



Meeting the Challenges



Fall 1996

Volume 5 Issue 2

A SPECIAL QUARTERLY PUBLICATION FOR SENIORS, PERSONS WITH DISABILITIES, THEIR FRIENDS AND FAMILY, AND THOSE WHO

Knowing When to Say When . . . PRACTICAL GUIDELINES ON WHEN TO ASK FOR HELP by Chris Stone, M.S., M.S.P.H.

We are a nation of fiercely independent people. From the Idaho millionaire who dresses in ragged jeans and flannel shirts to my aunt who *doesn't want to impose* on her kids, no matter how serious her needs, we pride ourselves on our ability to handle things without help or charity. Who hasn't found themselves, at least once, singing along with Frank Sinatra on "I Did It My Way?"

We also know, from research, that one of the things that is feared most by all of us is the loss of personal independence, whether it results from accidental injuries, sickness or just getting older. Sometimes, though, we can let our value of independence and our fear of its loss interfere with our common sense. There are times when asking for help is the only reasonable thing to do.

The Senior Peer Counselors in the desert have experienced some real life situations where some of us, trying desperately to preserve our independent lifestyle, have actually put ourselves in personal danger.

What follows are some practical "warning signals" that may mean we are at a point in our lives where the only sensible thing to do is ask for help:

- > We live on our property free and clear but are living hand-to-mouth, often without enough money for food. If we continue, we may become malnourished and risk serious health problems.
- > We live alone and have children or grandchildren who mistreat us in some way. For example, we

have sons or daughters who are not doing too well on their own (maybe they are just out of prison, have drug problems, lost their jobs, or have been recently divorced), and they get us to give them money or run up huge phone bills on our phone. We love our kids, but if loving them means we end up without the ability to feed and take care of ourselves or pay our bills, something is very wrong.

- > We may find ourselves completely alone, without family or friends, no one to talk to, no one who even knows if we are OK or not. Then we are in danger.
- > We find ourselves living in constant fear. We hear or read the news and have become convinced that we cannot go outside, talk to anyone, or trust anyone. Reasonable caution is always a good thing, but if it gets to the point where we have become isolated as a result of our fears, real or otherwise, we need to ask for help.
- > We find ourselves unable to do the necessary things to take care of ourselves like preparing our meals, bathing, keeping our apartment clean, taking our medicines on time, managing our money, or getting groceries or other things we need.
- > We find ourselves forgetting to do important things, like lock our doors, turn off the stove, or take our medications.

[See When to Say When on next page]

inside...	<ul style="list-style-type: none"> ◆ What Is Rehabilitation Therapy and What Can It Do?.....Page 2 ◆ Should You Join an H M O ?.....Page 6 ◆ Older Worker Coalition Is Formed.....Page 8 ◆
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WHEN TO SAY WHEN...

- > We are taking care of a spouse and, as a result of the rigors of our caregiving, we are becoming rundown ourselves.
- > We are still driving, but can't see very well or our reflexes have slowed from mini-strokes, maybe people honk at us or we forget how to get where we are going.

These are just some examples of when asking for help is the right and only sensible thing to do. But there may be other situations that are equally as dangerous and require us to reach out for help. We all have a lot of experience to draw upon, and deep

down we usually know when things just aren't right. We need to listen to our inner voice.

We've all had relatives or friends whom we have seen, somewhere in their lives, kept on doing something that we knew just wasn't going to work. But they stubbornly kept on doing it until things really got bad. Not only did they fail, but they often hurt themselves or others around them in the process.

Sometimes, the more

stubborn we are in our effort to preserve our personal independence, the less chance we actually have of remaining independent.

On the other hand, asking for help when we need it can end up keeping us more independent longer. There are many programs that can help. All we have to do is ask. Call the Office on Aging's HelpLink at 1-800-400-4664 and tell them you need help to preserve your independence.

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

- Charles Darwin

MEETING THE CHALLENGES
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 POSTMASTER: Send address changes to SDCC,

What is Rehabilitation Therapy & What Can It Do?

There are three types of rehabilitation therapy: Occupational Therapy, Physical Therapy, and Speech Therapy.

Occupational Therapy is intended to increase an individual's ability to accomplish such things as bathing, grooming, dressing and taking care of other personal needs. For some, who have full time caregivers, the goal of this therapy is to reach a point where the person can accomplish most of these things on their own with a caregiver present to assist if help is needed.

