



# Meeting the Challenges

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

Volume 5 Issue 3

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## Drinking To Your Health

by Michelle Logan - Nutrition Systems Manager, Riverside County Office on Aging

**N**ever underestimate your need for water. Water ranks in nutritional importance with vitamins, minerals, protein, carbohydrates and fats, but we often take it for granted and may not be drinking enough.

Believe it or not, just by living, breathing, perspiring and going to the bathroom, we can lose between two to three quarts of water daily! This water MUST be replaced. That's why we always hear "drink six to eight glasses of water a day." We can also drink milk and fruit juices, but water is very inexpensive. It also helps to eat foods with a high water content, especially fresh fruits and vegetables which are so available in Riverside County.

As we age, fluid intake becomes more critical. Losing water without replacing it can leave us dehydrated. It can make us feel faint and suffer dizzy spells. It is important to drink when we feel thirsty, but by that time we may already be

dehydrated!

We need to drink before we feel thirsty because:

- The mechanism that triggers thirst gets less sensitive with age
- Our kidneys may not be saving as much water as they did when we were younger
- Many drugs cause water loss, especially water pills or diuretics used for high blood pressure or some heart conditions
- Drinks with caffeine, such as coffee and tea, and alcohol act like mild diuretics. Even though they are liquids themselves, they cause us to eliminate waste more frequently increasing our body's water loss.

Keeping enough water in our bodies is critical for these reasons:

- Water carries nutrients to cells and carries away waste products
- Water keeps the digestive tract

working and the urine clear

- Water helps maintain body temperature
- Water surrounds and protects joints and organs, such as kidneys, from shock or injury.

Here are some tips to help make sure we are replacing lost liquids every day:

- Enjoy "watery" fruits and vegetables, such as apples or applesauce, melons, oranges, berries, greens, spinach, pears, peppers, cucumbers, celery, tomatoes and squash
- Add sherbet to fruit juice for a refreshing snack [Try orange sherbet in cranberry juice!]
- Keep a glass of water next to you while you watch television and take a drink during commercials
- Keep a glass of water next to your bed and, if you get up during the night, take a drink when you return to bed
- Take individual cans or packs of fruit juice with you when you travel and don't forget that trusty, refillable water bottle.

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# How to Use Public

**T**here comes a time in our lives when driving may no longer be safe or possible. Our first idea may be to get someone to drive us, but easily accessible, inexpensive public transportation is an alternative that is sometimes forgotten.

Some of us have never used public transportation before and just don't know much about it. Because we may be unfamiliar with riding the bus, we may tend to shy away from using public transportation. But it really is easy.

Here are some tips to help you get started:

- ◆ If you know in advance where

## MEETING THE CHALLENGES

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EDITOR :

Richard Smith

Telephone: (909)697-4697

Fax: (909)697-4698

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you want to go, call your transit agency customer service department and ask for a written or verbal itinerary. [Customer service reps are happy to help you plan your trip!]

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*"...Like everything else, once you understand how it works, it is really pretty easy..."*

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- ◆ To catch a bus, once you're at the stop, stand up and signal the bus driver.
- ◆ Check the destination sign at the front of the bus to be sure you are boarding the right one. [Ask the driver if you are unsure.]
- ◆ Don't feel like you need to rush - take your time boarding. [Ask the driver for help if you need help.]
- ◆ If you need to use more than one bus to reach your destination, ask the driver for a transfer when you pay your fare.
- ◆ Be sure to have the right change for your ride and transfers as drivers are not allowed to make change. [To find out about senior discounts in your area, call your transit agency's customer service department.]
- ◆ To exit a bus, signal the driver

one or two blocks from your destination. [If you are unsure where or when you need to get off, tell the driver when you board where you want to go.]

- ◆ If you are catching a second bus, just give that driver your transfer. [You don't need to pay again.]
- ◆ If you make a mistake, don't panic - just tell the driver if you have missed your stop or if you realize you have taken the wrong bus and the driver or a supervisor will make sure you get where you need to go.

