

# Meeting the Challenges

Quarterly

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**Partnership to Preserve Independent Living**  
**for Seniors and Persons with Disabilities**

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## WAYS TO GET A BETTER NIGHT'S SLEEP

**S**leep patterns change throughout life, but changes are more common with older adults. When unhealthy changes persist, they can become a problem. Restful sleep is essential to good health, recovery from illness and productive living.

Some problems are obvious, like not being able to get to sleep or waking up very early and not being able to go back to sleep.

Other indicators that a person might be having some sleep related problems include:

- Being told that you snore loudly
- Being told that you hold your breath when asleep, or waking up gasping for breath
- Feeling sleepy or dozing off while reading or watching TV
- Feeling unrefreshed upon waking in the morning
- Frequently awaking with dry mouth

- Morning headaches
- Sweating excessively while sleeping
- Having leg cramps or leg pain when in bed
- Creepy, crawly sensations in legs when trying to fall asleep
- Being told that you kick your legs in your sleep.

Illnesses and other physical conditions can cause interruptions in normal sleep patterns:

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Reader donations are now being accepted to pay for the publication of the next 4 issues of *Meeting the Challenges*—July 2005, October 2005, January 2006 and April 2006 .

If you would like to help us reach this goal, please send your tax-deductible contribution to: *Meeting the Challenges*, PO Box 3097, Beaumont, CA 92223-3097.

Thank you!

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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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- Cardiovascular disease, including high blood pressure
  - Gastrointestinal disease, including reflux
  - Psychiatric disorders, including anxiety, depression or other problems like psychosis or dementia
  - Neurological diseases, like Parkinson's or Alzheimer's
  - Arthritis, an enlarged prostate, or pain from any source
  - Sleep apnea, which is caused by the intermittent closure of a person's airway (snoring, obesity, gasping for breath when waking, or daytime dizziness often accompany this condition).
- Treatment for physical and medical conditions can help to minimize or eliminate sleep problems.

Some medications, however, can also cause sleep disturbances, including:

- Antacids and drugs to treat a peptic ulcer or relieve cramps of the stomach or intestines
- Antidepressants
- High blood pressure medicines
- Diabetes medications
- Diuretics
- Histamine blockers

- Medications to treat the symptoms of Parkinson's Disease
- Night sedatives
- COPD medication

If you have been prescribed any of these medications and are experiencing problems sleeping, contact your physician to discuss your problems. **DO NOT DISCONTINUE YOUR MEDICATIONS** unless your physician tells you to do so.

Other things that might result in sleep problems include:

- Alcohol consumption
- Caffeine from coffee or other sources
- Nicotine
- Lack of exercise
- Being overweight
- Taking herbal supplements.

Here are some general tips to help you sleep better:

1. Try to establish a regular sleep pattern—go to bed and get up at the same time everyday

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***“A sense of fun is also contagious; it breeds more of the same.”***

**-- Cass R. Sunstein  
Professor of Jurisprudence  
University of Chicago**

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2. Do not take naps during the day that are longer than 20 minutes
3. Avoid caffeinated drinks after lunch
4. Avoid drinking alcohol after the dinner meal
5. Stop smoking
6. If OK with your doctor, increase your daily exercise
7. Have medical examinations and tests to determine if the onset of illness is causing sleep disturbance
8. Ask your physician if your prescriptions, or any herbal supplements that you may be taking, could be causing your sleep problems.

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SOURCES: National Sleep Foundation; National Institutes of Health; American Academy of Family Physicians; Sleepnet.com. Easy Internet links to these and other sleep disorder resources are available in the Health and Medical section of *Vital Connections* at: <http://www.vitalco.net>

### FIGHTING CANCER WITH FOOD

According to the National Council for Cancer Research (NCFR), many foods help reduce the risk of getting cancer:

- Plants in the mustard family, including cabbage, broccoli, Brussels sprouts, radishes, kale, collard and mustard greens, rutabagas and turnips have been found to stimulate the immune system and help protect against colon, stomach and respiratory cancers.
- Oranges, grapefruit and lemons also seem to stimulate the immune system.
- Tomato sauces, ketchup and cooked salsas appear to reduce the risk of prostate and some other cancers.
- Apple peels contain chemicals that have been proven to restrict the growth of colon and liver cancer cells.

