

Meeting the Challenges

Quarterly

JOURNAL

published since 1989 by the **non-profit 501(c)3**



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24 hours a day—EVERYDAY

FALL 2007

Volume 16 Number 2

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Eating Grains Lowers Type 2 Diabetes Risk

A new study, funded by the National Institutes of Health, has concluded that eating 2 servings a day of whole grains may decrease a person's chance of getting type 2 diabetes by 21%.

In fact, the authors of the study say that "evidence is accumulating" that eating "whole grains" may reduce the risk of other chronic diseases as well, including various types of cancer, heart attacks and strokes.

The National Diabetes Information Clearing House tells us that type 2 diabetes is the most common form of Diabetes and can develop at any age. We are warned that being "overweight and inactive" increases the chances of developing type 2 Diabetes.

The researchers from Harvard School of Public Health, the Amsterdam Institute of Health Sciences, and the Department of Medicine in Brigham and Women's Hospital mainly reviewed and re-evaluated ear-

lier studies, which included both whole grains and ground grains: whole wheat, and whole wheat flour, whole oats and whole oat flour, whole cornmeal, and corn flour, brown rice and brown rice flour, whole rye and whole rye flour, whole barley, bulgur, buckwheat, popcorn, amaranth and psyllium. Common foods that contain whole and ground grains include bread, cereals, rice, and pasta.

The results of the study suggest the positive effects of eating whole grains, including bran, but taking wheat germ was not found to be independently related to a decrease in Type 2 Diabetes risk.

However, it was noted that people who have a "healthier lifestyle" may be more likely to have more whole grains in their diets. And we are reminded that "control of body weight by balancing energy intake and energy used is of major impor-

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DISCLAIMER:

Articles prepared by or presented in *Meeting the Challenges* are for general information purposes only.

The information is not intended to be medical advice. If you suspect that you have a physical, medical or psychological problem, you should always seek care from a qualified professional.

Before taking any action that may impact you personally, consult with your own physician, attorney, investment counselor, or other professional advisor.

Meeting the Challenges

VOLUME 16, ISSUE 2, October 2007

EDITOR: Richard Smith

E-Mail: rsmith@vitalco.net

ASSOC. EDITOR: Ivet Saavedra

E-Mail: Isaavedra@co.riverside.ca.us

Telephone: 951.867.3800 / Fax: 951.867.3830

Meeting the Challenges is published quarterly (four times a year) by the Independent Living Partnership 6296 Rivercrest Drive, Suite K, Riverside, CA. 92507. Non-profit organization postage paid at Riverside, CA. The Independent Living Partnership is a non-profit, tax-exempt corporation organized for the purpose of improving or preserving the independence and dignity of the elderly and persons with disabilities and their families. **The educational programs of the Independent Living Partnership are supported by the the charitable contributions of individuals and organizations**, with additional funding provided by the Riverside County Transportation Commission. Visit us on the Internet at www.LivingPartnership.org or through *Vital Connections* at www.vitalco.net
POSTMASTER: Send address changes to INDEPENDENT LIVING PARTNERSHIP, 6296 Rivercrest Drive, Suite K, Riverside, CA 92507.

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tance for the prevention of Type 2 Diabetes.” However, the finding of a related association of eating grains and bran to a reduced risk of getting Type 2 Diabetes does not conclusively prove that eating more grains will reduce a person’s chances of getting the disease.

The US Department of Agriculture identifies good sources of whole grains as:

- Brown rice
- Buckwheat groats
- Bulgur
- Corn tortillas
- Graham crackers
- Granola
- Oatmeal
- Popcorn
- Pumpernickel bread
- Ready-to-eat Cereals
- Rye bread and crackers
- Whole-wheat bread
- Rolls, crackers
- Whole-what paste
- Whole-wheat cereals

Foods that contain processed grains include:

- Bagels
- Cornmeal
- Crackers
- English muffins
- Farina
- Flour tortillas and French bread
- Grits
- Hamburgers and hot dog rolls

- Italian bread
- Macaroni
- Noodles
- Pancakes and waffles
- Pretzels
- Ready-to-eat cereals
- Rice, spaghetti, white bread and roles

Foods to avoid, that contain high levels of fat and sugars, are:

- Biscuit
- Cakes (unfrosted)
- Cookies
- Cornbread
- Danish
- Doughnuts
- Muffin
- Pie crust
- Tortilla chips
- Croissant

(Sources: Public Library of Science; National Diabetes Information Clearing House; US Department of Agriculture)

WALKING 3 DAYS A WEEK LOWERS BLOOD PRESSURE

Results of a new study at Queen’s University in Belfast indicate that brisk walking for 30 minutes for as few as 3 days a week helps lower blood pressure and weight , and “boosts overall fitness.”

