

Meeting the Challenges

Quarterly

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OnLine @ www.LivingPartnership.org

....and **Vital Connections**

....24 / 7 Information and Resources

at www.Vitalco.net

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

TRAVELING WITH THE AGING AND PHYSICALLY CHALLENGED

- by Roberta Wertenberg, Coordinator, Fifth District C.A.R.E. Program

The rule of traveling with an aging parent or person with a disability is "Plan ahead and be prepared," according to Lois Jackman, owner of the *Yes I Can* special needs store in Cathedral City, and herself a wheelchair user. Arriving at the terminal ahead of time and sharing information regarding your physical challenges will clear the way for a successful travel experience. She says, "Don't be afraid to request help, and be firm."

Lois Jackman is one of a growing number of physically challenged travelers who refuse to let their age or physical challenges keep them home. Traveling with a disability is not easy or predictable, but the options and resources are increasing. New regulations and laws, similar to the Americans with Disabilities Act of 1990, are creating oppor-

tunities of travel throughout the world.

Many travel agencies now specialize in travel planning for the elderly and physically challenged. Look for the word "Access" in their advertising. The hospitality industry has also taken the initiative to support travelers who are aging and disabled. Many are offering special amenities as a customer-service provision, rather than as a matter of ADA compliance. Hertz Corporation has a program of "Easy Access" shuttle vans, which provide such features as wheelchair safety belts and waist-high luggage racks, in addition to the company's accessible rental cars.

With advanced planning and a few resources, seniors and the disabled are no longer relegated to the role of armchair traveler.

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What to Do If You See an Animal on the Highway?

Call the 24-Hour Highway Patrol number in your area -
 Blythe: 760.922.6141
 Indio: 760:772.8911
 Riverside: 909.637.8000
 San Brnadno: 909.889.1862
 Temecula: 909.506.2000

If the animal is dead, the Highway patrol will notify persons to dispose of the remains. If the animal is alive, or in danger of being hit, an officer will get it off the roadway.

[SOURCE: California Highway Patrol]

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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.

TIPS FOR THE TRIP:

- Call ahead or utilize the internet to learn about your destination. Log onto a chamber of commerce web site to learn about the weather, altitude, medical facilities and the ADA accessibility of restaurants and hotels.
- If you are traveling with electrical equipment, make sure that you include an extension cord. Replace your batteries or make sure that they are fully charged. Check tires to verify that they are fully inflated.
- Arrive early and take advantage of pre-boarding. Ask for a seat in the front of the plane. Restrooms are more accessible and you will be first to de-plane.
- Store your medications, toiletries, insurance card, handicap vehicle card and a change of undergarments in your carry on luggage.
- Many hotels have ADA accessible rooms. They should have clearance around the bed for adaptive equipment, a raised toilet seat, grab bars, a hand-held shower and transfer bench. Extra blankets or pillows can be requested to pad extra firm mattresses for persons subject to skin break down.
- After checking into the hotel, notify the desk staff that you or your companion have physical challenges and that in the event of an emergency, will require aid in exiting the building.
- Useful items to pack include a night-light, tissue, band aids, a hat, and a thermometer
- Pay someone to handle your luggage. It will be worth it.
- When traveling by car, fast food restaurants usually have ADA accessible restrooms
- Remember to pack a gait belt when needed to help your companion with walking or getting in and out of seats and beds.
- If you are traveling with a wheel chair, bicycle gloves with the fingers cut out are inexpensive and pack easily.
- When traveling with a senior with dementia, pack a photo album of family pictures. Enjoy the pictures together during the trip. You will introduce an element of familiarity and togetherness.

HERE ARE SOME WAYS TO GET MORE INFORMATION:

Disability Travel and Recreation Resources is a website that provides resource links to sites to help with travel planning, specific destinations, transportation for persons with disabilities, including air travel. There is a section "Especially for Children" and a list of recommended books that are available for travelers with disabilities. You can access this important non-profit resource in the Vital Connections "Transportation and Travel" section. <www.vitalco.net>

You can also access, *International Association For Medical Assistance To Travelers* (IAMAT) at Vital Connections. IAMAT is a free membership organization that provides a number of medical aids for persons who are planning international travel, including lists of inoculations required and US trained physicians in various countries. They can also be reached by phone at (716) 754-4883.

Many adaptive devices for enabling travelers can be found at the *Yes I Can* store in Cathedral City at 35-325 Date Palm Drive, Suite 131. Their toll-free telephone number is 1-888-366-4226.