- Beans, nuts and whole-grain breads and cereals are said to help guard against pancreatic and stomach cancers.
- Garlic and onions block cancer causing carcinogens with the same chemicals that give them their smell.
- The pigments that give carrots, apricots, pumpkins, sweet potatoes and acorn squash their color also seem to be able to protect against degenerative diseases, boost the immune system and help reduce the risk of breast cancer.
- NCFR says that olive oil is "one of the healthiest types of fat" and may actually help prevent breast and colon cancers.
- Peppers, in general, are a good source of cancer fighting vitamins but the chemical that gives hot chili peppers their kick may also help prevent lung cancer.
- A diet rich in berries, such as cranberries, blueberries, raspberries and strawberries, because of their vitamin content and the additional fiber they provide, can also help prevent certain cancers.

#### Daffodils— "the flower that means Spring"

Native to Spain and Portugal, Daffodils were brought to England by the Romans, who thought they had healing powers. Actually they contain a crystal that irritates the skin. In Greek mythology, the Daffodil grew up in place of Narcissus, when his vanity overcame him. *Jonquils* are a sub-species with multiple small blooms on one stem.

**FREE HEALTH  
AND WELLNESS  
CONFERENCE  
ON MAY 11TH**

**D**r. Chris Lindfelt, Regional Director of the Alzheimer's Association for the Inland Empire, is scheduled to be the keynote speaker.

Southern California experts will cover other subjects of great interest to all of us who are working to lead healthier lives, including nutrition, exercise, medications, dental, physical and psychological health.

Plan to attend on **Wednesday, May 11th at the Riverside Convention Center, 3443 Orange Street in Riverside.**

A continental breakfast will be served beginning at 8am.

Admission is free, but reservations are required. To make your reservations, call Donna Pierce (951.697.4697) at the Riverside County Office on Aging.

A complimentary lunch will also be served and activities will conclude at 4pm.

**HOW TO BUY A HEARING AID —  
Free Workshop at Mizell Senior Center**

**A**udiologist, Dr. Phillip Burney will present a free workshop on **Tuesday, May 10th from 1-3pm.** All are welcome. This workshop is a must for everyone to attend before buying a hearing aid. No reservations are required. Nothing is for sale and no hearing evaluations will be given.

The Mizell Center is located at 480 S. Sunrise Way in Palm Springs.

Free meetings of the *Adjusting to Hearing Loss*

*Club* are a collaboration between the Mizell Senior Center and Laine Waggoner, of *Hearing loss Education and Relationships* (HEAR). Monthly meetings of the club will resume in October.

**FREE 4 1 1 CALLS**

**Verizon has a program to provide free directory assistance to people with severe physical limitations and visual impairments. To apply, call 1-800-974-6006**

**New CHILD CARE PROGRAM HELPS  
GRANDPARENTS RAISING GRANDCHILDREN**

**G**randparents, anywhere in Riverside County, who are raising one or more grandchildren, ages 5 or younger, may be eligible to receive child care services through a new Office on Aging program.

Services are intended to:

- Assist grandparents who work and need assistance during work hours
- Help if grandparents need a few hours of child care while going to appoint-

ments or shopping

- Provide grandparents with needed respite time.

To learn more about this program or to apply for child care services, call the Program Specialist at 951.791.3578. You can also call Office on Aging HelpLink at 1-800-510-2020 and leave a message for the Child Care Services Program Specialist to call you back.

Because of the huge need and demand for this service, new callers will be added to the waiting list.

## PAYING FOR NURSING HOME CARE

By J. Terrence Moynihan, Attorney at Law

One of the things that concerns people most about nursing home care is how to pay for that care. There are basically four ways that you can pay the cost of a nursing home:

1. **Long Term Care Insurance** - If you are fortunate enough to have this type of coverage, it may go a long way toward paying the cost of the nursing home. Unfortunately, long term care insurance has only started to become popular in the last few years and most people facing a nursing home stay do not have this coverage;
2. **Pay With Your Own Funds** - This is the method many people are required to use at first. Quite simply, it means paying for the cost of a nursing home out of your own pocket. Unfortunately, with nursing home bills averaging \$4,500 to \$5,000 per month, or more, in our area, there are few people who can afford a long term stay in a nursing home;

3. **Medicare** - This is the national health insurance program primarily for people 65 years of age and older, certain younger disabled people and people with kidney failure. Medicare provides short term assistance with nursing home costs, but only if you meet the strict qualification rules; and
4. **Medi-Cal** - This is a federal and state funded and state administered medical benefit program which can pay for the cost of the nursing home if certain asset and income tests are met. Medi-Cal is called "Medicaid" in most other States.

