

# Meeting the Challenges

Quarterly

**JOURNAL**

published since 1989 by the **non-profit 501(c)(3)**



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FALL 2008

Volume 17 Number 2

**DONATIONS FOR THE PROGRAMS OF THE NON-PROFIT ILP ARE APPRECIATED!**

## IMPROVING BLOOD PRESSURE WITH LIFE STYLE CHANGES

By Barbara Byers, RD ,WIC Program Coordinator

**K**eeping blood pressure at a normal level can help to prevent stroke, heart disease and small blood vessel damage to eyes and kidneys. There are some life style changes that can help to control blood pressure, while on blood pressure medication, or before it is necessary.

- Trying to loose as little as 10 pounds can be helpful.
- Walking briskly for thirty minutes, three or four times a week may also help (consult your doctor before beginning an exercise program).
- Limiting alcohol consumption to one drink per day for women and thin people and no more than two drinks per day for men, may decrease heart disease risk without raising blood pressure. If one is not using alcohol and is able to drink juice, a small serving (4 ounces) of purple grape juice may afford some heart benefits.

What is eaten can also help to keep blood pressure lower. Reducing the amount of sodium or salt that we use can have a favorable impact in people that are salt sensitive. The recommended total amount per day is 2400 milligrams. Usually, over half of this amount is found in our core foods which include milk, un-salted meats, grains and fats. Using salt free seasonings, onion powder, garlic powder or lemon can add flavor and help people to avoid using the salt shaker. High amounts of salt are hidden in processed meats such as ham, sausage and hotdogs. Canned foods like soup, tomato juice, vegetables and chili can add large amounts of extra sodium to the diet. Condiments like soy sauce, barbeque sauce, catsup and pickles/olives also contain salt and should be used in moderation. Some salt reduced products are very acceptable and are worth

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**DISCLAIMER:**

Articles prepared by or presented in *Meeting the Challenges* are for general information purposes only.

The information is not intended to be medical advice. If you suspect that you have a physical, medical or psychological problem, you should always seek care from a qualified professional.

**Before taking any action that may impact you personally, consult with your own physician, attorney, investment counselor, or other professional advisor.**

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a try. Look for products that contain less than 140 milligrams of sodium per serving. The American Heart Association provides information and recipes

([www.americanheart.org](http://www.americanheart.org)).

Potassium, which is found in fruits and vegetables can also help to decrease blood pressure. It is recommended that even people with normal blood pressure strive to include more fruits and vegetables in their diet every day. Optimal intake is nine servings per day and a good goal would be to try to eat at least five a day. Beginning with the amount you are eating now and adding one more fruit and one more vegetable per day is a great way to start. Eating many different colored fruits and vegetables can provide many health benefits such as helping to protect against cancer. Vegetables are low in Calories and can help with weight control.

Some fruits and vegetables with the highest amount of potassium include: bananas, potatoes & sweet potatoes, watermelon, avocado, broccoli, spinach, tomatoes, peaches, cantaloupes, dried fruits, sunflower seeds, peanuts and cooked beans. And, fruits and vegetables are also

low in sodium.

Rounding out your diet with low fat meats, low fat dairy, whole wheat bread/ tortillas/ pasta and brown rice can put one on the way to good health.

Here is an easy dish to try that is high in potassium, lower in sodium and fat. Each one half cup serving is 167 Calories, and counts as 2 starches and 1 fat exchange. 95 mg sodium.

***Candied Sweet Potatoes***

- 3 medium yams, boiled in skin until tender
- 2 Tablespoons raisins
- 1 Tablespoon brown sugar
- 1 Tablespoon sugar substitute
- 1teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1/8 teaspoon ground cloves
- ¼ cup low-calorie soft margarine
- ½ cup water

Preheat oven to 350. Cool yams, peel and slice. Put in covered baking dish. Sprinkle raisins over yams.

In a separate bowl, mix sugars and spices. Sprinkle over yams. Dot with the margarine. Add water.

Cover and bake for 30 minutes. Remove cover and bake another 15 minutes. Stir before serving.

Serves 4-6

***Meeting the Challenges***

VOLUME 17, ISSUE 2, November 2008

EDITOR: Richard Smith

E-Mail: [rsmith@vitalco.net](mailto:rsmith@vitalco.net)

ASSOC. EDITOR: Ivet Woolridge

E-Mail: [IWoolridge@co.riverside.ca.us](mailto:IWoolridge@co.riverside.ca.us)

Telephone: 951.867.3800 / Fax: 951.867.3830

Meeting the Challenges is published quarterly (four times a year) by the Independent Living Partnership 6296 Rivercrest Drive, Suite K, Riverside, CA. 92507. Non-profit organization postage paid at Riverside, CA. The Independent Living Partnership is a non-profit, tax-exempt corporation that is working for the rights of all to live independently in their homes and community.

