

Meeting the Challenges

Spring 1998
Volume 6 Number 4

QUARTERLY

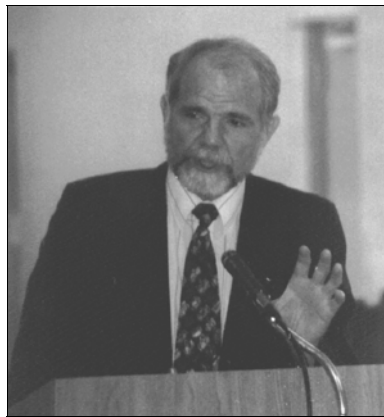
A SPECIAL PUBLICATION FOR SENIORS, PERSONS WITH DISABILITIES, THEIR FRIENDS AND FAMILY, AND THOSE WHO

Some Things You Can Do To Help Yourself..... Feel Better RIGHT NOW !

“...I want to give you some tools to use to add to the quality of your life, very practical tools so that you can make a difference in your life todayright now.”

“...It’s easy to think of wealth or riches as external stuff, but when you begin to stop and look at what you really have, you begin to think this is absolutely awesomeyou have between 75 and 100 Trillion cells that communicate with each other and do whatever you want them to do every minute of every hour of every day!”

“...What do you see when



Dr. Arthur R. Davis, Jr., MD

you look at your own body? What do you see when you look at other people’s bodies?You see that everybody has pretty much the

same thing.....but you see something else...you see that there are no two bodies that are the same. Every body is different. ...That is exceedingly important because as you are different on the outside, you are different on the inside..... and if you really want to get good at working with your body and helping it to help you, what you need to do is become aware of the uniqueness of you.”

“...We are going to be looking at the eight laws of health...they are the same laws that apply to everybody, but it then becomes

continued on next page.....

inside...

- ✳ Recognizing Symptoms of Illness..... Page 8
- ✳ Lessons I Have Learned.....Page 5
- ✳ “Journaling” - for Self Understanding and Growth.....Page 7

Office on Aging
Senior HELPLINK:
**1-800-
510-2020**

**“A Gateway to
Senior**

*“I keep looking.....
but haven't yet found
an easy way
to be me.”*

- Ashleigh Brilliant

Meeting the Challenges

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EDITOR: Richard Smith

Telephone: 909.697.4697 / Fax: 909.697.4698

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RIGHT NOW.....

variations on a theme and it's different for every person. So the key to working with your body is to learn how things are different and to really work with them.”

“...Laws by which your body operates:

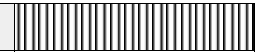
- 1 *The Law of Nutrition.* Your body must have nutrients to operate daily -
....Macronutrients are Protein (the building blocks), Carbohydrate (for energy), and Fat (which acts as storage, lubrication and provides hormones)
.... Micronutrients are Enzymes (which help chemical reactions occur, such as digestion), Vitamins (which aid enzyme function), and Minerals (which also aid enzyme function and are essential to all body processes)
....The food that you eat, the closer it is to its natural state, the more it has of all these things in it...in the balance that your body needs to process it.....the closer you can eat to natural food the better it is.....
- 2 *The Law of Respiration.* Each cell of your body must have oxygen to function and must get rid of carbon dioxide as a breakdown product...
- 3 *The Law of Hydration.* Each cell of your body requires adequate water to function properly...if you want to be a little less wrinkled, drink a little more water and it may make a big difference for you....
- 4 *The Law of Exercise.* In order to

receive proper nutrition and have proper elimination, each system of your body needs to exercise or it will waste away...

- 5 *The Law of Rest.* Each system of the body requires rest to rebuild itself and have adequate reserve to function efficiently....
- 6 *The Law of Balance.* To work efficiently and effectively the body requires balance...
- 7 *The Law of Mental Stimulation.* As the mind is stimulated it remains active and alert...as it is not stimulated it functions poorly and becomes dull...
- 8 *The Law of the Spiritual.* In order to appreciate God, true artistry and beauty, time must be given in meditation, reflection, prayer and spiritual pursuits....”

“.....These, I believe, are the laws that can make a huge difference in your life....and now what we want to do is take a look at what we do to make those laws work better....one of the best concepts....is learning to listen to your body! Your body has a tremendous amount of intuitive knowledge in it...and it's a matter of really learning to listen to that....here are some questions to maybe get you thinking:

- How do I feel? *If good*, you know things are working well
..... *If bad*, you know things aren't working well.
- What am I doing that makes me feel this way? *If you just started feeling poorly*, then look at what changed recently...look at what you changed....*If this is a chronic problem*, then look at how you



are living...the food you are eating...the habits you have...the lack of exercise...or whatever else it may be....

□ What system or systems of my body are involved? (Body systems include: Nervous System, Circulatory System, Respiratory System, Digestive System, Urinary System, Musculoskeletal System, Endocrine System, Hematology/Immune System, and Reproductive System)....

□ What can I do to support that system?

