are sick avoid contact with others until at least 24 hours after fever is resolved," she said.

She also advises people to:

- Wash your hands frequently and use alcohol-based hand gel when soap and water are not available.



- Cover your nose and mouth with a tissue when you sneeze or cough, and throw the tissue in trash and wash your hands (when a tissue is not available turn your head onto toward upper arm).

- Avoid touching your eyes, nose and mouth.

- Disinfect surfaces that may have germs.

If you or someone you take care of gets influenza, Dr. Haught makes the following suggestions:

- Speak to your health-care provider about whether antiviral medications are need-

ed. Antiviral medications can shorten the illness if started early and they are particularly important for individuals with chronic conditions or who have severe illness.

- Encourage rest and adequate fluids.

- If there are warning signs of serious illness, seek immediate medical care. Such signs include: fast breathing or shortness of breath, bluish color, fever with a rash, not eating or drinking, flu symptoms that improve then return, worsening cough or decreased alertness.

A flu vaccine is available

at doctor's offices and clinics, pharmacies, through some employers and through the Public Health Department. All these venues provide safe and effective vaccines. Several injectable options are available and all are considered safe and effective.

The types of vaccines available include:

- Standard dose of trivalent vaccine (provides protection from both Influenza A viruses and the B/Brisbane virus)

- High dose trivalent vaccine for people 65 and over

- Trivalent vaccine with adjuvant to increase immune response for people 65 and over

- Recombinant trivalent vaccine which is egg-free for people 18 years of age and older

- Quadrivalent vaccine which includes the three strains in the trivalent plus the B/Phuket strain

- Quadrivalent vaccine made in cell culture approved for those age 4 and over

- Intradermal quadrivalent vaccine

The influenza vaccine needs to be given every year. It is particularly important for pregnant women, anyone with a chronic health condition, those over 65, residents of long-term care facilities, people with extreme obesity and individuals who care for someone with a high risk condition, including all healthcare workers.

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George Foreman, William Shatner, Henry Winkler and Jeff Dye and Terry Bradshaw visit Thailand in "Better Late than Never."

NBC Announces Renewal of 'Better Late Than Never'

"Better Late Than Never," a show about four seniors visiting exotic locations around the world, will return for a second season.

The show was the top new series introduced by the broadcast networks this past summer, averaging a 1.8 rating and 8.1 million viewers overall, according to Nielsen Media Research.

"Better Late Than Never" stars actor, producer, writer and director Henry Winkler, actor, director and writer William Shatner, football star and NFL analyst Terry Bradshaw, boxing hall of famer and businessman George Foreman, and comedian Jeff Dye. All five will return for the second season.

"The success of season one was such a joyous surprise," said Winkler. "I can't wait to see where Bill, Terry, George, Jeff and I will be exploring next."

"Like everyone else, we fell

in love with all the adventures Henry, William, Terry, George and Jeff faced as they educated themselves and adapted to new customs in foreign cities," said Paul Telegdy, president, Alternative and Reality Group, NBC Entertainment. "This innovative format allows for unprecedented escapades that cut through the clutter and grabbed viewer's attention. We can't wait to see what places they explore and how they adapt to their environment in season two."

During the past summer, the five navigated their way through Tokyo and Kyoto, Japan; Seoul, South Korea; Hong Kong; and Phuket and Chiang Mai, Thailand – communicating with the local population, immersing themselves in local traditions and enjoying exotic food – all the while dealing with the unexpected twists and turns that their trips presented.



Shatner, Foreman, Bradshaw, Dye and Winkler in Tokyo.

Elder Abuse Task Force...

(continued from page 1)

offer services to the suspected victims of elder abuse that are in the reports that adult protective services is receiving," she said. "Traditionally, we would only be offering services to victims who are listed on law agency crime reports."

In addition to serving more possible victims, the grant allows the D.A.'s office to better deal with each case.

"We had two doctors from USC here to conduct a community assessment of how we as an agency respond to suspected elder abuse, and how we can bridge gaps," said Burnham, adding that the D.A.'s office was already working with other agencies to deal with reports of elder abuse.

"We co-host a monthly multi-disciplinary team meeting we lovingly call the MDT meeting," she said.

The meeting is attended by the D.A.'s office, law enforcement, adult protective services, an elder abuse victim advocate (Burnham), healthcare professionals and an ombudsman from the Kings/Tulare Agency on Aging.

Each group has different responsibilities and limits on what they can and cannot do. For example, adult protective services can meet with people in their homes, but they cannot investigate elder abuse allegations. The ombudsman advocates for the rights of possible elder abuse victims.

"We discuss in a roundtable in a confidential manner who can best help a senior who may be at risk of abuse or neglect, and what services may be available," said Burnham.

"The focus right now is to expand the multi-disciplinary meeting," said Burnham. "We're looking for people who work in agencies or senior service providers that may be long-term care facilities, senior centers in Tulare County, and senior organizations. We'd like for them to be part of our expanded meeting because our goal is to make sure we are aware of any programs that might benefit at-risk seniors."

Burnham said she will "be blanketing the county," making presentations to senior facilities, senior organizations and senior centers. "Our grant will allow us to host elder abuse symposiums, one in north county and one in south county, with experts in the field."

The first symposium could be held as early as fall 2017.

With grant money, the elder abuse task force looks to hire an elder abuse advocate in south Tulare County.

"We're hoping for someone who is bilingual," said Burnham. "It's in the works, but I'm not sure how soon another person would come on."

For more information, or to report suspected elder abuse, call (559) 636-5471 or visit www.da-tulareco.org/victim_witness.htm.

Visalia Senior Games...

(continued from page 1)

the sizes of their pools," said Holly Ellis, Senior Games coordinator. "We are working with our youth swimming parent boards."

"Through (Visalia) parks and recreation we provide swimming team opportunities for students, and the parent boards who oversee it are coming on board to put this this swimming component together and help run the events," added Maggie

Kalar, recreation supervisor.

The 2017 games will have more "exhibition sports," according to Greenwood. "One of the things we learned at the first Senior Games was that we didn't have a lot of opportunities for people who weren't (at a competitive level) to participate."

