

Meeting the Challenges

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ON THE INTERNET @ www.LivingPartnership.org

...and @ www.vitalco.net **Vital Connections**

24 hours a day—EVERYDAY

ILP ...helping people to live independently in their homes....

How to Eat Well on Very Little Money

Having enough good food to eat can be challenging when we have a limited budget, but eating well is important to maintaining overall health.

Here are **some tips to stretch dollars** farther with a nourishing diet of good foods:

- **Avoid Fast Food.** Fast food seems like an easy solution, but even fast food “bargains” are not that great. The nutritional value of fast food is very low and it is often high in sugar, fat and salt. For what you get, fast food is expensive. This is one of the worst ways to eat on a tight budget.

- **Determine Budget.** Figure out how much money you need for your monthly expenses (sample):

(1) Monthly Income: _____

(2) Housing cost: _____

(3) Medical costs: _____

(4) Phone: _____

(5) Gas and Electricity: _____

(6) Transportation: _____

Add numbers (2) through (6).

Subtract the total from number (1)

Monthly Food Budget: _____

Obviously you may have other expenses that are not included in the sample budget that should also be included. But the point is that budgeting can be used to determine how much we have to spend on food for the week or month. Sometimes the anticipated cost of food can be offset by food stamps or maybe there is a

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***“Having the ability to ask for help
and receive help
is an overlooked strength.”***

- Clarissa Steffen,
psychologist and counselor

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DISCLAIMER:

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

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

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

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food bank operating in your town or nearby. These things can be life-savers for many.

- **Plan Meals.** Planning meals is the way to insure balanced nutrition, minimize the loss of food to spoilage, and add some excitement to everyday eating [*Warning: if you are on a diet prescribed by your physician, consult with your doctor before making any changes to what you eat.*]
 - **First Step** is to take inventory of basic staples—things like flour, corn meal, sugar, dehydrated milk, beans, tuna, rice, macaroni, maybe peanut butter, spices—packaged things that will not go bad.
 - **Step Two** is to decide what to cook:
 - Using a calendar, plan meals ahead for a week.
 - Plan to cook enough so that dishes can be used at more than one meal (very important way to help save money!).
 - Look for coupons that you can use—a word of caution—it is never a good idea to use a coupon to buy something just because you have a coupon for it—use coupons to buy things that you regularly need and use—avoid buying junk food. Also, coupons are almost always for name brands—buying the same thing as a generic will often be less expensive than using the coupon to buy the name brand.
 - Ideas for meals can come from family cookbooks, television cooking shows, magazines, friends—the Internet is a great source for ideas. Look for meals that include lots of vegetables—cooking with more vegetables is healthier and cheaper than meat centered meals. Soups and casseroles are good choices to stretch the food budget.
 - Always, always make a shopping list—impulse buying is one of the biggest ways that money is wasted.
 - **Step Three** is to shop wisely:
 - Don't shop when you are hungry.
 - (If available) Sign up for your store's discount card.
 - Price compare and look for bargains on things that are on your list—stick to your list.
 - Purchase generics and store brands whenever possible.
 - Avoid buying already prepared foods—they cost more

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

because you are also paying for the preparation and they often also include unnecessary things like additives and preservatives.

- Buy “regular”, as opposed to “instant”- regular is usually lower in sugar and calories, and often less expensive.
- Read the cost per unit stickers on shelves—usually buying in larger quantities saves money—but make sure that the unused portion of larger quantities can be safely stored and will not be wasted—it makes sense to buy larger bags of frozen vegetables when you can return the unused vegetables to the freezer, but it doesn’t make sense to open a large can of something, unless you have planned to use it in more than one meal within a couple of days.
- Avoid pre-bagged salad mixes, as they are often more expensive and also spoil faster.
- Buy chuck or bottom round roast instead of sirloin—they are less fatty and cheaper—buy larger package when you can—use what you need, then freeze the remainder in smaller packages that you will use in other meals.
- Dried beans and peas last on the shelf for a very long time and, when cooked, are a great source of protein and fiber.
- Did you know that a typical store practice is to put more expensive items at eye-level? Look higher and lower for less expensive alternatives.
- Another proven fact is that the more time you spend in the store shopping, the more money you will likely spend—stick to your list and don’t be tempted by things that you had not planned to buy.
- **Other Thoughts.** Researchers have found that healthier foods are less expensive! Another thought is that, as Americans, we have been spoiled by the plenty and affluence that we have enjoyed as a nation—in fact, most of us eat larger quantities of food than are necessary—try reducing portion sizes to save even more money. We also spend a lot of money on sodas, bakery and chips—none of which are good for us—save by mostly taking these items off your list.

