

Meeting the Challenges

Fall 1998
Volume 7 Number 2

QUARTERLY

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

What Makes the Golden Years *Golden*?

by Arthur R. Davis, Jr., M.D.

There was that beautiful sound, wafting through the air, putting all those who heard and knew in touch with the “good old days.” I enjoy it today, just remembering how my father used to revel in the musical sounds of the big bands, whenever he heard them play - Benny Goodman and his impeccable “licorice stick”, or Tommy Dorsey’s mellow trombone or any of another dozen big names filling the air with unique

and beautiful music. Yes, the “Golden Oldies”, what a time it was!

“Why is it that some people are truly enjoying themselves when others are unhappy.....?”

Does it make you think of the “Golden Years” too? The time after retirement when you have the time and money and health and energy to just enjoy life? Some of you are

probably nodding your head vigorously in agreement, but some of you are probably saying, “No way - there’s nothing golden about these years!” The question is, why the difference? Why is it that some people are truly enjoying themselves when others are unhappy or maybe even miserable?

What makes the Golden Years work well for those who enjoy them?

1 Have an attitude of

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Office on Aging
Senior HELPLINK:
**1-800-
510-2020**
“A Gateway to
Senior
Services”
www.vitalco.net
or directly at

“...*WHAT YOU BELIEVE
ABOUT YOURSELF,
.....IT ALL COMES
TRUE.*”

- John Mellencamp

Meeting the Challenges

VOLUME 7, ISSUE 2, October 1998

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Meeting the Challenges is published quarterly (four times a year) by the Partnership to Preserve Independent Living for Seniors and Persons with Disabilities, 6296 Rivercrest Drive, Suite K, Riverside, CA. 92507. Non-profit organization postage paid at Riverside, CA. The Partnership to Preserve Independent Living for Seniors and Persons with Disabilities is a non-profit, tax-exempt corporation organized for the purpose of improving or preserving the independence and dignity of the elderly and persons with disabilities and their families. The educational and transportation programs of the Partnership to Preserve Independent Living for Seniors and Persons with Disabilities are supported by funding from the Riverside County Office On Aging, the Riverside County Transportation Commission, SunLine Transit Agency, the City of Blythe and the charitable contributions of individuals and organizations.

POSTMASTER: Send address changes to Partnership to Preserve Independent Living for Seniors and Persons with Disabilities, 6296 Rivercrest Drive, Suite K, Riverside, CA. 92507.

golden oldies.....

gratitude. By this, I mean being grateful/thankful for what we have rather than ungrateful/unhappy for what we don't have.

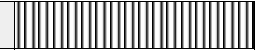
- 2 **Have a support team.** This means have a group of people who you can depend on to aid you in meeting your needs - whether social, medical, spiritual, or financial.
- 3 **Have a body that works for you.** Aging can be very challenging, but keeping your body in condition so it will do what it needs to do makes a big difference.
- 4 **Have someone or something that is important to you and that you are important to.** This makes all the difference in the world, because it gives you a purpose for living.
- 5 **Have a mind that works well.** To be able to think clearly, to communicate with each other, to appreciate beauty, adds immensely to one's life.

Now, suppose you find your Golden Years more unhappy than not. Here are some ways to work on making things better:

- **To help develop an**

attitude of gratitude:

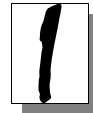
- Write down a list of things that you are grateful for
 - Share your blessings with others
 - Each day, think of one good thing that happened to you
 - Make yourself focus on what is good in your life, rather than what is bad.
- **Build a support team:**
- If you need help, identify what you need and then *look for* those who can meet that need
 - Make a list of the organizations that can help with those needs (churches, clubs, city and county organizations, senior centers, etc.)
 - Call HelpLink at 1-800-510-2020 and tell them what you need.
- **Get your body working for you:**
- Exercise daily (particularly stretching)
 - Eat healthy food (Meals on Wheels, if you can't prepare it)
 - Eat with friends - it makes the occasion more fun
 - Always do what your body will allow and push it to do a little more
 - Remember that health is one of the best investments we can make.
- **Direct your energy towards something or someone who is important**

**to you:**

- Find a friend who you can talk to and who will listen with their heart (churches and senior centers are good places to find such people)
- Get a pet. Dogs, cats and birds will add immensely to your life when you love and care for them.
- Get reacquainted with family and friends you may have lost touch with over the years
- Spend time each day doing spiritual things.
- **Stimulate your mind:**
- Eat good food (fresh, natural) - it nourishes your brain
- Supplements such as Ginko Biloba and Folic Acid can be helpful for brain function
- Exercise your mind each day - do crosswords, read interesting material, solve logic puzzles, etc.
- And most of all, make it a point to do something everyday that you really enjoy and get excited about!