The first two methods of payment (long term care insurance and paying with your own funds) are self-explanatory.

**What About Medicare?** There is a great deal of confusion about Medicare and Medi-Cal. Medicare is the federally funded and state administered health insurance program primarily designed for individuals over age 65. There are some limited long term care benefits that can be available under

Medicare. In general, if you are enrolled in the traditional Medicare plan, and you've had a hospital stay of at least 3 days, and then you are admitted into a skilled nursing facility (often for rehabilitation or skilled nursing care), Medicare may pay **for a while**. (If you are a Medicare Managed Care Plan beneficiary, a 3 day hospital stay may not be required to qualify.)

If you qualify, traditional Medicare **may** pay the full cost of the nursing home stay for the first 20 days and **can** continue to pay for the next 80 days, but with a deductible that's about \$100 per day. Some Medicare supplement insurance policies will pay the cost of that deductible. For Medicare Managed Care Plan enrollees, there is no deductible for days 21 thru 100, as long as the strict qualifying rules continue to be met. So, in the best case scenario, the traditional Medicare/Medicare Managed Care Plan may pay up to 100 days for each "spell of illness." In order to qualify for this 100 days of cover-

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age, however, the nursing home resident must be receiving daily “skilled care” and generally must continue to “improve.” (Note: Once the Medicare and Managed Care beneficiary has not received a Medicare covered level of care for 60 consecutive days, the beneficiary may again be eligible for the 100 days of skilled nursing coverage for the next spell of illness).

While it’s never possible to predict at the outset how long Medicare will cover the rehabilitation, from our experience, it usually falls far short of the 100 day maximum. Even if Medicare does cover the 100 day period, what then? What happens

after the 100 days of coverage have been used? At that point, in either case, you’re back to one of the other alternatives... long term care insurance, paying the bills with your own assets, or qualifying for Medi-Cal.

NOTE: This article was reprinted, with permission, from the February 2005 *Elder & Disability Law Topics* newsletter, which is published and distributed by the Law Offices of J. Terrence Moynihan, 6529 Riverside Ave., Suite 155, Riverside, CA 92506 (951)781-1960. This information is for general informational purposes only and does not constitute legal advice. Mr. Moynihan is certified by the State Bar of California Board of Legal Specialization as a specialist in estate planning, trust and probate law.

**ARE YOU ABLE TO TRAVEL TO MEET YOUR NEEDS?**

If not, you may qualify for special “TRIP” assistance to help you secure a volunteer escort-driver. If you are 60 or better, or any age with disabilities that make it difficult for you to travel, call 1-800-510-2020 and tell the *HelpLink* Specialist that you need transportation help.

You will be asked a few questions and, if appropriate, be referred to the non-profit *TRIP Program*. Once you have completed the necessary application procedures, and if you are determined to be eligible for *TRIP* assistance, you can receive monthly cash mileage reimbursements for your volunteer.

Arrangements for travel are made between you and your volunteer driver, as mutually convenient. Records of travel are sent to *TRIP* each month to validate your completed travel.

*TRIP* is that simple. It is very user friendly and convenient. If you need assisted transportation, call today.

NOTE: *TRIP* funding is mainly provided by Riverside County's Measure A, half cent sales tax, and through the Office on Aging.



**Vital Connections**

.....providing easy access to news, weather, sports, information on using your computer and the Internet, health and medical subjects, nutrition and recipes, entertainment, and more—plus County, State, Federal, non-profit and foundation services ....all in one place!

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## AVOIDING AUTO SALE'S DECEIPT AND MANIPULATION

It is reported in an article in a recent issue of the Scambusters Newsletter, by Peter M. Humleker, Jr., who claims to be a former General Manager for an auto dealer, that many advertised sales are basically scams.

Humleker, author of the book *“Car Buying Scams, Auto Dealer Executive ‘Breaks Code of Silence’*” writes that the “Super Sale” is generally an arranged event that employs an outside company of sales people, professional closers, managers and finance people. We have all gotten the letters and seen the ads for these sales ourselves:

“Pick a payment”, with the monthly payments prominently displayed on or in the vehicles—never is the full price of the vehicle displayed. According to Humleker, it is typical of these sales that up to \$5,000 is added to the price of each vehicle and the professional sales team focuses everyone’s attention on the monthly payment only so prices or how much is allowed for a trade are never mentioned.

