



Meeting the Challenges

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

Volume 5 Issue 4

Spring 1997

The "Living For Your 90s" Winners for 1997

Individuals over the age of 75, chosen by their communities to be honored because, after a lifetime of community involvement, they continue to give of themselves —

Mary Saldivar Gutierrez: *"...I always thought, when I get old, I am going to learn to paint...I am going to learn to knit. I haven't done either of those yet. Well, maybe there is still time."*

Mary came to the Coachella Valley with her family in the early 1920's. She had to stop attending school in 1936 because of her mother's illness, but got her high school diploma in 1960. Mary didn't "retire" until she was 73. She has been contributing her time to the Eleanor Shadowen Senior Center, RSVP, Catholic Charities and currently serves as a bilingual Senior Peer Counselor for the Office on Aging. Now, at 79, Mary says there still aren't enough hours in the day to do all the "fun" things she wants to do!

Mary M. Fickas: *"...I didn't ever anticipate anything. You know the old parable..blessed is he who expects nothing for verily shall he never be disappointed? So I have never been disappointed..."*

Mary, now 95, "retired" in 1967, but insists on remaining active. She delivers mail for the residents of Mountain View Manor in Desert Hot Springs, where she lives. She collects aluminum cans and donates the money she gets. She volunteers at the Senior Center, the Boys & Girls Club, and Hands of the Desert. Mary was diagnosed as a Diabetic years ago but refused to go on medication. Instead she has committed herself to controlling her diet and being active. Mary has advice for us all: "Live a good clean life."

Joe Tobin: *"...I see a lot of people my age and they are very active...they seem to be happy...and yet I see some... after awhile they find out that you just can't play golf everyday...they get a little stagnant as it were..."*

Joe feels his greatest achievement has been more than 20 years of fund-raising for Eisenhower and watching it grow. He was a founding member of St. Francis of Assisi Church in LaQuinta, served on the Planning Commission for 11 years and was President of the Board at Joslyn Senior Center for 8 years. Joe's advice for us is to: "Stay active and get involved in your community."

Evelyn Boomer Thompson: *"...I like to be active...I still am active with the Indio High School athletics...my son is the Athletic Director there and I go to all the games..and I yell..that's just my life..."*

Evelyn has lived in Indio for nearly 8 decades. She worked for Desert Sands Unified School District for thirty-three years, was a founding member of the Coachella Valley Museum League, the founding president of the California School Employees Association and has served as the City's treasurer since 1979. Evelyn's advice for us is to: "Keep active and have faith in our young people."

Special thanks to Mike Meenan of KPSI, Palm Springs for providing a copy of the interview tape!

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MORE OF THIS YEAR'S INSPIRATIONAL AWARD WINNERS...

Fred H. Rice: *"...Go with the flow, because we are constantly changing....we have to change and still have values..."*

Fred, at age 80, says he doesn't know what "retired" means. He unofficially holds the title of "Mr. LaQuinta" and continues to serve as the president of the City's Historical Society. He worked in animation with Walter Lantz on films like Disney's "Fantasia, but feels his greatest accomplishment is his 56 year marriage with Dottie. He intimates that his key to long life has been watching his diet, keeping his mind healthy and the power of faith and prayer. Fred's advice for us is to: "Believe in yourself."

Fred Tretta: *"...I enjoy all aspects of life. I enjoy meeting new people... so the interest never wains...it's always there. It's OK to slow down, but to stop is fatal....."*

Fred remains active as a financial consultant. He has helped start 146 businesses over the years and is active in many civic organizations, including the Palm Desert Rotary, Springfest, the Chamber of Commerce and the Historical Society. He and his wife belong to a twelve-member dance team. His goal is "to live longer than George Burns" and his advice for us is: "Don't be afraid to give back, and respect your parents."

