

Meeting the Challenges

Quarterly

JOURNAL

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



SPRING 2011

Volume 19 Number 4

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....

What to have in an Earthquake Kit

by Ivet Woolridge

Recently we have seen the devastation an earthquake can cause and we can only hope we don't experience anything like that. The recent earthquakes in Haiti and Japan have been devastating for those countries.

California is full of faults and earthquakes happen daily, we sometimes feel them and sometimes we don't. The biggest fault that seismologists have always cautioned us about is the San Andreas Fault. The San Andreas Fault is about 810 miles long and can cause a major earthquake that will affect us all in some way or another. So what do we do?

Having an earthquake kit in our homes is a good place to start. Do we know what to have in an earthquake kit?

An earthquake kit should have supplies that will last 7-10 days. Choose a place in your home, which would be relatively safe

in a time of an earthquake, such a closet or the garage. The perishable supplies will remain stable longer if stored in a cool dark place.

A way to organize your emergency supplies is to place them in a large, covered trash container. Your items can be layered and kept together in the container. Plastic containers come in all shapes and sizes. They are water and rodent proof and are durable.

On the top layer of your emergency kit, include:

- Antibiotic ointment
- Aspirin Tablets

(Continued on page 2)

***“Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love.”***

– Lao Tzu, ancient Chinese philosopher

ALSO IN THIS ISSUE: ...What's the Big Deal About Olive Oil?—Page 3 ...Retired from Driving? Now What?—Page 4 ...CarFit—Page 6 ...SPECIAL TRANSPORTATION SECTION, Availability in Riverside County—Pages 7-10 ...What TRIP Passengers say about the service—Page 11 ...Living Without Your Partner—Page 12 ...E. coli O104:H4—Very Scary—Page 13 ...Lo Que Deberias de Tener en Caso de un Temblor—Page 14 ..Equipo de Emergencia en Caso de Temblores para Su Automovil—Page 15
..AND MORE!

DISCLAIMER:

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

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

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

(Continued from page 1)

- Any prescribed medicines for each member of your family
- Sterile bandages
- Adhesive tape
- Gauze pads
- Scissors, thermometer, pocket knife.

In the middle of the container, place foods requiring no refrigeration. Examples: Canned tuna, beans, nonfat dry milk, dried apricots, canned orange or tomato juice, peanut butter. Make sure all items are dated.

At the bottom of the container:

- Sleeping bag/blankets
- Plastic sheet
- Change of clothes, sturdy shoes, jacket
- Personal supplies, toiletries
- Cash (in small bills)
- Flashlights
- Water purification tables
- Can opener

Other things, such as important documents, should also be placed in the earthquake kit. These might include copies of health, home, car insurance, ownership certificates, property deeds, household inventory (including replacement photos), etc.

You will need a minimum of one gallon of water per day, per person, for drinking and food preparation. A total of 14 gallons per person for a two week period and another half a gallon per person per day for bathing, brushing teeth and dishwashing.

Do not overlook the water supply in the hot water tank and the toilet tank. (Be sure to shut off the incoming water valve in case the local water supply is not safe).

If water is purchased, follow expiration dates or rotate water every six months. Check the containers occasionally for leaks or cloudiness. If the water starts to look or taste bad, change it. If you have any doubts about the safety of the water to be stored, purify it before you store it.

We can never be too prepared for a disaster and all we can do is prepare as best as we can. Make sure you think of each person in your family and the needs each has and prepare your earthquake kit according to your family needs. Don't forget your pets.

[SOURCE: Riverside County Fire Department, Office of Emergency Services]

Meeting the Challenges

VOLUME 19, ISSUE 4, June 2011

EDITOR: Richard Smith

E-Mail: rsmith@vitalco.net

ASSOC. EDITOR: Ivet Woolridge

E-Mail: IvetWoolridge@ILPcorp.org

Telephone: 951.653.0740 / Fax: 951.653.0775

Meeting the Challenges is published quarterly (four times a year) by the Independent Living Partnership 6235 River Crest Drive, Suite C, Riverside, CA. 92507. Non-profit organization postage paid at Riverside, CA. The Independent Living Partnership is a non-profit, tax-exempt corporation that is working for the rights of all to live independently in their homes and community.