Riding the bus might seem like a frightening idea at first but, like everything else, once you understand how it works, it is really pretty easy.

If your organization or Senior Center would like a representative to come and talk about using public transportation systems, call the Customer Service Department of your area's transit agency.

**"Things are more like they are now than they ever were before."**

- Dwight D. Eisenhower  
President

# A Man's Tools Have Many Uses

EDITORIAL by William E. Scott

**S**ome people have been suggesting that maybe it is time for me to "give up" my tools. Some of the suggestions have been subtle and some blunt. Time is stealing many things from me, but I am not ready to give up my tools.

My father was another who lived for his tools and enjoyed looking at them, toying with them, even though he was not able to use them. One day his tools were given away and dad spent the next nine years virtually bedridden and diminishing in every aspect.

When mother died, I brought dad back to Arizona and he was with me three more years. In those three years he was out of bed, putting himself in his wheelchair, back in bed without help, going to the toilet, seldom needing aid, cooking his own meals and otherwise doing most things with little help. And the reason? I had tools - tools he could use a little, many to look at, toy with and enjoy.

My tools mean the same to me and I am fighting not to give up my tools. I know it's coming, but that day is not here yet. I think many organizations tend to have a deaf ear in matters of the soul as they strive to fill the daily and physical needs of the elderly. They often suggest simple answers like going to church, but do not understand that a person's spiritual well-being may also depend on other things.

For some of us the loss of the things we have used to bring us joy and fulfillment can be more disabling than losing our feet. It's not the same to draw on memories as to be able to touch the tool that brought life. Having to give up my tools would kill my soul like it did my dad.

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EDITOR'S NOTE: We are grateful for Mr. Scott's comments, believe that he has made some very thought provoking observations and we are glad that we are able to share them. If you would like to share your opinions on issues that are affecting you as you are Meeting the Challenges, please send them to: The Partnership, 6296 Rivercrest Drive, Suite K, Riverside, CA 92507. Be sure to include a return address and a daytime phone number where we can reach you.

## SENIOR SUPPORT AND DISCUSSION GROUP MEETS WEEKLY AT DESERT HOT SPRINGS MULTI-PURPOSE CENTER

The group meets on Thursdays from 9:30 am to 11:00 am and is open to any senior living in the Desert Area. Group discussions center around the topic of "Adjusting to the Challenges of Everyday Living." Sandy Hertz, MSW, of Jewish Family Service of Palm Springs and Desert Area, is the group's facilitator. Call the DHS Multi-Purpose Center at 329-0222 for more information.



## BONO AIDE SCHEDULED TO HEAR PUBLIC COMMENTS IN BEAUMONT

Bono's representative is scheduled to be at the Beaumont Civic and Community Center at 550 E. Sixth Street, from 9am to 11am on January 28th.



## GEORGE MONTGOMERY TO SPEAK AT "LIVING FOR YOUR 90'S" LUNCHEON

The annual luncheon will be held on Wednesday, March 12th from 11:30 to 1:30 at the Rancho Los Palmas Marriott, 41000 Bob Hope Drive in Rancho Mirage. Tickets are \$25 per person. To reserve your tickets, call Aurora Kerr at (619)863-8211.

A Seminar for Caregivers  
***"The Never Ending Day...Helping the Helpers Care for the Elderly"***  
 Will be presented by Geratric Specialist: David Libert, PhD  
 On Thursday, January 30th at 12:00 Noon  
 at Charter Behavioral Health System/Palm Springs  
 69696 Ramon Road, Cathedral City

**Attendees must RSVP to Joyce at (619)321-8910**

*What On Earth Is A  
Partnership to Preserve Independent Living  
for Seniors and Persons with Disabilities*

??!\*!???

That's us! It's our NEW NAME! It is *What We Are, What We Do, and Who We Serve*. And it is really pretty easy to remember.

