

Meeting the Challenges

Quarterly

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The Independent Living Partnership helps people to live independently in their homes....

A Choice for Independence

by Ivet Woolridge, Assistant TRIP Manager

Independence is probably one of the most important achievements in one's life; the thought of losing it is terrifying for most of us. Even though the thought is scary, the most important thing that we need to think about is how we are going to adjust and what we are willing to do to stay independent.

Losing our vision is frightening for many of us, but there is help available to help a visually impaired individual to cope with vision loss and stay independent.

One of the most important necessities in our lives is to have transportation to be where we need and want to go. Having a visual disability can impact our ability to drive and cause us to rely on other people to drive for us, but why? Visually impaired individuals can be trained to use public transportation successfully and in that way stay independent.

Blindness Support Services of Riverside County offers this training free of charge to individuals living in Riverside County who are willing to learn how to use public transportation to remain independent. Travel training starts with a meeting that allows the trainer and the customer to get to know each other and share information that is going to help the trainer plan a successful training lesson.

The training begins with showing the consumer how to get to the nearest bus stop from his/her house. The trips are scheduled depending on the customer travel needs. If it is a long trip that requires bus transfers, the trainer might set up that trip in sections. Once the customer is trained to travel from his/her home to the bus stop and to the destination of choice, then the customer is expected to be able to

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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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EDITOR: Richard Smith

E-Mail: rsmith@vitalco.net

ASSOC. EDITOR: Ivet Woolridge

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

Telephone: 951.867.3800 / Fax: 951.867.3830

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ride the bus independently.

While training the customer, the trainer observes and points out helpful hints to make the travel easier and safer for him/her. Part of the training includes helping the customer to recognize sounds to identify certain actions that need to be taken. For example, when the bus arrives, if a person with a wheelchair is also going to ride the bus, the customer will hear the bus pulling the ramp out for that passenger. When a customer hears the ramp being put away, then it is time for him/her to get on the bus.

While in the bus, the trainer points out places of interest to the consumer and the crossing streets that the consumer should remember. The bus driver usually announces the next stop, but it is also helpful if the customer lets the bus driver know which stop he/she wants and drivers will help by letting customer know when the stop is approaching. Blindness Support Services is also helpful by making sure all bus drivers are cooperative and help their consumers.

Having participated in a travel training session, I noticed that small tools can make a huge difference for the consumer. For example,

Blindness Support Services provides a customer with an



Trainer Ashley Suiter explains to Shane Bateman how to use cane to recognize driveway and listen for traffic.

ID carrier in which the customer can place his bus pass so that it is easy to access when getting on the bus. Being able to know exactly where the bus pass is makes a huge difference because the customer doesn't feel like people are waiting on him while he looks for it in his wallet.

The critical tool used by visually impaired individuals is the white cane. The cane is used for everything. While walking, it is important that consumer is sweeping with the cane to be aware of anything around or in front of him. The

cane will alert the consumer of the end of a side walk, an intersection, or a driveway. The consumer has to place the cane out of the walkway for safety, so cars can see it. When crossing intersections, the consumer has to recognize the noise of traffic and identify when it is his turn to cross. The trainer keeps notes of bus



Ashley Suiter shows Shane Bateman how to put cane over curb in the street visible to cars.

schedules to help the consumer with his/her needs. If there is a better and more accurate route for the consumer it is recommended because it can be easier for the consumer to catch a bus that always is on time. A very important piece of information that is taken in the beginning of the training is if the customer takes any medication. The trainer will not train if cus-

tomers doesn't have the necessary medication. Safety is the most important factor for both the trainer and the consumer.

By participating in the travel training, I had the opportunity to ask about the customer's experience with training. He found Blindness Support Services on the internet and got in contact with the trainer right away to schedule his training. He acknowledges that if it wasn't for Blindness Support Services he wouldn't know how to travel using the bus. His experience in the bus has been good; he has met nice people whom he talks to, and he noticed that people are willing to help. He is willing to learn the bus routes and is confident of what he has learned so far.

My participation in this training was inspirational. I believe that your attitude in life is the most important part of being independent. Many of us would not even think about riding the bus for many reasons. Maybe we don't have car or can't drive, but we have family who will drive for us. Why do we have to wait for someone to do us a favor? There is help for individuals who want to be independent and learning how to use public transportation is one way to stay independent. Places like Blindness Support Ser-

vices are available to us. For more information about Blindness Support Services call 951-341-9244 or visit their website at www.blindnesssupport.com.

