



IN THIS ISSUE: Volunteers in Patrol, Open Arms House Ribbon-Cutting, First Woman on Mt. Whitney, Heart of Seniors Set for February 16th

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume IV, Number 1 • January/February 2017



Kings County Sheriff's Department Commander Kris Zuniga at the CARE service computer

Call Reassurance Now Serving Kings County

The new Call Reassurance (CARE) service is now serving seniors in Kings County.

"It is installed; it is up and running; and it has been tested," said Kings County Sheriff's Department Commander Kris Zuniga, whose department operates the new service.

CARE is a telephone system that contacts the elderly and handicapped to ensure their well-being. When necessary, the program can provide emergency notifications to all those who sign up.

"Call Reassurance does some of the same things that RUOK did, but with 21st century technology, it's much better," Zuniga explained in a previous interview, adding that the new system allows the department to reach seniors during the kind of "horrendous heat" the South Valley had this past summer. "We can send out reminders to all seniors to stay indoors and drink plenty of water."

The department can also contact seniors about major earthquakes, storms and power outages. "Anything we think they need to be aware of," said Zuniga.

CARE is a major upgrade for the department's RUOK ("Are you OK?") program, which has served seniors in the county for the past 18 years.

The service is offered free of charge by the Kings County Sheriff's Office "to contact senior citizens and/or the disabled that live alone and may not have a family member living locally that can check on them every day," according to the Kings County webpage
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Visalia 2017 Senior Games Schedule Announced

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 24-26.

The inaugural Senior Games, which were held in October 2015, 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.

"We're excited about hosting this event, as we have the potential to see hundreds of local participants and seniors from throughout the state," said Jeannie Greenwood, City of Visalia Parks and Recreation Department recreation manager.

"We are expecting about 1,000 seniors to participate," said Maggie Kalar, recreation supervisor. "One of the main reasons we are expecting more athletes is that we added more events, and track & field and swimming have multiple events."

"Trap shoot has been added and has almost taken off like wildfire," said Holly Ellis, Senior Games coordinator. "It had the most registrations in the first week of registration being open."

The upcoming games will also include "exhibition sports."



You know that the softball competition is fierce when seniors slide in short pants.

designed to accommodate athletes from other areas, as well as makes things more convenient for local participants.

"Any sport that is more than one day will be held over one weekend so people don't have to worry about coming in one weekend to compete and coming back the next weekend for finals," said Kalar.

There will be two main social events at the 2017 Senior Games. The Saturday Night Social in Garden Street Plaza on March 18 will feature door prizes, hors d'oeuvres and dancing to music by Borrowed Time. The Texas Hold'Em Social at the Anthony Community Center on March 25 will include prizes and dancing to music by the Dirty Poppas.

Registration opened on November 28, and those interested in competing in the Senior Games can register one of two ways.

"They can either walk in to the office (345 N. Jacob St.,

(continued on page 4)



The growing popularity of pickleball made it one of the most competitive sports at the 2015 games.

These sports will also award their winners in the same way that the other sports do. The only difference is that these sports are not considered sports in the National Senior Games. Exhibition sports will include darts, cornhole and Texas hold'em.

The Senior Games schedule has been

'McFarland USA' Coach to Keynote Heart of Seniors Event

The fourth annual Heart of Seniors "Spectacular Resource Event" Luncheon, hosted by the Senior Coalition, will be held from 9:30 a.m. to 2 p.m. on Thursday, February 16, at the Wyndham Hotel, 9000 W. Airport Dr., Visalia.

The event includes a vital resource fair with vendors, a fashion show and a lunch. The resource fair opens at 9:30 a.m. with the program starting at 10:30 a.m. Tickets are available for \$5 per person. Early registration is recommended as seating is limited and the event is expected to sell out.

The program, which will showcase the latest in fashion for the mature woman, will feature keynote speaker Jim White, who during the 1980s in McFarland, California, was able to prove that "champions can come from anywhere," as McFarland High reached the California State Cross Country Championship of 1987.

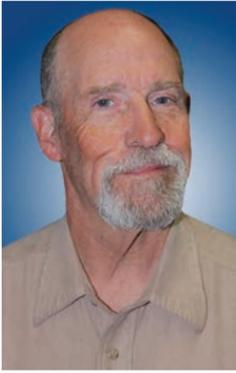
At the time, McFarland was a predominantly Hispanic farming town where the choices residents faced seemed to be limited to working in the fields as "pickers" or joining vi-
(continued on page 4)



McFarland Coach Jim White

VETERANS CORNER

THE FOUR TYPES OF CLAIMS



The Department of Veterans Affairs (VA) identifies four basic types of claims: Original, Reopened, New and Secondary claims.

