

Meeting the Challenges

Quarterly

JOURNAL

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for Seniors and Persons with Disabilities

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PUBLISHED WITH READER DONATIONS.... THANK YOU !

TRANSFATS..... WHAT ARE THEY? WHY ARE THEY BAD? WHERE ARE THEY FOUND?

You have probably heard that McDonald's is allegedly dragging their feet on getting TRANSFATS out of their french fries, or that Crisco is redesigning their product to eliminate trans fats, or that the government is planning on requiring disclosure of trans fat content in the foods we eat. There is a serious health reason for all the excitement.

Trans fats, also referred to as "trans fatty acids" or "hydrogenated fats", do not occur naturally; they are man made. Manufacturers began to use them in food products only about 20 years ago for the purpose of increasing shelf life, and improving textural characteristics.

It is now known that trans fats are more damaging to cardiovascular health than any naturally occurring fat. Many people know that saturated fats, found in butter, cheese, marbled beef, and other things, raise cholesterol. But trans fats are

far worse: they not only raise bad cholesterol, they depress HDL cholesterol levels. HDL is called the "good" cholesterol, because it is important in helping to keep our arteries clean and unobstructed. Obstructed blood vessels can lead to heart attack or stroke.

Eliminating foods that contain trans fats from our diets is an important step in maintaining our health. By 2006 FDA labeling will be required on all foods containing trans fats, so until then we cannot be sure that they are not in the foods we eat.

But there are certain categories of food products that are more likely to contain trans fats, and eating them should be avoided:

1. Fast foods—fried chicken, biscuits, fried fish sandwiches, French fries, fried apple or other pie deserts

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2. Donuts, muffins
3. Crackers
4. Most cookies
5. Cake, cake icing & pie
6. Pop tarts
7. Microwave popcorn
8. Canned biscuits
9. International and instant latte coffee beverages.

Following are some examples of specific commercial foods that now contain transfats. They are not the only foods, but some may surprise you:

- Entenmann’s Cinnamon Buns
- “Fat free” pound cakes
- Danish pastry

- Granola bars
- Margarine
- Ranch dressing
- Saltine type crackers
- Snack crackers in general
- “Baked” taco shells
- Bread and rolls
- Hamburger and hotdog buns
- Candy
- Tortilla and potato chips
- Tortillas
- “Lowfat” microwave popcorn
- Chicken pot pies
- Frozen French fries
- Frozen fish sticks
- Processed turkey breast
- Breakfast cereals
- Mayonnaise
- Bouillon cubes
- Ready to eat frostings

Looking at the ingredient list on the food label is the best way to determine which foods and which brands contain transfats. The words “shortening,” “partially hydrogenated” oils or “hydrogenated” oils, mean that the food contains transfat.

The proportion of ingredients in products are listed in descending order, so

smaller amounts are present when the ingredient is close to the end of the list.

For better heart health, saturated fat ingestion should also be limited.

[SOURCES: University of Maryland Medicine <www.umm.edu>; US Food and Drug Administration; US Department of Agriculture]

What If You Have a Low HDL Level?

Low HDL is viewed as an indicator of possible heart disease for men and women. If you haven’t had blood work to determine your cholesterol levels, consult your physician about having a test and then managing your levels, as prescribed.

Lifestyle changes may be advised:

- Stopping smoking
- Exercising regularly
- Losing weight
- Avoiding transfats in diet
- Drinking 1-2 glasses of red wine per day
- Eating a diet containing fish and nuts.

Sometimes, the prescription of medications may also be required.

[SOURCES: University of Maryland Medicine <www.umm.edu>; <www.womenshealth.org>

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**PLEASE REMEMBER
TO VOTE
IN THE NOVEMBER
ELECTION.**

WHAT DOES "FUNDING A TRUST" MEAN?

by George F. Dickerman, Elder Law Attorney

This brief article describes the basics of the meaning and purpose of "funding a trust". It is not legal advice; rather, it is an outline of important information that should be considered when creating your estate plan.

In order for a trust to be effective, it must be "funded". This means that the trust must own something. This is crucial step that must be taken immediately after the trust is created.