Wayne E. Robinson: *"...I've had four heart attacks...I've knocked on the door up there quite a few times and there wasn't any room for me... so evidently there's something for me to do here..."*

Wayne retired from Rockwell in 1970 and, in the early 80's, began Food In Need of Distribution (FIND) on his patio. He has been serving the needy through his food bank ever since. When not helping those in need, Wayne enjoys his grandchildren and great-grandchildren.

Betty Clark Mong: *"..We have two ways to go in life, either we make it or we don't...and being unhappy.... staying at home and feeling regretful or sorry or angry doesn't work in my life...I have to keep going..."*

Betty is blind but that doesn't stop her from enjoying and living life to its fullest. At 75, she serves as Coordinator of Community Activities at the Braille Institute in Rancho Mirage. Betty thinks there's still room

Harold Kress: *"...Keep working, be good at your job, and like what you are doing...that's the most important thing..."*

During his career as a film editor, Harold won Academy Awards for his work on "The Towering Inferno" and "How The West Was Won". He tried to retire, but soon began assisting the College of the Desert's Drama Department with fund-raising, guest lecturing and eventually he became an instructor. He continues to be an active volunteer and is currently on the Arthritis Foundation Board of Directors. He says his major accomplishment has been his marriage to wife Zelda for over 61 years.

MEETING THE CHALLENGES

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**New Phone
Number
for Office on
Aging:**

Are You Getting Enough Fiber in Your Diet???????

How often do you eat.....

- 1.. Three or more servings of breads and cereals made with whole grains?

Seldom or never	1-2 times a week
3-5 times a week	Almost daily

2. Starchy vegetables such as potatoes, corn, peas or dishes made with dry beans or peas?

Seldom or never	1-2 times a week
3-5 times a week	Almost daily

3. Several servings of other vegetables?

Seldom or never	1-2 times a week
3-5 times a week	Almost daily

4. Whole fruit with skins and/or seeds (berries, apples, pears, etc.)?

Seldom or never	1-2 times a week
3-5 times a week	Almost daily

SCORING: Of course you know already, the best answer for each of these questions is **ALMOST DAILY**. Whole grain products, fruits and vegetables all provide fiber. Eating a variety of these foods daily will provide you with enough fiber.

Here are five quick tips to increase fiber in your diet:

1. Try a whole-grain breakfast cereal, hot or cold. It doesn't have to be 100% bran—look for a cereal with at least 2 grams of dietary fiber per serving.
2. Eat fresh fruit or stewed fruit—an orange, half a grapefruit, prunes or apricots—instead of drinking fruit juice.
3. Eat fruits and vegetables with their peels—apples, pears, peaches, potatoes or summer squash.
4. Add cooked or canned dry beans, split peas, and lentils to your favorite soups, stews and salads.
5. Choose whole grain baked goods like corn muffins, graham crackers, whole wheat or rye breads.

[SOURCE: Food Facts For Older Adults]

What Is Fiber ANYWAY... and Why Is Eating It Important?????

Fiber is often also called “bulk” or “roughage”. Fiber is the structural part of plant foods *which we cannot digest* and is, ironically, an important part of a healthy diet.

There are two kinds of fiber and we need to have both in our diet. Insoluble fiber is basically the part of plants that gives them structure and it does not dissolve in water. Getting enough insoluble fiber is important for proper digestion. It helps prevent and treat constipation and diverticulosis, and may be effective in helping prevent certain types of cancer. Common sources of insoluble fiber include wheat bran, vegetables and whole grains.

The other type of fiber is soluble fiber, which forms a gel in water. This type of fiber may help lower blood cholesterol levels in some people and may also help people with diabetes to control their blood sugar levels. Common sources of soluble fiber include oat bran, barley, legumes, fruits and vegetables.

When you begin to add more fiber to diet, do so slowly. It takes your stomach and intestines time to get used to higher fiber content. To add more fiber to your diet, choose foods like these more often: fresh, whole fruits (apples, banana, oranges and strawberries); baked potato with the skin; oatmeal, shredded wheat, bran and whole wheat flaked cereals; whole grain pasta and brown rice; and whole grain breads.

