

Meeting the Challenges

Quarterly

JOURNAL

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Meeting the Challenge of High Energy Costs

Everyday, higher energy costs are affecting our lives—higher gas prices, higher costs for heating and cooling our homes, higher costs for food and everything we buy.

Whatever the underlying causes of these increases, and regardless of what might be done to control them in the future, the reality is that we must take action on our own today to adjust to the financial pressure of the higher cost of living.

For most people, transportation and heating and cooling their homes are major energy use costs that can be reduced.

Transportation

The job of the Federal Trade Commission of the U.S. Government is to provide protection and information for consumers. Here is their advice on how to save on gas expense:

- As you may have heard, keep tires properly inflated and wheels aligned—

this can increase gas mileage up to three percent.

- Drive at or under the posted speed limit—gas mileage decreases rapidly at speeds above 60 miles per hour.
- Avoid unnecessary idling—turn off the engine if forced to wait for any extended length of time.
- Start-up and build speed slowly—this can increase gas mileage up to five percent.
- Using cruise control on the highway can improve fuel economy.
- Keeping your engine properly tuned can increase gas mileage by another four percent.
- Replacing dirty air filters can increase gas mileage up to ten percent.
- Changing oil according to the schedule recommended by your car manufacturer will also increase fuel economy.

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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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- Eliminating unnecessary weight from your trunk can also help you save on gas expense.

Adding all of these suggestions together can result in a savings of more than twelve percent of fuel usage. Put another way, doing the things the FTC recommends can increase the value of each gallon of gas—when we pay \$4 for a gallon and make each one go 12% farther we are actually saving almost fifty cents on each gallon we buy!

In addition, just thinking a little about when and how often we drive can make a big difference in controlling transportation expense:

- We can drive less and combine several purposes of travel into a single outing.
- Instead of jumping in the car and driving a short distance, we can walk instead.
- We can combine travel with friends, neighbors or relatives whenever possible.
- And maybe it is time that we consider leaving our vehicle at home and using the bus for at least some of our travel.

Cooling and Heating

For most people, by far the largest energy expense is heating their home in winter and cooling their home in

summer. As the price of electricity, natural gas and heating oil goes up, many are finding budgets badly broken.

The simplest, and least costly way of dealing with these expenses is to reduce energy use:

- Turn the thermostat up in summer and turn it down some in winter, still keeping the home temperature within the boundaries of relative comfort.
- Another useful technique is to close off rooms or areas of the home that are not used, close the vents in those rooms and do not heat or cool them.

According to the U.S. Department of Energy, up to

“Don’t wait for strangers to remind you of your duty - you have your conscience and your spirit for that. All the good you must do must come from your own initiative.”

- Popol Vuh: Antiguas leyendas del consejos (Ancient legends from the Quiche, Book of Advice) /Guatemala, Central America, Circa 1539

Quotation provided by:
Laura Trejo, MSG, MPA
General Manager
City of Los Angeles
Department of Aging

half of a homes energy expense is for heating and cooling the home. And, the largest cost in heating and cooling is due to the amount of heat that escapes from the home in winter or the amount of heat and humidity that enters the home in the summer.

Sealing air leaks around doors and windows is recommended to help lower heating and cooling energy use.

Usually, most home insulation inefficiency is temperature loss or gain through the ceiling, or a raised floor. Ducting may need to be resealed. In fact, it is estimated that just sealing and insulating ducts can improve the efficiency of heating and cooling systems by up to 20%. Then, consider adding attic (or floor) insulation as necessary.

Have heating and cooling equipment inspected and serviced annually. Sometimes, it might be a good idea to replace heating and cooling equipment that is old and inefficient.

If using a contractor to weatherize a home, reseal and insulate ducts, add insulation or replace heating and cooling equipment, always:

- Get three written bids that are based on an on-site inspection of the job you

want done and that provide complete details of the proposed work.

