



# News Of The Day



Spring 1996

Volume 4 Issue 4

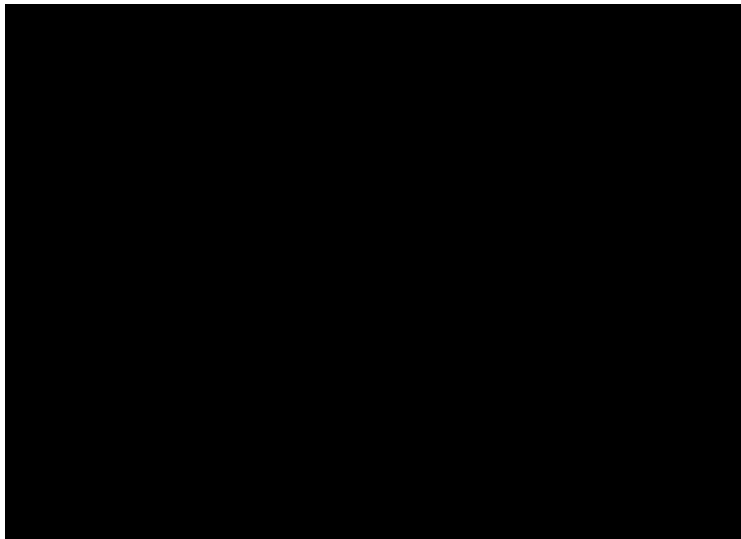
A SPECIAL QUARTERLY PUBLICATION FOR SENIORS AND DISABLED PERSONS, THEIR FRIENDS AND FAMILY, AND THOSE WHO SERVE

## FRAUD: Knowing A Little.....Can Save A Lot!

**J**ust hang up is the advice for dealing with unwanted telephone solicitations that those in the audience attending a lecture on fraud at the Mizell Senior Center in Palm Springs heard.

According to Daniel L. Morgan, an Inland Counties Legal Services attorney, "Many people, especially senior citizens, won't hang up because they think it is rude." He said that hanging up is the best thing to do if you are not interested in what is being sold.

Morgan continued that if you have interest in what is being sold, you should do one of two things. Either get the name and



**Daniel L. Morgan, Staff Attorney  
Inland Counties Legal Services**

*"...it only takes one mistake"*

number of the caller and then call them back, or ask them to send information in written form, or BOTH.

He continued, "Never give a caller your driver's license number, your social security number or a credit card number." Sounds reasonable enough, com-

mon sense, but Morgan says that people do it all the time and many have regretted it.

"You have to be tough to get old," he said. Morgan suspects that, in general, seniors may be an attractive and easy target for fraud because "They are often friendly with strangers, they are usually stable, in a stable place so they can be picked on and may be just getting tired of trying to stay ahead of the game in our society." "After awhile, we

just get tired, and make a mistake and it only takes one mistake," he says.

According to Morgan, fraud comes from an old common law concept based on deceit. Deceit is either a misrepresentation of an act or the failure to disclose. It can take many forms from telephone or door-to-door sales of products or services or may be "fiduciary abuse" where grand children or other relatives take what they believe they will eventually get any-

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## FRAUD: How to Avoid Being Taken.....

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way.

One member of the audience told of how she and her husband lost a great deal of money in what she now believes to have been a fraudulent investment opportunity complete with shiny, colored brochures. She told how they were persuaded to remove money from a major brokerage investment by a "nice man" who *brought a bottle of wine* to the sale's meeting in their home. "The bottle of wine seemed to be a tip-off that something wasn't right."

Morgan cautioned the audience that wanting to get more, the American Dream, can often mean ending up with less. He said that we should never risk money that we can not replace

should we lose it.

Fraud is difficult to prove, according to the attorney. Proving fraud is a matter of proving misrepresentation, proving that as a victim you were justified in believing what was represented, proving that the person perpetrating the alleged fraud had knowledge that they were misrepresenting the facts and had intent to defraud the victim, and proving that damages resulted from the action.

Damages in the form of loss of money or a home or other property is usually easy to prove, but the other elements may be more difficult. Morgan asked, "Should the couple who lost their life's investment have trusted or relied on what a salesperson who brought them a bottle of wine said?" He said, if the judge or jury in a fraud case thinks that the couple was unjustified in be-

lieving the salesperson, the ruling will go against the victims.