The educational programs of the Independent Living Partnership are supported by the charitable contributions of individuals and organizations, with additional funding provided by the Riverside County Transportation Commission. Visit us on the Internet at [www.LivingPartnership.org](http://www.LivingPartnership.org) or through *Vital Connections* at [www.vitalco.net](http://www.vitalco.net)

POSTMASTER: Send address changes to INDEPENDENT LIVING PARTNERSHIP, 6296 Rivercrest Drive, Suite K, Riverside, CA 92507.

**Office on Aging Senior HELPLINK.....1-800-510-2020.....REAL PEOPLE TO TALK WITH!!**

## Current Economy Affects Seniors

by Michael Barnard, CEO, Desert Samaritans for the Elderly

**T**he current economic conditions are difficult for many people, but seniors are affected more severely than most. A majority of seniors are living on a fixed income from social security, pension, disability or investment income. Many seniors are forced to continue to work to supplement these other sources of income.

Desert Samaritans for the Elderly is a non profit organization that provides financial assistance for adults over the age of 60 in the Coachella Valley.

This summer showed remarkable increases in the number of seniors that are requesting assistance for a wide variety of needs. July showed a 65% increase over 2007, August had a 42% increase and September's increase was 58% from last year. The requests for financial assistance include utility bills, rent, food, medications, medical equipment, and home repairs.

Other requests include transportation to medical appointments and information on other programs available for seniors including discounts on utilities, property taxes, renter's assistance and home repair. Take advantage of these

programs to reduce your monthly expenses. Make sure you are also receiving the full amount of benefits that are due from disability, social security, veterans, Medi-Cal or other sources. Free foreclosure counseling and debt counseling is available to provide someone with their best options before declaring bankruptcy or facing foreclosure.

Many seniors are having a difficult time in adjusting their lifestyle to adapt to current conditions. Rising costs for utilities, food, gasoline, rent, car payments and insurance often are higher than their monthly income, forcing them to draw upon savings or to choose which bills to pay. Many seniors were

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***Desert Samaritans is encouraging our clients to make decisions based upon what they need...***

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sold adjustable rate mortgages or took cash-out refinances or drew on lines of credit. Many of these people are now unable to make the higher mortgage payments and are losing their homes.

Desert Samaritans is

encouraging our clients to make decisions based upon what they need, not just what they want. They may want a large house, but they need a small apartment in a senior complex. They may want a new car, but they need to sell the car and take the bus or walk or use an occasional taxi or get a ride from a friend. They may want to support their children, but need to have the kids move out and support themselves. They may want all the premium cable channels, but need basic cable.

Unfortunately, economics sometimes dictate making difficult decisions or changes in lifestyles. Many are now being forced to make these decisions. Call Desert Samaritans at 760-837-9066 if you live in the Coachella Valley or the Office on Aging at 800-510-2020 for more information. Don't wait until it becomes a crisis and don't be too proud to ask for help.

***“Life is a game of cards. The hand that is dealt you represents determinism; the way you play it is free will.”***

**-Jawaharal Nehru**

## EARLY HISTORY OF BREAD MAKING

**U**nleavened breads, with no rising agents, were eaten by people at least 10,000 years ago. “Flat” breads were made from a variety of grains that were hand ground with a mortar and pestle. They were similar to Indian chapattis and Mexican tortillas that are eaten today.

As long as 7,000 years ago grain production developed in Egypt. Yeasts, that were being used in the brewing of beer in Egypt, began to be experimented with in bread making. Closed bread ovens, over a bed of coals, came into use.

By about 3,000 years ago bread had become a popular food in Rome. 500 years later saw the invention of circular mill stones for grinding grains and this production method is the way that “stone ground” flour is still milled today.

By the time of the birth of Christ, wealthy Romans preferred lighter textured “white bread”, much like the common breads that are available in the U.S. today.

At about the same time, the first mechanical dough-mixer, powered by horses and donkeys was in-

vented. When the Romans invaded Britain, they brought their more sophisticated bread-making techniques with them.

Rye flour and the dark rye bread made from it became a staple food in Europe lasting into the Middle Ages.

There wasn’t much change in baking technology then until 1830, when ovens finally evolved into arched brick structures with flat tiled floors. These were like the trendy wood burning pizza ovens of today and for the first time, the bottom of bread was free of imbedded cinders.

[SOURCE: Baker Perkins Historical Society: Baker Perkins manufactures commercial baking and other food industry equipment]

**Myth #5 - If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.**

**According to the American Diabetes Association, “Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. The key is portions. For most people with diabetes, having 3-4 servings of carbohydrate-containing foods is about right. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.”**

## FOOD ASSISTANCE PROGRAMS

**M**any agencies, churches, community centers and non-profits provide food assistance programs. To find out about services in your area call your area Office on Aging or the offices of your local government.

In Riverside County, call the Office on Aging Helpline at 1-800-510-2020. If you live in San Bernardino, call the Aging and Adult Services department of the county, also at 1-800-510-2020.

An excellent Internet source of this information is the Network of Care website—available through our website ([www.vitalco.net](http://www.vitalco.net)) or directly at [networkofcare.org](http://networkofcare.org).