- Check contractors' license numbers at 1-800-321-2752.
- Get 3 references and call them.
- Get a written contract.
- Never pay more than 10% down and do not pay in cash.
- Keep records of payments.
- Don't make a final payment until you are satisfied with the job.

Large home improvement centers often give free classes on weatherizing or insulating a home, which will provide basic information on the process even if we are not considering doing it ourselves. Another great source of information and advice is your utility company.

USEFUL PHONE NUMBERS

Riverside Transit
Customer Information Center:
1-800-800-7821

SunLine Transit
(760) 343-3451

Palo Verde Valley Transit
(760) 922-1140

Southern California Edison
1-800-990-7788

Southern California Gas Co.
1-800-427-2200

*Stand Up
for Your Health*

Researchers at the University of Missouri are suggesting that sitting down is dangerous to our health!

The findings of the study suggest that "sitting in office chairs, reading, talking on the phone and watching TV...had negative effects on fat and cholesterol metabolism." The researchers concluded that physical inactivity for most of the day resulted in "disease-promoting processes" that exercise, even for an hour a day, does not reverse.

What is really surprising, however, is that the study suggests that regularly standing and moving slightly keeps the "fat burning" in blood vessels going. The researchers concluded that just standing and supporting body weight can serve to double metabolism and burn many calories.

What we are told is that getting up and standing more often is very good for us—even standing while watching TV or reading will help us control weight and possibly see more improvement from exercise.

[SOURCE: University of Missouri Press Release, 19-Nov-2007]

Why are Food Prices Going Up?

According to a recent article in the Santa Rosa Press-Democrat newspaper, David Zilberman and Peter Berck, who teach agricultural economics at the University of California, Berkeley, believe that one cause is increasing demand world-wide.

They tell us that increasing populations and rising incomes in Asian countries, Russia, India, and other countries, are adding competition for available food. They say that U.S. food prices used to be pretty much independent of world food pressures, but that policy changes and the falling value of the U.S. dollar have changed that.

According to the U.S. Department of Agriculture, agricultural production is continuing to increase, but production costs also continue to rise. The Wall Street Journal reports that rising fuel prices increase the cost of food distribution. Increases in world demand for available food, plus increases in the cost of growing, packaging and transporting food will mean that we will continue to see prices increase in our food markets. So what can we

do?

LocalHarvest.org is a website founded in 1998 to promote the purchase of foods through Farmer's Markets and directly from local farms. They argue that it is less expensive for the consumer and better for the farmers—“only 18 cents of every dollar, when buying at a large supermarket, goes to the grower. 82 cents goes to various unnecessary middlemen.”

Another argument that LocalHarvest.org makes is that the food we buy locally is much fresher. They tell us that most of the U.S. grown produce on our market shelves is picked 4 to 7 days earlier, and is shipped for an average of 1500 miles before being sold. Obviously those times and distances are substantially longer when produce comes from Mexico or farther away.

Many local communities hold “market nights” where local foods are available and there are local farms in the area that sell both produce and fresh meat products. You can search for farmer's markets and local farms that sell direct to the public at LocalHarvest.org . The Marketing Services branch of the US Department

of Agriculture can help at apps.ams.usda.gov/FarmersMarkets or call a USDA Service Center for more information. Some Inland Empire USDA Service Centers: Indio 760-347-3675; Moreno Valley 951-656-6800; Blythe 760-922-3446; Redlands 909-799-7407. Check with your city about market nights.

SAVING MONEY AT THE GROCERY STORE

- \$ Don't go shopping when you are hungry!**
- \$ Plan meals and make a shopping list.**
- \$ Buy items in bulk, if you can store the extra until needed.**
- \$ Buy generic items if possible.**
- \$ Be cautious about the displays in the front of the store and at aisle ends—they may not be a “good deal”.**
- \$ Buy fresh and avoid already prepared foods.**
- \$ Look up and down on the shelf—most expensive might be at eye level.**
- \$ Buy only what is needed and what you have planned—avoid impulse purchases.**
- \$ Track prices and plan meals around sale values.**

[SOURCE: moneyinstructor.com]

Omega-3: Benefits and Sources

We often hear that eating fish is something we should do for “heart health”. Fish contains a “fatty acid” that is considered important for good health and may have many benefits that are just being discovered.