The educational programs of the Independent Living Partnership are supported by the charitable contributions of individuals and organizations, with additional funding provided by the Riverside County Transportation Commission. Visit us on the Internet at www.LivingPartnership.org or through *Vital Connections* at www.vitalco.net

POSTMASTER: Send address changes to INDEPENDENT LIVING PARTNERSHIP, 6235 River Crest Drive, Suite C, Riverside, CA 92507.

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

EARTHQUAKE KIT FOR YOUR CAR

Things to have in your car KIT:

- Blankets
- Drinking Water
- Change of Clothes
- Cash (small bills)
- First Aid Kit and Manual
- Emergency Signal Device (light sticks, battery type flasher, reflector, etc.)
- Flashlight (fresh batteries and spare bulbs)
- Food (nonperishable: nutrition bar, trail mix, etc.)
- Local Maps
- Polyethylene Rope (for towing, rescue, etc.)
- Paper and Pencil
- Prescription Medicines
- Sealable Plastic Bags
- Short Rubber Hose (for siphoning)
- Small Mirror (signaling for help)
- Toilet Tissue
- Whistle (signaling for help)
- Tools (spare tire, jack, lug wrench, pliers, screwdriver, wire, etc.)

What's the Big Deal About Olive Oil?

Olive oil is said to be a healthy choice for eating and cooking, when used in moderation. It is known that olive trees were grown for their harvest at least as long ago as 4,000 BC.

The Federal Drug Administration now allows olive oil labels to carry the claim that using it may reduce heart disease risks—*if it replaces a similar quantity of animal or other unhealthy fats in our diet and if consuming olive oil does not increase our daily caloric intake.*

Other studies suggest that olive oil, high in “monounsaturated” fat is perhaps less likely to promote the growth of cancers.

An article published in the scientific journal Diabetes Care “showed that a Mediterranean style diet rich in olive oil reduces the risk of type II diabetes by almost 50 percent compared to a low fat diet.”

According to new data published in Clinical Nutrition, daily doses of olive oil that is rich in polyphenols (a type of antioxidant) may protect from atherosclerosis (hardening of the arteries).

In another reported study, anti-inflammatory effects are attributed to olive oil. They say that the dosage that

we get by using olive oil in our cooking is not sufficient to relieve a headache, but that “low doses of other anti-inflammatory agents, like aspirin, have been shown to provide substantial health benefits when taken consistently over time.”

All olive oils are not created equal though. Extra-Virgin olive oil is supposed to be the highest quality oil. Olive oils that are less than 1% acidity and produced by the first pressing of fruit through cold pressing, with no additives, may be called extra-virgin olive oil. However, it is commonly warned that “extra-virgin” on the label may not be a foolproof indication of the oil’s quality.

A quality olive oil should “have the name of the place where the oil comes from” - if the place of origin is not indicated, the bottle may contain a blend of oils.

Different olive oils have different aromas and tastes, so choosing oils that meet individual taste is also important.

It is recommended that unused olive oils be stored in cool, dark places, but not refrigerated.

[SOURCES: WebMD.com;oliveoiltimes.com; whatscookingamerica.net]

Retired from driving? Now what?

A difficult question is “How can I continue to get out and about after I ‘retire’ from driving?” Family-Centered Institute Press has recently published a new guide entitled *Surviving Not Driving: A Transportation “How To” Guide For Older Americans*.

The guide provides practical and helpful answers and suggestions for seniors by seniors and others who have “retired” from driving. The authors say that the book is for those among us who have “given up the keys” but still want and need to get out of the house—to remain active in their community. *Surviving Not Driving* is intended to educate, motivate, and inspire us to continue getting out and about.

OUR EIGHT NON-

DRIVING YEARS: Co-authors Alice and Warren Smith remind us that, “research shows that the average American outlives his/her driving ability by about eight years—10 years for women and six years for men. We all still need to get out and about in our non-driving years.”

Loaded with tips on how to successfully cope

without having to drive yourself, this book leads us step-by-step through finding and successfully using that unique set of transportation options (alternatives to driving) that fits our personal needs at each stage of our non-driving life.

