

# Meeting the Challenges

Quarterly

**JOURNAL**

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

 **INDEPENDENT LIVING PARTNERSHIP**

Internet @ [www.LivingPartnership.org](http://www.LivingPartnership.org)

...and @ [www.vitalco.net](http://www.vitalco.net) **Vital Connections**  
24 hours a day—EVERYDAY

On the

SPRING 2008

Volume 16 Number 4

**HELP SUPPORT CHALLENGES! DONATE TODAY! SEE INSIDE FOR DETAILS!**

## Keeping A Healthy Heart

**H**ear disease develops slowly from our life-long habits and progresses almost unnoticeably UNTIL it is a problem. Clearly, keeping a healthy heart is important to our overall well-being and quality of life.

One so called uncontrollable risk factor is a family history of relatives who had heart disease at an early age. The risk for developing heart disease increases for us all as we age. And, men are at risk earlier than women—women are provided with some hormonal protection until after menopause.

Many people do not know that heart disease is the leading cause of death in the United States. In fact, heart disease is the biggest single threat to our lives and it is important to recognize that and begin right now to limit what researchers call the “controllable risk factors”:

▶ Physical inactivity

- ▶ Smoking
- ▶ Being overweight or obese
- ▶ High blood pressure
- ▶ High cholesterol
- ▶ Diabetes.

According to Cynthia Tracy, M.D., chief of cardiology at Georgetown University Hospital in Washington, D.C., we each need to examine this list of risk factors and say “That's a risk factor for me. I am at risk for heart disease. And now I'm going to do something about it.”

To begin, make an appointment to see your physician for testing to identify any risks that you currently have. Ask your physician to help you develop a plan to keep your heart healthy. And be prepared to make the lifestyle changes that may be necessary.

*(Continued on page 2)*

**ALSO IN THIS ISSUE: ..Living with Congestive Heart Failure—Page 3 ..Pulmonary Rehabilitation—Page 3 ..Improperly Cooled Food Illness—Page 5 ..Depression is Not Normal—Page 6 ..Tips for Getting Beyond Depression—Page 7 ..Free Homeowner Assistance Filing—Page 8 ..Travel More Safely in Wheelchair—Page 10 ..TOOLS Newsletter Preview—Page 11 ..TRIP Tips—Page 12 Free & Easy Transportation to Regional Medical Center—Page 13 ..El Mantenimiento de un Corazon Sano—Page 14 La vida con Insuficiencia Cardiaca Congestiva—Page 15 .....AND MORE!**

**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.**

(Continued from page 1)

Following are some general guidelines:

- ▶ If your doctor agrees, begin a regular schedule of exercise, 30 minutes each day. The 30 minutes can be broken up into three 10 minute segments, if necessary. Brisk walking is good, which can be just for exercise, or walk to the store instead of driving, walk up and down steps, park at the edges of parking lots instead of as close to stores as possible (use common sense though to protect your personal safety!).
- ▶ Change your diet to one that is low in fat, cholesterol, and salt, and high in fruits, vegetables, grains, and fiber. Instead of fried foods, eat boiled, steamed, broiled, baked or microwaved foods. When you do use oils, cook with unsaturated vegetable oils such as corn, olive, canola, safflower, sesame, soybean, sunflower, or peanut oil. Eat lean meats and cut off the fat. Season with herbs and spices instead of butter and salt.
- ▶ Stop smoking. 2 weeks after quitting, heart attack risk begins to drop. At 1 year heart attack risk is one-half that of a smoker,

and by 5 years the risk is reduced to that of non-smokers.

- ▶ Try to minimize stress and avoid creating stress for others. Paul J. Rosch, MD, president of The American Institute of Stress, suggests that setting realistic goals, prioritizing them, and organizing time appropriately is an essential first step. Recognize that everything is not going to get done. Learn how to say no when overextended. He adds that it is important to recognize the things that can be controlled and not to waste time and energy on things that nothing can be done about. Others suggest making time to enjoy things that you like to do is important, practicing abdominal breathing, meditation and other relaxation techniques. Taking Tai Chi classes is also recommended.

[SOURCES: USDA, Health and Human Services; Centers for Disease Control; Helpguide.org]

***“It is the heart  
that makes a man rich.”***

- Henry Ward Beecher

***Meeting the Challenges***

VOLUME 16, ISSUE 4, April 2008

EDITOR: Richard Smith

E-Mail: rsmith@vitalco.net

ASSOC. EDITOR: Ivet Woolridge

E-Mail: 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 works to ensure the independence and dignity of the elderly and persons with disabilities, their families and caregivers.

**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!!**

## Living with Congestive Heart Failure

**F**ortunately, heart failure can be treated. Medications can be prescribed, but much of the success of treatment is up to the patient. Three important things to do are:

- ▶ Read food labels and avoid foods high in salt or “sodium”
- ▶ Start and stick to an aerobic exercise plan as your doctor advises
- ▶ Keep up your interests, or find new things to do and keep a positive attitude about life!

