

Meeting the Challenges

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How to Maintain Independent Living

As we begin our 16th year of publication, it is a good time to look back on what we have been doing and what we have learned. The central question that *Meeting the Challenges* has always asked has been how to maintain personal independence? To answer this question, we have asked expert authors and drawn information from professional sources.

Dr. Helen Kerschner, President and CEO of the Beverly Foundation, has conducted over 700 focus groups all across the United States, with more than 7,000 participants, and she always concludes by asking focus group participants the question – “*What do you believe is the key to successful aging?*” Answer this question for yourself right now—**WHAT DO YOU BELIEVE IS THE KEY TO SUCCESSFUL AGING?** (The answers given by focus group participants are on Page 3.)

According to the California Foundation for Independent Living Centers, the ba-

sic idea of the Independent Living Movement is that we should have the support and services that we need so that we do not need to become residents of an institution, but can continue to live in our communities. This concept is supported by law, but not necessarily by a full range of needed support and services.

Meeting the Challenges, over the years, has been preoccupied with understanding what we can do as individuals to protect our personal independence. Following is a check-list of what we have learned so far:

- Eat healthy foods
- Exercise regularly – both physically and mentally
- Achieve and maintain a healthy weight
- Have regular physical, dental, vision and hearing check-ups - ask questions, take notes, be actively involved

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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

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POSTMASTER: Send address changes to Partnership to Preserve Independent Living for Seniors and Persons with Disabilities, 6296 Rivercrest Drive, Suite K, Riverside, CA 92507.

(Continued from page 1)

- in health management
- Learn about disease symptoms and seek medical attention when any changes occur
- Ask your physician or pharmacist to review our prescription and over-the-counter medications for compatibility
- Get proper rest and nutrition
- Nurture the spirit
- Utilize "reflective writing" to improve health and wellness
- Be a friend to others - work at making new friends all the time
- Cultivate a sense of community in our neighborhood
- Join and remain active in groups and activities
- Volunteer to do meaningful things
- Take time for enjoyable recreation
- Use our strengths and make changes to overcome weaknesses
- Adopt a positive attitude
- Learn new skills and adapt to changes when necessary
- Keep focused on making things work, regardless of the obstacles
- Learn how to protect personal safety
- Learn about and protect financial security
- Learn about various services that are available and how to access them if needed
- Choose to live where services are available; move if necessary
- Maintain driving skills and safety through driver improvement courses offered by AARP, the Automobile Association of America and others
- Plan for transportation when driving is no longer possible.

[See related article, Page 7]

"Begin doing what you want to do now.

We are not living in eternity.

We have only this moment,

sparkling like a star in our hand --

and melting like a snowflake.

No one grows old by living.

Only by losing interest in living."

- Marie Beynon Ray

Office on Aging Senior HELPLINK.....1-800-510-2020.....REAL PEOPLE TO TALK WITH!!

Avoid the idea that we must be “completely self-sufficient”. It is cultural to want “not to impose” or “be a burden” - asking someone to help would be embarrassing – and they might say “no”.

In fact, it is a false belief that we must be totally self-sufficient to be independent. None of us have the skills and resources we need all of the time. We are dependent on others – doctors, farmers, manufacturers, our communities, our families, and our friends. Everyone needs help sometimes....

In summary, we have learned that, in order to help

maintain personal Independence, we must:

- Have the willingness to face new challenges as they come
- Have a commitment to learn and master new skills
- Have the courage to take necessary actions, including asking for help when it is needed
- Have the persistence to keep going irregardless of the obstacles we might encounter.

Maintaining personal independence requires courage, persistence and an indomitable spirit.

Some Important And Helpful Resources

- YOUR LOCAL SENIOR OR COMMUNITY CENTER
- Riverside County Office on Aging *HelpLink* Call Center at 1-800-510-2020
- *Vital Connections* on the Internet at www.vitalco.net
- Community Access Center 951-274-0358/760-347-4888
- Jewish Family Service of the Desert 760-325-4088
- Desert Samaritans for the Elderly 760-837-9066
- Blindness Support Services 951-341-9244

Exercise Improves Driving Ability

Older people who performed a physical conditioning program, developed by researchers at Yale School of Medicine, were “able to maintain or enhance their driving performance” according to Professor Richard Marottoli, M.D.