Risk of Stroke 2 to 3 Times Higher for Those Diagnosed with Type 2 Diabetes

Some studies suggest this increased risk can last for 10 or more years, according to Canadian researchers.

The results showed that younger people, who are newly treated for Type 2 Diabetes, have a greater risk of having a stroke among all who are diagnosed with the disease, but the risk in the general population increases as we age. The conclusion is a recommendation that those who are newly diagnosed with Type 2 Diabetes should also begin treatments for prevention of stroke .

Stroke prevention treatments include:

- Controlling blood pressure
- Stopping smoking
- Limiting drinking alcohol
- Controlling weight
- Healthy diet with reduced sodium
- Regular exercise
- Controlling cholesterol
- Tests for heart and circulatory disease and proper medications.

(Sources: American Heart Association; National Stroke Association)

P A D- Peripheral Artery Disease : Prevention, Symptoms, and Treatment

PAD is a condition that develops when the arteries that supply blood to the internal organs, arms, and legs become completely or partially clogged with fatty deposits. It is most common in the arteries of the pelvis and legs. Left untreated, PAD increases the risk for heart attack and stroke. It affects one out of about 50 Americans.

Risk factors for PAD include:

- High blood levels of the bad LDL cholesterol and triglycerides
- Low blood levels of the good HDL cholesterol
- Smoking
- Diabetes mellitus (both Type I and Type II Diabetes)
- High blood pressure
- Family history of PAD
- Obesity
- Physical inactivity.

The symptoms of PAD are: painful cramping in the hips, thighs, or calves when walking, climbing, stairs or exercising. Symptoms for severe PAD include: leg pain that does not go away when

you stop exercising, foot or toe wounds that won't heal or heal slowly, gangrene, and marked decrease in the temperature of your lower leg or foot.

Diagnosis for PAD begins with a physical examination where the pulses in the legs are checked. The ankle-brachial Index (ABI) is usually done, which is a painless exam that compares blood pressure in feet to blood pressure in arm.

Treatment for PAD focuses on lifestyle changes, exercise, and medicines that help prevent clots, and includes:

- Regular exercise
- A low fat diet
- Sometimes cholesterol lowering medication
- Stopping smoking.

If these ways are not enough, surgery may be needed.

The best thing to do is to consult your healthcare professional and take control of your risk factors.

(Sources: American Heart Association; Medicinenet.com)

“A Prudent question is one-half of wisdom .“

- Francis Bacon

MyMedicare

The Official U.S. Government Site
for People with Medicare

Life keeps getting easier for people who are able to use the Internet.

Medicare now has a free, totally secure, online service that allows us to access our individual, personal information about benefits and service entitlements. The web address is: MyMedicare.gov.

At MyMedicare, we can:

- View claim status (excluding Part D claims)
- Order a duplicate Medicare Summary Notice (MSN) or replacement Medicare card
- View eligibility, entitlement and preventive services information
- View enrollment information including prescription drug plans
- View or modify our drug list and pharmacy information
- View address of record with Medicare and Part B deductible status
- (and) access online forms, publications and messages sent to us by the Centers for Medicare Services.

NOW IS THE TIME TO ENJOY..... SQUASH

Squashes and pumpkins are native to the Americas. Some of the varieties apparently originated in northern Argentina near the Andes. Other varieties, including the pumpkin, originated in Mexico and Central America. The word "squash" is derived from the American Indian word, *askutasquash*.

Squash requires some hot weather for best growth, and is not common in northern Europe, the British Isles, or in similar areas with short or cool summers.

Before Europeans came to America, Native Americans had carried some forms of squash throughout North America where they could be grown. There is a surviving tradition, in many Native American communities, of growing varieties of hardy squashes and pumpkins that are not found in our grocery stores.

Interestingly, we have read that commercially canned "pumpkin" is really not pumpkin at all, but is made from Delicious, Boston Marrow, or a similar squash. The flesh of these varieties of squash is said to be much richer and more

nutritious than that of pumpkin.

So-called "Winter squash" is available in Fall and after and comes in shapes round and elongated, scalloped and pear-shaped with flesh that ranges from golden-yellow to brilliant orange. They have a thick and hard outer skin and can be stored in a cool place for up to a month. Varieties include Hubbard, Butternut, Acorn, Gold Nugget, Spaghetti and many others.

To cook squash, cut in half, remove the seeds, place with the cut side down on a lightly oiled baking sheet and bake for 30 to 45 minutes. Some recipes call for turning the squash halves over and brushing with olive oil before baking for another 15 minutes. When done, the squash should be tender and may be eaten in the shell, removed or even whipped like potatoes.