Exhibition sports will include darts, cornhole and Texas hold'em. Disc golf is also being planned.

The 2015 games had 103 registered volunteers who worked 560 hours, according to Greenwood. More volunteers will be needed at next year's games.

"Track meets, especially, require a lot of bodies to facilitate," said Greenwood, who estimated that twice as many volunteers would be needed next year.

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

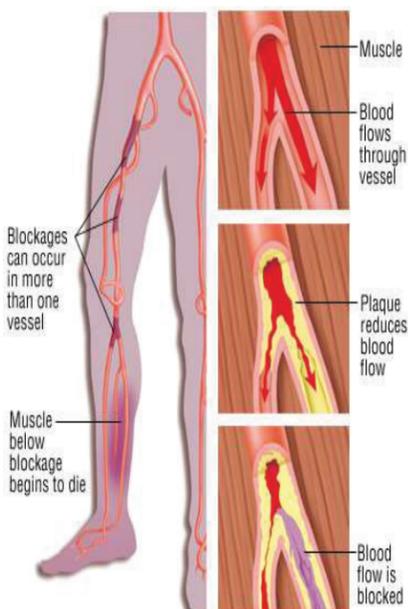
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Beware of These Popular 2016 Holiday Season Scams

By Steve Pastis

"We have our 'oldies but goodies' but they become new again during the holiday season," said Nicole Burnham, victim advocate with the Tulare County District Attorney's Office, about the scams and frauds seniors and others can expect during the holidays.

"For example, charity fraud exists every day year round but during the holiday season, when people are feeling more generous, there is an upswing," she said. "I want to remind people it is never safe to give a donation over the phone. In this day and age, we cannot be sure that the person is actually affiliated with the charity."

The caller ID is no help either, according to Burnham. "The caller can present any number they want," she said. "So people who want to donate to a charity really need to do their homework before giving out their credit card information to give a donation."



Illustration by April Heath Pastis

"Charities can sound like something we're familiar with," she continued. "'Save the Children' and 'Save Our Children' are not the same thing. Everyone is encouraged to check the name of the charity with the Better Business Bureau or CharityNavigator.com. These organizations can also tell you if it's a legitimate charity and how

much of your dollar is going to the fund - is it 9¢ or is it 90¢?" Those who shop for gifts online must also be careful this holiday season.

"It's expected that package theft is going to be high again this year," said Burnham. "People can ask, if the package is delivered by UPS, that the package is available at the UPS store."

"There are also malicious emails that state there is a problem with your package delivery," she said. "These emails may ask you to click on a link and these links may contain malware or may ask you for personal information that's not necessary when the package is in transit. Consumers are encouraged to go directly to the purchase website and to not respond to the emails. It's a classic holiday scam."

And then there is the gift card scam.

"It's unfortunate because gift cards are convenient for the person you don't know what to buy for," said Burnham. "Someone will record the numbers of as-yet-unpurchased cards and

then patiently wait for the card to become active and then utilize its funds before the legitimate owner can."

She suggests looking at the back of a gift card to make sure the scratch-off is still intact, or to ask for a gift card that is being kept behind the counter instead of on the rack.

Also, be careful of fraudulent websites that offer great deals on popular items.

"Consumers are encouraged to research companies, especially if the purchase is from a website," said Burnham, who added that gift buyers should also take a close look at the website itself. "Is there clear, identifying information about the company and a clear link to the terms of use? A 'contact us' tab should have an actual address."

"Saving a few dollars from purchasing from one of these websites could put your credit card information at risk," she added. "And consumers are always safer using credit cards versus debit cards for online shopping."

Burnham also urged people to be cautious when receiving an ecard, even if it appears to be from a friend or loved one.

"There is some concern that there are ecards embedded with some malware, or the cards are not even from your associate," she said. "The recommendation is that you don't open any cards unless you have verification from your loved one that they sent it to you."

For more information, to report fraud or to receive a free copy of *Taking Charge: What to Do if Your Identity is Stolen*, call the Tulare County District Attorney's Victim/Witness Assistance Division at (559) 735-1482.

FINRA Files Rule Proposal with SEC to Protect Seniors

The Financial Industry Regulatory Authority (FINRA) submitted to the Securities and Exchange Commission (SEC) proposed rules addressing the financial exploitation of seniors and other vulnerable adults.

FINRA is proposing amendments that would require firms to make reasonable efforts to obtain the name of and contact information for a trusted contact person for a customer's account.

In addition, FINRA is proposing a new rule that would permit firms to place a temporary hold on a disbursement of funds or securities when there is reasonable belief of financial exploitation, and to notify the trusted contact of the temporary hold. The rule change is not effective until approved by the SEC.

Currently, FINRA's rules do not explicitly permit firms to

contact a non-account holder or to place a temporary hold on disbursements of funds or securities where there is a reasonable belief of financial exploitation of a senior or other vulnerable adult.

"If approved by the SEC, this proposed rule change will equip firms with more effective tools to better protect their senior and other vulnerable customers from financial exploitation," said Robert L.D. Colby, FINRA executive vice president and chief legal officer. "With the aging of the investor population, FINRA believes it is important to put these protections in place for our seniors and other vulnerable investors."

FINRA, the Financial Industry Regulatory Authority, regulates all securities firms doing business in the United States.

For more information, visit www.finra.org.

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Open Arms House...

(continued from page 1)

years to purchase the house, and \$41,000 was a gift for renovation, said Nickel.

A realtor told them about a house about to come on the market that might fit their needs. Unfortunately, when a few board members visited, they saw that the house was split level and had a pool.

"It was going to be a challenge to remodel," said Nickel, who added that there was a house right across the street at 3234 W. Iris Court in Visalia with a 'for sale' sign. "We walked in and said, 'This is it!' We opened escrow in April and it closed in May."

The board held an open house in early June to announce its new location. The neighbors in its residential area were supportive of the new facility.

"The day before we had the open house, I took a brochure to every house in the neighborhood," said Board Member Merrilyn Brady. "Without exception, everyone who was home was thrilled that this was coming to the neighborhood."

Local philanthropist Mary Beth Seay of the Lyles-Porter family became involved in the project.

