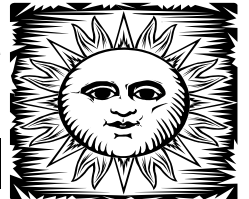


Meeting the Challenges



Summer 1996

Volume 5 Issue 1

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

Special Message From The Board of Directors

The Senior and Disabled Citizens Coalition is celebrating our 5th birthday. On this occasion we are renewing our commitment to our mission of helping seniors and persons with disabilities maintain or increase personal independence and dignity.

Our newsletter has a new name: "Meeting the Challenges." There are always challenges in our lives and we believe that overcoming difficulties is what living is really all about.

Our programs are aimed at helping meet the challenges faced by many seniors and persons with disabilities in Riverside County.

We are faced with a funding challenge this year to keep our transportation program in the Coachella Valley going and need and appreciate the charitable contributions we are receiving. Many depend on T.R.I.P. and your generosity can really make a difference.

Let us know what we are doing right or how we can improve our service for you.

CAN DO IS AN ATTITUDE THAT

How many of us would place quality of life near the top of a list of priorities for having happiness in our lives? We want to live with dignity and have control over our daily living activities.

Sometimes illness, an accident or the aging process presents challenges to our independence. Having a positive attitude and a sense of humor help make dealing with the

challenges easier. Positive support of family and friends is also very important.

There are also many products available that can make daily living easier, the best it can be.

For example, common problems like opening a jar, opening a chip bag, a food box or a can, can be solved with innovative, useful products such

[See ENJOY on Page 2]

The Board of Directors of the Senior and Disabled Citizens Coalition for the 96/97 program year



Judy Nieburger, President -Board Member, Riverside County Transportation Commission; Board Member, Community Assistance Program; Former Mayor, City of Moreno Valley.

Janie Bershas, Vice President -Founding Member of Coalition; Founding Member, Friends of Moreno Valley.

Ed Feldmann, Treasurer - President, Desert Council on Aging; VP, Joslyn Senior Center Board of Directors; Board Member, Citizens Advisory Committee, Social Services Transportation Advisory Council.

Marci Walters, Secretary -Senior Affairs Specialist; Insurance Advocate; Former Case Manager, Riverside County Office on Aging.

Helen Crum, Member - Founding Member of Coalition; Member, Riverside Community Auxiliary; Senior Center Volunteer.

Judylynn Gries, Member - Executive Director, Meditrans; Board Member, California Association for Coordinated Transportation; Co-Chair, Service Providers Association of Riverside County.

Joedna Reed, Member - Former bank fraud investigator.

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ENJOY EACH DAY TO THE FULLEST......continued from Page 1 as a slit a bag”, a box opener, and a “can do” portable can opener.

Some of the challenges may include putting on socks or hose, buttoning buttons, zippering zippers, or tying shoelaces. Yes, there are problem solving products for these and other dressing needs, even elastic shoelaces that allow one to slip on a tied shoe.

To make dining easier there is silverware with large, easy to hold handles, cups with handles that are easier to grasp, food guards to keep food from sliding off the plate, and easy to use knives.

If it is difficult to stand in the shower or get into the tub, there are height-adjustable shower/bath chairs, hand held

showers, safety treads for the bottom of the tub, non-slip bath slippers and don't forget soap on a rope. It may also be a good idea to install permanent or portable “grab” bars to make entering and exiting the shower or tub safer and easier.

Difficulty opening a car door can be solved with a special product that is designed to open any car door easily. You can also get a key holder that makes turning on the ignition a cinch.

There are “marriage saver” products such as one that reduces or eliminates snoring. There is an infrared hearing system (cordless) that allows the family to watch and hear TV at an acceptable volume and it even allows the TV to be on mute so one partner can go to sleep while the other hears and sees an interesting program.

For those with vision challenges, almost everything these days can be found with larger than usual numbers on buttons from TV remotes, to clocks, watches and kitchen timers, to books and playing cards. There is a closed circuit TV unit that magnifies materials you want to view up to 45 times or more.