Let's review the basic purpose of a simple California revocable trust, but we'll first start by assuming that mom (a widow) has only a Will (no trust involved). The Will states that when mom dies, her house is to be given to her only child (daughter). Time passes, mom dies, and daughter seeks to sell the home. A buyer is found, escrow is about to close, but the title insurance company reviews the recorded deed and finds that daughter has no authority to sell the home because title is still in mom's name and mom is deceased. Daughter then shows the title company mom's Will, but

the title company says that anyone can forge a Will. "Take the Will to the judge, and open up a probate case", says the title representative. Many probate fees and costs will be incurred, and it is a lengthy process. Eventually, daughter will be granted title to the home and can sell it. What a headache!

If mom had created a trust, then she would have named herself the "trustee", and would remain in that position so long as she was alive and mentally competent. The trustee has the authority to manage and carry out the instructions of the trust document. Mom's trust would also name a "successor trustee" -- a person who would step into mom's shoes (if she died or became incapacitated) and have full legal authority to carry out the terms of the trust.

Here is the crucial "funding" step (under the above-scenario) that mom must take immediately after she creates her trust: mom must execute a new deed that transfers legal title From: "mom", To: "mom, as trustee of mom's trust". Now, when mom dies, daughter steps into

mom's shoes as "successor trustee" and has full legal authority to sign all papers necessary to sell the house.

Many people make the mistake of not following through with funding their trust. They believe that once they have signed (notarized) their trust documents, then all of their assets will be distributed to their named beneficiaries upon death. Not so. Generally, a trust can only distribute assets that are owned by the trust, and a "Will" can only transfer assets that are owned individually. An "unfunded" trust is essentially useless.

There are many other factors to consider in developing your estate plan, in addition to the creation and funding of a California revocable trust. "Pour-over" Wills and powers of attorney for financial and healthcare decision making are other important documents that can be addressed in another article.

*" We either make ourselves happy or miserable.....
The amount of work is the same."*

-- Carlos Castaneda, Peruvian-American author (1925-2000)

Senior Emergency Cellular Phone Program

The “911” program helps provide security and peace of mind for Riverside County residents, 60 years of age or older.

The Riverside County Office on Aging has received generous donations of cellular phones. In an emergency, a cell phone will connect with a 911 operator without the user being subscribed to a

cell phone service.

Free cell phones are available for seniors, who live alone, are no longer driving, and who may have difficulty reaching a stationary phone.

Those interested in receiving a free phone, or who would like to refer someone to the 911 Program, should call 1-800-510-2020.

Riverside County Office on Aging

FAMILY CAREGIVER SUPPORT PROGRAM

As part of the National Family Caregiver Support Program, under Older Americans Act, the office on Aging provides support to family caregivers who are caring for grandchildren and/or older adults, and coordinates services to assist family members to maintain their caregiving roles.

- **Information and Access:** Information about available services/resources and assistance in gaining access to those services.
- **Education and Training:** Resource materials, including books, video tapes and cassettes, are available through a lending library.
- **Peer Counseling:** Counseling is available to help caregivers deal with the emotional stress. It affords them the opportunity to share their experiences, feelings and concerns with someone who is in or has been in the same situation.
- **Case management:** Caregivers receive an initial in-home assessment from a social worker who makes supportive service referrals. Based on the client’s needs, the social worker may make monthly follow-up visits via phone or the mail.
- **Respite:** To relieve a caregiver, a trained person can temporarily provide support at home or at facilities.
- **Supplemental Services:** Home delivered meals, assistive devices, homemaker and transportation service are available on a limited basis to complement care provided by a caregiver.

Call 1-800-510-2020 for more information.

ANOTHER.....

PERSONAL EMERGENCY ALERT SYSTEM

The Summer Issue of *Challenges* contained an article about the most common forms of PERS (Personal Emergency Response Systems). All of those included “monitoring” by an agency and an associated monthly charge.

Lois Jackman, of *Yes I Can*, sent us a brochure about the “Pull for Help” Emergency Caller system. This one is different. No monitoring service is required.

The “Caller” is pre-programmed to send an emergency message to up to 4 separate numbers when assistance is needed.

A cordless, water resistant, “Pull for Help” transmitter is worn around the neck or kept in the pocket. If help is needed, the transmitter, with a range of 500 feet, is easily activated and your help calls are placed.

The Emergency Caller unit has a speaker phone built in, so the person needing help can talk with the person they have called.