Flexibility, coordination and speed of movement have been linked with older drivers' performance on the road.

The recent study, published in the May issue of *Journal of General Internal Medicine*, reported the results of exercise, seven days a week for 15 minutes, that focused on the hips, ankles, knees, shoulders, hands and feet. Participants in the study were also encouraged to walk regularly.

The results of the exercise program were excellent: Participants in the study increased road test scores after three months and committed 37 percent fewer critical errors.

“He who is outside his door already has a hard part of his journey behind him!”

- A Dutch Proverb

ANSWERS GIVEN BY FOCUS GROUP PARTICIPANTS TO THE QUESTION, “What do you believe is the key to successful aging?”

1 ANSWER:

Activities/Involvement

(Volunteering, going to education programs, tennis, swimming, playing cards, etc.)

2 ANSWER:

Positive Mental Outlook

(Happiness, joy, laughter, hope for the future, etc.)

3 ANSWER:

Active Relationships

(Families, friends, neighbors, social activities, etc.)

Early Warning Signs For Ovarian Cancer

Often ovarian cancer is misdiagnosed as the onset of menopause or physicians tell their patients that they “are just growing old”, according the Dr. Debbie Saslow of the American Cancer Society. Early diagnosis is important in successfully treating ovarian cancer, Saslow says.

Other researches have found misdiagnosis in 36% of cases, sometimes saying it was irritable bowel syndrome or depression.

Although not conclusive, the recommendation of the American Cancer Society is that ovarian cancer be suspected if a woman experiences “bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly and a frequent or urgent need to urinate for more than 2 or 3 weeks.”

1st DRUG APPROVED FOR FIBROMYALGIA

Symptoms of fibromyalgia include fatigue, pain in muscles and joints, difficulty sleeping, and morning stiffness. This disease, which is difficult to diagnose, is thought to affect between 5.8 million or more people in the United States. It mostly affects women, and tends to develop in early to middle adulthood. But men and children also can have it.

Exact causes of the disease are not known, but it is thought that it may result from injury, emotional distress, or viruses that change the way the brain perceives pain.

In June, Lyrica (pregabalin) became the first FDA-approved drug for specifically treating fibromyalgia. The Pfizer produced medication “reduces pain and improves function in

patients with fibromyalgia”, according to Jeffrey Siegel, M.D., from the Federal Drug Administration, but it is not known exactly how it reduces pain. Siegel cautions that “People who take Lyrica should be aware of important side effects, including sleepiness and dizziness.” Other side effects, seen in patients taking Lyrica, include swelling of the hands and feet, and allergic reactions.

Siegel says that research showed that a “substantial number of patients with fibromyalgia received good pain relief with Lyrica, but there are other patients who didn't benefit.”

Lyrica had previously been approved to treat seizures, as well as pain from damaged nerves that can happen in people with diabetes and in those who develop pain following the rash of shingles.

2007 Homeowners and Renters Assistance (HRA)

Now is time to file for California's once-a-year rebate for homeowners or renters, including residents of mobilehome parks, who are 62 or older, blind, or disabled and who had a total household income of no more than \$42,770 in 2006. The amount of the rebate is figured on a sliding scale from \$15 for those with annual incomes at higher end - \$42,770 - to as much as \$347.50 in renters assistance for those at or below \$10,691 per year. Claims may be filed starting July 1, 2007, or after date the state budget is signed by the Governor, until a deadline of October 15, 2007. Claimants should allow 15 weeks from the date a claim is filed to receive a rebate check. For more detailed information, forms, and assistance, homeowners and renters should check out the Franchise Tax Board website at: www.ftb.ca.gov/individuals/hra/index.html or call 1-800-868-4171.

Riverside County ADULT PROTECTIVE SERVICES1-800-491-7123

Common Indications of Medication Interactions

Some of the more common symptoms include nausea or stomach upset, headache, heartburn and dizziness.

If you experience any reaction, after taking prescription or over-the-counter medicine, that seems out of the ordinary, consult your local pharmacist about all of the medications you are taking.