Dr. Arthur R. Davis, Jr. operates a general/family and internal medicine practice in Indio, California. He is a very popular speaker and his motivational presentation of "Some Things You Can Do To Help Yourself FEEL BETTER Right Now" is now available in video.

No-Cost FOOD ASSISTANCE Available for Needy of Menifee Valley



If you live within zip codes 92584, 92585, 92586, or the Quail Valley and Cottonwood Canyon portions of 92587, and are unable to provide food for yourself or your family, you may be eligible to receive nourishing food at no cost from the Menifee Valley Community Cupboard.

In order to qualify, you will have to provide proof of residence in the program's service areas (a utility or phone bill for example), show a photo I.D. such as a driver's license, and meet the established income and personal resource guidelines of the program.

The Community Valley Cupboard is located at 27601 Murrieta Road in Sun City and their phone number is 909.301.4414.

The hours of operation for Food Assistance are 10am - Noon on Wednesdays and on the 3rd Friday of each month for USDA Food Products. Eligible recipients, who are

[continued on Page 4.....]

New Health Education VIDEO

Things You Can Do To Help Yourself Feel Better Right Now!

with Arthur R. Davis, Jr. M.D.

is now available FREE to agencies and organizations for public health education purposes. You may request a free copy of this video for your organization by calling the Riverside Office on Aging HelpLink at 1-800-510-2020

Health Education Program videos are produced by the
*Partnership to Preserve Independent Living
for Seniors and Persons with Disabilities*
in cooperation with
the Riverside County Office on Aging

Additional funding for this video was provided by
Braswell's Health Care



food assistance.....

physically challenged, may request home delivery.

The Menifee Valley Community Cupboard is a 501(c)3 non-profit and volunteers are always welcome to assist with home service food delivery, collecting donations of food and supplies, administration, food distribution, and in other ways. To become a volunteer, call 909.301.4414

Donations of commercially packaged, unspoiled foodstuffs are always welcome at the Community Cupboard and at any of the "donation barrels" located at various locations throughout the Menifee Valley. If you would like to find out how your club, church group or other organization can join in and help, call 909.301.4414.

PEER COUNSELING

Now at Mizell Center!

- Senior Peer Counseling is available at the Mizell Senior Center at 480 S. Sunrise Way in Palm Springs on Mondays and Wednesdays at 9am.
- Peer Counselors can also help by providing up-to-date information on empowering resources.
- Call 760.323.5689 to schedule an appointment.

Introducing..The Partnership's BOARD OF DIRECTORS for the 1999 Program Year.....

Judy Nieburger, President

Board Member, Riverside County Transportation Commission; Board Member, Community Assistance Program; Member, Moreno Valley Noon Rotary; Member, Moreno Valley Soroptimists; Past Mayor, City of Moreno Valley.

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Founding Member, Partnership to Preserve Independent Living for Seniors and Persons with Disabilities; Member, Riverside Community Auxiliary; Janet Goeske Senior Center Volunteer; Member of Executive Board, Cardiac Foundation, Riverside Community Hospital; Member, John Tavaglione Senior Advisory Committee; Member of Board, Military Widows.

Roger Culbertson

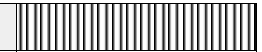
Past Chair and Board Member, Citizens Advisory Committee, Riverside County Transportation Commission; Past Chair and Board Member, Inland Empire Economic Partnership - Transportation Task Force; Regional Manager (retired), Auto Club of Southern California; Furniture & Design, Inc. (hotel and commercial renovation).

Beverly Haun

Member, California Senior Legislature; Member, Citizens Advisory Council, Riverside County Transportation Commission; Member, Advisory Committee for SunLine Transit Agency; Member, Desert Chapter of American Diabetes Association.

Roberta L. Wertenberg

Planning Coordinator, Thrive Project, Family Service Association of Western Riverside County; Member, Advisory Board, Alzheimer's Disease and Related Disorders for Secretary of Health and Welfare, State of California; Member, Soroptimist International.



VETS EXPRESS Now Provides FREE Round-Trip Transportation from the Coachella Valley to the VA Medical Center in Loma Linda.....