Physicians may prescribe several medications to help, including some to lower blood pressure and decrease the heart’s workload, some to help your body get rid of extra water and sodium, or that slow the heart rate, relax and open blood vessels and help the heart to pump better. Always take medications as directed!

If you gain 3 pounds or more in a day, notice puffy ankles, have chest pain, find it hard to breath, feel noticeably weaker or seem to have the “flu”, contact your doctor right away.

[SOURCE: American Heart Association]

## Could Pulmonary Rehabilitation Be Helpful ?

by Tina Louise Moreno RRT, RCP

**I**f you have been diagnosed with COPD, emphysema, chronic bronchitis, asthma or interstitial lung disease, you may benefit from a pulmonary rehabilitation program.

Pulmonary rehabilitation is comprised of a six to ten week outpatient program for individuals with the respiratory diseases listed above. Programs typically offer informational classes and monitored exercise sessions.

The informational classes normally include:

- ▶ Basic anatomy and physiology of the respiratory system
- ▶ Nutrition
- ▶ Occupational Therapy
- ▶ Stress Management
- ▶ Infection Control
- ▶ Understanding Medications
- ▶ Breathing exercises and techniques.

Participants receive instruction in small groups from an interdisciplinary team of medical caregivers, overseen by a respiratory therapist and, or a regis-

tered nurse.

The goals of a Pulmonary Rehabilitation Program are:

- ▶ To decrease respiratory symptoms and complications
- ▶ To decrease absenteeism from work and social activities
- ▶ To decrease hospitalizations
- ▶ To decrease the work of breathing
- ▶ To strengthen the heart and diaphragm muscles
- ▶ To improve an individual’s quality of life.

To get started in a pulmonary rehabilitation program, first talk with your primary care physician. Your doctor will probably schedule you for a pulmonary function test to determine the severity of your COPD. Second, get in touch with your individual insurance policy, and check the requirements. Most insurance policies cover this program as long as you meet their criteria.

Pulmonary rehabilitation programs can help you enjoy a higher quality of life.

*NEW CELL PHONE LAW***- Starting July 1st**

- ▶ Vehicle drivers are prohibited from using handheld cell phones.
- ▶ The first offense will cost \$76 and then it will be \$190 for each ticket after that.
- ▶ There is an exception to the law to allow a driver to use a handheld cell phone to call law enforcement, emergency services, the fire department or a health provider.
- ▶ Hands-free devices can be used.
- ▶ Use of a cell phone with a push-to-talk feature is not allowed under the new law. However, a push-to-talk feature attached to a hands-free ear piece or other hands-free device is acceptable.
- ▶ The CHP is authorized to stop vehicles when violation of this law is observed.

[SOURCES: California Highway Patrol;  
Department of Motor Vehicles]

***“From what we get,  
we can make a living; what  
we give, however,  
makes a life.”***

- Arthur Ashe

**NEW SCAM WARNING:** A reader reports that she received a phone call to "introduce a new service from **worker's comp**" to her. The woman who called knew her name and knew that she received worker's comp. The caller told her that NOW she could receive her worker's comp covered medicines by mail. Our reader was immediately suspicious as the woman told her that a three month supply could be sent, when worker's comp had always limited medication dispensing to a one month's supply. Also, our reader's medications are "controlled substances", but the caller said they could be sent through the mail. When the caller asked our reader if she wanted to enroll, she said "sure!". So the woman started with your name is? ...that is spelled? ..you live at?, etc. and then got to "what is your social security number?" Our reader responded that she did not (*wisely!*) give her SSN to people who called her over the phone and the caller hung up immediately, without another word.

*NOTICE to Riverside Transit Agency Riders*

Effective June 10th, RTA Disabled/Senior ID Cards will be issued at YWCA of Riverside County, 8172 Magnolia Avenue in Riverside, on the 2nd Tuesday of each month from 9 a.m. to noon. Direct service to the location is available on RTA Bus Route 1. For information on the documentation that is required to qualify for a card, call RTA at 1-800-800-7821. ID cards will no longer be issued at the Janet Goeske Center.

*THE GIFT OF LIFE*

To meet the needs of area residents, the non-profit Community Blood Bank delivers blood to hospitals in the Coachella Valley, Morongo Basin, Blythe and the Banning/Beaumont Pass. In order to do this, 100 pints of blood must be donated each day.

Did you know that one pint of blood can save up to three precious lives? Maybe you can get on a regular donation schedule yourself, or organize your civic group, club or faith based organization to make donating blood an on-going project?

Donating blood is easy and quick and there are many convenient locations where donations can be made. Phone (760) 773-4190 for donation locations and hours. [In Western Riverside County, call 1.800.879.4484 for locations to donate blood to support the needs of other communities.]