The one-time cost of this United Security Products system is reported to be under \$300.

ARE YOU, OR DO YOU KNOW, A VICTIM OF ABUSE OR NEGLECT?

California recognizes 8 types of elder or dependent adult abuse:

- *Abandonment* is the desertion of the elderly or dependent person by their caregiver.
- *Abduction* occurs when an elderly or dependent person is removed from the State without consent or authority.
- *Financial* abuse includes the misuse of an elderly or dependent person's assets, possessions, or property, or manipulation of the person for personal financial gain.
- *Isolation* involves restriction of a person's association or contact with family, friends or others—including prevention of the person from receiving their mail or telephone calls.
- *Mental suffering* may result from verbal abuse, threats, or intimidation.
- *Neglect* occurs when a caregiver ignores a person's physical needs or medical care, or denies the person food or medication.
- *Physical abuse* includes slapping, hitting, beating, pushing, restraining a person without a doctor's

written order, or confining a person against their will.

- *Self-neglect* means that a person is failing to adequately care for themselves.

An elder is someone over the age of 65. A dependent adult is a person, 18-64 years of age, who "has physical or mental limitations that restrict his or her ability to carry out normal activities, or protect his or her rights".

On Friday, March 5th, the County Welfare Directors Association of California (CWDA) undertook a study of abuse reported on that day all across California. The data from that study provides us with a better understanding of the characteristics of abuse:

- 31% of the abuse reported on that day was self-neglect
- 40% of the alleged abuse was committed by family members
- 16% was committed by non-family caregivers
- 8% by service providers
- 4% by friends.

The typical victim was female, with major medical problems and more than half had some degree of cognitive impairment. 37% of the victims of the alleged abuse re-

ported on March 5th were 80 years of age or older.

Reporting suspected abuse is everybody's business. County Adult Protective Services Programs are poised to take reports, investigate allegations, provide services, and coordinate efforts of family, friends and neighbors to end abuses that may be occurring and to reduce or eliminate future risks to the elderly or dependent adults.

In Riverside County, call Adult Protective Services at 1-800-491-7123. In San Bernardino County, the phone number to report abuse is 1-877-565-2020. Abuse reports are accepted 24 hours a day, every day.

PLAN TO ATTEND

Thursday, October 28th
2nd Annual AFFORDABLE /
ACCESSIBLE HOUSING
CONFERENCE in Indio

Affordable housing is a serious issue in Riverside County. Join policy makers and experts for in-depth discussions of obstacles and solutions.

For more information, contact
Donna Pierce at the Riverside
County Office on Aging
Dpierce@co.riverside.ca.us
1-800-510-2020

What I Know About Life

by Michael Josephson,
Founder of the Josephson Institute of Ethics

The older I get the less I know, but I know some things:

I know that I'm a work in progress and that there will always be a gap between who I am and who I want to be.

I know that I don't have to be sick to get better and that every day brings opportunities to improve my life and my character.

I know that it's easier to talk about integrity than to live it and that the true test is my willingness to do the right thing even when it costs more than I want to pay.

I know that character is more important than competence.

I know that it takes years to build up trust and only seconds to destroy it.

I know that I often judge myself by my best intentions and most noble acts, but that I'll be judged by my last worst act.

I know that I can't control what will happen to me but that I have a lot to say about what happens in me.

I know that pain is inevitable, but suffering is optional.

I know that attitudes, both good and bad, are contagious.

I know that winning is more than coming in first and that there's no real victory without honor.

I know that it takes a conscientious effort to be kind, but that kindness changes lives.

I know that neither gratitude nor forgiveness comes naturally; both often require acts of will.

I know that real success is being significant.

I know that happiness is deeper and more enduring than either pleasure or fun and that I'm generally as happy as I'm willing to be.

I know that the surest road to happiness is good relationships and that the best way to have good relationships is to be a good person.

Commentaries by Michael Josephson are broadcast locally on KNX AM 1070 (6:55 a.m., 12:55 p.m.). Learn more about Mr. Josephson and the Institute of Ethics at their website: www.charactercounts.org.

CHALLENGES IS NOW A TEENAGER!

This is the 13th year that we have published *Meeting the Challenges!*

We are happy to be able to send it to you, as well as to older adults, people with disabilities, and caregivers who depend on the information and advice we provide.