[SOURCES: www.usda.gov; extension.oregonstate.edu; webmd.com]

Cost of food: \$ 5.93
Per Serving: \$ 0.99

Spinach and Meat Cakes

Serving Size: 2 meat cakes

Yield: 6 servings

Time: 25 minutes

Ingredients:

- 1 pound ground beef—7% fat (93% lean), or turkey
- 2 bunches spinach - washed and cut into pieces (or substitute a 1lb. bag of frozen chopped spinach, thawed and well drained
- 1/2 small finely chopped onion
- 2 minced garlic cloves
- 1/2 teaspoon salt
- black pepper to taste
- 3 cups brown rice

Instructions:

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over cooked brown rice.

Three meals for 2 people or six for one person. Freeze unused meat cakes in meal size portions and reheat for subsequent meals.

[SOURCE: recipefinder.nal.usda.gov]

Make Your Own Healthy Trail Mix

A trail mix of raw nuts, seeds, dried berries and raisins is high in antioxidants and healthy oils, contains no partially hydrogenated oils or fats, and is a high-energy snack with no added sugar or harmful preservatives.

Making your own trail mix is less expensive than purchasing commercial trail mixes at the supermarket and it is easy to mix your own.

Choose from the following to suit your taste, put them all in a bag or covered container, shake it up and you are done:

- sesame seeds
- pumpkin seeds
- sunflower seeds
- raisins
- coconut
- wheat germ
- walnuts
- almonds
- pecans
- fruit bits or dried fruit
- banana chips
- carob chips
- yogurt covered nuts

Store in sealed plastic bag or covered container in a cool dry place. Enjoy.

[SOURCE: suggested by www.Cooks.com]

Ding-Dong. Maybe You Have Been Taken Too?

This happens to a lot of people. A young man or young woman shows up at your door and tells you an elaborate story about being in some sort of competition, or they are going to receive an award, or they are going to travel with the rest of their class somewhere and all you need to do is help them by buying a magazine subscription.

Often they start by saying my name is *blank blank* and I am the son of *blank and blank*, over on 14th Street. You know them. You've probably seen my mom walking her dog in the morning. She walks Jimmy every morning.

Maybe they say they are in this contest to get a college scholarship and all you have to do to help is buy a magazine subscription from them. You don't want any magazines? That's OK, "pick one and we will have it sent to the library, a convalescent home, or our troops overseas, which would you prefer?" This is sale's fraud. And no one will likely ever see an issue of the magazine you buy.

In fact, the Federal Trade Commission (FTC) says that this nation-wide scam

has been going on for years. In fact, it may be active in your town or neighborhood right now.

The Better Business Bureau says that unscrupulous magazine sale's companies regularly field high-school and college students who need a job. None of these people are screened and some may resort to high pressure tactics. Some consumers report being threatened if they didn't buy.

The Better Business Bureau suggests that we check out the company on their website, which is not practical when face to face with a sale's person. But here are some useful tips:

- The best thing to do is to say "thanks but no thanks" and close the door.
- Do not pay for subscriptions in cash
- It's not a good idea to give the sale's person a personal check either (your check contains a great deal of your personal information).

In addition, never let people you don't know inside your home. On several "blogs" about the subject, writers say that door-to-door sales also provide an opportunity for other crimes, like home invasion robbery or a return visit

(Continued from page 4)

to burglarize your property.

If, however, you do buy from a door-to-door salesperson, and the purchase is more than \$25, you are protected under the FTC's "Cooling-Off Rule" that gives you three days to cancel your order and receive a full refund. Ask to see the required cancellation notice before you agree to buy. If the salesperson doesn't have it, don't place an order. The company is breaking the law. The seller must tell you that you have a right to cancel, and give you a summary of your cancellation rights and two copies of the cancellation form. By law, the company must give customers a refund within 10 days of receiving the cancellation notice though you may never see your refund anyway.