Rehabilitation (rehab) therapists then work with patients, up to 7 days a week, to meet goals established by the therapist the patient. Family members and caregivers are instructed in safe and effective ways of caring for the person receiving therapy.

Physical therapy provides treatment for persons who have

been injured, disabled or are suffering from any type of movement, balance, flexibility or strength disorders. The goal is to help the patients to reach the highest level of their individual performance capability in such activities as walking, sitting and getting up and down.

Speech Therapy is used to help a person with impaired communication, thinking or swallowing abilities. The therapist works to improve a person's verbal communication and thinking skills or to develop alternative ways of communicating. Swallowing difficulties can be helped by developing individual swallowing techniques and adjusting diet.

The overall intent of all rehabilitation therapy is to return patients to prior levels of functional capabilities and to return them to circumstances where they can live independent of institutionalized care.

Think You Can't Get There From Here? **MEDITRANS May Just Surprise**

Medical transportation is only one of the things that Meditrans does. They do that well, but they are the transportation answer for many seniors and persons with disabilities in Southwestern Riverside County who cannot ride the bus and need to travel for other reasons too!

Let's say you live in Perris and need to travel to Lake Elsinore to shop...**NO PROBLEM.**

Meditrans provides curb-to-curb service between the cities of Perris, Hemet, Temecula, Romoland, Homeland, Winchester, Lake Elsinore, Good Hope, Alberhill, Sedco Hills, Wildomar, Murrieta, Murrieta Hot Springs, Sun City, Quail Valley, Mead Valley and Canyon Lake through their InterLink service. Limited service is also available into Riverside, Corona/Norco and Moreno Valley.

Cost a lot? No. The suggested donation is \$1 each way.

Can't climb the steps into the Meditrans vehicle? Vehicles are lift equipped.

Can't travel alone? Need an escort? They can accompany you for free!! In fact the only catch is if you want to travel tomorrow you need to call today. (Call Fridays for Monday reservations. All travel is subject to available space.)

Meditrans also operates fixed routes that *can take you to* Riverside, Colton, Loma Linda, and Moreno Valley *from* Temecula, Murrieta, Murrieta Hot Springs, Quail Valley, Wildomar, Lake Elsinore, Glen Ivy, Corona, Norco, Lake Mathews, Canyon Lake, Sedco Hills, San Jacinto, Hemet, Winchester, Green Acres, Homeland, Romoland, Juniper Flats, Nuevo, Menifee, Sun City, Perris, Mead Valley and Woodcrest! Just **call 1-800-247-9293** and ask them to send you a brochure. Same things apply: donations accepted; escorts ride

for free. You really can't beat the transportation deal that Meditrans provides.

Meditrans began over 25 years ago when volunteers from the Junior League of Riverside County drove a station wagon to provide transportation to seniors and persons with disabilities who needed rides to medical appointments in Riverside.

In 1973, Meditrans became a private nonprofit agency and was able to purchase the vans that were needed to expand their service to the residents of Riverside County. The Meditrans philosophy has always been, when the people can't get to the bus, the Meditrans bus will get to the people.

Today Meditrans has 15 drivers, 19 vehicles and helps about 6,500 passengers *get there from here* each month.

Judylynn Gries, Director of Meditrans, says drivers are carefully trained to provide, in addition to safe transportation, "... a listening ear and a vital link to the world for passengers who are often otherwise homebound or frail and live in rural areas." Gries says that Meditrans drivers pride themselves on providing personalized and caring service.

If you haven't yet discovered the transportation miracle that is Meditrans, it's probably time you did. And tell your friends about them too.



HAVE YOU MISSED ANY OF OUR FREE *MEETING THE CHALLENGES* SEMINARS?

- ◆ NOT YET. THEY WILL BE HELD THROUGHOUT RIVERSIDE COUNTY BEGINNING IN NOVEMBER AND CONTINUING THROUGH JUNE OF NEXT YEAR.
- ◆ SO FAR WE HAVE TWO SEMINARS THAT ARE DEFINITELY SET. WRITE THEM DOWN ON YOUR CALENDAR AND PLAN TO ATTEND -

★★★★★“Adjusting to Change and Loss As We Become Older Adults”★★★★★

Speaker: Dr. Robert Soman

Place: Multi-Purpose Center, 11-777 West Drive, Desert Hot Springs

Date and Time: Wednesday, November 13th @ 1 PM

We all experience changes in our capabilities and personal and financial status as we become older. We experience losses of friends and relatives and must face physical challenges in our daily living. Dr. Soman will discuss these changes and provide practical insights on how we can cope with our changing lives. Dr. Soman is a practicing psychologist and licensed clinical social worker in Palm Springs. Dr. Soman provides psychotherapy and group and family therapy services.