If you agree that the information in *Meeting the Challenges* is useful and important, we request that you make a tax deductible donation today to help keep this publication coming to your home or organization AND everyone else who needs or benefits by the information we provide.

Send your contribution to:
Meeting the Challenges
P.O. Box 3097
Beaumont, CA 92223-3097

Thank you.

Richard Smith
Editor

“Because I cannot do everything, I will not refuse to do what I can.”

- Edward Everett Hale,
American clergyman (1822-1909)

*Osteoporosis
Is Preventable*

Without noticeable symptoms, bones begin to thin and weaken. This process, if unchecked, can continue for many years. But once the disease has progressed, broken bones, broken hips and worse often result.

A healthy lifestyle, that includes:

- ◆ A diet rich in calcium and vitamin D
- ◆ Regular “weight-bearing” exercise
- ◆ No tobacco use
- ◆ Limited alcohol consumption.

Osteoporosis strikes more women than men, but both men and women can have the disease. Often thought of as an “old person’s disease”, it can actually happen at any age.

In addition to a healthy lifestyle, your physician might also prescribe medications to slow the rate of bone loss or help to rebuild bone that has already been lost.

[SOURCE: StayWell Program/National Institute on Aging]



Vital Connections

.....providing access to County, State and Federal services for seniors, people with disabilities, caregivers, families, service providers, and the general public.....
...on the Internet at.....

www.Vitalco.net
Since 1999



Tai Chi Institute classes are held in several locations in the Coachella Valley. For class times and locations, please call: 760.325.9384

**BUY COLLECTION OF THE BEST
MEETING THE CHALLENGES
ARTICLES FROM THE LAST 8 YEARS
ON ONE COMPUTER CD.....**

Just send \$24.45, check or money order, to: Living Well, P.O. Box 3097, Beaumont, CA 92223-3097

Or order by credit card through secure link:
<http://www.livingpartnership.org/MeetingTheChallenges.htm>

141 articles cover a wide range of topics including health, medical, legal, financial, successful aging, personal safety, caregiving and more—each article is written to help us understand the whys of situations and to provide practical guidelines for taking positive action.

Allow 3-4 weeks for delivery. The CD will play on any PC. It is completely self-contained. Just put it in your CD Drive and it will start automatically and display the Table of Contents. Point and click to select the articles you want to read.

GREAT REFERENCE LIBRARY ON ONE CD!

IF RIDING THE BUS IS TOO DIFFICULT.....

For many, walking to a bus stop, making transfers, or otherwise navigating the bus system is not possible for physical or health reasons.

Those of us, who are prevented from using regular buses for our transportation, may become eligible for a special service that will come right to our home, take us where we need to go, and then bring us back home again.

According to Leslie Grosjean, Planner, SunLine Transit Agency, "The Americans with Disabilities Act of 1990 is an extension of the Civil Liberties act of 1964 and *requires* public transportation providers to provide Paratransit service for those passengers who, due to their disability, cannot utilize regular service."

In Riverside County, the cities of Banning, Beaumont, Corona, and Riverside provide this special service.

The Riverside Transit Agency and SunLine Transit Agency in the Desert, serve most other cities, and the Palo Verde Valley Transit Agency serves Blythe and surrounding areas.

In the case of each pro-

vider, people wishing to use the special service they provide, must meet the service provider's requirements.

are certified, so it is probably the best idea to apply for certification, whether or not it is *required*.
Check with your area's provider for their application procedures. Some require a written application, some a scheduled interview. A physician's verification of disability is most often also required.

To use the special service in each area, the passenger needs to call in advance to schedule the trip. In most cases, scheduling has to be done at least one day in advance and, in

some cases, ride scheduling can be as much as 14 days in advance.

As might be expected, many people need to use special paratransit services. The easiest time of day to get rides is usually between 10am and 3pm — in the middle of the day. So, whenever possible, make a real effort to schedule your appointments during the period when there is less demand for service. This can mean asserting yourself with the appointment clerk. You have to tell them what considerations you need!



In general, providers require users to apply for "ADA Certification". ADA refers to the 1990 legislation that requires the special van service. Some require all users to be certified. Others will serve "seniors" without certification, but must give priority service to those who

"If you never learn the language of gratitude, you'll never be on speaking terms with happiness."