We are a "partnership" of persons with shared challenges, volunteers, workers and those who contribute the financial support needed to operate our programs. We are working together to "preserve independent living", which is the ability to do the things daily that keep us living on our own. Together, we provide programs for "seniors and persons with disabilities" - the Partnership to Preserve Independent Living for Seniors and Persons with Disabilities.

When you write to us, you may simply address your communications to: "The Partnership" at 6296 Rivercrest Drive, Suite K, Riverside, CA 92507. As always, you can call us toll free at 1-800-400-4664.

## Now You Can . . . Share Your Volunteer

**S**ome new T.R.I.P. customers are unable to find a volunteer driver when they enroll in the program. That is why we have just begun a new service to help meet this challenge.

We have always encouraged new T.R.I.P. customers to ask friends and neighbors to volunteer to be their escort and driver, because those people are already known and trusted by the customer. And these days we must be careful about whom we trust.

Every time you travel with your escort driver you are in a position to evaluate the driver's

performance. Your good driver may be willing to volunteer to escort and drive another T.R.I.P. customer in your area.

If you have a good escort driver, who is willing to drive for others as well, call us at 1-800-400-4664 and let us know.

We will keep the information on file, and if a new customer in your area is unable to find a driver, we can either give them your number and they can call you OR we can call you and give you their number and you can call them. Let us know which form of contact you prefer.

When you are talking with the new customer, you can tell

them all about your volunteer and put them in contact with each other.

Maybe you will discover that you have travel that you can combine and save some money for the T.R.I.P. program. There are so many people who need T.R.I.P. service that there will never be enough money.

Traveling together with one escort driver would help us serve more customers. And maybe you'll make a new friend too.

Call T.R.I.P. today and volunteer to share your volunteer!

# Shared Housing May Just Be The Answer To Preserving Your

- ◆ *Scarlett was living alone in a large home in a deteriorating neighborhood. She felt insecure and was finding it difficult to make ends meet financially.....*
- ◆ *Dottie was a senior living alone in an older home and just wasn't able to do everything around the house and yard by herself anymore.....*

**S**ound familiar? These are the kind of difficult circumstances which many of us suddenly find are all too real in our lives. But people like Scarlett and Dottie have found solutions which improve the quality of their lives and keep them independent through a program of the Volunteer Center of Greater Riverside called "Shared Housing."

The idea is that two or more people who pool their skills and resources and share a home benefit from the economy of the arrangement - maintaining one household instead of two or more. Sharing a home also provides increased security and less isolation and loneliness. Other benefits may include better emotional and mental health and a decreased dependency on families. In short, shared housing often results in greater living independence!

Shared housing may be the ideal solution for people who live alone in a house which is too large for their own needs or ability to maintain. It may also be a great idea for someone who can share costs with someone else and

improve their standard of living through sharing. Sharing can also mean sharing skills, like driving or cooking or yard work or home maintenance and repair.

The concept of the Shared Housing program is that home sharing means to share an entire home, not just one room. It means that each person in the sharing relationship is responsible for maintaining a comfortable atmosphere and discussing and resolving ~~problems that may arise.~~

The Shared Housing program provides the following services:

- ☞ It registers and carefully screens all applicants.
- ☞ It provides information and referral services.
- ☞ It connects home seekers with compatible home providers.
- ☞ It works with both parties to develop an agreement for exchange of services and resources.
- ☞ It stays in touch once matches are made.
- ☞ It provides mediation and recommendations, if necessary.

There are many options to shared housing relationships.

Some of those options are:

- 1 A straight share where two or more individuals share housing costs.
- 2 Single parent share where parenting and child care are shared along with other activities of daily living.
- 3 Barter share where services like cooking, cleaning and driving are shared for room and board or combined with other financial arrangements.
- 4 Caregiver share where collaborations to overcome challenges to daily living activities may be part of the sharing arrangement.
- 5 Intergenerational shares are also possible.

So what about Scarlett? She was matched with Melanie who lacked the resources to live on her own. Over the past years they have become friends, giving each other security, companionship and a better quality of life. Things worked out well for Dottie too.