In fact, a study published in the American Journal of Clinical Nutrition in August of this year found that eating fish once a week may reduce the risk of age-related macular degeneration.

The American Heart Association recommends that all people, with and without cardiovascular disease, eat a diet rich in omega-3 fatty acids.

A Rush University Medical Center study indicates that eating fish one or more times a week may slow memory loss in older adults.

A study reported in the International Review of Psychiatry also suggests that increased intake of omega-3 contributes to overall better brain function. The authors of the report go on to say that “omega-3 fatty acids may reduce aggressive, impulsive, and depressive behaviors”.

Dr. Frank Sacks, Professor of Cardiovascular Disease Prevention, Department of Nutrition, Harvard School of Public Health, writes that there may be other potential benefits of omega-3 “for a wide range of conditions including cancer, inflammatory bowel disease, and other autoimmune diseases such as lupus and rheumatoid arthritis.”

According to Dr. Sacks, there are two types of omega-3 fatty acids—one type that is found in fish and the other that is found in canola oil, flaxseed, walnuts, salad greens, Brussels sprouts, spinach, kale and salad greens. He advises, “For good health, you should aim to get at least one rich source of omega-3 fatty acids in your diet every day. This could be through a serving of fatty fish (such as salmon), a tablespoon of canola or soybean oil in salad dressing or in cooking, or a handful of walnuts or ground flaxseed mixed into your morning oatmeal.”

Dr. Sacks has written that if we do not get enough omega-3 from foods, we should consider taking a daily 500mg fish or vegetarian omega-3 supplement. He

suggests that people with a history of heart disease may benefit from a higher supplement amount and should consult with their physicians.

Mercury contamination of fish has complicated making the right dietary choices. The Environmental Protection Agency (EPA) tells us that pregnant women and young children need to eat fish, but are most susceptible to the damaging effects of Mercury. The EPA says that Shark, Swordfish, King Mackerel, or Tilefish should be avoided because they contain high levels of mercury.

The EPA lists fish low in mercury as shrimp, canned light tuna, salmon, pollock, and catfish, but cautions that albacore has more Mercury content than canned light tuna.

Federal Drug Administration (FDA) test results include commercial fresh or frozen salmon, sardines, fresh water trout, whitefish, anchovies, and cod as also having low Mercury levels.

The FDA includes tilapia as well, but recent research from Wake Forest University School of Medicine has now resulted in a

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new warning that “farm grown” tilapia contains a low level of omega-3 but a high level of omega-6 fatty acids. The warning is that this may result in “exaggerated inflammatory response”, which is “known to cause damage to blood vessels, the heart, lung and joint tissues, skin, and the digestive tract.”

*TIPS from the FBI
to Avoid Mortgage Fraud*

- **Beware of “no money down” loans.** These are a gimmick to entice people to buy a home they really can't afford.
- **Don't let anyone talk you into making a false statement on your loan application,** like overstating your income or lying about where your down payment is coming from.
- **Never sign a blank document or a document containing blank lines.**
- **If you don't completely understand loan documents,** get an attorney to review the documents for you.
- **Get referrals for real estate and mortgage professionals and check their licenses with state, county, or city regulatory agencies.**

What is an Unsafe Lane Change?

The California Department of Motor Vehicles defines changing lanes as:

- Moving from one lane to another.
- Entering the freeway from an on-ramp.
- Entering the road from a curb or the shoulder.

