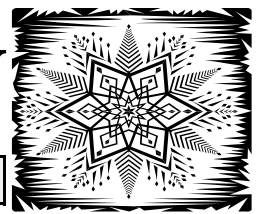


News Of The Day



Winter 1996

Volume 4 Issue 3

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

“SOUP ‘S O N” - BUT IS IT GOOD?

As the weather turns cooler, you may be thinking about soup as the main course of some of your meals. Soups can be quick, easy and convenient. They provide warmth on a cold day and may be a good source of needed nutrients such as fiber and vitamins.

The things to look for in the soups we buy are high fiber, as found in lentils and peas, and low sodium and fat content. The majority of soups we buy, however, are loaded with sodium and, believe it or not, some are also quite high in fat.

Please refer to the chart on

The things to look for in the soups we buy are high fiber, low sodium and lowfat content.

the right for a closer look at some of the better choices you might find on the shelves of your favorite supermarket (and some that aren't so hot!).

As you can see, most soups
(continued on Page 2)

Soup Sampler

	SODIUM	FAT	%CAL from fat	FIBER
<i>PRETTY GOOD</i>				
HEALTH VALLEY ®Lentil & Carrots	220mg	0g	0%	14g
HEALTHY CHOICE ®Minestrone	390mg	1g	8%	3g
<i>SO-SO</i>				
HEALTHY REQUEST ®Hearty Vegetable	480mg	1g	1%	2g
HEALTHY CHOICE ®Turkey & White Rice	410mg	2.5g	20%	3g
<i>NOT SO</i>				
CUP OF NOODLES ®Pork Flavor	1510mg	12g	37%	1g
CAMPBELL'S ®Tomato Soup	1460mg	4g	18%	4g

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SOUP SCOOP

that are available commercially are high in sodium. The best soups are always homemade and they are pretty easy to make to boot! Just remember to include lots of vegetables, rice, potatoes or beans and add chicken, turkey or lean beef to enhance the nutritional value. But, one more thing, use salt sparingly. Sodium, which is about half the content of salt, is readily available in many foods and our bodies just don't need the extra sodium that comes with salt. Instead of salt, try adding herbs or other salt free seasonings to spice up your dishes. The key is to minimize sodium and fat and focus on fiber to create a healthy and nutritious soup.

Here's a recipe that's easy to make and GOOD too:

CREAMY CARROT SOUP

(makes 6 servings)

INGREDIENTS:

3 cups water
4 cups sliced carrots
1/2 bouillon cube (reduced sodium)
1 tsp. ground ginger
dash ground cinnamon
1/2 cup chopped onion
2 cloves minced garlic (optional)
1 tsp. curry powder (optional)
1/2 cup skim milk

HERE'S WHAT YOU DO:

Bring water to boil in a large saucepan. Add everything else except milk. Reduce heat and simmer for 40 minutes or until carrots and onions are tender. Remove from heat (let cool until it's easy to handle) and then process in batches in a blender until smooth. Return to saucepan, stir

in milk and cook over low heat until thoroughly warmed (do not boil!). Wahoo-. Soup's on!

So how does our Creamy Carrot Soup stack-up against those commercial soups we looked at?

⇒ 100 mg sodium
⇒ trace fat
⇒ 0% calories from fat
⇒ 3 g fiber

Although a good bowl of soup can be enjoyable on a cold day and does provide some nutrients, it really isn't a complete meal. Try to include a half of a sandwich or a small chef's salad and fresh fruit or frozen yogurt for desert to balance the meal.

Keep warm and eat well this winter!

[The information in this article was adapted from the "CNS Nourishing

NEWS OF THE DAY

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POSTMASTER: Send address changes to

1996 I R S TAX CHANGES

A ccording to the Social Security Administration and the Internal Revenue Service, senior citizens who receive Social Security benefits will be able to earn more in 1996 before their benefits are reduced.

Beneficiaries between the ages of 65 and 69 can earn \$11,520 in 1996 without reducing their benefits. For every \$3 a person earns over \$11,500, \$1 is withheld from benefits.

Beneficiaries under age 65 in 1996 can earn \$8,280 before their benefits are reduced. For

every \$1 a person under age 65 earns over \$8,280, \$2 is withheld from benefits.

Benefits are not reduced for persons who are age 70 or older and continue to work, regardless of how much they earn.

Persons who receive Social Security disability benefits must report all of their work no matter how little they earn.

SOURCE: IRS Newsletter for Employers, Winter 1995

QUALITY OF LIFE MEETINGS SCHEDULE

Join us to explore important, timely and informative issues that can help improve the quality of life for persons over 60.

Everyone is invited: seniors, family and friends, care takers and service providers.

As always, there is no charge for admission to any of these sessions, but donations are always welcome.