Humleker writes that the “Pre-approval Sale” targets people with credit problems and often offers a “free

gift” for going to the dealership. He says that the intent of gearing the sale to people with less than perfect credit is to make it easier to maneuver them into dealership vehicles with greater built in profit or vehicles the dealer needs to get rid of because of

inventory carrying costs or for other reasons. People who buy at the pre-approved sales are often then manipulated into high interest loans or add on “products”, like accident insurance, and extended service contracts, etc.

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### CLEANING IN-THE-EAR HEARING AIDS

by August Roy Fernandez, audiologist

Custom hearing aids should be cleaned daily. Ideally, you should use a dry tissue or a soft cloth. When not being worn, always store your hearing aids inside their hard case, or at least the soft carrying pouch, which is usually supplied when you purchase your custom hearing aids. Always store your aids in a dry location at room temperature when you are not wearing them.

If you perspire heavily, or live in an area of high humidity, you may need to store your aids in a dehumidifying kit to prevent the electronics from becoming saturated when not in use. There are many brands of kits available and your Hearing Care Professional can provide you with one that is suitable. Always make sure to remove the battery before placing your aids into a dehumidifier.

Routine cleaning of the internal passages (i.e. vent and/or receiver port) is also beneficial to ensure that earwax (also called cerumen) does not accumulate in those places. A wax cleaning brush should have been provided with your aids. Your Hearing Care Professional can provide you with specific cleaning and care instructions that pertain to you and your custom hearing instruments.

August Roy Hernandez, MA-FAAA has been an Educational Specialist and trainer for Siemens Hearing Instruments for the past six years. Prior to Siemens, August worked in multiple private practice and hospital settings providing diagnostic services and audiologic rehabilitation for hearing impaired individuals.

SOURCE: HealthHearing.com

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Humleker urges his readers to beware of the “free gifts”, which he says are often “grossly” overpriced and often require the payment of “shipping charges” that are more than the “gift” is actually worth.

The Federal Trade Commission ([www.ftc.gov](http://www.ftc.gov)) encourages consumers to “do their homework” before going to buy a new or used vehicle:

- Read about the vehicle that you want to buy—books in the library or from the bookstore, or Internet websites, have lots of information available about dealer costs for specific models and options.
- Plan to negotiate on PRICE. (Don’t get caught in the “how much would you like to pay a month?” trap.) Dealers will negotiate price to sell vehicles, sometimes as much as 10-20%.
- Shop around until you find a vehicle that meets your needs but doesn’t have a lot of options that you don’t want. (Dealers will add options to increase vehicle prices and profit margins. Don’t spend extra money for things you don’t want.)

## Ways to Preserve or Rebuild Your “Social Support Network” by Cheryl Svensson, Ph.D. and Richard Smith

**A** “Social support network” is something we are all very familiar with...the support we receive from our family, friends, neighbors and others who make a difference in our lives.

There are two kinds of support, “formal” and “informal”. Formal support refers to services provided by private and government agencies, while informal refers to assistance and service from family, friends, and neighbors. Public and private “fee for services” are available to help support the needs of people without a support network of family and friends. However, it is better if a weakened or faltering support network can be improved.

There are ways to help preserve and rebuild your informal social support network. As Eastern philosophy teaches, the only certainty in life is *change*. This is more true as we age. Friends and family members die. Friends may relocate and move away. Our adult children take jobs in distant states. Physical disabilities may prevent us

from driving a car and engaging in activities once enjoyed routinely. All of these changes may impact the support network built up to assist in time of need. So what can be done to rebuild and preserve the support necessary to live independently while still maintaining a high quality of life?

**To have a friend...be a friend.** This old adage is true. To whatever extent possible, be a friend who is interested and concerned with others and their lives. We all like nothing better than to talk about our lives, so develop the skills of a good listener and you will find that you will always have friends.

**Guard against isolation.** Physical disabilities often prevent us from continuing in some of the hobbies and pursuits we once enjoyed. However, there may be ways to participate on a modified basis. For instance, if you can no longer see well enough to remain in a book club, you can still meet with the group for coffee and discussion. Or...if you’re no longer able to drive, ask a friend for a ride. They will be more than happy

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



to help. And...you will be doing them a favor since research has shown that the immune system is bolstered in people who help other people.

**Learn to take the initiative and 'ask'.** We are all raised to be independent and self-reliant. The late Maggie Kuhn, founder of the inter-generational organization devoted to improving the lives of older persons, The Gray Panthers, stressed *interdependence*. Sometimes we need to ask for help to maintain our independence. This is the opposite of "learned helplessness" where over-doting and well meaning others take away our sense of independ-

ence by doing everything for us. We all need to learn to ask for help when we need it and still continue to do as much for ourselves as possible.