Active duty service members, veterans and survivors of deceased veterans can file an original (first) claim for disability compensation from VA any time after discharge from the military. By law, the claim must be filed using the official VA form.

The reopened claim for benefits is a claim that was filed as an original but the VA did not grant a service connection, and the decision has become final. In other words, you received your notification of the VA's decision more than a year ago, and you did not file an appeal.

In order to reopen these claims, the veteran must submit evidence that is both new (something the VA has never seen or considered) and material (something relevant that has direct bearing on the issue being decided). A new claim may or may not have been submitted in the past. Decisions on new claims are decided totally independently of any previously submitted claims, and based on entirely new evidence and may include claims for:

- Increased disability evaluation
- Special monthly compensation
- Individual unemployability (veteran can't work because of disabilities; requires a certain combined rating amount)

When disabilities develop as a result of or worsen due to another service-connected condition, you can file a secondary claim. In such cases, it is recognized that an original service-connected disability may cause a second disability, which may not otherwise be considered service-connected.

For example, a veteran could file a secondary claim when a service-connected knee injury that causes the veteran to walk with a limp eventually causes the veteran to develop arthritis in the hip. Although this arthritic condition was not incurred or aggravated by service, the VA may establish service connection if the arthritis is deemed a result of the knee condition.

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.

Electronic Blood Pressure Monitors Now Available at Tulare County Libraries

Tulare County Library and Tulare County Health & Human Services Agency (HHSA) are collaborating to provide more than books to check out at the library. Patrons of Tulare County Branch Libraries can now check out electronic blood pressure kits to assist in keeping their high blood pressure under control.

"Our Lifetime of Wellness Program supports the American Heart Association's Million Hearts initiative to prevent one million heart attacks and strokes by 2017," said Dr. Karen Haught, Tulare County public health officer. "We launched the program because self-monitoring blood pressure at home can be helpful in controlling hypertension - regular results can be shared with your primary care physician to better manage high blood pressure."

High blood pressure, also known as hypertension, raises the risk of heart attack, stroke, diabetes, and kidney disease. According to the Centers for Disease Control and Prevention (CDC), about one of three adults in the United States have high blood pressure and only about half (52%) of those individuals have their blood pressure under control.

Blood pressure kits include an electronic blood pressure monitor, arm cuff, AC adaptor, a quick user's guide, educational materials, a blood pressure wallet card for tracking your numbers, and a survey.

"Meeting our community's information needs goes beyond books," said Tulare County Librarian Darla Wegener. "That is why the library is so happy to be working with HHSA to provide access to blood pressure kits. Patrons can check out a kit to use at home or use one at the branch library to get on the road to a healthy life."

Two kits, one for check-out and one for on-site use will be available at eight different Tulare County Public Branch Libraries during regular business hours, including:

- Alpaugh, 3816 Ave. 54
- Dinuba, 150 S. I St.
- Earlimart, 780 E. Washington
- Lindsay, 157 N. Mirage St.
- Orosi, 12646 Ave. 416
- Springville, 35800 Hwy. 190
- Strathmore, 19646 Rd. 230
- Visalia, 220 W. Oak

For more information about the electronic blood pressure kits, call (559) 624-8483, or the Visalia Library Circulation Desk at (559) 713-2711.



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Porterville	1107 W. Poplar
Porterville Dental	1133 W. Poplar
Springville	35800 Hwy. 190
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WANTED: Volunteers in Patrol for the Tulare County Sheriff's Office

In February of 1993, the Tulare County Sheriff's Department formed Volunteers in Patrol (VIP), the first volunteer unit to support its growing needs. This new branch of law enforcement was created to serve as extra eyes and ears for the officers, sharing valuable information about the communities.

Volunteers perform many of the duties that do not require sworn personnel, allowing officers to better use their time serving the community.

VIPs provide visual deterrents and command presence in the communities of Tulare County. They also offer community assistance where sworn personnel are not necessary, but uniformed presence is valuable.

VIP recruitment is currently gearing up. Both men and women are encouraged to volunteer, even if they have no law enforcement experience.

"I was quite green," admitted Connie Hernandez about her first day as a VIP.

Her partner was driving when they received a request to relay a unit, that is, to move a marked sheriff's vehicle from one place to another. She slid behind the wheel of the sheriff's vehicle and merged onto Highway 198, with her partner following behind her.

"I was going 50 mph and there were no cars in front of me," Hernandez said. Then she looked in her rear-view mirror.