Morgan cautioned, "You've got to go with your gut feelings." "You've got to ask the tough questions." "Don't be taken in by the way someone looks, a nice suit or tie or their big office." He said, "If it sounds too good to be true, it is."

Morgan said several times that he didn't want to scare people, but that understanding that everyone out there isn't necessarily nice is important. Being cautious is important. Loss our savings or possessions or even our home can be devastating to our ability to maintain our independence and live comfortably.



Dan Morgan is now practicing law at the firm of Segall and Wieder in Palm Desert.

**We thank KESQ TV 3 for recognizing the importance of this**

### NEWS OF THE DAY

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POSTMASTER: Send address changes to

**"Beware the vividness of transient events."**

- Karl von Clausewitz, Prussian military strategist

The Riverside County Office on Aging invites you to a very special conference-

## **ELDER ABUSE: Our Crisis, Our Commitment** **at Mt. San Jacinto College, 1499 N. State, San Jacinto**

**■Wednesday, April 3 [8:00am - 1:30pm]:** Professionals from public safety agencies, county departments and health and social service practioners are invited to help find practical solutions for effective intervention.

**■Thursday, April 4 [8:00am - 1:30pm]:** Seniors and other concerned citizens are invited to attend an interactive, hands-on session dealing with their special concerns - financial fraud, physical abuse, legal protection, and more.

**■Conference is free to all participants.**

[ continental breakfast and light luncheon will be served]

# A New Friend May Be The Best Medicine

by Rebecca Eaton, DVM



sympathetic ear, a forever faithful companion, a warm body to cuddle up with and watch T.V.!

These are a few of the many benefits a companion animal can provide for you.

Animals may also be the most healthy addition you can make in your life. Pets can help the lonely, they can hear for those who don't hear well and they can see for the sight impaired. They can also provide an incentive to walk, to exercise, to love and to live.

Most of us have owned pets somewhere in our past and can share wonderful anecdotes about them. Many have also endured the pain of the loss of a pet.

I was confronted with an elderly patient's loss of her dog last month. This followed the loss of her husband last year and she told me she had no further reason to live. Fortunately a friend delivered a bundle of joy in the shape of a young Poodle to her home and she returned last week renewed and ready to tackle life again!

So you think you might like a pet but you are not sure how to go about choosing the one that's right for you. First, you need to decide what type of pet is best, large or small, old or young, feathered or furry.

Birds can provide wonderful, easy entertainment and, if carefully selected, can be very

loving and attentive. Birds require little space and though they can be noisy, many people appreciate their babble.

Select birds carefully. Be sure they have been hand raised and well handled. Have your veterinarian examine them before making a final decision and ask for information on diet and care. Birds are probably the least needy of pets and do not require any amount of routine medical attention, except occasional toe nail trims.

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## *“Perhaps a kitten or puppy tickles your fancy...”*

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Perhaps a kitten or puppy tickles your fancy. Be sure if you decide on a youngster, that you realize the enormity of your decision. Be prepared for house training and obedience work, torn-up yards and lost slippers.

Young animals will also require frequent trips to your veterinarian for the first five months to complete their vaccinations. Getting these vaccinations is particularly important in our area as there are many viruses here that infect puppies and kittens. They should also be spayed or neutered before they reach 8 months of age.

An adult animal, over one year of age, may be your choice instead. The older animal should

receive a physical exam and renewal of their vaccines once a year, and de-worming if necessary. And don't forget their teeth. Yearly dentals can greatly improve the health of your pet, not to mention their breath!

So you think maybe you are ready to share your life with a pet, but you don't know where to go to get your new friend and companion. Your local veterinarian can help a lot with your selection. They will know the temperament of various breeds and be able to help you choose the one that best fits your preferences and needs. Sometimes we know of animals that are in need of adoption.

Of course, our local Humane Societies and Animal Shelters have many unwanted pets and there are numerous “Rescue Groups” around too. The “Pet Section” of local newspaper classifieds often lists free pets and pets for sale.

Owning a pet is definitely a responsibility, but in many cases the love, companionship and renewal that they bring to ~~the lives of the friends who care~~ for them is much greater.