If getting out of chair becomes a challenge, lift chairs are available. Perhaps one's balance is not as good as it used to be. Walkers with brakes, seats, baskets, and big wheels can help. There are scooters small enough to be used in the house!

It's amazing how many things there are to make life easier

and one of the greatest pleasures in life is doing what others say you cannot do.

H M O : A NEW IDEA ... IN THE 1930's !!

Surgeon Stanley Garfield set up a makeshift hospital in the Mojave Desert to treat workers building the Los Angeles aqueduct. Garfield realized he could provide health care to workers by deducting a nickel a day from their paychecks.

The idea interested ship builder Henry Kaiser, who then set up a similar program in the 1930's for workers constructing the Grand Coulee Dam in Washington state. Kaiser then expanded the idea for shipyards, and eventually bought the first hospital for what is now known as Kaiser Permanente, the largest nonprofit HMO in the United States.

[SOURCE: Marketing News]

CHEROKEE SAYING COULD BE GOOD ADVICE FOR POLICY MAKERS

“Listen to the whispers
and you won't have to hear
the screams”.

MEETING THE CHALLENGES VOLUME 5, ISSUE 1, JULY 1996 EDITOR AND ADVERTISING SALES:

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AN INDIVIDUAL'S EXEMPT ASSETS UNDER MEDI-CAL GUIDELINES FOR NURSING HOME ELIGIBILITY

By Daniel L. Morgan, Attorney at Law

Medi-Cal is complicated. Medi-Cal is governed by both federal Medicaid statutes and state Medi-Cal statutes and regulations.

Having an understanding of an individual's assets that are exempt for nursing home eligibility can help to limit your exposure to Medi-Cal recovery claims and liens.

NOTE: This article does not address assets available to the community property spouse when one spouse goes into a nursing home, and one spouse remains home.

To qualify for Medi-Cal nursing home benefits, an individual cannot have more than \$2000 in countable assets. The resources that are within the \$2000 are called the "property reserve". Resources above that limit are called "excess property." Some assets are not counted, however, because they are either "exempt" or "unavailable."

Medi-Cal is a wonderful benefit, but the more you know about how Medi-Cal works, the better you will be able to protect your assets.

Medi-Cal is entitled to recovery of non-exempt assets to offset their expenditures. However, you are also entitled to protect certain assets.

The table below discusses

what are currently defined as "exempt assets". This is intended to provide you with a basic understanding of how the system works, but revisions occur frequently as the federal agency that oversees Medicaid [the Health Care Financing Administration (HCFA)] regularly issues updates, opinions

and instructions to guide Medi-Cal administrators. Additionally, exceptions may also result from the involvement of the regulating agencies.

Check carefully with a knowledgeable professional, agency representative, legal services provider, or attorney,

Exempt Assets

- 1. Principal residence.** Your most important exempt asset. It may be real or personal property, fixed or mobile, located on land or water. This includes a multiple-dwelling unit, in which the individual resides or formerly resided. Remember, to be exempt, California will require that you have an intent to return home. This is a subjective standard, and can be based on a subjective hope that the applicant desires to return home at some future date.
- 2. All items used to furnish and equip the home are exempt assets.**
- 3. One motor or other vehicle if it is used as the individual's transportation.** The vehicle will be exempt even if the individual no longer drives, as long as the vehicle is used to meet the individual's "transportation needs."
- 4. A burial plot, vault or crypt for use by any member of the individual's immediate family.**
- 5. An irrevocable burial trust or prepaid burial contract for funeral, cremation, or interment expenses, plus an additional \$1500 set aside for such expenses.**
- 6. Life insurance if it has no cash surrender value, or has cash surrender value but the face value of all policies combined is less than \$1500.**
- 7. All personal effects, i.e., clothes, heirlooms, wedding and engagement rings, and any other item of jewelry with a net market value of \$100 or less.** For married couples there is no dollar limit when one spouse is institutionalized.
- 8. All musical instruments.**
- 9. Payments protected by law.** For example, reparation payments of Japanese interned during WWII, reparation payments from the German government to victims of Nazi persecution, and payments to victims of crime.

FRIENDS MAKE A DIFFERENCE

Friends of Moreno Valley Senior Center provides a special transportation service, called MoVan, for any adult who is physically disabled or over age 60 and lives in the Moreno Valley.