"All the traffic was behind me," she said, adding that ten cars were slowly following behind her and her partner's vehicles.

Now, eight years later, Hernandez said she gets a lot of appreciation for her volunteer work as a VIP. She's one of dozens of VIPs at the sheriff's office and more are needed.

Farmers tell her there is less crime when VIPs patrol nearby. Tulare County Sheriff Mike Boudreaux agrees.

"The VIPs serve as extra eyes and ears in the community and perform duties that don't require a sworn officer,"

Boudreaux said at the Volunteer BBQ at Mooney Grove Park. "They deter crime just by their uniformed presence in the community.

"We don't know how many times someone was about to do something criminal and changed his mind because a VIP was on patrol in the county," he added.

In addition to checking on vacation property and schools, VIPs reach out to the community, paint over graffiti, monitor Project Lifesaver, transport patrol cars, reach out to youth, assist children with court appearances, run errands and help with search and rescue, parades and traffic control.



Gracie and David Jepson prepare to go out in a marked VIP unit.



Volunteer in Patrol Bob Basham delivers mail to Detention Services Officer Tiffany Corral at the Tulare County Main Jail.

Long-time VIP Ron Vigario pairs up with newcomer Bob Basham once a week to deliver inter-office mail as part of their VIP duties. They begin at headquarters, go downstairs to the sally port to the main jail and head over to the courthouse.

From there, they go to the Porterville, Pixley and Cutler/Orosi substations.

Basham lives in Three Rivers and is one of three VIPs from there. He said they need more VIPs in Three Rivers because VIPs only patrol in pairs.

"We need more people to do a lot of good things," he said.

Typically, VIPs volunteer

through a substation near them. They have an elected board and attend monthly meetings under the supervision of sheriff's office patrol lieutenants.

Each new VIP attends a 40-hour VIP Academy which is held on Saturdays. They also go through a background check.

The sheriff's office relies heavily on volunteers, said Lt. Rob Schimpf, who oversees the VIPs.

"Anyone who wants to volunteer would serve as a vital function to the sheriff's office," he said.

"We're always needing volunteers," agreed Teresa Douglas, the department's public

(continued on page 4)



Evelyn Lowe is named Volunteer of the Year by Sheriff Mike Boudreaux at the Tulare County Sheriff's Office Volunteer Appreciation Barbecue at Mooney Grove Park. She's a VIP at the Porterville Substation.

The Senior Coalition presents

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Volunteers in Patrol...

(continued from page 3)

information officer. "There is so much more they can be doing if there were more members of Volunteers in Patrol."

How to Become a Volunteer in Patrol

Visalia: VIPs meet at 6 p.m. on the fourth Thursday of each month at headquarters, 2404 W. Burrell Ave., Visalia. The next meeting is January 26.

Porterville: VIPs meet at 6 p.m. on the first Thursday of each month at the Porterville Substation, 379 N. 3rd St. Next meeting is January 5.

Pixley: VIPs meet at 4 p.m. on the third Wednesday of each month at the Pixley Substation, 161 N. Pine St. The next meeting is January 18.

Cost: Each volunteer is responsible for purchasing a VIP uniform which consists of black pants, white shirt, black shoes and a black jacket with Tualre County Sheriff's Office patches on both shoulders.

Info: Sheriff's Employee and Public Relations Unit (559) 636-4695



Gwen McLaughlin gives Sheriff Mike Boudreaux a hug during the holiday luncheon for his VIPs in December at Marie Callender's Restaurant. She's currently the oldest VIP at age 92.

Website: www.tularecounty.ca.gov/sheriff/index.cfm/administration/recruitment/volunteer-programs/volunteers-in-patrol/

To fill out a form, visit: www.tularecounty.ca.gov/sheriff/index.cfm/administration/recruitment/volunteer-programs/volunteer-forms/



KMPH morning host Kopi Sotiropulos led attendees in a cheer at last year's Heart of Seniors event. (He wasn't robbing them.)

Heart of Seniors...

(continued from page 1)

olent gangs. Despite the odds stacked against his high school cross country team, including a non-existent budget and widespread prejudice, they won.

White will talk about how life is never planned and how to just roll with what life brings you.

The event is sponsored by Kaweah Delta Home Care Services, Amdal, Dinuba Healthcare, Kast & Company, Humana,

Optimal Health Services, The Providence Group, Redwood Springs and Westgate Gardens Care Center.

To purchase tickets for the luncheon or for more information, call (559) 977-6812, email seniorcoalition559@gmail.com or stop by a sponsor location. For online information or for a copy of the registration form, visit www.facebook.com/seniorcoalition559.