Squash contains many vitamins and is especially high in Vitamins A and C. Without the addition of oil or butter, squash is low in fat, has 0% cholesterol and is a good source of dietary fiber.

(SOURCES: Texas A&M "Plant Answers"; What's Cooking America by Linda Stradley; nutritiondata.com)

DID YOU NOTICE?

Remember that long name we used to have? “Partnership to Preserve Independent Living for Seniors and Persons with Disabilities”? Hard to remember, wasn’t it?

Well, we have changed our name. We are now the **INDEPENDENT LIVING PARTNERSHIP**, but we remain the same organization:

Established in 1989, the non-profit 501(c)3 Independent Living Partnership is committed to helping people lead more satisfying and rewarding lives, often in spite of significant health and mobility challenges. Instead of creating dependency, the Partnership's life enriching programs educate, motivate, and assist people to strengthen or rebuild their social network, to access needed human and social services, and to continue to live successfully and independently in their communities. We operate the senior-friendly transportation program known as "TRIP", which has served as a model for the creation of many similar volunteer driver programs, and we continue to be a national leader in the development and facilitation of volunteer assisted transportation for the frail elderly, and people suffering chronic mobility challenges.

We are proud to our accomplishments over the last 18 years, but ***we are committed to adding important new programs and services in the years ahead.*** We hope you will help us celebrate this milestone with a charitable contribution to show your appreciation for Challenges, the many other things we have done already, and to support our expanding work as we move forward.

Please send your tax deductible contribution, in any amount, to the **INDEPENDENT LIVING PARTNERSHIP**, PO Box 3097, Beaumont CA 92223-3097. Also, why not consider making us a regular recipient of your annual giving plan or, as others have done, add us to your Trust as a beneficiary? Thank you. Richard Smith, Director

VITAMIN D — DOES IT HAVE PROTECTIVE PROPERTIES?

Results of earlier observational studies have suggested that vitamin D deficiency might be associated with higher death rates from many conditions, including cancer, heart and circulatory disease and Diabetes.

Researchers from the International Agency for Research on Cancer in France and the European Institute of Oncology in Italy re-analyzed 18 separate studies involving over 57,000 participants. The startling conclusion they have drawn from their studies is that “intake of ordinary doses of vitamin D supplements seems to be association with decreases in total mortality rates.”

More research is planned to confirm their findings.

(SOURCE: Archives of Internal Medicine, American Medical Association)

“Heaven never helps the man who will not act.”

- Sophocles,
Greek playwright

Positive Caregiving - An Approach to Handle Challenging Times
by Mary Mason Hrinko, Family Caregiver Support Program, Riverside County Office on Aging

A positive attitude can generate a positive caregiving experience. The way you react when you are faced with a difficult situation directly relates to what you are thinking. Your attitude colors your thoughts. Do you have a negative attitude toward doctors? You may have difficulty believing the physician when they provide a diagnosis for your loved one; this may make it harder to accept a course of action.

Attitudes are the fuel behind our thoughts. They provide the motivation to carry on; they can give you a practical outlook on life; they may influence who you listen to and they can motivate you to set goals. In addition to the thought component, attitudes generate feelings and can result in actions.

- ✦ Control what you tell yourself and you control your mind
- ✦ Control your mind and you control your thoughts
- ✦ Control your thoughts and you control the way you feel.

Research has shown that forcing a physical reaction (a smile or a laugh) in a

particular situation affects us physiologically and can result in positive feelings. You can change your mind-set with a trigger like a smile or another stimuli that triggers positive thoughts (a particular scent or vision.) Put this to the test, can you maintain a frown while you are enjoying your favorite movie?

Taking care of a loved one can be very rewarding, but it can also put tremendous stress on the caregiver and their immediate family. Caregivers with a positive attitude, who seek information and assistance, ask for support and have the ability to discern what they can and cannot control, are less likely to become depressed. Control your thoughts and you can control your moods. Reframe negative thoughts in a more positive light. Re-framing takes time and practice. Self-talk is also important in managing beliefs; the more you shower yourself with positive affirmations the more likely you will be able to change your perception of a difficult situation.

Make a list of your successes, no matter what they are. Did you prepare and serve a good breakfast this morning? Were you able to en-

gage your loved one in a pleasurable activity? Did you notice the garden in bloom? There are many accomplishments each day to note. Some people find that journaling helps them put their situation in perspective and highlight satisfying accomplishments.

Initiate contact with other persons. Find someone daily that you can relate to in a positive manner. Today it could be the postman and tomorrow the pharmacy technician. The more positive energy you exude, the more opportunity you have to be on the receiving end of a smile or positive response.