MoVan arrives at your door and transports you to medical appointments, takes you shopping or on other personal errands and brings you back home.

You can travel on MoVan anywhere within the City of Moreno Valley and, in cooperation with Meditrans, to destinations within a 35 mile radius of the city, including Kaiser in Fontana, Colton, Loma Linda, Riverside, Hemet, San Jacinto, Sun City, Canyon Lake, Lake Elsinore, Wildomar, Murrieta and Temecula.

The fare is by donation only, 25 cents suggested for local travel and 2 dollars for trips outside the city limits.

MoVan operates daily, Monday through Friday, except on holidays. To schedule a pickup appointment, seniors and persons with disabilities in Moreno Valley may call Meditrans at 369-6031.

You should call at least one day in advance of your needed travel, but same-day calls for service may be accepted only

PROTECT YOURSELF AND YOUR FAMILY FROM THE FINANCIAL DEVASTATION OF LONG TERM NURSING HOME CARE

Medicare covers less than 2% of nursing home care and nothing for custodial or intermediate care according to the Insiders Guide to Long-Term Care (1993). If you or a member of your family require long term care, the result can be financial ruin. It's as simple as that.

There is a way to preserve your assets and maintain your dignity even when confronted with the devastating costs of long term care. It is called Long Term Care Insurance, underwritten by Network America Life Insurance Company.

This insurance was designed especially for the Senior population and covers all levels of care including skilled nursing home, home health aides, unskilled homemaker/companions, assisted living facilities and residential care with a daily benefit amount of up to \$200 and a benefit period up to lifetime.

Find Out How To Protect Your Family's Financial Future

**CALL Senior Insurance Center today
at (619) 346-6565**

[Paid Advertisement]

SENIOR VOLUNTEER PEER COUNSELING PROGRAM WINS 1996 NATIONAL ASSOCIATION OF

The program won the award for its distinguished and innovative contribution to improving and promoting county government in the United States, according to LuVerne Molberg, Director of the Riverside County Office on Aging.

The Senior Volunteer Peer Counseling Program began two years ago in the Coachella Valley with a three year start up grant from the Regional Access Project Foundation.

It has successfully trained and supervised numerous

volunteer older adults who provide listening support to seniors facing stress and life difficulties.

Over 100 seniors have already been trained, including a bi-lingual group in the Coachella area. The program has already expanded into the Hemet and Sun City areas, and Molberg says that it is the desire of the Office on Aging to spread the program throughout the county.

If you would like more information on the program services, call 800-400-4664.

PRACTICAL ADVICE: HOW TO AVOID FINANCIAL

The information that follows was originally presented by Ben Navarro, Jr., at the Senior Services Information Seminar at the Simpson Center in Hemet on May 21, 1996. Mr. Navarro is a Registered Investment Advisor and an Enrolled Certified Financial Planner. He has a Bachelors Degree in Psychology and Economics from UC Irvine and is currently working on a PhD in Clinical Psychology at USC. Mr. Navarro told of his personal experience as a victim of credit identify theft and much of the material he presented was from first-hand knowledge.

Financial abuse can take many forms including fraud, larceny, theft by false pretenses, embezzlement, forgery and extortion.

Elders represent about 12-15% of the population of the United States, but persons over 50 control 70% of the net worth of U.S. households. Seniors are often targets of financial abuse because, as a group, they are worth more money.

We can take practical steps to make it harder for others to take advantage of us.

- ◆ One important rule to remember and follow is **never give personal data over the phone** such as social security, credit card, drivers license numbers or any other identifying data. If contacted by a stranger via phone, ask for their name, telephone number and the firm or cause they are representing.
- ◆ Use caution **when using an ATM**. Someone could be watching with binoculars, get

your PIN when you enter it, pickup a receipt that you drop or leave behind, use the account number on the receipt to encode a blank plastic card they have in their van and then access your account and take your money. Remember, always block the view of your personal identification number (PIN) when you enter it and never leave any receipts or deposit slips or anything with your account number on it behind. Always check monthly bank statements, making sure that you are responsible for the activity reported and that the amounts of deposits and withdrawals are accurate.

