

Meeting the Challenges

Fall 1999
Volume 8 Number 2

QUARTERLY

A SPECIAL PUBLICATION TO HELP US MEET OUR DAILY CHALLENGES AND AGE MORE SUCCESSFULLY

WATCH OUT FOR THAT NEXT STEP!

- by Richard Smith

Many people joke about falling, but it is a very serious matter! According to information provided by the Healthier Communities Project, one out of every three persons over the age of 65 will suffer a fall sometime this year. If you fall, it is likely that the quality of your life will change forever!

We are told that the risk factors include medication, impaired vision, problems with balance, Osteoporosis and other skeletal deterioration. The Riverside County and Hemet Fire Departments report falls as one of the most common medical emergencies to which they respond.

It is true that changes in our bodies can be so subtle that we don't realize the increased risks we face, but falls are largely preventable if we recognize our

physical limitations and pay attention to the small details of our surroundings. In fact, 40% of fall victims tripped over something or slipped on a charming little throw rug! We have to remember that some of the things we got away with when we were younger may not be the smartest of things to do now.

Here is a basic safety tip checklist to help you stay safe from falls:

- Is your home free of clutter and obstacles?
- Are any throw rugs, that you have, secured to the floor with double-stick carpet tape?
- Are stairways in good repair, well lit, properly railed and NOT used for storage? Do you always use handrails? If uncarpeted, is there non-skid tape or

continued on next page.....

inside...

- ◆ Help for Mobilehome Residents.....page 4
- ◆ Need Legal Assistance?Inland Counties Legal Services.....page 7
- ◆ How Long is Too Long? ...food storage and use recommendations.....page 9
- ◆ A New Doctor-How Can I Make A Good Choice?.....page 11

**Office on Aging
Senior HELPLINK:
1-800-
510-2020
"A Gateway to
Senior Services"**

**"We know time only
indirectly by what
happens in it:
by observing change
and permanence...."**

- George Kubler
The Shape of Time

Meeting the Challenges

VOLUME 8, ISSUE 2, October 1999

EDITOR: Richard Smith

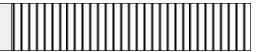
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POSTMASTER: Send address changes to Partnership to Preserve Independent Living for Seniors and Persons with Disabilities, 6296 Rivercrest Drive, Suite K, Riverside, CA. 92507.

.....AVOIDING FALLS

- firm treads on the surface?
 - Is all of your carpeting secure and without bunching or any loose edges? Are all of your floor coverings securely anchored?
 - Are your wood or tile floors overly waxed and slippery?
 - Are your everyday dishes and kitchen supplies within easy reach? Do have a sturdy step stool or ladder for reaching stored things? (As many times as you have when you were young, never use a chair.)
 - Do you have night lights in your halls and bathroom? Do you have a lamp in easy reach of your bed? Do you have working flashlights handy throughout your home?
 - Do you have footwear that is sensible and slip resistant?
 - Do you pay attention to where you are walking and avoid carrying objects that block your view?
 - Are you especially watchful around pets who could get underfoot?
 - Do you lean forward slightly, take short steps and move deliberately?
 - Are you especially careful when it has rained, the dust is blowing or it is cold and surfaces may be icy?
 - Are any walking aids you may use, such as a cane or walker, in good repair?
 - Do you have skid resistant treads or a rubber mat in the shower or bath? Do you have grab bars in your bathrooms? Do you have a non-skid bathmat?
 - Are your extension cords out of the way and not in travel paths?
 - Is your furniture organized so that you have clear walkways from one area to another?
 - Are your medications clearly marked and well organized? Have you checked with your pharmacist for possible interactions between your medications? Have you discussed any side-effects with your physician?
- Many, if not all, of these things seem obvious don't they? But by implementing and following these basic prevention methods most falls could actually be avoided!

The Healthier Communities Task Force is an organization of individuals and groups from the San Jacinto and Menifee Valleys that are working together to improve the health of their communities. A 30 minute video on this subject is currently in production. █



Email to the Editor

Email To: Richard Smith <rsmith@vitalco.net>
From: Carl Lundberg <swede@inland.net>
Subject: SENIORS NO LONGER LONELY

In today's age of science, for many senior citizens, loneliness does not have to exist. With some effort and some money they can have a friend in their own bedroom or wheel chair. That pal is a computer which needs not be new but capable of getting on the world wide internet.