And don't forget to drink at least eight glasses of water each day. Water and fiber work together to keep everything moving and prevent constipation. The other ingredient in good digestive health is exercise! But be sure to consult your doctor before

A POEM BY ROBERT LAX

Robert Lax is now 81 years. He is an American poet who says that he has worked to simplify his form and words to try to hear in his poems what he has described as “the language my soul uses when it talks to itself.”

He doesn't title his poems and he breaks all kinds of rules of capitalization, punctuation and even spelling, but the results are very direct and moving poems of simple words with often profound meaning.

the sun
stood on
one hand
above the
town

but straight
above the town
its light
fell straight
upon the
street
and every
ray
was like
a string
each living
ray
was like
a string
of music

each object
then leapt
from the street
and spoke:
each object
said its
name

proclaimed
its name
in glory
and its
being

and i
sang too:
my heart
sang too,
to know
each object
in its name
and being

to know
that all
indeed
was real

all had
history
and a
name

[SOURCE: Poets &
Writers Magazine]

4th Annual Annenberg Forum on Senior Health Care **MAINTAINING INDEPENDENCE: Navigating the Maze of Home and Community Care**

This year's program, on an important subject of interest to many, will be held at the Annenberg Center for Health Sciences at Eisenhower in Rancho Mirage, from 8:00 am to 1:30 pm on Wednesday, April 30th.

8:00 am

Registration/Continental Breakfast

9:00 am

Welcome by Mark Eppinger, President of the Annenberg Center for Health Sciences

9:05 am

Introduction of program moderator, Lu Molberg, Director of the Riverside County Office on Aging

9:10 am

Special welcoming remarks by Dixon Arnett, Director of the California Department on Aging

9:15 am

“Yesterday, Today and the Solutions” will be presented by Joseph Karcher, M.D., Physician of the Year, California Association for Health Services at Home

10:00 am

A panel discussion will be moderated by Lu Molberg: “Options Available” - Andrew Silver, M.D./ “Funding Patterns and Financial Incentives” - Joseph Hafkensiel, Pres., Calif. Assoc. for Health Services at Home/ “Tools to Make Intelligent Choices” - Paula A. Hertel, Pres.-Elect, Calif. Assisted Living Facilities Assoc.

10:45 am

Question and answer periods

12:00 noon

“What Does the Future Hold” by Dixon Arnett

12:30 pm

Luncheon

The cost of \$25.00 per person includes the continental breakfast, beverages and lunch. For information on registration, call Sally Hayes at (760)773-4500

Hints For Getting A Good Night's Sleep

From time to time almost everyone has trouble falling asleep. Good sleeping habits are key to getting a good sleep. So, if you are having problems sleeping, trying some of these suggestions may help:

- Follow the same routine at bedtime everynight. For example, wash up, brush your teeth, and set your alarm (whatever). By repeating the same routine you will help your body realize that it is time for bed.
- Always get up at the same time each morning, no matter what time you go to sleep.
- Avoid eating heavy meals and drinking lots of fluid before bed. Light snacks, however, may help you to relax and may be included in your bedtime routine. An example of a light snack might be a couple of crackers and a little milk.
- Avoid caffeine, alcohol and nicotine in the evening. Caffeine is found in coffee of course, but also in chocolate, teas (including herbal teas), and in many soft drinks.
- Sleep only when sleepy. If you can't sleep, get up and do something relaxing until you feel tired.
- Block out noise and light which may disturb you during the night by using earplugs and heavier window coverings, for example.
- Exercise moderately in the afternoon three to four times a week (NOTE: always consult your doctor before beginning any exercise program). Exercise may help you sleep better, but exercise too close to bedtime may actually keep you awake.
- Talk with your pharmacist to find out if any of your medications can affect sleep, and if so discuss with your doctor.