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Next Issue: March April 2017
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Visalia Senior Games...

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Visalia) and request a paper registration form or they can register online," said Kalar. "We accept American Express, Visa, MasterCard and Discover, and we will also accept checks."

"Competitors in some sports can register onsite," said Ellis.

While early registration is required for most sports, registration will be accepted through check-in on the day of the event for the 5k/10k Road Race and the Race Walk. Registration will be accepted on the day of the event as space allows for swimming, track & field and trap shoot competitions, but registration in advance is recommended mainly because minimum numbers must be met to hold some of these events.

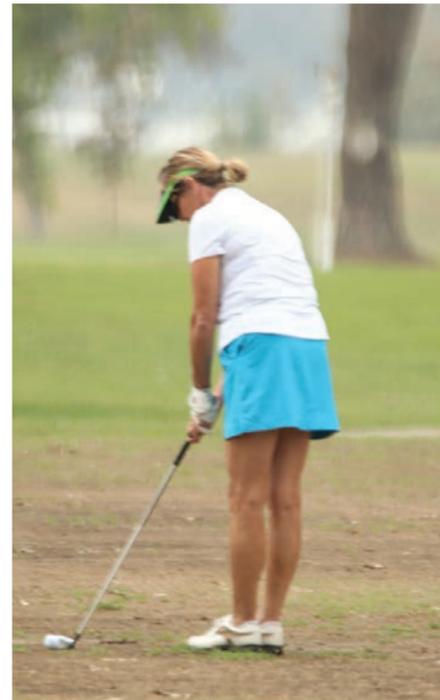
March 3 is the deadline to

register for the following sports: disc golf, horse shoes, soccer, pickleball, softball, tennis, table tennis and volleyball.

March 3 is also the deadline to register for archery, bowling and golf, but late registration will be accepted as space allows.

There are other ways to get involved in the 2017 Senior Games besides competing.

"We have a few sponsors, but we are looking for a few more," said Kalar. "In order to host the event, we need to have the support of the community. We are very appreciative of all the sponsors who have come forward for the event. Their support means the success of



Senior Games feature a wide variety of sports, including golf and archery.



this event.

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.

Those interested in volunteering can also call Laurissa Roggenkamp, volunteer coordinator, at (559) 713-4365.



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

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Farmersville City Council to Discuss Senior Grant

The Farmersville City Council is expected to make a decision about how to spend its Community Development Block Grant (CDBG) at one of its January meetings, according to Farmersville Mayor Paul Boyer.

The State of California approved a 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.

Seniors at the Farmersville Senior Center, however, rejected the grant money because it means allowing CSET (Community Services Employment Training) to run their center and provide pre-packaged meals instead of home-cooked meals.

"What I anticipate is coming to an understanding with the Boys and Girls Club that senior services will be at their building (the community center), and another agreement with CSET for meal programs and other

activities," said Boyer. "I hope that seniors at the center will see that it adds to what seniors in the community can benefit from. For whatever reason, they're not all taking advantage of the senior center now."

CSET, which has been serving Tulare County for more than 40 years, was approached by the city to handle the complex sub-recipient agreement part of the CDBG grant.

"I definitely appreciate that CSET is willing to come in," said Boyer, who made it clear that the matter still has to come to the city council.

"The meals will be different at the community center so the people will have a choice," said Boyer about the meals provided by CSET. "Hot meals will be delivered. That's the way they operate in Exeter and a number of other communities. It's my understanding that there are some restaurants that serve their food that way too. I would have no problem eating it."



Open Arms House 'Breaks Ground' in Visalia

The Visalia Chamber of Commerce conducted a ribbon-cutting on December 6 at the Open Arms House, a hospice house scheduled to open in Visalia in 2017. (See article in our Nov.-Dec. issue.)

"Construction has begun on the house with anticipation that it will be complete in about four months," said Open Arms House Board President Carol Nickel. "We are in process of applying for our RCFE license, which could take up to six months."

"It was just a year ago that we officially signed our bylaws, and we celebrated with a little champagne at our December board meeting. (See photo below.) We surpassed our goal of raising \$200,000, so that was cause for celebration also!"



News Briefs

Bids for Lemoore Senior Center Rejected

In 2015, the City of Lemoore was awarded a Community Development Block Grant (CDBG) in the amount of \$1,419,391 to repair its 25-year-old senior facility to bring it up to code and provide long-term energy cost savings. Approximately \$1.17 million was designated for this work. Since all of the five bids received so far have exceeded that amount, the Lemoore City Council decided to have a new round of bidding, even though the work must be completed by October 31.