*Can improperly cooled food cause food borne illness--Myth or not?*

by Merrill King, MPH MPA RD, Riverside County Office on Aging Nutritionist

**H**ave you ever wondered whether you could become ill by placing cooked or reheated food in your refrigerator without proper cooling first? The answer is Yes! Food that has been cooked and placed in a refrigerator should be cooled down to 70°F within 2 hours and then 41°F or below within 4-6 hours. The USDA says, "One of the most common causes of food borne illness is improper cooling of cooked foods. Because bacteria are everywhere, even after food is cooked to a safe internal temperature, they can be reintroduced to the food and then reproduce." Older adults and young children run a particularly higher risk of becoming ill as their immune systems are generally weaker than other population groups.

There are several cooling techniques that will allow your food items to easily reach under 70°F within 2 hours. First you should make sure that your refrigerator is currently temping at 40°F or below by placing a thermometer in the unit for 15 minutes. Adjust your fridge thermostat as needed. Make sure the items being cooled are no higher than 3 inches in the pan, es-

pecially if it is a dense food like chili, pasta, or stews. Higher layers of food make it very difficult for proper cooling as hot spots will remain in the center of the food, providing an ideal environment for bacterial growth. Do not use plastic wrap or foil over cooling food; temporarily use food parchment paper or paper towels until the item is fully cooled. Restaurant pros also use ice baths to quickly bring down temps of thick foods like casseroles or stews.

***So what about when people eat out at a restaurant and bring home leftovers?*** This is even more challenging because the temperature inside your vehicle and the outside temperature affect how fast or slow the food will cool. Not to mention many people do not return home right away after eating out. Often we have other errands to do on the way home which can slow effective cooling of leftovers. But the same principles apply: Protein-containing foods such as meats, cheese, and/or beans should be cooled down to at least 70°F within 2 hours of being served in a restaurant. If you are often in the habit of bringing back a doggy bag af-

ter eating out, you might just pack a small ice chest in your car complete with ice or cold packs in order to start the cooling process. Be prepared!

When re-heating leftovers, make sure that the food reaches 165°F for at least 15 seconds in order to destroy any of those unfriendly leftover bacteria! According to the USDA, leftovers containing meat should not be kept in your refrigerator for longer than 4-5 days, so consider freezing those gourmet goodies if you aren't planning to eat them soon. There are many millions of cases of food borne illness each year, but most of these can be prevented with proper cooking and cooling of food. Your good health depends on it!

**2<sup>nd</sup> Water Volleyball Event  
at Catalina Spa & RV Resort**

This year's tournament will be Friday & Saturday, November 14 & 15, 2008. Both competitive and recreational teams are welcome. Join in the fun! For more information or to sign-up your team, contact Karen Hansen at: [karenanddavehansen@juno.com](mailto:karenanddavehansen@juno.com).

*Depression is Not a Normal Part of Aging*

by Cathy Wong

**E**xperiencing depression during the later years of life is *not* a normal part of aging. Some people assume that the later years of life inevitably come with feelings of sadness and hopelessness. A contributor to this perception is images from society that portray older people experiencing negative life events and loss during the later years of life. For example, images showing the loss of physical stamina and the loss of memory that lead to feelings of depression are prevalent. As a result, those of us with health problems who experience enduring sadness may continue to live life with depression being untreated.

This perception needs to be corrected, and we should seek professional help. It should be emphasized that our later years should be as happy and enjoyable as the previous years of life.

Providing knowledge and education to older people and our family about depression is important for the well-being of seniors in the community. Many people experience depression. An

estimated 2 of every 10 older adults in the community are depressed, and about half of residents in nursing homes are depressed. Symptoms of depression are feelings of sadness, worthlessness, and hopelessness; fatigue and the inability to concentrate; insomnia and difficulty sleeping; hyperinsomnia during the day; diminished interest in usual activities; and thoughts of death or suicide.

For us to distinguish the difference between feelings of sadness and significant major depression, a diagnosis of major depression is warranted if the symptoms affect our daily life to the extent that we are unable to function throughout the day, and the symptoms are present for at least two weeks.

For those of us who have health problems the likelihood of experiencing depression increases. Living with a health problem (such as heart disease, cancer, diabetes, arthritis, or Alzheimer's disease) is probably one of the most difficult and challenging experiences in our life. When we are limited in our capabilities due to a medical condition, it is a challenging life event that affects us physically and psychologically. Having health prob-

lems can lead to psychological stress. If the psychological stress is left untreated, it can further complicate the course of the medical condition. It appears that the health of the body and mind are very interconnected and influence each other.

If you or someone you know has a medical condition and are showing symptoms of depression, psychological help should be sought. The recognition of depression may not be noticeable because it may be assumed that you or somebody you know is just going through a difficult time in life because of the health problems.

Speak with your doctor about receiving mental health services. A referral to a psychologist who specializes in working with older adults could be beneficial. When speaking with a doctor, inquire about a referral to a geropsychologist. Geropsychologists specialize in clinical mental health services for older adults.

Furthermore, do you know that older adults who are eligible for Medicare can receive mental health care coverage? Medicare Part A allows for 190 days of inpatient

psychiatric hospitalization in a lifetime. Medicare Part B pays for 50 percent of outpatient mental health services.