- ! Once a day service is provided Monday through Friday from pick-up points in Indio, Palm Desert and Palm Springs for veterans who are elderly, have disabilities or are truly needy
- ! Transportation is provided in a comfortable 10 passenger van that is equipped with air conditioning and a wheelchair lift
- ! Reservations are on a first-come-first-served basis and need to be made seven working days in advance of travel.
- ! To reserve transportation on the VETS EXPRESS, call SunDial at 760.341.6999 (from Desert Hot Springs, call 760.323.6999). There are two wheelchair spaces available on each trip, so advise SunDial when you make your reservations if you use a wheelchair.

HELPER'S CORPS Helping Hemet Seniors

Senior residents of mobilehome parks in the San Jacinto Valley have organized to help each other.

The goal of Helper's Corps is to assure that the residents of mobilehome parks receive information and assistance in obtaining needed services to help them to continue to live independently in their established homes.

This grass roots approach to establishing and providing services is made up of a coalition of

park residents, park managers and park owners with the advice of the Western Mobilehome Parkowners Association (WMA).

The intent of the program is first to meet the needs of today's seniors living in the parks, and then to have the services already in place for younger persons living in the parks as they become older.

If you would like more information on this exciting and innovative program, you can call 909.925.6844.

This SPICE has been RIGHT for a long time!

One of the longest used spices is now one of the most popular in the world, and researchers in Israel and India are now studying its anticancer properties.

It was used by the Egyptians as far back as 5,000 B.C. to season meats, fish and stews and was used in the mummification process! It was used as a substitute for pepper by the Romans.

In the Middle Ages it was used to keep poultry from wandering away and to insure fidelity between couples, as well as being one of the most popular seasonings of the time.

Its popularity here grew dramatically with the explosion of interest of Mexican and other dishes from the Middle East and Northern Africa.

Its pronounced flavor is readily evident in Mexican meat, bean and and rice dishes and it is used, in combination with other spices, in such American foods as fruit pies, cheese spreads, pickles, salad dressings and cookies.

Know what it is? It's CUMIN. Try it to add flavor to your casseroles, meat loaf, roasts, dips or eggs.

[SOURCE: www.frontierherb.com]



3 Ways TO GO.....

for Seniors and Persons with Disabilities in Riverside County

If we are unable to drive for ourselves and don't have family members to help us, there are three possible ways for us to travel to meet our needs: Fixed route buses; paratransit with complementary specialized transit; and social assistance.

To some people the big and noisy buses seem pretty frightening, but persons who are able to use fixed route buses are pretty much free to travel as they want or need to travel. Fixed route bus travel:

- ! Does not require reservations
- ! Costs the rider less than curb-to-curb paratransit
- ! Costs the rider far less than commercial services
- ! Is very dependable - no late pick-ups and missed trips!

Some people still think that they cannot ride a bus because they use a wheelchair or have difficulty climbing steps. Nothing could be farther from the truth! Today's buses are truly *user friendly*. All are, at least, equipped with "little elevators", called hydraulic lifts, to help those needing assistance get in and out of



Joann Butler using a wheelchair lift with the assistance of Riverside Transit Agency operators

the buses easily. The newest thing now is the "lowered floor" bus that simply extends a ramp to the curb and allows us to simply roll or stroll right into the bus! And drivers, now called "operators", are increasingly better trained and more knowledgeable about meeting special needs.

The American Disabilities Act (ADA) requires that curb-to-curb services be provided for persons who are unable to use accessible fixed-route buses.

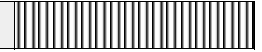
Curb-to-curb service

is a godsend to many, but is very restrictive because it requires pre-planning for travel, it limits a person's ability to make multiple stops on one trip, and it requires users to sometimes wait for pick-up for long periods of time.

Another problem with paratransit is the huge expense to transit companies. There is simply not enough money to provide this service to everyone who either needs the service or *thinks* they need the service. The result often can be difficulty scheduling travel.

At a recent Federal Project Action seminar in Riverside, attendees heard a real-life story from Eddie Espinoza, of *Reelife Solutions*, that illustrates the limitations of paratransit and what often can be unrealistic reliance on the service.

Mr. Espinoza, a wheelchair user himself, talked about something he calls "Can't Cancer" (either in the form of "I can't do that" or the other virulent form, "You can't do that!") The story is about a man from Pittsburgh who was in an accident and lost both his



legs. He had been told that he would have to rely on Dial-A-Ride now that he had a mobility disability.