In addition to no-cost emergency food assistance programs and government “brown bag” programs, there are also some services available where food can be purchased at low-cost. This information should also be available through your area office on aging information and referral service.

### Angel Food Ministries

Angel Food Ministries was founded by Joe and Linda Wingo in 1994 to help provide food for friends and neighbors who were struggling financially. The Angel food program now is helping provide food relief to more than 50,000 families each month.

This is a low cost food program that helps thousands. Everyone qualifies; there are no applications or qualifications to order Angel Food. Their food is “restaurant grade” meats, frozen vegetables, fruits, daily products, etc. Their food is acquired through their involvement with top producers and vendors. These are not “day old” products.

If you want more information or want to find the nearest location you can visit their website [www.angelfoodministries.com](http://www.angelfoodministries.com) or call them at 1-877-366-3646.

### DEEP VEIN THROMBOSIS

by Richard Smith, Editor

**D**eep vein thrombosis is a condition where blood clots form in the deep veins, usually in the legs. It can be painful, but can also be present with hardly any noticeable symptoms.

The condition can result from many causes:

- Sitting too long, even on an airplane or during long car travel
- Long periods of confinement to a bed, including a stay in a hospital or as the result of paralysis
- General anesthetics used in surgery can cause the dilation of veins and the pooling of blood
- Hormone replacement therapy or the use of birth control pills
- Suffering from chronic heart failure increases the risk
- Being overweight or obese
- Smoking.

The goal of treatment for someone suffering from deep vein thrombosis is to dissolve clots and keep them from breaking loose and traveling to the lungs. Clots that do reach the lungs result in pulmonary embolism, which can be a life threatening problem.

Treatment typically can consist of using blood thinners to help dissolve the clot, so-called “clot buster” medications, the surgical insertion of a “blood filter” in the vein to prevent the clot from moving, and “compression stockings” that keep legs from swelling and reduce the risk of blood pooling in the legs and clotting.

The best thing is to try to prevent getting deep vein thrombosis in the first place. Here are some things to do that are suggested by the Mayo Foundation:

- Lose weight
- Control blood pressure
- Stop smoking
- If you spend a lot of time sitting, get up and walk around frequently
- Walk briskly at least 30 minutes per day if you can, or otherwise exercise your calf muscles
- See your doctor regularly and take medications as prescribed
- If taking blood thinners, avoid excessive intake of vitamin K, found in such things as leafy green vegetables and canola oil.

[SOURCES:

[www.mayoclinic.com](http://www.mayoclinic.com);  
[www.patient.co.uk](http://www.patient.co.uk)]

***“Whenever you fall,  
pick something up.”***

- Oswald Avery,  
physician (1877-1955)

## Support for Caregivers

by Cathy Wong

**F**amily caregivers are valuable for the quality of life they provide for disabled relatives. Care that is provided by family members allows disabled elders who need long-term care to remain in their home. A healthy spouse or an adult child most often is the primary family caregiver for the disabled family member.

80% of long-term care is provided by a family member in this country. A benefit from providing care for a loved-one, rather than placing him or her in a nursing home, is that older persons normally prefer to stay in their home and receive care by a familiar person.

However, caregivers may experience their role to be challenging. "Caregiver burden" is a term that describes the experience of feeling physically or mentally stressed due to responsibilities from the caregiving role.

Research has identified negative effects that caregivers may experience. For example, as a result of allocating so much time to care for their disabled family member, caregivers have restrictions on other life activities, such as socialization and

employment. For California, it was estimated that the annual economic value for services provided by a caregiver is \$36,336 (estimate by the National Family Caregivers Association - [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)). Nationally, if informal caregivers were reimbursed for their services, it would cost \$302 billion per year.

Also, caring for a disabled family member can be emotionally challenging. Caregivers are faced with grief and loss as their family member's health declines. The demands from assisting the older family member with personal care and constant supervision can lead to feelings of distress.

There are formal services in the community that support family caregivers. Adult day health centers provide a variety of services for disabled older adults. Services include activities of daily living assistance (e.g., eating, toileting, and hairstyling), health counseling, and skilled nursing services. Adult day health care centers can provide a secure environment for disabled elderly while caregivers are able to fulfill other obligations during the day, such as employment. Adult day health ser-

vices are funded through Medicaid. For older persons who are not Medicaid or Medical eligible, older persons can enroll in an adult day health care through private pay. The daily cost for services from adult day health care centers vary. In California, it can range from \$32 to \$85 per day, averaging \$57 per day.

When selecting an adult day health care for your elderly family member, it is important to visit a variety of centers and ask about basic fees, financial assistance, and additional charges for activities such as field trips or arts and crafts. In addition, when visiting centers be sure to evaluate if services are appropriate and meet the needs of your family member.

There also are also services that assist caregivers in the home. In-home services include home health aides and home-maker services that are delivered in the care recipient's home. Similar to adult day health care, in-home services vary in provision of the level of care.