"She said, 'I'd like to name the hospice house and donate \$300,000,'" said Harry Wood,



At the Open Arms House are Harry Wood with (l-r) Margaret Moholt, Angela Biscotti, Merrilyn Brady and Carol Nickel.

former pastor at Visalia Unified Methodist Church, whose wife, Ruth, needed hospice care before she died. "She gave \$100,000 and said she would match the next \$200,000 that's raised."

She wanted to name the hospice house for Ruth Wood, who was a friend of hers.

"If we were open, Ruth would never have had to spend a night in a hospital," said Nickel. "Gathering around a hospital bed is not good for the family."

About \$170,000 has been raised for Open Arms House, but the fundraising and other efforts continue.

"We have a lot of work to

do," said Nickel. "The work is just beginning."

Architect Larry Lewis has drawn up plans to remodel the house, adding three bedrooms, converting the garage and adding a circular driveway. Plans have been approved by the city and contracts have gone out to bid. Construction may start by the end of November.

"Sustaining the home is the real challenge," said Nickel. "We are estimating costs at \$300,000 a year. Fortunately, we don't have to pay rent, but we still need community support."

The cost to stay at the house will be \$150 a day, which will

be paid by the guests' families. "But if they cannot pay, we will provide the care," said Nickel. "We won't turn anyone away."

The board expects to bring in medical residents to train them in hospice care, a valuable way to learn about end-of-life care.

"You don't learn that in medical school," said Nickel. "You don't learn about dying, you learn about keeping them alive."

Open Arms House will have six beds and be available to all five of the hospice agencies in Tulare and Kings counties, according to Nickel.

"One of the requirements to become a hospice patient is that you have a caregiver, someone has to sign that 'I will take care of the person until the day they die,'" she said.

"When you can't function without the 24/7 care, that's where the home comes in," said Nickel.

"We could be opening our doors, accepting guests sometime in the early spring," said Nickel. "We will be renamed the Ruth Wood Open Arms House and we will have an open house event."

To make a donation, or for more information, visit TheOpenArmsHouse.org or email TheOpenArmsHouse@gmail.com.

The Truth about End-of-Life Care

When a loved one is critically ill, hearing that it's time for hospice care can be devastating news. On top of the emotional upheaval of coping with a terminal illness, you may be unsure what hospice care really is - and believe it's just an indication your loved one will likely pass away.

Yet the time your loved one spends in hospice care doesn't have to be sad - for anyone. In fact, says Toni Norman, the senior director of hospice operations for Brookdale Senior Living, hospice can be a deeply rewarding time of great comfort for patients and their families.

"Hospice care is not about waiting for someone to die, and that's unfortunately a very common misconception," Norman says. "The goal of hospice is to provide to a patient, who has a life-limiting illness, the physical comfort and medical care they need to stay in their home for as long as possible, while at the same time supporting their caregivers. The hospice team helps families by educating, supporting and identifying any needs they have, ranging from chaplain support to finding mortuaries and veteran benefits."

The decision to begin hospice care is a communal one, with the patient, caregivers,

loved ones and medical professionals contributing to the dialogue. "A terminal diagnosis from a doctor usually begins the process of seeking hospice care," Norman says. "Also, as a family member's health begins to decline due to illness, conversations about end-of-life care are proactive and compassionate."

Hospice care providers often encounter common misconceptions about hospice care. Norman offers the truth behind some mistaken beliefs:

- Hospice is for the last few weeks of life. The hospice Medicare benefit is for the last six months, if the disease follows its normal course. "Most people who enter hospice have done so because they've received a diagnosis of a life-limiting illness," Norman says. "But people who enter hospice often live longer, and with a better quality of life, than terminally ill people who do not go into hospice. Many are even able to come off hospice service if their condition improves."

- Hospice means giving up. Hospice is actually a commitment to a high level of care for a loved one. "It means making them as comfortable and safe as possible so they may enjoy time with their loved ones for as long as possible," Norman says.

- Patients are heavily med-

icated. Patients receive medication under strict physician guidelines, and caregivers closely monitor comfort care protocols so each patient's pain and symptoms are uniquely managed.

- Hospice patients can no longer see their doctors. Patients can continue to see any of their previous doctors. Rather than taking anything away, hospice adds a layer of medical support.

- Hospice care ends when a patient dies. Because hospice cares for the patient's caregivers and loved ones as well as the patient, hospice team members continue their support for 13 months after the patient passes away. The hospice team provides grief support for the families and will continue to work with them to address any lingering questions, and to help identify their needs.

"The hospice team is comprised of the assigned physician and nurses to provide the direct medical care to the patient, while a chaplain, social worker and bereavement coun-



selor provide additional support and education to families and caregivers," Norman says.

Hospice ideally occurs in a patient's home, whether that's a personal residence or assisted living community. It is a Medicare-reimbursed benefit, and most private insurance providers do also cover some hospice costs.

"End-of-life care isn't just about taking pain medications to relieve symptoms until death," Norman says. "It helps people gain emotional strength and carry on with daily life, while improving the quality of life. The goal is to help patients and their families make every remaining moment as comfortable and enriching as possible."

\$150,000 Grant for Seniors at Risk in Farmersville

By Steve Pastis

The State of California recently approved a Community Development Block Grant (CDBG) for the City of Farmersville that includes \$150,000 for senior services for two years. About \$140,000 is for "activity delivery" and about \$10,000 for administration, according to Farmersville Mayor Paul Boyer.

Seniors at the Farmersville Senior Center, however, don't want the money if it means allowing CSET to run their center.

CSET (Community Services Employment Training) has been serving Tulare County for more than 40 years, providing such services as meals to senior centers across the county. CSET was approached by the city to handle the \$150,000 sub-recipient agreement part of the CDBG grant.

"It's pretty complex," said Boyer about the sub-recipient agreement. "It's difficult for a senior center to find someone who knows all the details, and be able to pass the audit and not have to pay back the money. Being a sub-recipient means you have to have grant experience or have CSET operate things."

Even so, the more active and vocal people at the Farmersville Senior Center want no part of CSET.