- Unknown

TAX DEDUCTION NEEDED? Contact rsmith@vitalco.net to assist with the endowment fund.....

How to Hire a Caregiver

Hiring someone to come into your home or the home of a loved one requires a great deal of caution.

According to Roberta Wertenberg, CARE Program Coordinator, “Family and friends may be your best source of support and referral.” She continues, “Often it is a matter of letting them know your need for assistance, transportation, etc.”

Family members may be able to help find a needed caregiver. Referrals may also be available from hospitals, government programs, your church or temple, but hiring someone you don’t know can be risky business. When you

hire privately, you become the caregiver’s employer and are responsible for collecting and paying Social Security taxes, workmen’s compensation, and unemployment taxes. You also need to talk with your insurance agent about a proper level of liability coverage, in case the caregiver is injured on your property.

If you are planning to hire someone yourself, the Mesa Arizona Police Department recommends that you:

- Have applicants complete a full application
- Check the references they provide carefully
- Do a criminal back-

ground check

- Ask for a drug and alcohol test
- Verify that applicants have the certification and training to provide the level of care that is required.

Wertenberg describes four different types of personal care that might be required:

Housekeeper—performs basic household tasks, such as cleaning, meal preparation, local errands, and laundry

Personal Care Aide—performs household tasks and provides personal care, including bathing, shopping and providing transportation.

Companion—(possibly live-in) performs household tasks, assists with personal care, provides companionship, medication reminders and helps with correspondence

Home Health Aide, Certified Nursing Assistant, or Nurses Aide—These caregivers can provide assistance with medications, personal care and such things as physical transfers from bed to chair, and so forth.

Another way to hire a caregiver is to go through an agency that is responsible for recruiting, training and paying the worker. Although much

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FIND OUT HOW TO APPLY FOR PARATRANSIT WHERE YOU LIVE.....

Banning Dial-a-Ride 951.922.3252

Beaumont Dial-a-Ride 951.769.8532

Coachella Valley SunDial 800.347.8628

Corona Dial-a-Ride 951.734.7220

Palo Verde Valley Desert RoadRunner 800 COMMUTE

Riverside Special Services 951.687.8080

Riverside Transit Dial-a-Ride and Intercity 800.795.7887

other similar services

Hemet/San Jacinto Care-A-Van 951.791.3572

Moreno Valley MoVan 951.358.9202

Senior Ombudsman Services.....Riverside (909) 686-4402....Coachella Valley (760) 770-9999

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simpler, both initially and over the months and years ahead, expect to pay a premium since the agency is acting as the employer. Another plus of hiring an agency is that they are then also responsible for finding a replacement if a caregiver doesn't work out.

If you decide to use an agency, the Mesa Police Department suggests you make sure the agency:

- Is bonded and insured
- Is established and has an excellent reputation in the community
- Is Medicare certified.

You will also want to know all the details of fees and charges, how the worker will be supervised, and how any complaints you might have will be handled.

If a person can afford to pay for it themselves, home care may be a desirable option. However, neither Medical nor Medicare will pay for 24 hour home care. According to Ann Kasper, Health Insurance Counseling and Advocacy Program, "Long-Term Care Insurance generally does not because most policies do not have high enough daily limits to pay for three shifts."

The Riverside County Department of Public Social Services provides an "alternative to out-of-home

What Do You Know About THE FLU?

1. *How many people are hospitalized each year with the flu?* **200,000**
2. *How many people die from the flu during an average flu year?* **36,000**
3. *Could something like the pandemic of 1918-19 Spanish Flu, when more than half a million Americans died, happen again?*
YES



Most of us think of getting the flu as not much more than a possible annoyance—maybe a chance to take it easy for a few days, and complain a bit. But, it should always be taken seriously.

The best way to avoid getting seriously ill from



placement" for people who are 65 or blind or have other disabilities and meet other qualification requirements. People, who are eligible for these In-Home Support Services, receive State assistance to pay for at least some caregiver services under restrictions imposed by the program.

the flu is to get a flu shot. We know that people over the age of 65, those of us with chronic medical conditions, and residents of assisted living and long term care facilities should definitely get a flu shot.

