

Meeting the Challenges

Quarterly

JOURNAL

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ILP...home of TRIP ...Empowering People to Remain Independent....

Some Thoughts About Driving

“Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?”

- George Carlin

Also from George Carlin: I was riding with a guy and we came to a red light and he went swoooooooooosh—right through it. I said “Hey, you just ran a red light.” He said, “It’s OK. That’s the way my brother drives.” A little while later we came to another red light and swoooooooooosh, he went right through it. I said, “YOU just ran another red light!” He said, “I told you, it’s OK—my brother drives that way.” Then we came to a green light and the guy stops and I said, “This is a green light—you don’t have to stop.” And he says, “Yea, but my brother might be coming from the other direction.”

“I don't care whether you're driving a hybrid or an SUV. If you're headed for a cliff, you have to change direction.”

- Barack Obama

“I had to stop driving my car for a while... the tires got dizzy.”

- Steven Wright

“You know, somebody actually complimented me on my driving today. They left a little note on the windscreen, it said 'Parking Fine.’”

- Tommy Cooper

“The difference between talking on your cell phone while driving and speaking with a passenger is huge. The person on the other end of the cell phone is chattering away, oblivious.”

- Marilyn vos Savant

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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.

Meeting the Challenges
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INDEPENDENT TRANSPORTATION PLANNING

Right now, in America, about 8.4 million seniors depend on others for their transportation.

Very few of us plan for the time when we will no longer be able to drive. But unexpected things happen to us all.

You might be thinking to yourself that you NEVER used to go to the doctor as much as you do now? That happens for sure and is one of the reasons that eventually most of us get to a point where stopping driving is an absolute necessity. These causes include physical and mental changes that result in functional declines or skill loss.

Unfortunately we often continue to drive without realizing that we are endangering ourselves, our family, friends, and maybe everyone else we share the road with.

If we have not planned for the time when driving is no longer possible, we may find ourselves suddenly faced with lack of access to essential services, loss of social independence, reduced mobility, and even isolation and loneliness.

If we have always been independent and self-

sufficient, the transition to not driving may be psychologically difficult—needing to plan trips around other people's schedules, feeling as if we are a burden on others.

Throughout our lives, new circumstances often require us to make big changes in what we think and how we do things, and it is no different when driving becomes impossible.

These changes will mean that we have to be adventuresome again. We need to learn how to do things differently and be willing to find the internal strength to use alternative resources:

- Public transit works well for many of us
- Sometimes special transit services are necessary
- Sometimes other programs that provide alternative services are necessary.

It is important that we find ways to remain connected to our communities, to our friends and family, and that we are able to access the services we need. We must start early, explore what's available and plan and train ourselves to be ready to remain independent.

[SOURCE: <http://www.caregiverslibrary.org>]

New Bus Service Coming to North Shore

By September residents of North Shore will likely have a new transit link to Mecca, Thermal, Coachella and Indio, and the ability to connect to other Coachella Valley locations by bus. Residents are expected to welcome SunLine's proposed weekday bus service of five round-trips between 5:30 a.m. and 7:30 p.m. with enthusiasm.

City of Palm Springs Continues TRIP Support for City Residents



The City of Palm Springs has renewed its Community Development Block Grant commitment to assist transportation underserved, low-income residents of the City by supporting the TRIP Program of the Independent Living Partnership for a second year.

Palm Spring's TRIP is intended to provide specialized transportation assistance for low-income seniors, severely disabled adults and special needs populations who live in Palm Springs.

The TRIP Program has been helping people in the Coachella Valley who do not drive, who have no family to help, and who are not able to use SunBus or SunDial, to travel to receive needed health services and other lifeline services for almost twenty years.

Low income people with disabilities and the

elderly who live in Palm Springs may qualify for special TRIP service mileage reimbursements for volunteers who assist them.

If you know someone who hardly ever leaves their home, misses doctors' appointments, can't get their groceries, is very sick without family to help, or just can't get to places they need to go, ask them to call TRIP through the Riverside County Office on Aging's HelpLink call center at 1-800-510-2020.