□ Does eating make me feel worse?
.....If you find that somehow things just aren't right...you're getting a lot of gas or discomfort, what you do is look at what you are eating...a simple thing to do is keep a food diary...everything you eat in one column and how you feel in the other column, pretty soon you will be able to match....It is really important that you look at what you are doing, what you are eating and see how it feels....it can make all the difference in the world”

“.....Second thing you want to do is recognize your strengths and your weaknesses...use those strengths to support your weaknesses....Make a list - here is what I am really good at, what's strong, how my body is good...here's what I am not good at...and then work out of your strengths.... ”

“.....Third thing is biochemical individuality.... every body is different ...different on the inside too.....the older you get, the more it seems everybody wants to help you 'Well, I did this and this made me

well, so you do this and it'll make you well.'Unfortunately it doesn't work that way many times, as a matter of fact often times it'll make you worse....the reason?

You are different inside than they are. It is important to understand that you are different and use that.”

“...Using the laws.....

* As a general rule, if you feel well your diet is good, if you feel poorly, your diet isn't working for you. Watch for symptoms of allergies and intolerances which may include diarrhea, bloating, gas, chronic sinus congestion, and repeated infections. Food should be as close to natural as possible...

* Deep breathing can change many things including energy level, mental clarity, your basal metabolic rate, even your weight....

* Drink a minimum of six glasses of water per day...try more and see how you feel... the benefits can be less wrinkling of the skin, better toleration of heat and less swelling of the legs...if your body is toxic, distilled water is best...spring water or purified water is good.....

* The older one becomes, the more important stretching is...stretching is important because it allows blood to flow in, and when blood and oxygen goes there and nutrition goes there, it then allows the garbage to be taken out...if you want to make a difference in your life...stretch...

* Muscle strengthening assists in movement and endurance...you

have problems with arthritis, build up your muscles...it will make a huge difference with you....

* Aerobic exercise improves circulation throughout your entire body...

* For the not faint of heart...thermodynamic exercise..get in the shower and then make it cold and then rub your body...your head and neck and in your arm pits...it will literally double your white count....

* If you are a physically active person, work on reflecting; if you are a quiet person, work on exercising; balance yourself out.....

* Stimulate different parts of your mind: learn to memorize in pictures, read, do logic puzzles, crosswords...do something each day that you can get passionate about...use relaxation techniques ...

* Learn to listen to your inner voice and take time for it every day.....

If you have questions, you may call Dr. Davis' assistant, Annette, at (760)347-7730



“Marvelous!” “Outstanding!” “Very Informative!” “Wonderful!”

That’s what most of those attending the **Practical Ways of Meeting Today’s Health Challenge** seminars had to say about the events....that and “The food was great!”. We are glad that this year’s seminar series was so successful and have expanded this issue of *Meeting the Challenges* to include some of the information from the seminars for people who were unable to attend in person.

All of the speakers donated their time and contributed their expertise to make the program a success. We are very grateful to all of our professional speakers and the organizations they represent. Without their generosity and personal effort, the seminars would not have been so valuable. Thanks to: Dr. Chandra Shekar, JFK Memorial Hospital/Valley Medical Comprehensive Medical Groups/ Kidney Institute Dialysis Centers; Dr. Keith R. Doram, Riverside General Hospital/University Medical Center; Mary Frances Villagomez, CareAmerica 65+; Doug Morin and Toni Kisgen, Visiting Nurse Association of Inland Counties; Michael Goryan, Riverside/San Bernardino Chapter of the Alzheimer’s Association; Cathy Andre, Inland Caregiver’s Resource Center; Dr. Arthur R. Davis, Jr./General, Family and Internal Medicine Practitioner in Indio; Nellie Ortega and Doris Henry, SunLine Transit Agency; Shuuna Austin, Riverside Transit Agency; Cathy Bechtel, Riverside County Transportation Commission; Annette Green, Riverside County Office on Aging HelpLink; Ann Kasper, Health Insurance Counseling and Advocacy Program; George Dickerman, Riverside Attorney and Counselor at Law.

Without the support of the Riverside County Office on Aging, these seminars would not have been presented. Without the assistance of the Desert Council for Aging no one in the Desert would have known they were going on! We are grateful to all our host facilities: Charter Behavioral Health System/Palm Springs & Corona; National Date Festival; and the Sunnymead Wesleyan Church. A special thank you also goes to Supervisor Wilson’s staff for their assistance.

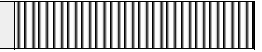
The great food was catered by Thomas Catering, San Jacinto. Thanks to D&V Rentals in Coachella and Circle City Rental in Corona. Special thanks to Inland Aids for their help. And thanks to all who attended! This was a special year!

**THESE PUBLIC SERVICE
CONSCIOUS BUSINESSES
PROVIDED
THE DOOR PRIZES
AT THE SEMINARS!!!**

**California Mortgage
Service**
donated Color Televisions

.....