Furthermore, there are support groups that allow caregivers to come together. The Alzheimer's Association offers support groups for caregivers where you can "learn, listen,

## KNOWING WHEN CAREGIVERS GIVE BAD CARE

by Linda Birkitt, M.A., P.T.

**F**inding a caregiver for your loved one is a monumental family responsibility. Not only do you need to know the caregivers abilities in the art of caregiving, but the manner in which the care is given. You need to verify compatibility between your loved one and the caregiver, as well as to acquire knowledge of the background of the caregiver. It is

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share, and gain emotional support” from other caregivers.

To learn about the services in your in your community, contact the Office on Aging, the Office of Disability Services, and other organizations like the Alzheimer’s Association in your area.

Cathy Wong is a doctoral student studying gerontology at the University of Massachusetts Boston.

***"The most important thing about love is that we choose to give it, and we choose to receive it, making it the least random act in the entire universe."***

- Daniel Taplitz

not enough to rely on an agency to provide competent caregivers.

Let us think about the following questions:

- Does the caregiver know how to contact emergency numbers for the family as well as for life threatening emergencies?
- Does the caregiver understand what will be needed in an emergency, if the caregiver has to evacuate your loved one?
- Have you provided extra medications for emergencies?
- Do you have an emergency list and luggage ready to go in a moment's notice?
- Does the caregiver know how to walk safely with your loved one? Do they use a gait belt if necessary, and do they know how it is used?
- Does the caregiver provide required medications in the proper dose and frequency and on time? If a loved one has a tendency to choke, for example, after surviving a stroke, does the caregiver give only thickened liquids or have your loved one swallow only one pill at a

time? The tendency is to swallow several pills at once. Does the caregiver know about the chin tuck method to facilitate swallowing?

- Does the caregiver make unilateral decisions without consulting the family if an unusual situation occurs? (I have had first hand experience with a caregiver who worked with a person who has Alzheimer's Disease. The patient was to have a special breathing test which required a mask to be placed over the patient's face overnight while they slept. This test is used to study sleep apnea where breathing stops for periods of time during sleep. The patient kept pulling the mask off during the night. The caregiver, then tied the patient's hands to the bed rails. It is against California state law to restrain a person in such a manner. Although the caregiver was attempting to assist in obtaining an accurate test result for the sleep apnea test, she violated the law, and more

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importantly, endangered the patient. What she should have done was to contact the family and not try to make such decisions herself.)

It is a good idea to make unannounced visits to your loved one's home or care facility (such as a skilled nursing facility or an assisted living facility). It is also suggested that you vary the time of the visit and make some of the visits after the usual visiting hours. For example, I worked with another Alzheimer's patient who kept getting out of bed at night, which is a very common occurrence. I discussed my safety concerns with the nurses at the facility and with the patient's doctor. I suggested that the bed's mattress be placed on the floor at night, and returned to the standard position during the day. An order from the patient's physician was obtained for this request. Just to be sure, I visited the patient at 10:00 p.m. to see that the orders were carried out. The orders had been ignored. The patient was in her usual bed, not on the floor. I spoke with the head nurse and they assured me that this would not happen again. Within a week, the pa-

tient had fallen out of the standard height bed and broken her hip. Alzheimer's care facilities now are beginning to use electric beds which move between standard bed height and the floor, for those patients who wander at night.

Please do not assume that a caregiver with an LVN license will always make wise decisions. An LVN was hired by a family to provide twenty-four hour care to an Alzheimer's patient. This particular patient wore a leg bag to collect urine after also suffering a stroke. When putting the patient to bed, the LVN placed the patient's legs up on a high pillow because of the patient's ankle swelling. The problem was that the leg bag backed up and eventually caused a urinary tract infection. The infection could have been avoided.

Consider what caregivers do when you are not at your loved one's side. Some caregivers bring their children with them. On occasion, that may be acceptable, but not if the children are sick or take over the television with children's programming.

A caregiver might decide to bring their pets to work with them. A caregiver who was an RN, decided on her own, to bring her small fluffy dog work with her. During an unan-

nounced visit, I found that the dog was in the house shedding and defecating on the white carpet in the loved one's living room.

Look over the telephone bills of your loved ones. Is there a significant increase in the telephone bill? Consider the electric bill. Is the caregiver keeping the lights on all night or using the family computer? Is the loved one's car being used for other than care-related driving? Develop a mileage log for the loved one's care that each caregiver needs to complete. Consider using a webcam so that you can continuously monitor care from a remote location such as your place of business.

Even though a caregiver comes from an agency, does not always guarantee that they have been screened nor fingerprinted, or that they have the proper credentials to work in this country.

Be pro-active and check out the potential caregivers yourself. Double check the billing from the care agency. Is it accurate? Call your loved one's home to see if the caregiver is there at the appointed time. Check with the local police for any criminal records of caregivers. Obtain their social security and driver's license numbers, so



that the police can check on your caregiver. Use the internet to check on potential caregivers.

The lesson that I have learned over many years working with caregivers is that it is important to take extreme care when choosing a caregiver for your loved one.