There are things that can be done for those of us who are experiencing depression. Speaking with a doctor to receive professional mental health services is recommended. Also, speaking with a loved-one who can be of great support during challenging times may often be as much help as receiving professional mental health services. There also are practical things that can be done besides talking with a doctor, family, or friend.

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

***“Life is 10 percent  
what you make it,  
and 90 percent  
how you take it.”***

- Irving Berlin,  
composer, lyricist

***“Sometimes your joy is the  
source of your smile, but  
sometimes your smile can  
be the source of your joy.”***

- Thich Nhat Hanh

### TIPS FOR GETTING BEYOND DEPRESSION

- ▶ Set realistic goals and assume a reasonable amount of responsibility.
- ▶ Break large tasks into small ones, set some priorities, and do what you can.
- ▶ Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
- ▶ Participate in activities that may make you feel better: mild exercise, going to a movie, a ballgame, or participating in religious and social activities.
- ▶ Expect your mood to improve gradually, not immediately. Feeling better takes time.
- ▶ It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition--change jobs, get married or divorced--discuss it with others who know you well and have a more objective view of your situation.
- ▶ People rarely "snap out of" a depression. But they can feel a little better day by day.
- ▶ Remember, positive thinking will replace the negative thinking that is part of the depression and will disappear as your depression responds to treatment.
- ▶ Let your family and friends help you.

[SOURCE: <http://www.healthyplace.com>]

### GOTCHA—Traffic Tickets by Mail !

**H**ave you noticed all those funny little boxes showing up on traffic signal lights everywhere? In case you didn't know, they are called "red-light cameras". If a camera catches you speeding through an intersection, a ticket (along with a photograph of the violation) will arrive in your mailbox a month or two later.

These camera systems are computer operated. A vehicle in the intersection against a red light caused the camera to take two photos—the first shows the vehicle at the edge of the intersection and the second shows the vehicle in the middle of the intersection. A vehicle in the middle of the intersection when the light turns red will not activate the cameras.

[SOURCE: [howstuffworks.com](http://howstuffworks.com)]

## YOU CAN DO IT YOURSELF!

by Margo Hamilton, Regional Manager - C.A.R.E. Program

According to several calls received at our C.A.R.E. Program offices, many homeowners in Riverside County have been receiving mailed offers of assistance from a private company to file claims for Homeowner Assistance tax rebates for seniors and disabled people. Most of our callers are wondering if this offer is a scam. Our research has determined that this is a legitimate offer for assistance, for a \$36.00 fee, from a non-government agency.

Let's go over some of the facts about Homeowner Assistance Claims and you can decide if you would like to pay a fee for assistance in filing a claim, or if you would like to file it yourself for free.

The Homeowner Assistance Program allows a once-a-year payment from the California State Franchise Tax Board to qualified individuals based on part of the property taxes assessed and paid on their homes. For the 2007 claim year, the maximum amount of assistance that an eligible homeowner can receive is \$472.60. The minimum amount of assistance may fall under the

\$36.00 fee paid. You may be eligible to file a 2007 claim if you are a United States citizen, designated alien, or qualified alien when you file your claim, AND if you met the following criteria on Dec. 31, 2006:

- ▶ You were 62 years of age or older, or under 62 and blind, or under 62 and disabled, AND
- ▶ You owned and lived in your own home, AND
- ▶ You have a total household income of \$42,770, or less.

To escape the \$36.00 fee we mentioned earlier, you or your tax preparer can file your claim. You may also be able to receive no cost assistance completing the forms from AARP at your local senior center. You must call the senior center to make an appointment.

You may determine that filing yourself is a benefit in order to avoid having to disclose your income information and social security number to a private company. Claim forms and instructions are available at the Franchise Tax Board's website: [www.ftb.ca.gov](http://www.ftb.ca.gov). You may file a claim for 2006 income be-

tween now and June 30, 2008. Unfortunately claim forms are not available for mailing from the Franchise Tax Board's automated phone line.

While the mailed offer for claim assistance is not a scam, you may prefer to do it yourself and save \$36.00. Hopefully, now you know how!

### **SILENCE IS FRAUD'S BIGGEST ALLY... IF YOU HAVE BEEN SCAMMED CALL THE C.A.R.E. Program**

**Curtailing Abuse Related to the Elderly**  
(A Division of Riverside County's Adult Protective Services, DPSS)

IN RIVERSIDE COUNTY

**Call 800-476-7506 (toll free)**

### *FBI Warns of New Crime: "House Stealing"*

According to information from the FBI, one of the latest crimes uses identity theft to *steal* a person's house. Here is how:

1. The criminal steals your personal information
2. The criminal creates fake IDs
3. The criminal buys transfer forms at the stationary store
4. Then the criminal forges your signature, files the forms and your house is theirs.