Drug-drug interactions can be very serious, including a dangerous drop in blood pressure, a fast and irregular heart beat and a build up of toxins that damage the heart and liver.

[SOURCE: BeMedWise.org]

TIPS FOR AVOIDING HOME CARE FRAUD
from The C.A.R.E Program
 Riverside County Department of Public Services

- ▶ Do not sign documents giving control of your finances to someone else, including your children and grandchildren, unless you have a lawyer, advocate, or other trusted person review them.
- ▶ Do not accept personal care in return for transfer or assignments of your assets unless another trusted person acts as a witness to the transaction.
- ▶ Do not give up control of your property or assets unless you decide you cannot manage them yourself.
- ▶ Ask friends and relatives to make consistent visits to check on your well-being.
- ▶ When you need to hire an outside caregiver do a background check, if possible, to make sure there is no history of alcohol/drug abuse or criminal activity.
- ▶ Always interview the private caregiver or agency representative in person, and ask a friend or relative to be present.
- ▶ Be very specific about your needs and develop a *written contract that clearly states caregiver duties and promised compensation.*
- ▶ Keep relationships with caregivers on a professional business level at all times.
- ▶ Do not allow anyone to keep details of your finances or property management from you.
- ▶ Do not allow yourself to be isolated from other people in your community, family, or friends and acquaintances.
- ▶ Call Adult Protective Services to report an abusive situation. In Riverside County, call 800-491-7123. In San Bernardino County, call 877-565-2020.

**COUNTY TRANSPORTATION COMMISSION
 DEVELOPING HUMAN SERVICES
 COORDINATION PLAN**

- **Finished plan is intended to provide a “unified comprehensive strategy for public transportation service delivery” to address “unmet specialized transportation needs”**
- **People with disabilities, elderly individuals and people with “low-income” are expected to benefit by the plan that is being developed**
- ***Watch for and participate in focus groups and public workshops coming to your area this summer and fall.***

HEALTHY EATING HELPS WITH WEIGHT CONTROL
From the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health, Publication No. 05-5273

It's estimated that 65 percent of Americans are now overweight or obese, and more than 61 million adults are obese. Carrying those extra pounds has been proven to have long-term consequences.

Being overweight is linked to:

- increased risk of heart disease
- type 2 diabetes
- high blood pressure
- high cholesterol
- and some cancers.

Two ways to achieve and maintain a healthy weight or to avoid becoming overweight are to make smart food choices and to be physically active.

Making smart eating and physical activity a daily habit can make it easier. Some suggestions of how to do this include:

- Plan and schedule regular daily physical activity with others so that it is more fun
- Put a bowl of fruit on the kitchen counter and have an apple, peach, plum or banana when you want a snack, instead of chips or

other high-calorie snacks.

- **Realize that we have more control than we might think.** We can turn off the TV, get up and do something more active instead—maybe walking around the mall or the park or working in the garden. Another suggestion is that we can walk to the store instead of using the car, or we can choose to get off the bus one stop earlier than usual and walk the rest of the way.
- We can plan more meals around vegetables and fruits, instead of meats.

Thinking about immediate benefits, instead of abstract things like reducing our chances of getting heart disease, can be a helpful motivator. Immediate benefits include:

- Feeling less full if we eat smaller portions or skip dessert.
- Fruit salads are quick and easy to fix and are so refreshing and tasty
- Walking with friends is a great chance to catch up on everything that is going on
- A night out dancing can

make a boring day come alive and is a great workout.

Substituting healthier ingredients in dishes is another great idea. No one will notice if part-skim mozzarella cheese is used instead of whole-milk mozzarella in the lasagna, but it will reduce the calories and fat for everyone who eats it.

*HEALTHY
COOKING SUBSTITUTES*

- Cutting the salt in half will not produce a noticeable taste change in most recipes.
- Part of the salt can be replaced with an herb, spice, flavored vinegar, citrus juice or peel.
- Use olive or canola oils in your cooking.
- Cook foods mostly by steaming, roasting or stir frying—minimize deep frying and grilling. Microwave vegetables, as quick cooking preserves nutrients.
- Reduce the fat in baking by replacing up to half of the shortening with applesauce, mashed bananas, or yogurt.