Cane With A Light For Walking At Night

For some of us, low light at nighttime can be an unwelcome adventure. Many devices are available to help make living at home safer and easier. One such device is the *PathLighter Lighted Walking Cane*.



The cane features a super-bright xenon lamp positioned on the cane shaft to create a circle of light that safely shows you where you are going. While most lighted canes using LED lights offer only a limited lighting area, the vendor says that this cane casts a large circle of light that creates an illuminated pathway as you walk.

Ask at your home health care store about availability.

[From: www.ToolsforIndependence.org]

Leg Cramps are Painful, but Are they Dangerous?

Leg cramps are painful experiences that we all have. They are common at night, but can happen other times also.

Leg cramps can have many causes, some very simple:

- Not drinking enough water or having become dehydrated
- Being too heavy (not necessarily being obese)
- Overusing muscles
- Sitting for a long time or standing on concrete
- Not having enough potassium, calcium or other minerals in your blood
- Having your legs in an awkward sleeping position.

When we get leg cramps, we instinctively do things like rubbing the cramped muscle or gently stretching our legs, which are the right things to do to relieve the cramping. Flexing the foot up toward your head or walking or jiggling the leg can help. A hot shower or a warm bath can also be helpful to relax the muscle. Others find that rubbing the affected calf muscle with an ice pack

helps.

The Mayo Clinic suggests some things that may help prevent leg cramps:

- Drinking plenty of liquids
- Avoid drinking alcohol or beverages containing caffeine, which can cause dehydration
- Wearing shoes that have proper support
- Stretching leg muscles, or riding a stationary bicycle, for a few minutes before bed
- “Untucking” the bed covers at the foot of the bed.

Usually leg cramps are experienced occasionally and last only a minute or two, though the muscle may be tender for some time after the cramp has subsided.

However, if cramps are “severe” and occur more than just occasionally, it is recommended that you consult your physician. If you are experiencing muscle weakness, your sleep is frequently interrupted as a result of leg cramps or you are having trouble functioning during the day, it is important that you make an appointment to see your doctor.

Some of the more serious causes of leg cramping can include:

- Addison’s disease
- Alcoholism
- Reaction to blood pressure medications
- Cirrhosis
- Type 2 diabetes
- Diuretic medications
- Flat feet
- Vitamin deficiencies
- An underactive thyroid
- Kidney failure
- Parkinson’s disease
- Peripheral artery disease.

Leg pain can have other causes as well.

“Phlebitis” is the result of a blood clot and inflammation in veins, usually in the legs. It is often caused by lack of physical activity. It is highly recommended that someone who has a red, swollen or tender vein seek medical attention urgently. If it is being caused by a blood clot, the clot could completely obstruct blood flow or break loose and cause more serious health problems.

[SOURCES: www.mayoclinic.com; information at orthopedics.about.com that has been reviewed by the Medical Review Board; www.webmd.com]

“You don't have to believe everything you think.”

- Anonymous

Steps to Take to Recover your Lost Dog

by Joan Oxendine, Animal Advocate

When you discover your pet is missing, you will likely first walk through your neighborhood, looking for your pet and asking neighbors and passersby if they have seen your dog. Cover all routes where you take your dog for a walk. Since dogs are social animals, take your other dog or your pet's dog buddy with you while you search.

If you do not find your pet close to home, expand the search area. Big, strong, especially young, dogs can run 5 miles or more. Small dogs may go a half mile. Most dogs are recovered within a 2 mile circle of their home. Beginning at the last known location of your pet, work outward, targeting a two mile radius. If necessary, expand the radius to 5 miles.

Refine the search by heading into the direction the wind was coming from the day your pet was lost. Dogs walk into the wind, so knowing the direction the wind was coming from on the day your dog was lost will give the best direction to begin your search. The local airport or weather bureau will be able to tell you which direction the wind was coming from on

that day.

If you are driving, drive slowly. If you call the dog's name, remember that dogs have a keen sense of hearing and your dog might hear you call its name when it is several blocks away. It might take some time for your dog to figure out the direction from which you were calling and to travel to that location, so you should return to those places at short intervals to search.