With that computer connected to their phone line the whole world is open to them. A grandmother can send and receive messages from children and grand children around the whole world. Just think of the joy of learning that you had your first great grand child this morning in Turkey. It was a pretty little girl baby with no physical problems. There was no postcard cost and you can give that little girl your blessing that very day. Yesterday that happened to us!

(True story) Our former church pastor, now retired, continues his Christian duty teaching the retired folks Sunday school class. He is a man interested in several forms of science and pilots his own small plane. Yet! One Sunday morning in the class he laughingly said, " We old folks don't bother ourselves with computers. That stuff is for young folks." One man in the class disagreed. Then the teacher later learned if he was on, what is called the internet, he could converse daily with the church and denomination missionaries. Today he has the new computer named " 98" and using that computer he finds lesson helps, information, and every Sunday opens lesson with a cute story or joke he received that morning on the internet (guess who sends him those stories) ?

The cost of procuring a computer does not have to be expensive. Every day working older model computers capable of using the internet are being dumped in trash cans. An ad in some papers, like the Penny Saver, which goes to every household I believe, could bring a senior a free or low priced computer.

Sample AD

We are an old couple
that needs a free or inex-
pensive computer to send
letters to our children
overseas.

I am sure there are folks who would consider teaching older folks simple computer use if requested. In the last few years computer operation has become so much simpler.

I believe for older shut-ins just being able to send out and receive Email would bless their old hearts. You see I am not {old} yet. I won't be 91 for a couple weeks yet!

YOUR COMMENTS ARE ALWAYS WELCOME TOO! Email them to <rsmith@vitalco.net>
or snail mail them to Richard Smith, The Partnership, 6296 Rivercrest Drive, Suite K, Riverside, CA 92507.



HELP FOR MOBILEHOME RESIDENTS

By Rex M. Mathis, Secretary, California Mobilehome Resource and Action Association, Mobilehome Resident in Hemet

The residents of the nearly half-million mobilehomes in California are human. We experience all emotions and, at times, frustration that grows out of the mobilehome way of living.

That lifestyle subjects its members to the unique condition of being both own-

er and renter—owning the home, yet renting the land. This unique combination sets up a variety of legal and social conditions that can be very confusing for us to understand, let alone deal with successfully. Many residents are seniors and many, having lost their partners, live alone. When problems arise, CMRAA (say CAM-RA), the California Mobilehome Resource Action Association, is an organization that can help.

CMRAA is a non-profit that serves California Mobilehome residents and helps to protect their interests. CMRAA works at the park, city, county, state and even federal levels where it advises and acts to resolve issues and problems involving individ-

uals, groups, associations, and government commissions or legislative bodies.

CMRAA representatives are experienced with mobilehome lifestyle problems and knowledgeable of the applicable laws. They can explain to a concerned resident just what the problem is that she or he is facing, tell what options are available, suggest steps to be taken, and provide resources to help resolve the problem. Some examples might be an unreasonable rent increase, an illegal special park fee, an eviction notice, or a new ordinance that would hurt seniors.

CMRAA is a state-wide organization with local chapters. The annual membership fee is \$12 and includes a subscription to the Mobile Home Report to keep CMRAA members up-to-date on key issues and planned actions to help expand and protect the rights of members of the mobilehome community.

To learn more, or join, write to: CMRAA, 3381 Stevens Creek Blvd., Suite 210, San Jose, CA 95117. You may call us at (408)244-8134. Our fax is (408)246-2992. Or email us: cmraa@aol.com



Read selected articles and send them to your friends at.....
www.vitalco.net

NEW

On-Line CAREGIVER SUPPORT GROUP at Vital Connections <<http://www.vitalco.net>>

You may post any comments, observations, or questions to the Caregiver Support Group Message Center. Other caregivers or community professionals can respond to the issues or questions you post. If you would like personal responses, remember to post your email address. We understand how difficult caregiving is and hope this new service of Vital Connections can help make things just a little easier.

.....Accentuate the Positive: HOW TO BE HAPPY

By Lois Jackman

EDITORS NOTE: Lois Jackman is the founder of *Yes I Can*, she is a member of the Advisory Committee of the College of the Desert's Disabled Students Program, a member of the Board of Directors of the Cathedral City Senior Center, and a member of the Post Polio Support Group.