Dr. Eaton practices veterinary medicine at the Calimesa

***What health care options do we have? How is the role of the patient changing in managing their health care? How is this altering relationships between doctors and other patient providers?***

**Find out at the Third Annual  
Annenberg Center for Health Sciences at Eisenhower**

**Forum on Senior Health Care: "Who's the boss?"**

**➔8:00 am - 2:00 pm, Tuesday, May 7, 1996◀**

\$25 Registration Fee includes Continental Breakfast and Lunch

[To pre-register, call: (619)773-4500 or (800)321-3690]

**Who Should Attend: Seniors, Health Care Providers and Health Professionals**

**The Annenberg Center for Health Sciences at Eisenhower  
is in Rancho Mirage at 39000 Bob Hope Drive**

**Speakers will include:**

Mark Eppinger, Executive Vice President, Annenberg Center

Lu Molberg, Director, Riverside County Office on Aging

Dixon Arnett, California Department on Aging

Kimberly K. Yeager, M.D., M.P.H., Chief, Office of Women's Health, California Dept. of Health Services

Robert Blancato, Executive Director, White House Conference on Aging

**Participants in Panel Discussions**

**and following Question and Answer Period will include:**

Nancy Wilson, Chief Executive Officer, Eisenhower Memorial Hospital

Marvin Brooks, M.D., Medical Staff, Eisenhower Memorial Hospital

Speaker to be determined, Department of Corporations

Melissa Reid, Director, Managed Care, Eisenhower Medical Center

Ann Kasper, Director, HICAP

Edward Feldmann, Senior Insurance Consultant

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The third annual conference is supported by an Educational Grant from Pharmacia and Upjohn, Inc. and is sponsored by Annenberg Center for Health Sciences at Eisenhower, the American Lung Association of the Inland Counties, the Riverside County Office on Aging, the Senior and Disabled Citizens Coalition and, with ARV Housing Group, Inc./Hacienda De Monterey

**FREE**

**◆ Upcoming Aging Services Meetings ◆**

**FREE**

Up-To-Date, Educational Information for Seniors, Disabled Persons, Care-givers and Providers

**“GETTING THE MOST OUT OF  
MEDICARE AND MEDI-CAL”**

**10:00 am, Thursday, May 16th**

at the  
**Kay Cineceros Senior Center**  
29995 Evans Road  
Sun City

The featured speaker will be:  
**Eldridge Sinclair**  
Pres., AARP Chapter 237

**“INVESTMENT FRAUD -  
WHAT TO WATCH OUT FOR”**

**10:00 am, Tuesday, May 21st**

at the  
**Simpson Center**  
305 E. Devonshire  
Hemet

The featured speaker will be:  
**Ben Navarro**  
Financial Consultant

## Questions and Answers For T.R.I.P. Participants



**Q. *How can I find a volunteer driver?***

A. Start with friends and relatives. Ask them if they would be willing to be your driver. Explain to them that you will reimburse them 28 cents per mile when you receive your check from T.R.I.P. Ask your friends and relatives if they know of anyone who would be willing to serve as your volunteer driver. If you still can't find a driver, call your church, senior center or contact social clubs and ask them if they can help you find a driver.

**Q. *When do my "Mileage Reimbursement Vouchers" have to be sent to T.R.I.P.?***

A. You may send your vouchers in anytime during the month of travel that you are submitting for reimbursement. Vouchers for a month's travel **MUST** be sent to T.R.I.P. and postmarked no later than the 15th day of the month following the month of travel for which you are requesting reimbursement to be eligible for payment. Best advice: don't delay, send them today!

**Q. *How long does it take to get my reimbursement check from T.R.I.P.?***

A. Normally, you will receive your check 3-4 weeks after you send your reimbursement vouchers to T.R.I.P. Make sure that you have filled out the "Mileage Reimbursement Voucher" completely and that it is properly signed or it will be returned to you for repairs, delaying the issuance of your reimbursement check 2 additional weeks or longer.