[SOURCE: AMERICAN INSTITUTE FOR CANCER RESEARCH]



CRIMINALS IN THE COACHELLA VALLEY!

Warning: Con artists POSING AS HEALTH AGENCY AND/OR GOVERNMENT REPRESENTATIVES are approaching seniors and the disabled offering to provide them with medical services, wheelchairs, housekeeping, etc.

The con artists ask for personal information: Social Security number, identification or driver's license number, medical insurance card number and even bank account numbers.

If you are approached by someone you don't know asking for your personal information... **JUST SAY NO!** Then **call local law enforcement immediately. Indio Sheriff (760) 863-8990**

"The enduring impact of our choices is not what we get, but what we become."

- Michael Josephson

Planning to Limit Driving

Lack of transportation and mobility are major causes of isolation and it is well established that declines in health, functional ability, and cognition are associated with driving cessation and isolation.

Having available transportation is absolutely necessary to support independent living. When focus group participants are asked what transportation is, the most frequent answer is "freedom" and "independence".

Research now shows that:

- **Men will outlive their capability to drive by 5 years on average**
- **Women will outlive their capability to drive by 8 years on average.**

Most people say that they haven't given a thought to what they might do if they or the person they depend on can not drive anymore. An abrupt change from being a "driver" to being a "rider" can be one of the most difficult challenges, but easing into the change is a much more comfortable way to go.

Some Questions to Help Identify Possible Alternatives:

- Do you share common destinations with family or friends? Are they available to provide rides?
- Do you know about bus services? Is there a stop near your home? Are there stops near your destinations? What are the route schedules? How much does it cost? How do you pay? (Contact your bus service and request information.)
- Are taxi services available? How much do they cost? Will drivers assist with packages?

If you may require special transportation assistance:

- Are there door-to-door public services? Who is eligible for these services? What needs to be done to qualify? Are reservations required? How much does it cost? Are there geographic limitations? (Request detailed information.)
- Are there special programs that are sponsored by non-profit or faith-based organizations? Who do they serve and what needs to be done to qualify? How much does it cost?

NEW PAINLESS WAY INVENTED TO MEASURE BLOOD SUGAR

New device promises 80 to 85% accuracy in blood sugar measurements *without having to prick the finger*.

This new instrument is about the size of a mobile phone and uses an infrared light beam to identify and measure bits of glucose in the blood. The measurement results are displayed by the device after about 10 seconds.

The invention resulted from four years of work by twenty-eight nurses, doctors, engineers, computer experts, and a mathematician. According to Joanne Chung, professor and associate head of research at the Hong Kong Polytechnic University's School of Nursing, the idea was based on sensors at the Hong Kong airport that identify arriving passengers who have a fever.

The first diagnostic purpose of the technology is making the measurement of blood sugar easier and painless for people with diabetes. It has been suggested that other uses of the technology might include cholesterol level measurement.

The, as yet unnamed, instrument is expected to be available in stores in about a year.

[SOURCE: Reuters]

TIPS TO HELP AVOID MEDICATION MIX-UPS

When more than one person shares a home, it is important that each individual keeps their medications in a separate place. Medicine cabinet clutter is a major cause of medication mix-ups. Here are more tips:

- Unless pills are organized in a pill box, they should be kept in their original bottles and clearly labeled.
- Another good idea is to ask the pharmacist to include the purpose of the medication on the label.
- When medications become outdated, or your physician tells you to discontinue using them, dispose of them by bringing them to your pharmacy or to a hospital for proper disposal—never flush them down the toilet.

[SOURCE: Good Samaritan's Good Health Magazine]

LIFESTYLE CHANGES MAKE A DIFFERENCE

According to recent research findings from the Medical University of South Carolina, people between 45 and 64 years of age, who adopt a healthy lifestyle that includes eating 5 or more fruits and vegetables daily, regular exercise, not smoking and achieving a healthy weight, can reduce their chances of getting heart disease and dying from it.

The conclusion of the study was that everyone quickly benefits from the adoption of a healthy lifestyle in middle-age, and that it is especially important for people with hypertension, diabetes, and those with low socioeconomic status to make immediate changes, and adopt a more healthy lifestyle.