Take time to develop a network of friends. The more people you know and are concerned for, the more people who will take time to ask about your well-being. Caregivers tend to isolate themselves, feeling as though no one understands. If this is the case, join a support group. You will discover a forum for getting and giving information, sharing experiences and sorting through related problems. It is a safe outlet to vent your feelings and revitalize your positive thoughts about life in general.

Learning to Ride the Bus

For those of us who have traded-in the “rat race” for a more moderate pace of life, using a public transit bus may be an excellent choice for *some* of our travel:

- Probably cheaper than gas
- Leisurely travel—no driving, traffic or parking concerns
- An inexpensive source of entertainment and adventure
- And a little exercise, walking to and from the stops.

Still, if we haven’t used public transit in a while, perhaps many, many years, or even never, getting on the bus the first time might be an intimidating experience. Here’s how to get started:

- Contact the local transit agency for information about stops, routes and times—many have “travel centers” that will be glad to help plan the trip
- Ask about “travel training”, “ambassador”, or a “bus buddy” service that they might provide—if they don’t provide this service, find an experienced neighbor or a friend who will go along on your first ride.

WHAT TO LOOK FOR IN A CREDIT CARD

RATE isn’t everything—especially the “introductory rate”. We are often barraged with new offers. “Get this card—it’s wonderful”. “You can always have another card”. You know the come-ons. A favorite is, “0 interest until such and such a time.”

If the regular rate, after the 0% introductory period is lower than what you currently have, it might be worthwhile to change cards, *but be careful*.

Following are some of the credit card traps the FTC (Federal Trade Commission) warns us to look out for:

- Credit card issuers have the “right” to raise the rate on your card with as little as 15 days notice and there is no limit on what they can charge—*when was their last interest rate increase?*
- Add on fees can be excessive: high cash advance fees, over limit fees, late payment fees—*read the fine print*.
- A “universal default” clause in your agreement means that if you are late on any payment to anyone (the gas company, whoever), the credit card issuer has the right to raise the interest rate on your card—*Do not select a card that has this clause*.
- Do not call a 900 number to apply for a credit card—you pay for calls to a 900 number and will probably not get the credit card the ad promised—just the bill for the call.
- A credit card issued by a retail store, which can only be used to purchase that store’s products and services, often imposes a higher rate.
- With some credit cards, one late payment to the credit issuing company can lower your credit score by 100 points!

SHOULD I OR SHOULDN’T I GET A FLU SHOT?

According to the results of a 10 “flu season” study, involving patient records of HMOs from across the country and published in October in the New England Journal of Medicine, **WE SHOULD ALL GET FLU VACINATIONS!**

Specifically, the research concluded that “vaccinated adults ages 65 and older were 27% less likely to be hospitalized for pneumonia or influenza during the flu season — and 48% less likely to die from any cause — compared with unvaccinated adults.”

PREDATOR AT YOUR DOOR!

by Margo Hamilton, Regional Manager - C.A.R.E. Program

It was 5:30 p.m. when Mrs. Johnson heard a knock at her door. From the kitchen where she was preparing dinner, she wiped her hands and headed to the front door to see who was visiting so close to the dinner hour. Since there was no peephole in her door, she opened it and found two young men standing on her porch. One had a clipboard in his hand and the other had a tool.

One of the men earnestly explained that they were contractors for the Gas Company and were investigating a report of a gas leak in her neighborhood. One man asked to be guided to her hot water heater, while the other stated that he would wait in the kitchen.

Mrs. Johnson led the first man to the hot water heater in the garage. He engaged her in conversation while his friend ransacked Mrs. Johnson's desk and bedroom drawers for cash and bank checks. It wasn't until two days later that Mrs. Johnson realized she was the victim of a "distraction burglary." Because she felt foolish for letting strangers into her house, she was too ashamed to report the burglary.

Let's take a closer look at what happened—can you identify problem areas?

Is it safe to open the door when you can't see who is knocking or ringing the bell?

(Never open the door unless you recognize a visitor through the peephole. If there is no peephole, keep the security screen locked when you open the door, or speak to the visitor through the closed door. A legitimate visitor won't mind.)

Were the men wearing uniforms, company logos, or ID badges?

(Always ask for photo ID and make a visual check of the visitor's vehicle to be certain it has official markings. If you still have doubts, don't open the door!)

Would you let a stranger in, or leave a stranger unsupervised in your house?

(Remember, these are strangers! Keep your back door locked so an accomplice cannot enter through the back door. Don't allow sales people or construction workers to sell goods or services at your door – ignore the ring. Don't let visitors know you are home alone. Don't leave cash, bank checks or credit cards in likely places.)

Would you report this type of burglary, even if you are embarrassed?

(Please report! It lets local police know of burglary patterns and could result in an arrest of the perpetrators. Reporting also prevents the victimization of others.)