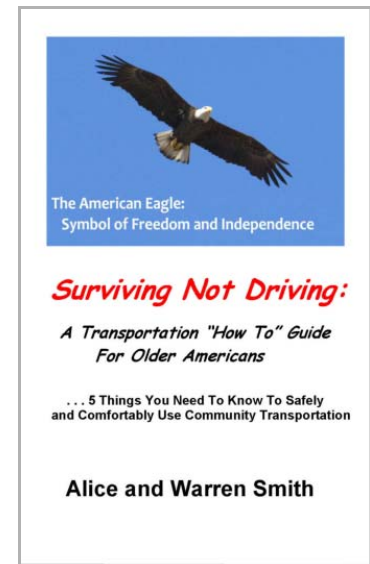
The guide book helps older Americans, and all of us who do not drive, to understand our own “travel ability,” shows us how to determine what you need for transportation, how to locate it, and how to safely and comfortably use it. Yes, there are mobility options for “retired” drivers in almost every community. ***Surviving Not Driving*** helps us find and use these transportation options, how to travel out-of-home safely and comfortably, increasing our freedom, independence, and dignity.

According to co-author Dr. Alice Smith, a chapter in the book helps us do a quick self-assessment of our driving ability and then describes transportation options that might be available in our area.” She says, “Not all transportation options are available in all areas. However, we have found out that there are usually more options than people usually

know about.”

The authors say there are five things we need to know to continue getting out and about in our community:

- Our own personal “travel ability”
- What transportation options are available to us
- How to contact and access our transportation options
- Our “transportation rights”
- How to plan our out-of-home travel and use our transportation options.



Surviving Not Driving also contains information critical to spouses, families, partners, friends, caregivers, helping professionals, transportation providers, and anyone who cares for or assists older non-drivers. Dr. Smith

also tells us, “The Guide helps others to be “*part of the solution*” by enabling seniors and elders we care about to stay active and independent as they age—by continuing to get out and about.”

The **Surviving Not Driving** guide is available exclusively through the non-profit Family-Centered Institute’s web site at: <http://www.SurvivingNotDriving.org> It is printed in easy-to-read large type.

The price of the guide is \$25.95 plus a \$4 handling charge. If you do not have computer access to the web-site, you can also order a copy directly from the Family-Centered Institute at: 66 Massasoit Trail, Brewster, MA 02631 (include check or money order for \$29.95).

A Discussion Group Leader’s workbook is also available, which may be of interest to senior centers, religious groups, or other community organizations that would like to host discussion groups about alternatives to driving.

**“Wisdom is knowing what to do next,
skill is knowing how to do it,
and virtue is doing it.”**

– David Starr Jordan,
American Educator

What is the Key to Fresh Tasting Vegetables?

Home grown vegetables usually taste so much better than those that can be purchased in a store. To taste best, vegetables should be harvested when at their peak of ripeness and eaten right away.

For some vegetables there is no comparison between fresh and picked early and allowed to ripen off the plant. Tomatoes are a perfect example. When picked green and allowed or forced to ripen over time they will have a thin

flavor that pales when compared to the full, sweet flavor of a ripe tomato that is just picked.

Sweet corn should also be harvested when the kernels are plump and in the milk stage, which is at the stage when the silks are dry and brown, and eaten immediately.

Growing your own vegetables is best, but farmer’s market products can also be very good.

[SOURCE: gardening.wsu.edu]

SAVE THE DATE

Planning is well underway for our 20th anniversary celebration of ...helping people to live independently in their homes... We have reserved the Alumni Center at the University of California, Riverside for the occasion on October 15th.

The party promises to be fun with lots of opportunities for those attending to win getaway trips and other valuable packages and items. The odds will be pretty good too, as attendance will be limited to 150 guests.

We would love to have you join us, if you can? If you would like more information and an invitation, please send your name and mailing address to us at: *ILP Party*, 6235 River Crest Drive, Suite C, Riverside CA 92507—or email the information to: KarenLong@ILPcorp.org.