To view the New

GUIDE FOR PLACES OF LODGING:

SERVING GUESTS WHO ARE BLIND OR HAVE LOW VISION

from the Department of Justice, go to:

<http://www.usdoj.gov/crt/ada/lodblind.htm>

THANK YOU everyone who sent us donations to help us meet the expenses of publishing and distributing *Meeting the Challenges*!!!!

But if you forgot to send us your donation, or just didn't get around to it for some reason, it's not too late! Please send us a donation of \$1 or \$2 (or more if you can) to help us publish and distribute *Meeting the Challenges*.

We are a non-profit organization and are only able to publish and freely distribute *Meeting the Challenges* if we receive grants and contributions.

If you appreciate the information we send you in *Meeting the Challenges* and can help us, please send any amount you can afford to:

Partnership to Preserve Independent Living
Meeting the Challenges Together
6292 Rivercrest Drive, Suite K
Riverside, CA 92507

Contributions to The Partnership are tax deductible under section 170 of the Internal Revenue Code, so keep a record of your donation below and save for tax purposes:

DONATION AMOUNT _____
CHECK NUMBER _____ **DATE** _____

Thanks for your help!

"Whether you think that you can, or that you can't - you are usually right."

-Henry Ford

DID YOU REMEMBER?

There is a place, at Line 53, on the California Tax Return to make a donation to help support the California Senior Legislature (CSL). The CSL is a volunteer senior advocacy organization that works in Sacramento to help provide and improve services for older Californians, such as transportation, in-home support, and respite care. This is the main way that CSL receives funds to operate on our behalf!

If you didn't remember, you may send a check payable to CFOA/CSL to California Foundation on Aging/California Senior Legislature, 1020 Ninth Street, Room 260, Sacramento, CA 95814. ■

HOW DID "GRAPEFRUIT" GET ITS NAME?

John Lunan, an early naturalist, wrote in the early 1800's that the "grapefruit" was so named because of "its resemblance to a grape". To most of us, it might seem that a grapefruit does not really resemble a grape!

Apparently, however, grapefruit growing wild in the jungles of Jamaica at that time presented their fruit in large, pendulous clusters that did indeed look like huge, yellow, glowing bunches of giant grapes!

Also, it is interesting to note that grapefruit appears to be one of the only citrus fruits that is actually native to the Western Hemisphere. ■

[SOURCE: Harry and David brochure]

NOW AT VITAL CONNECTIONS.....www.vitalco.net**DIABETES SOLUTIONS MAGAZINE**

A Joint Internet Publishing Project of: DIABETES SOLUTIONS, Community Based Health & Wellness Resources, Inc. and Partnership to Preserve Independent Living. Providing valuable information and resources to help you learn to live more successfully with diabetes.....

... <<http://www.vitalco.net/DiabetesMag/DiabetesIndex.htm>>

Bookmark it or add this link to your list of favorites today!

BLIND SPOT MAGAZINE

A Joint Internet Publishing Project of: BLINDNESS SUPPORT SERVICES and Partnership to Preserve Independent Living. Providing essential information for persons experiencing blindness or low vision.....<<http://www.vitalco.net/BlindnessSupport/BlindSpot.htm>> Also, a great resource for service providers! *[P.S.—Vital Connections is Reader Friendly!!]*

ELDER LAW MAGAZINE

A Joint Internet Publishing Project of: GEORGE F. DICKERMAN, Elder Law Center with The Law Offices of KATHLEEN WHITNEY and Partnership to Preserve Independent Living. Providing an overview of the legal issues that most affect older adults. <<http://www.vitalco.net/ElderLawMag/ElderLaw.htm>>

PLUS... A New COMMUNITY CALENDARS Section, A New GENEALOGY Page,AND MORE.....

Community Access Center (services for people with disabilities)Riverside (909) 637-6900

Advice for Persons with Disabilities Concerning Power Shortages and Blackouts

For persons who depend on respirators, home dialysis machines, or electrically powered assistive devices or lifts, an electrical outage can have life-threatening consequences," according to Michael Collins, of the State Independent Living Council.

The Council suggests that the following steps be taken by persons with disabilities or those who are in poor health or sensitive to extreme temperatures:

1) *Contact the local electrical utility company in advance about any specific needs regarding breathing machines or other life-sustaining devices that depend on electricity. If lack of electricity would create an immediate threat to life or safety, local public safety agencies should also be given advance notification.* To expedite emergency response, house numbers should be readily visible from the street.