The following is a true story that just occurred:

A young lady was notified by the Motor Vehicle Bureau of the state in which she resided that her driver's license had been suspended. The reason—it had been reported to the local police that she was driving while significantly under the influence of alcohol.

After work she had been seen “staggering” to her car in a parking lot and holding on to other cars to help her stay erect. However, Amy was not drunk: she had not consumed any alcohol but was “staggering” because of her medical condition—Ataxia.

Would Amy have been reported drunk if she had been walking better with the aid of a cane? Probably not. But Amy was too proud to use a cane. She did not want to look different.

Would Amy be thought less of because she

used a cane? Didn't she create a problem for herself that was much greater than being seen using a cane? If she had accepted her physical limitation she could have avoided this most embarrassing and costly experience.

Many people, regardless of age, do not want to look different and to many the use of any medical aid makes them look different, weak, a lesser person—that is the way they perceive themselves.

They may stagger and fall as a consequence. They may miss hearing a child's “I love you”. They might have to stay at home and miss a concert. Perhaps they won't be able to enjoy best sellers anymore.

Denying a permanent medical condition causes stress. It deprives one of a life of independence and dignity and significantly reduces the quality of one's life.

If you adjust to your new physical condition and think of yourself as a total person—not someone who has had a stroke, or someone who is visually impaired, or someone who has tremors, etc., you will realize that you are still you. Using a cane or

glasses or a hearing aid, or a wheelchair, or whatever, does not change you!

Everyone knows of individuals who have overcome a debilitating illness or accident. How did they accomplish this? *By accepting their new limitations.*

These individuals, when faced with “closed doors”, were able to open new ones. They learned about wellness strategies, including medical adaptive aids that allowed them to make the most of their future. They still lead positive and productive lives.

A healthy view of the future means moving forward with a positive attitude and a plan. Take control!

Saying “no” leads to depression, stagnation and loneliness. Saying “yes” leads to more ways to smile, laugh and grow. Saying “yes” leads to opportunities to celebrate your independence with the same vigor and lust for life that you always had.

Say “yes” to your friends who want to continue to be with you and have you with them. Remember, laughter is a key ingredient in happiness. Only attitudes can stop us. No matter what, choose a positive attitude! ■

NEW SENIOR TELEVISION IN THE COACHELLA VALLEY

If you live in the
Coachella Valley

**Desert Senior
Living** is exciting new
programming that is
currently being broad-
cast on Time Warner
Cable's public access
Channel 17.

The programs in-
clude information on
organizations and ser-
vices. The Health Edu-
cation videos of The
Partnership are also be-
ing broadcast.

Mizell Senior Cen-
ter is hosting the show.
Palm Springs TV and
the Palm Springs Adult
School is filming, pro-
ducing and editing the
programs.

For each week's
schedule, visit the Miz-
ell Senior Center web-
site at www.Mizell.org or
you can reach them
through Vital Con-
nections at
www.Vitalco.net. You
may also call them at
(760)323-5689.

Watch for **Desert
Senior Living** on other
Coachella Valley cable
channels soon!

Vital Connections <www.Vitalco.net> Provides New Bulletin Board Service

Visitors to the new OPEN DISCUSSION MESSAGE CENTER at *Vital Connections* may post any comments, observations, or questions. Others can respond to the issues or questions you post by adding their comments to the message center. You may request personal responses from other posters by providing your email address in your post.

Following is a reprint of a current post on the Open Discussion Message Center bulletin board:

FREE FLU SHOT SCHEDULE

Anyone 60 and older or anyone with a chronic disease may receive these free flu shots from the Riverside County Health Services Agency, Department of Public Health -

RIVERSIDE /9-Noon/Magnolia Ave. Baptist Church/
Corner Magnolia and Adams/Tuesday-**OCTOBER 5TH**

DESERT HOT SPRINGS /10-Noon/DHS Senior Cen-
ter/11-777 West Drive/Thursday-**OCTOBER 7TH**

SUN CITY /10a-1p/Sun City Civic Assoc./26850 Sun
City Blvd./Tuesday-**OCTOBER 12TH**

MIRA LOMA /11a-1p/Country Village/10250 Coun-
try Club Drive/Thursday-**OCTOBER 14TH**

MORENO VALLEY /9a-11a/Moreno Valley Commu-
nity Center/25075 Fir Ave./Tuesday-**OCTOBER 19TH**

BEAUMONT /10-Noon/Beaumont Senior Center/550
E. 6th Street/Thursday-**OCTOBER 21ST**