Current ILP programs and activities include TRIP, California Assistive Technology Devise Lending Libraries, the Vital Connections website and this newsletter, among others.



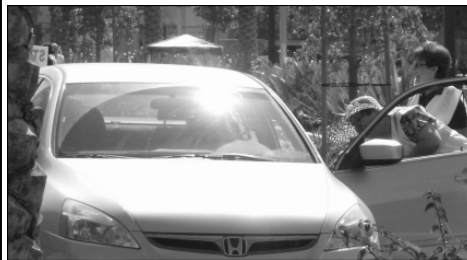
CarFit Has Come to Riverside County!

With the goal of keeping seniors safe on the roads, the Independent Living Partnership and the Riverside County Office on Aging brought the national CarFit safety program to Riverside County for the first time on June 1st.

CarFit is designed to help seniors find out how the “fit” of their personal vehicle affects their driving. It was created by the San Francisco-based American Society on Aging and developed in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association.



Transportation consultant Fran Carlin-Rogers conducted the training of local CarFit Coordinators, and the new trainees then conducted a successful “demonstration” project event in Moreno Valley.



90% of the residents, who were “carfitted”, were over the age of 65 and more than 20 percent were over the age of 85 years. The majority of the participants drive every day.

According to Carlin-Rogers, “As we age, changes in our vision, flexibility, strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel.” She said an important outcome is that “CarFit provides older adults with the tools to understand and apply the safety features of their vehicles.”

The CarFit Coordinator trainees conducted 12-

point checks with each participant, including:

- proper safety belt use and fit
- distance from the steering wheel
- airbag
- line of sight above the steering wheel
- mirror positioning and how best to minimize blind spots
- ability to reach pedals.

Then drivers talked with an occupational therapist from Eisenhower Medical Center, who discussed ways drivers could maintain and improve aspects related to their vehicles and driving health.

After going through the training and talking with older drivers at the event, the coordinator trainees were all convinced of the value of the CarFit program. Having come from places in West County, the Coachella Valley, and as far away as Blythe, they are now planning future events in their own communities.



Transportation Availability in Riverside County



Information is current as of June 2, 2011

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



INFORMATION PHONE NUMBERS

1-800-510-2020

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

211

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

511

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

PUBLIC SENIOR AND DISABLED SERVICES

Riverside Transit Agency

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

Dial-A-Ride is a curb-to-curb advanced reservation transportation service for seniors and persons with disabilities. Dial-A-Ride vehicles travel to areas within 3/4 of a mile of an RTA local route.

Where to call 1-800-795-7887
Fare \$3.00+

SunLine Transit Agency

Cities Served: Coachella Valley
Days Operating: MON-SUN

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

Where to call 1-800-347-8628

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

Palo Verde Valley Transit

Cities Served: Blythe area
Days Operating: MON-SUN

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

Where to call 760-922-1140

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

SPECIAL TRANSIT WESTERN COUNTY

Banning Pass Transit Dial-A-Ride

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

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

Where to Call: (951) 922-3252
Cost: \$1.35 one way trip

Beaumont Pass Transit System

Cities Served: Beaumont and Cherry Valley

Days Operating: MON-SAT

Who Qualifies:

Seniors and persons with disabilities

Where to Call: (951) 769-8532

Cost: \$1.35 one way trip

City of Corona Transit Service**Corona Cruiser**

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

Days Operating: MON-SAT

Who Qualifies: General Public

Where to Call: (951) 734-7220

Cost: \$2.50 one way trip

Riverside Special Services

Cities Served: Within Riverside City limits

Days Operating: MON-SUN

Who Qualifies:

Seniors and persons with disabilities

Where to Call: (951) 687-8080

Cost: \$2.00 one way trip

TRANSIT SUPPORT SERVICES**Coachella Valley****Desert Samaritans for the Elderly**

Cities Served: Coachella Valley

Days Operating: MON-FRI

Who Qualifies:

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

Where to Call: (760) 837-9066

Cost: no charge

Jewish Family Service of the Desert
Services available to the general community throughout California's greater Coachella Valley

Where to Call: 760 325-4088

Or visit www.jfsdesert.org

Desert Blind and Handicapped

Cities Served: Coachella Valley

Who Qualifies:

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

Where to Call: 760-318-2882

Or visit www.desertblind.org

American Vets (AMVETS)

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

Who Qualifies: Veterans of any war

Where to Call: 760-200-1383

Cost: None

Yellow Cab Co of the Desert

Cities Served: Coachella Valley

Where to call 760-345-8398

Cost: Pick-up and per mile charges.