**Call TRIP at 1-800-510-2020 to become a TRIP Escort-Driver Volunteer**



*What's Wrong with Having Weak Muscles?*

**A**ccording to a report from Harvard Medical School, not only do weak muscles threaten our independence in the usual ways that we might think, including increased difficulty walking and standing and doing everyday things like shopping, weak muscles also directly impact our health:

- weak muscles are not very good at using the sugar in our blood or at helping our bodies stay sensitive to insulin—
- weak muscles are not effective in the use of oxygen and other nutrients from the blood—

RESULT: weak muscles place added strain on the heart

- Weak muscles make maintaining balance more difficult—

RESULT: weak muscles, combined with the weakening of bones may mean falls with life threatening breakages.

The conclusion is that “risk of these problems can be reduced by an exercise and fitness routine that includes strength training.” The *Strength and Power Training* report, including “Beginner’s simple strength boosting exercises”, can be purchased from Harvard Health Publications, PO Box 9306, Big Sandy TX 75755 for \$16.

WATCH FREE VIDEOS.....

**“How to avoid HARMFUL MEDICINE INTERACTIONS”**

**“WINNING THE GAME- Instructional Video for Gamblers”**

View and workout to **“EXERCISING with limited mobility, Part 1 - THE UPPER BODY”**

More training and workout fun... **“EXERCISING with limited mobility Part 2 - THE LOWER BODY”**

**“KITCHEN PARTY ...with the Food Fanatics!”**

**“HOW TO PROTECT YOUR PERSONAL SAFETY”**

**“Preparing to PROVIDE ALZHEIMER'S CARE at Home”**

**“PREVENTING FALLS & OTHER SAFETY TIPS”**

**“HELPING YOUR PARENTS WHEN THEY NEED YOU....”**

**“TAI CHI FOR HEALTH AND VITALITY”**

*all free to view at*

**[www.vitalco.net](http://www.vitalco.net)**

**The Vital Connections' website of the non-profit**



*New Prescription Available to Treat IBS*

**A**s those who have IBS (Irritable Bowel Syndrome) know, the cramping and other symptoms are painful and can be debilitating. The U.S. Food and Drug Administration recently approved the first medication for the treatment of Irritable Bowel Syndrome with Constipation (IBS-C) in adult women.

In two major studies, involving 1,154 mostly women patients, those treated with Amitiza reported that their IBS symptoms were “moderately or significantly relieved”. The effectiveness of the medication was not “conclusively demonstrated” and was not approved for use by men or children.

Common side effects of Amitiza include nausea, diarrhea, and abdominal pain. Those who think they might benefit should talk with their physicians.

### Wheelchair Transportation Safety:

#### *How to Travel More Safely while Seated in a Wheelchair*

by Susan I. Fuhrman, BSME, University of Pittsburgh

**S**eats in cars, vans and buses are designed for safety and comfort. Wheelchairs are mostly designed for mobility and function. Yet, some wheelchair users stay seated in their wheelchairs while traveling by motor vehicle. This may be because of convenience or independence, or it may be for other reasons. Since most wheelchairs are not designed for use as a seat in motor vehicles, what are the best practices? This article provides information on how wheelchair users can travel more safely.

Three things are needed to provide occupant protection in motor vehicles:

- ▶ Use a wheelchair that has been crash-tested
- ▶ Always secure the wheelchair to the vehicle facing forward with a crash-tested securement system – using either a 4-strap tiedown system or a wheelchair docking system
- ▶ Always use a crash-tested lap and shoulder belt

What are crash-tested wheelchairs? Crash-tested wheelchairs have passed a

voluntary safety standard called: ANSI/RESNA WC19 – *Wheelchairs Used as Seats in Motor Vehicles*. They have several important features:

- ▶ Lower risk of injury to the wheelchair rider in a vehicle crash
- ▶ Easier and faster wheelchair securement: They have four securement points where tiedowns are attached that are labeled, easy to find, easy to reach, and provide clear paths for tiedowns
- ▶ They provide improved wheelchair stability and safety during normal travel
- ▶ They have been tested and rated for how easy they are to use seatbelts with
- ▶ They have the option of a wheelchair-anchored pelvic safety belt.

How do I find a crash-tested wheelchair? Look for the words: WC19-compliant, WC19 wheelchair, transit-option wheelchair. Find a list of crash-tested wheelchair models at: [www.ercwts.org/wc19.html](http://www.ercwts.org/wc19.html) or call: 412-586-6905.

What is a crash-tested wheelchair securement system? Always use a secure-

ment system that has been crash tested and labeled as meeting SAE J2249. There are two types of wheelchair securement systems:

- ▶ 4-point strap securement system - This is the most common type of securement system used on public buses and paratransit vans. It is also used in some personal cars and vans. It has four straps that are used to attach the wheelchair to the motor vehicle.
- ▶ Docking-type securement system - This kind of securement system is usually only used in personal vehicles. It has one part that is permanently attached to the wheelchair, and a second part that is permanently attached to the vehicle.

Why do I need an extra lap belt and shoulder belt? Your wheelchair may have a lap belt on it that LOOKS like a safety belt. You may even have a chest strap or chest harness – but be careful!! These are not usually crash-tested seatbelts – and they are not made to protect you in a crash! Always use a crash-tested seatbelt system that includes a lap and shoulder belt.