"The main reason is they wouldn't keep Virginia on,"

said one senior about Virginia Wakefield, who has been handling cooking, bookkeeping and shopping responsibilities at the center for several years. Her cornbread chicken and dumplings with pinto beans and fried potatoes are a favorite at the center.

"They were going to close the place down so I told them I would volunteer for a month," said Wakefield, who has been kept on for the past several years as a result of funding from AARP and other organizations.

"If something happened to Virginia, who would take her place?" asked one woman at the center. "Who could do it?"

Another issue Farmersville seniors have is that as a way to introduce its lunch services, CSET brought in "food from Fresno that you had to microwave," according to one senior. "They brought a sample but no one liked it."

Some of the members of the Farmersville Senior Center Board of Directors shared their negative personal experiences with CSET at their October 11 meeting. They also gave their opinion of the city's consideration of working with CSET to establish programs at the Farmersville Boys and Girls Club.

"We're not going over there," said Wakefield. "When this (senior center) closes down, it closes down."



Seniors at the Farmersville Senior Center said "no" to CSET.

"We're out of it," said Don Mason. If you want me to give it my blessing, I won't. This is our center. Let's keep this center for as long as we can do it."

Later at the board meeting, Mason said that the center initially tried to work with CSET.

"We voted for a 90-day trial with CSET and there were three people from CSET at the meeting," he said. "They said we could have a trial but they went back to their boss and he said no."

Mason admitted that the three CSET representatives didn't receive a warm welcome from some of the seniors at that meeting. "A few of them got pretty loud," he said.

One commented at that meeting about the Salisbury steak lunch that CSET served at the center. "If I wanted a frozen Hungry Man meal, I'd have taken one out of my freezer."

On August 8, CSET Executive Director Mary Alice Escarsega-Fechner wrote a letter to Farmersville City Manager John Jansons stating, "After deep reflection and careful consideration, I must request that CSET be allowed to withdraw from

the CDBG contract. We cannot in good conscience accept this contract from the Senior Center site, given the lack of support from community leadership and residents."

"For us, it's not about, 'We'll do it for three months,'" said Escarsega-Fechner in a phone interview. "When you take on something, you've got to give it 110%. That's our goal. We want to be supportive but we also want to make sure we're welcome. We're not there to compete (with other agencies)."

"We want to support whatever their wishes are for their community," she added.

As far as what happens next, the city has three options, according to Boyer. It can try to work with CSET to help the senior center; it can work with the Boys and Girls Club to develop programs for seniors; or it can give the money back.

"If we can work with CSET to get a successful program that gets seniors involved who haven't been involved before, maybe we can bring the two programs together," said Boyer. "That's my hope."



Farmersville Mayor Paul Boyer explains the city's position to Farmersville Senior Center board members.

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Health & Wellness

Study Reveals New Risks for Diabetes Patients

Did you know that you could be slowly getting sicker with artery blockage, even if you are symptom-free and not diagnosed with heart disease?

Your gender, age and whether you have diabetes all affect the prevalence of certain kinds of peripheral vascular disease, which is a condition that affects the blood vessels, according to a new study led by researchers at New York University Langone Medical Center. This study analyzed data from 3.6 million patients who were screened by Life Line Screening.

This insight could help doctors have a better understanding of who is at risk for which diseases.

Younger Women: Peripheral Artery Disease: Peripheral artery disease is a narrowing of the blood vessels to the limbs, especially the lower limbs, caused by an increase of fatty deposits in the arterial walls. Most patients describe numbness or pain in the calf, hip, thigh or buttock, but up to 40% of people who are diagnosed do not feel any symptoms. Though often associated with older age groups, the NYU study found a distinction in younger age groups: the disease is actually more prevalent in younger women than younger men to a dramatic degree. Screening for peripheral artery disease can be as simple as comparing blood pressure in your ankle as your arm, known as an ankle brachial index.

Older Men: Carotid Artery Stenosis: A narrowing of the arteries that carries blood to the brain is known as carotid artery stenosis, usually caused by an increase of fatty deposits. Most commonly, symptoms are not apparent until the patient has a stroke. The NYU study found a more pronounced and higher prevalence of this blockage in older men than in older women. If a patient does opt for screening, a non-invasive method is recommended, such as one offered by Life Line Screening,



which uses ultrasound to visualize the arteries.

Men and Women: Abdominal Aortic Aneurysms: The aorta is a major blood supply line to your body, running from your heart to your abdomen. When an aneurysm occurs, an area in this vital artery become enlarged and could eventually grow and rupture. These ruptures are serious, as they are life threatening and difficult to operate on. Causes are not known, but researchers have found a correlation with tobacco use, a hardening of the arteries and high blood pressure. Most people are unaware of having this condition, but a major symptom is a feeling of pulsation from the navel. According to the NYU study, prevalence of abdominal aortic aneurysms was similar across all age groups. Annual screening can be done with a simple ultrasound.

Diabetes Patients: Peripheral Vascular Disease: People with diabetes are often screened for heart disease, just because of the great risk factors present in these patients. But the NYU study results indicate that doctors might want to consider the onset of peripheral vascular disease in their diabetes patients as well. Patients with diabetes were at a very high risk of developing peripheral vascular disease in the lower extremities or the carotid artery - even if they were not diagnosed with heart disease, according to the study.

Future study is needed to see if screening could lead to better health for diabetes patients, according to senior investigator Dr. Jeffrey S. Berger, an associate professor in the Leon H. Charney Division of Cardiology at NYU Langone.

"We know that if you have carotid artery stenosis, you're at an increased risk for stroke, and we know that if you have lower extremity arterial disease, you're at increased risk for significant impairment in your daily activities like walking, and even amputation," he said. "What these studies show is the power of large data sets to provide insight into the prevalence of and risk factors for cardiovascular disease."

(Article courtesy of Brandpoint.)



(Photo courtesy of Getty Images)

Why Sleep Apnea is Bad for Your Health

A poor night's sleep can leave you feeling exhausted and cranky, but long-term sleep disruption can actually lead to serious health conditions. Not only is sleep apnea a leading cause of disrupted sleep and daytime sleepiness, but this disease is also a contributing factor to a host of medical problems.