TRANSIT SUPPORT SERVICES**Western Riverside County****Senior and Disabled Travel Training**

Coming soon

to Western Riverside County
from the Riverside Transit Agency

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

MoVan

Cities Served: Trips originating in Moreno Valley to within 35-mile radius

Days Operating: MON-FRI

Who Qualifies:

Seniors and adults with disabilities

Where to Call: (800) 351-6571

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

Regional Medical Center

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

Days Operating: MON-SAT

Who Qualifies:

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

**Where to Call: (866) 909-4881
or (951) 486-4380**

Cost: no charge

Care Connexus

Cities Served: Riverside area

Days Operating: MON-FRI

Who Qualifies:

Clients of Adult Day Service Centers

Where to Call: (951) 509-2500

Cost: Call for information

Care Connexus

Cities Served: Sun City/Menifee Valley

Days Operating: MON-FRI

Who Qualifies:

Clients of Adult Day Service Centers of Sun City/Menifee Valley

Where to Call: (951) 672-9536

Cost: Call for information

Care-A-Van

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

Days Operating: MON-FRI

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

Where to Call: (951) 791-3572

Cost: \$2.00 donation one way trip

Inland AIDS Project

Cities Served: Western Riverside County

Days Operating: M-F

Who Qualifies:

Clients with HIV/AIDS

Where to Call: (951) 683-2360

Cost: Call for information

**Boys & Girls Clubs
of Southwest County**

Cities Served: Temecula, Murrieta, Lake Elsinore

Days Operating: MON-FRI

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

Where to Call: (951) 699-1526

Cost: Call for information

Department of Veteran Affairs

Cities Served: Western Riverside County

Days Operating: MON-FRI

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

**Where to Call: 800-741-8387 ext. 6014
or ext. 2071 for those who are**

wheelchair bound or will be having surgery in the near future.

Cost: no charge

AA Inland Empire Cab

Location: Riverside

Where to call 1-888-333 TAXI

Cost: Pick-up and per mile charges

TRANSIT SUPPORT SERVICES

County Wide

Inland Regional Center

**Cities Served: Riverside
and San Bernardino Counties
Days Operating: MON-FRI**

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

Where to Call: (909) 890-3000

Cost: Call for explanation of rider fees

Operation SafeHouse

**Cities Served: Riverside County
Days Operating: 24 hours**

Who Qualifies:
Homeless, at-risk youth ages 18-21

Where to Call: (951) 351-4418

Transportation Access Program (TAP)

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

Where to Call: (951) 686-4402

TRIP

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

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

Yellow Cab

Serves the entire Riverside County

Where to call 951-684-1234

Cost: Pick-up and per mile charges.

Greyhound Bus

Blythe— 905 W Rice ST—760-922-5401

Banning— 583 W Ramsey—951-849-9138

Indio— 45-525 Oasis ST—760-347-5888

**Palm Springs— 311 N. Indian Canyon Dr.—
760-325-2053**

Perris— 412 4th ST—951-657-7813

Riverside— 3911 University Ave—951-686-2345

**Temecula— 28464 Old Town Front ST STE B—
951-676-2059**

**San Bernardino- 596 North G ST—
909-884-4796**

This directory insert was produced by the non-profit benefit Independent Living Partnership to provide general information about the availability of transportation options in Riverside County. Contact information and eligibility may change over time. Please call the Riverside County Office on Aging/Aging and Disability Resource Center *HelpLink Call Center* at 1-800-510-2020 if more current information or updates are required.

What YOU Say About TRIP.....

During February, many TRIP passengers told us what they think about the services they receive from the TRIP Program and how those services have made a difference in their lives. Here is some of what you told us:

"TRIP has made it possible for me to have the continued care that I need since I no longer have Dial-a-Ride. TRIP has given me a feeling of self worth and independence. TRIP has helped me feel I have hope for a better tomorrow, living, not just existing. TRIP is an open door to a personal life and interests outside my body and home."