[This important seminar is being co-sponsored by the Desert Council for Aging]

★★★★★“Support and Assistance Services Available for Seniors”★★★★★

Speaker: Senior Services Specialist from Riverside County Office on Aging

**Place: Country Lake Older Persons Mobile Home Community,
21100 Highway 79, San Jacinto**

Date and Time: Tuesday, January 14th @ 10 AM

There are many special programs and services available for seniors of which many of us are not aware. This is your chance to learn about these programs and ask questions about programs and services that might be very helpful in your own circumstances.

We are also currently scheduling seminars and have not yet selected a site in the following areas :

BANNING/BEAUMONT • BLYTHE • CATHEDRAL CITY • CORONA/NORCO • IDYLLWILD • INDIO • MORENO VALLEY • PERRIS • WILDOMAR

If you are a resident or administrator of an adult community or an administrator of another facility and would like to host one of these free seminars, please contact Richard Smith at 1-800-400-4664. You supply the site and we'll supply the rest. We work with the site host to schedule topics and speakers that are of most interest to their residents or the people whom they serve. But call today. We have already arranged for another seminar to be presented at Murrieta Hot Springs Golf Knolls in early spring and are working out the final plans for that seminar. Dates are currently open, but subject to availability.

★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

THE FULL SCHEDULE OF THIS YEAR'S REMAINING SEMINARS WILL BE

CAREGIVER'S BILL OF RIGHTS

Providing care for a person with Alzheimer's is often a stressful and demanding ordeal. This Bill of Rights helps identify some of the common and "normal" emotions caregivers experience. **It is all right to:**

BE ANGRY. Turn this energy into positive action. Clean closets, take a walk, talk with someone.

BE FRUSTRATED. Stop the present activity, take a deep breath, and begin a different activity.

NEED TIME ALONE. Sit in a favorite chair in a quiet room, take a trip to the store or out with friends.

NEED AND ASK FOR HELP. Explore family, friends, local agencies for services needed. Most doctor's offices and clergy can make referrals.

TRUST YOUR JUDGMENT. Relax, you are doing the best you can.

RECOGNIZE YOUR LIMITS. You are a valuable person. Take care of yourself.

MAKE MISTAKES. So who's perfect? This is how we learn love.

GRIEVE. This is a normal response to loss. You may be sad over the loss of the way things used to be.

LAUGH AND LOVE. It can seem out of place, but your capacity to feel is not gone and can occur unexpectedly.

HOPE. Tomorrow the day may go smoother, a friend may call, a cure may be found.

[SOURCE: American Health Assistance Foundation]

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Dementia Is A Natural Result of Aging:

Dementia literally means a general mental deterioration due to organic, psychological or environmental factors, according to Marjorie Flitterman who is the Director of The Memory Center in Rancho Mirage.

Flitterman says "Dementia is a condition that is specifically related to certain diseases like Alzheimer's or Schizophrenia, among others, but it is not a normal

consequence of the aging process." She added "As we age we may slow down a little since we have so much stored in our brains and it takes a little longer to retrieve things."

A recent article by Mike Schwartz in The Press-Enterprise makes a similar observation. He writes, "...If you're healthy and mentally active, your problem-solving abilities are still at their peak [in your 60s]." He continues

"Your reasoning skills probably are as sharp as ever [in your 70s], although short-term memory and reaction times have deteriorated."

So don't let anyone tell you that you are losing your mind because you are getting older. Truth is, although we may be a little slower, we are probably some of the smartest people around!

If you are having difficulty with your memory, ask your doctor to refer you to The Memory Center in Rancho Mirage. They perform neuropsychometric testing and diagnostic services at no cost to the patient.

Memory loss and confusion can result from many treatable conditions including depression.