Many Palm Spring's residents rely on TRIP to meet their critical transportation needs. For example, William J says, *"My wife and I are both in the TRIP program. I am 95 and my wife is 85. Without TRIP we would not be able to go to the doctors or get our groceries. We are very grateful for TRIP."*

Special Riverside County TRANSPORTATION OPTION

If you live anywhere in Riverside County, you may qualify for special TRIP assistance to help you recruit your own volunteer escort-driver.

Call 1-800-510-2020 and tell the HelpLink Services Specialist that you need help with transportation.

You will be asked a few questions and, if appropriate, will be referred to TRIP. Once referred, you will complete an application, and if you are determined to be eligible for TRIP assistance, you will receive monthly cash mileage reimbursements for your volunteer.

The TRIP program is supported by Measure A tax funds through the Riverside County Transportation Commission, Older Americans Act funds through the Office on Aging, Federal New Freedom funds, C D B G funds from the City of Palm Springs, a RAP Grant, local funds from the City of Blythe, and collaboration with Angel View Crippled Childrens' Foundation

CHARITABLE CONTRIBUTIONS FROM INDIVIDUALS AND BUSINESSES ARE WELCOME!!

Want to live longer and better? Strength train.....

According to a *Special Health Report* from Harvard Medical School, keeping active physically “promotes general good health, reduces the risk of developing many diseases, and helps you live a longer and healthier life.”

Walking is good, as are low-impact aerobic exercises that get the heart pumping, but the Harvard Report tells us that strength-building exercises or “resistance” exercises are also important to help us preserve the ability to perform the ordinary daily living activities. We are reminded that strength and stamina are critical in order to maintain an active and independent lifestyle.

It is reported that the average person “will lose about a quarter of his or her muscle strength by age 70 and half of it by age 90.”

According to Dr. Robert Schreiber, physician-in-chief at Hebrew SeniorLife

“Your past is like a pencil mark on paper... You can erase it, but it never goes away. Still, you CAN mark over it with your future.”

— Brad Mayfield, 6th grader

and an instructor in medicine at Harvard Medical School, without strength training we will all gradually become “weaker and less functional.”

Strength training can include any of the following:

- Free weights, such as barbells and dumbbells
- Ankle cuffs and vests containing different increments of weight.
- Resistance (elastic) bands of varying length and tension that you flex using your arms and legs
- Or exercises that use body weight to create resistance against gravity.

The Harvard Health Report says that “A beginner’s strength-building workout takes as little as 20 minutes, and “you won’t need to grunt, strain, or sweat like a cartoon bodybuilder.” The key is developing a well-rounded program, performing the exercises with good form, and being consistent. Noticeable gains in strength are promised within four to eight weeks.

Ways to get started:

- Join a health and fitness club to use their equipment
- Check with your senior center and adult education programs in your area

- Equipment can be purchased at sporting goods stores
- Or MAKE YOUR OWN.

An empty half-gallon milk container, re-filled with water makes a great hand weight. Or use two large canned goods cans.

Tie a bag of beans or rice to your ankles or wrists to act as weights when you walk, or do aerobics. Your local “dollar shop” may sell inexpensive wrist and/or ankle weights.

Resistance bands are made of stretchy plastic with varying elasticity levels. They can be either flat or tubular, with or without handles on the ends. They can be purchased from exercise supply stores for less than \$30, or these can also be homemade.

Surgical tubing, in 3 and 4 foot lengths, is an inexpensive way to make resistance bands to use in strength training exercises. Simply tie a loop at each end to make a handle. Latex Surgical tubing can be purchased at medical supply stores.

Videos and books are available to help you design a strength training exercise plan that is right for you.

What to do about food allergies?

Food allergies affect about 4 of every hundred adults in the U.S., but the symptoms of a person suffering a food allergy can range from simple redness and itching of the mouth or skin to nausea and vomiting, to shortness of breath, other respiratory and cardiac problems, and even loss of consciousness.

The most dangerous reaction is called “Anaphylaxis”. It requires an emergency response!!! Evidence of this condition includes:

- Constriction and tightening of airways
- A swollen throat or the sensation of a lump in

your throat that makes it difficult to breathe

- Shock, with a severe drop in blood pressure
- Rapid pulse
- Dizziness, lightheadedness or loss of consciousness.