If you would like more information about this program,

# Other Living Alternatives Available for

## RETIREMENT RESIDENCE

These communities, often referred to as Independent or Congregate Living, are designed specifically for independent senior adults. Services usually include, but in some cases are optional, meals, housekeeping and laundry. Social activities are entertaining and educational and help foster a great sense of community among the residents.

## ASSISTED CARE

Assisted living care is a special combination of housing, personalized supportive services and health care designed to respond to the individual needs of those requiring help with activities of daily living but who do not need the skilled medical care provided by a nursing home.

## NURSING HOME

Nursing homes generally provide room and board, personal care, protective supervision and medical care. Three levels of care are available: (1) Basic -Includes personal care, ambulation, supervision and safety; (2) Skilled - Care which requires the services of a registered nurse or other trained professionals on a regular basis; (3) Sub-Acute - Comprehensive inpatient

## Is a Retirement Residence Right For You ?

If you answer "YES" to many of the following questions, you may want to seriously begin to consider a move to a retirement residence.....

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> I am willing to trade some independence for a less demanding life style.</li> <li><input checked="" type="checkbox"/> I have concerns about my health.</li> <li><input checked="" type="checkbox"/> Emergency medical help is important to me.</li> <li><input checked="" type="checkbox"/> Housekeeping assistance would be helpful.</li> <li><input checked="" type="checkbox"/> I would like home maintenance and repair assistance.</li> <li><input checked="" type="checkbox"/> I would like outdoor maintenance assistance.</li> <li><input checked="" type="checkbox"/> I would enjoy the opportunity to meet new people in a social setting.</li> </ul> | <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> I would like planned social and recreational activities.</li> <li><input checked="" type="checkbox"/> I would like transportation services.</li> <li><input checked="" type="checkbox"/> I would like meals prepared for me.</li> <li><input checked="" type="checkbox"/> I am willing to move from where I live now.</li> <li><input checked="" type="checkbox"/> I would feel safer if I moved somewhere else.</li> <li><input checked="" type="checkbox"/> I am willing to have less living space in order to receive services such as prepared meals, maintenance and housekeeping.</li> </ul> |
|--|---|

[Source: Senior Living Alternatives]

# How to Compare Retirement Residences.....

This is a service checklist - Determine whether each service is included in the fees or is available for an additional charge:

- Activities (type and how frequently offered)
- Barber/beauty shop
- Laundry facilities and services
- Kitchen appliances
- Guest accommodations
- Parking (garage, carport or in the open)
- Scheduled transportation
- Storage
- Telephone services
- Utilities
- Emergency call system
- Exercise programs, including recreational activities
- Staff available 24 hours a day
- Security system
- Meals (number per day and ability to meet special dietary needs - tray service if ordered by doctor)
- Housekeeping (linen availability)

## Feelings Count

- 1 What was your feeling when you toured the community?
- 2 Was there activity in the main lounge?
- 3 Was mealtime in the dining room pleasant?
- 4 Were any residents using the activities room?
- 5 Were any residents using the exercise facilities?
- 6 Was there activity in the library or other common areas?
- 7 Are carpet and furniture clean?
- 8 Are amenities operating?
- 9 Was staff friendly and respectful?
- 10 Did staff know residents by name?
- 11 Have the common areas and apartments been designed to allow you to live as easily and independently as you would like?
- 12 What percentage of the apartments are rented and occupied?

[Source: Senior Living Alternatives]

## VOICE YOUR OPINION !

The Riverside County Transportation Commission is holding hearings to receive public comment on transportation needs in Riverside County.

One public hearing was already held in Banning on January 8th.