[SOURCE: American Journal of Medicine]

**“All who would win joy
must share it;
happiness
was born a twin.”**

- Lord Byron,
British poet
(1788-1824)

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

Alert: Jury Duty Scam Reported

Recently, Margo Hamilton, Regional Manager of the Riverside County C.A.R.E. Program, sent out a bulletin to alert the public that some residents had been called in the latest surfacing of the Jury Duty Scam that first appeared across the country in 2005.

According to the FBI, here is how it works:
The phone rings, you pick it up, and the caller identifies himself as an officer of the court. He says you failed to report for jury duty and that a warrant is out for your arrest. You say you never received a notice. To clear it up, the caller says he'll need some information for "verification purposes"-your birth date, social security number, maybe even a credit card number.

This is when you should hang up the phone. It's a scam.

A special agent of the FBI, who has heard the complaints, says, "The scam's bold simplicity may be what makes it so effective. Facing the unexpected threat of arrest, victims are caught off guard and may be quick to part with some in-

formation to defuse the situation. They get you scared first. They get people saying, 'Oh my gosh! I'm not a criminal. What's going on?' That's when the scammer dangles a solution—a fine, payable by credit card, that will clear up the problem. With enough information, scammers can assume your identity and empty your bank accounts."

C.A.R.E.'s Margo Hamilton warns that "Cleaning up ID theft after it occurs is expensive and time consuming. Protect yourself – never give your personal information to a caller who is unknown to you – no matter how critical the call seems!"

Hamilton urges anyone who has become a victim of identity theft to file a report with local law enforcement immediately, and then to call the C.A.R.E. Program for assistance with the complicated process of protecting your accounts and your identity.

C.A.R.E., which stands for Curtailing Abuse Related to the Elderly, is a Division of Riverside County's Adult Protective Services, Department of Public Social Services. In Riverside County, you can reach them at 1-800-476-7506.

Ways to Help Us Keep Publishing Challenges

Many readers of Meeting the Challenges tell us how much they look forward to and enjoy reading each issue. Charitable contributions are helpful and we appreciate all who continue to send them!

However, we also know that others, who might want to support the work of our non-profit, do not have money to spare for donations. Here are some other ways that you might also be able to help:

- Ask your club, service group, or church to make a donation to the Independent Living Partnership, PO Box 3097, Beaumont CA 92223-3097
- The Partnership has an *Endowment* account with the Desert Community Foundation. As part of your legacy, gifts to the Partnership of real property can be made through the foundation, providing you with excellent tax benefits.
- Include us in your will or trust. This is easy. Just specify: Independent Living Partnership shall receive ___ dollars or ___ percent from my estate.

Water Volleyball for Seniors.....

Riverside County organizers are trying to get Water Volleyball into the Senior Olympics. According to Karen Hansen, who lives in the Coachella Valley, "The first step is to hold a series of tournaments, so we have scheduled a tournament at the Catalina Spa RV Resort in Desert Hot Springs on November 16th and 17th."

Hansen says, "If you



like the water, you will love this game." Both recreational and competitive teams will be able to participate in the tournament. All players must be aged 50 and older.

If you would like to participate, here's how:

1. Organize a co-ed team—competitive teams are limited to 10 players (8 players on the court with replacements), recreational teams can have up to 14 players (only 12 players can be on the court at one time).
2. If you would like to play but cannot organize a team yourself, email Karen Hansen at karenanddavehansen@juno.com and register as a single player, or however many players you might be able to recruit as a partial team. Players will then be added to make it a full team. You can also call Karen on her cell phone at 218-343-7614.

For more information or to arrange for an introduction to the game, call or email Karen Hansen. To play in the tournament, you must be registered and there is a \$40 per team registration fee.

SERVICE PROFILE:

JEFFERSON TRANSITIONAL PROGRAMS (JTP) is an Inland Empire non-profit that provides "vocational, sober living support and educational programs for individuals with chronic mental illness or individuals with both mental illness and addictions, many of whom are homeless, to assist them to attain recovery and self-sufficiency."

JTP offers educational programs, that include successful living strategies and life management skills. Housing is provided for men and women in the western and mid-county regions of Riverside County, and vocational services.