According to the American Academy of Dental Sleep Medicine (AADSM), approximately 25 million adults in the United States suffer from obstructive sleep apnea. This breathing disorder causes you to snore loudly and stop breathing up to hundreds of times a night for anywhere from 10 seconds to more than a minute.

Despite the prevalence of sleep apnea, many don't realize they have it. Others are unable to tolerate a continuous positive airway pressure (CPAP) machine and mask, which is the most common treatment for sleep apnea. However, an effective alternative treatment for sleep apnea is a custom-fit oral appliance provided by a qualified dentist. Treating sleep apnea can lead to better rest and ease your risk of developing these five serious health complications:

1. High Blood Pressure - Sleep apnea is common among patients with high blood pressure, and even more so among patients who have treatment-resistant high blood pressure. In medical studies, oral appliance therapy has been shown to help reduce high blood pressure. This treatment uses a custom-fitted, mouth guard-like device to move the jaw slightly forward and keep the airway open, without the need for a constantly running machine and face mask.

2. Heart Disease - Heart disease is a common affliction for those with sleep apnea, according to a study from the Uni-

versity of Wisconsin. The same study showed that the risk of dying from heart disease may increase by as much as five times among those who have untreated, severe sleep apnea.

3. Depression - Data from the Centers for Disease Control and Prevention shows that women suffering from untreated sleep apnea have a five times greater risk for depression symptoms, while men who have untreated sleep apnea are more than twice as likely to exhibit signs of clinical depression.

4. Diabetes - Up to 83 percent of Type 2 diabetes patients have sleep apnea and are not even aware of it, according to research published on "Frontiers in Neurology." Recent medical research suggests that glucose control weakens as the severity of a patient's sleep apnea increases.

5. Stroke - The risk for stroke also rises with untreated sleep apnea, according to research published in "The American Journal of Medicine." The study shows that the risk rises even if the patient has no other stroke risk factors. Obstructive sleep apnea also is frequently found among those who have already suffered a stroke.

Talk with your doctor if you suspect that you or a loved one may be suffering from sleep apnea. Common warning signs include snoring, choking and gasping during sleep. If diagnosed, a routine of consistent, nightly treatment, such as CPAP therapy or oral appliance therapy, is the best way to manage sleep apnea and reduce the risk of developing serious health complications. Provided by an AADSM member dentist, oral appliance therapy is often easier to use on a regular basis for many patients. For a local dentist offering oral appliance therapy, visit LocalSleepDentist.org.

Next Issue: January/February 2017

**Advertising/Editorial Deadline:
Friday, December 9, 2016**

Having a Healthy Holiday Season



Create Calm as You Rush from Holiday to Holiday

Less than a month separates Halloween from Thanksgiving. And, this year, Christmas and Hanukkah and Kwanzaa are all within a day of each other, and the two multi-day holidays both end on New Year's Day. With end-of-year celebrations coming one after another, transitioning from holiday to holiday can ratchet up your stress level.

If you really want to enjoy the holiday season to the fullest, it's important to find ways to create calm in the chaos of party preparations, gift shopping, meal planning and other forms of busyness. Here are some tips to remain calm and in control as you move through the hectic pace of the holidays:

Have a Plan

The holidays are busy and stressful enough without adding uncertainty and last-minute challenges into the mix. Plan ahead for holiday celebrations so that you know well in advance what you'll need to make a memorable gathering. The further ahead you plan, the more time you'll have for preparation, so go ahead and create your Thanksgiving menu while you're enjoying the Halloween candy that wasn't given away. Start your Christmas shopping list at the same time.

Establishing a budget can also help ensure you stay calm during the holidays. Overspending is one of the most stress-causing experiences of the season. Planning how much you'll spend for gifts, decorations and entertainment can help remove the stress of watching the bills pile up.

Relieve Stress with Renting

The amount of clutter you need in your home always seems to increase with the holidays - from Halloween costumes and decorations, to dishes and silverware for meals. Trying to gather everything in time can be stressful, and figuring out where to store it all after the holidays are over can be even more frustrating. Renting holiday-related items can be a hassle-free way to get what you need without the expense of buying, the logistical challenges of borrowing and the

headache of storing stuff after the holidays. Local rental stores carry everything you need to move quickly and calmly from holiday to holiday.

You can rent chafing dishes, silverware, dishes and linens for a big Thanksgiving meal; and decor for Christmas and New Year's. You can find tables and chairs, lighting, centerpieces and even portable dance floors for New Year's parties. Visit www.rentalHQ.com to find an American Rental Association member store in your area, and remember to reserve items early as the holidays are a busy time for rental stores as well.

Repurpose Recipes

Try reusing recipes that are easy to make, impressive to eat and work for you and your budget. For example, the punch you made for Halloween could also be great for New Year's, especially with a grownup flare. The pumpkin cheesecake that was the perfect ending to your Thanksgiving menu can be just as delicious for New Year's. Since each event will probably have a different guest list, it won't look like you're repeating yourself.

Soothe Your Senses

Gaudy store displays, flashing holiday lights, blaring TV and radio commercials - the sights and sounds of the season can sometimes get to be too much. Soothing your senses can help create calm amid the chaos.

Try using aromatherapy at home and even in the office to create a scented oasis of serenity. Scented candles, potpourri or room spray in popular holiday aromas like pine, cinnamon, peppermint and vanilla can subliminally create calm.

Music is also one of the most enjoyable aspects of the holiday season. If you love holiday music, playing it in the background while you tackle chores like meal prep or gift wrapping can help relax you and put you in a festive mood.

Whatever works for you is the right background music to help you enjoy the season!

(Article courtesy of Brandpoint.)

Say 'No-No-No' to Holiday Allergies

Shouldn't this be the season for gift-shopping, family gatherings, ho-ho-ho and mistletoe? So why are you still sneezing?

Granted, certain times of year are more allergen-filled than others, but the truth is, allergy symptoms can hit you in any season - even the holiday season! What's more, the holidays bring unique triggers such as mold from evergreens inside your home, dust from long-stored decorations and food allergens in holiday foods.