**New Assistive Technology Program Started by I L P**

**I L P** (the Independent Living Partnership) launched a new *Tools for Independence Initiative* in June. Working with the California State University, Fullerton Institute of Gerontology and the California Department of Aging, ILP co-convened a coalition of California government, non-profit and private sector leaders to *advance the development, testing and use of assistive technology to help those who are aging and disabled live independently in their homes and age in place.*

I L P's immediate goal is to educate consumers and providers about the availability of inexpensive products that can make life safer and easier and that are readily available. Watch for useful product profiles in upcoming issues.

*The DMV Mature Driver Improvement Course Can Help You Drive More Safely and Maybe Save Money on Vehicle Insurance*

**M**ature Driver Improvement Courses provide instruction on defensive driving and California motor vehicle laws. The course may be in a classroom or non-classroom setting. Information is provided on the effects that medication, fatigue, alcohol, visual or auditory limitations have on a person's driving ability.

Drivers, 55 or older, who successfully complete an approved Driver Improvement Course, can qualify for reduced motor vehicle insurance premiums. California law allows insurance companies to determine the percentage of premium reduction. The insurance carrier can refuse to give a reduced rate to those who have poor driving records. You may want to ask your insurance company about your eligibility and the amount of discount prior to taking an ap-

proved mature Driver Improvement Course.

Actual classroom time for the initial course is at least 6 hours and 40 minutes of instruction, and may be scheduled in one or two sessions.

The renewal course, not including registration time, breaks, lunch periods, and issuance of completion certificates, is 4 hours of instruction.

The DMV does not conduct the classes, but only Driver Improvement Schools approved by the DMV can teach the course.

The maximum fee for the classroom or non-classroom course is \$30 plus a \$1 charge for a DMV certificate to be presented to your insurer as proof you have completed the course.

Riverside Community College has a DMV approved Mature Driver Improvement Course. For more information, call the college at (951) 328-3811.

**What to Do When Arthritis Affects your Ability to Drive**

As many of us know, arthritis can limit movement and strength. The National Highway Traffic Safety Association recommends we do everything possible to try to stay active and fit to help us to keep driving safely. Ask the doctor to recommend exercises to keep joints strong and supple and treatments that can reduce pain, swelling, and soreness – without medications that cause sleepiness.

## Grandparents Raising Grandchildren

by Ivet Woolridge, Associate Editor

**G**etting older is a challenge that we all face, but if we take care of ourselves it can be a pleasant journey. Having family around can help us deal with challenges that might come our way. Family can be the reason why we age well, but it can also add stress to our lives. Many seniors are responsible for their grandchildren. Raising children is a huge responsibility that can affect your life, especially if you are dealing with health and financial challenges at the same time.

When Grandparents raise grandchildren full time, they are more likely to develop stress-related illnesses. In Riverside County it is estimated that **one child in five is living with grandparents**. The National Center on Grandparents Raising Grandchildren cites the US Census report that of the 294,969 grandparents in California, who are responsible for their grandchildren, 21.7 percent live in poverty. 51 percent of children being raised by grandparents are preschoolers.

Research of the American Association of Retired Persons attributes the rise of

households headed by grandparents to substance abuse by parents, child abuse, neglect or abandonment, and divorce. Due the circumstances in which children wind up in their grandparents' care might cause them to have a form of depression, grief, learning disabilities, and other special needs. These issues can cause grandparents to have emotional and financial strain.

Emotional strain can take a toll in the grandparent's health. Many grandparents neglect their own health when they are living on a fixed income. They don't want to add any stress or expenses to their budgets. They try to ignore their own health issues so they seem suitable for taking care of their grandchildren.

Doctors have started to pay more attention to the situation at home. Having an understanding of the patient's home situation can help the doctor have a better idea of what the patient is going through. If you are taking care of grandchildren, you need to be taken care of as well. Grandchildren need healthy grandparents.

It is important that grandparents learn how to

deal with organizations and institutions that might be a vital resource for raising their grandchildren. Getting familiar with the help available can make your experience raising a grandchild more enjoyable. Adjusting from being a grandparent to being a "parent" can be very difficult. Usually grandparents are the ones who spoil their grandkids, but if you are playing the parent role, you will have to be the disciplinarian as well. Someone has to set rules and make sure they are followed.

Grandparents have to remember that they are a parent to their grandchildren's parent as well. It is essential to keep open communication with the children's parents. It is healthy to keep a positive and hopeful attitude and recognize that people change and grow. If you are raising grandchildren, don't think you are alone. There are many grandparents raising their grandchildren, so don't be afraid to ask for help. Raising grandchildren can be the hardest challenge in your life, but at the same time it can be the most rewarding.

[Sources: The Grandparent Foundation; Grandparents Raising Grandchildren Program of Riverside County]

## Nursing Home Abuse

By George F. Dickerman, Esq., Elder Law Attorney

**F**irst, let's recognize that nursing homes are needed in our society, and the functions they serve are vitally important to the health and caring of our aged population.