SHOULD YOU JOIN AN HMO

HMO stands for Health Maintenance Organization. Whether or not you should join an HMO is a personal decision. Important points to consider are which doctors and hospitals are available through the HMO. One suggestion is to find out which HMOs your doctor belongs to and use that information in making the decision. Another idea is to compare the added benefits offered through different HMOs. These may include preventive health care services such as annual physical exams and cancer screenings, prescription drugs, or dental and vision coverage. You should compare HMOs to decide which one best meets your medical and personal needs.

If you join an HMO, Medicare pays them a fixed amount each month to provide services for you regardless of how much you use the services. You will continue to pay the Part B premium plus any premiums and co-payments the HMO requires. These are things you also need to check into before picking an HMO to join. HMOs cannot delay or refuse your enrollment due to existing medical problems.

When you join an HMO, you agree to receive all your health care services through that plan's network of doctors, hospitals and other health care providers. This arrangement is commonly referred to as "lock-in" because you are restricted to using that group of providers except during emergency care.

Once you are enrolled in an HMO, you choose a primary care physician who coordinates your care and refers you to any specialist you may need to see. In most cases, you must see that primary care physician to get a referral for any other health care services within the HMO. Your other option is to remain in the traditional fee-for-service Medicare program.

HICAP (Health Insurance Counseling and Advocacy Program) is a free counseling program to help Medicare consumers make objective and informed decisions about health care coverage. You can call HICAP at 1-800-273-4227.

[SOURCE: CMRI Medicare Rights & Insights]

CHRISTMAS IN HAWAII DINNER AND ENTERTAINMENT

The *Christmas in Hawaii* fundraising dinner and entertainment is scheduled for Friday, December 13th, between 5:00 and 7:00 PM at the

Multi-Purpose Center, 11-777 West Drive, Desert Hot Springs.

If you would like more information on what promises to be a great time, call the Center at 619-329-0222.

B..But -

*I Want To Be A
...Senior!*

EDITORIAL by Richard Smith

I heard the other day that I cannot ever be a "senior"! That came as quite a shock to me. Since my late forties, I have thought of myself as a "junior", and I've been looking forward to becoming a senior. To me, senior is a term of respect signifying achievement and status.

But now I am told that somebody, somewhere, thinks the term senior is politically incorrect, so from now on we must be referred to as "older persons." Does that mean there will be no more children either, just "younger persons?" This is really becoming absurd. Can you imagine "older persons" discount?

Actually, I think that referring to seniors as older persons is demeaning! Of course I've gotten older as a result of living all these years, but that doesn't describe what I've accomplished.

I have experienced and learned a lot. I have a well developed sense of who I am and am comfortable with myself and my place in the world. I have worked hard to earn the freedom of doing what I want, when I want, of dressing the way I want and saying what's on my mind. I've worked hard to become a senior.

The PUMPKIN: An Underappreciated Vegetable

When we think of pumpkin, we might think only of jack-o'-lanterns and pie, but the pumpkin can be eaten in a variety of ways. It is healthy and inexpensive, and adding pumpkin to our diet can be an interesting change. Pumpkin is a rich source of beta-carotene and dietary fiber. Here are a few pumpkin recipes to add a little adventure to our fall eating.

PUMPKIN BREAD

Heat oven to 350°.

- 2 cups flour**
- 1 cup packed brown sugar**
- 1 tablespoon baking powder**
- 1 teaspoon cinnamon**
- 1/4 teaspoon salt**
- 1/4 teaspoon baking soda**
- 1/4 teaspoon nutmeg**
- 1/8 teaspoon ground cloves**
- 1 cup cooked and puréed pumpkin**
- 1/2 cup milk**
- 2 eggs**
- 1/3 cup shortening**
- 1/2 cup walnuts(optional)**
- 1/2 cup raisins(optional)**

Mix 1 cup flour with brown sugar, baking powder, ground cinnamon, salt, baking soda, nutmeg and cloves. Add pumpkin, milk, eggs and shortening and beat at low speed until blended. Stir in rest of flour and mix well. Stir in nuts and raisins if desired. Pour into greased loaf pan and bake for 1 hour or until toothpick inserted near center comes out clean. Cool and remove from pan. Slices better if you wait until following day to eat, but that's pretty hard to do! Excellent as a breakfast bread, snack or desert. Can be stored 2 to 3 weeks in refrigerator.