The Driver Handbook tells us that, before changing lanes we have to:

- Signal, look in all mirrors.
- Check traffic behind and beside us.
- Glance over our left or right shoulder to make sure the lane that we want to move into is clear.
- Look for vehicles or motorcyclists in your blind spot.
- Be sure there is enough room for our vehicle in the next lane.

Failing to do any of these things is an “unsafe lane change”. Studies have concluded that over 95% of motor vehicle accidents are caused, at least in part, by people driving unsafely.

The AAA Foundation for Traffic Safety reports that two factors may affect the way that older adults make lane changes:

1. Having driven accident free for many years, some get

complacent and adopt habits that are dangerous. In fact, studies have shown that many older drivers, who failed to look to the rear before changing lanes, say that they were unaware that they did not do so.

2. Many stop looking over their shoulders because of the loss of flexibility and others have developed arthritis that makes looking over the shoulder painful.

The AAA Foundation makes the following helpful suggestions:

- Drive with a partner who can be your “co-pilot”
- Ask your physician about medications and exercises the might improve flexibility.
- Take a driver re-training course that helps older drivers adjust to driving challenges.
- Really re-focus on driving behavior and eliminate dangerous habits, like not looking appropriately before changing lanes.

*"If we want things
to stay as they are,
things will have to change."*

- Guiseppi di Lampedusa,
Sicilian writer

ADAPTING TO RETIREMENT

by Cathy Wong

When entering our retirement years we probably experience many changes in our lives. Retirement is a major transition in life. The experience of retirement is different among people.

Some people take advantage of their retirement years as the opportunity to engage in leisure activities or develop new hobbies. With the availability of more time for recreational interests, we can enjoy more leisure activities such as sports and fitness; reading; arts and crafts; gardening; and visiting friends and family.

Other people plan their retirement as a time for travel or vacation. We perceive retirement as a period of 'rest and relaxation' after devoting so many years in our work and career.

Some of us may experience minimal changes in our lifestyle by continuing to work. We choose to have a part-time job after retirement, engage in volunteer and community service, or continue to work full-time beyond the age of retirement.

Studies have demonstrated that the majority of

people do not experience retirement as stressful. However, there are some of us who experience retirement as challenging and emotional. We may feel that we have lost an important role as a participant in the labor force. Or we may perceive retirement as a time of inactivity. However, we need to remember that remaining mentally and physically healthy requires that we continue to live an active lifestyle.

Adapting to retirement is a normal process, however for those of us who are experiencing problems with adapting to retirement here are some things to consider:

- If we are uncertain about whether or not to retire, it may be helpful to take a long service leave or extended unpaid leave. During this time we can decide if are ready to retire.
- Be open to new experiences and opportunities. Think about interests we have had but did not have time to pursue when we were working, and engage in those interests.
- Volunteering with an organization that we feel is a worthy cause can bring satis-

faction and purpose in our lives.

- Stimulating the brain is very important during this period of life. Taking courses at a local college or university in a life-long learning program is intellectually stimulating and fun.
- To reduce the risk of health problems during later life, we should be physically active. Join a gym or engage in the sports that you find most enjoyable. Follow a routine schedule that includes regular exercise.
- Loneliness or a lack of social support contributes to feelings of depression. So we should maintain interactions with the friends and family we love. If experiencing challenges in adapting to retirement, it is good to be able to talk with a trusted friend or family member.
- Seek professional help if we feel prolonged stress, anxiety, or depression.

Adapting to retirement can be challenging, but it can also be just as productive and rewarding as previous years.

Cathy Wong is a doctoral student studying gerontology at the University of Massachusetts Boston.

LIVING WITH SKUNKS

Skunks are beautiful and adaptable members of the weasel family. They live in both rural and urban areas.

The most common variety has black and white



stripes that run down the back and sides of the animal and they have big fluffy tails. Less common are spotted skunks.