2) Establish a support network of friends and neighbors who can check on you periodically if the power is out.

3) Keep a flashlight equipped with fresh batteries within easy reach, so that

there is some light immediately available. For people with limited reach or grasping ability, inexpensive battery-operated touch lamps are a good option.

4) Do not use candles for light or heat in an emergency, as they can be fire hazards.

5) Extra blankets or warm clothing should be stored within easy reach. Most homes will retain some heat for several hours during electrical outages; do not use barbecues, gas powered appliances or propane heaters as heat sources, as the result can be carbon monoxide poisoning.

6) For people using battery-powered mobility or breathing equipment, assure that batteries are fully charged each day.

7) Store supplies of medicine and drinking water so they will be readily accessible in the event that there is a power outage; some household water supplies can be disrupted during blackouts. Assemble a 10-day supply of prescription medications and durable medical goods and store them in a convenient location. A copy of emergency contact numbers and cur-

rent prescriptions should be stored in the same location.

8) Cordless telephones may not work during a power outage, so consider keeping a standard phone plugged into a second phone jack. A cellular telephone is also a good backup option.

9) Monitoring radio stations during emergency situations can help in determining the extent and probable duration of any electrical outages. Assure that a battery-operated radio is available for this purpose, with at least one set of extra batteries.

10) During Stage Three Alerts, monitor local television or radio news stations to determine if and where blackouts will occur. Check monthly electric utility bills to determine the applicable Power Block number, as that is usually how the blackout areas will be identified. If the Power Block number is not shown on the monthly bill, contact the local electric utility company to learn where that information is available.

11) When an electrical outage does occur, turn off all appliances, computers and lights--except for one that will indicate when power has been restored. ■

[SOURCE: California Independent Living Council]

How to Prepare for a Major Earthquake (or other disaster)

by Richard Smith, Member, Community Emergency Response Team

A disaster is any event that “overwhelms existing resources”. We immediately think of the big earthquake that everyone is always talking about, and we do need to prepare for our well-being in such an event.

But other disasters may also loom ahead, including possible flooding, electrical blackouts, or even acts of terrorism, civil disturbance, or hazardous materials accidents. Preparing in advance is the best way to increase our chances of survival.

Being prepared means knowing what to do *before, during and after* an earthquake. The following actions are recommended by the Federal Emergency Management Agency:

WHAT TO DO NOW

- Move beds away from windows
- Move pictures and other hanging objects away from beds
- Keep a pair of shoes next to your bed
- Keep supplies on hand and in a place that would be accessible if your

- home collapsed
- Supplies should include water (at least 3 gallons/person—more for pets), a flashlight and a portable radio (with fresh batteries), packaged or canned food (water and maybe a portable stove for cooking, and a manual can opener), a fire extinguisher, extra blankets and clothing, a first aid kit, and tools (including hammers and a crow bar to dig yourself out if necessary).
- Make and practice a plan for what to do during an earthquake (include identification of safe places in your home to go to, plus primary escape routes and how to shut off utilities if necessary)
- Make a plan for reuniting all family members after a quake
- Have an out-of-state family phone contact
- Check that smoke detectors are installed on each level of your home and in working order.

DURING AN EARTHQUAKE

- Keep away from windows
- Get under a heavy table or desk and hold on, or sit

against an inside wall (if in a wheelchair-lock your wheels)

- “Drop, cover and hold”
- If unable to get out of bed, pull the sheets and covers over you and use your pillow to cover and protect your head and neck
- If indoors, stay there
- If outdoors, stay outdoors away from buildings, trees and power lines which might fall on you
- If in your car, drive to a clear spot and stay in your car (don’t stop on or under overpasses)
- Do not use elevators

AFTER THE SHAKING STOPS

- Put shoes on to protect from broken glass
- Do not use telephones, except in emergencies
- Check for injuries and fires
- Use flashlight to inspect home for damage, including gas, water, and electrical appliances and water
- If you smell gas or if there is a fire, turn off the main gas valve - switch off individual circuit breakers, then switch off the main
- If your home is unsafe, get

- everyone out
- Use your portable radio for information
 - Do not use your vehicle, except in emergencies
 - Do not go into damaged areas
 - Expect aftershocks, which may be as serious as the original quake.