Their job is not easy. Even the best nursing homes, those with the cleanest rooms and most committed staff, have problems. Anyone who has visited a nursing home will eventually feel a sense of doom, as many patients will die, mostly because of natural causes associated with old age. Most nursing assistants usually leave the facility within one year because the type of work they do is both physically and psychologically draining.

There are so many federal and state laws and regulations governing nursing homes that it is nearly impossible for them to operate without committing some violations. Minor violations are not a reason to sue a nursing home. It is only when the violation causes actual harm to a patient, should a lawsuit be considered. A lawsuit should be focused on forcing the nursing home to both correct the problem for the protection of other patients and to com-

pensate the victim for the injuries suffered.

Nursing home abuse most often occurs because of a shortage of staff or negligence at the hands of an incompetent nursing assistant. When one staff member is assigned to twenty patients, then the needs of each patient cannot be met. There are simply too many tasks to perform and not enough workers. This condition is not the fault of the nursing assistants; rather, it is the fault of the facility's owner who is placing corporate profit before patient care.

When litigating a case of elder abuse or neglect, the attorney will gather all medical records from the nursing home and then review each document with a fine tooth comb to discover any clue that shows any acts of negligence that contributed to the injury. Negligence often occurs because of an unqualified nursing assistant. Sometimes it's just plain laziness.

In one case, an elderly patient's leg had been broken and was only discovered three days later when a family member came to visit and saw the grossly disjointed leg.

A record review included the daily progress notes pre-

pared by the nursing assistant assigned to the patient. Unbelievably, on the day that the patient's broken leg was discovered, and while she was in the hospital undergoing surgery to repair the leg, the nursing home assistant wrote that the patient was in her nursing home bed, eating well and in no discomfort!

These are the types of cases that warrant litigation against a nursing home for elder abuse or neglect. In California, the law provides substantial remedies for victims. When it can be shown by clear and convincing evidence that the nursing home acted with fraud, malice, oppression or recklessness, then punitive damages can be included in a jury verdict.

Minor violations can be dealt with by contacting a long term care ombudsman or other government agency that oversees complaints against a nursing home. More serious violations should be reviewed by an elder law attorney who can seek appropriate remedies to compensate the client and protect other patients.

NOTE: Reprinted with permission from the on-line "Elder Law Newsletter". Please visit <http://elder-law-advocate.com> to subscribe.

**TRIP TIPS**

**Q. What transportation is available in Riverside County?**

A. This is a very common question. Many people do not know what transportation options they have in our county. We are so used to driving our cars that we do not usually think how we might travel if we couldn't drive and had no one else to drive for us. Below is a listing of transportation resources that were compiled from in-



formation currently available through Network of Care and the Riverside County Transportation Commission. This information is provided as a public service for all Challenges readers.

[NOTE: Original sources are responsible for any omissions and inaccuracies. Please consult the phone directory for commercial fee based services for gurney, stretcher, and medical travel throughout Southern California.]

**INLAND REGIONS OF SOUTHERN CALIFORNIA Inland AIDS Project Phone Number:** 951-346-1910 ext.136 Provides transportation services for persons affected by HIV/AIDS for medical, dental and mental health appointments in San Bernardino and Riverside Counties. Mon-Fri 6 am to 10 pm. Arrangements must be made two business days, 48 hours, in advance. NO COST

**ALL RIVERSIDE COUNTY TRIP – INDEPENDENT LIVING PARTNERSHIP Phone Number:** (800) 510-2020 You may qualify for special TRIP assistance to help you secure a volunteer escort-driver. Application procedures are required. If you are determined to be eligible for TRIP assistance, you will receive monthly cash mileage reimbursements for your volunteer driver. Arrangements for travel are made between you and your volunteer driver, as mutually convenient. Records of travel are sent to TRIP each month to validate your completed travel. NO COST

**COACHELLA VALLEY SUNBUS – SunLine Transit Agency Phone Number:** (760) 343-3451 Public Transportation. Fixed routes and schedules. LOW COST

**COACHELLA VALLEY SUNDIAL – SunLine Transit Agency Phone Number:** (800) 347-8628 certification application / (866) 311-7433 for reservations. Available curb-to-curb service for ADA certified seniors and people with disabilities. LOW COST

**COACHELLA VALLEY DESERT BLIND AND HANDICAPPED Phone Number:** (760) 323-4414 Assistance for homebound seniors, escort transportation for needy seniors, visually impaired & physically disabled, pick up & delivery of prescriptions, daily wellness phone checks. Also information & referral services. LOW COST/MEMBERSHIP

**WEST COUNTY and COACHELLA VALLEY (BEAUMONT, BANNING, COACHELLA VALLEY health centers, CORONA, MENIFEE, MORENO VALLEY, MURRIETA, RIVERSIDE, SUN CITY, and TEMECULA Van Service to the**

**Riverside County Regional Medical Center Phone Number:** 866-909-4881 Non-emergency medical transportation for its elderly, disabled, or very low income patients. Monday through Friday, 6am until 8pm. Saturdays 6am until 5 pm. on Saturdays. NO COST