SILENCE IS FRAUD'S BIGGEST ALLY... IF YOU HAVE BEEN SCAMMED CALL:

C.A.R.E. Program

Curtailing Abuse Related to the Elderly

(A Division of Riverside County's Adult Protective Services, DPSS)

In Riverside County, call 800-476-7506 toll free.

Call TRIP at 1-800-510-2020 to become a TRIP Escort-Driver Volunteer

WATCH OUT FOR INVESTMENT FIRMS THAT TARGET SENIORS!

Frequently we receive invitations to attend “free” investment or retirement seminars that include an accompanying meal.

Following the examination of 100 of these “free lunch seminars” by the US Securities and Exchange Commission (SEC), the Financial Industry Regulatory Authority (FINRA) and state regulators, FINRA issued a serious ALERT for Investors in September:

- ▶ **57% of free-lunch investment seminars included exaggerated or misleading claims**
- ▶ **23% of seminars pushed unsuitable investments for seniors**
- ▶ **13% of the seminars included possibly fraudulent practices!**

According to FINRA, these are some of the “persuasion tactics and influence techniques” that sellers use:

- **Promises of Riches—**

“Most of the shadows of this life are caused by our standing in our sunshine”

- Ralph Waldo Emerson

When you make this investment, your life will be wonderful because of exaggerated claims of huge “guaranteed” monthly gains, such as “These gas wells are guaranteed to produce \$6,800 a month in income.”

- **Source Credibility—** Claiming to be with a reputable firm or to have a special credential or experience. “Believe me, as a senior vice president of XYZ Firm, I would never sell an investment that doesn't produce.”
- **Social Consensus—** Representing that “other savvy investors have already invested.”
- **Reciprocity—** Attempting to make seminar attendees feel obligated for a prize or making a fallacious offer like “I'll give you a break on my commission if you buy now — half off.”
- **Scarcity—** Creating a false sense of urgency by claiming limited supply. “There are only two units left, so I'd sign today if I were you.”

A wise investor will take the time to do some homework before making a purchase decision. **BETTER**

SAFE THAN SORRY—Here's how to check out seminar speakers and sponsors:

- For a broker, use FINRA Broker Check at <http://www.finra.org/brokercheck> or call toll-free at 1-800-289-9999.
- For an investment adviser, use the SEC's Investment Adviser Public Disclosure Web site at http://www.adviserinfo.sec.gov/IAPD/Content/IapdMain/iapd_SiteMap.aspx
- For an insurance agent, check with your state insurance department. You'll find contact information through the National Association of Insurance Commissioners (NAIC) at http://www.naic.org/state_web_map.htm or call 1-866-470-6242.
- For all sellers, be sure to call your state securities regulator. You can find that number in the government section of your local phone book or by contacting the North American Securities Administrators Association at (202) 737-0900.

(SOURCES: Securities and Exchange Commission—<http://www.sec.gov> ; Financial Industry Regulatory Authority—<http://www.finra.org>)

Volunteer Driving is a Win-Win Solution

by Cathy Wong

We all know or have met somebody who is no longer able to drive because of physical or mental limitations. Most likely it is an older person who is experiencing a health problem, which is normally encountered during the later years of life.

After the age of 70 to 74 we will likely experience difficulty with driving our own personal vehicle. The inability to drive does not only mean difficulty with going to where we need to go but it also is symbolic of the loss of independence and freedom which most Americans value.

Volunteer drivers are people who help a neighbor, a friend, a family member, or a complete stranger by driving them to places. Without volunteer drivers many of their riders would not be able access comfortable transportation. The physical problems which caused older people to stop driving can hinder the use of public transportation. For example, older people with physical problems often encounter difficulty with walking to the bus stop and getting in and

out of large buses. Volunteer driving is an option for these people who need a more personalized mode of transportation.

A volunteer driver typically uses his or her own vehicle and picks up the rider at home. During the entire trip, many volunteer drivers report acting like an escort for their riders. An illustration of acting like an escort is when a volunteer driver walks with their rider into the hospital and stays with their rider during the medical appointment. This is important because these riders need special attention due to their health problems.

The rides given by volunteer drivers far exceed providing transportation. Volunteer drivers can be a main source of social support for their riders. During the trips, it may be described as a social occasion when the volunteer driver and rider go to outings. During the trips riders socialize with their volunteer drivers, which is essential to the well-being of older people who are experiencing health problems.

The socialization that occurs between the volunteer

driver and the rider is an important and distinct character which is usually not seen in other modes of transportation. The personalized care during the rides plus the emotional support provided by volunteer drivers can greatly contribute to the well-being of older people who can no longer drive.

