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)
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]
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
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.

**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.
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
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 ¾ mile of a bus route.
Where to Call: (951) 922-3252
Cost: $1.35 one way trip

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

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**  
**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

**Transit Support Services**  
**Western Riverside County**  
Senior and Disabled Travel Training  
Coming soon  
to Western Riverside County from the Riverside Transit Agency

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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 Connexxus
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 Connexxus
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 Connexxus.
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.

**24 HOUR CRISIS LINE FOR ALTERNATIVES TO DOMESTIC VIOLENCE** 1-800-339-7233
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 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!!
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!!
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; ecoli104h4.com; medicinenet.com; accepta.com; fda.gov; cdc.gov]
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 Haití y Japón han sido devastadores para esos países.

El estado de California tiene muchas fallas que pueden causar temblores diariamente, a veces los sentimos y a veces 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 afectaría 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 duran 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 un garaje. Las reservas se mantienen mejor y por más tiempo si están 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 artículos 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 apropiados para agua, roedores, y son duraderos.

En la parte inferior del contenedor:
- Bolsa de dormir/cobija
- Hoja de plástico
- Cambio de ropa, chaqueta, zapatos resistentes
- Artículos personales
- Dinero en efectivo (en billetes chicos)
- Linternas
- Tabletas para purificar el agua
- Abrelatas

Otras cosas importantes como documentos deberían 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 galón 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.

| Recursos Para Personas Mayores .......... | AYUDA CONEXION .......... | 1-800-510-2020 |
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 Higiénico
- 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 decea de contactar en algun evento de emergencia.

“Cuíde su cuerpo. Es el único lugar que tiene para vivir”
-Jim Rohn
Meeting the Challenges
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