- ◆ It is a good idea to **inspect your monthly credit card statements** for any erroneous charges or activity. Most credit card companies limit cardholder liability to \$50 for fraudulent charges if they are reported promptly. If any

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merchants you purchase from are still using carbons, ask for the carbons and dispose of them yourself in a safe way. The merchant may just drop them in their wastebasket and if they get into the hands of dishonest individuals it is a simple matter these days to make duplicate cards and charge on your account even though you still have your card in your wallet or purse.

- ◆ If you receive **checks by mail**, you might consider having those checks direct deposited into your bank account or getting your own personal post office box. If this is not possible, try to retrieve your mail from your mailbox as

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



Q. *Does my driver need to have automobile insurance?*

A. Yes. If your volunteer driver is escorting and transporting you in their vehicle, make sure that they have automobile insurance. You are their passenger and they are responsible for you. If your volunteer driver uses your vehicle to transport you, check with your insurance company to make sure that your insurance covers them when they are driving your car. Also make sure that your volunteer has a valid driver's license.

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. *Am I eligible for T.R.I.P. if I am unable to use public transportation but my spouse can drive me?*

A. No. T.R.I.P. is only for persons who are 60 or better or persons with disabilities, who do not have any other form of transportation available to them. If any relative living with you is able to drive for you, that is considered to be their family responsibility, and since you have that transportation available you are not eligible for participation in the T.R.I.P. program.

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. *Where does the money come from to pay for my travel?*

A. SDCC is a non-profit organization. Funding is currently provided by a Measure A grant from the Riverside County Transportation Commission, the Riverside County Office on Aging, SunLine Transit Agency, the City of Blythe and through private donations. As with many assistance programs, times are getting harder and more people need our service everyday.

Q. *What should I do if I think someone I know is stealing and cashing my checks?*

A. First call the T.R.I.P. staff and request a copy of the check in question so that you can examine the endorsement. If you are sure that someone else signed their name to your check, call T.R.I.P. back and request that we initiate an affidavit of forgery on your behalf. We will begin the process and send the forms to you to complete, including your suspicions of the person responsible for the forgery. You will then be asked to send the completed forms to our bank and they will investigate the claim. If the bank rules in your favor, they will credit our account and we will reissue the check to you. Someone who takes and cashes your checks is committing the additional crime of elder abuse. Call the Office on Aging, at 1-800-400-4664 and tell the HelpLink Senior Services Specialist that you are being victimized. They will take the information and file a report with Adult Protective Services.

TIPS TO AVOID FINANCIAL FRAUD continued from Page 5

- soon [See TIPS on Page 7]
as possible after it is delivered.
- ◆ **Never sign a document which you do not understand**, and read all the fine print. We have all heard this a million times, but maybe that is why we sometimes overlook it. If you do not understand it fully, it pays to have a second opinion on whether or not it is in your best interest.
 - ◆ **When considering investments**, there are only a hand full of investment choices that are suitable for the elder population. Work with a professional you can trust and be sure they clearly understand your goals and objectives before you enter into any contract. Beware of limited partnerships. They are doomed to fail but are presented in a very attractive manner by unscrupulous people in the investment industry.
 - ◆ If you would like to **reduce the amount of junk mail** being received you can write to:
Mail Preference Service
Direct Marketing Assoc.
P.O. Box 9008
Farmingdale, NY 11735
 - ◆ If you would like to **reduce the number of unwanted telemarketing phone calls** you receive you can write to:
Telephone Preference Service
P.O. Box 9014
Farmingdale, NY 11735

- ◆ Most phone companies are now offering **caller ID blocking**. It is a good idea if you select full and total blockage. Caller ID is a system that allows the caller to access your address and/or name even if your phone is currently unlisted.
- ◆ Obtain a copy of **your credit report** at least once yearly. There are two ways to do this:
(1) Upon written request directly to the credit bureau;
(2) Whenever a request for credit is denied. TRW is a major credit bureau on the west coast. To request a copy of your credit report write to TRW, P.O. Box 8030, Layton, UT 84041-8030. If you have been denied credit, write to TRW, NCAC, P.O. Box 949, Allen, TX 75002-0949. Your request letters must include: your complete name; the name of your spouse, if any; your current address and any other addresses for the last 5 years; your social security number; your date of birth; verification of your current address - this can be accomplished by sending a copy of a recent utility bill. Check your credit report carefully for any erroneous entries. You may file a dispute with things that are untrue. The dispute must be in writing, but you can call TRW at (800)682-7654 for