Besides these basic guidelines, the American Red Cross recommends other precautions be taken:

- Make an emergency information list to let others know who to call if they find you unconscious or unable to speak (besides your out-of-state contacts, the list should also include everyone in your immediate support network—friends, neighbors, relatives, doctor, etc.—provide a copy of this list to your out-of-state contact)
- The emergency list should also include specific instructions to rescuers, such as: “Please take my oxygen tank, wheelchair, gamma globulin from the freezer, insulin from refrigerator, communication device from under the bed”, etc.—or- “Please do not straighten my knees, they are fused in a bent position”, etc.

- If you have a communication disability, make sure your emergency information list notes the best way to communicate with you (writing notes, pointing to letters, finding a quiet place, etc.)
- Make a medical information list, which should have information about all of your medical providers, the names of your medications (including dosages, times and the condition being treated), any allergies or sensitivities, needed adaptive equipment, - copies of health insurance cards
- It is suggested that we keep *at least* a seven day supply of essential medications with us at all times
- Keep your motor vehicle fuel tank more than half full at all times and stock vehicle with a small disaster supplies kit
- Have a care plan for your service animal or pet, and keep appropriate collars, leashes, harnesses (plus copies of tags, licenses, and vaccination records), medications and food with your emergency supplies.

Being prepared requires more than good intentions. To help protect our-

selves and our loved ones, and have a better chance to survive a major disaster, we need to actually make our plans, gather our supplies and get organized.

Why not make it a game? Spend the next week or two getting things ready—involve friends and family.

Please don't put off your preparations. Hopefully you will never need to use your disaster supplies, but there is a good chance you may! ■

[SOURCES: Federal Emergency Management Agency publication SM-317; American Red Cross website <<http://www.redcross.org/services/disaster>>]

Join C.E.R.T. (Community Emergency Response Teams)

Community Emergency Response Teams are trained to take care of themselves and then help others in their communities for the first three days following a disaster.

Free training, for you, your family, friends, neighbors, church groups, and other organizations, is provided through the Federal Emergency Management Agency (FEMA).

To learn about training availability for your community, contact: Riverside County Emergency Services at (909) 955-4700. ■

Walking is Easy and Effective Exercise

by Patricia Hawk, M.S., Exercise Physiologist and Certified Diabetes Educator, Diabetes Solutions

Is exercise really the fountain of youth? Let's look at some of the reasons the experts have found to make us feel guilty if we aren't out there huffing and puffing at least four to five days a week.

Living longer is not usually a goal of most, but having more energy to enjoy the time we are alive is of importance. What are some ways to find more energy? Some people drink caffeine, some try to get plenty of rest, others have found that by spending some energy, they get more in return. It's just like lifting weights; the more you lift, the more your body realizes it needs more muscle to lift it.

A common occurrence that can really ruin a good retirement is a fall with subsequent injuries. Many falls can be prevented by regular stretching, strengthening, and balance exercises. Not only can these obvious areas be improved by an exercise program, but many surprising areas have been found to be improved as well. Memory, math skills, reaction times, and other cognitive functions have shown a

measurable improvement after an exercise program was followed for a period of time. Sleep, elimination, and depression are known to improve at any age with regular exercise.

What is the easiest, most convenient way to gain all the above benefits without spending a fortune on a personal trainer? We all know that the answer is "walking". Our parents couldn't wait for us to walk as babies and we can't wait to place ourselves in easy chairs when we get older. The more time we spend in chairs, cars, and beds, the weaker we become.

We all know that the answer is "walking"

Walking 30 to 60 minutes a day brings back strength, energy, and enthusiasm for being alive. It keeps bones strong, arteries open, and joints loose. It isn't how fast you go, but how many minutes a day you keep moving. Aim for a goal of 60 minutes per day including your cardiovascular walk (30-40 minutes),

shopping, using stairs, and just walking farther than you really need to.

Make sure to wear natural fiber socks, shoes meant for walking that feel just right on your feet, and loose clothing appropriate for the temperature.

Drink plenty of water, carry money or a cell phone, ID, and if possible, walk with someone or near other people.

Don't push yourself to fatigue, but be able to talk (not sing) while walking. If you feel pain of any kind, stop and check with your doctor. Walking is supposed to make you feel better.

Diabetes Solutions collaborates with hospitals, payers and physicians who desire to provide education to patients, professionals and the public and teams with community resources in order to work with all populations regardless of a patient's resources. The programs of Diabetes Solutions are broad based but also reach out to specialized needs, including diabetes and pregnancy, children with diabetes, insulin pump patients, support groups for adults, youth and parents and Spanish speaking individuals. For more information, you may call the Diabetes Solutions offices at (909) 276-8243. ■

Another New Video Coming Soon "Home Health Exercises (for persons of limited mobility)".....