Vitalink Pharmacy Services
donated \$50 Macy Gift
Certificates



**"L E S S O N S" - Found on the Internet, Being Widely Shared..Author Unknown...
I'VE LEARNED.....**

- I've learned that I like my teacher because she cries when we sing "Silent Night." Age 6
- I've learned that you can't hide a piece of broccoli in a glass of milk. Age 7
- I've learned that when I wave to people in the country, they stop what they are doing and wave back. Age 9
- I've learned that just when I get my room the way I like it, Mom makes me clean it up. Age 13
- I've learned that if you want to cheer yourself up, you should try cheering someone else up. Age 14
- I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me. Age 15
- I've learned that silent company is often more healing than words of advice. Age 24
- I've learned that brushing my child's hair is one of life's great pleasures. Age 26
- I've learned that wherever I go, the world's worst drivers have followed me there. Age 29
- I've learned ... that if someone says something unkind about me, I must live so that no one will believe it. Age 39
- I've learned that there are people who love you dearly but just don't know how to show it. Age 41
- I've learned that you can make someone's day by simply sending them a little card. Age 44
- I've learned that the greater a person's sense of guilt, the greater his need to cast blame on others. Age 46
- I've learned that children and grandparents are natural allies. Age 47
- I've learned that singing "Amazing Grace" can lift my spirits for hours. Age 49
- I've learned that motel mattresses are better on the side away from the phone. Age 50
- I've learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. Age 52
- I've learned that keeping a vegetable garden is worth a medicine cabinet full of pills. Age 52
- I've learned that regardless of your relationship with your parents, you miss them terribly after they die. Age 53
- I've learned that making a living is not the same thing as making a life. Age 58
- I've learned that if you want to do something positive for your children, try to improve your marriage. Age 61
- I've learned that life sometimes gives you a second chance. Age 62
- I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. Age 64
- I've learned that if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you. Age 65
- I've learned that whenever I decide something with kindness, usually make the right decision. Age 66
- I've learned that everyone can use a prayer. Age 72
- I've learned that it pays to believe in miracles. And to tell the truth, I've seen several. Age 73
- I've learned that even when I have pains, I don't have to be one. Age 82
- I've learned that every day you should reach out and touch someone. People love that human touch: holding hands, a warm hug, or just a friendly pat on the back. Age 85
- I've learned that I still have a lot to learn. Age 92



COLLABORATIVE EDITORIAL: Roberta Wertenberg,
Director of Programs and Services, Alzheimer's
Association - Riverside/San Bernardino Counties
Chapter and Richard Smith

A look in the collective mirror reflects that the majority of us are approaching the "Golden Years." Yet what we continue to see in the media and on television are portrayals of the perfection of the young!

When did you last see a commercial where seniors were shown advertising products besides laxatives, HMOs, or protein drinks? Advertisers need to learn that ***we want to age with dignity*** and identify with us, the real aging population.

There are a wealth of senior and disabled actors and actresses who would be able to well represent this market. Why aren't they used in the thousands of commercials that are recorded and aired every day?

None of us are truly free of disability, either inside or more visibly evident on the outside. Yet the words "disability" and "elderly" are still associated with concepts of disfigurement, incompetence, or unproductiveness.

What mental images do such terms as "epileptic," "dyslexic," or "elderly" create for you? Remember, "normal" is what we determine normal to be! It is time that we, as a collective generation, with caregivers and concerned family, throw away the stereotype that categorizes by age, or looks, or shape, or race, or size, or physical ability.

Aging, disease, and traumatic illness are reality for many of us right now, and all of us sooner or later. Why are they largely excluded from public view?

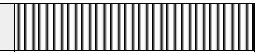
We need to accept and understand the real world. In order to achieve a society that is at peace, we need to look in the mirror and see what is really there - all the differences and changes that we have and that occur in the process of living!

Wouldn't it be wonderful if we could turn on the TV and see the real world? Wouldn't that be better than the fantasies of those who have no comprehension of what life is? The beauty and strength of human nature exists because we are human, because we have to struggle and because we keep going.

Medicare Beneficiaries
New GOVERNMENT
PROGRAM
MAY PAY YOUR PART B
PREMIUM !

- To be eligible, you must be covered by Medicare Part A.
- Your monthly income must be no more than \$926 for a single individual and no more than \$1241 for a married couple, living together.
- You may not have more than \$4000 of countable resources, such as cash in the bank or stocks (\$6000 if your are married) - Your home, car, and some other property, are not counted.
- If you meet these three tests, you may be eligible even if you are not presently covered by Medicare Part B.
- Apply right away, even if you are not sure you are eligible.. Funds are limited and benefits will be given on the basis of who applied first.
- Applications are available at County DPSS Medi-Cal Office. They will make the decision as to your eligibility.

Questions? Call HelpLink
at 1-800-510-2020.



“Journaling” - FOR SELF UNDERSTANDING AND

How can I know what I think unless I see what I write” observes Erika Jong, author and lecturer. Writing is so important. Writing is always very personal.