"TRIP has given me the ability to ask for help without feeling guilty about doing so."

"TRIP is an amazing program. It enables me to interact with people and keeps me from being depressed."

"Wouldn't be able to go to church, shopping, get medicine or visit family or friends, go to senior center, or to my blind group or stroke group, or to eat out once in a while. TRIP really helps."

"Without TRIP I could no longer try to lead a productive life."

"I feel I still have independence as I can still be part of my previous normal activities. Without TRIP this would not have been possible."

"At 95, TRIP has made it possible to have a volunteer driver to be able to drive me primarily for life survival emergencies and needs and has literally saved my life on several occasions."

If your neighbors or other people you know have problems getting to their doctors or getting out of the house and getting to where they need to go, ask them to Call HelpLink at the Office on Aging at 1-800-510-2020 and to ask to be referred to TRIP.

As you have read, TRIP riders have told us it means relief from worry and anxiety, a renewed feeling of security, the ability to get out of the house, getting to appointments conveniently and comfortably—TRIP means new transportation freedom and help to continue to live independently and participate in their community! As many of our riders say, *"It's a blessing!"*

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, a Regional Access Project Foundation Grant, and local funds from the City of Blythe.

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

Living Without Your Partner

by Cathy Wong, Doctoral Candidate in Gerontology at the University of Massachusetts, Boston

Most surviving partners go through a bereavement and grieving process as they transition into living alone. After the recent death of a partner, many experience changes and disruptions in their daily routine because of the closeness and prior dependency on their deceased loved one. Many report feeling lonely and isolated. During the grieving process, some may also experience emotional distress, such as feelings of sadness, depression, disrupted sleep patterns, and loss of appetite.

It has been reported in academic studies that intense feelings of grief and sadness are common in the first six months after a partner's death, but become less intense within about one year. Over time, most adjust and cope well as they transition into living without their partner.

If you are feeling intense grief and symptoms remain severe and disruptive, it is important to tell your professional healthcare provider (physician, registered nurse, case manager) or family members and

friends to seek appropriate help.

Close emotional social support is important for the survivor. Being with friends and family members who you perceive to be positive in your life is very important. Also, it is important to continue participating in social activities that you enjoy.

It may be that you were dependent on your partner for both emotional and social support during your life together and find it challenging to get involved in social activities on your own. But it is important that you begin to get involved in new and enjoyable leisure activities and to reconnect with friends and family. Social activities can include physical exercise, gardening, luncheons with friends, neighbors or family, attending religious and church services, volunteering, clubs and organizations, or any other activities that you enjoy.

Most communities offer a wide variety of services and activities for older adults, including instructional classes in art, basic computer skills, and physical fitness, exercise, and dance.

You can contact your city and ask about the recreational activities that are available.

Community Colleges offer excellent opportunities to learn about things that may have always interested you and to meet and make new friends at the same time. Universities offer continuing education classes.

Losing a loved one is a major life event that nearly all of us go through. It is stressful during the bereavement and grieving process. It is important to have a supportive social network. In fact, those who do not remain socially connected have more emotional distress and are more at risk for the development of physical and health problems.

Loss is difficult, but the intensity of grief decreases over time, which is encouraging.

“Courage, it would seem, is nothing less than the power to overcome danger, misfortune, fear, injustice, while continuing to affirm inwardly that life with all its sorrows is good.”

-Dorothy Thompson,
Journalist 1893-1961

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

E. coli O104:H4—Very Scary

Nearly 60 varieties of bacteria live in our large intestines to help with digestion, change food into nutrients, including vitamins, and help control harmful bacteria that also might be present. The majority of the bacteria are useful and not harmful. They help regulate the potential growth of types of bacteria that can result in disease. Good bacteria help us to have a healthy immune system.