The story continues that the gentleman became comfortable with the use of a wheelchair and was doing pretty well leading an independent life. Then one day he got a call from the hospital with the news that his father, who had been seriously ill, was dying and that he should get down there right away.

He called Dial-A-Ride and they told him that there was no way they could get him a ride that day, because they were "booked". The man protested that it had to be today, because his dad was dying. Dial-A-Ride dispatch said they wished they could help, but there just wasn't any way.

Well, his father died and he never got to visit. He was still angry about Dial-A-Ride service when he told this story to Mr. Espinoza, but it turns out that the really sad thing is that there was a bus stop not fifty feet from the guy's front door, the bus was accessible, and the bus went right to the hospital! He could have been at the hospital to comfort and be with his dad within thirty minutes of the call BUT *he thought his only transportation option was Dial-*

A-Ride! He had conspired with others to limit his options and his independence and the impact it had on his life is now irreversible.

For many, paratransit may be the best alternative, but for many others reliance on paratransit, or other specialized transportation, may be a handicap in itself.

For the most needy members of the frail elderly and disabled population, who are unable to use either fixed route or paratransit/specialized services, there is a third alternative that may be able to help: the TRIP Program.

First, TRIP provides information on the availability of public transportation everywhere in Riverside County through a single toll-free phone call to the Office on Aging **HelpLink** at **1-800-510-2020**. HelpLink's Services Specialists will discuss your transportation needs or problems with you. HelpLink can send you service provider brochures, route schedules, ADA certification applications, or a copy of the Riverside County Transportation Commission's "Transportation Freedom" brochure.

If, after talking with you, HelpLink determines

that social assistance may be required, they will refer you to TRIP's volunteer escort transportation service. This service is provided for the frail elderly and persons with disabilities who otherwise might be homebound and unable to access health services or provide for their daily needs. If you feel you might qualify for TRIP volunteer service, call HelpLink today.

For Internet information on transportation, dial up the **Vital Connections** Internet Community at **<http://www.vitalco.net>** - under "Categories", go to **Transportation Services**, then **Riverside County**. There you will find "links" to the RTA web site with route maps and schedules, information on specialized service providers, and a connection to the web site of the Riverside County Office on Aging.

Soon, visitors to *Vital Connections* will also be able to apply for TRIP services on-line. But remember, HelpLink at 1-800-510-2020 is always there to help!



AMPUTATION: THINGS YOU MIGHT WANT TO KNOW AND DO

by Lynn Brancato, President, AMPUTEES ARE ABLE

Based on my experience as an amputee for 25 years, my interactions with other amputees and their families as the leader of a number of amputee self-help groups, and my involvement with Californians for Disability Rights, several things come to mind that I want to share with you. My focus – ***Each of us must be aware of and concerned about our bodies as we grow older.***

First, don't work at becoming sickly; instead, work at staying healthy and an active participant in your life. Stay involved, use your brain-power, and don't be consumed by worry – it's a waste of time.

Try hard to avoid becoming an amputee. Above all, carefully. . . regularly look at your body and be aware of any changes – in your finger nails or toe nails; swelling in your hands, feet, or joints, sores and discoloration; and unusual growths. Touch yourself, particularly the soles of your feet and lower legs – make sure you can feel that touch, as well as pain, hot, and cold. Too many members of **AMPUTEES ARE ABLE** lost limbs because they didn't feel a shoe that was too tight, unknowingly stubbed a toe or stepped on a sharp object, or had a sore that didn't heal. Above all, tell your doctor about the changes you observe – let him or her determine if such changes are significant or require action

Second, if amputation is recommended, please learn as much as you can before the surgery is performed. You must be an active participant in managing your health care – don't let others make decisions for you! Ask questions, get a second opinion, examine your options. If amputation cannot be avoided, make sure if you have pain that it is dealt with before

surgery – you should be pain-free before being 'put to sleep' – and, after surgery, that you are part of an aggressive wound healing program.

Third, even before surgery, begin gathering information about what type of prosthetic devices (artificial limbs) are available to you. Your research will introduce you to strange terms and new concepts: below-the-knee amputation, prosthetist, prosthesis, phantom pain, residual limb, medical necessity, etc. Know the meaning of each so you can participate fully in any discussions of your medical management and rehabilitation.