**Q. *What if I run out of "Mileage Reimbursement Vouchers"?***

A. Call 1-800-400-4664, ask for T.R.I.P. and then request that additional vouchers be sent to you. Vouchers are always sent with your reimbursement check, but if there is delay, you may not get vouchers in time to submit by the 15th of the following month deadline. A good idea is to make additional photo copies and keep them on hand just in case.

**Q. *Is T.R.I.P. a County Agency?***

A. No. Some people think that the Senior and Disabled Citizens Coalition of Riverside County is a County agency because of the name, but this is not true. "Riverside County" in our name just identifies the geographical area that we serve. SDCC is a non-profit organization.

**Q. *What if I don't get my check?***

A. The T.R.I.P. office staff makes every attempt to insure that checks are sent to the correct address, but it is the responsibility of each T.R.I.P. participant to notify us of a change of address. Once a reimbursement check has been sent, it is out of our hands. Because there are so many people who need our service, the funds for T.R.I.P. are only for mileage reimbursements and we are unable to pay the additional fees required to stop payment on a check and reissue it. Checks are automatically void 90 days after the date of issue, and if you notify us that you did not receive a certain check we will reissue the check after the 90 days has expired. Call us if you do not receive a check. If we sent it, but you did not receive it, check with the Post Office and see if they can help. If they are unable to locate the check, you will have to wait until the end of the 90 days for a replacement check to be issued.

# PEER COUNSELING: HELPING EACH OTHER

By Chris Stone, M.S., M.S.P.H., Coordinator, Senior Peer Counseling Program, Coachella Valley

**H**ave you ever felt that things in your life were just too difficult for you to face? This happens to us all at one time or another, and maybe you remember how you got through those stressful times with the assistance of someone who was there for you, someone who just listened to you and cared.

The Senior Volunteer Peer Counseling Program trains seniors to be of assistance to their peers who are in distress. Volunteer counselors visit persons, who are isolated for physical or emotional reasons, weekly or make regular calls. They are aware of resources that are available to help seniors, but their primary role is that of a caring listener. Over the last year nearly 200 seniors have received peer support.

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*"...trained to help...by listening and caring."*

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Peer Counselors understand that people are really able to find their own solutions and the volunteers are trained to help that happen by listening and caring.

The Volunteer Peer Counseling Program is available for any person age 55 or over who is experiencing difficulty dealing with the expected or unexpected consequences of living.

Some examples of things that many of us find difficult to deal with alone are:

- Facing chronic illness in one's self or another
- Making it on minimum Social Security benefits
- Deciding whether or not to sell our home
- Deciding whether or not to give up driving our car
- Onset of vision or hearing loss
- Fear of violence and crime
- Feelings of helplessness
- Loss of friends or relatives
- Loss of family or career responsibilities
- Feelings of lack of purpose or meaning to life
- Need to make peace with oneself or others.

If you have an interest in becoming a volunteer Peer Counselor, training is available throughout Riverside County. So far, training classes have been held in Palm Desert, Cathedral City, Palm Springs, Beaumont, Corona, Hemet and Coachella.

Initial training is at least 30 hours, with follow-up training each month. Volunteers also attend regular supervision sessions with a social worker in which they receive guidance and support.

The volunteer groups tend to get very close and this experience of belonging serves

as a strong support system for the volunteers themselves.

Volunteers are asked to commit to spending 8 hours per week for one year of service as a Peer Counselor.

To find out how you can get a Peer Counselor, or to volunteer for service as a Peer Counselor, call the Riverside County Office on Aging, Senior HELPLINK at 1-800-400-4664



## *Sleeping in the Forest*

I thought the earth  
remembered me, she  
took me back so tenderly, arranging  
her dark skirts, her pockets  
full of lichens and seeds. I slept  
as never before, a stone  
on the riverbed, nothing  
between me  
and the white fire of the stars  
but my thoughts, and they floated  
light as moths among the branches  
of the perfect trees. All night  
I heard the small kingdoms breathing  
around me, the insects, and the birds  
who do their work in the darkness.  
All night I rose and fell, as if in water  
grappling with a luminous doom.  
By morning I had vanished  
at least a dozen times  
into something better.