How do I get a crash-tested securement and seat-belt system? For buses and paratransit vans, these systems are best installed by the vehicle maker. For personal vans, find a National Mobility Equipment Dealers Association member (NMEDA) who has successfully completed the NMEDA accreditation program. Contact NMEDA directly, call 800-833-0427 or go to [www.nmeda.org](http://www.nmeda.org).

For more information, or to request a free *Ride Safe* brochure, call 734-764-2171 or go to [www.travelsafer.org](http://www.travelsafer.org).

Susan Fuhrman, BSME, is a doctoral candidate in Rehabilitation Science and Technology at the University of Pittsburgh. Sue works with the Rehabilitation Engineering Research Center on Wheelchair Transportation Safety ([www.ercwts.org](http://www.ercwts.org)).

CONGRATULATIONS TO  
PALO VERDE VALLEY  
TRANSIT!

**30** years ago the Blythe transit system began operations, serving about 400 people a month. Now more than 4,000 people benefit from PVVTA's fixed route and dial-a-ride services. In addition, PVVTA partners with us to provide TRIP assistance for those who can not use their other services. Happy Birthday!



NOTE: The Independent Living Partnership is beginning a new project called **TOOLS for Independence®**. The following product information profiles are from the first project newsletter:



Gardening is relaxing and enjoyable, but not if you suffer from arthritis and

other grasping impairments. The Easi-Grip Add-On Handle for a variety of gardening tools may be your answer. The grip can be added to short handled garden tools and even to standard rakes, brooms and other tools. Easi-Grip tools, and other arthritis aids and devices, are distrib-

## Gardening Made Easy

uted by Mecanids ([www.easi-grip.com](http://www.easi-grip.com)) in the US (800-227-0877). The Add-On Handle is sold in packs of two for \$17.95 by ActiveForever at 800-377-8033

([www.activeforever.com](http://www.activeforever.com)). An Arm Support Cuff, that plugs into the rear of the handle can also be purchased. Other garden aids include the Easi-Grip Cultivator, Fork, and Trowel (\$10.95 each). Prices quoted do not include sales tax and shipping expenses.

**Touchless Trash Can** — You've seen them in public bathrooms, and now you can get them for your home. Invisible, harmless infrared technology enables this trash can to open automatically with a wave of the hand. It also closes automatically, so it's 100% hands-free! The top also can be operated manually.



For information, call 1-800-660-7978 or visit [www.touchlesstrashcan.com](http://www.touchlesstrashcan.com).

**Walk-in Bathtubs** — A reader sends us this advice for anyone considering installing a walk-in bathtub.

Yes, they offer easy in-and-out access. But they take 30 minutes or more to fill up once in the tub, and then you have to wait another 10 to 15 minutes for the water to drain once you're finished!

This can add anywhere from 45 minutes to an hour to your bathing time.

**Subscriptions to the TOOLS newsletter will be available soon.**

## TRIP TIPS

**Q. What can I do if I am told that I do not qualify for TRIP?**

A. TRIP assistance is available for people who have no other options. If you were told that you do not qualify for TRIP Program assistance, you are lucky that you have other options! In Riverside County, millions and millions of dollars are spent each year to make public transportation available for most of us. Sometimes using public services requires some personal adjustment, but that is pretty much the same with just being alive. As things change, the only positive thing that we can do is to change with them. To learn about the public transportation services in your area, contact the Helplink Call Center at the Office on Aging 1-800-510-2020.

**Q. I was just approved for TRIP help with my transportation. What do I do now?**

A. Read your eligibility determination NOTICE carefully, as it explains WHAT SERVICE you



WOULD YOU LIKE TO HAVE A CAP, VISOR, BLOUSE OR OTHER ARTICLE OF CLOTHING THAT SHOWS YOUR SUPPORT FOR THE TRIP PROGRAM?

Now, TRIP has made arrangements with the Queensboro Shirt Company so that you can get your own quality articles of clothing, embroidered with the striking TRIP logo.



Proudly wear the TRIP logo and show everyone how important the TRIP Program is in your life or in the lives of your riders. To access this special account and purchase products embroidered with the TRIP logo, go to:

[www.queensboro.com/s/livingpartnership](http://www.queensboro.com/s/livingpartnership)

are authorized for. Read the Rider Handbook that you received with your notification carefully. Get a volunteer to agree to help you. Refer to the part of the handbook that talks about getting a volunteer and do what it suggests. As soon as you get a volunteer, talk with your volunteer about how to use the TRIP Program successfully. Learn how to fill-in with the request for mileage reimbursement form correctly. Mark the last day of every month on your calendar: "Mail TRIP Reimbursement form". Don't forget—It is VERY IMPORTANT that you mail your request form immediately at the end of each month! Put your handbook in a place where it will be safe and where you can always find it!