Another hearing is scheduled for **Friday, February 7, 1997 @ 1:30pm in the Blythe City Hall** 220 N. Spring Street Blythe, CA 92225

A third hearing is scheduled for **Thursday, February 13, 1997 @ 2pm at the offices of the City of Palm Springs** 3200 Tahquitz Canyon Way Palm Springs, CA 92262

### Your opinion counts!

Attend the meetings if you can and get your comments on the record. If you are unable to attend the scheduled meetings, send your written comment to the Commission by February 14th:

**Riverside County Transportation Commission**  
3560 University Avenue, Suite 100  
Riverside, CA 92501

It is important that you let the members of the Commission know how your transportation needs are being served and what other services you believe are needed in

# Living with Acquired Traumatic Brain Injury

**T**raumatic Brain Injury is the result of brain damage which may be caused by the brain being smashed against the inside of the skull during an accident or from the penetration of the skull and brain by forceful objects.

50% of brain injuries are caused by motor vehicle accidents. Other causes include falls, sports accidents, near drownings, cardiac arrests, and gunshot wounds.

As many as 2 million people annually receive a head injury and 25% to 30% of them require hospitalization. Between 50,000 and 70,000 individuals are permanently disabled each year by America's "silent epidemic".

Those who have suffered a traumatic brain injury face challenges which may include memory dysfunction, speech and communication difficulties, attention and concentration difficulties, impairments of judgment and perception, impaired abilities to plan, organize and follow through on things, difficulties learning new things and difficulties adjusting to changes.

Head injury can also result in attitude and behavioral problems such as poor self-image, inability to control emotions, acting without weighing the possible outcomes, outbursts of

anger, apathy, social withdrawal, self-centeredness and lack of concern for others, inability to maintain relationships, poor grooming, and aggressiveness.

The survivor of ATBI usually is treated through a number of rehabilitation programs:

- ⊙ Physical therapy to restore physical strength and endurance
- ⊙ Occupational therapy to retrain the survivor in the activities of daily living, financial management and in pre-vocational skills
- ⊙ Speech or language therapy to restore the survivors ability to

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*"...The survivor of ATBI must often meet many challenges in learning and re-learning the things that those who have not suffered this injury take for granted..."*

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communicate

- ⊙ Counseling and behavioral management is often needed.

A survivor's return to work is often a difficult process which begins with a desire to return to work. The individual must then adequately prepare to make their return to work successful.

The survivor of ATBI

must often meet many challenges in learning and re-learning the things that those who have not suffered this injury take for granted. The survivor must also learn to accommodate for some changes which can not be reversed.

The Easter Seal Society of the Inland Counties provides assistance to survivors of ATBI through weekly support group meetings and group counseling sessions. We also hold monthly general support group meetings. Head injury related books, videos, audio tapes and other informational materials are available in our library. We also provide personal counseling, referral services, other on-site programs and events and an off-site aquatics program.

For more information on The Easter Seal Society and our ~~programs for ATBI survivors,~~ please call me at 1-800-922-7325 or (909)888-4125.

Mike Blatnick is a Certified Feldenkrais Practitioner.  
The Easter Seal Society of the Inland

If you are an Internet User, you can now email Congress at the following addresses:

**senate@mailbot.com**  
**house@mailbot.com**

[Source: HICAP HILITES, January 97]

# Reflections on Aging . . . . .

[Based on a Meeting the Challenges Seminar held at the Desert Hot Springs Multi-Purpose Center on November 13th, in which Robert Soman, PhD, LCSW, presented his personal and professional reflections on aging. Dr. Soman is 72 and practices in Palm Springs where he provides individual, family and group therapy.]

**A**ccording to Dr. Soman, aging is not simply a series of biological changes. It is also a time of losses: loss of social role, usually through retirement; loss of income; and loss of friends and relatives, through death and mobility. It can also be a time of fear: fear for personal safety; fear of financial insecurity; fear of dependency; and sometimes fear of dying. How we are able to deal with these losses and fears, as we move into our later years, has a lot to do with how we live our life.

There are many strengths that we can fall back on to help us see and use our older years as golden years:

- ✧ Rather than being victims, we can think of ourselves as survivors. We have experienced wars, depression, grieving, financial and physical insecurities - from all of which we have had the opportunity to grow and learn.
- ✧ Many older persons have developed mechanisms to cope with their limitations. They have maturity and experience which can enable them to make necessary adjustments to life's demands. For example, as a tennis player, Dr. Soman says

he now gets to the ball more from anticipation and experience than from speed.