If you think you've been involved in a magazine subscription scam, contact your state Attorney General or local consumer protection office. They're listed in the Blue Pages of your telephone directory. You can also file a complaint with the FTC at ftc.gov or call toll-free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261.

[SOURCES: www.ftc.gov; www.bbb.org]

Transportation for Cancer Patients

The American Cancer Society's *Road to Recovery* program provides transportation to and from treatment for people who have cancer and who do not have a ride or are unable to drive themselves.

Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need. They also provide encouragement and support.

Drivers must have a valid driver's license for the state where they live. They must also have a safe, reliable vehicle and proof of automobile insurance. Volunteer drivers must have a good driving

history and be in good health.

Volunteer driver coordinators help schedule the rides. Coordinators can work whenever it's convenient for them, one day a week, during the evening, or weekends. All it takes is as little as four hours a week of your time, and organization and communication skills to make a major impact on the well-being of cancer patients in your community.

To learn if the Road to Recovery program is available in your area and to learn about volunteer opportunities with the Road to Recovery program, call 1-800-227-2345.

Future Role of Technology to Support Independent Living

Aging Services of California held the nation's first legislative hearing on the use of technology in aging services. The joint hearing took place before two California legislative committees which included the Senate Subcommittee on Aging and Long-Term Care and the Assembly Committee on Aging and Long-Term Care.

The hearing focused on promoting aging in place by discussing technologies that:

- 1) prevent unnecessary acute episodes and provide for early detection of health issues,
- 2) better management of chronic diseases,
- 3) technologies that promote higher quality of care,
- 4) achieve greater staff and caseload efficiency, and
- 5) promote wellness and independence.

Some Assistive Technology to Help Make Living at Home a Little Easier

A clock that listens and speaks to you is available. With 12 simple voice commands, you can tell it to set the alarm, turn off



the alarm, say the time, date, or the temperature, turn on a nightlight and more.

The **Voice Control Alarm Clock** comes with three alarm sounds, three sleep sounds, a snooze feature and a volume control. The clock measures 7 ½" wide x 4 ½" high x 3 ¼" deep. It comes with an AC adapter and can also operate with 3 AAA batteries (not included). List price for the clock is \$50 but it can be purchased from many stores, including Support Plus for \$39.95 plus shipping. To order by phone you can call 1-800-229-2910 or on the Internet at www.supportplus.com Item # HH9512.

Turning a Doorknob Has Never Been Easier—

With **Great Grips**, round doorknobs are no longer difficult to turn for anyone with arthritis. Great Grips are a low-cost and easy-to-install solution. To install on any round doorknob, moisten the grip with water and stretch it over the knob. The grips are soft, latex-free, and eliminate shocks from static electricity. The manufacturer suggests that Great Grips can also be used on faucets. A set of two retails for \$6.95 and are also available in packs of 8 for about \$25. People who have purchased Great Grips at Amazon.com rate the product at 5 stars. They are available from many vendors, including at Aids for Arthritis—1-800-654-0707.



Benefits of Public Transportation

Let's consider these benefits of public transportation:

- **Energy Independence**—According to Treehugger.com, if just one in 10 Americans used public transportation daily, U.S. reliance on foreign oil would decrease 40 percent.
- **Safety**—Riding a bus is 79 times safer than riding in an automobile, and riding a train or subway is even safer.
- **Health**—Studies have shown that people who use public transportation regularly tend to be healthier than people who don't, perhaps because of the exercise they get walking to and from bus stops, subway stations and their homes and offices.
- **Cost Savings**—According to an APTA study, families that use public transportation can reduce their household expenses by \$6,200 annually, more than the average U.S. household spends on food every year.