To qualify for services, an individual, 18 or older (minimum age is 16 with a work *certificate* from the Department of Labor, State of California) is referred from a sponsoring agency. Those who are referred have a "mental, physical, or emotional disability and/or are economically, culturally, and/or socially disadvantaged."

Among the other requirements, individuals can not be dangerous to themselves or others and are able to care for themselves to some degree.

For additional information, call Jefferson Transitional Programs at (951) 686-5484.

24 / 7 Information & Resources

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24 HOUR CRISIS LINE FOR ALTERNATIVES TO DOMESTIC VIOLENCE 1-800-339-7233

US Department of Transportation on:
MOBILITY, ACCESSIBILITY, NEEDS, BARRIERS AND GAPS

The responsibility of the Department of Transportation, DOT for short, is to “ensure a fast, safe, efficient, accessible and convenient transportation system that meets vital national interests and enhances the *quality of life* of the American people.”

DOT describes “transportation disadvantaged” people as those who:

- Cannot provide their own transportation
- Cannot use existing travel options or can only use them with great difficulty
- Cannot access, or have severely limited access, to transportation.

Three circumstances can directly affect a person’s transportation ability:

1. Physical or mental conditions that limit mobility
2. Low income
3. Living in places that are not “well served” by public or private transit options.

In general, there is a social consequence of being transportation disadvantaged. These people are less likely to work at an income producing job, they shop

less, they are unable to access regular medical care and they make fewer social trips and are more likely to become isolated. All of these outcomes impact the economies of the communities where the transportation disadvantaged live.

DOT says that the basic needs of the transportation disadvantaged, as well as all of us, include:

- A need for some form of transportation service in all communities, including suburban and rural
- A need for clear and widely available information about how to access and use available transportation—both general public and specialized
- A need for “flexible” payment options to “accommodate those who need financial assistance in paying for service”
- A need for “flexible” availability, including after hours and on weekends and holidays
- A need for “flexible” routes
- A need for “accommodation of equipment”
- A need for escort assistance.

In order to meet these

needs, multiple forms of transportation must be available, including rail, fixed route, dial-a-ride, and other supplemental human service oriented forms of transportation.

EDITORIAL

Transportation services need to be available for all members of our communities. And it is clear, from the DOT assessment, that no single approach to providing public transportation will be sufficient to meet all the needs of residents.

It is essential that communities enjoy multiple services and that those services appreciate, respect, coordinate with and support other services that meet needs that they are unable to meet.

FULL RANGE OF OPTIONS



Please help support a full range of coordinated options in your community.

TRIP TIPS

Q. I am a volunteer driver and want to know if the mileage reimbursement payment that I receive should be reported as income?

A. Absolutely not. Mileage reimbursement payments are not, and should not, be counted as income by anyone. Again, Here's what the IRS told us: "So long as adequate records are kept and submitted in a timely manner, and so long as the amount of the per mile reimbursement payment does not exceed the IRS Standard Rate then in effect, the mileage reimbursement payment, made to volunteer drivers, is an expense reimbursement only and non-reportable by the volunteer as income." For more information, refer to IRS Publication 463.

Q. Since I have been a TRIP volunteer driver for my friend, I have seen a real change for the better in her attitude.



She is much more interested in things and optimistic about her future. How can I tell people about this wonderful program?

A. We are so happy to hear that your neighbor is enjoying the companionship and travel assistance that you are providing. It does make such a difference in our lives when we regain the freedom to get around again. We encourage you to tell others about the program. If you have the Internet available, you can go to our website at www.livingpartnership.org and download and print fliers to handout or post. Or, you can also contact us at 1-800-510-2020 and ask us to send you TRIP fliers to distribute, and thank you for your help!



WHAT IS "TRIP"?

is an award-winning supplemental transportation program for seniors (STP), operated by the non-profit **Partnership to Preserve Independent Living**, 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 *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.

TRIP FACT

TRIP was designed to meet the preferences and transportation requirements of the elderly and other people with mobility limitations. For example, with *TRIP*, there is no curbside waiting and no dispatch scheduling.....