**TRIP FACT**

BEFORE YOU PICK UP THE PHONE TO CALL US, YOU WILL PROBABLY FIND THE ANSWERS TO YOUR QUESTIONS IN YOUR **RIDER HANDBOOK!** IT IS A GREAT SOURCE OF INFORMATION AND YOU SHOULD KEEP IT WHERE IT IS EASY TO FIND. IF IT DOES NOT HAVE THE ANSWERS, TRIP STAFF WILL BE GLAD TO HELP YOU.

*FREE and EASY TRANSPORTATION to and from  
the RIVERSIDE COUNTY REGIONAL MEDICAL CENTER*

**R**iverside County Regional Medical Center provides **free non-emergency medical transportation** for its elderly, disabled, or very low income patients who live in Beaumont, Banning, Temecula, Menifee, Sun City, Murrieta, Corona, Riverside and Moreno Valley.

A modern and comfortable van picks up riders at their home for travel to Regional Medical Center clinic appointments, dialysis treatments or medication pick-up. A ride-along caregiver can accompany qualified riders.

To qualify, patients are required to pre-register. The transportation service is provided on a first-come, first-served basis, so notifying the Medical Center of your need for a ride 5 days in advance is a very good idea.

The van service to the Regional Medical Service is available from 6 in the morning to 8 in the evening, Monday through Friday and until 5 pm on Saturdays. This service is free to riders, but donations are also accepted. For more information, call 1-866-909-4881 (the phone call is free too!)

Other transportation services are also provided by the Riverside County Regional Medical Center, including travel from Coachella Valley health centers to the Regional Medical Center.

A **Courtesy Van** Service is available 5 days a week from the Coachella Valley and other areas of Riverside County -

**Route 1** (Return time 3:00):

- ▶ Pick-up 7:15 am at Indio Family Care Center 47-923 Oasis St/Indio (760) 863-8383
- ▶ Pick-up 8:00 am at Palm Springs Family Care 1515 N Sunrise/Palm Springs (760) 778-2210
- ▶ Pick-up 8:30 am at Banning Family Care 3055 W Ramsey/Banning (951) 849-6964

**Route 2** (Return time 1:30):

- ▶ Pick-up 8:00 am at Jurupa Family Care 9415 Mission Blvd/Riverside (951) 360-8795
- ▶ Pick-up 8:30 am at Corona Family Care 505 S Buena Vista/Corona (951) 272-5445

- ▶ Pick-up 9:00 am at Riverside Neighborhood Clinic 7140 Indiana/Riverside (951) 358-6000

**Route 3** (Return time 1:30):

- ▶ Pick-up 8:00 am at Lake Elsinore 2499 E Lakeshore Dr/Lake Elsinore (951) 471-4200
- ▶ Pick-up 8:15 am at Murrieta 41810 Juniper Ave/Murrieta (951) 677-7715
- ▶ Pick-up 8:35 am at Temecula Health Center 41102 County Center Dr/Temecula (951) 600-6300
- ▶ Pick-up 9:00 am at Hemet Health Center 880 N State St/Hemet (951) 766-2450

The **Bus Ticket Program** provides tickets for travel on Riverside Transit Agency (RTA) buses for patients who are ambulatory, but require on-going and frequent medical services, such as therapy, pharmacy, or services for expectant mothers. Phone 1-866-909-4881 for more information on this program.

*Superando nuestros retos.....**El Mantenimiento de un Corazon Sano*

**L**a enfermedad del Corazon se desarrolla muy despacio y viene de largos habitos en la vida y progresa casi desapercibida HASTA que hay un problema. Claramente, el mantener un Corazon sano es importante para nuestro bien y nuestra calidad de vida.

Uno de los riesgos, que segun, es incontrollable es la historia de familia de la enfermedad del Corazon a una temprana edad. El riesgo de desarrollar una enfermedad del Corazon aumenta con la edad. Hombres estan a riesgo a mas temprana edad que mujeres, las cuales son proveidas con proteccion hormonal hasta despues de la menopausia. .

Mucha gente no sabe que la enfermedad del Corazon es la principal causa de muerte en los Estados Unidos. Es importante saber que la enfermedad del Corazon es la mayor amenaza a nuestras vidas y reconocer y empezar ahora a limitar lo que algunos cientificos llaman los "riesgos controlables":

- ▶ Inactividad fisica

- ▶ Fumar
- ▶ Tener sobrepeso u obeso
- ▶ Alta presion
- ▶ Alto colesterol
- ▶ Diabetes.

Segun Cynthia Tracy, M.D., jefe de cardiologia en el Hospital de la Universidad de Georgetown en Washington, D.C., necesitamos de examinar esta lista de factores de riesgos y decir "Ese es un factor de riesgo para mi. Yo voy a hacer algo al respecto.."

Para empezar, haga una cita para ver a su doctor para identificar cualquier riesgo que tenga actualmente. Digale a su doctor que le ayude a desarrollar un plan para mantener su Corazon sano y este preparado para hacer cambios en su vida que sean necesarios.