[SOURCE: About.com]

Southern California Rail Service: Comfortable and Fun

Train travel is available to many places, including:

- Acton
- Anaheim
- Baldwin Park
- Buena Park
- Burbank
- Burbank-Bob Hope Airport
- Camarillo
- Chatsworth
- City of Industry
- Claremont
- Commerce
- Corona
- Covina
- El Monte
- Fontana
- Fullerton
- Glendale
- Irvine
- La Sierra
- Laguna Niguel
- Lancaster
- Los Angeles-Cal State L.A.
- Los Angeles-Union Station
- Mission Viejo
- Montalvo
- Montclair
- Montebello
- Moorpark
- Newhall
- Northridge
- Norwalk
- Oceanside
- Ontario
- Orange
- Oxnard
- Palmdale



- Pedley
- Pomona
- Rancho Cucamonga
- Rialto
- Riverside
- San Bernardino
- San Clemente
- San Clemente Pier (weekends only)
- San Diego-San Diego Coaster from Oceanside
- San Fernando
- San Juan Capistrano
- Santa Ana
- Santa Clarita
- Santa Fe Springs
- Sun Valley
- Sylmar
- Tustin
- Upland

•Van Nuys

The addition of other stations is being planned. Transfers between the various MetroLink trains will get you to any of these destinations. Links to local bus and other ground transportation will take you to other near destinations and tourist attractions.

Fares are calculated on distance. Here are some examples:

“Special Fare” is for Seniors, People with Disabilities, and Medicare Recipients.

Travel (Riverside to...)	Regular Fare	Special Fare
Anaheim	8.75	4.50
Fontana	10.25	5.25
Los Angeles	11.75	6.00
Oceanside	14.00	7.00
Van Nuys	13.75	7.00

Fares are about one-third the estimated average cost to drive to the same destinations!

For personalized travel planning, call the Customer Service Center at (800) 371-5465. Recorded Metrolink schedules are available 24 hours a day and operators are available Mon - Fri from 6 a.m. to 10 p.m. / Sat and Sun from 6:30 a.m. to 8:00 p.m.

Beating Up on Holiday Blues

The holidays can be a rough time for many of us. There are things we can do and things we should not do that can help us get through them with less stress.

The first advice comes from the University of Maryland Medical Center and is surprising—“allow yourself to feel sad, lonely or melancholy - these are normal feelings, particularly at holiday times.”

OK, but it is important that we always are looking forward:

- Let go of the past and create new or different ways to celebrate
- Don't set yourself up for disappointment and sadness by comparing today with the “good old days”—each day and each time of life is different
- Focus your thoughts on good things in your life
- Treat yourself like a “guest”—plan to do things that you will enjoy
- Contact someone with whom you have lost touch
- Spend time with people who care about you
- Spend time with new people or a different set of friends or family
- Volunteer and help others

- Give gifts you can afford—the best gift is always telling someone you care about them
- If you don't get along with someone, try to avoid them and don't pretend that all is well
- Find things to do that are fun—they can be free activities in your community—just do something different from what you otherwise do every day
- Do not drink alcoholic beverages in excess
- Do not over eat holiday foods that are often loaded with sugar and fat
- Get your normal amount of sleep
- Do your exercises as usual
- Don't expect more of this time of year than of any other
- Take a break from holiday music and television specials if you sense they are irritating you
- Make alone time for yourself to feed your mind and spirit
- Take your medications, as prescribed.

[SOURCES: American Geriatrics Society; University of Maryland Medical Center; American Psychological Association; MayoClinic.com; webmd.com]

Maybe We Should Make More Time to Use our Noses ?

According to the National Association of Holistic Aromatherapy, aromatic oils can “induce relaxation, increase energy, reduce the effects of stress and restore lost balance to mind, body and soul.” The word “aroma” suggests use of essential oils for the purpose of inhaling their scent, though they are often also rubbed on the skin and absorbed.

Essential or aromatic oils are “concentrated extracts taken from the roots, leaves, seeds, or blossoms of plants”.

Lavender is said to be “relaxing”. *Geranium* is thought to be both relaxing and uplifting, as well as an antidepressant. Many other oils are also commercially available. Always closely follow instructions that are provided for use.

[SOURCES: National Association for Holistic Aromatherapy; University of Maryland Medical Center]

“It doesn't cost a thing to do the one exercise that makes everyone happy—skipping”

- Stephen Colbert

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

Maintaining your Social Network

Most of us can think of many events or activities that we can participate in—for example, friend's and family's birthdays, weddings, anniversaries, etc. We wonder where we are going for the weekend, who we are visiting next, where we are going for the holidays and the list goes on and on.