HEALTH ALERT

Thyroid disease is often difficult to detect in people over 60 because it usually masquerades as another illness, such as heart disease, depression, or dementia. Misleading symptoms may be the reason that many Americans who have thyroid disease—mostly women—do not yet know they have it. The symptoms of thyroid diseases are wide-ranging.

Hypothyroidism is an underactive thyroid that leads to symptoms as diverse as depression, hair loss, weight gain, dry skin, and feeling cold and continually tired.

Hyperthyroidism is an overactive thyroid that can result in weight loss, nervousness, anxiety, feeling very warm, and constant hunger.

Routine screening to check thyroid functions is not universal. Therefore, it is often up to patients to ask their doctors to test for thyroid disease if they suspect they may have a problem.

[SOURCE: Harvard HEALTHbeat]

KEEPING COOL

Excessive temperatures are very likely this summer and are a very real threat to the health of many. Older people are at higher risk when it is very hot.

According to the Community Action Partnership of Riverside County, some things that can be done to help minimize risks include:

- Drink plenty of water and skip the coffee, tea and alcohol
- Avoid outside exertion and stay in the shade as much as possible
- Wear light-weight, light-colored, loose fitting clothing
- If there is no air conditioner, open windows and use fans
- Take a cool bath or shower
- When hotter than 90 degrees, visit a friend with air conditioning or go to a cool place.

There are “Cool Centers” throughout the County—Call 1-888-636-8676 for details. In other areas, call your Department of Public Health.

WHAT A WONDERFUL WORLD

George Weiss / Bob Thiele

*I see trees of green, red roses too
I see them bloom for me and you
And I think to myself
what a wonderful world.*

*I see skies of blue
and clouds of white
The bright blessed day,
the dark sacred night
And I think to myself
what a wonderful world.*

*The colors of the rainbow
so pretty in the sky
Are also on the faces
of people going by
I see friends shaking hands
saying how do you do
They're really saying I love you.*

*I hear babies crying,
I watch them grow
They'll learn much more
than I'll ever know
And I think to myself
what a wonderful world
Yes I think to myself
what a wonderful world.*

Oh yeah.

WARNING: In the Spring Issue, we published a recipe for dog cookies that included garlic. Many commercial dog biscuits also include garlic, but there is considerable discussion about how good garlic is for your dog. Apparently it is not dangerous in small amounts, but we recommend that you eliminate garlic from the recipe that we provided.

“My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.”

- Oprah Winfrey

Superando nuestros retos.....

Abuso de Ancianos

El abuso de ancianos es un tema que es difícil de entender. Para empezar a entender este problema usted tiene que saber lo que significa el abuso de ancianos. El abuso de ancianos es el término que se usa cuando una persona intencionalmente o inegligiblemente causa daño o pone en peligro a una persona anciana que es vulnerable. En general el abuso de ancianos puede ser definido en estas categorías:

- **Abuso Físico:** Imponer o amenazar a hacer daño o causar dolor a un anciano que es vulnerable o privar ancianos de necesidades básicas.
- **Abuso Emocional:** Imponer dolor mental, angustia, a un anciano por medio de actos usando palabras o sin ellas.
- **Abuso Sexual:** Acoso sexual sin consentimiento
- **Explotación:** El tomar o el uso erróneo de fondos, propiedades, o cualquier recurso de el anciano. El ocultar información de los fondos de el anciano también es considerado abuso.

- **Negligencia:** Insuficiencia o falta de alimento, abrigo, o cuidado médico de un anciano por causa de la irresponsabilidad de la persona que esta a cargo de este anciano.
- **Abandono:** El abandono de un anciano por cualquier persona que haya asumido la responsabilidad o custodia de cuidar a este anciano.

El abuso de ancianos le puede pasar a cualquier persona, sin importar la raza, el sexo, el color o la posición social. Por esto usted tiene que saber como protegerse de este abuso. El aislamiento social o una enfermedad mental hace a un anciano más vulnerable al abuso. Cuando la persona vive con su ayudante es más posible que haya abuso por este ayudante.