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

(A Cooper-Burkhart House, Inc. Project)
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more information. If your credit report shows credit received that you did not apply for, some dishonest person may be using your credit. TRW is not the only credit bureau in the United States. If you find problems with your credit report, you will probably also want to contact Trans-Union as well.

There phone number is (714)738-3800.

The Senior and Disabled Citizens Coalition thanks Mr. Navarro for his

NEED REPAIR WORK?

USE THIS Consumer Protection Worksheet

TO HELP YOU GET QUALITY WORK FOR A REASONABLE PRICE

[Call three companies for bids and use one of these forms for each bid.]

1. **Customer:** Write out the reason for the initial call:

2. **Contractor:** Describe, in writing, the condition of the item you think needs repair, including graphic details such as rusted parts, broken springs, rattling fan, etc.

3. **Contractor:** Identify what needs to be done to correct the problem(s) and rate the urgency and recommend the time frame in which to do the work [1=Lowest/4=Highest]:
Problem(s) Are:
 A. _____
 Degree of Urgency: 1 2 3 4
 Recommended time frame: _____
 B. _____
 Degree of Urgency: 1 2 3 4
 Recommended time frame: _____
 C. _____
 Degree of Urgency: 1 2 3 4
 Recommended time frame: _____
4. **Contractor:** Specify risks if work is not done within the recommend time frame(s): _____

5. **Contractor Name:** _____
 Address: _____
 Phone: _____ License Number: _____
 Type of License: _____ Estimated Cost: _____
 Special offers, warranties or discounts: _____
 Estimate Good Until (DATE): _____

Signature of Technician: _____ Date: _____

Make photocopy enlargements and keep available for use when needed.
 If a contractor refuses to use this form, you may not want to use them.
 [Form supplied by Riverside County Office on Aging]

Medicine

Combinations of medicines, prescribed by doctors and purchased on our own, may not mix. Drug interactions may change the effectiveness or safety of one or more of the drugs with dangerous results..

To avoid these problems:

- ⇒ Make a list of all the medications you take and ask your doctor or pharmacist if they are OK together
- ⇒ Go to one pharmacy for all your prescriptions and ask them to keep a complete record of all of your prescription and nonprescription medications
- ⇒ Read all the labels and package inserts and ask your pharmacist questions if you don't understand something
- ⇒ Never borrow someone else's prescription medication.

\$ DOLLAR SAVERS \$

by Marci Walters

- The Pharmaceutical Manufacturers Association (PMA) refers patients who need assistance to company programs. Their phone number is 1-800-762-4636
- Amgen, Inc. has two programs: an insured patient and a variable cap program. The programs help patients afford Neupogen (used to treat breast and colon cancers) and Epogen (used in dialysis). Ask your doctor if these medications are appropriate. Amgen's number is 1-800-272-9376.

ADDING *FUN* TO YOUR MENU

For some, eating alone can cause lack of interest in good meals and a tendency to nibble on foods without regard for meeting nutritional needs. But eating alone does not have to be an excuse for eating poorly.

Treat yourself like a special guest. Use your prettiest dishes and glasses to create an attractive place setting. Place a flower arrangement on the table. Try new foods or recipes frequently. Make meal time a special time by eating near a window or with television, radio or reading material.

But it seems like too much trouble to just cook for one? Smart planning can make cooking for one a snap. Prepare full recipes for casseroles and other dishes, eat a serving immediately and freeze the rest in individual serving portions for later. Place each in a freezer bag and mark them with a "Sharpie" pen so you can find them easily. Add descriptive terms to your marking, like *Luscious Lasagne* or *Glorious Casserole*. You can make your own "TV" dinners, for example, freezing a portion of baked chicken with plum sauce together with a portion of rice and french cut green beans and voilà, a little heating it up and you're eating delicious and nutritious food.