An outgoing, friendly dog will look for other dogs and people who are friendly and will likely comfort, feed, and shelter it. These could be neighbors' yards, public parks, and school yards. A shy or older pet not trusting of strangers will hide. Good spots to check are under bushes and cars.

Search for your lost pet at local animal shelters. Visit shelters in person, register your pet as missing, and include a photograph of your pet with the report. Since shelters are required to keep stray pets for only three days, visit shelters soon after losing your pet. Visit shelters daily and use the internet to search the dogs sheltered there.

In case your pet has been injured and taken to a

veterinary hospital, contact emergency 24 hour and regular veterinary clinics.

Include as many people in your search as you can. Post signs where the most people who travel through the search area will see them: at major intersections with traffic signs or lights, entry and exits to parks, where school children get off the school bus or are dropped off at school, entry and exit to grocery stores).

Make 10-20 large signs with clear, bold letters. Include the word Reward in large letters to let everyone know finding your pet is important to you. Include a photo of your pet, or get a photo of a similar looking dog from the internet. (Use one of the major search engines, select images as the filter, put in a description of your dog, and select the image which most closely fits your dog.) If you live in a bilingual community, write the sign in both languages. (The major search engines on the internet translate your text for free.)

Your sign might look like this: Please help us find (dog's name). Our pet was

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last seen at (location where last seen). Our pet is (give description of your pet, including type of dog, gender, age, color of collar). REWARD of \$xxx). Please call (phone number).

Also, make smaller signs with the same information, and mail them to groomers, vets, kennels, animal hospitals, animal shelters, and pet stores in an area at least double the size of your circle. It's necessary to increase the size of the search area because your pet might have been picked up by someone in a vehicle and dropped off at any of these places at some distance from your home.

Place articles outdoors with a strong scent of yourself or your pet. If your pet catches the scent, he will come to them. Change the article every few days to maintain a fresh scent. If your pet is seen in an area, go to that location and leave something there with your scent, water, a small amount of food, and one of your small signs. Return to the location to search for your pet.

Use the internet to search lists and photos of dogs being held at shelters in your own and neighbor-

ing counties, and mail the small signs to them. Also search the internet for rescue organizations which publish current lists and photographs of found pets held at animal shelters.

Post an ad in local newspapers' classified ad section for lost pets. Check the classified ads daily for found pets.

Your pet will be much easier to find if it is wearing identification and is microchipped. Identification must include a current phone number with the area code. Identification may be part of the collar or on a tag hanging from the collar. Replace hanging tags as they wear and information is obscured. If your pet has a microchip, keep your personal information current with your microchip service.

To prevent pets from running out of the yard, keep fences and gates in repair. Keep gates closed. If the garage opens into the yard, keep garage doors closed. Keep your dog entertained with toys.

When walking your dog, when at the dog park, or other places outside your property, keep your pet on a leash.

Dogs will also escape from houses if given the opportunity. Children, visitors, and tradesmen will sometimes

leave doors open or incompletely closed, and dogs take the opportunity to dart outside. Take steps which will prevent pets from running outside.

[Sources: www.petfinder.com (contributor Alan Grosbard); www.animalswny.org; www.lostdogsearch.com]

EDITOR'S NOTE:

The difference in behavior between dogs and cats means that recovering a lost or missing cat requires a different approach.

Missing Pet Partnership (missingpetpartnership.org) says that indoor cats that escape outside are more likely hiding in fear because of their unfamiliarity with their surroundings, than actually lost. The advice they give is to search nearby, under and inside things and not expect the animal to meow or answer your calls. They suggest setting a humane trap to recover your pet.

They suggest that the reason a cat that is allowed or lives out of doors does not return as usual is "because something happened" to the animal. The most usual possibilities are that the cat is "trapped" in a shed or in a neighbor's yard, that it was "rescued" by a neighbor, or that it is sick or injured and hiding. The best way to start is to get permission to search neighbors' yards within about a 5 house radius. Signs and rewards and checking with vets are also a good idea.