The amount of sleep we need varies with each individual and changes

What is AMD ? How Can I Tell If I Have It?

- ◆ AMD is "age-related" macular degeneration.
- ◆ "Dry", or atrophic macular degeneration, is the most frequent form of this eye disorder. It occurs in the majority of cases when the most sensitive portion of the retina deteriorates from age. No cure exists, but there are ways to cope with the visual impairment which results.
- ◆ "Wet" AMD occurs when capillary blood vessels beneath the macula rupture and begin to leak fluid causing the retinal surface to lift and distort images. Laser treatments often can be used to seal leaking capillaries and preserve overall vision with only pinpoint areas of blindness resulting. This form of AMD accounts for only 10% of the cases, but vision loss may be rapid. Immediate treatment is required. Left untreated, "wet" AMD can result in greater loss of central vision.
- ◆ As we age, we should watch for the following four symptoms and consult an ophthalmologist if these vision changes occur:
 1. Colors look dim
 2. Words on a page look blurred
 3. Straight lines appear distorted
 4. A dark or empty space appears in the center of vision.

Support Group for Blind Meets in Pass Area

Mary Casper, a long time activist for the blind, and herself legally blind from Retinitis Pigmentosa, conducts a monthly support group in Banning. Contact Mary at 909.922.9373 for more information.

Support Group for Deaf Meets at Mizell Senior Center

The new support group for persons with deafness meets at 1pm on the first Wednesday of each month at the Mizell Senior Center, 480 S. Sunrise Way in Palm Springs. For more

DON'T BE RIPPED-OFF !!!

by George F. Dickerman, Attorney at Law

Contractor fraud against seniors is just one of many types of elder abuse.

Statistics, compiled by the Riverside County Office on Aging, indicate that there may be as many as 10,000 to 14,000 incidents of elder abuse in Riverside County this year. Don't let yourself become one of these statistics.

Let's consider a hypothetical case, in the hope that you will share this information with others and you and your friends, relatives and neighbors will not become victims of contractor fraud:

⇒Joan is an 80 year old widow living independently in her own home. One hot day, her air conditioner only blows warm air so she decides to obtain a repair estimate. She looks through the yellow pages and calls a contractor.

⇒The contractor and his assistant show up, and after a brief inspection, they tell Joan that her air conditioning unit is bad and needs to be replaced. "Lucky" for her, they say they can install a new air conditioner which is on sale at 20% off and only costs \$3,500.

⇒Joan tells them she doesn't feel she can afford it, and will have to think about it for a few days. The contractor is pushy and insists that this is a great buy and that the sale price won't be available tomorrow.

⇒Although feeling pressured, Joan agrees and signs a contract. The contractor also fills out a form which states this is an emergency repair and that Joan gives up her legal right to cancel the contract within 3 business days. Although confused, Joan signs this form too and the air conditioner is installed that day.

⇒Two days later, Joan finds a newspaper advertisement offering the same air conditioner, fully installed, for only \$2,500. She immediately writes the contractor but they refuse to cancel the contract, stating they've already done the work and been paid via Joan's credit card.

JOAN WAS RIPPED-OFF - What Are Her Legal Rights?

Joan had a legal right to cancel the contract within 3 business days, regardless of whether the air conditioner had already been installed! The law's public policy is to allow a person sufficient time to think about a purchase, obtain other cost estimates, and avoid high-pressure sales tactics.

What the contractor did was to unlawfully take away Joan's right to cancel the contract by having her sign a statement that the air conditioning

installation was an "emergency."

Of course, there are situations in which a true emergency arises and would warrant immediate installation of a product. A homeowner should have the power to waive the 3-day right to cancel if a real emergency situation arose.

A real "emergency", however, must be such that it threatens the immediate safety of persons or property. To protect homeowners, the law requires them to sign a personal statement, separately dated, which describes the situation requiring immediate remedy and expressly acknowledging and waiving their right to cancel the sale within 3 days.