Latinos tienden a poner más atención a la familia que al individuo. Familiares decean ayudar a sus ancianos pero económicamente puede ser imposible. A veces, los familiares invitan a los ancianos a vivir con la familia, pero esto puede causar la reducción de beneficios del gobierno. Otra causa por la cual ancianos pueden ser

abusados es porque la familia ya no sigue las costumbres de su cultura y llegan a pensar que los ancianos en la familia no son su responsabilidad. En muchas ocasiones, ancianos Latinos sienten pena y no reportan abuso.

Un estudio de El Índice de Abuso de Ancianos sugiere que más de 500,000 personas en América de 60 años o mayores fueron víctimas de abuso en 1996. Solamente el 16% de estas situaciones obtuvieron ayuda, y el 84% permanecieron ocultas. El Comité Especial del Senado estima que puede haber 5 millones de víctimas de abuso cada año.

Si usted o alguien que conoce ha sido o es víctima de abuso, tiene que reportarlo, puede decirselo a su doctor, a un amigo, o a un familiar. Hay muchas maneras de obtener ayuda, por ejemplo:

- ▶ marque el 911
- ▶ 1-800 677-1116 Locatizador de Lugares para el cuidado de ancianos. Lunes a Viernes de 9 AM a 8 PM
- ▶ 1-888 436-3600 Para re-

.....*Superando nuestros retos*

portar abuso
 Cuando llame a estos
 numeros, le pueden pedir su
 nombre, direccion, o numero
 de telefono, pero muchas de
 las veces no es necesario que
 se identifique.

**Estas son algunas maneras
 de prevernir abuso**

Educando a ancianos,

profesionales, y al publico en
 general es una forma de
 prevenir el abuso. En un
 nivel individual, unos simple
 pasos pueden reducir el
 riesgo:

- Cuide su salud
- Busque ayuda profesional para alcoholismo, drogadiccion, depresion, y

anime a familiares a
 buscar ayuda.

- Planee para su propio futuro. Pida consejos a alguien en quien usted confie antes de firmar cualquier documento.
- Permanezca activo en su comunidad, con su familia y amigos. Esto ayuda a que no este solo y prevenir abuso.
- Conosca sus derechos. Si usted le paga a alguien para ayudarle en su casa o vive en un asilo, usted tiene derechos y puede expresar sus preferencias y preocupaciones.

[Source: National Center on Elder Abuse]

"My filosofia es que no solamente usted es responsable por su vida, pero haciendo lo mejor posible en este momento lo ayuda a estar en un lugar mejor despues."
 - Oprah Winfrey

QUE ES "TRIP"?



es un programa, ganador de un premio, que suplementa transporte para ancianos (STP), es operado por la sociedad no lucrativa **Partnership to Preserve Independent Living** desde 1993, en todo el Condado de Riverside (7200 millas cuadradas). *TRIP*, es una abreviacion de **Transportation Reimbursement and Information Project**, fue diseñado con la colaboracion de agencias de sevicios 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 ncesidades con los clientes y los refieren con proveedores que pueden asistirlos. Si clientes son referidos a *TRIP*, tranportacion necesaria es proveida animando a clientes que compartan viajes con amigos, vecinos, o choferes voluntarios y reembolsandolos por las millas recorridas.

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

ADMINISTRACION DE SERVICIOS

Asistencia en asesoria de las necesidades individuales y coordinacion de servicios de cuidado, asi permitiendo a personas fragiles de salud o adultos desabilitados a permanecer en sus hogares. Estos servicios pueden ser gratuitos o bajos en costo, dependiendo de su edad, ingresos y condicion fisica. **1-800-510-2020**

Superando nuestros retos EDITOR— Ivet Saavedra

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

EAT 2 SERVINGS OR MORE OF VEGETABLES EVERYDAY FOR A HEALTHIER BRAIN.....

According to recent research conducted at the Rush University Medical Center in Chicago, there is “new and compelling evidence” that a diet rich in vegetables can help maintain memory and help “older eaters” retain the thinking ability of people five years younger. The study of 2,000 men and women, 65 and older, found that eating at least 2 servings of vegetables each day slowed cognitive decline by 40 percent. According to Martha Clare Morris, an epidemiologist at Chicago's Rush University Medical Center, fruit also contains antioxidants but eating fruit doesn't help preserve memory.

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