Untreated, Anaphylaxis can result in coma or death.

A food allergy reaction occurs if a person’s immune cells recognize allergens, usually proteins, in foods for which an individual sensitivity has developed. When immune cells bind to a recognized a food allergen, a reaction occurs that causes the symptoms of food allergy.

There are eight major food allergens in the United States—milk, egg, peanut, tree nuts, soy, wheat, fish, and crustacean shell fish. The most common among these in adults is a reaction to the peanut allergen, followed next by reaction to fish allergens.

Food allergies that we had as children are often outgrown, but food allergies can also develop later in life, and those tend to persist for the rest of our lives.

The severity of a reaction can not be predicted by the severity of an earlier reaction. People who have

food allergies are more likely to also have asthma and the severity of reactions tends to be worse when a person also has asthma.

If you think you may be having food allergy reactions, you should keep track of the following and bring the information to your physician.

Answer these questions and be prepared to tell your doctor:

- What are your symptoms?
- What food causes your symptoms, and has this food caused these symptoms more than once?
- How much of the food did you eat when the symptoms occurred?
- Was the food cooked on the stovetop, baked in the oven, or raw?
- How long after you were exposed to the food did your symptoms occur? How long did they last?
- Have you ever eaten the food without these symptoms occurring?
- Were other factors involved, such as exercise, alcohol, or use of aspirin?
- Have you had these symptoms other than after being exposed to the food?

(Continued from page 4)

Before you start, discuss your exercise plans with your doctor, and get your doctor’s OK and advice.

When you begin, follow your doctor’s advice, start slowly to avoid injuries. Mild to moderate muscle soreness between workouts is normal, but we are advised to back off if it persists more than a few days.

[SOURCES: Special Health Reports from Harvard Medical School; wikihow.com; ehow.com]

[SOURCE: National Institute of Food Allergies, US Department of Health and Human Services; mayoclinic.com]

Travel Training Can Mean New Freedom for You

Bus transportation has many benefits:

- It is very affordable
- It is reliable
- And it is easy to use, once you know how.

Many providers of bus services provide “travel training” to help people learn how to use the bus effectively to meet their everyday transportation needs.

The Riverside Transit Agency’s FREE Travel Training Program promotes greater independence and helps people who do the training to have confidence to travel anywhere RTA’s buses go. As an independent traveler, you can rely less on family and friends for transportation and have the freedom to plan your trips according to your own schedule.

The RTA Travel Training program is for people with disabilities and older adults who want to learn to travel safely and independently using RTA’s public transportation. Travel training is a FREE, self-paced, process where an individual, regardless of ability or age, can learn to ride RTA’s fixed-route system.

All RTA buses are easily accessible to persons with

disabilities and older adults. Ramps and lifts are available on all vehicles for your convenience. RTA has more than 3,200 bus stops at shopping malls, neighborhoods, colleges, transit centers, and entertainment and employment centers across western Riverside County and beyond.

RTA’s Travel Training instructors are skilled in assisting seniors or persons with physical or developmental disabilities. Instructors assist trainees in overcoming barriers and building confidence so they can use the least restrictive mode of public transportation to the fullest extent possible.

Your personal travel trainer will customize the learning experience to meet your individual needs. The step-by-step process emphasizes safety, while building confidence and travel skills.

Travel training involves a series of steps from initial one-on-one instructor assistance to gradual empowerment of the individual.

RTA’s Travel Training for Seniors help put people in control of their schedule, their time and their life. As

part of the training, seniors learn how to navigate RTA’s fixed-route system and master the skills necessary to ensure an enjoyable trip. Whether it’s a visit with family and friends, a dinner date, or a trip to the shopping center, RTA’s fixed-route service is affordable, easy to use, and best of all, it’s available without an appointment.

RTA’s Travel Training for People with Disabilities is long-term and comprehensive. The goal of the program is to train individuals with disabilities to travel independently to a regularly visited destination and back. Specially trained personnel provide the travel training on a one-to-one basis. Customers learn travel skills while following a particular route and are taught the safest, most direct route. The training provides the skills required for safe and independent travel.