HEMET /10a-1p/Simpson Center/305 E. Devon-
shire/Tuesday-**OCTOBER 26TH**

MORENO VALLEY /9a-11a/RC Regional Medical
Center/26520 Cactus Ave./Thursday-**OCTOBER 28TH**

RIVERSIDE /10-Noon/Bordwell Park/2008 Martin
Luther King Blvd./Tuesday-**NOVEMBER 2ND**

PALM DESERT /10a-1p/Joslyn Center/73-750 Cata-
lina Way/Thursday-**NOVEMBER 4TH**

CATHEDRAL CITY /10-Noon/Cathedral City Sr.
Ctr./68-727 E. Palm Canyon Drive/Tuesday-**NOVEMBER
9TH**

FOR MORE INFORMATION CALL 1-888-246-1215



**NEED LEGAL ASSISTANCE?
INLAND COUNTIES LEGAL SERVICES (ICLS)
MAY BE ABLE TO HELP!**

By G.O. Granger, Paralegal

The Legal Services Corporation (LCS) was created in 1973, under President Nixon’s watch, to provide legal services to U.S. citizens who need legal service but are not able to afford a private attorney. LCS established private law firms, like Inland County Legal Services (ICLS) and provides funds for these firms to assist low income citizens without charging fees.

ICLS is directed by Irene Morales and has five branch offices located in Riverside, San Bernardino, Victorville, Indio and Rancho Cucamonga. Each branch consists of a Managing Attorney, Staff Attorneys, Paralegals, Legal Secretaries, and a Receptionist. Attorneys are active members of the Bar Association and represent clients in any legal forum. Paralegals, under supervision of an attorney, represent clients in Administrative forums only.

Family law, elder law, landlord-tenant law, consumer law, and public benefits law services are provided. Many services are provided on a “pro per”

basis—in other words, we help people help themselves.

We are not permitted to assist in criminal matters (misdemeanors or felonies), civil matters such as personal injury claims, trusts or divorces (unless there is abuse). Generally, if your case will generate a fee for a private attorney, and there are resources (or potential resources) available to pay the attorney’s fee, we will not accept a case.

The following illustrations show the levels of services we provide:

1. An applicant, age 60, applies to Social Security Administration for a disability pension. Social Security denies the application. The applicant appeals and a hearing is requested before an Administrative Law Judge. The applicant needs an advocate to represent them and Social Security refers the applicant to ICLS. We evaluate the facts and request approval to represent. A paralegal is assigned as the advocate and appears with the applicant before

the Administrative Law Judge.

2. An applicant, age 28, applies for our services because she has lost her job and received an unlawful detainer for non-payment of rent. The applicant shows no income and no assets and is eligible for our legal services. An advocate evaluates the facts of the case, determines that an answer to the summons and complaint is required and prepares the answer for the applicant or reviews the answer prepared by the applicant. The applicant then files the answer and appears in court on her own behalf (in “pro per”).
3. An applicant, age 56, widowed with a survivors widows pension, has a son age 29 who has been injured in a motorcycle accident and suffered brain damage. She wants to care for her son and applies for legal assistance. An advocate determines she needs a conservatorship of her son and requests approval to prepare the petition. Permission is granted, an attorney is

continued on next page.....



...legal services

assigned, the petition is prepared and filed with the probate court and the attorney appears with the client at the hearing.

As you see, Inland County Legal Services provides both "Brief Services" and "Representation". A third level of service is provided by our telephone intake services where we provide Counsel and Advice to any qualified applicant, at no charge on toll free telephone lines.

If you need help, call us **toll free** at:

1-888-455-4257

Speech-to-Speech Service Available 24 Hours.....

Californians, with speech disabilities, have access to free telephone assistance using the California Relay Service (CRS) Speech-to-Speech service. STS is available 24 hours through MCI-CRS by calling 1-800-854-7784.

STS provides human *voicers* for people who have difficulty being understood on the phone. STS operators place calls and repeat words of callers exactly as spoken.

[SOURCE: Betty Coombs, Self Help for Hard of Hearing, Inland Empire Chapter]



DON'T FORGET YOUR FRIENDS!!!!

Disaster TIPS for Companion Animals.....