HOW TO PRE-COOK PUMPKIN

Heat oven to 350°. Open pumpkin and remove seeds. Cut pumpkin into conveniently sized pieces. Place, skin side up, on rack in baking pan and bake about 40 minutes until pumpkin is tender when pierced with a fork. Scoop pumpkin meat out with a spoon and purée in a blender. What you don't use immediately may be refrigerated or frozen.

PUMPKIN-CORN

- 2 tablespoons cooking oil**
- 1 cup fresh or frozen corn kernels**
- 1/2 teaspoon thyme**
- 1 tablespoon lemon juice**
- 1 tablespoon minced garlic(optional)**
- 2 cups milk**
- 1 cup cooked and puréed pumpkin**
- 1 cup cornmeal**

Place oil in saucepan over medium heat. Add corn and spices and cook for about 3 minutes, stirring frequently. Mix in milk and pumpkin and bring to simmer. Stir in cornmeal, reduce heat and

cook until pudding is thick, stirring constantly (3 to 4 minutes). You may thin pudding with additional milk if necessary. Use pumpkin-corn pudding as a side dish with chicken or other meats instead of potatoes.

PUMPKIN SOUP

- 1 tablespoon olive oil**
- 2 cups cooked and puréed pumpkin**
- 2 cups diced green apples**
- 1/3 cup chopped onion**
- 1/3 cup chopped celery**
- 1/4 cup chopped carrot**
- 1/2 teaspoon ginger**
- 1 teaspoon lemon juice**
- Pinch of cinnamon**
- Pinch of nutmeg**
- 2½ cups water**
- 1 cup cranberry juice**

Heat oil in large saucepan over medium-low heat. Add apples, onion, celery and carrot and cook until onion is tender, stirring occasionally (about 15 minutes). Mix in ginger, lemon juice, cinnamon and nutmeg. Add pumpkin, water and cranberry juice and bring to a boil. Reduce heat, cover and simmer until vegetables are very tender, stirring occasionally (about 20 minutes).

Desert Council for Aging Seeks Memberships

Serving the aging, their families and agencies who work with older adults in the Coachella Valley, the Desert Council for Aging is a private, non-profit agency that provides a number of programs.

The mission of the Desert Council for Aging is to provide information, referral, advocacy and education in cooperation and coordination with existing agencies, services and groups in the desert.

Specifically, the Desert Council for Aging administers MEALS ON WHEELS in Palm Springs, Palm Desert, La Quinta and Indio. During the last year over 2500 individuals were served 34,484 meals with volunteer visits totalling 9,360. MEALS ON WHEELS was subsidized by The Palm Desert Foundation and The Gannet Foundation. If you would like to volunteer to assist with this program, you can call the Desert Council for Aging office at (619)327-7766 or (619)322-0138.

The Desert Council for Aging has conducted Public Issues Seminars dealing with the concerns of individuals and agencies in the desert area, Cultural Diversity Seminars dealing with ethnic and life style issues of concern to the aging, and Alternative

Medicine Seminars which will continue during the next year. The Council is currently planning a series of Baby Boomer Seminars or events for the coming year that will deal with the impact of this aging generation on aging services and changing concepts in the delivery of aging services.

The Council will also co-sponsor this year's Senior Services Information Seminars of the Senior and Disabled Citizens Coalition in the desert area.

The Council is a member of the Aging Community Team (ACT I), which is a new organization formed in the desert to assure that aging individuals are able to receive necessary and appropriate support services.

Individual, Business and Non-Profit Memberships in the Desert Council for Aging are currently being sought. The cost to belong to and support this worthwhile organization is very reasonable. An annual individual membership is only \$10.00; \$25.00 for non-profit membership; and \$50 for business membership. Send your check, payable to Desert Council for Aging, to 223 Overlook Road, Palm Springs, CA 92264.

OLDER WORKER COALITION IS FORMED: Creating New Opportunities for Seniors and Area Employers

To promote older workers and to help provide older workers with employment opportunities, the Riverside County Economic Development Agency, the Office on Aging, the Employment Development Department, the National Indian Council on Aging, and Catholic Charities have joined to form the Riverside County Older Worker Coalition.

Coalition members provide employment and training services

funded by the Job Training Partnership Act (JTPA) and the Older Americans Act (OAA) to qualified seniors, 55 and over.

Older workers gain additional job skills through work experience, on-the-job training, and classroom vocational training. Upon completion of training, these workers are then connected with employers for full or part-time work.

The major benefits to those who employ older workers

include the high level of dependability, the strong work ethic and years of practical experience that these workers bring to the employers work force.