ESTATE PLANNING FOR UNMARRIED COUPLES

BY KATHLEEN MARIE WHITNEY, LL.M.—Attorney and Counselor-at-Law

Unmarried couples do not have the same legal rights as married couples. However, with appropriate planning, you and your partner can be protected.

I. PROVIDING FOR DISABILITY

- Power of Attorney for Financial Affairs. Unmarried couples have no automatic power to act for each other in the event one of you is disabled during lifetime. You can have a power of attorney for financial affairs (also called management of assets) prepared to allow your partner to pay bills, manage real property and other assets, and deal with government agencies.
- Power of Attorney for Health Care. You can also prepare a power of attorney for health care to allow your partner to make medical decisions when you are unable to. This can be especially important for you, because a partner, even a long-standing partner, has no standing under the law to communicate with medical staff or

make decisions without a power of attorney. This power of attorney defines your wishes regarding health care issues that are important in regard to life support or withdrawal from medical treatment and can address your hospital visitation desires.

II. PROVIDING FOR DISPOSITION OF ESTATE UPON DEATH

- Life Insurance. A beneficiary designation in favor of your partner is a simple and effective manner of transferring assets to your partner at your death. This can be helpful when a wealthy unmarried partner dies with a large estate. A life insurance policy can be purchased on the life of the wealthy partner, naming the other partner as beneficiary, to pay the estate taxes and provide for the surviving partner.
- Pay on Death. Bank or investment accounts can be payable to one or more persons on your death.
- Joint Tenancy. Joint tenancy is a form of co-ownership in which two or more persons own property in equal undivided in-

terests. A deceased joint tenant's interest passes automatically to the surviving joint tenant or tenants at the moment of death, without requiring probate administration.

- Unlike married couples, upon your death, the entire property is included in your estate unless it can be proven that all or a portion of the property originally belonged to your partner and was never received or acquired by your partner from you for less than its full value.
- Employee benefits and IRAs. You may want to designate your partner as a beneficiary of your employee benefits. However, in some situations employers will not allow the employee to designate a partner. An alternative is to name your estate or trust as the beneficiary and then name your partner as the beneficiary. Unlike married beneficiaries, unmarried beneficiaries of plan participants do not qualify for "rollover" treatment.

(Continued on page 10)

(Continued from page 9)

- **Annuities** An annuity is an agreement to pay a person a fixed sum at periodic intervals as long as the person lives.
- **Life Estate** You may give a life estate in your personal residence to your partner, with a remainder to a charitable organization. You will receive a charitable deduction for the remainder interest.
- **Will.** Your will is effective upon your death. You can name the person you want to act as executor and the beneficiaries of your assets.
- **Trust** A trust is effective during your life and at your death. You can name someone to be trustee if you become incapacitated during your lifetime and upon your death, and you can choose beneficiaries to receive your assets.
- **Grantor Retained Income Trust or Personal Residence Trust.** You can retain the right to income generated by your trust for a number of years; upon expiration of the trust's term, the property passes to a person you choose. This is an effective way of passing on

money or a residence from an older partner to a younger cohabitant. Once established, this trust is irrevocable.

III. Tax Issues

- Unlike married couples, unmarried couples do not have the benefit of the marital deduction. The only "major" deduction is an unlimited charitable deduction.
- Estate tax and gift tax issues include treatment of joint property: Whoever paid for the asset is taxed on its value when transferred.

The Law Office of Kathleen Whitney is located in Palm Springs, California. For more information, visit the Desert Elder Law website <<http://www.desertelderlaw.net>> or call them at (760) 322-9229. ■

One TOLL FREE Call....
to learn where to obtain low cost spay/neuters and immunizations AND OTHER INFORMATION for your animals:

1-877-447-6726

The **Pet Overpopulation Coalition (POPCO)** unites more than two dozen concerned organizations to work together to end the destruction of adoptable homeless animals in Riverside and San Bernardino Counties.

Low & No Cost Spay and Neuter Clinics And Related Services.....