1. Keep at least a week's supply of emergency food and water on hand.
2. Have a cat carrier ready to evacuate each cat in your home.
3. Have a harness or leash for each dog in your household, and also have a stake out chain for each dog.
4. Make sure falling debris can't reach your dogs in an outside run.
5. If your animal takes medication, keep an emergency supply on hand.
6. Have several pictures of your animals available.
7. Start a neighborhood buddy system so unattended animals will be checked.
8. Identify places you can take your animals in an emergency.
9. Always keep a collar and tag on animals that should normally wear them.
10. Give your animals lots of comfort during an emergency.

[SOURCE: United Animal Nations]



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



HOW LONG IS TOO LONG?
AND OTHER FOOD STORAGE AND USE RECOMMENDATIONS
 from the American Institute of Cancer Research

Ever wonder if that chicken in the freezer is still good? What about the open lunch meat in the refrigerator? The yogurt tastes funny, is it still OK to eat (a tough one—it always tastes funny!!!)? Here are some of the answers as originally published in the Fall 1999 Newsletter of the American Institute for Cancer Research:

R = in refrigerator
 F = in freezer
 S = on shelf

BACON- SAUSAGE

- R Safe 5 to 7 days
- F Safe up to 1 month

HARD CHEESE

- R Safe 6 months unopened/Up to 4 weeks opened
- F 6 months

SOFT CHEESES

- R 1 week
- F 6 months

FRESH CHICKEN

- R Safe 1 to 2 days/3 to 4 after cooking
- F Uncooked 9 months
 Cooked 4 to 6 months

FRESH FISH

- R Safe 1 to 2 days/3 to 4 after cooking
- F Lean types 6 months
 Fatty types 2 to 3 mos.
 Shellfish 3 to 6 mos.
 Cooked fish 4 to 6 months.

CANNED FISH OR CHICKEN

- S 2 to 5 years unopened
- R 2 to 3 days opened

WHITE FLOUR

- S Good 6 to 12 months unopened
 6 to 8 months opened

WHOLE WHEAT FLOUR

- S Good 1 to 2 months unopened
 6 to 8 months opened

LUNCH MEAT

- R Safe 2 to 5 days, deli or opened
 Up to 2 weeks, vacuum sealed and unopened

- F 1 to 2 months

FRESH MEAT

- R Safe 3 to 5 days, chops and steaks
 1 to 2 days, ground
 3 to 4 days, cooked
- F Safe 4 to 12 months, chops and steaks
 3 to 4 months, ground
 2 to 3 months, cooked

MILK

- R Safe up to a few days after the “sell by date”

NUTS

- S 1 year in sealed can
 2 to 3 months open
- R Good 4 to 6 months
- F 9 to 12 months

OLIVE, CANOLA OR OTHER VEGETABLE OILS

- S 1 year unopened
 4 to 8 months open

NUT OILS

- S 6 months unopened
- R 4 months opened

DRIED SPICES AND HERBS

- S 2 to 4 years whole spices
 6 months to 3 years for ground spices
 1 to 2 years unopened herbs
 Up to 1 year open herbs

TOFU

- R Until expiration date unopened
 1 week opened
- F OK up to 5 months

YOGURT

- R Good up to a few days after the “sell by date”

WHAT THE DATES MEAN

“Sell by” : Tells store how long to display product for sale. Don't buy anything after this date.

“Use by” or “Best if used by”: The last date recommended for use of the product at its peak quality.

“Expiration date”: Don't use after this date.



CARING FOR A CAREGIVER.....

Reprinted with permission from the September 1999 HEMACINTO PARKINSON SUPPORT GROUP NEWSLETTER

Caregiving does take its toll, but there are a number of ways other people can help lighten the load. If you know a caregiver, look over this list and then choose something to do for that person this week:

- GIVE THEM A BREAK. Tony Capone suggests calling up and saying, "Why don't I come over and stay with 'Mary' while you go out for awhile?"
- PLAN A SOCIAL VISIT. It's good for the caregiver to enjoy "normal" outings and visits with other couples (at their house or yours).
- CALL JUST TO CHAT. Regular phone calls from "the outside world" help caregivers feel connected and take their minds off the home situation.
- BE A FRIEND. It hurts the caregiver to see a spouse's friends drop out of the picture. If your friend is the care recipient, continue visiting him or her, adapting your activities to your friend's abilities.

If you would like more information about the Hemacinto Parkinson Support Group, call them at (909) 925.5565. ■

Let's ask the question.....