The law also states that once Joan sent a written notice of cancellation, the contractor had 10 days to refund her money, or else be in violation of the law.

Furthermore, if a contractor fails to demand possession of the goods within 20 days after a lawful cancellation, the property then belongs to the customer without any obligation to pay!

This is only one example of how we can be victimized by unscrupulous sellers, but there are some things which we can do to protect ourselves:

1. Never sign a contract for home

continued on next page

50% With Diabetes May Not Know They Have the

Only 50%-60% of the people believed to be diabetic are diagnosed. It is not uncommon for me to see patients for the first time with complications indicating they have unknowingly been suffering from diabetes for at least 5 years.

Diabetes is a very treacherous disease that may be

CONTRACTOR FRAUD...

improvements without first obtaining several written estimates.

2. Ask your family or friends for their opinion. Maybe they know a reputable contractor who does quality work, on time and for a good price.

3. Check with the California State Contractor's Licensing Board (1-800-321-2752) to see if there are any judgments or pending complaints against the contractor.

If you believe that you or someone you know has been victimized, call an attorney immediately. The majority of these types of cases should be taken on a "contingency basis", where attorney fees are paid either directly by the "bad guys" or as a percentage of your recovery. In no event should you have to pay any money to a lawyer out of your pocket.

George F. Dickerman is an attorney who practices and resides in Riverside, California. He will be happy to answer any other questions you might have and can be reached at (909)788-2156.

without symptoms during its early stage. The classical symptoms are frequent urination, frequent thirst and hunger, craving for sweets, blurred vision, frequent yeast infection in females and rapid unexplained weight loss. Naggng and at times incapacitating numbness, pain, or tingling sensations in the hands or feet may be diabetic neuropathy symptoms. Even unexplained diarrhea at times alternating with constipation, nausea and indigestion can be a symptom complex of the neuropathy involving the internal organs of a person suffering from diabetes. If you have any of these symptoms, see your physician and have a blood test.

It is important to make a diagnosis of diabetes early if you have the disease. Diabetes can affect both the big and small blood vessels and therefore cause kidney, eye, heart, and peripheral nerve complications. Nearly half of the patients on dialysis are diabetics. Diabetes is now the second leading cause of blindness and amputation in the United States. Risk for heart attacks and strokes is doubled or even tripled in the diabetic patient.

The American Diabetes Association made the diagnosis of diabetes a lot easier. Anyone with two blood sugars of more than 140 after fasting on two separate occasions, can be considered

diabetic. Or anyone with classic symptoms and a random blood sugar (blood sugar done in a non-fasting state) of more than 200 can also be considered already diabetic. A lot of times this will eliminate the need for a 3 hour glucose tolerance test which can be time consuming and traumatic to a lot of patients.

There are two types of diabetes. Type I diabetics are mostly young patients who need insulin to control their diabetes. The pancreas does not produce any or sufficient amounts of insulin. Type I diabetes can also infrequently develop rather suddenly in the elderly and can be difficult to treat.

Type II diabetes occurs most commonly in obese patients after age 40. In this case the pancreas makes normal or excess amounts of insulin but the difficulty lies in the inability of the body to use the insulin which is produced. Type II diabetes is more likely to occur in persons with a genetic predisposition to the disease.

There are many treatment options for both Type I and Type II diabetes. In both types it is essential that optimal control of the disease is attained to prevent development of debilitating complications.

Dr. Martinez - Diplomate, American Board of Internal Medicine, a Diabetes Specialist, and the Medical Director of

"Keeping Up With the Joneses" Takes on New Meaning

by **Ted Perry**, Administrative Assistant, Senior HelpLink

As Roxie A. Jones smiles and sits quietly, surrounded by family, friends and small children, the celebration of 109 years of inspirational life begins. As the piano plays and the choir from Riverside Christian High School sings "Amazing Grace", Roxie, who is a piano player herself, taps her fingers on the table as if she is playing.