You need to be proactive in selecting the prosthetist who will make and fit your replacement limb and be well informed about the different parts and procedures he or she will use. You would not buy a car or a refrigerator without doing considerable research – the same level of investigation should be made concerning a prosthesis.

Life will go on – differently! Your return to home and family will be eased by knowing what is happening, what to expect, and how to adjust to life as an amputee. Become involved with a peer support program. Keep asking questions. Learn from those who have had similar experiences.

In summary: Try hard to avoid becoming an amputee. If amputation is inevitable, research your options and opportunities – It's your job to know as much as possible before, during, and after surgery.

Recovering from the amputation of a leg or an arm will not be easy. There will be times when you will want to give up – you will be angry, depressed, and hard to live with, but there is light at the end of the tunnel and it's not a train headed in your direction. You



are not alone! Ask for help, accept the help that is offered – returning to life after an amputation is a process – others who have shared the amputation experience want to be there with you and for you. Giving back is part of life.

AMPUTEES ARE ABLE is a volunteer organization which provides peer support to persons who have had an extremity amputated, are otherwise "limb deficient," or are about to undergo amputation surgery, as well as their families and significant others:

- 1 By calling on recent amputees, as well as those facing surgery, who request visits. (You will find our visitors to be understanding and ready to help. Above all, they are good listeners who, through their own amputation experience, have found the answers to many of the questions you may be asking.)
- 2 By providing a forum in which members can encourage each other, share feelings and experiences, and demonstrate that there is life after amputation.
- 3 By offering educational programs for amputees, their families and significant others, those who provide services to amputees, and the public in general.
- 4 By advocating for the rights, care, and rehabilitation of individual amputees.
- 5 In other ways, by enhancing the lives and coping skills of those who have shared the amputee experience.

At present, there are five chapters of **AMPUTEES ARE ABLE** serving the California Inland Empire and adjacent communities in the **ANTELOPE VALLEY, COACHELLA VALLEY, EAST SAN GABRIEL VALLEY, HEMET VALLEY,** and **REDLANDS.** Additional chapters are being formed.

Call us if we can assist you or someone you know or if you would like to know more about the **AMPUTEES ARE ABLE** programs and services, call Lee Nattress at (909)

794-1179. You can also E-Mail him: nattress@gte.net or send regular mail to: P. O. Box 250, Angelus Oaks, CA 92305.

Breast Cancer Early Detection Program Could Save Your Life !

You may qualify for participation in this FREE program, which includes clinical breast exams and mammograms:

- ? Are you a woman over 40
- ? Do you have no insurance or health plan?
- ? OR you have only Medicare Part A, no Medi-Cal (or are unable to meet the Medi-Cal share of cost, or are unable to meet the co-pay or deductible for an insurance plan...
- ? AND does your monthly *household* income meet these guidelines

<u>Number in Household</u>	<u>Combined Income</u>
1	\$1,342/mo
2	\$1,808/mo
3	\$2,275/mo
4	\$2,742/mo
5	\$3,208/mo
6	\$3,675/mo
7	\$4,142/mo
8	\$4,608/mo

For more information, call HelpLink at the Riverside County Office on Aging:
1-800-510-2020

Funding for this program is provided by the State of California,
Department of Health Services



Always Acknowledge A Person's Ability...Merit...and Dignity

Tips on Etiquette and Interacting

People with disabilities have the same rights as everyone - the right to fall in love, marry, hold down a job, acquire an education, and above all, the right to self-esteem. Here are some tips to help insure the rights of all:

People Who Use Wheelchairs

- > Always ask the person using the wheelchair if he or she would like assistance before you help.
- > Don't lean on a person's wheelchair. It is part of their personal space.
- > If a conversation lasts more than a few minutes, sit or kneel to get to eye level.

People Who Are Visually Impaired

- > Always identify yourself and any others who may be with you - for example, "On my right is....."
- > Use the person's name when starting a conversation to let him or her know where the conversation is directed. Let the person know when you need to leave.
- > Ask a person if he or she wants help in getting about. When providing assistance, don't grab and steer...allow the person to take your arm, bent at the elbow.
- > When offering a handshake, say, "Shall we shake hands?" If the person extends a hand first, take it.

People Who Are Hearing Impaired

- > If necessary, get the person's attention with a wave of the hand or light tap on the shoulder.
- > Don't be embarrassed about communication via paper and pencil.
- > Speak clearly and slowly but without exaggerating. Don't shout! Use body language or facial expression to help.
- > Try to maintain eye contact. Allow for a clear view of your face - the person may

be lip reading. Don't speak directly into the ear.