Journaling - *writing for our own understanding* - is one of the most private and dynamic means of “knowing” ourselves. It is among the most powerful ways of understanding. It is both diagnostic and deeply therapeutic.

Writing and exploring with the journal method will assist you in answering questions arising from the “stuck places” of your life in a calm, creative and sustaining way.

It works like this: **write only for yourself**; do not write for anyone else. Our mind knows when we are writing solely for ourselves.

Second, **keep what is written in a safe place**. If you live with someone who may be curious, tell the person “this is confidential and do not read.” Some people keep their journals locked in the trunk of the car. The journal retains its healing capacity when kept private, safe and personal.

Third, keep your journal simple. An inexpensive three ring notebook with ruled paper is fine. Pick a color you like. By using loose leaf paper, you can carry blank sheets with you and place them in the journal when you return home. Only use a notebook which has a cover.

Start with sentences that

begin with “I feel”, “I now know”, “I observe”. A vocabulary of “feeling” words will emerge for those who begin with only a few words to label emotions. **Do not write about feelings. Write what you feel.** This separates the journal method from the diary. Write daily for at least fifteen to thirty minutes for two weeks. And above all else, honor your own timing: when writing gets difficult, remember, close the cover.

It is not necessary to keep everything you write. It is important to write though. Date each entry. My journal gives me my history of moments over the last twenty-five years. It reflects my growth in ways I would not know otherwise.

My middle years of aging have been characterized by profound loss of family members and life long friends. As difficult as it is to write about my grief, I have no doubt that my writing assists me to say goodbye. I always try to write a letter to them and keep it in the journal. Writing to and through the sadness is painful but necessary. Through it, I begin to relearn the world without the people I loved being present.

With time, you will want to look back and get to know this person who is there in your journal. **Many long-term keepers of journals know that**

the journal “speaks” to them. Its message is one of healing, growth and life. Give yourself time.

Read what you have written on each page. Do not summarize. This requires courage. You will begin to touch the deep thoughts and feelings that are truly buried within. Should you care to read what you have written aloud, you might want to find a trusted friend to listen. They should be a compassionate heart with good ears.

The journal method will never harm you. **Your journal will affirm your own life.**

You can take classes about journaling at Riverside City College and sometimes at the College of the Desert. Look for books by Ira Progoff and “Your Mythic Journey” by Sam. Keen.

Don holds graduate degrees in Public Health and Clinical Psychology. He has been involved in Gerontological Health for over 25 years.



Recognizing Symptoms of Illness

excerpts from a presentation by Keith R. Doram, M.D.
at this year's Practical Ways Seminars

“...The body is always going to try to correct what is wrong. If it's something minor, it will usually fix it up in a few days. ...**Remember, if a symptom persists and affects the way you eat, drink or function.....you need to have it checked out.**”

“...First we'll deal with the mind...Everybody has forgetfulness...that, in and of itself, is not a problem...unless you are forgetting very important things - forgetting where you are...forgetting that you turned the fire on...also, its impact on other things....are you not able to function properly?Memory loss *plus* other things that have gone awry...personality, other behavioral changes...those are when memory loss becomes an important symptom of something else going awry...”

“Mental alertness - anytime you are dealing with someone in the home or other situation, and they have a change in their level of alertness, it's always a very bad sign...and they usually always need to be evaluated by a physician....Change of the level of alertness, from whatever their baseline is....if for some reason they are not responding properly..for some reason they are just a little more lethargic, that is not a good sign....in anyone...and if you see and recognize it, that symptom needs to be addressed right away, by a physician either in the hospital emergency room or in some other interpretive setting....”

“Headaches - all of us have headacheswhen is a headache a brain tumor? Most of the time it's not, of course...headaches are very common...the most common problem with headaches are tension headaches...as the day wears on, we just get stressed....the back of our neck hurts....back of the head...sides of the head...those kinds of headaches eventually go away when we address the underlying problems.....the headaches that are important...are, let's say, you don't usually have headaches and all of a sudden you start having intense headache.....and the headaches ... definitely the most ominous to worry aboutare those you get when you lie down in bed

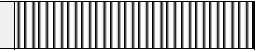
and you're resting or sleeping and your head starts throbbing even more. Those could be from just a sinus problem, but sometimes those are also from more ominous things, particularly if it continues to go on day after day....they're most ominous signs when you have a headache in combination with loss of strength or ability in an arm or leg...those are always very ominous and need to be seen (by a physician) right away. Most headaches are benign....sometimes they are related to your eyes...(you may need) better eyewear...sometimes your sinuses....sometimes your teeth....”

“Anytime you have a seizure.... always, always have it evaluated....seizures in adults should not happen...anytime you have seizure, loss of consciousness, always needs to be evaluated....always something serious.”

“...Anytime you have a decrease of strength or sensation in an arm or a leg...always needs to be evaluated...it's very important to get them in the system right away....people (can) go from being functional to all of a sudden requiring a lot of assistance....these are probably people who deny things are happening...they just don't want to believe it or ignore itthe body will let you know when it is time to pay attention.”