To get started right away, call RTA today at (951) 565-5002.

SunLine Transit Agency also provides travel or “mobility training”. If you live in the Desert, call SunLine’s Customer Service Department at 1-800-347-8628 to find out how you can receive training to effectively use the SunBus.

Transportation Availability in Riverside County

Information is current as of April 2013



Compliments of the Independent Living Partnership, the TRIP Program,
the Riverside County Office on Aging,
and the Riverside County Transportation Commission.



INFORMATION PHONE NUMBERS

1-800-510-2020

Call Helplink at the Riverside County Office on Aging connects seniors, adults with disabilities, family members, professionals, and the public at large with assistance, referrals, education, and advocacy.

211

Call 211 for free, confidential information and referrals for help with food, housing, employment, health care, counseling and more.

511

Call 511 for “real time” traffic information, bus and rail trip planning, rideshare information, and more. The information can help callers plan a trip and avoid traffic congestion.

PUBLIC SENIOR AND DISABLED SERVICES

Riverside Transit Agency

Cities Served: Western Riverside County
Days Operating: MON-SUN

Dial-A-Ride is a curb-to-curb advanced reservation transportation service for seniors and persons with disabilities.

Dial-A-Ride vehicles travel to areas within 3/4 of a mile of an RTA local route.

Where to call 1-800-795-7887

Fare \$3.00 (one way)

SunLine Transit Agency

Cities Served: Coachella Valley
Days Operating: MON-SUN

SunDial provides on-demand curb-to-curb para-transit service to qualifying clients within 3/4 of a mile on either side of SunBus route.

Where to call 1-800-347-8628

Fare \$1.50 (same city)
\$2.00 (city to city)

Palo Verde Valley Transit

Cities Served: Blythe area
Days Operating: MON-SUN

Desert Roadrunner provides deviated fixed-route bus service upon request.

Where to call 760-922-1140

Fare \$1.65 (general public)
\$.80 (seniors and people with disabilities)
plus \$.80 for route deviation service

SPECIAL TRANSIT WESTERN COUNTY

Banning Pass Transit Dial-A-Ride

Cities Served: Banning, Cabazon
& small portion of Beaumont
Days Operating: MON-SUN

Who Qualifies: Open to seniors 60+, ADA certified and persons with disabilities living within 3/4 mile of a bus route.

Where to Call: (951) 922-3252

Cost: \$1.00 one way trip

Beaumont Pass Transit System

Cities Served: Beaumont and Cherry Valley

Days Operating: MON-SAT

Who Qualifies:

Seniors and persons with disabilities

Where to Call: (951) 769-8532

Cost: \$2.00 one way trip

City of Corona Transit Service

Corona Cruiser

Cities Served: Corona & unincorporated areas of Home Gardens, Coronita, El Cerrito & up to RCC along Hamner Avenue in Norco

Days Operating: MON-SAT

Who Qualifies: General Public

Where to Call: (951) 734-7220

Cost: \$2.50 one way trip

General Public \$4.00

Riverside Special Services

Cities Served: Within Riverside City limits

Days Operating: MON-SUN

Who Qualifies:

Seniors and persons with disabilities

Where to Call: (951) 687-8080

Cost: \$2.00 one way trip

TRANSIT SUPPORT SERVICES

Coachella Valley

Angel View

Crippled Children's Foundation

Mileage reimbursement, in collaboration with TRIP, available to families for disabled children with urgent needs Coachella Valley

**Where to Call: (855) 8AV-KIDS,
or locally at (760) 676-5276**

Or visit www.angelview.org

American Vets (AMVETS)

Cities Served: Coachella Valley, including Palm Desert, Palm Springs, Indio, and Cathedral City

Who Qualifies: Veterans of any war

Where to Call: 760-200-1383

Cost: None

Desert Samaritans for the Elderly

Cities Served: Coachella Valley

Days Operating: MON-FRI

Who Qualifies:

Seniors over the age of 60 who need transportation assistance for trips to medical appointments and rides home after a hospital stay.