- ✧ As Seniors we have fewer time constraints and more leisure time to explore new interests, activities or hobbies.

The facts are that most older persons are self-sufficient and able to function on their own, or with minimal assistance. Even among those at age 85 or above, over one-half the population can still function independently. It is estimated that for every 65+ person in a nursing home, there are 1 to 3 persons, equally disabled, living in the community. An important factor in determining an older person's ability to live in the community is the extent of support available:

- ✧ From their own savings and financial resources
- ✧ From family members
- ✧ From support programs like home health services, long term insurance programs, self development classes, senior centers and volunteers.

Dr. Soman suggested that it is important for seniors to evaluate themselves and their circumstances to make sure that problems are based on reality and not on imagined fears and anxieties.

Studies of Seniors have shown that we don't tend to be senile, that we do tend to live independently, and are seldom bored. The studies also show that senses and physical strength tend to decline with age, but that Seniors are capable of continuing to learn new things and grow, although perhaps at a little slower pace.

According to Dr. Soman, this means that Seniors realistically can remain committed to life, living in the present and still planning for the future. He suggests that the more we use our minds and bodies the healthier we will feel.

The message is that we must remain willing to accept the challenges and changes we face, and doing so will improve the

Words of wisdom from Jim Humherd:

***"Isn't it amazing how many stupid, ignorant, and inefficient people you meet when you are in a bad mood?"***

# More Money Saving Tips

- ☑ Avoid eating convenience foods - besides not always being the healthiest choice, they also cost more. Prepare your own snacks and batch cook.
- ☑ Cut up your own meat - a whole chicken costs less than a cut up chicken.
- ☑ Shop above or below eye level - these products usually cost less. Generic and store brands are generally less expensive and often identical to nationally advertised brands, but without the brand name label!
- ☑ Only buy items that you actually use - don't buy extra or other things just because they are on sale.
- ☑ Never go grocery shopping when you are hungry - always prepare a list of needed items in advance and stick to your list.
- ☑ Save fresh milk for drinking - use powdered milk for baking and cooking.
- ☑ Use corn starch instead of baby powder - it is cheaper, not perfumed, and will do the same job.
- ☑ Use half a fabric softener sheet in your dryer instead of a whole one.
- ☑ Consolidate your errands so you don't have to make several trips.
- ☑ Use vinegar to remove mildew and stains and is excellent to clean glass.
- ☑ Add vinegar to the final rinse when washing clothes to reduce static cling and remove all remaining detergent.
- ☑ Baking soda cleans, deodorizes, removes stains, polishes, and softens fabrics - it can be used on plastic, vinyl, upholstery, carpets, stainless steel, down drains and in refrigerators.
- ☑ Speaking of drains, to open a clogged drain, before you buy expensive chemicals or call a plumber, try pouring 1 cup of baking soda, 1 cup of salt and 1/2 cup of vinegar in the drain - allow to work undisturbed for 15 minutes and then pour a pan of boiling water down the drain [be careful not to burn yourself!]
- ☑ Save the water you use to wash vegetables to water your plants.
- ☑ To save energy cost, when cooking over a gas stove, adjust the flame so that it just touches the bottom of the pot and doesn't curl around the sides.
- ☑ When using an electric stove, use a pot that is about the same size as the heating element - a pot that is 2 inches smaller than the heating element will waste about 40% of the heat.
- ☑ Generally, always use the smallest pot you can and use a lid to reduce cooking time.
- ☑ If you use a dishwasher, allow it to finish its rinse cycle and then turn it off. Wait for the steam to settle and open the door to let the dishes air dry - it is faster and uses less energy.
- ☑ Cool hot foods before you put them in the refrigerator or freezer - also be sure that most foods are tightly covered since high humidity requires more energy.
- ☑ Borrow items, which are not often used, from friends or relatives rather than buying them - return them when you finish.
- ☑ To prevent a glue cap from sticking to its bottle, put a little petroleum jelly on the threads.
- ☑ To quickly sharpen a pair of scissors, fold a piece of fine sandpaper so that the rough sides are out and cut through it a few times with the scissors.