If you represent a business and would like to know more about the Coalition's programs, please call Lynn Winter at (909)275-3087.

If you are a senior and interested in the Older Worker Program, please contact Don Gardner at (909)275-3140.

New Older Californian's Act Passes!!!!

Riverside County seniors may benefit from the the Mello-Granlund Older Californian's Act which was passed just minutes before the current state legislative session ended.

Passage of the bill, which redefines California's commitment to its older population, is a significant development for at least two reasons:

1. It seeks to correct inequities in the distribution of funding for nutrition and social service programs.
2. It provides for increased local control of service programs.

Lu Molberg, Director of the Riverside County Office on Aging, says "This is truly

"...landmark legislation..."

landmark legislation that will help facilitate our local commitment to integrate home and community based services for older adults in our county."

In fact, the legislation moves management of all programs in the California State Department on Aging, which are funded from state general funds, to local area agencies.

The role of the California Department on Aging will be to develop policy direction, set program standards, monitor local area performance, and provide technical assistance in planning

and program implementation. The state office will shift administrative resources to local area agencies, like Riverside County Office on Aging, to cover the costs of administration of the programs that will now be handled locally.

In the past, many feel that Riverside County has not received a "fair share" of federal and state grant dollars under the Older Americans Act.

The new legislation is very much consistent with Riverside County priorities of flexibility, consumer involvement and an emphasis on local home and community based service coordination, among others.

Sometimes...

- ≈ *we get lonely*
- ≈ *we are frightened by a change in life's situations*
- ≈ *we face a dilemma and don't have any answers*
- ≈ *we feel overwhelmed*
- ≈ *we experience a sense of powerlessness*
- ≈ *we are suffering due to a loss*
- ≈ *we just need someone to talk to...*

No cost senior volunteer support is available through the Riverside County Office on Aging. Senior volunteer peer counselors are warm and caring seniors trained and supervised to assist other seniors facing difficult times and life changes.

**For more information call:
HelpLink at 1-800-400-4664**

NOTE: The Senior Volunteer Peer Counselor program is not crisis intervention, an emergency response, or professional counseling.

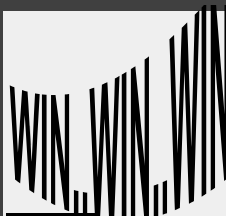
DO YOU QUALIFY FOR FREE LEGAL ASSISTANCE?

Seniors and persons with disabilities with limited income may call for a screening appointment for specific qualifications. Call Public Service Law Center at (909)244-2920 or (909)682-5213.

[Contributed by Marci Walters]

ADVERTISE IN

Meeting the Challenges



1

Reach readers who truly need and are shopping for your services

2

Gain the goodwill of our readers through your support of their newsletter

3

AND it doesn't cost much either:
1/6pg \$35 - 1/3pg \$60 - 1/2pg \$85

Call Richard Smith @ (909) 697-4697, x263

NEW SUPPORT GROUP FOR

Amputees Are Able is a support group for those who are experiencing the challenges of limb loss. Though amputation may not be life threatening, it can be a very traumatic event.

Besides the practical difficulties of learning to live in different ways, feelings of anger, bitterness, denial, depression, guilt and isolation are also quite normal.

Amputees Are Able provides information and advice about social, psychological, financial, medical or practical challenges that might be experienced after amputation.

According to Lynn Brancata, president, "There are many positive and productive ways to deal with the amputee's new circumstances."

Amputees Are Able has four chapters in and near Riverside

HOW DO WE LIVE?

According to "Housing and Living Arrangements", in the Handbook of Aging and the Social Sciences, 54% of noninstitutionalized older persons live with a spouse. *31% live alone.* 13% live with persons who are related. *But only 2% live with persons who are unrelated to them.*

The writers continue that how we live can affect the affordability of housing and our ability to remain independent.

County. There is a Hemet Valley Chapter, a Temecula/Murrieta Chapter, a Coachella Valley Chapter and a Redlands Chapter, which serves residents of the Riverside area.

If you would like more information on the programs and services of Amputees Are Able, call them at (909)794-1179.

What Is The California Senior Legislature?

The Senior Legislature is made up of 120 elected, non-partisan representatives of older persons living in California.

The purpose of the Senior Legislature is to identify important concerns, develop proposals, and work to have the proposals enacted into law by the State Legislature.