“...Now your eyes....if all of a sudden you start seeing gaps in your visual field....don't ignore spots that you can't see ...not those little floaters...I'm talking about areas where you say 'I can't see anymore' ...there are actually gaps there....anytime you have pain in the eye...it should be addressed.”

“...Ears - as we get older, what we lose is the ability to hear higher pitched sounds...and what is higher pitched? Those are consonants...those define words....you can hear vowels..those are lower pitched....so what happens ... you will find that sometimes as the older person gets more hearing loss...they don't come to things like this because anything that has echo in it they may not hear as



well....they may stop using the phone....they may stop interacting, because they don't know what's going on....they may get depressed.....*it may just be because they have a hearing problem.* So you need to ask....a simple way to do it is take your fingers and rub them at the side of the ear and ask 'Can you hear that?' ...if you can hear your finger rub, it is a high frequency sound...if you can hear that, your ears are probably OK....that's a rough way to tell. Anytime you have pain in the ear, it should be evaluated.If you have spinning...if the room is spinning...if you are spinning...always an abnormal symptom....needs to be addressed by a specialist."

".... Teeth are an issue that's extremely important....it affects the food we eat, it affects nutrition...dental hygiene is very important, especially as we get older...."

"....Believe it or not, as we get older, what happens to our lungs is the same thing that happens to someone with emphysema, except it never gets that bad....so as we get older we lose a little bit of our reserves...so, if we have to walk up a few flights of stairs...we may find ourselves a little short of breath....that's not a problem. The problem is if you have an ongoing shortness of breath...you find you are more short of breath if you are lying down, if you hear wheezing sounds that you didn't hear before, and if there is coughing that is either productive or non-productive..that is ongoing."

"Any lumps on the breasts always have to be seen and evaluated...."

"....Now, if you get the colds, you get the flu..most of the time, those illnesses are self limiting.....the runny nose....those things should be gone in 7 to 10 days....alot of times we run off to the doctor for antibiotics...and most times we are overtreating with antibiotics...everybody wants antibiotics...well most times things are viruses, not bacteria, and it doesn't require antibiotics....unless you have a lung problem or other health problems..that put you at higher risk.... most of the time you don't need to be running off just because you have a cough or runny nose, to try to get something for it.....if you are eating and drinking OK and you don't have real high fevers, give it 7 to 10 days...the body knows how to fix itself pretty well..."

"The heart - Anytime you have chest pain or pressure..that usually lasts more than a few seconds..a heart discomfort is usually going to last for several minutes.....maybe a pressure or pain that goes down the left arm...you may have some nausea with it....get sweaty...those are the ones that should be evaluated....the older you get, the more likely there might be a problem..."

"Anytime there is protracted vomiting...or you have red or black stools, it is not good...any change in your bowel habits...always something to be aware of...if you normally go to the bathroom and have a bowel movement once every two days, and all of a sudden you are having a bowel movement two or three times a day..or, if your not having a bowel movement except once a week...that needs to be seen and addressed."

"....Why does everybody get constipated when they get older? ...the reason why is because they are taking too many medications usually...they're not eating properly...they are not drinking enough fluids....as we get older, our thirst mechanism doesn't work as well...so we have got to keep that in mind...the other thing is we don't get as much exercise anymore...."

"Painful bones and joints - this is the most common disability for us as we get older ...kind of interesting, as we get older the impact on the ground, hard surfaces, they bother the jointsbut, now the impact exercises are good for the bones, because they stimulate bone growth... Osteoporosis is more likely to happen in Anglo-European women who are thin and smoke.... Painful and swollen joints are important...because they can lead to being less able to function....***functioning is the key...we must be able to function to our maximum possible capability....that's what keeps us the healthiest....that's what keeps us the most independent.***...it could be as simple as changing the footwear...sometimes the solutions are simpler than we think.....one thing we don't want to do is to start sitting around more, because the joints are aching more...once you start doing that, you start the cycle of more and more disabilitybecause of lack of functioningif joints are swollen or red, you need to get in to see someone, because that could be infection...it could be inflammatory arthritis...easily

(Continued on page 10)



fractured bones become a problem as you get older potentially....the way that you walk...it's important....those who walk really slow...if they fall, they tend to fall crumpled down...land on their hips...hip bone fractures in the elderly are very potentially life threatening, because once they fall they are put in bed....they get pneumonia while they are lying there..they get clots in their legs...they get pulmonary embolisms,....muscles atrophy a lot faster.... if you are walking relatively fast and you trip and fall, you are going to land on your wrist and arms....that is a much better way to fall...so what if you break a wrist or arm?...that is not going to kill you like breaking a hip...that can lead to disability very quickly. ...Any weakness..you can't get up out of a chair properly..that is limiting to function...it needs to be seen..”