**WESTERN RIVERSIDE COUNTY RIVERSIDE TRANSIT AGENCY - BUS Phone Number:** TOLL FREE (800) 800-7821 / TDD (800) 800-7825 Mass transit program for Western Riverside County, with fixed route and demand responsive services. Schedules available, other information available by phone. LOW COST

**WESTERN RIVERSIDE COUNTY (BANNING, BEAUMONT, CITY OF RIVERSIDE AND CORONA OPERATE THEIR OWN DIAL-A-RIDE SERVICES) DIAL-A-RIDE – RIVERSIDE TRANSIT AGENCY Phone Number:** (800) 795-7887 Dial-A-Ride curb-to-curb transportation for seniors and persons with disabilities; advance reservations service designed to provide curb-to-curb transportation. LOW COST

**WESTERN RIVERSIDE COUNTY Transportation Access Program (TAP) – Volunteer Center of Riverside County Phone Number:** (951) 686-4402. Distributes bus tickets to over 160 social service agencies that then distribute those tickets to thousands of the truly needy requiring access to medical appointments, job interviews or other needed services. NO COST

**BANNING and CABAZON BUS and DIAL-A-RIDE – Banning Municipal Services Phone Number:** (951) 922-3252 LOW COST

**BEAUMONT and CHERRY VALLEY BUS and DIAL-A-RIDE – Beaumont Municipal Services Phone Number:** (951) 769-8532 LOW COST

**BLYTHE DIAL-A-RIDE - DESERT ROADRUNNER Phone Number:** (760) 922-1140 Provides dial-a-ride in the Palo Verde Valley for seniors 60 years and older and persons with ADA eligible disability. Monday through Friday, 6:00am until 4:00pm. Fixed route transit services are also available. LOW COST

**CORONA & unincorporated areas of HOME GARDENS, CORONITA, EL CERRITO and NORCO BUS and DIAL-A-RIDE – Corona Municipal Services Phone Number:** (951) 734-7220 LOW COST

**HEMET/SAN JACINTO CARE-A-VAN Phone Number:** (951) 791-3572—Transportation for seniors, disabled, and needy 6 days a week by appointment only. M-F 8:00am - 4:00pm LOW COST

**HEMET AREA MINISTRY TO THE ELDERLY Phone Number:** (951) 925-8382 Provides transportation for clients. Mon 9:30AM-12:00PM; Wed 9:30AM-12PM NO COST

**MORENO VALLEY MOVAN Phone Number:** (951) 358-9202

Provides transportation for seniors and people who are disabled who have a real need and no other means of transportation within the city of Moreno Valley. 8:00am until 3:00pm, Monday thru Friday. Also, travel outside Moreno Valley for doctor's appointments (\$2.00 donation outside of Moreno Valley). LOW COST

**RIVERSIDE CITY OF RIVERSIDE - Special Transportation Phone Number:** (951) 687-8080

Transportation is provided for seniors and persons with disabilities only, anywhere within city limits, via curb-to-curb pick-up. Monday thru Friday 8:00am till 6:00pm. Saturday and Sunday 9:00am till 4:30pm LOW COST

**SOUTHERN CALIFORNIA CARPOOL or VANPOOL Phone Number:** (866) 743-3742 COST SHARING

*Superando nuestros retos.....**Abuelos Criando a sus Nietos*

by Ivet Woolridge, Associate Editor

**E**l envejecimiento es un desafío que todos tenemos que enfrentar, pero si nos cuidamos puede ser un viaje muy agradable. El tener una familia cerca nos puede ayudar con cualquier desafío que se presente. La familia puede ser la razón la cual envejecemos de una manera saludable, pero familia también puede causar estrés en nuestras vidas. Muchos abuelos tienen la responsabilidad de criar a sus nietos. Criar a sus nietos es una tremenda responsabilidad que puede afectar su vida, especialmente si usted tiene desafíos de salud.

Cuando abuelos crían a sus nietos tiempo completo, tienen más oportunidad de desarrollar enfermedades relacionadas con stress. En el condado de Riverside es estimado que uno de cinco niños viven con sus abuelos. El Centro Nacional de Abuelos Criando a sus Nietos menciona el reporte de el Census que de los 294, 969 abuelos el California, el 21.7% viven en pobreza. El 51% de niños que son criados por abuelos están en la edad

pre-escolar.

Investigaciones de la Asociación Americana de Personas Retiradas atribuye el aumento de hogares a cargo de abuelos al abuso de sustancias por los padres, abuso, negligencia o abandono, y divorcio. Dadas las circunstancias de como los nietos terminan al cuidado de sus abuelos pueden afectarlos con el desarrollo de depresión, discapacidades para aprender, presión y otras necesidades especiales. Estos problemas pueden causar a los abuelos a tener tensión financiera y emocional.