Where to Call: (760) 837-9066

Cost: Co-Pay based on income

Jewish Family Service of the Desert

Services available to the general community throughout California's greater Coachella Valley

Where to Call: 760 779-9400 Ext. 205

Cost: Based on income

Or visit www.jfsdesert.org

Desert Blind and Handicapped

Cities Served: Coachella Valley

Who Qualifies:

Desert Blind and Handicapped association provides transportation and escort services for blind, low vision, and/or physically disabled Persons—low cost membership required.

Where to Call: 760-778-8552

Or visit www.desertblind.org

Yellow Cab Co of the Desert

Cities Served: Coachella Valley

Where to Call: 760-340-8294

Where to call 760-345-8398

Cost: Pick-up and per mile charges.

This directory insert was produced by the non-profit Independent Living Partnership to provide general information about the availability of transportation options in Riverside County.

Please call the Riverside County Office on Aging HelpLink Call Center at 1-800-510-2020

if more current information or updates are required.

Call TRIP at 1-800-510-2020 to apply for TRIP Escort-Driver Volunteer assistance

TRANSIT SUPPORT SERVICES**Western Riverside County****Senior and Disabled Travel Training
from the Riverside Transit Agency**Who Qualifies:

RTA offers travel training for people with disabilities and older adults who want to learn to travel safely and independently using public transportation.

Where to Call: (951) 565-5002

MoVan

Cities Served: Trips originating in Moreno Valley to Loma Linda and Riverside

Days Operating: MON-FRI

Who Qualifies:

Seniors and adults with disabilities

Where to Call: (800) 351-6571

Cost: \$1.00 donation (within Moreno Valley)
\$2.50 donation (outside Moreno Valley)

Regional Medical Center

Cities Served: Corona, Temecula, Lake Elsinore, Murrieta, Indio, Palm Springs, and Banning

Days Operating: MON-FRI

Who Qualifies:

Low-income Medi-Cal and Medicare clients of the Riverside County Regional Medical Center, and medical center dialysis patients and elderly and disabled patients.

Where to Call: 951 486-4380

Cost: no charge

Care Connexus

Cities Served: Riverside area

Days Operating: MON-FRI

Who Qualifies:

Clients of Adult Day Service Centers

Where to Call: (951) 509-2500

Cost: Call for information

Care-A-Van

Cities Served: Hemet/San Jacinto Valley and the Sun City/Menifee area; unincorporated county areas of Winchester and Val Vista

Days Operating: MON-FRI

Who Qualifies: Clients of Riverside County Senior One Stop Center, Valley Restart Homeless Shelter, Da Vita, Daybreak Adult Day Services, Riverside County Office on Aging, KinCare, Prime of Life, Care Connexus.

Where to Call: (951) 791-3572

Cost: \$2.00 donation one way trip

Inland AIDS Project

Cities Served: Western Riverside County

Days Operating: M-F

Who Qualifies:

Clients with HIV/AIDS

Where to Call: (951) 683-2360

Cost: Call for information

**Boys & Girls Clubs
of Southwest County**

Cities Served: Temecula, Murrieta, Lake Elsinore

Days Operating: MON-FRI

Who Qualifies: Youths participating in Before and After School Transportation program

Where to Call: (951) 699-1526

Cost: Call for information

Department of Veteran Affairs

Cities Served: Western Riverside County

Days Operating: MON-FRI

Who Qualifies: US Veterans whose disability has been verified by their physician.

**Where to Call: 800-741-8387 ext. 6014
or ext. 2071 for those who are
wheelchair bound or will be having surgery
in the near future.**

Cost: no charge

AA Inland Empire Cab

Location: Riverside

Where to call 1-888-333 TAXI

Cost: Pick-up and per mile charges

TRANSIT SUPPORT SERVICES

County Wide

Inland Regional Center

**Cities Served: Riverside
and San Bernardino Counties**

Days Operating: MON-FRI

Who Qualifies: those with a developmental disability diagnosed before the age of 18. Developmental disability includes but not limited to Down Syndrome, Cerebral Palsy, Autism, and Mental Retardation

Where to Call: (909) 890-3000

Cost: Call for explanation of rider fees

Operation SafeHouse

Cities Served: Riverside County

Days Operating: 24 hours

Who Qualifies:

Homeless, at-risk youth ages 11-17

Where to Call: (951) 351-4418

Transportation Access Program (TAP)

TAP distributes bus tickets to over 100 social service agencies which then distribute those tickets to thousands of the truly needy requiring access to medical appointments, job interviews or other needed services.