“Men, again, we are going to get some prostate enlargement...just how much? and will it bother us? Prostate exams should be done.“

“...If there is any difficulty urinating ...if there is back pain with fever, it may suggest kidney infection....or obstruction....if there is any blood in the urine, or you have an excessive amount of urine....these all could be symptoms of thingsthey need to be addressed and seen ...a lot of these things have very simple solutions to them.... Incontinence could be a urinary tract infection ...Incontinence can be a real problem ...a lot of people don't want to acknowledge that, they're embarrassed by it....it needs to be addressed...a lot of times it's a very easy solution.”

“Skin - we live in a dry climate...a lot of times we overuse soaps and warm water ..don't do it excessively, because it depletes the natural oils.if there is itching, it could just be excessive use of hot water and soapsBeware anytime there is redness or pain, if you see pearly and dark or multi-color spots

that bleed or grow, you need to look at those for skin cancers...those kinds of things are very important.”

“This is a brief overview of some of the things that are important in terms of symptom awareness..... Remember, if a symptom persists and affects the way you eat, drink or function, you need to have it checked outthe body is always going to try to correct whatever is wrong...if it's something minor, it will usually fix it up in a few days.... But if the symptom affects the way you eat, drink or function and it doesn't go away, you need to see a physician....”

Dr. Doram graduated from Indiana University School of Medicine and completed his post graduate training at Loma Linda University Medical Center. He is the Medical Director of the Diabetic/Lipid Clinic at Riverside General Hospital; an Associate Medical Director of the Lipid Clinic, International Heart Institute at Loma Linda University Medical Center; Medical Director of Geriatric Community Services at Riverside General Hospital; a Medical Consultant to the University of California, Riverside, Department of Gerontology; and Dr. Doram is also an Assistant Professor of Medicine, in both Internal Medicine and Geriatrics/Gerontology, at Loma Linda University.

The 5th Annual Annenberg FORUM ON Senior Health Care:
Wednesday, April 29th

The conference will be held at Annenberg Center for Health Sciences at Eisenhower, 39000 Bob Hope Drive in Rancho Mirage and will begin at 8am with Registration and a Continental Breakfast.

The Program will describe many valid alternative and complementary therapies, including those with research-based acceptance. Through the shared information, it is hoped that health care providers, managed care organizations, insurance companies and policy makers will increase their acceptance of alternative and complementary therapies.

The Keynote Address will be presented by David L. Diehl, MD, Assistant Professor of Medicine, UCLA School of Medicine, and Director of Gastrointestinal Endoscopy, Olive View - UCLA Medical Center. A Panel Discussion, moderated by Lu Molberg, Director, Riverside County Office on Aging, will follow. Luncheon will be served at 12:30pm and the conference will adjourn at 1:30pm.

The non-refundable program registration fee is \$25 if received by April 15 and \$35 after April 15. For more information, call Sally Hayes at (760) 773-4500.

What is DRY MOUTH and What Can Be Done About It?

The common symptoms of "dry mouth" include a burning or tingling tongue or a pasty or sticky feeling on the tongue. Food may have little or no taste and chewing and swallowing can be difficult. It may also be difficult to speak. There are various causes such as an obstruction of a duct, medications, even emotional states. Your doctor can determine the specific reason and any appropriate treatment.

There are some things, however, that you can do to help relieve the symptoms:

- 9 Take frequent small sips of water through-out the day
- 9 Select foods for saliva release, such as citrus fruits, dill pickles, or lemon juice
- 9 Select foods like carrots and celery, which require chewing - if it is hard to chew food, sip water while eating
- 9 Avoid food that is sticky, sweet, spicy, dry or bulky
- 9 Use a humidifier to increase the amount of moisture in the air your breath
- 9 Brush your teeth after every meal and floss once a day / keep your dentures clean
- 9 Have a few sips of water before taking medication - follow with a full glass of water, if your fluid intake is not restricted
- 9 Avoid tobacco, alcohol, caffeine and mouthwashes with a high concentration of alcohol
- 9 Chew sugarless gum, suck on hard sugarless candies, lozenges or ice chips to keep your mouth moist - mouth rinses are also effective for short periods of time.

[SOURCE: The Medication Information Line For the Elderly - <http://www.mbnet.mb.ca/crm/health/mile.html#drops>]

**Need A Job? ...New Job Skills?
CALL the Office On Aging at 1-800-510-
2020**

The Riverside County Office on Aging works in partnership with employers to provide employment training to help prepare mature job seekers to meet the needs of today's work environment.

A trained older worker is important in today's economy. Older workers have solid job experience to draw upon and have a strong work ethic. Older workers are an asset to employers because of their dependability and commitment. Older workers are able to adapt to new technology, miss fewer days of work, and are more likely to remain with a company on a permanent basis.

The Office on Aging has several programs, which can help train and place low income seniors, 55 years and older, who have been laid off or are entering the work force for the first time, in jobs in the public and private sector.

So, if you are seeking a second career, want to remain productive, or need new job skills, why not call the Office on Aging and get a good start toward your goal?