Other singing performances were provided by the King Trio of the Bible Baptist church in Moreno Valley, the Greater Bible Way of the Missionary Baptist Church in Perris, the Arlington chamber Singers from Riverside, and Girl Scout Brownie Troop 1471 and Girl Scout Junior Troop 21.

Roxie Jones was born on

January 28, 1888 in Atlanta Georgia. She grew up in Arkansas and worked on farms for over 40 years. She remembers that all the food was homegrown and the only trip to town was to get cloth to make clothing. Roxie came to California in 1935.

She is a member of the Missionary Baptist Church in Perris and practices a strong and high-spirited faith. According to her grandson, Charles McCoy, "She loves to quote scriptures and her favorite quotation is 'Honor thy father and thy mother.'"

Roxie Jones has lived at the Johnson's Guest Home, which is located in a quiet setting in Woodcrest, since 1977. Mary Burchell, with the assistance of her staff and volunteers, arranged

Federal Budget Cuts Mean HEATH Must Charge to Recover

Basic Costs

Clearinghouse Promises the Quality of Materials and Service Will Remain High

HEATH is a national clearinghouse which collects and distributes information to assist persons with disabilities continue education after high school. The program is funded by the U.S. Department of Education, but HEATH's funding will be about 10% less for the next two years at least.

Budget cuts are affecting HEATH operations in two ways:

1. the Center must recover the cost of printing and mailing materials
2. the Center is increasing its use of internet service.

If you would like a complete catalog of resource materials available, you may contact HEATH at:

HEATH
American Council on Education
Department 36
Washington, DC 20055-0036

Phone: 202.939.9320 (V/TTY)

Fax: 202.833.4760

email: heath@ace.nche.edu

Internet: <http://www.acenet.edu>
(under *The HEATH Resource Center*)

Materials are available in electronic form on the Internet at:
gopher://bobcat-ace.nche.edu

Family and friends of Roxie A. Jones gather to celebrate 109 years of inspirational life

The HMO Maze for Medicare Beneficiaries: Know Your

A Health Maintenance Organization (HMO) is an alternative to traditional fee-for-service Medicare and standardized Medicare Supplement insurance. HMOs are another way that Medicare makes medical services available to seniors. HMOs provide comprehensive health care **for Medicare** to voluntarily enrolled members who are eligible for Medicare service.

Medicare pays most HMOs a fixed monthly amount for each enrolled member who is eligible for Medicare. Under their contract with Medicare the **HMO must then provide all Medicare covered services** plus any optional services to which they have agreed.

There are several **advantages to being an HMO member:**

- Medicare deductibles and co-payments are covered thus reducing your out-of-pocket expenses
- A Medicare Supplement health insurance policy is not necessary
- Extra services, not covered by Medicare, may be provided - these may include preventative physical exams, prescription drugs, hearing, dental and eye exams, and other wellness services (some HMOs charge a monthly premium and a small charge of \$5-\$10 each time a service is used)
- A Medicare beneficiary can enroll if they live in an HMOs

approved service area regardless of pre-existing health conditions unless he or she is in end-stage renal disease or enrolled in a hospice (once enrolled you cannot be disenrolled by the HMO if you develop end-stage renal disease or require hospice services).

There may also be **disadvantages to being an HMO member:**

- If your current doctors are not under contract with the HMO, you must select new physicians who are part of the HMO network
- You are “locked-in” to using only doctors and facilities contracted by the HMO for all or your medical needs, except emergency care, out-of-area urgently needed care or if referred through your HMO (if you otherwise use unaffiliated doctors, hospitals, labs, or medical suppliers, you must pay for those charges and will not be reimbursed by the HMO or Medicare)
- Normally, it is necessary to go through your primary care physician to get a referral to a specialist or for other procedures and in many HMOs the referral must be approved by a “utilization review board” (a group of medical professionals who decide if the additional or special care is needed)

- You may have to become a “squeaky wheel” to receive services in a managed care plan.