"When you top off holiday allergens with the hectic pace and stress this time of year can bring, you have a recipe for a very sneeze-filled season," says Dr. Stephen Tilles, president of the American College of Allergy, Asthma and Immunology (ACAAI). "No one wants to be a Scrooge during the holidays. With some planning and precautions, it's possible to reduce your exposure to allergens and have a more pleasant season."

The ACAAI offers these tips to help navigate the many seasonal triggers you may face during the holidays:

Dodging Decoration Disaster: Decorations are meant to make the holiday season bright, but holiday adornments can harbor allergens. Mold from Christmas trees can trigger sneezing and wheezing. Aromas from scented candles can cause congestion and affect breathing. Decorations stored in attics or garages from year to year can be a home for sneeze-inducing dust mites.

Artificial trees, wreaths and garlands can be an alternative to live decorations that host mold. Remove dusty decorations from storage and clean them outside before bringing them indoors. At the end of the season, store them in sealed containers to keep out dust. Avoid using artificial scents like candles and room sprays that can trigger symptoms for people with allergies and asthma. Instead, fill your home with natural aromas by baking holiday goodies or setting out a dish of unwrapped peppermints.

Safer Holiday Feasting: Seasonal foods are as much a part of the holiday season as tinsel and twinkling lights. However, dining as a guest in someone's home can be a problem for people with food allergies.

If you have food allergies, alert your host ahead of time. Offer to bring a dish or two that you know will be safe for you to eat. Carefully read labels on prepared foods to ensure they haven't been made with trigger ingredients or in a facility where they might have come in contact with allergens. If you're hosting someone with food allergies, be sure to prepare some allergen-free dishes and clearly label those that have common trigger ingredients like shellfish, tree nuts and peanuts.

Avoid Travel Trip-ups: Whether you're visiting distant relatives or sharing a holiday meal with nearby neighbors, traveling during the holidays can mean exposure to allergens. Your neighbor's beloved dog or cat may trigger pet allergies, no matter how well she cleans the house. The sheets on your hotel room bed may be washed in a detergent that causes itching, and the pillows may expose you to dust mites.

Be sure to pack your allergy medication before traveling. If you're hosting, check with guests before they arrive to see what their allergy triggers are and get their guidance on what you can do to mitigate their exposure to allergens in your home.

Finally, don't forget that it's also flu season and flu can trigger or make existing allergy and asthma worse. Get a flu shot, and be sure to wash your hands regularly throughout the holidays. If you do experience an allergy or asthma attack, see your board-certified allergist. You can get more information about allergies and asthma, and find an allergist near you at AllergyAndAsthmaRelief.org.

(Article courtesy of Brandpoint.)



Calendar

Wednesday, November 2 - 'Mr. Smith Goes to Washington'

Choices will present this 1939 classic starring James Stewart. The show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Saturday, November 5 - Women's 2016 Self-Defense Workshop

The Hanford Senior/Veterans Center will host this workshop with instructor Kurt Lealin the Senior Center Upstairs Hall, 401 N. Irwin St., Hanford, from 1-3 p.m. The cost is \$10. For more information, call (559) 585-2519.

Tuesday, November 8 - 7th Annual Veterans Day Ceremony & Luncheon

Tulare Senior Community Center, 201 North F Street, Tulare, will host this event beginning at 10:30 a.m. For more information, call (559) 685-2330.

Thursday, November 10 - Harvest Luncheon

The Hanford Senior Center will celebrate the fall season with a turkey, mashed potatoes, veggies, rolls and pumpkin pie

luncheon in the Senior Center Upstairs Hall, 401 N. Irwin St., Hanford. Tickets are limited to the first 50 people. For tickets or more information, call (559) 585-2519.

Thursday, November 10 - Kaweah Delta Hospice Open House

Kaweah Delta Hospice, a division of Kaweah Delta Health Care District, will host this event at its new location at 623 W. Willow St., Visalia, from 5:30-7 p.m. For more information, call (559) 733-0642.

Friday, November 11 - 'Festival of Trees' in Tulare

This Tulare Hospital Foundation event will be held at Heritage Complex, 4500 S. Laspina in Tulare beginning at 6 p.m.

Saturday, November 12 - Holiday Bazaar

Three Rivers Senior League will host this event, showcasing gifts made by regional artisans, from 9 a.m. to 4 p.m. at Three Rivers Memorial Building. Highlights include silent auctions, an "Oldies but Goodies Sale," a "Blissful Bake Sale" and a luncheon. For more information, call (559) 561-4988.

Saturday, November 12 - Tulare County Symphony Presents 'Stravinsky's 'The Firebird'

Violinist Haik Kazazyan will perform a Tchaikovsky concerto, and the program will close with perhaps the most famous ballet suite of the 20th Century. Tickets for the 7:30 p.m. performance are \$30 - \$39.50. For tickets or more information, visit www.foxvisalia.org or call (559) 625-1369.

Thursday, November 17 - 'A Festival of Trees' in Three Rivers

St. Anthony's Retreat and Santa Teresita Youth Conference Center will host this fundraising event to benefit local nonprofits. The event features wine tasting from local wineries, hors d'oeuvres from the chefs at The Retreat Center, a no-host cocktail bar and a live nativity scene. A silent auction with beautiful and handmade items starts at 6 p.m. Small but beautifully adorned trees will go up for auction beginning at 7 p.m. Tickets are \$25 per person and include a commemorative wine glass. For more information or to purchase tickets, visit www.stanthonyretreat.org or call (559) 561-4595.

Saturday, November 19 - Western Round Up Dinner

The Visalia Mighty Oak Chorus will host a western musical dinner and silent auction at the Ritchie Barn near Ivanhoe from 5-8 p.m. Western attire is encouraged. Tickets are \$15. For more information call (559) 280-5715 or (559) 901-4615.

Wednesday, November 30 - 'An Irish Christmas'

"An Irish Christmas" features an award-winning cast of Irish dancers in a memorable night of family entertainment. This journey through Christmas in Ireland includes dancing, traditional singing and authentic Irish traditional music celebrating the international spirit of the holiday season. Tickets for the 7 p.m. performance are \$17-\$60. For tickets or more information, visit www.foxvisalia.org.

org or call (559) 625-1369.