Tensión emocional puede perjudicar la salud del abuelo. Muchos abuelos descuidan su propia salud cuando viven con un salario fijo. No quieren sumar ningún estrés o gastos a su presupuesto. Tratan de ignorar sus propios problemas de salud para poder comprobar que son aptos para cuidar de sus nietos.

Doctores han empezado a poner más atención a la situación en la casa de sus pacientes. El tener una idea

de la situación en casa, el doctor puede tener una mejor idea por lo que el paciente está pasando. Si usted está cuidando de sus nietos, usted tiene que cuidarse. Nietos necesitan abuelos saludables.

Es importante que abuelos aprendan a tratar con organizaciones e instituciones que pueden ser recursos vitales en la crianza de sus nietos. El estar familiarizado con la ayuda disponible puede ayudarle con la crianza de sus nietos. La adaptación de ser abuelo a ser un "padre" puede ser difícil. Usualmente, abuelos son los que miman a los nietos, pero si está al cargo de su crianza tiene que ser el disciplinario. Tiene que asegurarse que sigan las reglas de su casa.

Abuelos tienen que recordar que son padres de sus hijos también. Es esencial de mantener comunicación con los padres de sus nietos. Es saludable tener una actitud positiva y reconocer que la gente crece y cambia. Si usted está criando a sus nietos, no piense que está solo. Hay

.....*Superando nuestros retos*

muchos abuelos criando a sus nietos, asi que no tenga miedo de pedir ayuda. Criar a sus nietos puede ser el mayor desafio de su vida, pero al mismo tiempo puede ser el tiempo mas gratificante.

[Fuentes: La Fundacion del Abuelo; Programa del Condado de Riverside Abuelos Criando a Nietos]

**Angel Food Ministries**

Angel Food Ministries fue fundada por Joe y Linda Wingo en 1994 para ayudar a proveer comida para amigos y vecinos que estaban en un problema financiero. Este programa esta ayudando a proveer alivio de comida a mas de 50, 000 familias cada mes. Este es un programa de bajo costo que ayuda a miles. Todos califican; no hay aplicaciones para ordenar comida. Su comida es de "grado de restaurante", vegetales congelados, frutas, y productos de diario, etc. La comida es adquerida por la relacion que tienen con los mejores vendedores. Si necesita mas informacion o quiere preguntar por la locacion mas cerca a usted, puede visitar su pagina de internet [www.angelfoodministries.com](http://www.angelfoodministries.com) o llame al 1 877 366-3646.

*Enfermedades relacionadas con el Estrés*

**P**arte de nuestra vida tenemos momentos que nos causan estres. El estres tiene un impacto negativo en nuestros cuerpos. Un alto nivel de estres puede ser el causante de muchas enfermedades como: Enfermedades del corazon, ataques de ansiedad, alta presion, depression, insomnia, migrañas, y alcoholismo.

Es imposible no tener ningun tipo de estres, pero es importante tener maneras de controlarlo. Es importante reconocer cuando usted es mas vulnerable al estres y como usted reacciona a su estres. Cuando tiene en claro como y cuando reacciona al estres, es mas facil controlarlo. Estas son

algunas maneras de controlar su estres:

- Sea organizado
- Aprenda a mantener limites. No acepte obligaciones que no son necesarias
- Mantengase activo y mantenga una dieta saludable
- Duerma 8 horas por noche
- No consuma drogas, pare de fumar, limite el uso de alcohol y cafeina
- Trate de hacer tecnicas de relajacion como, yoga, meditacion, oracion, etc

Si nunguno de estos metodos le ayuda, podria ser buena idea ver a un psicologo o trabajador social.

(Fuentes: [www.healthline.com](http://www.healthline.com))

**ADMINISTRACION DE SERVICIOS**

Asistencia en asesoria de las necesidades individuales y coordinacion de servicios de cuidado, asi permitiendo a personas fragiles de salud o adultos desabilitados a permanecer en sus hogares. Estos servicios pueden ser gratuitos o bajos en costo, dependiendo de su edad, ingresos y condicion fisica.

**1-800-510-2020**

*Superando nuestros retos* EDITOR— Ivet Woolridge / Challenges Associate Editor

**Recursos Para Personas Mayores.....AYUDA CONEXION...1-800-510-2020**

***You cannot do a kindness too soon, for you never know how soon it will be too late.***

– Ralph Waldo Emerson, poet, philosopher (1803-1882)

*“Please remember that there are little things you can do every day to lift someone's spirits and give them hope. You don't have to make a big time commitment or do anything extraordinary. Just take a few minutes this week to make a difference in someone's life. Do you have an elderly neighbor who spends most of her days alone? Stop by today and share your lunch with her. Is someone you know recovering from an illness or injury? A cheerful card or a quick telephone call will brighten his day. Go grocery shopping for your grandmother or take a neighbor who is having a hard time with you. I'm sure you can think of many other ways to give a small kindness.”*

- Shared thoughts from people just like you at [www.Squidoo.com](http://www.Squidoo.com)

**FALL 2008**



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## ***Meeting the Challenges***

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***JOURNAL***

published since 1989 by the **non-profit 501(c)(3)**

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