**Get involved.** To whatever capacity available for yourself, keep actively involved in life around you. This could be done volunteering in some way for your church or synagogue, local senior center, or just helping your neighbors. Even though our physical incapability may seem insurmountable, there are often ways that you can still help. For instance, answering the phone for the senior center, attending religious services,

etc. When you are out and about you are visible and will be connected with people and your local community.

**Appreciation and Reciprocity.** The give and take of life is a continuum. Seldom, except in destructive relationships, are we *always* the one to give or receive. There are times when we are on the receiving end and other times when we are able to give and it is essential that we are comfortable with both. As recipients, there are many ways to express our gratitude. Buying lunch for a friend who has helped us with our transportation needs, a cup of coffee for a neighbor, or simply a genuine, "Thank you." In a recent focus group with volunteer drivers for the TRIP Program in Riverside County, we learned that the greatest reward for some was a simple, "Thank you. You're an angel."

Having a strong support network is important in many ways:

- It makes us feel loved and appreciated
- It can make life more exciting, interesting, and fun
- It helps us deal more effectively with problems and challenges that arise
- And it will help us to preserve our physical and mental health.

#### **From the Internet -**

#### **Sent to us by a Challenges READER:**

Stress Management - A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

- "If I hold it for a minute, that's not a problem."
- "If I hold it for an hour, I'll have an ache in my right arm."
- "If I hold it for a day, you'll have to call an ambulance."

"In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." "As with the glass of water, you have to put it down for a while and rest before holding it again." "When we're refreshed, we can carry on with the burden."

2 (or up to 10)  
Now FOR THE SAME  
DIAL-A-RIDE PRICE

**N**ew “BUDDY FARE” program from Riverside Transit Agency (RTA) allows up to 10 people, who can be picked up within a half-mile radius and who are going to the same destination, to ride on the same fare. Riders can include ADA eligible seniors and persons with disabilities and the children and attendants who accompany them.

The fare is \$2.50 each way for one, two, five or ten: so if 2 people ride together it is only \$1.25 per person, each way, or \$.25 each, each way if 10 people ride on the same fare. As you see, coordination by riders who live in the same neighborhood or apartment complex can really pay off!

A “group leader” can organize travel, based on the needs of anyone in the group. Say someone wants to go shopping at such and such market—they call the group leader, who then calls members of the group, lines up the group travel and calls RTA, and everybody pays less.

For more information, or to schedule travel, call 1-800-795-7887.

## Emergency Planning for Family Caregivers

by David W. Fraser, MSW  
Executive Director, Inland Caregiver Resource Center

**E**arthquakes, fires and floods – California has them all. With all the things that family caregivers have to deal with, planning for a natural disaster is usually the last thing on their minds. However, as the adage goes, an ounce of prevention is worth a pound of cure.

Last year, some families caring for loved ones with dementia ended up at the Red Cross shelters set up for mountain residents fleeing the fires. The Red Cross in San Bernardino reported that the first 150 people that showed up for help at the Red Cross were people with special needs. Concern for family caregivers during times of a disaster prompted many agencies including the Office on Aging and Inland Caregiver Resource Center to make emergency planning more of a priority.

Emergency planning is crucial when caring for a loved one with dementia, other cognitive problems resulting from a stroke or other condition or when

he/she has limited mobility. You may be able to leave your loved one alone for short periods of time to run to the store, but if an earthquake strikes while you're gone and you find you can't travel home, how will your loved one manage?

If you are at home together but need to evacuate your home, what's your plan? If your loved one is resistant to leaving the home to go to a doctor's appointment, just imagine how difficult it might be to get them out in the event of an evacuation.

To get started in emergency or disaster planning a good place to start is the Riverside County Chapter of the Red Cross located at 6235 River Crest Drive, Suite D Riverside, CA 92507, telephone 951-656-4218 or the San Bernardino County Chapter at 202 W. Rialto Avenue, San Bernardino, CA 92408, telephone 909-888-1481.

The Red Cross has excellent pamphlets to help you with developing a disaster plan. “Emergency Preparedness Checklist” and

"Your Family Disaster Plan" are two that every family should have to get started in making up their own emergency plan.