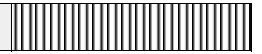
People Who Have Speech Difficulties

- > Give your whole, unhurried attention to the person.
- > Keep your manner encouraging, rather than correcting.
- > Don't speak for the person - allow extra time and give help when needed.
- > When necessary, ask questions that require short answers or a nod or shake of the head.
- > Don't pretend to understand when you don't. Repeat what you do understand - the person's reaction will clue you in and guide you.
- > Look for communication aids like pictures or symbols.

Learn the Language of Love

- > Speak of the person first, then the disability.
- > Emphasize abilities, not limitations.
- > Treat everyone as an individual.
- > Don't patronize or give excessive praise or attention.
- > Be aware always that choice and independence are important.
- > Treat adults with disabilities as adults.
- > Be considerate.
- > Remember the difference between a *disability* and a *handicap*:
A disability is a functional limitation to walk, hear, talk, learn, etc., but a handicap is something that is imposed by us, by the environment, or the individual himself that makes the disability insurmountable!

[SOURCE: Community Interface Services of Carlsbad California, 760.729.3866]



How to find ASSISTIVE TECHNOLOGY

Assistive Technology is anything used by a person with a disability that improves their ability to function independently.

Call the **Community Access Center (CAC)** at: **909.637.6900 (voice)** or **909.637.6902 (TDD)**. CAC can give you the referrals you need and help you to obtain a life of quality independence.

You can also call the California Assistive Technology System at 1-800-390-2600 (voice) or 1-800-900-0706 (TDD).

Successful Aging in Desert

If you are covered by Medicare and live in the Coachella Valley, you may qualify to participate in a 10 week group therapy program.

The program will focus on helping aging participants to remain committed to living in the present and planning for the future. Each weekly session will explore a different aspect of aging from personal attitudes to public myths, from disease to support systems.

For more information, call Dr. Robert Soman at 760.416.9996

Housing Discrimination in the

Call the non-profit Inland Mediation Board for help at 909.984.2254 or 1-800-321-0911.

If you suspect you have been a victim, immediately write down: what happened to you; the name of the landlord, manager or agent you spoke with; the address of the house or apartment building, including the apartment number; and the newspaper where you saw the ad (keep a copy of the advertisement if possible). Then **call the Inland Mediation Board.**

Volunteer Escorts and Drivers Are Needed!

Why volunteer to assist an elderly individual or a person with disabilities who has no other way of getting to the doctor's office or to go shopping??????????

- **It will make you feel good.** There is almost nothing that is more satisfying than providing mobility for persons who otherwise would be homebound and alone.
- **It is an important job that needs to be done,** and it ordinarily won't take much of a time commitment, especially, for example, if you plan

- **It can mean extra income.** Through *Faith In Action* and the *TRIP* program, you may be able to receive extra cash each month through mileage reimbursements.
- **You will receive recognition** for being the caring person you are, and your community will be a better place in which to live because of you!

Call *Faith In Action* today at (909) 929-0423 and tell them you would like to volunteer to help.

Get your church or temple involved. *Faith In Action* is a non-profit, interfaith cooperative program, which can help support your organizations' care giving ministry with outreach, networking, training and free insurance.



LIFE CAN BE "More Interesting Every Day"!

by Judy Hargus, JPTA Program Coordinator, Riverside County

A friend of mine decided many years ago to learn, grow, improve and give because that way of living made life become more interesting everyday.

The following suggestions may help make the quality of life in later years much better by establishing the groundwork early.

Establish a Pattern of Honest and Moral Living.

Set-up guidelines of honesty and morality that you can model to your family and those around you. Forgive and extend mercy and graciousness to someone everyday. You can make a difference in your world!

Use Memory Aids.

Which of us has not misplaced keys at one time or another, or worse, locked ourselves out of the house or car? Many people use association to boost their recall and create routines so things aren't forgotten. You may find that having a certain place for an item will help, like the keys always on the hall credenza. Check-lists and calendars are great too for helping us complete essential chores and remember birthdays and

appointments. It's not necessary to make lists or associations for everything, but they do enable us to procrastinate less and accomplish more.

Be a Lifetime

Learner. If we never stop learning, we increase our options and make life more enjoyable. If physical limitations prevent us from playing a musical instrument we may derive pleasure from attending concerts, listening to the radio or recorded music. If we can't do outside gardening, we might try growing favorite herbs or flowers in a window box. If vision has dimmed, many bestselling books are available on cassette tape. Helen Keller was such an inspiration because she chose to continue learning even though she was deaf and blind.