The large intestines, in a healthy person, contains relatively more bacteria than the small intestines. Excessive growth of bacteria in the small intestines will result in symptoms that include bloating, gas, abdominal pain, and diarrhea or constipation. Common causes of bacterial overgrowth include diabetes, scarring from previous surgeries, Crohn's disease and diverticulitis. Antibiotics are normally successful in combating the excessive growth of bacteria.

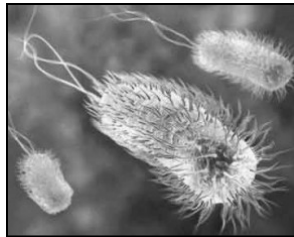
Bacteria are everywhere. We can introduce bacteria into our bodies by what we touch and what we eat. Many people purposely ingest acidophilus bacteria, in milk or capsules, to supplement good intestinal bacteria.

Harmful strains of bacteria cause "food poisoning".

One of the types of bacteria that can be harmful is Escherichia coli, or E. coli, though most varieties of these bacteria are harmless or may cause relatively brief diarrhea. Some, however, are not readily controlled once they are inside. Some may remember the outbreak of illness in 1982 that was traced to E. coli O157:H7 contamination of hamburger meat? It is thought that O157:H7 causes almost 40% of food poisoning.

Harmful bacteria, that cannot be controlled by good bacteria, stick to the lining of the intestine, destroy cells, and produce poisons. If the poisons are absorbed, they can cause damage to our kidneys and other organs.

The recent outbreak of poisoning in Europe is thought to be caused by an E. coli O104:H4 strain of bacteria. This particular E. coli variation is normally not resistant to antibiotics, but the current strain is apparently a mutation that has immunity to over a dozen antibiotics in



eight different drug classes. It is susceptible to some slower acting medications, but during the time of infection, poisons can spread in the body causing kidney failure and death.

The following risk factors are linked to a higher risk of E. coli infection:

- Eating soft cheeses, raw milk, apple juice, cider, and undercooked ground beef
- People with weakened immune systems, patients with AIDS, and people receiving chemotherapy
- patients who have had the size of their stomach surgically reduced have less stomach acid that kills off bacteria.
- very young children and elderly individuals.

For most people who have an E. coli infection, the best option is to rest and drink plenty of fluids to help with dehydration and fatigue. Anti-diarrheal medication should be avoided because it slows down the digestive system and prevents the elimination of the accumulating poisons.

[SOURCES: National Library of Medicine; colonhealth.net; mayoclinic.com; naturalnews.com; medicalnewstoday.com; ecolio104h4.com; medicinenet.com; accepta.com; fda.gov; cdc.gov]

Lo Que Deberias de Tener en Caso de un Temblor

Recientemente hemos visto la devastación que un temblor puede causar y solo podemos esperar que nosotros no tengamos que vivir una experiencia como esa. Los recientes temblores en Haiti y Japon han sido devastadores para esos países.

El estado de California tiene muchas fallas que pueden causar temblores diariamente, evecas los sentimos y aveces no. La falla mas grande que sismólogos siempre nos han advertido es la falla de San Andreas. La falla de San Andreas es más o menos 810 millas de larga y puede causar un gran temblor que nos afectaria a todos de una manera u otra. Entonces, ¿qué hacemos?

El tener un equipo de emergencia en caso de un temblor preparado en nuestros hogares es un buen principio. ¿Sabemos lo que tenemos que tener en nuestro equipo de temblor?

Un equipo de temblor tiene que tener reservas que duren de 7 a 10 días. Elija un lugar en su casa, lo cual puede ser relativamente seguro en el momento de un temblor, como en un armario o en en garaje. Las reser-

vas se mantienen mejor y por mas tiempo si estan en un lugar fresco y oscuro.

Una manera de organizar sus reservas de emergencia es colocarlos en un contenedor de plástico grande que tenga tapadera, por ejemplo un contenedor para basura. Sus articulos pueden ser organizados y se pueden mantenerse juntos dentro de el contenedor. Los contenedores de plástico pueden ser de diferentes formas y tamaños y son aprueba de agua, roedores, y son duraderos.