- Mary Oliver

## Living Beyond the Safety Net

An Editorial by David I. Ledwitz

**W**hen I was asked to write about the pursuit of the “quality of life” from the perspective of a person with a disability, I first thought of a disabled man sitting on a beach surrounded by beautiful women. But quality of life is more than sitting on a white sand, tropical beach. I think it is more an attitude, the pursuit of personal goals.

Social safety nets have existed throughout the history of our country, and were established to assist people during times when they found themselves unable to provide for their needs.

In the early years of the country safety nets were of a local nature, provided by a community or a church. As the number of people who were seen as needing protection grew, State and Federal laws were enacted to provide for a wide variety of social services.

Today, efforts at the Federal, State and local levels are underway to cut funding for all of the programs that make up our social safety net. Many have started to cry that life quality, as we know it, cannot exist if the established net is weakened.

Many of us need the assistance of public services like public transportation, social security, health care and housing assistance. Those who really need these services should be provided

for.

But is it possible that for some people the safety net has become a trap in which they have become entangled? I know of some people who have simply given up trying to make something out of their lives and have become content just to receive their SSI and spend their life watching time go by. Is this the life potential we were given at birth?

This is the safety net at its worst. A trap where pushing for life quality is lost, when the net itself has become the reason for life, not just assistance that helps those in need reach for more.

For life to have any quality, the assistance we receive must be seen as a temporary foot stone which we ultimately step over to reach our goals and our higher individual potential.

Setting personal goals and then continuing to try to reach them, with or without assistance ~~from others, is what I think the~~ quality of life is all about.

David I. Ledwitz is a Staff Analyst at the Riverside County Transportation Commission. He received his MA in Political Science from UCR in 1992. He is currently President of the UCR Inland Empire Alumni Association Chapter. David

The opinions expressed are not necessarily those of the Senior and Disabled Coalition. **If you have a differing opinion or other comments, send them to us: SDCC, Editorial, 6296 Rivercrest Drive,**

## In Search of Perspective on Public Policy Making

by Lu Molberg

**T**hese are heavy issues we are going to talk about, because public policy in our country right now is not uplifting in terms of the constituencies that we care about.

From my perspective, in our country, we are having major system change and when this happens there are certain characteristics. One of them is that what we know is ahead of what we have been able to do. For example, we know that prevention costs less than crisis resolution. We know that and we haven't found out how to do it.

The second characteristic is there is no agreement on what the problem is and the third thing is there is no consensus on the best solution or approach.

What is driving policy now? Is it budget, is it wisdom, is it efficiencies, is it power mongering, or is it values? I would maintain we do not have value driven discussions right now and we've done the best in our country when our decisions are made value based and we discuss our values.

Right now, from my perspective, we are very much in a budget driven change mode and that is the worst kind of driving force in terms of the issues that are human issues.

Lu Molberg is the Director of the Riverside County Office on Aging and these remarks were made at an Aging Services Meeting.



# HEARING Is Believing !

**A**UDIO VISION, is a non-profit reading service that is filling the need for sight impaired listeners in all of Western Riverside County from Banning to Temecula and also in the City of Palm Springs.

The service broadcasts from 5 AM to Midnight, 7 days a week. You need a special radio to receive the broadcasts in West County, but if you live in the City of Palm Springs and are a subscriber to Times-Warner Cable, you can receive the broadcast on Cable FM 88.1.

To take advantage of this exciting service in West County, call (909)797-4336. An application will be sent for you to

complete. Once that is received by Audio Vision, they will send you a special radio to receive the broadcasts, subject to their availability and you will also be requested to make a donation if you can. Audio Vision is funded by the private contributions of individuals and organizations.



## SCHEDULE HIGHLIGHTS

### 4 PM, THURSDAYS

Hear Grocery Store Newspaper Ads

### 8 AM - 10 AM, MON - FRI

Hear articles and stories from the LA Times

**10 AM - 11 AM, MON - FRI**  
Hear articles and stories from the San Bernardino Sun

**11 AM - NOON, MON - FRI**  
Hear articles and stories from the Riverside Press-Enterprise

**NOON - 1 PM, MON - FRI**  
Book Hour

**1 PM - 6 PM, MON - FRI**  
1 hour episodes of monthly and weekly magazines

If you would like to help support this special reader service, call (909)797-4336 or write to Audio Vision, 34475 Yucaipa Blvd., Yucaipa, CA 92399

## Is There A Better Way To Do Grocery Shopping?

**T**he order in which we shop in a grocery store can help us improve the nutritional content of our diet and save us money too!