November H1N1 Virus Update From the Centers for Disease Control

The Centers for Disease Control (CDC) reports that, as of November 14th, 6,069 Californians had been hospitalized with a diagnosed H1N1 or complications, and there had been 318 deaths. Riverside County had 25 severe cases and 10 deaths/ San Bernardino County had 56 severe cases and 17 deaths. Most cases were reported in Los Angeles County (100), next in San Diego County (91), and then in Orange County (82).

About 11% of the H1N1 vaccine orders for Riverside and San Bernardino Counties had been filled by November 16th. Because the vaccine is arriving in very limited quantities, its distribution remains targeted to health care workers and high-risk individuals.

The symptoms for all

flu, including H1N1 (Swine) flu, are similar. They include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, and chills. Some people who have contracted H1N1 report vomiting and diarrhea also.

If you become sick you should:

- Stay home from work, school, travel, shopping, social events, and public gatherings (except to seek medical care) until at least 24 hours after your fever is gone.
- Wear a facemask to protect other household members.
- Drink clear fluids—water, sports drinks, broth.
- Use tissues, wash and clean hands frequently with a hand sanitizer.
- Get plenty of rest.

The CDC warns that we should get medical care immediately if we:

- Have difficulty breathing or chest pain
- Have purple or blue discoloration of the lips
- Are vomiting and unable to keep liquids down, or
- Show signs of dehydration, such as feeling dizzy when standing or being unable to urinate.

How long the H1N1 danger will last is not known, though some forecasters suggest it will be active through the Winter and into next year's Spring. Ample supplies of the vaccine may not be available until January or later.

**TRACK UP-TO-DATE
H1N1 INFORMATION AT
WWW.VITALCO.NET**

TIPS FOR USING A TAXI SERVICE

Taxi services are commonly available in urban and suburban areas. Competing services are listed in phone directories. It may be worth while to comparison shop. Here are the basics of what you need to know:

1. Call and ask about the "entry fee" - how much you will have to pay for simply getting into the taxi.
2. Ask about the "unit fee" - the rate for each quarter of a mile and when and how much the rate will increase for the total time spent in the taxi for the trip. Rarely, a taxi may offer a flat rate to a specific destination. An additional "tip" of \$1-2 is expected per rider.
3. Ask how long it will be before the taxi will arrive to pick you up. Add extra time.

[SOURCES: www.taxicabelectronics.com; www.ehow.com]

Free, Unbiased ...Health Insurance Counseling — Call HICAP @ 1-800-434-0222

The Traveling Stomach: **Some Holiday Dishes from Around the World**

Food is a big part of all holiday celebrations. Here are some interesting holiday specialties from around the world:

Japan

Very few people celebrate the Christian Christmas in Japan. Instead, the holiday is more like Valentine's Day and known as *Romanchikku Kurisumasu*.

Sponge cakes decorated with whipped cream, strawberries and little Santa Clauses are enjoyed.

New Zealand

Cheddar Cheese Scones are a favorite holiday

snack in the bright summer sunshine of December.

Israel

Latkes are a traditional holiday food, served with sour cream and applesauce. The tradition began in the Jewish communities of central Europe and was brought to Israel. The holiday is also celebrated with doughnuts called *Sufganiyot*.

Italy

Essential to every holiday table are Anise Biscotti.

Ireland

No celebration is said to be complete without oyster stew.

Poland

A Christmas *Makowiec* cake is served that is filled with poppy seeds, raisins, almonds and honey. On Christmas Eve it is traditional to eat carp.

England

Mince Pies and Plum Puddings abound.

Germany

Spice cookies called *Pfeffernüsse* and *Lebkuchen* and cakes shaped like Christmas trees and called *Baumkuchen* are often served.

France

The Christmas dessert is *Bûche de Noël*, a sponge cake filled with butter cream and decorated like a Yule log.

Czech Republic

A double-braided sweet bread called *Vanocka* is at the center of many holiday tables.

Mongolia

Tsagaan Sar is celebrated with a stacked *ol Booy*, or "shoe sole cake" of hard bread, curd and sweets in an odd number of layers.



The **TRIP** program can help you get where you need to go.
Call us through HelpLink @ 1-800-510-2020

[SOURCES: www.cnn.com;
www.essortment.com; findarticles.com;
www.petergreenberg.com]

Call TRIP at 1-800-510-2020 to apply for TRIP Escort-Driver Volunteer assistance

How Important is Proper Hydration to Health?