Perking up taste with herbs, spices and lemon juice can help stimulate your taste buds.

Try eating with others. Take turns eating at friends' homes to make meals more fun. When inviting others to your home, make extras of each dish for use at another meal. Community meal programs, which serve nutritious meals at little or no cost, are another way to add social spice to your dining.

DELICIOUS SUMMER DRINKS

by Richard Smith

Easy drinks made of fresh fruits or vegetables are perfect treats for hot summer afternoons. Unlike the punches, ades and fruit drinks that you can purchase commercially, drinks you make yourself are high in natural fiber, nutrients and you can avoid the added sugars and salts of commercially prepared beverages. All you need is a blender, the fresh fruits or vegetables of your choice and a little creativity.

Here is one of my favorite summer fruit drinks: Take two ripe peaches, peel and pit and slice into blender. Add about 1/4 cup water, cover and blend until smooth. You can chill if you like, but I prefer to drink it at room temperature. You want to be a little decadent? Add two tablespoons of low fat yogurt before you blend. (Makes one 8 ounce serving.)

But you can use virtually anything: plums, nectarines, pineapple, bananas, apples, berries and in all sorts of combinations! You can add a little lemon juice if you like to give your drink added zing. Experimenting with your own summer fruit drinks is great fun.

Vegetable drinks are another refreshing alternative. You can use tomatoes, celery, carrots, even bell peppers. Vegetables take longer to blend and you will need to use more water for processing. Again, you can mix and match as you want. You can add onion, herbs and lemon juice for flavorings. They are a really delightful change from iced tea.

You can even mix fruits and vegetables. Try blending a cup of cut-up fresh pineapple with four small sliced carrots and a little water for processing.

ADVERTISE IN

Meeting the

1

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2

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3

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LIVING WITH THE EFFECTS

Persons who have experienced a stroke are often challenged by having to re-learn many basic activities including writing, reading and talking. Living with the effects of a stroke often requires a process of re-socialization and individual counseling, often for families and caregivers as well as stroke survivors.

The After Stroke Center at Goeske Senior Center, in Riverside, is one non-fee program for stroke survivors and their families. It is sponsored by the Riverside School District, Adult Education, and co-sponsored by the Riverside Department of Parks and Recreation. Varied activities at the center include re-learning classes, support groups, music, exercise, special speakers, entertainment, crafts, field trips, re-socialization and individual counseling. For more information on the After Stroke Center and its programs, you can call (909)683-8751.

Ninety-seven percent of adults in the United States, over the age of 50, could not identify a single stroke symptom in a recent survey. Emergency response to stroke symptoms is essential. Knowing the warning signs can help save stroke victims.

If you, or someone you know, experiences numbness, weakness or paralysis of the face,

Frail Seniors and Disabled Persons <Who Would Otherwise Be Homebound> Able to Travel Through T.R.I.P.

Transportation is one of the biggest challenges facing seniors and persons with disabilities. Often unable to drive themselves or use public forms of transportation, they become unable to care for medical or survival needs.

Recognizing this problem, as reported by seniors themselves in the Coachella Valley, the Senior and Disabled Citizens Coalition created the Transportation Reimbursement and Information Project (T.R.I.P.), in partnership with the

Riverside County Office on Aging, the Riverside County Transportation Commission, SunLine Transit Agency and the City of Blythe.

T.R.I.P. provides incentives to volunteers who escort and drive seniors and persons with disabilities who have no other form of transportation available to them. Persons are enrolled in the program by calling the Riverside County Office on Aging's HelpLink at 1-800-400-4664. Many of the calls, received by HelpLink, are the result of referrals by churches, agencies and service providers throughout Riverside County when they are themselves unable to meet the persons' travel needs.

From July 1995 through June 1996, T.R.I.P. participants, have been able to make over 52,000 trips to travel over 870,000 miles. Trips are allowed for any purpose, however, an estimated 591,000 miles of this travel was to receive medical attention or accomplish other subsistence needs like shopping. The balance of the travel was mainly divided between attending religious activities, visiting friends or relatives and things like attending the Braille Institute.