Learning and knowing your rights as a Medicare beneficiary in an HMO is extremely important:

- 1 At no time does a beneficiary who continues to be Part A and Part B Medicare eligible “give up” or “sign away” his or her rights when they join an HMO**
- 2 A Medicare beneficiary who is an HMO enrollee always has the right to request a reconsideration of a decision not to refer or provide services and to take a complaint through an appeals process**
- 3 Your primary care physician must understand the managed care system and be willing to advocate on your behalf to try to obtain approvals on requests for services (not every doctor knows how the HMO system works and it is also better for you if your primary care physician has a good working relationship with the director of the medical group, since it is the director who will represent your interests at the HMO’s “utilization review board”).**

Fortunately, free and objective information and

continued on next page

KNOWLEDGE IS POWER...

assistance are available to Medicare beneficiaries through HICAP, the Health Insurance Counseling and Advocacy Program.

HICAP is a statewide program which operates under a grant from the California Department on Aging and provides counseling to persons 60 years of age and over, Medicare beneficiaries, and/or their family members or caregivers. The service is absolutely free and counseling sites are located conveniently throughout Riverside and San Bernardino counties.

HICAP advocates for Medicare beneficiaries and also conducts free pre-retirement seminars and general educational presentations on a variety of topics affecting Medicare beneficiaries. The Community Education component is designed to help Medicare beneficiaries know how to go about receiving all the care and services they need and have a right to receive.

Managed Care is, without a doubt, the wave of the future and here to stay. Essential to getting the system to "work" is knowing how Managed Care, HMOs and the Federal Medicare program work together and also understanding our rights in this health delivery system.

For further information, assistance or to request community education services please call HICAP at: 1-800-272-4227.

**Being a Grandparent Can Mean
.....*Parenting All Over Again***

A quote attributed to John Lennon is that "Life is what happens to you while you are busy making plans." More and more of us are ending up *doing it again*...facing the prospect of caring "full time" for grandchildren. Meeting the needs of grandchildren can mean dealing with a challenging array of new legal, financial, medical, educational, and emotional issues.

We've done it before — raised our children, grew up ourselves. We have a lot of experience, but kids are growing up in a world that is vastly different...even than the one we raised our children in!

Things are so different that attending appropriate parenting classes through local community colleges or other educational institutions may be very helpful.

Plus, much as we resist admitting it, we have different physical needs now and we have to remember to take care of ourselves too. In fact, in circumstances where we have become parents again for whatever reasons, we now have to remember that our health and well-being are *critical*

to the health and well-being of our grandchildren.

AARP has Grandparent Information Centers which are available to provide support. They can help find a local support group which many find of tremendous help in coping with the stress that often accompanies the re-parenting responsibility. They can provide referrals for assistance in custody and adoption or guardianship and other legal issues, finding financial aid, providing for medical care and dealing with the emotional issues your grandchildren may face.

You may contact the Grandparent Information Center at 202.434.2296 weekdays from 6am to 2pm, our time. You will hear a recording and be asked to leave a message and your telephone number. Center staff will call you back, minimizing the cost of your long distance calling.

You can also write to:
**AARP Grandparent Center
Social Outreach and Support
601 E Street, NW
Washington, DC 20049**

[SOURCE: AARP Pamphlet: "Grandparents Raising Their Grandchildren"]

**"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong..... because someday in life you will have been all of these."
- George Washington Carver**