The helping behavior of volunteer drivers not only makes an impact in the lives of their riders but it also benefits volunteer drivers themselves. Volunteer drivers say that they gain a sense of satisfaction from helping their riders.

A book called *Stories from the Road*, published by the Beverly Foundation, contains many inspiring stories that have been written by volunteer drivers from their personal experiences. In the book, a volunteer driver writes "The best part of being a volunteer driver is the personal satisfaction I derive from helping those who need help, and by doing so in a direct and immediate one-to-one way." Not only do volunteer drivers enjoy helping their riders but they also recognize the importance of their altruistic behavior, as stated

by a volunteer driver, "Giving such a small amount of personal time makes such a big, positive impact in the lives of people who don't have an independent means of transportation."

The internal rewards from making a difference in the lives of their riders and the community taken as a whole contribute to the well-being of volunteer drivers, and the engagement in a meaningful activity enables volunteer drivers to appreciate their ability in positively contributing to the lives of transportation dependent elders.

Volunteer driving is a win-win solution for both the rider and the volunteer driver.

Cathy Wong is a doctoral student studying gerontology at the University of Massachusetts Boston, and was the Summer 2007 Intern with the TRIP Program.

EDITOR'S NOTE

- If you think you would like to be a volunteer driver for the TRIP Program in Riverside County, you can apply on-line at: <http://www.livingpartnership.org/Volunteer.htm>
- Or call TRIP at 1-800-510-2020 to request an application by mail.
- New TRIP volunteers will receive a free copy of the inspirational "Stories from the Road".

SAFE DRIVING TIPS FOR THE OLDER DRIVER

- **Always wear your seat-belt.**
- Keep eyes moving and watch all traffic around you.
- Look for vehicles entering the road from the side.
- Be alert for parked cars, pedestrians and cyclists.
- **Use rearview and outside mirrors often.**
- **Check to the side several times before turning or merging.**
- Never assume you can take the right of way, even if you know it should be yours.
- **When unsure whether you should pass or change lanes, stay in your lane.**
- Maintain a minimum three second following distance. Start your count when the car ahead passes a fixed road mark.
- When driving in the rain or in winter, reduce speed and increase following distance.
- Maintain space cushions to the sides and behind your car.
- **Plan all your trips, choosing familiar routes and avoiding dense and/or high speed traffic.**
- Avoid driving at dusk or dawn, when visibility is difficult.
- Avoid prolonged hours of driving.
- Keep windshields and rear windows clean inside and out.
- Avoid looking at the headlights of oncoming vehicles.
- **Concentrate on your driving and prepare for the unexpected** (carry a cell phone for emergencies but do not use it while driving!).
- Do not drive if you are emotionally upset.
- Minimize background noise. Keep radio volume, air conditioning and heater blowing units on lowest setting.
- **Never drive after consuming alcohol or when taking medications that warn against operating machinery or driving.**

(SOURCE: Canada Safety Council)



**FREE....no pop-ups
....non-commercial
...links to services
....government resources
....even News, Weather and Sports! ...AND...you can read
prior Meeting the Challenges articles!**

TRIP TIPS

Q. I am a volunteer and I drive for two TRIP participants—do I get reimbursed for both of them if they ride together?

A. Yes, mileage reimbursement may be paid to a volunteer for each passenger who is transported on the same trip, if the TRIP riders are not members of the same family residing at the same address. Make sure you sign their reimbursement request forms and they are mailed at the end of each month.

Q. I have more than one volunteer driver, how can I keep track of how much money they are supposed to get each month?

A. Keep in mind the mileage limit you have for each month and make sure that your drivers are aware of it as well. Have them sign every time they drive for you. At the end of the month, add up the miles that each of your volunteers drove for you (if the total mileage of your drivers



WHAT IS "TRIP"?

is an award-winning supplemental transportation program for seniors (STP), operated by the non-profit **Independent Living Partnership**, since 1993, throughout the 7200 square miles of Riverside County. *TRIP*, short for the *Transportation Reimbursement and Information Project*, was designed in collaboration with social service agencies, transportation interests, and the non-profit Partnership.

By design, *TRIP* first provides an essential coordination service through the 1-800-510-2020 *HelpLink* department of the Riverside County Office on Aging. Trained *information* specialists discuss transportation and other needs with callers and make referrals to providers who can assist them. If callers are referred to *TRIP*, needed transportation is provided by encouraging ridesharing through mileage reimbursements to volunteer friends and neighbors for transporting individuals who cannot otherwise meet their travel needs.

together is not more than your monthly mileage limit, you are done—if it does go over the monthly limit, you will have to adjust each driver's share by their part of the total). Send your request forms to TRIP right away. Send the sheets for both drivers together—do not separate them. When the check arrives, refer to your notes— You can figure out how much to give each driver by multiplying the mileage each driver drove by 32 cents. If the total miles went over the monthly limit, multiply the amount of the check by each driver's percent to give each driver their fair share of mileage reimbursement.