Seating is limited, so come early.

Coffee and refreshments will be served.

Write the date, time and place of nearest meeting on your calendar & PLAN TO ATTEND!

COACHELLA VALLEY

“FRAUD”

Guest Speaker:
Dan Morgan, Attorney
Inland County Legal Svcs.
Day: Tuesday, January 23, 1996
Time: 8am
Hosted By: Frank Rider
Mizell Senior Center
480 S. Sunrise Way
Palm Springs, CA.

SOUTHWEST COUNTY

“PUBLIC POLICY UPDATE”

Guest Speaker:
Lu Mulberg, Director
Office On Aging
Day: Thurs., February 1, 1996
Time: 8:30am
Hosted By:
Temecula Senior Center
4185 6th Street
Temecula, CA

RIVERSIDE AREA

“PUBLIC POLICY UPDATE”

Guest Speaker:
Betty Warwick
Calif. Senior Assemblywoman
Day: Tuesday, March 12, 1996
Time: 8:30am
Hosted By:
Cheves
Community Center Room
Volunteer Center
of Greater Riverside
2060 University Avenue
Riverside, CA.

PASS AREA

“FRAUD & ELDER ABUSE”

Guest Speaker:
Ray Mastalish, Consultant
Day: Thursday, March 21, 1996
Time: 8:30am
Hosted By:
San Gorgonio
Memorial Hospital
600 N. Highland Springs Ave.
Banning, CA.

What Transit Services Are Needed?

PUBLIC HEARINGS ARE SCHEDULED AT THE FOLLOWING PLACES:

Blythe City Hall Council Chambers, 1:30 PM, Thursday, February 8, 1996
220 N. Spring Street, Blythe, CA 92225

City of Palm Desert Council Chambers, 2PM, Wednesday, February 14, 1996
73-510 Fred Waring Drive, Palm Desert, CA 92260

PLAN TO ATTEND AND VOICE YOUR OPINION!

If you can't be there in person, you may send written comments to: Riverside County Transportation Commission, Transit Service Needs, 3560 University Ave., Suite 100, Riverside, CA 92501. Your comments for the Palo Verde Valley and the Coachella Valley must be received by the Commission not later than February 23, 1996. Written public comments on needed transit service in the Temucula Valley must be received by the Commission not later than February 1, 1996.

TOO YOUNG TO RETIRE? 55+ Seniors - Low Income
FREE TRAINING AND JOB PLACEMENT:
⇒ COMPUTER SKILLS
⇒ ACCOUNTING
⇒ MEDICAL CLERK
⇒ DATA ENTRY
CALL TODAY!
CAREER DEVELOPMENT CENTER
909/788-0400
Program sponsored by the EDA and PIC under JTPA - an EEOE.

POPULARITY OF "TRIPS" GROWS Among County Seniors & Disabled

Over 315,000 miles have been reimbursed by the Transportation Reimbursement and Information Program (T.R.I.P.) in the last six months. That's over 17,400 one-way trips of an average distance of about 18 miles each.

These trips, by program participants who are seniors or disabled persons, have been primarily made to receive medical care (about one-third of the total trips) or to accomplish basic life needs like shopping, taking care of personal errands or banking. The balance of the trips have been divided between attending religious activities, visiting friends and relatives, volunteering to help others and for other things like going to the Braille Institute, traveling to day-care, attending a grand-daughter's wedding, moving or getting a new supply of propane.

For many who don't drive, who maybe don't see as well as they used to, or have difficulty walking or are unable to walk, using public transportation may be just impossible. That's where T.R.I.P. comes in.

Once enrolled in the program, the participant makes arrangements with a driver (a friend, relative or other helper) to assist them in their necessary travels. After the trips to the doctor, to buy groceries and other necessi-

ties and so forth are made, a voucher is sent to the Senior and Disabled Citizens Coalition and the participant is reimbursed at the rate of 28 cents per mile to compensate their driver for travel mileage.

".....using public transportation may be just impossible. That's where T.R.I.P. comes in."

As with most things, we take personal mobility for granted unless or until we don't have it. But for many T.R.I.P. participants, something as seemingly simple as

just going to the store may have been as unthinkable as going to the moon before they enrolled in the program. Now they can make these trips and, maybe best of all, they have a friend, relative or helper who goes with them.

T.R.I.P. serves all of western Riverside County, the Coachella Valley and now a new T.R.I.P. program has just begun to serve the residents of Blythe.

If you would like more information _____ ab
n _____ T.
out _____ .P.,
R.I _____ t o
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What is the Senior & Disabled Coalitionanyway?

The Senior and Disabled Citizens Coalition is a non-profit organization that works to help seniors and disabled citizens increase or maintain their independence and dignity.