Develop Interesting

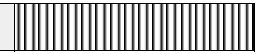
Hobbies. Collectors of stamps, coins, dolls, statuary, books, whatever, can expand and keep active interests from 8 to 80 and beyond. Hobbies may produce a source of income and help you to meet people of similar interests. We can read to someone in a convalescent hospital, tell

stories to pre-schoolers, take a neighbor who no longer drives to the grocery store or to doctors' appointments. Hobbies enable us to break down age or racial barriers and promote lasting friendships.

Good Health Habits.

Everything in moderation is a good creed. Everyone requires some form of exercise to remain agile and alert. Can't jog? Try walking around a mall with friends or family or do isometric exercises while reading the newspaper or watching TV. Just keep moving some part of your body on a regular basis. Yes, even toes like to wiggle!

Be Flexible. Change is an inevitable part of life - enjoy it! Career, income, family size, friends and neighborhood will change. My advice is don't let life's experiences cloud your ability to dream, hope and flex with the changes. As someone has said, "Turn your scars into stars, turn your lemons into lemonade and when life melts your chocolate bar, make fudge!"



Being A Good Friend MAY Just Be Good For Your Health

by Richard Smith

According to Dr. Bradley Gascoigne and Julie Irwin, in their book titled Smart Ways to Stay Young and Healthy, one of the worst things that can happen to us is to find ourselves isolated.

They point to the common circumstance of a husband or wife following their spouse closely in death, but they suggest that, more than grieving, it is the *isolation* that results in giving up the will to live. They also suggest that as the divorced or never-married age they become much more vulnerable to the physical ravages of loneliness.

So what's the answer? According to the authors, many noted experts, including medical

anthropologist John-Henry Pfifferling and sociologist Lillian B. Rubin, in her book Just Friends: The Role of Friendship in Our Lives, the answer is to work hard at making and keeping friends.

Gascoigne and Irwin recommend the following ways to accomplish this:

- > Within the next month, schedule lunch or dinner with a nearly lost friend
- > Schedule regular time with at least two valued friends outside of your primary relationship
- > Call your friends or send them a hand-written note when you know something important has happened in their lives (E-Mail is another simple and quick way to keep in touch.)

- > Actively look up your former friends
- > Learn to develop friendships in ways that are not competitive
- > Build and maintain a variety of friendships to sustain and enrich your later years.

I particularly like a quote attributed to Garrison Keillor, the well-known social commentator and humorist, "Stay well. Do good work. Keep in touch!" According to Gascoigne and Irwin, he may have gotten things a little backwards, but he seems to have gotten everything else just right!

New Non-Profit Plans to Attack Isolation of Adults with Permanent and Developmental Disabilities.....with S P O R T S

According to Toni Rhodes of **Home Town Sports and Recreation**, "Isolation can lead to the death of mind, body and spirit!" The expense of providing for care for persons with disabilities can often lead to financial hardship that limits the participation of those with disabilities in life affirming activities. Her plan is to enhance the quality of life of people with disabilities by getting them involved through the distribution of tickets to sporting events, providing classes and lessons in various activities and staging sporting tournaments.

HTSR began in Rancho Cucamonga. If you would like to bring similar programs to your community, you may contact Toni Rhodes at 909.481.9417 or write to Home Town Sports at P.O. Box 3794, Rancho Cucamonga, CA 91729. Private donations, corporate sponsorships and organizational contributions are welcome.



What's IN the *NEW* VITAL CONNECTIONS Internet Community @ <http://www.vitalco.net> ??

by Richard Smith

Just inside the front doors (left click on your mouse to ring the doorbell!), you will find the main page of the community. [If you are new to the exciting world of computers and haven't quite mastered the "mouse", you might want to refer to [How to Use this Website](#), which you will find below the front doors.)

The website uses what is called a "split screen" - Information you request appears in the largest window and on the right is a menu from which to make your selections.

The first thing that appears in the viewing window are the archives of the Meeting the Challenges Quarterly. These interesting and informative articles have been written exclusively for our readers by experts in their fields, and you can even E-Mail them your comments or additional questions. The articles cover many subjects, including getting and staying healthy, finances and legal issues, personal growth and well-being, exercise, and more. Soon, we will also be publishing information and

articles there that are not available in the publication that we mail out.