It's wonderful to have things to look forward to and to plan upcoming events, but as we age we

The Gift of a Flowering Plant

Writing for the American Society for Horticultural Science, Michael Neff says that research has now confirmed the beneficial effects of plants and flowers to increase positive feelings, reduce stress, and provide distraction from difficult circumstances. The recent study suggests that potted plants offer the most benefit, as opposed to cut flowers. Giving a flowering plant to our friends or to ourselves may help a lot to keep the season bright!

tend to slowly lose the excitement of all these activities because we lose friends or because we just have a hard time getting out of our home.

In order to maintain our social involvement, as we age, we need to be consciously working to maintain and expand our social network. We need to have an open mind about meeting new people everyday. Many of us have family that we rely on for social activities, but what happens when family is not available? We need to think about options that will expand our social connection options.

Talking with neighbors, talking with people at our churches, talking with people in the stores, volunteering to help in the community, taking a class at the community college, attending community events, attending church services, are all ways that will strengthen our social network—getting to know people and making new friends.

According to the American Geriatrics Society some of the benefits of Social Networks are:

- Less risk of early death
- Better physical and men-

tal health

- Less risk of disability or decline in activities of daily living
- Better chance of recovering ability to perform activities of daily living
- Buffered impact of major live events
- Greater feeling of personal control.

Your social network can help you in a time of crisis and in different circumstances you might be the one helping. It becomes your support system—of course the bigger and stronger the better.

It's very easy to lose our social network:

- When we retire we lose touch with co-workers,
- If we move and don't keep in touch with our good neighbors
- If we are diagnosed with a health condition and isolate ourselves.

It takes determination to keep our social network growing. Having the ability to ask for help and receive help is an overlooked strength. It is okay to ask friends and family for a helping hand. We would surely help them if they asked us.

[SOURCE: American Geriatrics Society]

How to Start a Conversation with (just about) Anyone.....

Life is lonely if we don't have others to talk with and many studies have shown that being isolated is actually dangerous to our health and well-being.

Talking with people increases our feelings of belonging and provides us with mental stimulation, and sometimes great entertainment. Having people to talk with is also a resource for thinking through the challenges of life and getting help when it is needed.

Everyday there are opportunities for us to talk with people we do not know. We see people at the store or the doctor's office. We sit next to them on the bus or in church. Did you see your neighbor today? Did you say hi and strike up a conversation?

For some talking to strangers or people they don't know well has become easy, but for most of us it can be a rather frightening challenge. What should I say? Will I be thought of as too forward? Will I say something embarrassing? Is anything I have to say interesting?

Following are some tips about getting ready to talk with people you do not know:

- Understand that everyone is

unique and has a rich history of experiences

- Think about things that interest you and that you would like to learn what others think about them too
- Practice smiling and saying "hi" to yourself in the mirror—always greet people you encounter with a smile and a hello
- Using the mirror, practice looking yourself in the eye—maintaining eye contact shows that you are interested in what people are saying
- Practice questions that will get others to talk about themselves—simple, friendly questions will almost always get a conversation started.

There are some real "don'ts" that can be conversation stoppers or may cause the conversation to become heated and uncomfortable:

- Complaining about things, including our health
- Strongly asserting religious beliefs
- Talking politics or criticizing the politics of others.

To start a conversation, the first thing we say should always be positive and a friendly question is best:

- Isn't this a beautiful day?
- I see you bought such and

such an item too—isn't it really good?

- You seem to be very busy today—is this usual for a Wednesday—are some days busier than others?
- This is my first time here—do you come here often?
- That is such a lovely coat—it looks like it is nice and warm—did you get it around here?

Other opening subjects might include family, friends, pets, or an experience you are sharing. Once the conversation has started, pay close attention to what the person says and the way they say it. Listening is, in fact, more important to advancing a conversation than what you say.

Adding appropriate comments will help the conversation flow naturally. It is important to remember to be positive, good natured and smile. Ask questions about things you would like to know and that can be useful to you in the future.