SDCC, as we are often referred to, operates in partnership with the Riverside County Office on Aging to provide education assistance through this newsletter and public meetings like those announced on Page 3, and to provide transportation assistance through T.R.I.P.

In addition to support from

the Office on Aging, our programs this year are also being supported by the Riverside County Transportation Commission, SunLine Transit Agency, the Regional Access Project and the City of Blythe.

Donations and contributions from individuals, businesses and other organizations can greatly increase our ability to serve those who need our help.

Donations of any amount may be sent to SDCC, 6296 Rivercrest Drive, Suite K, Riverside, CA. 92507. Telling your family, friends and others about us and

HELP END ELDER ABUSE

A new pamphlet on "Elder Abuse", produced by the Riverside County Office on Aging, is a great resource for all those who serve the elderly. The subjects covered include useful guidelines for recognizing, understanding and taking positive action to correct abusive situations.

Did you know that the Office on Aging estimates that there may be as many as 10,000 to 14,000 elderly suffering abuse in Riverside County at this moment? National statistics suggest that 1 in 6 persons over the age of 60 is abused.

According to the Office on Aging materials, elder abuse may take many forms from physical abuse and neglect to psychological abuse or financial abuse.

Typically it is reported that abusers are family members who may range from caregivers who are themselves elderly and unable to provide adequate care to persons who are stressed because of marital or personal problems, unemployment or lack of money or substance abuse.

NEW Pamphlet Now Available From the Riverside County Office on Aging.

Under California law, Penal Code 368 A-F, elder abuse is a crime. Anyone who witnesses or suspects elder abuse can and should report it to Adult Protective Services at 1-800-491-7123 (Western Riverside County) or 1-800-253-9535 (Eastern Riverside County). Both numbers are

answered 24 hours a day. When a victim of elder abuse is in imminent danger, law enforcement should be notified immediately through the 911 service.

All law enforcement personnel, health practitioners and many others like social workers are required by law to report elder abuse immediately.

The "Elder Abuse" pamphlet may be obtained by calling the Riverside County Office on Aging at 1-800-400-4664.

TIPS FOR AVOIDING TELEMARKETING SCAMS

1. DO NOT GIVE OUT YOUR CREDIT CARD OR CHECKING ACCOUNT NUMBER TO AN UNSOLICITED TELEPHONE CALLER.
2. DO NOT AGREE TO MAKE ANY KIND OF PAYMENT, OR PURCHASE ANYTHING, TO "REDEEM" A PRIZE.
3. ALWAYS ASK FOR ADDITIONAL WRITTEN INFORMATION TO BE SENT TO YOU BEFORE YOU BUY ANY PRODUCT OR SERVICE FROM AN UNSOLICITED TELEPHONE CALLER.

[SOURCE: Better Business Bureau, Direct Marketing Association]

FOR INFORMATION & REFERRALS ON:

- ◆ Acute Hospitals
- ◆ Adult Day Care
- ◆ Alcohol/Drug Programs
- ◆ Consumer Assistance
- ◆ Financial Services
- ◆ Food Distribution
- ◆ Handicapped Services
- ◆ Health Care
- ◆ In-Home Services
- ◆ Housing Assistance
- ◆ Legal Services
- ◆ Long Term Care
- ◆ Medical Equipment
- ◆ Mental Health Services
- ◆ Nutrition Programs
- ◆ Senior Centers
- ◆ Transportation Services & MORE

**call SENIOR HelpLink
1-800-400-4664**

Senior HelpLink is a service provided to residents of Riverside County by the Office on Aging.

TRIP Funder is Transportation Leader

From its fleet of low emission natural gas vehicles TO providing funding support for the pilot T.R.I.P. in the Coachella Valley TO the "Shopper Hopper", a new electrically powered shuttle service in Palm Desert's shopping areas, SunLine Transit Agency is a leader in public transportation.

The SunLine service area includes the nine cities and unincorporated areas of Riverside County that make up the Coachella Valley. Besides the bus system, SunLine also administers curb to curb van service and social service transportation services in the valley.

The transit agency has focused on alternative fuel transportation, converting to become the first totally clean-air fleet in the nation. In keeping with the environmentally conscious policies of both Palm Desert and SunLine, a partnership was formed to set-up Shopper Hopper, the zero emission shuttle service that began in mid-December.

The shuttle has stops at the entrance to the auto mall upper level in Palm Desert Town Cen-

ter, between Circuit City and Crown Books and in front of Target in Desert Crossing's Shopping Center, in front of Mervyn's at Waring Plaza as well as six other stops along El Paseo.

New shuttle called the "Shopper Hopper" now serves riders in Palm Desert!