En la capa superior de su equipo de emergencia, incluye:

- Pomada antibiótica
- Aspirinas
- Cualquier medicamento prescrito de cada miembro de su familia
- Vendas estériles
- Cinta adhesiva
- Gasas
- Tijeras, termometro, navaja

En el centro del contenedor, coloque los alimentos que no requieren refrigeración. Ejemplos: Atún, frijoles, leche en polvo, conserva de naranja o jugo de tomate, mantequilla de maní. Asegureze que todos los artículos tengan fecha.

En la parte inferior del contenedor:

- Bolsa de dormir/cobija
- Hoja de plastico
- Cambio de ropa, chamarra, zapatos resistentes
- Artículos personales
- Dinero en efectivo (en billetes chicos)
- Linternas
- Tabletas para purificar el agua
- Abrelatas

Otras cosas importantes como documentos deberian de ser incluidas en su equipo de emergencia. Documentos como, copias de las aseguranzas de su casa, de su carro, de salud, certificados de propiedad, un inventario de su casa, etc.

Usted va a necesitar un mínimo de un galón de agua por día, por persona para tomar y para preparar comida. Un total de 14 galones por persona para un periodo de dos semanas y otro medio galon por persona por día para bañarse, lavarse los dientes y lavar trastes.

No se olvide de el agua que se encuentra en el tanque de agua caliente y en el tanque de el inodoro.

(Asegureze de apagar la valbula del agua en caso de que el agua local no sea segura).

Si compra agua, siga las fechas de caducidad o reemplace el agua cada seis meses. Revise las botellas de agua de vez en cuando de que no esten goteando. Si el agua comienza a verse o a saber mal, cambiela. Si tiene dudas acerca de la seguridad del agua que esta almacenando, purifique el agua antes de guardarla.

Nunca podremos estar lo suficientemente preparados para un desastre y lo unico que podemos hacer es prepararnos lo mejor posible. Asegurese de tomar en cuenta todas las necesidades de cada miembro de su familia y prepare su equipo de emergencia tomando en cuenta estas necesidades.

[FUENTE: Riverside County Fire Department, Office of Emergency Services]

**“Cuide su cuerpo.
Es el unico lugar
que tiene para vivir”**

-Jim Rohn

EQUIPO DE EMERGENCIA EN CASO DE TEMBLORES PARA SU AUTOMOVIL

Cosas que debe tener en su equipo de emergencia de su automovil:

- Cobijas
- Agua
- Cambio de ropa
- Dinero en efectivo (en billetes chicos)
- Botiquín de primeros auxilios
- Dispositivo de señal de emergencia (bastones luminosos, un reflector, etc.)
- Linterna (baterías nuevas y lámpara de repuesto)

- Comida (barras nutricionales, mezcla de frutas secas, etc)
- Mapas locales
- Una cuerda
- Papel y Lápiz
- Medicamentos
- Bolsas de Plastico
- Un pequeño espejo
- Paper Higienico
- Silbato
- Herramientas (neumático de repuesto, tenazas, desarmador, cable, etc.)

Contactos de Emergencia En el Condado de Riverside

- La Cruz Roja 1888-831-0031
- Departamento de Sheriff's: (951) 955-2400
- Departamento de Bomberos: (951) 826-5321
- Departamento de Obras Publicas: (951) 826-05311

Mantenga estos numeros telefonicos a la mano en caso de cualquier emergencia. No se olvide de tener una lista de numeros telefonicos de familiares y amigos los cuales deca de contactar en algun evento de emergencia.

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

Independent Living Partnership

6235 River Crest Drive, Suite C, Riverside, CA 92507

www.LivingPartnership.org

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

Reader Sponsored

Meeting the Challenges

Quarterly

JOURNAL

SPRING 2011



Inside..... ▶ What to have in an Earthquake Kit ▶ What's the Big Deal About Olive Oil? ▶ Retired from Driving? Now What? ▶ CarFit Come to Riverside County ▶ SPECIAL Pull-Out TRANSPORTATION SECTION for Riverside County ▶ What TRIP Passengers say (about the service) ▶ Living Without Your Partner ▶ E. coli O104:H4—Very Scary ▶ Lo Que Deberias de Tener en Caso de un Temblor ▶ Equipo de Emergencia en Caso de Temblores Para Su Automovil ...& MORE!!!!