A good rule to follow is to try to talk with someone everyday—talk with someone new or continue conversations you have already started. Soon it will become easy and something to look forward to.

[SOURCES: web4health.info; psychologytoday.com; conversationtalk.com; cnn.com]

Shopping Helpers

by Ivet Woolridge, TRIP Operations Manager

How many times have you struggled with your grocery bags? Groceries are a vital part of our lifestyle, but what happens when we are not strong enough to deal with all the bags after we shop. Nowadays there are various shopping carts available that can become our faithful shopping helpers. They can be very useful if you use the bus to go shopping. They are easy to roll and pull up the bus steps. They are manufactured to be folded when you are not using them and most of them are inexpensive.



Here are some examples of the available carts:

This cart is lightweight, easy to assemble, folds compactly for storage, features textured handgrip, hooks onto most retail shopping carts, weight capacity is 100lbs and the basket size is 12"x20"x10".

This cart is also designed to make your shopping



experience more pleasant. It is lightweight, folds into pocket book size 12"x7", adjustable handle straps, front pocket has a zipper for secure storage, is made of durable heavy gauge, water repellent vinyl, and the size of the bag is 12"x22.5"x7.



This shopping cart comes with a durable, removable all-weather bag to tote books, groceries, laundry, beach supplies, camping, etc. You can also remove the bag and use the frame separately

as a dolly. The three wheel, stair climber model is perfect for carrying your items up and down the stairs. It also comes with a reflective strip on front flap for increase visibility while crossing the street or walking through parking lots at night

Not only are these shopping helpers going to help you carry your groceries, but they will also help the environment. The less plastic bags we use, the better. Did you know that a million plastic bags are used every minute worldwide? That is about 12 million barrels of oil in America alone to produce plastic bags.

So do yourself a favor and don't strain your body trying to carry heavy groceries and at the same time, you will be helping our environment.

You can find shopping carts like these at Walmart stores everywhere.

"If only we'd stop trying to be happy, we could have a pretty good time"

—Edith Wharton, writer

Safe Practices Tips for Volunteer Drivers

NOTE: The following practical tips and guidelines come from many sources of driving and highway safety advice and are provided for their educational value.

- TRAFFIC RULES AND REGULATIONS

All roadway users should practice caution, care, and courtesy. Drivers should know and obey traffic laws, especially the rules of the road. The purpose of these laws is to promote the safe and orderly flow of traffic.

- DRIVING UNDER THE INFLUENCE

Over 40% of all traffic fatalities involve alcohol and/or drugs. DUI is probably the single most important human factor in fatal collisions for drivers over 65. Do not drive if you have been drinking. The effects of both prescription drugs and over-the-counter medications can reduce driving ability. Avoid driving when medicated, especially if you are not sure how the drug affects you.

- WHEN YOU DRIVE...

Take extra care to study intersections. Be alert to:

- Changing traffic signals
- Traffic signs
- Crossing traffic

- Vehicles that might stop, turn or enter the road in front of you
- Pedestrian and bicycle traffic.

General safe driving guidelines include:

- Exercise caution when slowing down, when entering or exiting the roadway and when turning or backing.
- Move your eyes frequently, scanning the roadway from shoulder to shoulder to avoid “highway hypnosis” and “tunnel vision.”
- On long trips, stop occasionally to rest your eyes and stretch your legs. Avoid driving more than one hour past the time you usually go to bed.
- When you must drive at night or in bad weather, choose routes that are familiar, well-lit and lightly traveled.
- During the day, drive with low-beam headlights, especially on high-speed two-lane roads.
- Don’t “tailgate”—The more space you allow between your vehicle and the vehicle ahead, the more time you will have avoid a hazard. Most rear end collisions are caused by tailgating.

THE ASSISTED TRANSPORTATION OPTION

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 be required to 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 volunteer escort-driver *TRIP* program is supported by Measure A tax funds through the Riverside County Transportation Commission, Older Americans Act funds through the Riverside County Office on Aging, New Freedom funds through SunLine Transit Agency and local funds from the City of Blythe.

Charitable Contributions from Individuals and Businesses Are Very Much Appreciated!!