Where to Call: (951) 686-4402 or 211

TRIP

TRIP provides mileage reimbursements for volunteer drivers of seniors and people with disabilities who are not able to use other transportation services in their community. TRIP service is available throughout Western Riverside County, Coachella Valley, and Palo Verde Valley.

Qualifications for assistance are determined through an application process administered by the Independent Living Partnership. To find out if TRIP reimbursement assistance might be appropriate for you, **call 1-800-510-2020**

Yellow Cab

Serves the entire Riverside County

Where to call 951-684-1234

Cost: Pick-up and per mile charges.

Greyhound Bus

Blythe— 400 Lovekin Blvd

Banning— 583 W Ramsey

Indio— 83-100 Indio Blvd

Perris— 412 4th ST

Riverside— 3911 University Ave

Temecula— 28464 Old Town Front ST STE B

San Bernardino- 596 North G ST

**Fare and schedule information
1-800-231-2222**

Dial 511.....

Real-Time Traffic for Southern California including incidents and travel times will help you avoid gas guzzling traffic jams.

Bus/Rail Trip Planning makes planning or changing your commute easy.

Ride-Share in a carpool or vanpool to save on transportation expense and make new friends.

Online at ie511.org

Why Not Take a Hike Today?

Are you stressed out?
...not sleeping well?
...feeling depressed?
...losing your mind?

According to an article in *Arthritis Today*, some studies suggest that simply walking more can have more benefits than the things we usually think of as walking benefits:

- Controlling weight
- Lowering blood pressure
- Decreasing the risk of stroke
- And improving joint health.

A study of 6,000 women, ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-

related memory decline was lower in those who walked more.

A study from the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walked less.

A study from the Fred Hutchinson Cancer Research Center in Seattle found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk.

Research reported in the *British Journal of Sports Medicine* found that walking 30 minutes a day boosted the moods in depressed patients faster than



► **Have you missed your appointments because you do not have transportation?**

► **Free service now available may be able to help.**



...dedicated to getting you there!

Call 1 800 510 2020

antidepressants!

Might just be time for us all to take a hike!! But always check with your doctor before beginning any exercise program.

[SOURCE: arthritisday.org]

"I don't know what the future holds but I do know I hold the future."

— Michael Josephson

DO YOU KNOW ANYONE WHO?
 Hardly ever leaves their home?
 Misses doctor's appointments?
 Can't get their groceries?
 Is very sick without family to help?
 Can't get to other places they need to go?

In Riverside County, the Riverside County Office on Aging, the Riverside County Transportation Commission, the City of Blythe, the City of Palm Springs, the Inland Caregiver Resource Center, Angel View Crippled Children's Foundation, the Independent Living Partnership and others have teamed up to provide TRIP mileage reimbursements for volunteers who help people in their communities who have no other transportation available to meet their needs. MORE partners are welcome.

Seniors and persons with disabilities who don't drive, don't have family support, don't have access to transportation or are unable to use public transportation may be eligible. **To Apply:** People should call the Office on Aging Helplink Call-Center at 1-800-510-2020 and say "I would like to apply for TRIP".

Independent Living for Blind and Persons with Low Vision

Many people are forced to adapt to blindness or severe vision impairment each year.

In the United States, the leading causes of blindness are:

- Accidents or injuries to the eye
- Diabetes
- Glaucoma
- Macular degeneration

Other causes include:

- Blocked blood vessels
- Complications of eye surgery
- Inflammation of the optic nerve
- Stroke
- Retinitis pigmentosa
- Cancer.

Changes in vision require that we make changes in our routine and our home in order to continue to live independently.