[Source: Living Smarter]

# Reverse Mortgages Can Help

**T**he U.S. Department of Housing and Urban Development (HUD) has launched a major drive to expand the Federal Housing Administration (FHA) reverse mortgage insurance program.

Reverse mortgages allow homeowners, age 62 or older, to convert some of the equity in their homes into monthly income, usually without having to repay the loan as long as they live in the house.

Federal reverse mortgages are now offered in two forms:

- **HECM loans** - Home Equity Conversion loans are insured by FHA. These loans have no income or credit qualifications, will not affect Social Security or Medicare or SSI (if reverse mortgage advances are used in the month they are received), and the advances are not subject to income taxes.
- **Fannie Mae's Home Keeper** - This Federal reverse mortgage loan program offers three payment options, including an

optional equity sharing feature that gives bigger payments in exchange for an ownership share of the house.

**For full information on these Federal Reverse Mortgage Programs, call: 1-800-217-6970.**

NOTE: Other programs are also available from private mortgage lenders. If you consider a reverse mortgage from a private lender, you will want to make sure that the income you receive is not taxable and that it does not affect your eligibility for other government programs.

## Upcoming *Meeting the Challenges*

**Thursday, February 20th - 10 am**  
**at the Banning Senior Center**

769 N. San Geronio Avenue  
Banning, CA

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

Presented by a Senior Services Specialist  
from the Riverside County Office on Aging  
**and**

**“Medicare and HMOs”**

Presented by Mary Frances Villagómez from HICAP

**Thursday, April 24th - 10 am**  
**at Murrieta Hot Springs Golf Knolls**

29101 Camino Alba  
Murrieta Hot Springs, CA

**“Psychological, Physical and Financial Elder Abuse”**

Tentatively to be presented by Marjorie Houston  
(based on her personal experience)

Date, Time and Locations to be Determined

**“ADA Transportation Workshops”**

**Co-sponsored by the City of Moreno Valley**

### **CONTRIBUTIONS ARE WELCOME**

If you or your organization or business can help us continue to provide needed educational and transportation programs throughout Riverside County, please send your contribution of any amount of \$5 or more to: Partnership to Preserve Independent Living, Community Support Program, 6296 Rivercrest Drive, Suite K, Riverside, CA 92507. We are a non-profit organization and will send you a letter verifying that your donation is tax deductible. Please tell others about the Partnership and urge them to support our work as well. Thank you.

## Do you ever have difficulty putting drops in your eyes? Here are some **HELPFUL TIPS FOR PUTTING IN EYE**

**T**his is a very common problem for people who use eyedrops. There are several different approaches to try when using eyedrops. You may want to try some of these and decide which one works best for you:

- While eyes are open, gently pull lower lid down to form a pouch - place a drop into the pouch and slowly release lid.
- Try approaching your eye from the side or top with your hand resting on you face - this will help steady your hand.
- Try closing your eyes and then placing a drop in the inner corner of your eyelid (next to your nose) - then open your eyes slowly and the drop should automatically fall into your eye.
- Some people find it easier to use eye drops while lying down.

Whichever method works best for you, follow

the additional steps below to get the most benefit from your eye drops:

- If you use one of the open eye methods, place drops at the bottom of the eye.
- Look up when putting in drops, which will stop you from blinking and keep the medicine in your eye.
- If you use more than one kind of eye drop, wait about 3 to 5 minutes between each kind.
- After putting in your eye drops, close your eyes and apply pressure with your finger to the inner corner of your eye. Gently press for about 2 minutes. Use a tissue to blot around the eyes, but do not rub.
- Be careful not to let the tip of the dropper touch your eye, eyelid, eyelashes or fingers to prevent contamination.

[Source: The Medication Information Line For The Elderly]

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

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