"WHAT IS MY LIABILITY

IF I VOLUNTEER TO DRIVE A NEIGHBOR TO THE STORE?"

We asked a professional insurance adjuster this question. Here is what he Emailed back to us as we received it....nothing was edited out or added:

"Hello Richard,

To answer your question, there is no liability. There would be liability if they were getting paid for it. The vehicle is not being used for business purposes. Their rates will not go up. The only liability anyone would have is if they were negligent such as: driving, drinking, reckless driving and so forth. If they were to have an accident while taking someone to the doctors, store or whatever, it would be the same liability as if they had their sister, brother or someone else in the vehicle. Insurance pays for this liability.

If the disabled person should fall or injure themselves while they are with some volunteer, again, they are not getting paid for it which means they are not responsible. Being reimbursed for gas is not a paid job. No one has anything to worry about. If this was the case, no one would volunteer their services for anything. The whole key is they are not getting paid—if they are then they become employees at which time the employer would be responsible for any negligence.

If you have any other questions, let me know. We will write later. Hurricane Floyd has really kept me busy. We have not forgotten you."

"Pete"



FROM THE INTERNET.....
I NEED TO FIND A NEW DOCTOR.
 How can I make a good choice?

EDITOR'S NOTE: With the Summer Issue of Meeting the Challenges, we promised to reprint at least one article each issue taken from the wealth of resources available to our readers at Vital Connections, the Internet Community of information and resources we help sponsor at <<http://www.vitalco.net>> This article can be found at the website of the Medical Board of the State of California. There is much more information available at the website, including ways that you can check into the background, certification and current status of any physicians practicing in California. We urge you to visit the site yourself if you have a computer or check it out with your kids or grandkids, your neighbors or other friends.

- ➔ First go to Vital Connections at <http://www.vitalco.net>
 - ➔ Then select News & Information on the front page
 - ➔ Then select Health & Medical from the News & Information directory
 - ➔ Then select Information and Referral
 - ➔ And then select Medical Board of the State of California
- While you are there look around at all of the other valuable information and resources that are there for you to use.

The Medical Board does not provide a referral service for consumers who need to choose a doctor. However, the following information may help you choose a doctor.

If you have health insurance, the first place to check is with your insurer or your employer's benefits office. Many insurance plans now limit your choice to a list of doctors who agree to certain requirements. Many plans also require you to select a primary care physician (PCP) from their list. The PCP is then responsible for your care, and must make any necessary referrals to specialists or other health professionals.

If you are not limited to a list of doctors, most physicians are listed in the

telephone yellow pages, and in larger communities, they are listed by specialty. For your main physician, you should consider a Family Practitioner, General Practitioner, or Internal Medicine Specialist (Internist); you also may want to choose an Obstetrician/ Gynecologist if you are a woman, or a Pediatrician for your children. All of these doctors are considered primary care practitioners, in that they can provide overall management of your health care. If you are elderly, and have conditions associated with aging, you may want to seek a specialist in gerontology as your PCP. Regardless, be sure your insurance will cover the doctor's services before you incur any charges.

You may want to talk with friends or co-workers about physicians they like. If this is not feasible, most county medical societies will give you names of physicians in your area who are in the specialty you select. Look in the white pages under [name of your county] medical society.

Once you have some names, call the doctors and ask if they are accepting new patients. Be sure to ask if they will accept your insurance plan (insurance plan lists often are outdated, as physicians are added or deleted from the plan).

Ideally, you should meet the physician and discuss your health concerns while you are well. This may be a good time to have an annual physical, but again make sure your insurance will cover it. Most plans will not cover an informal visit just to get acquainted. Before you make an appointment, call the Medical Board to verify that he or she has a current California license. Also, ask if there

continued on next page.....



...choosing a doctor

have been any disciplinary actions, or if any charges are pending. This service is available by calling (916) 263-2382.

BEFORE YOU GO:

Before your initial visit to a new doctor, make a list of things you want to tell him or her about your previous health history. Many offices will ask you to fill out a form, and may want details about: any surgeries you have had, and when; any current conditions you are being treated for; prescription drugs you take (you may want to bring the bottles so you will have correct information about strength and dosages); the name and address of your previous doctor(s); person to contact in an emergency; your employer's address and phone number the company and policy number of your insurance. If you have an insurance I.D. card, be sure to bring it.