A balanced diet that offers a variety of foods that are high in fiber and low in fat, cholesterol and sodium is what we need to achieve. Smart food shopping is the starting point for eating in healthy ways.

### 1

#### Start in the Produce Section.

Select a variety of fruits and vegetables. Fresh or frozen are best. Build your meal around these vitamin and mineral rich

foods. Remember - 5 a day for better health.

### 2

#### Next Stop: Bread, Cereals and Grain.

Select a variety of whole grain breads and crackers (always checking for low fat and low sodium content), pastas, rice and high fiber, low fat cereals.

### 3

#### Last Stop: Perishable Foods.

Select lowfat or non-fat dairy products, fish, poultry or lean red meats such as flank or round steak. Purchase only refrigerated eggs. Last, select frozen foods,

making sure they are low in fat content and sodium.

### SMART TIPS FOR SAVING MONEY AND TIME

- Plan menus for the week and shop with a list.
- Clip and use coupons for items that you normally buy.
- Read the food section of the newspaper for specials.
- When buying fruit such as bananas - buy three: one ripe, one almost ripe and a green one.

[SOURCE: CNS "Nourishing News" funded

## Adult Day Care Cannot Cure, But It May Help / by Jeanne Klingenberger

**A**dult Day Care can help participants to improve the quality of their lives. It can provide a break for the participants' caregivers too, who often are required to dedicate up to 7 days a week, 24 hours a day to their tremendous job.

The approach that is taken to Adult Day Care at Cooper-Burkhart House, in Riverside, is to focus on what each participant can do, not what they can't do. They are provided a safe and controlled environment where their physical care needs are met with help in taking medications, assistance with personal hygiene, good nutrition and a variety of activities and social programs.

Each participant's individual limitations and needs are taken into account when planning activities, both on a one-on-one basis and as a group. Activities are designed to help the individual participant function at the highest level possible.

Typical activities include table games, exercise classes, music and singing, dance, reminiscing groups, educational classes, patio picnics, social parties and arts and crafts.

Adult Day Care cannot cure an individual, but the practical results of Adult Day Care for the participant may be expected to be things like:

- An increase in self esteem

- and dignity
- Decreased isolation and loneliness
- Improved nutrition
- Prevention of secondary disabilities that arise from excessive bed rest or inactivity
- A stabilization of cognitive functioning
- An increase in verbal ability
- An increase in physical mobility.

Cooper-Burkhart House is a non-profit corporation that has been providing Adult Day Care services and support for

physically, mentally or socially impaired adults since 1979.

In addition to Adult Day Care, Cooper-Burkhart House also provides Adult Day Health Care for persons with Alzheimer's or other physical or mental impairments and is the only Adult Day Health Care site in Riverside County.

If you would like additional information on the services of Cooper-Burkhart House, call (909)784-3404 [Riverside] or (909)672-9536 [Sun City].

Jeanne Klingenberger is the Program Director of the Cooper-Burkhart House



## ADVERTISE IN "News Of The Day"

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**

Under applicable regulations we are precluded from accepting advertisements for travel arrangements, insurance policies and specific financial instruments such as credit cards. Effective advertisements make our senior and disabled readers, and their family and friends, aware of products and services that can improve the quality of their lives or help them to increase or maintain their personal independence.

## ADULT DAY HEALTH CARE

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

- NURSING & PERSONAL CARE
- PHYSICAL, OCCUPATIONAL & SPEECH THERAPY
- RECREATION & SOCIALIZATION ACTIVITIES
- DIETETIC COUNSELING
- BREAKFAST & LUNCH
- SOCIAL CASEWORK
- FAMILY SUPPORT GROUPS

Monday - Friday, 9:00 AM - 3:00 PM  
Extended Hours Available  
COST: MEDI-CAL or Private Pay

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

(A Cooper-Burkhart House, Inc. Project)  
[Paid Advertisement]

## Senior Scene: Exercise Is One Key Element

by Matilda Charles

**S**everal years ago I read an article dealing with healthy longevity among people who were waiters, opera singers, orchestra conductors and dancers. What did they all have in common? They moved around a lot.