With the assistance the T.R.I.P. program provides,

[See FILLING NEED on Page 11]

**[See STROKE next column]
[STROKE, continued]**

arm or leg, especially on one side of the body, call 911 and arrange immediate transportation to a medical facility. Every minute counts.

Other common symptoms include: difficulty speaking or understanding simple statements; sudden and severe headache with no apparent cause - often described as "the worst headache of my life"; sudden blurred or decreased vision in one or both eyes; or loss of balance or coordination when combined with another of the warning signs.

Remember, don't delay if you or someone you know experiences these symptoms. Get immediate medical treatment.

FILLING THE NEED

...continued from Page 10

participants are able to call on people they know, without asking them for charity. Also, many of the people who have the time and would like to help are in a fixed income position themselves and would be unable to accommodate the transportation request if it were not for the reimbursement they receive. T.R.I.P. participants often lack the stamina and are dependent on the personal help they get from their transportation provider.

The incentive approach of the program, besides providing a built-in friend-driver, also results in the homebound person being able to maintain their independence longer and helps to break the downward spiral of isolation and reintegrate the person into the community.

The T.R.I.P. program won an award from the National Association of Counties last year in recognition of its “innovative, problem-solving and cost-effective leveraging of scarce resources to provide an integrated, community based service that meets the self-defined and unmet transportation needs of senior citizens and the disabled.”

In April, the Coachella Valley Association of Governments issued a resolution commending the Senior and

Disabled Citizens Coalition and the T.R.I.P. program for excellence in meeting transportation needs of Coachella Valley seniors and disabled persons.

Funding for the program during the last year was provided principally through a Measure A funding grant from the Riverside County Transportation Commission with additional funding from the Riverside County Office on Aging, SunLine Transit Agency, the City of Blythe, the Regional Access Project

Foundation and private contributions.

Funding for T.R.I.P. for the next year has been renewed by its major funding sources but the number of persons requesting the service has greatly increased.

As a result, the T.R.I.P. program is expected to be able to meet the needs of participants in the county with the possible exception of the Coachella Valley. There, the continuation of the program is currently in jeopardy without about \$100,000 of additional public and private



In the case of George and Glenda Sylvester, the T.R.I.P. program in the Coachella Valley has helped them to travel to doctor’s appointments, shop for groceries and other necessities, go to the bank and complete many other personal tasks they would not have been able to do. George has emphysema and Glenda is legally blind. Their driver, May Lemon, says “I can manage to help the Sylvesters out because I get the mileage reimbursement, but without it any trips I could give them would be very limited since I live on a fixed income as well.”

•If you or your organization or business can help insure that T.R.I.P. continues to serve seniors and the disabled who need transportation assistance throughout Riverside County, but especially in the Coachella Valley, send your contribution of any amount 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.

TWELVE FREE SENIOR SERVICES INFORMATION

- ◆ We are currently scheduling seminars to be held in the following areas of Riverside County during the next twelve months: **BANNING/BEAUMONT, BLYTHE, CATHEDRAL CITY, CORONA/NORCO, DESERT HOT SPRINGS, IDYLLWILD, INDIO, MORENO VALLEY, MURRIETA HOT SPRINGS, PERRIS, SAN JACINTO*, WILDOMAR.** *(Site already selected is the Country Lake Older Persons Mobile Home Community)
- ◆ **If you would like to host one of these seminars, or have a suggestion where it could be held to reach as many seniors as possible, please give Barbara Cherry a call at 1-800-400-4664 or mail your suggestions to us as soon as possible.**
- ◆ If you have suggestions regarding the topics any of the seminars should address, again please give Barbara Cherry a call at 1-800-400-4664 or send them as soon as possible. Our objective is to present topics that are of most interest and we bring expert speakers to provide interesting and up-to-date information.
- ◆ **Watch for the full schedule of 96/97 seminars in the Fall 96 issue of:**
Meeting the Challenges.

Senior and Disabled Citizens Coalition

6296 Rivercrest Drive, Suite K

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