These pamphlets and other information are available on the American Red Cross and the Federal Emergency Management Agency (FEMA) websites:

[www.redcross.org](http://www.redcross.org);  
[www.riversidecounty.redcross.org](http://www.riversidecounty.redcross.org) (for Riverside County Red Cross), (or for San Bernardino County Red Cross)  
[www.arcinlandempire.org](http://www.arcinlandempire.org),  
 and [www.fema.com](http://www.fema.com).

The Red Cross also offers training programs in Disaster Preparedness. Contact them for times and locations of classes. ADEAR's (The Alzheimer's Disease Education and Referral Center) website, [www.alzheimers.org](http://www.alzheimers.org) has specific advice on emergency planning for those caring for a person with Alzheimer's other dementia.

Several things are critical for family caregivers in planning for an emergency:

- Learn how to turn off the gas and water supply to your home.
- Make sure you have a list of relatives and/or friends who live within walking distance that will be avail-

able to help out – involve them in your emergency plan make sure they have a copy of it.

If you are away from home, your loved one is at home, what will happen? Make a plan. If you've left you're loved one in someone else's care, do they know what the emergency plan is?

- If medications or medical supplies like oxygen are needed for survival, do you have enough on hand to get through the time of the emergency?
- Have enough emergency food and water available to last for a week.
- Educate neighbors beforehand about the person's specific disabilities, including inability to follow complex instructions, memory loss, impaired judgment, and probable disorientation and confusion. Give examples of some of the simple one-step instructions that the person may be able to follow.
- Be sure that the person with AD wears an identification bracelet stating "memory loss", should he or she become lost or disoriented during the crisis. Contact the Alzheimer's Association chapter and enroll the person in the

Safe Return program.

Just having a plan is a great start but it's even better to periodically have a drill to practice implementing your plan. Involve family members and neighbors in the drill too.

If you are a family caregiver of an older adult or you care for a loved one with an adult-onset brain impairing condition, Inland Caregiver Resource Center (ICRC) can help you with emergency planning and disaster preparedness. We have information available and our staff can meet with you to help you prepare your emergency plan. You can also contact us for information about caregiving during an emergency by calling us at 800-675-6694 or visit our website, [www.inlandcaregivers.com](http://www.inlandcaregivers.com).

*"The fact is that some of the happiest people in the world find gratification outside of themselves -- in relationships and service to others.*

*The hidden truth of life is that being good is the best way to feel good."*

-- Michael Josephson  
 Founder, Josephson  
 Institute of Ethics

## The Warning Signs of Dementia

**C**hanges in memory and thinking have a number of possible causes that may include stress, depression, pain, chronic illness, medication or alcohol and sometimes dementia.

The early signs of dementia are very subtle and vague, and can be very different for different people. The first thing that people usually notice is a problem with memory, particularly things that happened recently.

Other common symptoms include: confusion, personality change, apathy and withdrawal, and loss of ability to do everyday tasks. Often these symptoms are wrongly assumed to be “a normal part of the aging process”.

Many organizations refer to warning signs that may indicate a developing problem:

1. *Memory loss.* According to the Alzheimer’s Association, one of the most common early signs of dementia is forgetting recently learned information. It is normal to forget appointments, names or telephone numbers. People with dementia forget

such things more often and do not remember them later.

2. *Difficulty performing familiar tasks.* People with dementia often find it hard to complete everyday tasks like using a household appliance or preparing a meal. Or, a person with dementia might prepare a meal and not only forget to serve it, but also forget they made it.
3. *Problems with language.* Everyone has trouble finding the right word sometimes, but a person with dementia may forget simple words or substitute inappropriate words.
4. *Disorientation to time and place.* It is normal to forget the day of the week or your destination for a moment. But people with dementia can become lost on their own street, not know where they are, how they got there or how to get back home.
5. *Poor or decreased judgment.* Indicators of poor judgment may include dressing inappropriately, buying unneeded products, or being highly susceptible to direct mail requests and giving away

large amounts of money. When judgment is impaired, driving is more dangerous.

6. *Problems with abstract thinking.* For example, numbers may become meaningless, so that tasks like making change or balancing a checkbook may become impossible.
7. *Misplacing things.* From time to time we all temporarily misplace a TV remote or car keys. However, a person with dementia may repeatedly put things in very inappropriate places.
8. *Changes in mood or behavior.* Everyone becomes sad or moody from time to time. Someone with dementia can have rapid mood swings from calm to tears to anger, for no apparent reason.
9. *Changes in personality.* A person with dementia can become suspicious, confused, or fearful, or apathetic and uncommunicative. They may become withdrawn and more dependent on a family member or more uninhibited, talking with strangers in inappropriate ways.
10. *Loss of initiative.* It is normal to tire of routines and

obligations at times, but the person with dementia may become very passive, watch excessive amounts of television, sleep more than usual, refuse participation in normal activities, or require repeated cues to prompt them to become involved.