Free Tax Assistance for Seniors

The Kings County Commission on Aging offers a free Tax Assistance Program for seniors over the age of 60. To use this service, call (559) 852-2828 and make an appointment. During your appointment you will need to provide all of your tax documents for the year 2016.

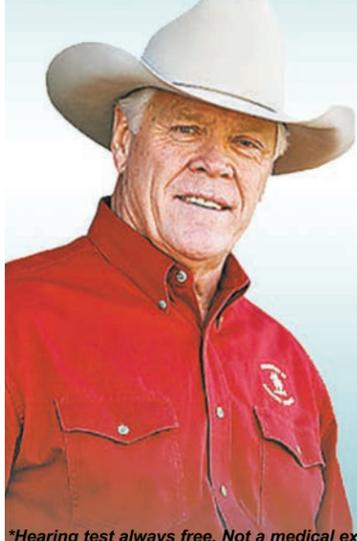
'Not Too Late for a Flu Shot'

"We are seeing an uptick in flu-like illnesses visiting the emergency departments, as is common this time of year," reports Sharon Minnick, Ph.D., epidemiologist with the Tulare County Health & Human Service Agency. "Very few are confirmed influenza, and there are probably multiple viruses responsible. It's not too late to get a flu shot."

Senior Tours Announced

The Tulare Senior Community Center has announced trips to "New Orleans & the Deep South," October 15-22; "Alaska & the Yukon," July 16-28; and "Newfoundland & Labrador Discovery," August 3-14. For more information, call (559) 685-2330

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Volunteers and beneficiaries of the 2016 Stockings for Senior Citizens Drive

Health & Wellness

Senior-Friendly Workout Improves Movement and Prevents Injury

Exercise is good for everyone, but seniors with mobility or balance issues may wonder what kind of exercise they can do that will be safe, easy and effective.

Jogging outdoors, running on a treadmill or lifting weights at the gym aren't always practical - or enjoyable - activities for everyone.

However, one type of exercise works for everyone, no matter your age or ability, because it relies on improving practical movements often involved in everyday activities.

"Natural movement is universal, and it's about bringing movement back to the basics," said Bradly Prigge, wellness exercise specialist with the Mayo Clinic's Healthy Living Program. "It's not about following the latest fitness craze or learning the newest secret to weight loss. Natural movement is about connecting with your body and cultivating an awareness of your full abilities."

Rather than engaging in strenuous activity for its own sake alone, natural movement training emphasizes improving the efficiency of practical movements which can include rising from a seated to a standing position, getting up off the floor, crawling, stepping under or over objects, and more. The objective, Prigge explains, is not just to improve health but also enhance how well you can perform each movement.

Efficient movement can help with balance, inspire more healthful activity, and provide practical benefits in everyday life - all of which are especially valuable to seniors facing mobility or health challenges.

"The practice and training of movement shouldn't feel like a chore or something you have to do," Prigge said. "Rather, it should empower and liberate you, and, as a result, enhance your life. Natural movement training can help improve your strength, mobility and conditioning, but they're not the direct goal. Those improvements are the result of practicing and developing movement skills that are directly transferable to

real world situations, like rising from a seated to a standing position, walking with balance and confidence, and lifting a bag of groceries without injury."

Natural movement is for everyone because at its most basic level it incorporates movements that are instinctual to all humans. For example, a natural movement workout might include crawling on your hands and knees for 30 seconds to a few minutes, sitting on the floor and swiveling hips and knees to facilitate standing up, or balancing while walking across a beam.

"I realized just how organic this type of exercise is after attending a natural movement training class," Prigge said. "I came home and saw my 2-year-old daughter doing the same kind of moves I'd just learned in training, without anyone teaching her to do them."

Prigge offered some advice for making the most of a natural movement workout:

- Pay attention to your movement and strive to develop awareness of your body's sensations, and how different movements feel. For example, where do you feel pressure and/or tension in your body when making a particular move? How does shifting your body weight or changing position alter those sensations?

- Only perform movements and positions that your body allows without producing pain. Just as walking, sitting, standing and other everyday movements shouldn't cause pain, your natural movement workout should also be pain-free.

- It's alright - and even advisable - to use your hands for support or raise your hips with bolsters or pillows until you develop greater mobility and strength.

- Be kind to yourself and realize it is important to meet yourself where you currently are, rather than where you used to be or feel you should be.

To learn more about natural living and the Mayo Clinic Healthy Living Program, visit healthyliving.mayoclinic.org.



A natural movement workout might include crawling on your hands and knees for 30 seconds to a few minutes

Partnerships Make 2016 Stockings for Senior Citizens Drive a Success

The Kings/Tulare Area Agency on Aging thanks community members and Tulare County employees who donated items, large and small, to the Stockings for Senior Citizens Project.