At birth, a little baby girl is about 74% water and by age 51 she will be about 47% water. Not just an interesting fact. Water is essential to most bodily functions.

We take in water primarily through what we eat and drink and lose water through elimination and perspiration. Our bodies are constantly working to manage proper water balance, which is necessary for the maintenance of cell function. Water balance is achieved when intake equals water loss.

If water balance is not maintained, there can be serious physical consequences. Dehydration is associated with increased risk of falls, urinary tract infections, dental disease, kidney stones,

cancer, constipation, and impaired cognitive function.

Older adults are more at risk for a variety of reasons:

- Diminished thirst
- Voluntary restriction of intake to minimize incontinence
- Decreased kidney function
- Effects of medications.

A conscious effort is often required to drink enough fluids each day. Recommendations of the number of glasses of water that we should drink each day are often made, but actually every individual differs in activity level, metabolism and fluid intake needs, so we are not including anyone's recommendations.

Instead, we think it is important to recognize that fluid intake can also come from what we eat as well as

what we drink. Following are some common foods and the percentage of their content that is water:

Soups	80-90%
Peaches, strawberries, grapefruit, melons, grapes, oranges	80-85%
Cucumbers, lettuce, tomatoes, broccoli	80-85%
Bananas, potatoes, corn	70-75%
Cottage cheese and yogurt	75-80%
Cooked cereals	85-90%
Fish and seafood	70-80%
Eggs and egg substitute	65-80%
Stews and casseroles	60-80%

Staying hydrated can include both drinking fluids and eating healthy.

[SOURCE: "Fluids for Life",
International Life Sciences Institute]

Relieving Leg Pain Caused by Varicose Veins?

Varicose veins can be seen through leg skin as dark blue, swollen and twisted. Although many people do not experience any associated pain, some may experience a heaviness or fatigue in the legs or the legs may be itchy, aching or painful.

Self-treatment can include:

- Avoiding prolonged sitting or standing and elevate the legs when they become painful.
- Exercising regularly to help relieve periods of discomfort and prevent worsening of the condition.
- Reducing body weight.

- Wearing looser clothing around waste and legs, and wearing low heeled shoes.

Varicose veins do not usually indicate a serious underlying condition, but can sometimes be associated with blood clots. See your doctor for a complete diagnosis.

[SOURCES: www.webmd.com;
www.mayoclinic.com]

Adult Day Health Care Services and Programs

by Cathy Wong, Doctoral Student in Gerontology at the University of Massachusetts

Adult day health care centers offer community-based services and programs for older adults who have cognitive or functional limitations and for people with disabilities.

Community-based services have become and are increasingly important in the spectrum of long-term care. Home and community-based services were developed to support older adults in community settings to allow us to remain living in our own home, as opposed to living in a nursing home.

If we have a chronic health condition, such as dementia, and need supportive assistance during the day, an adult day health center may provide services and programs that meet our needs. Adult day care programs are for older adults who cannot fully function independently. A variety of services offered at adult day health care centers include exercise programs and discussion groups, which allow social interaction with other members in our community. In addition, numerous health and therapeutic services are typically offered: nursing services; physical, speech, and occupational

therapy; personal care services; hot meals and assistance with eating; and transportation to and from the center.

A general goal of adult day health care is to maintain or restore our optimal functioning by providing services and programs that support our abilities and strengths.

To mention a few, staff members at adult day health cares include licensed practical nurses and registered nurses who provide nursing and health-related services, and activities coordinators who design and implement social activities, such as exercise, discussion, and music groups.

Not only do adult day health care centers provide services for disabled older adults but they also support caregivers. While their loved ones are at the center, caregivers can complete errands or take a break and rest. While disabled family members or friends who need constant supervision are being cared for during the day, caregivers may fulfill other work and family obligations.

To learn more about adult day health care centers

and locate one in your area go to http://helpguide.org/elder/adult_day_care_centers.htm From this website, there are links to help locate adult day health centers across the country.

Some adult day health centers offer services on sliding scales, in which caregivers pay according to income. When contacting a center, it is important to ask about basic fees and financial assistance. In addition, Medicaid can cover cost for people with very low income. Adult day health centers are certified for participation in the Medi-Cal Program by the California Department of Aging.