The need to move has been built into our genes. Moving keeps our muscles limber, our bones strong, and our hormones, including those that bathe the brain in important chemicals, flowing.

When we don't exercise, we put our bodies at risk for all sorts of problems including those associated with aging.

Moving helps reduce the production of free radicals in the body. These are the nasty by-products of oxidation that can get into our cells and destroy them.

How much time do you need to devote to exercise? Believe it or not, less time than you might imagine. You can start with just a few minutes a day and work up to whatever maximum you can manage without discomfort.



Reprinted with permission from an article in the Beaumont **Community Adviser**.

**Check with your doctor before beginning any exercise program.**

### We Need Your Help.....

•Please help us continue to provide mileage reimbursements to volunteer drivers who assist frail and otherwise homebound seniors and disabled persons. The volunteer drivers contribute their time and use their vehicles to provide escorted transportation for persons who have no other transportation available to them. The drivers help them to travel to receive needed medical treatment and for other subsistence and life enhancing purposes.

•As you know, funding cutbacks are being implemented at all levels in our country. At the same time, there are more people everyday in our communities who need our services. We will not be able to continue to meet the growing need without your help.

•Please make your tax deductible contribution today.....

Yes, I Can Help:

- |                   |                                |                                |                                |                                 |                                      |
|-------------------|--------------------------------|--------------------------------|--------------------------------|---------------------------------|--------------------------------------|
| Individual/Family | <input type="checkbox"/> \$10  | <input type="checkbox"/> \$25  | <input type="checkbox"/> \$50  | <input type="checkbox"/> \$100  | <input type="checkbox"/> OTHER _____ |
| Organization      | <input type="checkbox"/> \$100 | <input type="checkbox"/> \$250 | <input type="checkbox"/> \$500 | <input type="checkbox"/> \$1000 | <input type="checkbox"/> OTHER _____ |

- Please recognize this support in "The News Of The Day"  
 Please do not recognize this support in "The News Of The Day"

Make your check payable to: **The Senior & Disabled Citizens Coalition**  
**Send your contribution to: SDCC, Community Support Program, 6296 Rivercrest Drive, Suite K, Riverside, CA 92507.** The Senior and Disabled Citizens Coalition is a non-profit organization and we will send you a letter verifying that your donation is tax deductible.

## There Is Nothing That Compares With Fresh Vegetables From Your Own Garden !

### SPRING PLANTING GUIDE

What to plant in March, April and May  
Western Riverside County

- Beans -string
- Beets
- Cabbage
- Cantaloupes
- Carrots
- Celery
- Chard
- Chives
- Collards
- Corn - sweet
- Cucumbers
- Eggplant
- Endive
- Herbs
- Kale
- Kohlrabi
- Leek
- Lettuce
- Melons
- Okra
- Onions
- Parsley
- Parsnips
- Peas
- Peppers
- Pumpkins
- Radishes
- Rutabaga
- Squash -summer
- Squash -winter
- Spinach
- Tomatoes
- Turnips
- Watermelon

### SPRING PLANTING GUIDE

What to plant in March and April  
Eastern Riverside County

- Corn /may be planted as seeds
- Eggplant /use young plants
- Melons /may be planted as seeds
- Onions -bulbing /use sets or seeds
- Peppers /use young plants
- Squash /maybe planted as seeds
- Tomatoes /use young plants

In general, warm season vegetables need warm temperatures, without significant cooling at night, to form and ripen fruit. The basic need of warm-weather vegetables is enough growing heat to keep growth moving and to ripen the crops. A very important factor in the Low Desert is making sure that your garden is amply watered and, additionally, you will probably have a more successful crop if you plant where you will get afternoon shade as summer temperatures rise. Eggplant, Onions, Peppers and Tomatoes can easily be cultivated in large pots. Plan for your needs. One Eggplant will yield 4-7 fruits. One Bell Pepper plant will yield 5-10 fruits. A single Tomato plant will yield a minimum of 10 -15 large fruits or 4 dozen cherry tomatoes. [SOURCE: Sunset New Western Garden Book]

## Senior and Disabled Citizens Coalition

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