Spices, Schmices....What Do I Use? When?? *Cut Down On Salt and Increase the*

Beef	Bay leaf, garlic, marjoram, nutmeg, onion, pepper, sage, thyme
Chicken	Ginger, lemon juice, lime juice, marjoram, oregano, paprika, rosemary, sage, tarragon, thyme
Fish	Curry powder, dill, dry mustard, lemon juice, lime juice, paprika, pepper, rosemary
Pork	Garlic, onion powder, oregano, pepper, sage
Carrots	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Green Beans	Curry powder, dill, lemon juice, marjoram, oregano, tarragon, thyme
Peas	Ginger, marjoram, onion powder (or diced), parsley (fresh is better), sage
Corn	Cumin, curry powder, onion powder (or diced onions), paprika, parsley (fresh is better)
Tomatoes	Basil (fresh is better), bay leaf, dill, garlic, marjoram, onion, oregano, pepper

Future of Meeting the Challenges Newsletter.....*uncertain*

Over the last 18 months we have made many changes to the newsletter. We wanted to keep the editorial intent of the newsletter pure: to promote a positive attitude of self-reliance, continuing discovery and enthusiasm for life. And we have been very pleased by all of the positive comments and praise which we have received! It has been great to hear things like "I really look forward to getting it" and "There is nothing else like it around!"

However, we have been notified that, due to budget cuts, we will not get the funding support next year which we have relied upon in the past. I am asking you to voluntarily help us with a small donation of \$4 or \$5. If everyone who receives Meeting the Challenges (and likes it!), sends us just \$5 we can continue to publish quarterly, beginning with the Summer Issue in July.

When you send us your contribution to help us keep publishing this important newsletter, it doesn't cost you anything because you can deduct the contribution from the taxes you pay. Plus, we want to keep sending the newsletter to everyone who finds the information useful even if they can't afford to pay for a subscription.

Won't you please help us? If you enjoy receiving and reading the newsletter, please send your \$5 contribution, or whatever you can, to:

Meeting the Challenges - 97
6296 Rivercrest Drive, Suite K
Riverside, CA 92507

If you can send more than \$5, rest assured that we will accept contributions no matter how large they are and all of it will go towards continued and expanded publication of Meeting the Challenges! We will send you a letter acknowledging your charitable contribution for your taxes. Thank you very much for your friendship and support!

Sincerely,

Richard Smith
Editor

P.S. Also, please send us the names of other people who you think would also enjoy receiving future issues of Meeting the Challenges.

☆☆☆☆ The comments and profiles of two of this year's Inspirational "Living for Your 90s" honorees...

Lalo Guerrero: *"...The Lord has been good to me and I just love to work...I have a little studio and I'm always there..it's a great love I have for music..as long as the Lord gives me life I will go on doing it..."*
 Lalo is a world renowned musician, composer and entertainer. He recently received the National Medal for the Arts from President Clinton and has also been the recipient of the National Endowment for the Arts award from both President's Bush and Carter. Lalo often donates his time and performs at retirement homes and also performs at local elementary schools to serve as a role model and instill an appreciation of music. His advice is for the young: "Stay away from drugs because they lead to violence."

Rose Sandow: *"...I use humor to cheer up fellow seniors....."*
 Rose wanted to be a physician, but the Depression made this aspiration impossible. She learned to type, won the LA City School Typing Contest in 1932 and went on to win the State's typing contest. Her excellent typing skills landed her in health care and she returned to school to become a hospital administrator. Rose loves people and at age 79 continues to help and care for those around her. She has been an Ombudsman for Long Term Care for over ten years and a bingo caller at the Senior Center in Cathedral City for eight years. Chances are, next time you see Rose, she just might tell you a joke. Ask her to tell you the one about the eagle.....

M O R E I N S I D E

*Partnership to Preserve Independent Living
 for Seniors and Persons with Disabilities*

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 Your Spring Issue of
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✓*What Is Fiber Anyway?* ✓*Hints For Getting A Good Night's Sleep* ✓*AMD - How Can I Tell If I Have It?* ✓*Don't Be Ripped-Off!!*
 ✓*50% With Diabetes May Not Know They Have It* ✓*The HMO Maze for Medicare Beneficiaries: Know Your Rights!* ✓*Being A Grandparent Can Mean Parenting All Over Again* ✓*and more.....*