Estas son algunas direcciones generales:

- ▶ Si su doctor esta de acuerdo, empiece una rutina de ejercicio, 30 minutos cada dia. Los 30 minutos pueden ser divididos en tres segmentos de 10 minutos, si es necesario. Caminar

es bueno, el cual puede ser solo para hacer ejercicio o caminar a la tienda envez de manejar, subir y bajar escaleras, estacione su carro a la orilla del estacionamiento envez de muy cerca de la tienda (use sentido comun para proteger su seguridad fisica!).

- ▶ Cambie su dieta a baja en grasa, colesterol, y sal y alta en frutas, vegetales, granos, y fibra. Envez de comida frita, coma comida hervida, a vapor, asada, al horno o en el microndas. Cuando use aceites, cocine con aceites vegetales no saturados como aceite de maiz, de olivo, de canola, de cartamo, de sesamo, de girasol o de cacahuate. Coma carnes delgadas y corte la grasa. Sasone con hierbas y especias envez de matequilla o sal.
- ▶ Deje de fumar. 2 semanas despues de fumar, el riesgo a un ataque al Corazon disminulle. A 1 año el riesgo a un ataque al Corazon es la mitad de

.....*Superando nuestros retos*

un fumador y a 5 años el riesgo en reducido a como los que no fuman.

- ▶ Trate de minimizar el estres y evite causar estres a otros. Paul J. Rosch, MD, presidente de el Instituto Americano de Estres, sugiere que fijar metas realísticas, priorizarlas, y organizar tiempo apropiadamente en un primer paso esencial. Reconosca que todo se junta y es importante reconozcer que cosas pueden ser controladas y no pierda tiempo y energia cosas que no puede controlar. Otros sugieren que hacer tiempo para hacer cosas que usted disfrute es importante, practicar respiracion abdominal, meditacion y otras tecnicas de relajacion. Tomar clases de Tai Chi es recommendable.

[FUENTES: USDA, Health and Human Services; Centers for Disease Control; Helpguide.org]

*La vida con Insuficiencia Cardiac Congestiva*

**A**fortunadamente, Insuficiencia Cardiac puede ser tratada. Medicina puede ser poscrita, pero el mayor exito depende del paciente.

Tres cosas importantes que hay que hacer son:

- ▶ Lea laS etiquetas de comida y evite comida alta en sal o “sodio”.
- ▶ Empieze y fije un plan de ejercicio como su doctor se lo permita.
- ▶ Mantenga sus intereses, o busque nuevas cosas que hacer y mantenga una actitud positiva de la vida!

Doctores pueden recetar algunas medicinas para aqyudarle, incluyendo algunas para bajar su presion y disminuir la carga de trabajo del Corazon, algunas para ayudar a su cuerpo a eliminar agua o

sodio extra, o disminuir el ritmo del Corazon, relajar y abrir los vasos sanguinieos y ayudar al corazor a bombear mejor. Siempre tome sus medicamentos siguiendo sus direcciones!

Si usted sube 3 libras al dia o mas, si nota sus tobillos inchados, tiene dolor en el pecho, es dificil respirar, se siente debil o parece que tiene un resfriado, contacte a su doctor tan pronto como sea posible.

[FUENTE: American Heart Association]

*“La fortuna de un hombre es lo bueno que hace en el mundo. Belleza es eternidad que se contempla asi misma en un espejo. Pero tu eres eternidad y tu eres el espejo.”*

- Kahlil Gibran

**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**

**ZERO HISTORY:** .....zero, nada, nothing—not entirely. If someone gave you a check for \$1, that would be far different than getting a check for \$1,000,000. Here zeros are much more than nothing—they are where the big money is. But “0” was a number that came late to the number system we use today. J. J. O'Connor and E. F. Robertson write in “A History of Zero” that in earlier times, when zero did not yet exist, the places in numbers were marked in other ways. Around 400 BC, the Babylonians began marking places with little wedge shaped symbols, so they would have written 2008 something like 2 ▼▼ 8. By about 130 BC, it is reported that the Greek astronomer Ptolemy had begun to use “0” as a place holder, but that zero did not go from being a form of punctuation to being a number as we know it today until about 650 AD in Indian mathematics.

**SPRING 2008**



*Reader Sponsored*

## ***Meeting the Challenges***

Quarterly

**JOURNAL**

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

### ***Independent Living Partnership***

6296 Rivercrest Drive, Suite K, Riverside, CA 92507

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

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
RIVERSIDE, CA  
PERMIT NO. 2441

***Inside.....*** ▶ Keeping a Healthy Heart ▶ Living with Congestive Heart Failure ▶ Pulmonary Rehabilitation ▶ Improperly Cooled Food Illness ▶ Depression is Not Normal ▶ Tips for Getting Beyond Depression ▶ Free Homeowner Assistance Filing ▶ Travel More Safely in Wheelchair  
▶ TOOLS Newsletter Preview ▶ TRIP TIPS ▶ Free&Easy Transportation to Regional Medical Center  
▶ El Mantenimiento de un Corazon Sano ▶ La vida con Insuficiencia Cardiaca Congestiva  
.....AND MUCH MORE!!!!