The Stockings for Senior Citizens drive strives to alleviate social isolation and loneliness in older Americans, a problem associated with higher rates of chronic disease, depression, dementia and death.

This year, because of many generous contributions, more than 400 seniors in the Kings/Tulare County area received stockings filled with gifts and a visit from those who delivered the stockings.

"The visit that comes with every stocking delivery may be

the only visit that homebound and isolated seniors receive during the holiday season," said Laura Silva, HHSA Aging Services manager and director of The Kings/Tulare Area Agency on Aging (K/T AAA). "The gifts in the stockings provide warmth, but it is the visit from folks who gave of their time as they make the deliveries that provides a deeper joy."

Stockings were stuffed with items such as hats, scarves, gloves, lap blankets, and slippers. Senior citizens in the Home-Delivered Meal Program, Multipurpose Senior Services Program, and Adult Protective Services received stockings and visits from volunteers who delivered the gifts.

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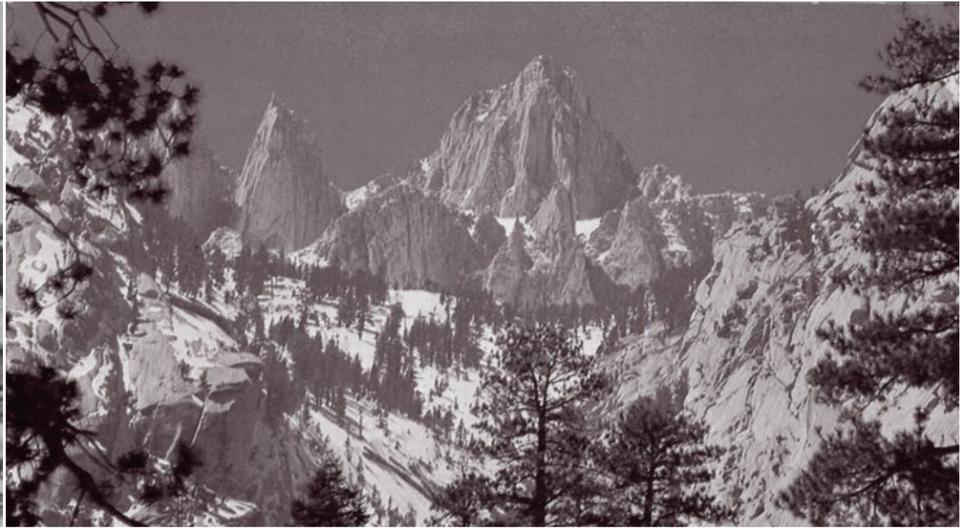
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This Smithsonian Institution shelter building at the top of Mt. Whitney was built in 1909.

At about 14,500 feet, Mt. Whitney is the tallest mountain in the continental United States.

The Mt. Whitney Club - Open to an Exclusive Few

The mountains of eastern Tulare County are a series of peaks and valleys known as the Sierra Nevada. Named by the Spanish, the 400-mile long chain translates into "snow-covered mountain range." This famous land feature extends north and south through California and was romantically called the "Range of Light" by naturalist John Muir.

So much of California history is connected to this well-known range and Tulare County's past has a strong link to it as well. About half of the land in Tulare County lies in the impressive Sierra.

Trips into the Tulare County mountains would oftentimes begin in Visalia - a town known as the Gateway to the Sequoias. From here, tourists and locals alike would pack their gear and make their way east to the high country. There were many destinations and points of interest, including the Giant Sequoia trees, pristine lakes and streams for fishing, and for the more adventurous, Mt. Whitney, the highest peak in the continental United States.

Because of its stature, the 14,500-foot mountain on the eastern edge of Tulare County had quite an allure. Whether it was for the adventure, the scenery, bragging rights or a combination of these reasons, getting to the top of Mt. Whitney was a worthy quest, especially for those looking for a thrill.

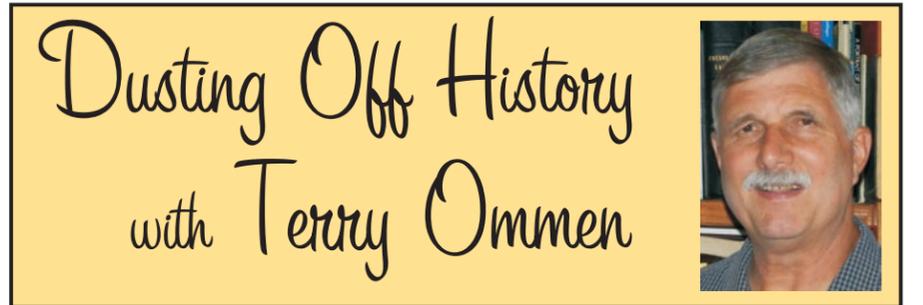


In 1878, Anna Mills Johnston became the first woman to climb to top of Mt. Whitney.