Other signs of advancing dementia may include:

- Unwillingness to try new things.
- Inability to adapt to change.
- Blaming others for 'stealing' lost items.
- Becoming more self-centered and less concerned with others and their feelings.
- More likely to say things over again or lose the thread of conversation.
- More irritability.
- Confusing or forgetting the names of family or friends.
- Forgetting cooking pans on the stove.
- Seeing or hearing things that are not there.
- Becoming neglectful of hygiene or eating.

Many conditions have symptoms similar to dementia, so it is important not to assume that someone has dementia just because some of the above symptoms are present. However, a person who

is experiencing several of the warning signs should consult with a physician. The cause could have another medical basis requiring treatment. A correct diagnosis is important.

Some people may be resistant to the idea of visiting a doctor. In some cases, the effects of dementia can interfere with a person's ability to recognize that there is anything wrong with them. Others, may fear they are experiencing a problem and choose to deny it.

One of the best ways to get someone to the doctor for mental status assessment is to find another physical reason for a visit to the doctor, like a check-up for a symptom that the person is willing to acknowledge, such as headaches or failing eyesight. Other ideas might include a blood pressure check, or perhaps just suggesting that it is time for BOTH to have a physical.

Another approach is to suggest a reward following the medical visit, such as lunch at a favorite restaurant, a fun activity, or travel to a favorite place.

If a person is completely uncooperative and refuses to go to the doctor, it may be possible to arrange for a home health nurse to be sent by your physician. In some areas, medical home visits can be arranged through special services like the Desert Medical Group's *Living and Aging Well Program* in the Coachella Valley. Also, the Alzheimer's Association is a rich resource of ideas and experience for dealing with dementia issues.

Major changes in memory and thinking patterns are not normal at any age and should be taken seriously. If someone is experiencing these kinds of difficulties it is better to see a physician sooner rather than later.

[SOURCES: The Alzheimer's Association; Better Health Channel; Alzheimer's Australia]

***"Only 1 in 14 incidences of elder and dependent adult abuse or neglect are reported. Sadly, even fewer cases of financial abuse – only 1 in 100—are reported."***

Please help protect each other. Call **1-800-491-7123**



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

## Superando nuestros retos.....

### CÓMO "mantener su cerebro™"

Por Chris Lindfelt

**P**ara ayudarle a todos los estadounidenses a vivir una vida saludable para el cerebro y reducir potencialmente su riesgo de la enfermedad de Alzheimer, la Asociación de Alzheimer está ofreciendo un folleto de "cómo hacerlo" y una guía rápida para "Diez maneras de mantener su cerebro™".

Hay varias cosas que usted puede hacer y le ayudan a mantener su cerebro más saludable con la edad. Creciente evidencia demuestra que hábitos saludables en el estilo de vida, tales como siendo inteligente para el corazón, comer dieta saludable para el cerebro, mantenerse activa física y mentalmente y socialmente involucrado contribuyen a un envejecimiento más saludable y también puede reducirle el riesgo de Alzheimer.

Hay bastante que pensar sobre las investigaciones más modernas que están saliendo. Muestran que el ejercicio regular y una dieta baja en grasas saturadas y ricas en antioxidantes no son solamente buenos para su corazón: hasta pueden

ayudarle a reducir el riesgo de la enfermedad de Alzheimer.

Así que la Asociación de Alzheimer le anima a pensar en pequeño; como en moras azules y otras frutas de piel oscura. Piense en grande; como en caminatas largas y brucasas y un gran tazón de vegetales de hojas verdes oscuras. Y, piense sobre su futuro visitando la Asociación de Alzheimer hoy para más formas de 'mantener su cerebro'. Pensar por adelantado hoy puede hacer la diferencia mañana.