IF you have no idea what transportation is available in your area, or how to get where you need to go.....

IF you have been unable to travel to get to your doctor, or shop for groceries, or get prescriptions, or for other reasons.....

IF you have called a transportation company with a problem or complaint and they have been unwilling to help you.....

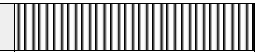
**CALL HelpLink @ 1-800-510-
2020**
from anywhere in Riverside County

All California Caregivers of Brain-Impaired Adults Have Access To Support Services...

- < **Specialized Information-** Assistance and advice on caregiving issues and stress, diagnoses and community resources
- < **Family Consultations and Care Planning-** Individual sessions and telephone consultations
- < **Short-Term Counseling-** Individual and group sessions
- < **Support Groups-** Monthly meetings in a supportive atmosphere
- < **Legal and Financial Consultation-** Personal consultations with experienced attorneys and social workers
- < **Respite Care-** Financial assistance for in-home support, day care, short-term and weekend care
- < **Education-** Special workshops to help caregivers cope with day-to-day concerns
- < **Professional Training-** Individually tailored workshops

Call **Inland Caregiver Resource Center** at 1-800-675-6694 for details.

Their offices are located at 1881 Commercenter East, Ste 132, San Bernardino, CA 92408-3317.



GOOD NEWS ABOUT ALZHEIMER'S DISEASE

by Roberta Wertenberg, Director of Programs and Services
Riverside/San Bernardino Counties Chapter of the Alzheimer's Association

Are you ready for some good news? Here is what we are learning from research, which has been focused on treatment and prevention of Alzheimer's Disease:

" Beta amyloid is a protein present in the formation of plaques in Alzheimer's patients, which cause inflammation of nerve cell endings. The use of anti-inflammatory drugs, such as ibuprofen, appears to prevent the formation of beta amyloid deposits and to reduce the inflammation of nerve cell endings.

" Research into the use of Antioxidants like Vitamins E and C also appears promising. Antioxidants help to reduce the formation of neurotoxins and free radicals. A 2 year study evaluating the effect of Vitamin E therapy, combined with selegiline, showed promise in the delay of institutionalization of individuals with progressive dementia up to 232 days.

" Vitamin B12 helps to improve nerve health and also shows promise in the prevention and treatment of Alzheimer's Disease.

" Two drugs are now

available, which clearly benefit some patients: tacrine and donepezil (Aricept), and there are new medications soon to be approved by the FDA.

" Hormone replacement therapy has been shown to delay the onset of Alzheimer's in postmenopausal women, and it has also been shown to improve cognitive functioning in some women who had previously been diagnosed with memory loss.

" Huperzine A is a derivative of a type of moss found in China, and recent studies in Europe have found it to work much like drugs that stop the breakdown of acetylcholine. Huperzine A is sold in some health food stores under the name of HupA.

" The "Nun Study", recently featured in Time Magazine has brought to light the fact that highly educated people run less risk of developing Alzheimer's. Perhaps there is truth in the old saying..."Use it or lose it." Nineteen of the nuns studied, who had the characteristic plaques and tangles associated with the

disease, did not exhibit the confusion and memory loss of the disease. The study found that the contributing factor to exhibiting Alzheimer's behavior may be linked to stroke, and as a result preventing stroke becomes a focus of Alzheimer's Disease prevention.

" Wine's ability to prevent Alzheimer's Disease appears related to its ability to decrease the risk of heart or cardiovascular disease.

" According to a study published in Alzheimer's Disease Review, there is a strong correlation between high-fat diets and elevated rates of Alzheimer's. Countries where people have low-fat diets, like China or Nigeria, have lower incident rates of the disease.

There are many reasons for the families of those affected to remain hopeful. The Alzheimer's Association is a great resource for the latest information about the fight against Alzheimers and to receive support and services: Call (909) 370-0190.



Living Well.....

by Robert Soman, Ph.D., L.C.S.W.

Despite many misconceptions, the fact is that most older persons are self sufficient and able to function either completely on their own or with minimal assistance. Over one-half of the the population 85 and above still functions relatively independently and this age group is the fastest growing percentage of the population in our country.

An important factor determining an older person's ability to continue living in the community has to do with the support system available. Care given to older persons, not in assisted living housing, is primarily given by family members. This care frequently represents the difference between needing and not needing nursing home placement. It is estimated that, for every person over 65 in a nursing home, there may be as many as three people of similar age and disability still able to live in the community largely because of the strength of their support system.

In addition to family and friends, there are many other support systems for seniors. Social Security is one of the most basic of these. Medicare and Medi-Cal, with all their shortcomings, have still resulted in basic health care for the elderly. Other parts of the support system include retirement homes, home health services, long term care insurance programs, self-development classes, volunteer

activities, Senior and Community Centers, transportation arrangements, specialty health agencies, food distribution centers, and more.