Then in the main menu, on the right side of your screen, you will currently find twenty separate "Categories" of information and resources, plus a section to introduce you to the newest members of the community and please remember to sign the [Guestbook](#) in this section. One other tool that you have in the main menu is [Keyword Search](#) where you can enter one or two words about a particular subject of interest and it will be automatically found for you.

The first of the twenty menu categories is [Independent Living](#), where you will find recipes and restaurant guides under [Food and Nutrition](#), [Gardening](#) information, how to make simple repairs and do-it-yourself projects under [Home Repairs](#), [Housing](#) information, the Internet Help Desk to answer your questions about using your computer under [Information and Referral](#), and also [Pet Health](#) information.

The next category is [Government Agencies](#). Here you will find access to county services and information on county libraries and parks. You can E-Mail your opinions and comments directly to your District Supervisor. You can keep up on legislative developments and E-Mail elected officials for both California and the nation. You can contact the Social Security Administration using *Vital Connections* and you can also check the current jackpot or find out the winning numbers of the California Lottery - all under the [Government Agencies](#) category.

And we have only really just begun to gather together information and resources to help us all stay connected and better able to meet our individual life challenges.

Next you will find the [Health and Medical](#) category, including information on help dealing with HMOs, general medical information, and the availability of health services, hospice, in-home services, long-term care, rehab and skilled care.

In the [Transportation Services](#) category we have



information on public transportation including the Riverside Transit Agency site with route maps and schedules.

Support Organizations includes dozens of helpful connections like Alzheimer's Education and Referral, American Cancer, Diabetes, and Heart, the Multiple Sclerosis Society, the National Aging Information Center and the Stroke Association, as well as regional support organizations.

Next comes Financial Services, Professional Services, Inhome Services, and Volunteer Organizations.

Would you like personal answers to your individual questions? Then go to the Ask The Experts category. Want to know if there is a senior center in a particular area or what services they provide? Check out Senior and Community Centers. And there is a Housing category.

Go to Your Opinion Counts! and give us your comments on a variety of topics, which change periodically. Right now we would like your opinions on: "If you or your parents use public transportation, have your experiences been 'good' or 'bad'? - and please be specific about the services involved." and.....

"What are the biggest challenges to personal independence for people with disabilities?" We would love to add your thoughts to the record today!

The community also has places for you to go to shop for both necessities and unusual things as well at Buy Things You Need.

Looking for entertainment? Then go to the Things To Do category, where you will find an array of alternatives including on-line galleries and museums, games like Bridge, Backgammon and Checkers on-line, or Chess by E-Mail. There are also solitary games like crosswords, mazes and solving riddles. At Things To Do, you can check your daily horoscope and even listen to the radio - all kinds of music (from Big Band to R&B), news, commentary and even Old Time Radio programs!

Speaking of the News, in that category you will find full coverage of both local and national events plus financial news, government news and health news, all at your fingertips when you want it. There is all kinds of sports coverage and in-depth weather news including maps, satellite views, forecasts and even (my personal favorite!), live video camera shots of

weather from around the world!

Of course, one of the nicest things about computer technology is E-Mail, which allows us to keep in close contact with our friends and relatives - no matter how far away they might physically be. Another advantage of E-Mail, besides costing nothing and being almost immediate, is the fact that people who receive E-Mail seem to answer it almost right away too, so you don't have to wait forever to hear what is going on. But there is something even better on Vital Connections! Go to the Send E-Cards category and send custom greetings for any occasion, or only for the sake of friendship, some even with music, and it's all FREE.

That's what *Vital Connections* is all about, but I really can't do it justice by writing about it. It is an experience to be lived today and tomorrow. Go and see for yourself. Tell your family and friends about the great new Internet Community you have discovered! Sign the Guestbook and tell us how we can make it even better! We'll be glad to....





• Aging Solutions • All Print U*S*A • Braswell's Health Care • Caregivers Private Duty Program • Desert Council for Aging • Desert Sierra Breast Cancer Early Detection Program • HICAP [Health Insurance Counseling and Advocacy] • Olive Grove Retirement Resort • Popkoff and Stern • Reaching Out for Inland Counties • The Law Office of George Dickerson • Visiting Nurse Association of the Inland Counties

We *WELCOME* these new Community Members !

Braswell's Health Care
Desert Council for Aging
Olive Grove Retirement Resort
Popkoff and Stern

VITAL CONNECTIONS

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