—Call for Details—

Riverside County S/N Clinic
909-358-7373 or 909-358-7387

Humane Society
of San Bernardino
909-882-2934

Ramona Animal Haven
San Jacinto
909-654-3110

Animal Samaritans
Thousand Palms
760-343-3477

Benevolent Animal
Rescue Committee
909-389-9552

Actors and Others for Animals
(Offer's financial assistance, for anyone of low income, for spay neuter and shots)
818-755-6045

Pet Assistance
(Offer's financial assistance, for anyone of low income, for spay neuter and shots)
562-691-3014 or 877-772-9738

Save A Pet
(County of Riverside only)
909-682-4623

Pet Overpopulation Coalition
877-447-6726

Humane Society of Blythe
760-922-2437

Humane Society of Indio
760-347-2319

Need Pet Information? Call PET OVERPOPULATION COALITION1-877-447-6726

Taking Your Friends Along!

For most people, leaving animal companions behind is out of the question. Still, dogs and cats are often left behind when people move, though only 38% cited the refusal of a landlord to allow the animal in the new apartment or house, according to a 1999 study by the ASPCA! For the other 62% who turn their animals in to shelters, or worse, moving animals is “too much trouble”.

Moving is a stressful time for us all, but the ASPCA offers some tips to help make moving with your animal friends easier.

The first thing to do is to get your pet prepared to travel:

- Get cats used to carriers, in advance: Leave it open and accessible long before the trip; place your cat’s favorite toy or blanket inside and praise her when she goes inside.
- If your dog’s only experience with the car has been trips to the vet, take some rides just for fun, in advance of your move: Start with short trips—maybe to the park, then on longer trips with a positive experience at the end.

On the day of the move:

- Place your cats or other small animals in hard-sided carriers and confine your dogs to one room or a fenced yard area before you start moving furniture or belongings out of your home.
- Only after everything is out of the house should you retrieve your animals and place them in your vehicle.
- Make sure your carrier bound animals have adequate ventilation.
- Cover the animal carrier with a light sheet or other piece of cloth for the first few hours of the trip so they won’t “freak out” at seeing the world flying by—after awhile they will relax in the carrier and the cover can be removed.
- Dogs should be restrained with safety harnesses, which attach to a seat belt, so that the animal will not distract the driver or possibly escape from the vehicle at a roadside stop.
- Don’t forget to pack a bag for your animal, including food, water, snacks, toys, a disposable litterbox, some extra towels (in case of accidents), necessary medications and health and vaccination records.
- If overnight stays are required along the way, call the motel/hotel in advance to make sure their pet policies are as advertised or expected—if not, find another that is pet friendly.
- Before you let your cats out of their carriers in a hotel room, or your dog off their leash, check for hidden dangers, such as open windows or holes in the wall.

When you get to your new home:

- Continue to exercise caution until both you and your animal friends get used to the new environment and its unique hazards.
- Cats generally take longer to adjust to changes, so expect that a usually warm and cuddly cat may be reclusive for awhile, or one that is normally aloof may want a lot of attention. Give them time to adjust.

[SOURCE: ASPCA Animal Watch, Spring 2001] ■

Do Your Feet Hurt?

by Paul and Debra Goodus, owners, *Foot Matrix*

OHi! *My feet hurt!* You are not alone! Over 77% of us have foot problems. Problems range from just being sore and tired to bunions, calluses and fallen arches. Diabetics often have foot problems due to the loss of nerve endings in their feet. Because of changing foot sizes, even children are not immune to foot discomfort.

Your feet work hard. They support your weight and are the foundation for your body. Your feet endure over 100+ pounds of pressure with each step you take! That's thousands of pounds of pressure on your feet every day. When it hurts to walk or even stand, your feet may slow down your whole life.

What can be done? Buy and wear shoes that fit well. The insole is an important interface between the shoe and your foot. An insole (arch support), the re-

movable insert, is perceived to be the "comfort" you enjoy while wearing a shoe. If the shoe doesn't have adequate support, you may need arch supports, which are called "foot orthotics".

Foot orthotics are custom arch supports made from your own foot measurements and can be designed to wear in various shoes.

A custom foot orthotic aligns your foot so it functions in its optimum position and balances the weight-bearing part of your heel and the ball of your foot. This is required for true maximum control of the dynamic function of your feet.

Incorrect movement strains your feet and can cause fatigued arches, pain in the toes, heels, knees, hips and lower back. Foot orthotics have been used to relieve many of these discomforts.

By limiting the swing

of your heel, they control the degree to which your foot flattens. The stress of your weight is better distributed throughout your foot. And this can help reduce or eliminate foot pain.

Fatigued arches, without proper arch supports, produce an imbalance while standing. If the standing body does not balance over the center of the feet, then the hip and back muscles compensate. This can produce back pain.

Walking is the best exercise for your feet. It improves circulation, general health and morale. Take good care of your feet!