Some of the most recent gerontological research has given us **guidelines to help achieve successful aging:**

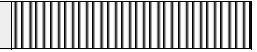
- * **Keep a positive attitude.** We are all faced with disappointments in life. When these occur, accept their reality, carefully evaluate alternatives and then take action based on your assessment. Don't take on the role of victim. After dealing with the problem, get on with your life!
- * **Lead a healthy lifestyle.** This involves exercise, proper nutritional habits, minimal alcohol, not smoking, sufficient sleep, etc.
- * **Have a meaningful pursuit or goal.** This may involve a job or profession. It may consist of volunteer activities, hobbies, interests or beliefs. It should be something or someone that makes you want to get up in the morning, regardless of the stiffness or arthritic pains you may be feeling.
- * **Continue to learn.** Recent research by Dr. Marian Diamond reveals that brain synapses are stimulated by challenges. Therefore the

brain works more efficiently if frequently challenged. Allow yourself to be interested in challenges and to meet them with openness and curiosity. This could include learning a foreign language, learning to play a musical instrument or operate a computer, or something else.

- * **Make room for loving relationships in your life.** It makes life more meaningful if there is at least one other person for whom you care extremely deeply. It could be a mate, family, friends, or all of these.
- * **Reflect on your life and behavior.** This helps us overcome our own selfish attitudes and tendencies and see ourselves as others see us.

Well stated in the words of William Allen White: *"I am not afraid of tomorrow, for I have seen yesterday, and I love today."*

Dr. Soman, now in his 70s, practices in Palm Springs, where he provides individual, family and group therapy.



WHO and WHAT is.....???

Partnership to Preserve Independent Living for Seniors and Persons with Disabilities

The Partnership is a private, non-profit corporation of individuals and organizations, united for the purpose of improving and maintaining the independence and dignity of the elderly and persons with disabilities, and their families, through programs that educate and empower.

We currently provide two educational programs, in partnership with the Riverside County Office on Aging:

- 1 This quarterly publication, which is intended to present up-to-date information on a wide variety of issues and subjects of interest to seniors, persons with disabilities, their families and friends - soon to be on the

- Internet.
- 2 Seminars, like this year's Practical Ways.... seminars, from which we have printed some excerpts in this issue of *Meeting the Challenges*.
Another of our long running service programs is the Transportation Reimbursement and Information Project, which is often referred to as "TRIP." TRIP operates throughout Riverside County, providing information on the availability of public transportation within the county through a simple, toll-free call to the Office on Aging **HelpLink** at **1-800-510-2020**.

TRIP also provides incentives to volunteers who escort and drive frail seniors and persons

with disabilities, who have no other form of transportation available, and who would otherwise be homebound and unable to access health services or provide for their daily needs. *If you are having difficulties meeting your daily transportation needs, again, call **HelpLink** at 1-800-510-2020.* Tell the Senior Service Specialist that you need transportation assistance. They will ask you a few questions and refer you to services which are appropriate to help you meet your special needs.

It's that time of the year again.....time to think about how we are going to be able to carry on our programs for the next year, which begins in July. We hope that you have enjoyed and benefited from our Newsletter, the Seminars, and/or the Transportation programs this year and that you can help us to continue our important work by sending us a tax deductible donation.

Anything you can send will help. Send your tax deductible contribution to:

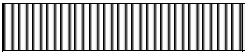
*Partnership to Preserve Independent Living
for Seniors and Persons with Disabilities*
6296 Rivercrest Drive, Suite K
Riverside, CA 92507

Yes, I can help. Here is my contribution:

\$5.00 \$10.00 \$25.00 \$50.00 Other_____

Thanks for your help!





What Are Your MEDICARE Rights ????

Your health care delivery system is required to provide appropriate medical care that meets your needs and established community standards.

Every Medicare patient has specific rights, guaranteed by law. Your **caregivers must provide:**

- " **Appropriate and timely health care**
- " **Comprehensive information** that enables you to be actively involved in decisions regarding your care; and
- " **Written notification of all decisions** affecting your health care coverage, upon your request.

If you believe any of these rights have been disregarded, **you may:**

- " **Appeal any written notice** you have received for denial of medical care; and
- " **Request a review of the quality of your medical care.....Call CMRI [California**

Medical Review, Inc.] at 1-800-841-1602.

What if you are told to leave the hospital before you feel that you are medically ready? You can appeal this decision! Here's what to do:

- " Discuss your concerns with your doctor
- " Request a written notice of discharge
- " Refer to the discharge notice and call the telephone number listed there.

What if your primary care physician will not refer you to a specialist you feel you need to see? Call CMRI at 1-800-841-1602 for help to protect yourself!

[SOURCE: CMRI Brochure available from HICAP]

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

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inside...

Your SPRING 98 Issue of
Meeting the Challenges

*> Things You Can Do To Help Yourself Feel Better RIGHT NOW!
> Recognizing Symptoms of Illness > Lessons...I Have Learned... > Your Medicare Part B Could Be Paid > GOOD NEWS ABOUT ALZHEIMER'S DISEASE...and More....*