Many prominent people made the trip. One was George W. Stewart, Visalia newspaperman and strong advocate for the Sierra. So it's not surprising that Stewart led an effort to form an organization of Mt. Whitney climbers. On the evening of May 11, 1901, Stewart hosted an intimate gathering of fellow mountain lovers in his Visalia home. As a result of the get together, the Mt. Whitney Club was formed two weeks later.

Stewart was named President and Anna Mills Johnston, revered educator and mountain lover, was made First Vice President. Second Vice President was Superior Court Judge W. B. Wallace, Corresponding Secretary Susman Mitchell, Recording Secretary Ben Maddox and Treasurer Sam Ellis.

The club was open to all,



provided they had made the ascent of Mt. Whitney, paid the \$1 annual membership dues, and supported the objectives of the club. Above all, the group's primary purpose was "to aid in making Mt. Whitney, the crown of the Sierra... better known to the world."

Visalia was named headquarters for the group because the early leaders pointed out that it was Visalia where "the idea of establishing the great Sierra Forest Reserve originated... It was in Visalia, and by Visalians also, that the first steps toward the establishment of the Sequoia and General Grant National Parks was taken."

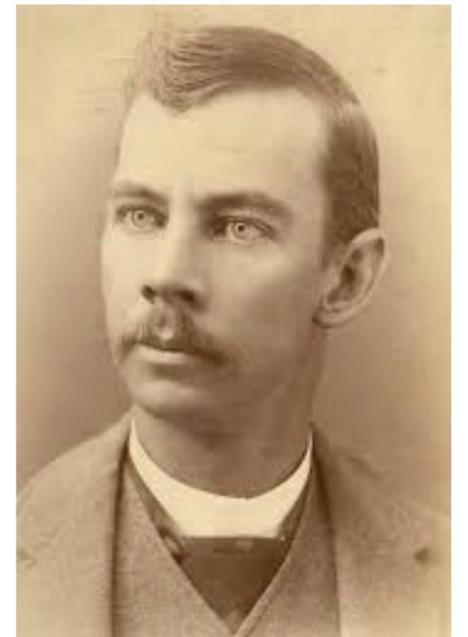
As the number of climbers increased, membership into the club grew as well. Many Visalians were added to the rolls, but enthusiastic climbers from all over California and the country paid their dues and joined. John Muir, the respected naturalist, and Theodore H. Hittell, the well-known historian and author, were both members.

Many wrote about their Whitney trips and their published accounts still make interesting reading. An especially fascinating story was written by Anna Mills who made her trip to the mountain in the summer of 1878, before marrying Visalia businessman Robert Johnston. Credited with being the first female to the top, she documented her trip and accomplished it despite having a deformed leg. By the way, today Mt. Anna

Mills stands at 12,064 feet in Tulare County as a tribute to this amazing club member.

On March 11, 1909, the Mt. Whitney Club met at Stewart's home for the last time. For nearly eight years they had promoted Mt. Whitney and shared their love for the Sierra. But now it was over. Many of the members of the club were residents of San Francisco, and the devastating earthquake and fire in 1906, had made it "almost impossible to locate them" and keep the group together. As a result, the club leadership decided to disband.

The club treasury of \$20 was turned over to the Visalia library to be used to purchase books about the mountains.



George W. Stewart was the founder of the Mt. Whitney Club and designated Father of Sequoia National Park.

Call Reassurance...

(continued from page 1)

at www.countyofkings.com/services/are-you-ok-ruok-program-

Users can select a time of day for the RUOK computer to dial their phone number. "All you need to do is pick up your telephone and listen to the pre-recorded message," according to the county website. "The computer assumes you are okay if you answer the telephone. Should you be using the phone or could not get to the phone in time, the computer will attempt to make two more calls. If the phone is not answered an 'alert' will be issued in the Emergen-

cy Dispatch Center and your emergency contact person will be notified to check on you."

The current challenge for the service is to get more people to sign up.

"We've been putting fliers out," said Zuniga. "We just need a little more outreach."

He added that some seniors tend to be reluctant to use the new service. "It's more the children of those seniors who would be interested."