The anticipated shortfall in the availability of flu vaccine this year means that additional precautions should especially be taken during this flu season:

- ◆ Avoid close contact with people who are sick
- ◆ When sick, stay home and keep your distance from others
- ◆ Cover your mouth and nose with a tissue when coughing or sneezing
- ◆ Wash hands often to help protect yourself from germs
- ◆ Avoid touching your eyes, nose or mouth—through which flu germs enter the body.

For some high risk individuals, a physician might also prescribe an antiviral medication. Antivirals have been shown to be 70-90% effective in preventing illness in healthy adults.

[SOURCE: US Department of Health and Human Services, Centers for Disease Control and Prevention]

Should Your Elderly Mom or Dad Come To Live With You?

Inside Tips on What you Should Know Before You Make that Critical Decision

By Paula Tchirkow, MSW, LSW, ACSW

The decision to have an elderly parent live with an adult child, and his or her family, is usually made during times of duress. The choice often results from an emergency situation – a fall, a stroke, or a hospital stay – that convinces family members that the older person can no longer live alone. What's more, the decision is usually a knee-jerk reaction compelled by guilt, tradition, or a sense of duty, and possibly agreed to without fully understanding the ramifications.

While there are cases in which elderly parents and adult children coexist under the same roof peacefully, it's not for everybody. In fact, more often than not, the disadvantages outweigh the advantages.

Take a look at the situation from a parent's point of view. Generally, elderly parents resist moving in with adult children, citing a loss of independence as the primary reason to stay in

their own home. For one thing, the parent may be forced to move away from a familiar neighborhood, and a support system of friends and peers. Such a move can create a debilitating feeling of isolation for the parent.

Even when a parent agrees to live with a son or daughter, their attempt to contribute to the household – which affords them a feeling of self reliance – is frequently not encouraged. That is, their money is refused, and their actions are considered more burdensome than helpful. Witness the well-meaning mother that insisted on peeling five pounds of potatoes before her daughter arrived home from work in an effort to “help” with dinner preparations. The family's potato consumption never could keep pace with the mother's rapid-fire peeling.

Furthermore, historical conflicts can bubble up as the tension of the role reversal – child caring for the

parent – often uncovers long held dysfunctional patterns of behavior, including depression, stubbornness, and misdirected anger. Indeed, negative personality traits seem to crystallize and surface when older adults feel that they have ceded all of their control to their children.

To be sure, the changing times also makes it more difficult to keep a failing parent at home. For example, the rise in the number of working women has created a serious problem for daughters who want to care for their elderly mother or father. (Note that in most cases, the primary caretaker is a daughter or daughter-in-law.) Unlike decades ago, working women aren't home to watch over a parent during the day. This means that if supervision or a high-level of care is needed, the family has to either hire in-home help, or someone has to quit their job. Both alternatives can create a heavy financial burden on a household.

In contrast, seniors who can no longer live alone have the option of moving into an assisted living or nursing home facility, something that



If you live in Riverside County and need volunteer assisted transportation, call 1-800-510-2020 to apply for TRIP.....

(Continued from page 11)

many eldercare professionals recommend. Entering one of these facilities is not always the terrible ordeal that that people imagine it to be. Of course, it is important to select a reputable facility that offers quality care and a safe living environment. More important, the facility should be close to the primary caregiver because frequent visits ensure proper care.

At these facilities, elderly parents are reunited with peers, and if physically able, self-reliance is encouraged. Activities and trips are planned, and basic needs are taken care of without any parent feeling like a family burden.

However, despite describing the disadvantages of having a live-in parent, and highlighting the benefits of healthcare facilities, many families feel confident about inviting an elderly parent to live with them. For those who make that decision, it's best to keep in mind three basic principles that will help keep the peace:

- ◆ **The topic should not be taboo.** Concerns may not remain unspoken. Adult children and their parents should discuss how

they feel about assisted living and nursing home alternatives, and the ramifications of living together. Everyone's perspective should be considered including the children, who may have to deal with a grandparent who is frail, forgetful, or acts inappropriately or in unpredictable ways. In some cases, children and teens may be uncomfortable bringing home friends. If room permits, you may want to designate an area of the house as the kid's retreat. While living with a grandparent often can be an enriching experience, it can also be a confusing and embarrassing one. All the cards need to be out on the table for this discussion.