The shuttle, operated by SunLine, runs Tuesday through Saturday and is FREE to riders!

Access to the shuttle service

is easy from the SunBus route along Highway 111, or riders can use the service to park once and then take the shuttle around to the various shopping areas and stores



along the Shopper Hopper route.



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.

Your Hospital Bill May Be **WRONG**

It may be a good idea to double check your hospital bill! According to John Darragh, a comprehensive financial planner, there are several things that we should look for in our hospital bills:

1. Human Errors. People who work in billing departments can make errors, just like the rest of us. The \$500 charge you see on the bill may really have been for a procedure or medication that cost \$50. Check to see if you think the charges listed seem reasonable.

2. Duplicate Billing. It is sometimes possible that you can receive a bill for the same treatment twice.

3. Phantom Charges. Most hospital procedure costs are based on one or more parts (tests, shots, etc.). In some cases, you may have been charged for everything in the complete procedure even though you received only a portion of the full procedure.

4. Bulk Charges. Sometimes you may receive a billing that does not itemize each procedure and charge. If you receive such a bill, request an itemized bill and make sure you understand each charge listed.

5. Unrequested Charges. Look for charges for items you didn't request, like extra tooth-

paste, pillows and the like. These can add up.

6. Unauthorized Charges. You have the right to approve tests before they are administered. If you request this right, you are not obligated to pay for

"...checking your hospital bill for errors and extra charges (can be) difficult. Nonetheless, it can very well be worth the effort."

tests conducted without your permission.

7. Redundant Testing. If a test is run poorly and another one is necessary because the first wasn't run correctly, you should not have to pay for the second test.

Confusing medical terms, special codes and billing invoices that often can read like the white pages of the telephone directory can make checking your hospital bill for errors and extra charges difficult. Nonetheless, it can very well be worth the effort.

This article was adapted from an article that originally appeared in the Fall 93 issue of "News Of The Day". The original article was contributed by Billy Johnson, Health Insurance Counseling and Advocacy Program. The information in the article was based on

Mr. Darragh's "Seven Most Common Hospital Bill Errors" as they appeared in the Affording Care Bulletin.

For those who may not have received the Fall 93 issue of "News Of The Day" or for

Memories

A hand cranked victrola
In a room with a pot-bellied
stove
Are memories of a childhood that
last
Even though 6 decades past.

We later listened to a radio,
Only two stations, though;
Then television became a need
Black and white, of course, yes
indeed.

These inventions proliferate!
And now the computer comes
along
to complicate.
We go to school to learn and know
How to make information flow.

Being this age in a modern
world
Ain't all that mean
But the thing that drives me nuts
Is the telephone answering
machine!!

"If you want your bank
balance, press 1"
"If you want current interest
rates, press 2"
"If you want safety deposit box
info, press 3"
"If you want to talk to a real
person, press 4"

- Lewis A. Ketring

If you have a humorous story, verse or experience you would like to share with our readers, or comments about the "News Of The Day" or about our transportation programs, send them to:
SDCC, 6296 Rivercrest Drive,
Suite K, Riverside, CA 92507

Food Safety In Your Kitchen

Here's How to Handle Food Properly to Avoid Foodborne Illness:

1. Thaw foods in the refrigerator.
2. Treat raw meat, poultry, seafood and eggs as if they were contaminated. After handling these foods, wash hands, utensils and working surfaces thoroughly.
3. Cook meats thoroughly. Place thermometer in thickest portion of meat to measure internal temperatures (Poultry: 180°F / Beef, Pork, Lamb and Veal: 160°F).
4. Wash fruits and vegetables before eating.
5. Marinate raw meat and poultry in refrigerator, not on the counter. After removing meat from marinade, discard marinade. (Never return cooked meats to marinade.)
6. Cook poultry and stuffing separately.
7. Cook eggs thoroughly; don't leave them runny.
8. Discard food left out a room temperature for over two hours.

Here's How to Help Keep Your Kitchen Free from Disease-Causing Bacteria:

1. Wash hands well before AND after preparing food.
2. Be sure your refrigerator is clean and working properly (40°F or less/freezer at 0°F).
3. Use antibacterial products such as O-Cel-O® or Lysol® Kitchen Spray which carry antibacterial substances.
4. Use paper towels to clean countertops instead of cloths and discard the paper towels after use.
5. Wash sponges and dishcloths thoroughly each day.
6. Do not reuse plates that had raw meat on them until after they are thoroughly washed.

“On a typical day in America, 20,000 people get sick from something they ate.” Don't let yourself be one of them.

[SOURCE: Nutrition Action Newsletter, April 95]

**Senior and Disabled Citizens Coalition
of Riverside County
6296 Rivercrest Drive, Suite K
Riverside, CA 92507**

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inside...

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