QUESTIONS:

A very important step is to make a list of questions you want answered. These may include: the doctor's specialty or special areas of practice; who covers his patients when he is not available; whether other physicians or non-physicians such as a nurse practitioner or physician assistant will participate in your care, and whether this is optional; what special training she may have in managing any medical conditions you have (such as diabetes, heart disease, high blood pressure, etc.); whether he will provide care for others in your family; what hospitals she can admit patients to; and if there are any restrictions on the doctor's hospital privileges. It is important that your doctor is able to admit you to a hospital if you need inpatient care. If he or she does not have admitting privileges,

make sure you understand how hospitalizations will be handled.

AFTER YOUR INITIAL VISIT:

You should feel that you were treated courteously, that all your questions were answered, and that you did not feel rushed or dismissed. Your relationship with a doctor is one of the most intimate in life; you should be able to trust him or her with the most private situations or problems, and should feel that your doctor is your ally. After the initial visit, if you are satisfied with what you experienced, GREAT. If not, remember the choice is yours. Try another doctor. It is your health that is at stake. █

The Medical Board has a pamphlet titled "Services to Consumers from the Medical Board of California" which contains more detailed information about choosing a doctor, checking on licensure and how you can get help if you believe your doctor has done something wrong. Call (916) 263-2389 for a free copy, or write to Medical Board of California, Attn: Jennifer Walz, 1426 Howe Avenue, Suite 54, Sacramento, CA 95825-3236. Or e-mail your request to our address at JWALZ@SMTP.MEDBD.CA.GOV. █

ALSO FROM THE INTERNET.....

President Grover Cleveland, though constantly at loggerheads with the Senate, got on better with the House of Representatives.

A popular story that circulated during his presidency concerned the night he was awakened by his wife crying, "Wake up! I think there are burglars in the house."

It is said the president calmly and sleepily responded, "No, no dear.....in the Senate maybe, but not in the House." █



BUT NAMES WILL NEVER HURT ME

by LeRoy Wm. Nattress, Jr., Ph.D., Director, Community Relations and Training, Community Health Systems, Inc.
and Lynn Brancato, Director, Women's Studies Program, Amputee Information Exchange, Inc.

The words we use to describe things often betray our true feelings about them, as well as determine how we think about them. Good – Bad! Success – Failure! Win – Lose! Beautiful – Ugly! Black – White! Words are powerful! Remember: “In the beginning was the WORD!”

Words, also, determine how we relate to people, especially people who are different from us. Persons who have a disability fall into this category. As a result, we may call them, not by their names, but by labels – CP – Amputee – Blind – Quad – Spastic – Deaf – Retard – the list goes on. Other words, mostly adjectives, conjure up pictures that reinforce the ‘DIS’ in ‘DISability.’

Well, names do hurt and often can remain for a lifetime, no matter how hard we try to live them down or erase them.

In fact, the words we use when referring to others more often than not, reflect our real feelings about them and our attitudes toward them.

In our work with the Physically Different – others may view them as the Disabled – Handicapped – we en-

counter names all the time – names that limit – and set up barriers between “them” and “us.” Labels, such as “Crippled,” “Victim,” or “Wheelchair Bound,” are metaphors which set the tone for how we act or react in a given situation.

Close your eyes for a minute and concentrate on the phrase “Wheelchair Bound.” What comes to mind? Describe that picture. (A cartoonist once depicted someone who is “Wheelchair Bound” as a fully wrapped mummy stuffed in a wheelchair – Another, as a person in chains, padlocked to the wheelchair.) In what you envisioned, is the central figure a vibrant, active individual who is meeting the challenges of life, or is she or he downcast – excluded – damaged goods – a victim who is fixed in a seated position for the rest of time? Is the picture you see one of ABILITY, or DISability? Is a wheelchair confining or enabling?

Most who use wheelchairs will tell you that such pieces of “Durable Medical Equipment” permit them to get on with their lives. They are “Wheelchair Users,” not “Wheelchair Bound.”

Let’s look at another metaphor: If we set out to “fight crime,” we will either win or lose. When we “Win,” we keep fighting; if we “Lose” too often we move on to other battlefields. However, if we set out to “reduce crime and violence,” we will keep working no matter how small the improvement. It’s the metaphor, not reality, that determines the outcome. The same thinking should apply to the disability community – avoid win/lose metaphors – it’s not we/they, it’s US!