If you are interested in attending an adult day health center, it is recommended that you first visit and assess the center. You should speak with a staff member and ask questions to determine if that center meets your needs and offers the necessary services that will enhance your family member's quality of life. When selecting a center, you can also consult with other sources (Area Agency on Aging, local Senior Center, and the Alzheimer's Association) to find the most appropriate adult day health center for you.

Why Are Prescription Medications Advertised on TV?

Does it seem likely that your physician has never heard of “Abilify” or “Celebrex”, or “Levitra”? Obviously the ads are aimed at us! The manufacturers want us to go to our doctor and ask for the drug they are pushing.

Advertised medications may be very effective, but in most cases the manufacturer holds the patent and it is very profitable to sell. Less expensive or safer alternatives might exist, but if we ask for a certain prescription we just might actually get it.

A survey of physicians, published in Consumer Reports, suggests that the advertising to the consumer approach works. “78 percent of the physicians surveyed say their patients have asked for drugs advertised on TV... (and)...67 percent admit to prescribing the drug after patients ask for it.”

Joel S. Ross, MD cites a case, in his “America’s Seniors: The Overmedicated Society” article that underscores the problem. A woman came to him who was taking *14 medications a day*. They had been prescribed by different specialists. The patient was complaining that she was suf-

fering from lack of appetite and persistent weight loss.

Dr. Ross determined that “Many of her medical concerns did not require medications, but rather a careful exploration of possible causes and then testing for certain diseases and if necessary removal of certain medications.” He continues, *“I removed 10 of her pills which had no clear medical reason to be continued and one week later her appetite came back along with several pounds weight gain. Today she is only taking 3 medications and is once again enjoying a good quality of life.”*

Dr. Ross is critical of the direct to consumer advertising of the pharmaceutical industry. He says, “Americans consume over 50% of all prescription medications used in the entire world...Yet, Americans do not live as long as 7 other industrialized nations of the world.”

Dr. Ross recommends: “Turn off commercials on the TV when they talk about prescription or over the counter medications. Ignore the newspaper advertisements about medications.”

If we listen carefully to the TV advertisements we might wonder why on earth

anyone would ever want to take a medication with the side-effects that are glossed over at the end of the commercial,

For example, have you listened carefully to the “Abilify” commercial? Abilify is an antipsychotic drug used for the treatment of schizophrenia, and manic bipolar disorder, and may also be used with antidepressants to treat major depressive disorder. All good things to treat.

However, the side effects are interesting: An allergic reaction including hives, difficulty breathing, and swelling of the face, lips, tongue and throat which may require immediate medical attention.

Also the medication may result in “serious” side effects, including: “Confusion, uneven heartbeats, jerky muscle movements you cannot control, problems with vision, speech or balance, loss of appetite, nausea, vomiting, convulsions, ‘thoughts of hurting yourself’, jaundice, inability to urinate” and *MORE!* I don’t think I’ll ask for this and hope my doctor has a BETTER IDEA.

[SOURCES: www.fiercehealthcare.com;
www.memorycenternj.com]

WARNING: Never stop a medication unless approved by your physician!

ASSISTED TRANSPORTATION

You may qualify for special *TRIP* assistance to help you secure a volunteer escort-driver.

Call 1-800-510-2020 and tell the HelpLink Services Specialist that you need help with transportation.

You will be asked a few questions and, if appropriate, will be referred to *TRIP*. Once referred, you will be required to complete an application, and if you are determined to be eligible for *TRIP* assistance, you will receive monthly cash mileage reimbursements for your volunteer.

The volunteer escort-driver *TRIP* program is supported by Measure A tax funds through the Riverside County Transportation Commission, Older Americans Act funds through the Riverside County Office on Aging, New Freedom funds through SunLine Transit Agency and local funds from the City of Blythe.