Let your Senior Legislator know what's on your mind. You can also volunteer to help your representative develop and write bills and provide "grass roots" support in your area for California Senior Legislature proposals.

You might also be interested in running for election as the Senior Legislator from your area. Elections are held in March of odd numbered years and the terms of those elected are for 2 years. You can get involved. Contact the Office on Aging at 1-800-400-4664.

ADULT DAY HEALTH CARE

For Adults With Physical or Memory Impairments Which Limit Activities of Daily Living

- *NURSING & PERSONAL CARE*
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- *SOCIAL CASEWORK*
- *FAMILY SUPPORT GROUPS*

Monday - Friday, 9:00 AM - 4:30 PM

Extended Hours Available

COST: MEDI-CAL or Private Pay

For Information Call:
**ADULT DAY SERVICES
CENTER
OF RIVERSIDE
(909) 784-3404**

WHO IS ELIGIBLE FOR PARATRANSIT

You are eligible if you have a disability and cannot independently board, ride or get off a bus, or if there is no accessible bus available at the time and place needed. You are also eligible if your disability-related condition makes it impossible for you to use regularly scheduled bus transportation.

"...I've known rivers ancient as the world and older than the flow of human blood in human veins. My soul has grown deep like the rivers."

- Langston Hughes

☆☆☆☆☆☆☆☆ **CUSTOMER SATISFACTION SURVEY** ☆☆☆☆☆

The purpose of our nonprofit organization is to help seniors and persons with disabilities to improve or preserve their personal independence and dignity in activities of daily living. We do this through a variety of programs and services including our educational seminars, T.R.I.P. (the Transportation Reimbursement and Information Project), and *Meeting the Challenges*.

PLEASE TAKE A FEW MINUTES TO FILL-OUT THIS SURVEY TO LET US KNOW HOW WE ARE DOING AND HOW WE CAN BETTER SERVE YOUR NEEDS.....

1. How INTERESTING do you find the articles in *Meeting the Challenges* ?
 VERY SORT OF OK NOT VERY NOT AT ALL
2. How USEFUL to you is the information which is presented in *Meeting the Challenges* ?
 VERY SORT OF OK NOT VERY NOT AT ALL
3. What topics would you like to see us cover in upcoming issues of *Meeting the Challenges* ?

4. What topics have we covered in the past that have been of no interest to you at all?

5. What topics have we covered in the past which you found to be of greatest interest to you?

6. Do you have other comments which you would like to make about *Meeting the Challenges* or our organization? _____

YOUR NAME: _____ DAYTIME PHONE: _____

ADDRESS: _____ CITY AND ZIP _____

**Thank you for taking the time to complete this survey! Please mail it to:
SDCC (Customer Service), 6296 Rivercrest Drive, Suite K, Riverside, CA 92507.
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Feeding Birds for the FUN of It

by Richard Smith

As feeding wild birds becomes an increasing part of your life, you will experience a new happiness, a deepening interest and an enrichment of your daily living beyond your expectations. This is the promise John K. Terres makes in his book Songbirds in Your Garden.

According to Ernest Harold Baynes in Wild Bird Guests, published in 1915 with a forward by Teddy Roosevelt, "There is no mystery about it. It is simply a matter of being quiet and gentle with your guests and of using a little thought and ingenuity for their welfare."

The first step is setting up a feeder. The best way to make your guests comfortable and keep them safe from dogs and cats is to place your feeder on a post about 4½ feet above the ground. The feeder itself can be very simple: a shallow rectangular box made out of plastic or wood, with holes drilled or punched in the bottom to allow rain water to drain

out. You should place the feeder in the open where you can see it easily for maximum enjoyment.

You can buy wild bird seed at feed stores or even in your supermarket. You can feed bread broken into little pieces to your bird friends too. It doesn't have the same nutritional value, but it is easy for birds to see and is a great way to attract your first visitors. Soon the word will spread, and you won't have to worry about having a good size crowd around the dinner table. You can also experiment with other foods like bits of fruit. But, be careful. Terres tells a story in his book about a robin which became addicted to ice cream!

The birds you feed can become very tame and friendly. We once had two young wren sisters, who would regularly finish eating and then perch near us on the patio and sing duets. Eventually, they went off to raise their own families I guess, but it was special while it lasted.

Senior and Disabled Citizens Coalition

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