- ◆ **If the elderly parent is still capable of following guidelines, drawing up some house rules will help head-off conflicts and avoid festering anger.** Again, involve the entire family and come up with a plan that will help create harmony. For instance, allow the parent to contribute to household in ways that make sense; or figure out schedules in advance to make sure the burden doesn't fall on any

one person.

- ◆ **Take time off.** Caregivers need a break if they ever hope to sustain a healthy mind and body -- and juggle the myriad responsibilities that come with middle-age. If you're looking for a few hours away from the house, check out church and community groups. Many provide volunteers that can sit with elderly parents while you shop or go out on a date. Interestingly, one California nursing service runs a program that matches up older adults who have similar interests -- the opera, baseball, or gardening, for example. Also, friends and neighbors usually are glad to pitch in, so give them a ring. Friends and neighbors truly want to help, but often don't know where to begin. Ask for help with specific tasks, such as assistance with laundry, a home cooked meal or an afternoon "off" for the caregiver. If you need a longer break, contact local assisted living facilities to find out if they have personal respite rooms available. These are empty rooms that the management is usually eager to fill, and therefore are

Say It Isn't True!

Turns out that Apple Pie is not really American at all!

The origin of apples is now thought by some to have been in south central Asia. The Greeks and Romans considered apples a luxury.

By the Fourteenth Century, Apples were being grown in Europe and, soon after, *began to be substituted in meat pies to make a desert.*

Apple trees were first planted in the United States in the early 1600s and quickly became a dietary staple.... for breakfast, lunchand dinner!

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

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made available to the public at very reasonable rates.

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TAKE THE SURVEY —
YOU COULD WIN A SPECIAL THANK YOU FROM US!

Every year we are asked by someone what readers get out of *Meeting the Challenges*. So, this year, we decided to ask you!

Just print or type your answers to the following questions on a sheet of paper, numbered 1 through 10, and send them to us.

On November 10th we will pick 10 people, at random, from the surveys we have received and send each of them a \$10 Thank You check!

THE QUESTIONS

1. Tell us, in 10 words or less, what you have learned from reading issues of *Meeting the Challenges*.
2. Tell us, in 10 words or less, something good that has resulted from what you read in *Meeting the Challenges*.
3. Tell us, in 10 words or less, how long you spend reading each issue.
4. Tell us, in 10 words or less, what you do with issues after you have read them.
5. Tell us, in 10 words or less, if and when you have ever told someone else about something you read in *Meeting the Challenges*.
6. Tell us, in 10 words or less, if and why you would recommend reading *Meeting the Challenges* to a friend or relative.
7. Tell us a little about yourself.
8. If you win, tell us the name we should put on the check!
9. Tell us your mailing address.
10. Tell us your phone number, so we can call if we have any questions.

Please mail your completed survey to:
MEETING THE CHALLENGES
PO BOX 3097
BEAUMONT, CA 92223-3097

Winners will be notified by phone.

24 Hour—7 Day Information and Resources.....www.vitalco.net - Vital Connections!

Superando Nuestros Retos.....

Ideas de Cocina Saludables

Por Abril Hamilton, Educadora en Nutrición, Oficina de Ancianos del Condado de Riverside

El comer saludable requiere cocinar saludable. Sea que quiera cocinar saludable para salud nutritiva médica, pérdida de peso o simplemente mantener una dieta saludable, es importante saber algunos 'tips' de cocina. Convierta sus cocinados en comidas sabrosas y saludables.

Mucha gente enfrenta cambios en su necesidad nutricional a través de su vida debido a preocupaciones por peso y salud (tal como diabetes, alta presión sanguínea y colesterol). La persona que enfrenta cualesquier preocupación de salud, consulte siempre con un médico, dietista registrado, nutricionista u otro profesionista de salud para que le ayude con sus necesidades nutricionales y la preparación de comidas saludables.

Primero, algunos 'tips' para preparar comidas con menos grasa y menos sodio.

- Rebane la grasa de la carne y compre carnes magras como sirlón o bistec redondo.

- Quítele la piel al pollo y al pavo antes de cocinar.
- Use 'spray' del que no se pega (non stick).
- Use sazones, bajos de/o sin sodio, de hierbas, especias, jugos de limón y lima, cebolla y ajo.
- Use aceite de oliva o canola en vez de aceites vegetales.
- Use margarina con poco sodio en vez de mantequilla.
- Use comidas e ingredientes libres de grasa o bajas en sodio.