For more information on foot orthotics and other foot care products, you may visit the Foot Matrix website <<http://www.footmatrix.com>>, email Paul or Debra: footmatrix@aol.com or call them too free at 1-866-573-3638. ■

New Traffic Laws that Could Hit You in the Wallet !

1. You can receive a ticket for detaching the shoulder restraint strap in your vehicle or putting it under your arm.
2. Every person riding in a private passenger motor vehicle must be properly restrained in an approved safety belt system
3. Children less than 4 years of age, or a child less than 40 pounds, regardless of age, must be restrained in a child passenger restraint system. [SOURCE: Riverside Police Department] ■

To Find Out About Transportation Availability (in Riverside County)... HelpLink 1-800-510-2020

Time to BEE More Careful!

Finds of Africanized bees have now been reported in most areas of Imperial, San Diego, Riverside, Orange, Los Angeles, and San Bernardino Counties, according to the Honey Bee Laboratory at the University of California in Riverside. The warning is that the density of Africanized bees is likely to increase.

It is more likely that we could encounter an Africanized bee colony than it previously has been that we might stumble on a European colony because the Africanized variety swarms more frequently and nests near the ground in places like meter boxes and overturned flower pots. As we know, Africanized bees are more aggressive in defending their nests and more bees participate in pursuing and stinging their perceived enemies, which can make them life threatening, especially to persons who are allergic.

Here are some guidelines for protecting ourselves from this very real danger:

- Clean up debris (tires, pots), and remove yard clutter that might provide nesting sites on your property
- Caulk, screen, or otherwise fill holes and cracks in your house to discourage nesting inside of walls
- Notice humming sounds inside of walls, sheds or other enclosed cavities
- Watch for regular flights of bees coming and going from a particular area
- Regularly inspect property for bee activity, and especially before operating machinery such as lawn mowers, edgers, chain saws, etc., which can trigger an attack.
- If you find a bee infestation, do not disturb colony or swarm! Do not spray hive with water, gasoline or pesticides. Call a bee removal service or county agricultural officials.

If bees attack:

- Immediately run away as quickly as possible and get inside of a car or building where they cannot follow
- Do not swat bees or stand still!
- Do not jump in a pool, as the bees will wait for you to surface!
- Wrap your head in clothing if possible while fleeing, leaving only an opening to see where you are going.

If you get stung:

- Remove stingers quickly in a sideways motion, using your fingernail, a knife blade, a credit card or some other edged tool—being careful not to squeeze or pinch more venom from stingers
- Stingers must be removed as venom will continue to flow from the stinger for up to 10 minutes
- Ice packs may reduce swelling
- Seek medical help immediately (or call 911) for allergic reaction, which may include swelling of tongue, hives, dizziness, difficulty breathing and loss of consciousness.

[SOURCE: UCR Dept. of Entomology website <<http://bees.ucr.edu>> and the Agricultural Commissioners of Riverside and San Bernardino Counties] ■

SPECIAL SUPPLEMENT.....

CAREGIVER NEWS from the Alzheimer's Information Network (Reprinted with permission)**Herbs and Vitamins
Might Help**

Not every product that claims to “cure” or “treat” persons with Alzheimer's disease helps. In fact many are just nonsense and someone's attempt to make a quick buck. There are, however, some herbs and vitamins that have been shown through published research to help treat persons with Alzheimer's and slow down the progression of the disease.

Although not an herb or vitamin, Aricept and Exelon are prescribed medications that have shown to be very effective in slowing down the disease and in some cases, when prescribed early in the disease process, can improve the person's cognition. Ask your doctor about these medications, and look for a new medication, Galantamine, to be released soon. This drug may prove more effective than Aricept and Exelon, with fewer side effects.

Cat's claw, a plant extract sold to boost the immune system and reduce inflammation, may work against AD, researchers say. Experiments in rats showed the herbal supplement, which comes from a plant found in the Amazon, prevented some of the damage associated with Alzheimer's. Specifically it prevented the deposit of beta-amyloid plaques in the brains of

rats, said Alan Snow from the University of Washington. Snow developed a cat's claw compound name PTI-00703. Tests in rats and in test tubes indicated it interferes with the formation of plaque. They also mixed the extract with ginkgo biloba, rosemary and gotu kola. The mixture worked even better, at least in test tubes, than cat's claw alone.