**Volunteer TRIP Drivers are All Around Us**

When new people are enrolled in *TRIP* they have the opportunity to recruit a volunteer driver they would like to assist them with getting to the doctor, or shopping or with other transportation needs. Volunteer drivers for the hundreds of people currently receiving *TRIP* assistance include:

- A friend they have known a long time
- The sons, daughters or grandchildren of friends
- Friends of their own son or daughter
- People their son or daughter work with
- People they used to work with themselves
- Neighbors
- People who live in the same retirement community or mobile home park
- People they met in a club or at church
- People recommended by their priest, pastor or rabbi or people in administration at a church or synagogue or mosque
- Their caregiver
- Someone recommended by their caregiver
- People who are already volunteers at the hospital
- People who are already volunteers for other community programs or services
- Members of service clubs, like Rotary or Elks
- People who are active in a senior or community center
- Seniors they met eating at a local restaurant or cafe
- People they met and talked with at the beauty salon

People are very willing to help if they are asked. The mileage reimbursement may help, but people volunteer because they care about their friends and neighbors. It is clear that the real spirit of community is pretty basic and very profound—it is people wanting to help each other.

INLAND and DESERT AIDS PROJECT SERVICES

The Inland AIDS Project provides transportation services to medical or dental appointments for any individual with HIV/AIDS residing in Western Riverside County.

These services are offered Monday through Friday with a 48 hour notice of the need for services. To arrange for transportation call: 951-224-8314 ext. 136

The Inland AIDS Project also provides other services such as:

- Case Management
- Mental and Behavioral Health Treatment
- Substance Abuse Counseling
- Housing Opportunities
- Emergency Housing Assistance
- Home Care
- Education and Prevention

Inland Aids Project
office locations:

Riverside

3767 Elizabeth ST
Riverside CA 92506
951 224-8314

San Bernardino

357 W 2nd ST STE 16
San Bernardino CA 92401
909 888-8851

Hesperia

18347 Madrone ST
Hesperia CA 92345
760 947-5577

For more information you
can visit their website

www.inlandaidsproject.org

Desert AIDS Project provides transportation assistance for individuals living with HIV/AIDS in the desert community. Assistance is available through taxi cab vouchers for emergencies, gas reimbursement for clients, and bus passes.

Other services include:

- Confidential HIV testing
- Case management
- Benefits and financial counseling
- Home care

- On-site Walgreen's Pharmacy
- Legal counseling
- Food
- Dental referrals
- Psychological counseling
- Housing assistance
- Substance abuse counseling
- On site Laboratory services

Office locations:

Main Location

Palm Springs

1696 N Sunrise WAY
Palm Springs CA 92262
760 323-2118

Indio

82-365 Highway 111 STE
100

Indio CA 92201

760 342-4197

For more information you
can visit their website

www.desertaidsproject.org

GREYHOUND BUS SERVICES

BLYTHE—905 W Rice St., 760-922-5401

BANNING—583 W Ramsey, 951-849-9138

INDIO—45-525 Oasis St., 760-347-5888

PALM SPRINGS—Train Station on Train Station Road (ticket purchase from driver), 800-231-2222

PERRIS—412 4th St, 951-657-7813

RIVERSIDE—3911 University Ave., 951-686-2345

TEMECULA—28464 Old Town Front St., Ste B, 951-676-2059

SAN BERNARDINO—596 North G St., 909-884-4796



Superando nuestros retos.....

**Reciente Reporte de Noviembre de el virus H1N1
De los Centros de Control de Enfermedades**

Los Centros de Control de Enfermedades (CDC) reportan que desde Noviembre 14, 6069 Californianos han sido hospitalizados con un diagnostico de H1N1 o complicaciones, y ha habido 318 muertes. El condado de Riverside ha tenido 56 casos graves y 17 muertes. La mayoría de los casos fueron reportados en el condado de Los Angeles (100), el condado de San Diego (91), y el condado de Orange (82).

El 11% de ordenes de vacunas de H1N1 de los condados de Riverside y San Bernardino han sido cubiertas hasta el 16 de Noviembre. Porque la vacuna ha estado llegando en cantidades limitadas, la distribucion todavia es la prioridad para trabajadores de salud y personas que corren de un alto riesgo de

contraer la enfermedad. Los sintomas de todas las gripes, incluyendo H1N1 (Swine) son similares. Incluyen, fiebre, tos, garganta irritada, congestion de la nariz, dolor del cuerpo, dolores de cabeza, y escalofrios. Algunas personas que han contraido H1N1 reportaron vomito y diarrea tambien.