For more information, visit www.countyofkings.com/services/are-you-ok-ruok-program- or call (559) 582-3211 ext. 272.



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Calendar

Wednesday, January 4, 11 & 25 - Senior Inc. Dances

The Hanford Senior Center will host these events, featuring live music, from 6:30-9:30 p.m. at 401 N. Irwin St., Hanford. Tickets are \$7. For tickets or more information, call (559) 584-5103.

Friday, January 6, 13, 20 & 27 - Friday Night Dances

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

January 13-15, 20-22, 27-29 - Visalia Players Present 'Doublewide, Texas'

The Visalia Players will perform this comedy at the Ice House Theatre, 410 E. Race Ave., Visalia, about the residents of the smallest trailer park in Texas who decide to secede from the state. For tickets or more information, visit www.visaliaplayers.org or call (559) 734-3900.

Saturday, January 14 - Tulare County Symphony Presents

'Fiddling Fun'

The program features Thaikovsky's Ukrainian-inspired "Dance" symphony and Beethoven's youthful first symphony, with their infectious fiddle music. 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.

Wednesday, January 18 - Wednesday Pancake Social

The Hanford Senior Center will host this free event from 9-11 a.m. in the Downstairs Meeting Room at 401 N. Irwin St., Hanford. For more information, call (559) 585-2519.

Wednesday, January 18 - 'The Searchers'

Choices will present this 1956 classic starring John Wayne. The show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Wednesday, February 1 - 'Roman Holiday'

Choices will present this 1953 classic starring Gregory Peck and Audrey Hepburn. The

show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Wednesday, February 1, 8 & 22 - Senior Inc. Dances

The Hanford Senior Center will host these events, featuring live music, from 6:30-9:30 p.m. at 401 N. Irwin St., Hanford. Tickets are \$7. For tickets or more information, call (559) 584-5103.

Saturday, February 11 - Tulare County Symphony Presents 'Jazz It Up!'

The program features works by Gershwin, Bolling and Ellington. 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, February 16 - Fourth Annual Heart of Seniors

The Third Annual Heart of Seniors "Resources & Rejuvenation for the Caregiver" Luncheon will be held on Thursday, February 16, from 9:30 a.m. to 2 p.m. at the Wyndham

Hotel, 9000 W. Airport Dr., Visalia. (See article on page 1.) To purchase tickets for the luncheon or for more information, call (559) 730-3015.

March 3-5, 10-12, 17-19 - Visalia Players Present 'Wit'

The Visalia Players will perform this play at the Ice House Theatre, 410 E. Race Ave., Visalia. For tickets or more information, visit www.visaliaplayers.org or call (559) 734-3900.

March 16-19, 24-26 - Visalia Senior Games

The City of Visalia Parks & Recreation will host this event featuring Olympic-style competition for those 50+ over two weekends. (See article on page 1.) For more information, call (559) 713-4365 or visit www.visaliaseniorgames.com.

Wednesday, March 22 - 'Citizen Kane'

Choices will present this 1941 classic starring Orson Welles. The show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.





“

I HAVE BEEN BLESSED TO HAVE A SURGEON AND CARDIOLOGISTS WITH YEARS OF EXPERIENCE AVAILABLE LOCALLY TO DO MY SURGERY.”

A RACER'S HEART

HEART ATTACK SURVIVOR MARV PHILLIPS PUT HIS RACE TO RECOVERY IN THE HANDS OF SKILLED, BOARD-CERTIFIED CARDIOLOGISTS, CARDIOTHORACIC SURGEONS, AND VASCULAR SURGEONS WHO WORK WITH KAWEAH DELTA'S DEDICATED HEART TEAM.

Marv Phillips, 76, of Visalia, has spent the majority of his life building and repairing the heart of race cars - their engines and valves. He knows firsthand the hard work, experience, and commitment needed to fine-tune an engine. But as life would have it, he gained respect for local cardiologists after they repaired and fine-tuned his engine - his heart.

In need of emergency open heart surgery, Marv was able to stay close to home and benefit from Kaweah

Delta's surgical staff, in collaboration with Visalia's most experienced heart surgeons, to receive a six-way coronary artery bypass.

RACING ON

Today, Marv continues to stay on racetracks throughout California and work on his 1932 Hot Rod with his son Richard. However, Marv doesn't have to race out of town for cardiac services, his team of highly-trained medical professionals at Kaweah Delta keep him in the race close to home.



More than medicine. Life.

» LEARN MORE

LEARN MORE ABOUT MARV PHILLIPS AND HIS JOURNEY TO KEEP HIS HEART RACING STRONG AT KAWEAHDELTA.ORG/INSPIRE.

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