TRIP FACT

BEFORE YOU PICK UP THE PHONE TO CALL US, YOU MIGHT FIND THE ANSWERS TO YOUR QUESTIONS IN YOUR **RIDER HANDBOOK** ! IT IS A GREAT SOURCE OF INFORMATION AND YOU SHOULD KEEP IT BY YOUR PHONE. IF YOU DO NOT FIND THE ANSWERS, TRIP STAFF WILL BE GLAD TO HELP YOU .

Have You Been to a Social Security Office Lately?

The wait for service can be very, very long, and the *promise* is that this situation will only become much worse as the Boomer generation increasingly *gets in line*.

To help alleviate the coming crunch, Social Security officials are urging the public to become familiar with and to use *SOCIAL SECURITY ONLINE* to conduct as much of their business as possible at <http://www.ssa.gov>.

The website has been expanded to include assistance with almost any service a person might need, including access to your records, retirement planning assistance, Medicare prescription drug plan assistance, how to qualify and apply for benefits, reporting the death of a recipient, replacing lost or stolen social security or Medicare cards, changing your address and more—NO WAITING!

Using *Social Security Online* will not mean that a trip to the local office will absolutely not be necessary, but if we all make an effort to stay out of line as much as possible, the lines will be much shorter when we do need to visit our local service office.

THE BENEFITS OF HOME COMPUTING.... It's fun and easy!!!

The price of home computers has continued to fall over the years, and very good home systems can now be purchased for under \$700—including a printer. This is still out of the reach of many, but most libraries and many senior and community centers have computers available for public use.

For those who don't know how to use a computer, beginner classes are available from many senior and community centers, libraries, community colleges, and through university extension programs. Learning how to use a computer can be rewarding on many levels:

- Learning something new is always a way to stay vibrant and involved.
- Classes offer new opportunities for fun and new friendships.
- Mastering the basics of computer use creates a personal sense of accomplishment and may even get you a job.

So why do people still avoid becoming computer users? There are many benefits to home or library computing. Here are just a few:

- Many find that daily

emails from the grand kids help them keep better connected with families

- Computer users are more informed about medical issues and the medications they take
- Need a recipe for *Red Snapper with Citrus Salad*? It's only a couple of key strokes away
- Information about almost any subject is at your fingertips, with instant access to weather and developing news stories
- How about a trip to a virtual museum to view the paintings? Easy.....
- Don't forget about the convenience of doing business online (see related articles about *Social Security Online* and *My Medicare*)?

Some people think that having a computer in the house might make them an *Internet Addict*, but that seems unlikely to me if they aren't an addict in other ways.

What about Carpal Tunnel Syndrome? Turns out that research by Harvard University has absolutely ruled out computer use as a possible cause of Carpal Tunnel Syndrome, even if a person spends 7 hours or more typing on a keyboard everyday!

*Superando nuestros retos.....**Diabetes- Sintomas, Prevencion, y Cuidado*

El Diabetes es una enfermedad que puede causar dependencia si no es controlada y cuidada como debe ser. Desgraciadamente, el Diabetes es comun en la comunidad Latina. En el 2001, la mortalidad a causa del diabetes fue lo doble en Latinos comparado con otras razas.

El 13% de la comunidad Latina que son ancianos y diabeticos, nunca han tenido un examen de los ojos. El diabetes afecta los ojos si no es controlado y puede causar la perdida de la vista. Es importante que la comunidad Latina este enterada y educada de las cosas que hay que hacer para prevenir diabetes y maneras de controlarlo.

Si usted no tiene diabetes, tiene que cuidar su salud para prevenirlo:

- Hagase examenes para saber si usted esta en riesgo de tener diabetes
- Si tiene pre-diabetes, este puede ser curado y prevenir diabetes tipo 2
- Aumente actividad fisica
- Haga cambios en su dieta

Algunos problemas de salud pueden ponerlo en riesgo de contraer Diabetes,

por ejemplo: sobre peso, alto colesterol, fumar, y presion alta. Si tiene estos problemas mantengalos controlados y cuidados.

Estos son algunos sintomas de la Diabetes:

- Orina frecuente
- Sed constante
- Hambre excesiva
- Perdida de peso inexplicable
- Aumento de fatiga y debilidad
- Irritabilidad
- Vision borrosa

Si tiene estos sintomas consulte a su medico inmediatamente.

Si usted sufre con diabetes tiene que cuidarse. Es importante que:

- Aprenda sobre la diabetes
- Cuide su Corazon
- Cuide su presion
- Controle su diabetes
- Obtenga cuidados medicos de rutina.