La Asociación de Alzheimer está ofreciendo un nuevo folleto 'Mantenga su cerebro™' con consejos, información 'cómo' e inspiración para conseguir un cerebro saludable, así como las "Diez maneras de mantener su cerebro™". Adicionalmente, la asociación está empezando seminarios de 'Mantener su cerebro™' en lugares selectos por el país para ayudarle a la generación post II Guerra Mundial y a todos los estadounidenses para que tomen elecciones saludables para su cerebro. Para una copia del folleto y "Diez maneras" o pa-

ra saber más sobre los seminarios locales, llame 800-660-1993 o visite el Internet de la Asociación en [www.alzla.org](http://www.alzla.org) o visite la Oficina Regional ubicada en

104 E. State Street, Ste Q  
Redlands, CA, 92373  
Tel: 909-747-0347

#### 10 maneras para mantener su cerebro™

1. Cabeza primero. La buena salud empieza con su cerebro, así que no lo ignore. Es uno de los órganos más importantes del cuerpo y necesita cuidado y mantenimiento.
2. Tome la salud del cerebro con el corazón. La enfermedad del corazón, la presión sanguínea alta, la diabetes y la embolia pueden subir el riesgo de Alzheimer.
3. Sus números cuentan. Mantenga su peso corporal, y los niveles de su presión sanguínea, de su colesterol y de azúcar dentro de márgenes re-

.....*Superando nuestros retos*

- comendados.
4. Alimente su cerebro. Coma una dieta baja en grasas y baja en colesterol, que tenga vegetales y frutas oscuras, comidas ricas en antioxidantes, vitaminas E y C, B12, ácidos fólico y omega-3.
  5. Trabaje su cuerpo. El ejercicio físico mantiene el flujo de la sangre y anima células cerebrales nuevas. No tiene que ser una actividad extenuante. Haga lo que pueda –caminar 30 minutos diarios- para mantener su cuerpo y mente activos.
  6. Trote con su mente. Mantener activo e involucrado su cerebro aumenta su vitalidad y edifica reservas de células y conexiones cerebrales. Lea, escriba, juegue y haga crucigramas.
  7. Conéctese con los demás. Actividades de descanso que combinen elementos físicos, mentales y sociales tienen mayor probabilidad de prevenir la demencia.

- Sea social, converse, haga de voluntario, únase.
8. ¡Atención! Proteja su cerebro. Tome precauciones contra lesiones. Use su cinturón de seguridad del auto, despeje su casa para evitar caídas y use casco cuando ande en bicicleta.
  9. Use la cabeza. Evite hábitos no saludables. No fume, ni tome excesivo alcohol ni use drogas de la calle.
  10. Piense por adelantado - ¡Empiece hoy! Usted puede hacer algo hoy para protegerse mañana.

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La Dra. Christopher H. Lindfelt se volvió Directora Regional de la Asociación Alzheimer del Imperio Interior en octubre del año pasado. La Asociación Alzheimer es líder mundial en investigaciones y apoyo para Alzheimer. Habiendo otorgado más de 165 mil a casi 1,400 proyectos, la Asociación Alzheimer es la proveedora de fondos privados más grande, y no gubernamental, de investigaciones sobre Alzheimer. Para sostener el progreso rápido hecho, la Asociación pide mil millones de dólares en fondos federales anualmente para las investigaciones de Alzheimer.

**Informacion y Asistencia**

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

**ABUSO**

Si usted sospecha que una persona mayor es victima 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 fragiles de salud o edad avanzada. Algunos centros ofrecen cuidado medico y terapia física; otros se especializan en pacientes con Alzheimers o enfermedad de demencia.

**ADMINISTRACION  
DE SERVICIOS**

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

**1-800-510-2020**

Translation provided by Leopoldo Treviño

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

**PLANT A GARDEN by Edgar A. Guest (1881-1959, American "Poet of the People")**

If your purse no longer bulges  
and you've lost your golden treasure,  
If times you think you're lonely  
and have hungry grown for pleasure,  
Don't sit by your hearth and grumble,  
don't let mind and spirit harden.  
If it's thrills of joy you wish for  
get to work and plant a garden!

If it's drama that you sigh for,  
plant a garden and you'll get it.  
You will know the thrill of battle

fighting foes that will beset it.  
If you long for entertainment and  
for pageantry most glowing,  
Plant a garden and this summer spend  
your time with green things growing.

If it's comradeship you sight for,  
learn the fellowship of daisies.  
You will come to know your neighbor  
by the blossoms that he raises;  
If you'd get away from boredom  
and find new delights to look for,

Learn the joy of budding pansies  
which you've kept a special nook for.

If you ever think of dying  
and you fear to wake tomorrow  
Plant a garden! It will cure you  
of your melancholy sorrow.  
Once you've learned to know  
peonies, petunias, and roses,  
You will find every morning  
some new happiness discloses.

**SPRING 2005**



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