Sunday, December 4 - 'A Merry-achi Christmas'

This show features Mariachi Sol de Mexico de Jose Hernandez performing a fiesta of favorite holiday tunes from both sides of the border. A three-time Grammy nominee, Sol de Mexico is a dynamic ensemble of musician/vocalists who personify the spirit of Mexico. Tickets for the 7 p.m. performance are \$17-\$60. For tickets or more information, visit www.foxvisalia.org or call (559) 625-1369.

Friday, December 9 - 36th Annual Christmas Tree Auction

"White Christmas" is the theme of this year's event sponsored by the Visalia Chamber of Commerce at the Visalia Convention Center. General admission tickets are \$70; VIP dinner tickets are \$130. For more information, visit www.visaliachamber.org or call (559) 734-5876.

Saturday, December 10 - Tulare County Symphony Presents 'Holiday Madness'

This concert features more than 300 performers and launches the season of celebration with a spirit of song. Show are at 3 p.m. and 7:30 p.m. For tickets or more information, visit www.foxvisalia.org or call (559) 625-1369.

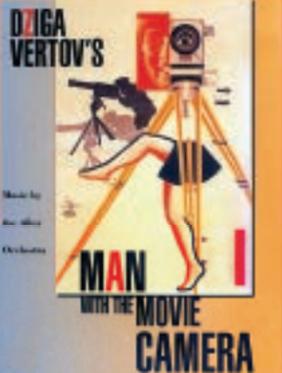
Wednesday, December 14 - 'Going My Way'

Choices will present this 1944 classic starring Bing Crosby. The show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Saturday, December 17 - 'Sons of the San Joaquin & Friends Christmas Celebration'

Brothers Joe and Jack Hannah, and Joe's son, Lon will perform their annual holiday concert. Tickets for the 3 p.m. performance are \$15-\$30. For tickets or more information, visit www.foxvisalia.org or call (559) 625-1369.

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From Tulare County Traffic Squad to the CHP

When the automobile first appeared in Tulare County in the early 1900s, it was pretty clear that the county was in for a big dose of the Wild West. The roads, if you could call them that, were built for horse-drawn buggies and wagons travelling at slow speeds, but autos were a different story. The potholes, ruts and washouts on these byways, coupled with speeding, inexperienced and untrained vehicle operators, made travel through the county quite an adventure.

In an attempt to tame this dangerous and statewide Wild West show, the State of California passed the California Vehicle Act of 1914. It was the beginning of standardized traffic laws for the entire state.

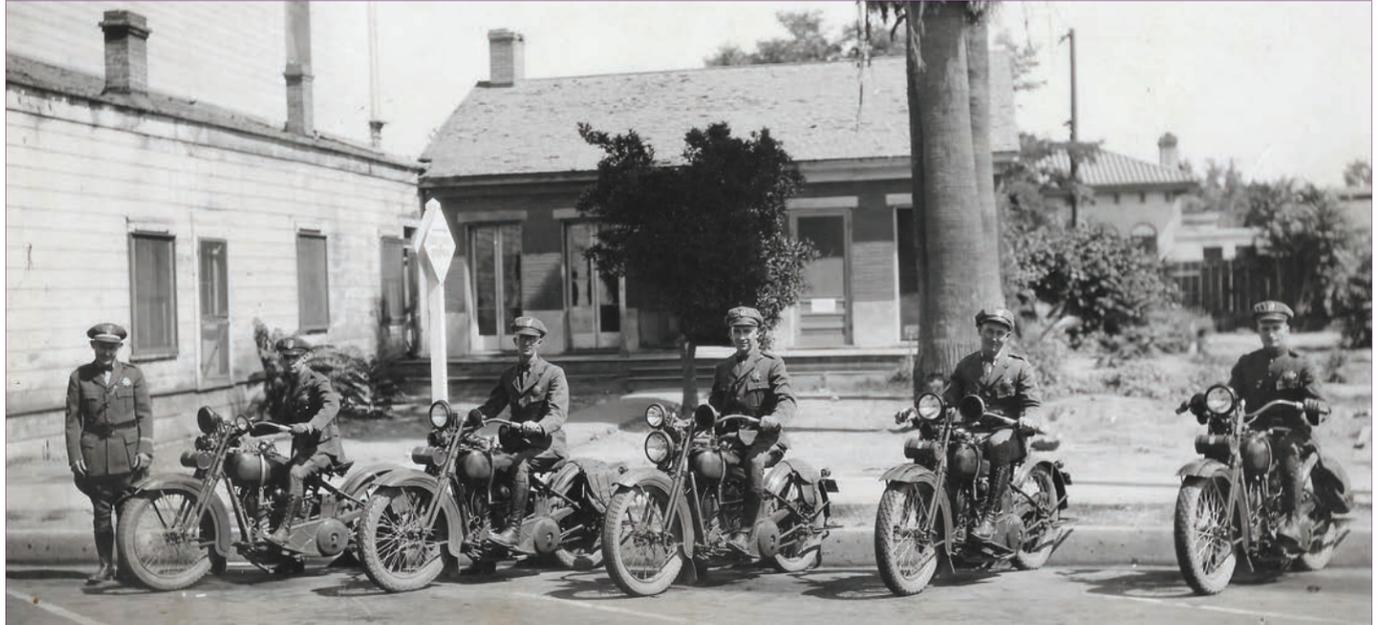
The Tulare County Sheriff's Department did what they could to enforce these new state traffic laws, but in 1916, the Tulare County Board of Supervisors took over. In July, they appointed a policeman Percy Menefee as a special traffic officer. "Equipped with a racing motorcycle," his job was to patrol county highways and enforce the state motor vehicle laws, especially those involving speed.

After just a few weeks on the job, Menefee was surprised and frustrated by what he discovered. The Visalia Morning Delta reported on his concerns:

"Special Officer Percy Menefee who has charge of the speeding laws of the county and is trying to enforce the state motor vehicle laws, reports entirely too much automobile driving in this county by boys both under 16 years of age and those without operator's licenses."