Ginkgo biloba, an extract from the “bulb” of the “ginkgo” tree, has been found to enhance memory in humans. As soon as these findings were released the price of ginkgo biloba doubled. Does it actually help persons with dementia? Yes, but it must be taken with extreme caution. Ginkgo biloba interferes with the clotting of blood and can lead to problems associated with thinned blood. For instance, frequent nosebleeds, bruising, hemorrhage, and bleeding gums.

Compounds found in many “colored” fresh fruits and vegetables, resveratrol and anthocyanins, are high powered antioxidants that help preserve memory, this according to researchers at Tufts University in Boston. The richest of all brain foods is prunes, followed by raisins, blueberries, blackberries, kale, strawberries and spinach. A daily serving of spinach prevented memory loss in

rats. Rats given spinach or vitamin E from the age of six months were less likely to forget where things were, as they got older than rats given nothing extra.

Studies conducted by Veris, a nonprofit research company, show that natural vitamin E made of vegetable oils from soybeans, corn and sunflowers, is twice as effective in health benefits than the synthetic chemically manufactured version. There have also been indications that higher dosages of vitamin E are safe and healthy. Vitamin E has been found to work effectively as a major antioxidant and fight off free radicals in the body, which have been shown to contribute to the development of Alzheimer's. Two other separate reports on natural vitamin E were particularly cited in Veris research. One is from East Tennessee State University and the other from Oregon State University. Vitamin E, like ginkgo biloba, can increase bleeding time and should be taken with caution.

A study conducted among 678 nuns and at the University of Kentucky found that B12 is a very important vitamin. Its role is to insure nerve health. Decreased levels of B12 might lead to dementia.

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How to Encourage Butterflies to Come to Your Yard

Just like children, we are always a little more excited about life when we see a butterfly enjoying the day with us! According to the non-profit National Gardening Association, there are some things that we can do to encourage these creatures to spend more time in our yards!

Three basic things they love are lots of sun, protection from the wind, and nectar flowers for food. So the ideal place to plant your “butterfly garden” is on the south side of a building that gets at least six hours of sun a day and is protected from the wind.

Your garden of nectar flowers should be brightly colored and sweet-smelling and can include such flowers as marigolds, asters, zinnias, lavender, or black-eyed Susans. The National Gardening editors also recommend that these easy to grow flowers be planted in clumps, instead of individually, to increase their attraction to visitors. This is ideal for situations of limited space, when a simple window box or planter pots will work just fine. If the butterflies don't

come, we will still have the flowers to enjoy!

Other things you can try to make your garden more effective include:

1. Don't use any kind of pesticide in your butterfly garden
2. Place dark stones in and around the garden to provide warm spots for your guests to enjoy the warm sun
3. Sink a shallow container, filled with sand, in your garden to resemble a “puddle” to get a real party going!

There are many interesting and useful website links in the *Home and Garden Section* of Vital Connections <<http://www.vitalco.net>>. The information in this article came from the National Gardening Association, where you can find answers to all your gardening questions, how-to projects and even on-line gardening courses. Here's another tip: How to get rid of burrowing rodents? Spray your lawn with a repellent made from the oil of castor beans to safely discourage them. It seems they hate the

Do You Have Restless Legs?

The following list was developed by the Restless Legs Syndrome (RLS) Foundation to help you decide if you should contact your healthcare provider for diagnosis:

1. Before I fall asleep, I develop an unpleasant or creepy, crawly sensation in my legs
2. In order to relieve this sensation, I get up and walk, do deep knee bends, take a hot or cold bath, massage my legs, or perform some other activity
3. I develop this unpleasant or creepy, crawly sensation when I sit for a period of time such as when watching television or a movie, riding in the car, attending the theater or my place of worship, or participating in a meeting
4. The sensations bother me most in the evening or at night
5. No medical tests have revealed a cause for my sensations
6. I have family members who experience these same sensations
7. My bedpartner tells me that I jerk my legs (or my arms) when I am asleep; sometimes, I have involuntary leg jerks when I am awake
8. I often have trouble falling asleep or staying asleep
9. I frequently feel tired or fatigued during the day.

If you do have RLS, life style changes and medications can help. [SOURCE: www.rls.org – with easy access through Vital Connections] ■

FROM THE INTERNET.....

DID YOU KNOW????????????????

Living on Earth is expensive—but it does include a free trip around the sun.

Birthdays are good for you—the more you have, the longer you live.

A truly happy person is—one who can enjoy the scenery on a detour.

Happiness usually comes through doors—you didn't even know you left open.

Spring 2001



Meeting the Challenges

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