Following are some tips to improve our living situation when we experience loss of vision:

- Use low-vision aids
- Maximize lighting
- Keep things in the same place all the time
- Put items in the same drawer or cabinet, or on the same table or counter space
- Put things back in the same place every time
- Store things in different size containers, such as egg cartons, jars, and shoe boxes
- Learn to recognize the shape of common items
- Use a phone with large numbers, and memorize the keypad or program them into speed-dial
- Fold different types of paper money in a different way

- Remove loose wires or cords from the floor
- Remove loose throw rugs
- Fix uneven flooring
- Put handrails at all steps and in the bathtub or shower and next to the toilet.

Many services are available to provide the training and support needed for us to continue to live independently:

- Travel training is available in many communities to enable us to use public transit
- Special transportation services, like TRIP, are available in many communities
- Orientation and adjustment to blindness training is available from organizations in many

(Continued on page 13)

Donations to the Independent Living Partnership and the TRIP Program are tax deductible!!

Low Vision Ideas from ToolsforIndependence.org

Mention of specific products is not an endorsement of these products. Vendors provide no compensation or other benefit to Tools or to the Independent Living Partnership.

Ladies Talking Watch - 2 Voices - Bi-Color



Simply press a button to hear the current time announced. With this versatile watch, you can even select what voice you want to hear - male or female. It is easy to set using the oversized crown and push button feature. It is powered by 2 lithium batteries (included) and is available for less than \$50.

Curve Talking Clock



Highly rated talking clock features 1/2 black numbers on easy to read LCD display, an audio time report, on demand, an hourly time announcement, adjustable

volume, and easy to set alarm. It is available with a male or female voice. It measures 4 inches long x 1 1/2 inches high x 2 1/2 inches wide and requires two AA batteries. It's cost is less than \$15 from various vendors.

Reizen Maxi-Brite 5X LED Handheld Magnifier

This MAXI-BRITE LED Magnifier is designed to assist reduced vision individuals with clear viewing of newsprint, books, magazines, photos, menus and for other everyday needs. The LED bulb provides extra light when necessary and never needs replacement. Measuring less than 6 inches in length, this magnifier can be comfortably used at home or tucked into purse for on-the-go magnification. The magnifier comes in its own vinyl drawstring carry case. Three AAA batteries are required. Available for less than \$30.



www.toolsforindependence.org

is dedicated to making living at home easier and safer for you, your loved ones and those you may be caring for. Please visit us on the web!

(Continued from page 12)

areas.

Specific rehabilitation may be necessary:

- Home management training can help us learn safe food preparation.
- Training in financial management
- Medication management may be required
- Technical training may be helpful for use of adaptive devices and equipment.

[SOURCE: National Library of Medicine at the National Institutes of Health; Arizona Department of Economic Security]

Some Regional Resources:

Blindness Support Services
Riverside (951) 341-9244

Braille Institute
Rancho Mirage (760) 321-1111

Riverside Transit Agency
Travel Training
Riverside (951) 565-5002

"Empowering people to remain independent."

—Independent Living Partnership

Nuevo Servicio de Autobús Viene a North Shore

En Septiembre, los residentes de North Shore probablemente tendrán un nuevo vínculo de tránsito a Mecca, Thermal, Coachella, e Indio, y la posibilidad de conectarse a otros lugares del Valle de Coachella en autobús. Los residentes pueden dar la bienvenida a la propuesta de SunLine entre semana de cinco viajes de ida y vuelta entre las 5:30 am y las 7:30 pm con entusiasmo.

La Ciudad de Palm Springs Continúa Apoyando a TRIP para los Residentes de la Ciudad

La ciudad de Palm Springs ha renovado su compromiso con los residentes de bajos ingresos que necesitan asistencia con su transportación por medio de la Community Development Block Grant que apoya el programa TRIP de la Independent Living Partnership por un segundo año. TRIP Palm Springs está destinado a proporcionar ayuda de transporte especializado para ancianos de bajos recursos, los adultos con graves discapacidades y personas con necesidades especiales que viven en Palm Springs.

El programa de TRIP ha estado ayudado a las personas en el Valle de Coachella que no manejan, no tienen familia que pueda ayudarles, y que no son capaces de utilizar SunBus o SunDial, para viajar a recibir los servicios necesarios de salud y otros servicios vitales durante casi

veinte años.