The newspaper continued, "Mr. Menafee states that he meets on the road continually boys both over and under 16 years of age with no operator's license. Some did not even know what one [license] was and had to have it explained to them by the officer."

He found speeding viola-



The Tulare County Traffic Squad in front of their office located on Center Street near Church Street in Visalia (circa 1926). Captain William Riley can be seen on the far left. He was known by everyone as "Squeak" Riley.

tions everywhere. At one point, a surprise visit to Tulare yielded 15 speeding tickets in one day, and another day, he wrote the same number in Porterville. The highway between Visalia and Hanford also proved to be especially productive for the speed cop.

Eventually, more officers were added and the Tulare County Traffic Squad was born. Early members included Roberson, Hogan, Thurman, Grady, Van Gorden, Phillips, Martin and William E. Riley, who was eventually put in charge.

Riley was a Denver, Colorado native who came to Tulare County as a youngster with his family, settling on a ranch near what is now Mooney Grove Park. He attended Liberty School, graduated from Tulare High and served in the Army during World War I. Upon his return from military service, he became a Dinuba police officer, then in 1920, he became part of the Tulare squad.

In 1923, the State Supreme Court ruled it was illegal for counties to employ traffic officers, so county traffic units began to disappear. In 1929, the California legislature authorized a statewide rural traffic force and on August 14, 1929, the California Highway Patrol

Dusting Off History with Terry Ommen



(CHP) was created.

Members of the Tulare County squad were absorbed into the CHP including William Riley, who was put in charge of the Tulare County unit of the patrol.

For 87 years, the CHP has had a presence in Tulare County and in a sense, the Tulare

County Traffic Squad still exists today. Both Porterville and Visalia have offices of the California Highway Patrol and the traffic officers assigned there enforce traffic laws on state highways in Tulare County. However, now the local CHP is administrated and funded by the State of California.



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WHY AN ESTATE PLAN MAY BE THE PERFECT GIFT

By Philip Flanigan
Estate Planning & Elder Law

Is "Shop till you drop" your battle cry this holiday season? Many of you probably feel like you could drop at any moment after fighting crowds at the mall, dealing with traffic and discourteous people who seem to have forgotten the reason for the holidays. Rest assured, it will eventually quiet down and you will soon have time to spend with your friends and family.

Of course, at this hectic time of year, friends and family become the primary focus of your attention. Part of that focus may be on finding just the right gift for your son or daughter or other family member. When you think of the perfect gift for your loved ones, ask yourself a question: "will this gift be remembered in years to come?" One of the best gifts we gave our parents a few years ago was a surprise visit on Christmas day. The surprised expression on their faces when they saw their grandchild at the front door will always be remembered in my mind and I'm sure will be in theirs as well.

While the Jelly-of-the-Month club may be the "gift that keeps on giving", consider as an alternative, the gift of a well-prepared estate plan. Not only is preparing your own estate plan a tremendous gift to your children, but so too is helping them get their affairs in order. Younger persons often do not realize the importance of having a well-planned estate as issues involving death or incapacity

are to be addressed well off in the future.

Yet, you know unexpected events sometimes happen, even to younger adults. It happened to friends of ours a few years ago when a plane crash took the lives of a young couple. Their three young children were left with confusion and great difficulty as the family members fought over custody and money issues. While the unexpected deaths of the parents could not have been avoided, the conflict afterwards could have been if the parents had simply executed appropriate estate planning documents.

When contemplating the perfect gift for your loved ones this holiday season, consider a special gift that will benefit them in years to come and bring peace of mind to both their family and yours. Consider the gift of a well-planned estate.

For more information about what type of plan will best meet the needs of your family, contact The Law Offices of Philip M. Flanigan at 559-435-0455 to find out. And, please, have a very Merry Christmas and a Happy New Year!



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Home Care May Not Always Be the Best Choice for Long Term Care

Despite the psychological advantage, a home may not always be the best place for those receiving care, or for the caregiver. Surprisingly, it is becoming more common for people needing care, or anticipating care, to seek out other living arrangements in preference to the home. The reasons for preferring another living arrangement may be varied but are usually based on issues such as lack of transportation, lack of security in the neighborhood, desire to avoid maintenance and yard upkeep, the need to cash out of a home to provide funds for care or the desire to associate with other elders. However, aging in place can be disadvantageous once mobility is limited to the person needing care. This can lead to isolation, loneliness, and depression.

Many care recipients may have a fear of leaving their homes, this is called agoraphobia. Agoraphobia affects about 30% of all elderly care recipients. The fear may prevent a person from getting better care and more mental stimulation in another environment. Understandably, the prospect of losing independence can be overwhelming for many adults. It can bring with it feelings of shame, embarrassment, fear, confusion, and anger. It's important to understand that needs may change and staying home may not be the best option.

Many families and caregivers find themselves unprepared when it comes to helping a loved one cope with the loss of independence. It is tough to see a loved one struggling to maintain their home or themselves. While you can't force a loved one to move or accept help (unless they are in danger to themselves or others) you want to help but don't know how.

Too many times we encounter situations where the caregiver is keeping an elderly person at home simply because they are unaware that they have other options. Being a caregiver is very strenuous and you need to be able to balance your own health, family, work and finances. Don't take it on alone. Getting help is not a sign of weakness. It means you care enough about your loved one's health and safety to realize when the responsibility is too great. There are many financial assistance programs and community based services available to help. So what are your options? At Quality Life Solutions Inc., we believe that there are many unused and underutilized resources and programs to help meet an elder's care needs.

Our goal at QLS is to help the patient afford to get better-whether it's at home or at a care facility. Sometimes it's liquidating what they have. Sometimes it's budgeting. Sometimes it's moving somewhere less expensive. Sometimes it's investing money to generate income that can then be used to help pay for care. Sometimes it's helping qualify for Medi-Cal or Veteran's pension benefits. The thing to remember is that

there is no "one size fits all" approach when it comes to paying for long-term care. There are often multiple options available if you know where to look. At Quality Life Solutions, our trained professionals use their decades of experience to examine the patient's overall situation and find the best solution for the patient and their family.

To find out what options or approaches our experts would recommend for your situation, please call Quality Life Solutions at 559-441-1121 for a free analysis.



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