There is also a name that refers to all who are not among the 55 million Americans who have been identified as “Disabled!” “TABs!” TEMPORARILY ABLE BODIED! What picture does that conjure up? Think hard – we are all but a heartbeat away from a life changing event!

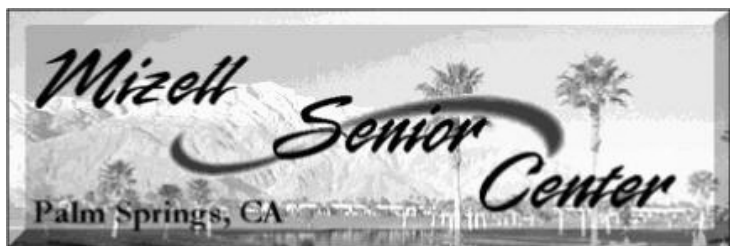
Therefore, instead of labeling people, let’s use proper names – Peter, Paul, Mary – that has a familiar ring – and do away with descriptors that separate and lessen the value of those around us.

What’s in a name?
Everything! **I**



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We Would Like To Hear From You !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
What do you like about Meeting the Challenges? What don't you like?
How can we make it better?

Please take a couple of minutes to answer the following questions and mail it back to us:
Partnership Report Card, 6296 Rivercrest Drive, Suite K, Riverside, CA 92507.
Don't want to spend the stamp? Put it in an envelope addressed to us with no return
address: we'll pay the postage! Want to Email us? Great! Send it to rsmith@vitalco.net -
include numbered answers like: 1 Alright; 2 Read some; 3 Give it away; etc.
OR just tell us whatever you want to tell us!

1. Overall, what is your opinion of Meeting the Challenges?
 GREAT PRETTY GOOD ALRIGHT NOT INTERESTING LOUSY

2. What best describes your reading of Meeting the Challenges?
 READ MOST ARTICLES READ SOME ARTICLES
 READ A FEW ARTICLES DONT READ IT AT ALL

3. When I am finished reading Meeting the Challenges, I ? SAVE IT FOR REFERENCE
 GIVE IT TO RELATIVES OR FRIENDS THROW IT AWAY

4. I would like to see more articles on the following subjects (check as many as you want):
 HEALTH AND MEDICAL HOME AND GARDEN FOOD AND NUTRITION AVAILABLE SERVICES
 LEGAL ISSUES INSURANCE AND FINANCES CAREGIVING
 SELF-HELP PERSONAL GROWTH RELATIONSHIPS HOBBIES
 PENDING LEGISLATION SCAMS HUMOR OK AS IS
 OTHER _____

5. I would like to see less articles on the following subjects (check as many as you want):
 HEALTH AND MEDICAL HOME AND GARDEN FOOD AND NUTRITION AVAILABLE SERVICES
 LEGAL ISSUES INSURANCE AND FINANCES CAREGIVING
 SELF-HELP PERSONAL GROWTH RELATIONSHIPS HOBBIES
 PENDING LEGISLATION SCAMS HUMOR OK AS IS
 OTHER _____

6. Anything you would like us to know about the way it looks (check as many as apply)?
 HARD TO READ EASY TO READ ARTICLES TOO SHORT
 ARTICLES TOO LONG WOULD LIKE PHOTOS OK AS IS
 OTHER _____

OPTIONAL: Name _____
(Only if you want....) Address _____
Email Address _____ Phone # _____



QUIZ: Have You Been Abused?

1. Have you been pushed, shoved, hit, kicked, raped, or had objects thrown at you?
2. Are you frightened by your partner's temper?
3. Does your partner threaten, criticize, humiliate or put you down?
4. Do you feel isolated, alone, controlled, and/or manipulated?
5. Do you have the urge to "rescue" your partner and make excuses for his/her behavior?

NOBODY DESERVES TO BE HURT.

Some TIPS to Help You Become Safe and Stay Safe

1. Be prepared to get away quickly: Keep important documents, cash and a checkbook, medications, and a change of clothes for you and your children in a safe place.
2. Call the police if necessary.
3. If possible, find a friend, neighbor, or relative who will help you in an emergency.
4. Contact Alternatives to Domestic Violence to find out about laws and community resources before you need them.

Alternatives to Domestic Violence (ADV) is a non-profit organization determined to improve the quality of life and create hope by ending the cycle of violence for residents of Riverside County. 24-HOUR CRISIS LINE 1-800-339-SAFE

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- > Avoiding Falls > Help for Mobilehome Residents
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