Si usted es diagnosticado con diabetes, usted puede tomar control y prevenir otras complicaciones, como:

- Alta presion
- Problemas del Corazon
- Problemas con los ojos
- Problemas con sus pies
- Problemas con los riñones

Para prevenir estas complicaciones tiene que controlar su dieta, hacer ejercicio regularmente, mantener un peso saludable y si su doctor lo recomienda la aspirina puede ayudar a su corazon.

Sus riñones pueden ser afectados severamente por el Diabetes. Pueden perder la habilidad de filtrar residuos de la sangre y tiene que ir a dialysis tres veces por semana usualmente.

Complicaciones de los ojos pueden causar ceguera. Personas con diabetes son mas suseptibles a perder la vista a causa de problemas con sus ojos como: cataratas, vision doble, y problemas con la retina.

Otra complicacion es la Neuropatia. Esta causa daño al sistema nervioso causado for la diabetes. Puede afectar sus brazos, piernas, y pies. Puede sentir un dolor punzante, ardor, hormigueo, y adormecimiento.

Depresion tambien puede ser una complicacion del diabetes. Algunas personas sienten una tristesa

.....*Superando nuestros retos*

que no desaparece. Ver la vida sin esperanzas, el sentirse así la mayoría del tiempo puede ser una señal de una seria depresión.

Si usted no tiene diabetes puede prevenirlo y si usted ya tiene diabetes puede controlarlo. Hay muchas maneras de tomar

control de su salud. Cuidese y consulte con su médico para saber cuáles son sus mejores opciones. Informese, eduquese, y no tenga miedo preguntar si tiene dudas sobre su Diabetes.

(Sources: American Diabetes Association; World Diabetes Foundation)

EL CONSUMO DE VEGETALES

Conforme a un estudio en el Centro Médico de la Universidad Rush en Chicago, hay nueva evidencia que una dieta rica en vegetales puede mantener una buena memoria. El estudio de 2000 hombres y mujeres, 65 años o mayores, encontró que el consumir 2 porciones de vegetales cada día disminuyó la cadencia cognitiva por un 40 por ciento.

QUE ES "TRIP"?



es un programa, ganador de un premio, que suplementa transporte para ancianos (STP), es operado por la sociedad no lucrativa **Independent Living Partnership** desde 1993, en todo el Condado de Riverside (7200 millas cuadradas). *TRIP*, es una abreviación de **Transportation Reimbursement and Information Project**, fue diseñado con la colaboración de agencias de servicios sociales, interesados en transporte, y la sociedad no lucrativa.

Por su diseño, *TRIP* primero provee servicio esencial coordinado por el departamento de HelpLink (1-800) en la Oficina de Envejecimiento de el Condado de Riverside. Especialistas hablan de las necesidades de transporte y otras necesidades con los clientes y los refieren con proveedores que pueden asistirlos. Si clientes son referidos a *TRIP*, transportación necesaria es proveída animando a clientes que compartan viajes con amigos, vecinos, o choferes voluntarios y reembolsándolos por las millas recorridas.

En el condado de Riverside, llame al 1-800-510-2020 para información de alternativas de transporte en su área, -La llamada es Gratis!

"Casi todas las sombras de la vida son causadas por nosotros mismos al pararnos en nuestro brillo."

- Ralph Waldo Emerson

ADMINISTRACION DE SERVICIOS

Asistencia en asesoría de las necesidades individuales y coordinación de servicios de cuidado, así permitiendo a personas frágiles de salud o adultos deshabilitados a permanecer en sus hogares. Estos servicios pueden ser gratuitos o bajos en costo, dependiendo de su edad, ingresos y condición física. **1-800-510-2020**

Superando nuestros retos EDITOR— Ivet Saavedra

Recursos Para Personas Mayores.....AYUDA CONEXION...1-800-510-2020

SOY NUTS IN DIET FOUND TO HELP LOWER BLOOD PRESSURE

A study, reported in the *Archives of Internal Medicine*, has concluded that “substituting soy nuts for non-soy protein in a low saturated fat, low cholesterol (Therapeutic Lifestyle Changes diet) lowered the blood pressure and also lowered the LDL (bad) cholesterol of women who participated in the study at the Beth Israel Deaconess Medical Center in Boston. Those participants who also ate a Therapeutic Lifestyle Changes diet, but did not substitute the diets protein with soy nuts did not enjoy the same blood pressure and cholesterol lowering benefits.

FALL 2007



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JOURNAL

published since 1989 by the **non-profit 501(c)3**

Independent Living Partnership

6296 Rivercrest Drive, Suite K, Riverside, CA 92507

www.LivingPartnership.org

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