Si usted se enferma, deberia de:

- Quedarse en casa, no ir al trabajo, escuela, viajar, compras, eventos publicos (solamente si va a recibir asistencia medica) hasta 24 horas despues que su fiebre haiga desaparecido.
- Pongase una mascara para proteger miembros de su hogar.
- Tome liquidos claros –agua, sopa, bebidas hidratantes
- Use pañuelos, lavese las manos con frecuencia con un

desinfectante.

- Mantengase reposado
El CDC advierte que debemos obtener atencion medica inmediatamente si:
- Tiene dificultad para respirar y dolor de pecho
- Tiene descoloracion azul o morada de los labios
- Tiene vomito o no puede mantener liquidos o;
- Tiene indicaciones de desidratacion, como si se siente mariado cuando esta parado o no poder orinar.
El tiempo que el peligro de el H1N1 va a permanecer no es seguro, algunos predicen que va a estar activo durante el invierno y hasta la primavera de el año que viene. Suficientes reservas de la vacuna alomejor no van a ser disponibles hasta Enero o mas tarde.

Que Tan Importante es Mantenerse Hidratado Para la Salud?

Al nacer, una niña es aproximadamente 74% agua y al cumplir 51 años ella sera 47% agua. No nadas un dato interesante. El agua es esencial para casi todas las funciones de nues-

tro cuerpo.

Nosotros ingerimos agua principalmente por lo que comemos y tomamos y perdemos agua por prespiracion y eliminacion. Nuestros cuerpos estan constantemen-

te trabajando para mantener el balance de agua apropiado, el cual es necesario para mantener la funcion de celulas. Balance de agua es lo-grado cuando la cantidad del consumo es igual a la cantidad perdida

.....**Superando nuestros retos**

Si el balance de agua no es mantenido, puede tener serias consecuencias físicas. Deshidratación es asociada con un alto riesgo de caídas, piedras en los riñones, cáncer, estreñimiento, infección urinaria, enfermedades dentales, y deterioro de funciones cognitivas.

Personas mayores co-

QUE ES “TRIP”?

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, 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 información de alternativas de transporte en su area, - La llamada es Gratis!

rren mas riesgo por las siguientes razones:

- Sed es disminuda
- Restriccion voluntaria de liquidos para minimizar incontinencia
- Disminucion de function renal
- Efectos de algunas medicinas

Muchas de las veces se requiere un esfuerzo de tomas los suficientes liquidos diariamente. Las recomendaciones de cuantos vasos de agua deberiamos de tomar son hechas, pero en realiad cada persona tiene diferentes niveles de actividad fisica, metabolismo y necesidad de liquidos, entonces no estamos incluyendo todas estas recomendaciones.

En vez de esto, pensamos que es importante el reconocer que el agua que ingerimos tambien puede incluir cosas que comemos.

Aqui tenemos algunas de las comidas y su porcentaje de agua que contienen:

Sopas	80-90%
Duraznos, fresas toronjas, melones, uvas, naranjas	80-85%
Pepinos, lechuga, jitomate, broccoli	80-85%
Platanos, papas, elote	70-75%
Queso cottage y yogurt	75-80%
Cereales cocinados	85-90%
Pescado y mariscos	70-80%
Huevos y substitutos de huevos	65-80%
Guisados y cazuelas	60-80%

El mantenerse hidratado puede incluir las dos cosas, beber liquidos y comer saludable.

[SOURCE: “Fluids for Life”, International Life Sciences Institute]

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 Woolridge / Challenges Associate Editor

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

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The *Winter Solstice* this year will be on December 21st, at 3:38 PM Pacific Standard Time. At this point the sun will be at the farthest point from the earth's equator and will be our shortest day. It is the beginning of Winter in the Northern Hemisphere, short days and long nights. Celebrations in ancient times focused on the hoped for return of warmer days of more light. For many it would be difficult times filled with worry about having enough food and staying safe. When Winter was done, it would be time to celebrate again. It is the wish expressed in this children's rhyme: *It is spring time. Winter's gone! Winter's gone! Soon it will be summer. It won't be long.*

[SOURCES: news.nationalgeographic.com; www.religioustolerance.org; www.theholidayzone.com]

- Inside.....*** ▶ A Choice for Independence ▶ Leg Cramps Are Painful, But Are They Dangerous?
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▶ Reciente Reporte de Noviembre de el virus H1N1 ...& MORE!!!!