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



Transportation Reimbursement and Information project (TRIP)

TRIP provides mileage reimbursements to volunteer drivers of seniors and people with disabilities who are not able to use other transportation options in their community.

TRIP provides mileage reimbursements in Western Riverside County, the Coachella Valley, and the Palo Verde Valley.

Qualifications for assistance are determined through an application process. To find out if TRIP reimbursement assistance might be appropriate for you, call 1-800-510-2020 or visit <http://www.livingpartnership.org/Transportation.htm>.



The  program can help you get where you need to go.
Call us through HelpLink @ 1-800-510-2020



is a direct service program of the non-profit, public benefit



Special Transportation Services for Seniors & People with Disabilities

RTA “Dial-A-Ride” is a curb-to-curb advanced reservation transportation service for seniors and persons with disabilities in Western Riverside County. Dial-A-Ride vehicles travel to areas within three-quarters of a mile of an RTA local route. Not all locations are served by Dial-A-Ride.

Before applying for service, call 1-800-795-7887 to verify that your home is

within the Dial-A-Ride service area. If you have any questions about RTA’s ADA services or policies, please call 1-800-795-7887.

Banning, Beaumont, Corona and Riverside operate their own Dial-A-Ride services:

- **Banning Dial-A-Ride**
951-922-3252
- **Beaumont Dial-A-Ride**
951-769-8532

- **Corona Dial-A-Ride**
951-734-7220
- **Riverside Special Transportation**
951-687-8080

SunLine Transit Agency provides a similar “SunDial” curb-to-curb service in the Coachella Valley. Call 1-800-347-8628 to find out if your home and destinations are within SunDial’s pick-up and drop-off zones.

Free, Unbiased ...Health Insurance Counseling — Call HICAP @ 1-800-434-0222

Ding-Dong. Alomejor Esto le ha Pasado a Usted?

Esto le sucede a mucha gente. Un joven se aparece en su puerta y le dice una historia muy elaborada acerca de algun tipo de competencia, o que va a ganar un premio, o que va a viajar con el resto de su clase a algun lugar y todo lo que necesita hacer es ayudarlo comprando una subscripcion de alguna revista.

Usualmente empieza su historia diciendole su nombre y que es el hijo de cierta persona que vive cerca de usted. Como si lo conociera.

Alomejor dicen que estan en una competencia para ganar alguna beca y todo lo que tiene que hacer es comprar una suscripcion a una revista. No quiere ninguna revista? Esta bien, "escoja una y la mandaremos a la biblioteca, una casa de conualesientes, o a nuestros soldados en el extranjero, cual prefiere? Esto es un fraude de venta. Y usted probablemente nunca va a ver la revista que compro.

De hecho, la Comisión Federal de Comercio (FTC) dice que esta estafa ha estado sucediendo en todo el país desde hace años y puede estar sucediendo en su ciudad

en este momento.

El Better Business Bureau, dice que la venta de estas revistas regularmente son hechas por estudiantes que necesitan un trabajo. Ninguna de estas personas son examinadas y algunos de estos estudiantes usan tácticas para forzar a la persona a comprar. Algunos consumidores reportan sentirse amenazados si no compran.

El Better Business Bureau sugiere que visite su pagina de internet para que usted este bien informado. Aqui estan algunos consejos útiles:

*No pague subscripciones en efectivo

*No le de un cheque personal al vendedor (su cheque contiene mucha información personal)

Lo mejor que puede hacer es decir "Gracias pero No" y cerrar la puerta.

Además, nunca deje a ningún extraño entrar a su casa. En varios sitios de Internet, los escritores mencionan que las ventas de puerta en puerta también proporcionan la oportunidad para cometer otros delitos, como robar su casa en ese momento, o después regresan a robar en alguna otra ocasión.

Sin embargo, si usted

compra de un vendedor que llega a su puerta y su compra fue de mas the \$25, usted esta protegido bajo la FTC "Regla de Enfriamiento" que le da tres dias para cancelar el pedido y recibir un reembolso completo. Pidale al vendedor que le enseñe las reglas de cancelacion antes de aceptar la compra. Si el vendedor no tiene las reglas de cancelacion no compre nada. La compañía esta violando la ley. El vendedor debe decirle que usted tiene el derecho a cancelar, y le dara un resumen de sus derechos de cancelacion. Por ley, la compañía debe dar a los clientes un reembolso dentro de 10 dias de recibir el aviso de cancelacion.