Las personas de bajos ingresos con discapacidades y las personas de edad avanzada que viven en Palm Springs pueden calificar para recibir reembolso de millas de TRIP para los voluntarios que los asisten.

Si usted conoce a alguien en que casi no sale de su casa, pierde citas medicas, no puede ir de compras, esta muy enferma sin familia que le ayude, ó solamente no puede ir a otros lugares necesarios, digale que hable a TRIP por medio del departamento HelpLink del Riverside County Office on Aging al: 1800-510-2020.

Muchos residentes de Palm Springs dependen en TRIP para satisfacer sus necesidades de transporte. Por ejemplo, William J dice: "Mi esposa y yo participamos en el programa TRIP. Tengo 95 años y my esposa tiene 85 años. Sin TRIP no podriamos

ir a nuestras citas médicas o ir a comprar nuestra comida. Estamos muy agradecidos por TRIP."



- ▶ **A perdido sus citas medicas porque no tienen transporte?**
- ▶ **Servicio gratuito disponible ahora puede ser capaz de ayudarle.**



**...dedicados a
llevarlo allí!
Call 1 800 510 2020**

¿Qué Hacer Con Las Alergias de Alimentos?

Las alergias alimentarias afectan cerca de 4 de cada 100 adultos en los Estados Unidos, pero los síntomas de una persona que sufre una alergia pueden variar desde simple enrojecimiento y picazón de la piel a náuseas y vómitos, dificultad para respirar, otros problemas respiratorios y cardíacos e incluso la pérdida de la conciencia.

La reacción más peligrosa es llamada “anafilaxia.” Esta reacción requiere una respuesta de emergencia! Síntomas de esta condición incluye:

- Constricción y endurecimiento de las vías respiratorias
- Garganta inflamada o la sensación de un nudo en la garganta que hace difícil respirar
- Shock, con una grave caída de la presión
- Pulso rápido
- Mareos, sensación de desmayo o pérdida de conciencia
- Anafilaxia no tratada puede resultar en coma o la muerte.

Una reacción de alergia alimentaria se produce cuando las células

inmunes de una persona reconocen alérgenos en alimentos los cuales el individuo ya ha desarrollado sensibilidad a ellos. Cuando las células inmunes se unen a un alérgeno alimentario reconocido se produce una reacción que causa los síntomas de la alergia.

Hay ocho principales alérgenos de alimentos en los Estados Unidos—leche, huevo, cacahuete, nueces mixtas, soya, trigo, pescado, y crustáceos con cascara. Los más comunes de estos en adultos son la reacción al cacahuete, seguido por la reacción al pescado.

Alergias a los alimentos que teníamos cuando niños a menudo son superadas, pero las alergias alimentarias también pueden ser desarrolladas más tarde en la vida, y estas tienden a persistir el resto de nuestras vidas.

La gravedad de una reacción no puede ser prevista por la gravedad de una reacción anterior. Las personas que tienen alergias a los alimentos son más propensas a tener asma y la gravedad de las reacciones tienden a ser peor cuando una persona también tiene asma.

Si usted piensa que puede

tener reacciones alérgicas, debe de llevar un registro de lo siguiente y llevar la información a su médico:

Su médico debe hacerle las siguientes preguntas:

- ¿Cuáles son sus síntomas?
- ¿Qué alimentos causan sus síntomas, y este alimento le ha causado estos síntomas más de una vez?
- ¿Cuanta cantidad comió cuando los síntomas ocurrieron?
- ¿La comida fue cocinada completamente en la estufa, en el horno, o no fue cocinada?
- ¿Cuánto tiempo después de que comió empezaron sus síntomas? ¿Cuánto tiempo duraron?
- ¿Alguna vez ha comido el alimento sin tener síntomas?
- ¿Algunos otros factores fueron involucrados, como ejercicio, alcohol o el uso de aspirina?
- ¿Ha tenido estos síntomas sin haber sido expuesto a la comida?

[FUENTE: National Institute of Food Allergies, US Department of Health and Human Services; mayoclinic.com]

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Independent Living Partnership

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