He aquí algunas hierbas y especias para usar con comidas comunes. Esta es una gran manera de agregarle sabor a las comidas sin añadir sal.

- Para sazonar carne de res use especias como toda especie, chile en polvo, canela, comino, eneldo, hinojo, ajo, pimienta de limón, jengibre, orégano, pimentón, pimienta, estragón, romero
- Para sazonar freír albahaca, laurel, pimienta de cayena, comino, polvo curry, eneldo, jengibre, pimienta de limón,

- mejorana, orégano, pimentón, perejil, pimienta, azafrán, salvia, savory, estragón y tomillo
- Para pastas, pruebe albahaca, orégano, perejil, pimienta, semilla de amapola
- En aves use perejil, laurel, cilantro, eneldo, jengibre, pimienta de limón, mejorana, pimentón, perejil, salvia, azafrán, salvia estragón, tomillo
- Para verduras pruebe laurel, perejil, tomillo, pimienta de limón, mayorana, menta, orégano, toda especie, anís, laurel, eneldo, salvia, pimienta, mejorana, menta, orégano, toda especie, anís, laurel, eneldo, salvia, pimienta, cebollinos, nuez moscada, canela
- En frutas use toda especie, anís, laurel, canela, clavo, hinojo, jengibre, macis, menta, nuez moscada, romero

Hay varias formas de cocinar comidas saludablemente.

- Reduzca el freimiento o no fría. Si fría, drene el aceite

.....*Superando Nuestros Retos*

y exprímale el aceite a la comida. Use aceite vegetal.

- Ase a la parrilla o en el horno, o cueza al horno o vaporice carnes, aves y pescados.
- Fría rápido en aceite caliente las verduras con carne, aves y/o mariscos con poquito aceite de olivo. Uses sazones y salsas con poco o nada de sal / sodio.
- Salté con sartenes que no se peguen en aceite comestible, de olivo o vegetal bajo en grasa.
- Vaporice vegetales en satén salsero con canastilla vaporizadora. No necesita agregar sal ni sazoadores pero puede usar hierbas, limón o jugo de lima para más sabor.
- Ase a la parrilla carnes, aves o pescado usando bandeja para drenar la grasa.
- Use recetario para horno de microondas al hacer platillos con grasa reducida.
- Use leche de poca grasa (1% o 2%), leche desgrasada, leche

bronca en vez de leche entera; use yogur, queso cottage de poca grasa o crema libre de grasa en vez de crema completa o salada.

Los mejores aceites de cocina para usar son los bajos en grasa saturada sin colesterol: aceite de oliva, de cacahuete, de maíz, de girasol, del que llaman safflower y canola. Revise posibles sustitutos al cocer al horno o cocinar con aceite, mantequilla y margarina para hacer la selección más saludable.

Siempre piense saludablemente y escoja sabiamente cuando cocine.

“La dieta es un factor importante en el riesgo de enfermedades coronarias del corazón, ciertos tipos de cáncer y embolias –las tres causas mayores de muerte en los Estados Unidos.”

—USDA (Departamento de Agricultura de los Estados Unidos)

Informacion y Asistencia

Los especialistas de Informacion y Asistencia de la Oficina para Personas Mayores tienen a su disposición listas de servicios especializados en personas mayores y sus familias.

ABUSO

Si usted sospecha que una persona mayor es víctima de abuso físico, emocional, financiero o negligencia por favor reportelo anonimamente a las autoridades apropiadas.

CENTROS DE CUIDADO GUARDERIA PARA ADULTOS

Sitios con actividades sociales y educativas para personas mayores frágiles de salud o edad avanzada. Algunos centros ofrecen cuidado médico y terapia física; otros se especializan en pacientes con Alzheimers o enfermedad de demencia.

ADMINISTRACION DE SERVICIOS

Asistencia en asesoría de las necesidades individuales y coordinación de servicios de cuidado, así permitiendo a personas frágiles de salud o adultos deshabilitados a permanecer en sus hogares. Estos servicios pueden ser gratuitos o bajos en costo, dependiendo de su edad, ingresos y condición física.

1-800-510-2020

Translation provided by Leopoldo Treviño

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



HAPPY HOLIDAYS EVERYONE !

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