Si usted piensa que ha estado involucrado en una estafa de suscripcion de alguna revista, comuniquese con su Fiscal General del Estado o la oficina local de proteccion al consumidor. Estan en las paginas azules de su directorio telefonico. Tambien puede presentar una queja ante la FTC en ftc.gov o llame gratis al 1-877-FTC-HELP (1-877-382-4357) TTY: 1-866-653-4261.

[FUENTES: www.ftc.gov; www.bbb.org]

El Mantenimiento de su Circulo Social

La mayoría de nosotros podemos pensar en varios eventos y actividades en las cuales podemos participar, for ejemplo, cumpleaños de amigos y familia, bodas, aniversarios, etc. Pensamos en lo que vamos a hacer el fin de semana, a quien vamos a visitar, a donde vamos a ir durante las fiestas navideñas y la lista sigue y sigue.

Es maravilloso tener cosas que esperamos que se llegue la fecha para disfrutar y planear eventos, pero a medida que vamos envejeciendo tendemos a perder poco a poco la emoción de estas actividades porque perdemos amigos, o porque simplemente no podemos salir de casa.

Con el fin de mantener nuestra participación en eventos sociales a medida que envejecemos, tenemos que conscientemente trabajar en mantener y expandir nuestro círculo social. Tenemos que tener una mente abierta cuando se trata de conocer gente nueva cada día. Usualmente, todos tenemos familia en la que podemos depender cuando se trata de actividades sociales, pero que pasa cuando la familia no está disponible? Tenemos que pensar en op-

ciones que puedan expandir nuestras conexiones sociales.

Platicar con vecinos, con personas en la iglesia, con personas en la tienda, ser voluntario en su comunidad, tomar una clase en su colegio local, atender eventos comunitarios, pueden ser formas las cuales puede fortalecer su círculo social—Conocer gente y hacer nuevos amigos.

Según la Sociedad Americana de Geriatria algunos de los beneficios de tener círculos sociales son:

- Menos riesgo de muerte prematura
- Mejor salud física y mental
- Menor riesgo de discapacidad o disminución de las actividades diarias
- Mejor oportunidad de recuperar la capacidad para realizar actividades de la vida diaria
- Ayuda con el impacto de eventos fuertes en nuestras
- Mayor sensación de control personal

Su círculo social puede ayudarlo en tiempo de crisis y en diferentes circunstancias y algunas veces usted es el que ayuda a

otros. Su círculo social se convierte en su sistema de apoyo y por supuesto entre mas grande y fuerte es mejor.

Es muy fácil perder nuestro círculo social:

- Cuando nos retiramos perdemos contacto con nuestros compañeros de trabajo,
- Si nos movemos, también perdemos contacto con nuestros buenos vecinos
- Si somos diagnosticados con alguna condición de salud y nos aislamos

Se necesita determinación para mantener nuestro círculo social creciendo. Tener la capacidad de pedir ayuda y recibir ayuda es una fuerza que muchas veces es ignorada. Está bien pedir ayuda a los amigos y la familia. Seguramente usted les ayudaría si se lo pidieran.

[FUENTE: American Geriatrics Society]

“La principal causa de la melancolía es el ocio, no hay mejor remedio que la actividad”

- Robert Burton

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Independent Living Partnership

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Some of us are lucky to live in a place where the green trees dazzle us with incredible displays of color in the Fall. The timing of color change and leaf fall are primarily regulated by the increasing length of nights and the decreasing intensity of light during shortened daylight hours. Warm, sunny days and cool, crisp but not freezing nights seem to cause the most spectacular color displays. During Fall days, lots of sugars are produced in the leaf, but the cool nights and the gradual closing of the veins going into the leaf prevent the accumulated sugars from moving out. The clogged leaf veins and trapped sugars lead to eventual leaf fall. Stems, twigs, and buds are able to survive extreme cold. Leaf tissues would freeze in winter, so plants must either toughen up and protect their leaves or dispose of them. [SOURCE: U S Department of Agriculture]

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