They are about the size of a house cat—6 to 10 pounds. They are peaceful and non-aggressive and will not spray unless they feel threatened and trapped. If threatened and unable to flee, a skunk will try many things before resorting to spray. Usually it will fluff its fur, shake its tail, stamp the ground with its front feet, growl, stand on its hind legs, turn its head and spit to try to scare its attacker away.

Skunks can range over large areas of up to 40 acres. Many live in neighborhoods in urban areas, where they will set-up a den beneath buildings, decks, under stored materials and in woodpiles. They can also burrow a den a foot or so underground, with well-hidden entrances. They like warm, dry, dark, and defensible areas; most house basements and crawl spaces will be attractive.

Their diet in the wild includes black widow spiders and up to 70 percent of a skunk's diet consists of insects considered harmful to humans. They dig for insects and will also eat field mice and other small rodents as well as lizards, frogs, birds, eggs, garbage, acorns, and fallen fruit.

They can, however, co-exist easily with cats, often sharing food if it is left outside and available to them.

Following are some tips for living with your neighborhood skunk:

- Do not feed them as they can become very dependent if you do.
- Never leave pet food outside.
- Keep pet doors closed at night to prevent entry.
- Place garbage in tightly se-

cured cans and use a small amount of ammonia or cayenne pepper in the garbage to discourage scavenging.

- Place mothball-filled socks and/or sprinkle cayenne pepper around your yard to discourage digging.
- Restrict use of birdseed. Skunks are attracted to it and to the birds and rodents that use the feeder.
- Debris and brush piles should be removed or stacked neatly to eliminate suitable cavities.
- Keep fruit trees picked and don't leave rotted fruit on the ground.
- If a skunk gets into your garage, leave a door to the outside open and let the skunk exit on its own.

Skunk spray is an irritant and may cause temporary blindness if it gets in the eyes, but no lasting damage. If you or your pet are sprayed, wash with tomato juice or diluted vinegar. The quicker the cleaning process begins, the easier it is to remove the odor. Commercial products are also available from pet stores.

It is possible to save sprayed clothing with repeated vinegar washes, but it may be better just to discard them.

[SOURCE: ProjectWildlife.org]

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

*From: "EXERCISING with limited mobility Part 2
- THE LOWER BODY"*

NOTE: Always consult with your physician before beginning any exercise program.

Christine Clever, former personal trainer -

"Strength training is essential because it improves your posture; it also builds the muscles and slows bone loss." "It creates flexibility and overall well-being."

"If you feel pain, stop. Strength will build up over time. Constantly breath naturally—do not hold your breath."

Some sample exercises

"First we are going to warm up.....from a seated position, right, left, right, tap...left, right, left, tap."
[do this for 2 to 3 minutes]



"Outer leg. Standing behind your chair, you want to have your foot flexed—you are working your outer thigh. Just raise it out and lower it again."
[do this for 2 to 3 minutes; switch and do it with your other leg for 2 to 3 minutes]

"Next we are going to work the hamstring. Stand behind a chair and raise your foot up until the leg is at a 90 degree angle. Then lower your leg— repeat"
[do this for 2 to 3 minutes; switch and do it with your other leg for 2 to 3 minutes]



See how easy this is. View the full video at www.vitalco.net — it's like having your own personal trainer.

*"Oh Matchless Earth,
We underrate the
chance to dwell in thee."*

- Emily Dickinson

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**"EXERCISING
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THE LOWER BODY"**

**"KITCHEN PARTY
...with the Food Fanatics!"**

**"HOW TO PROTECT YOUR
PERSONAL SAFETY"**

**"Preparing to
PROVIDE ALZHEIMER'S CARE
at Home"**

**"PREVENTING FALLS &
OTHER SAFETY TIPS"**

**"HELPING YOUR PARENTS
WHEN THEY NEED YOU...."**

**"TAI CHI FOR HEALTH AND
VITALITY"**

*...watch for free at
www.vitalco.net*

*The Vital Connections'
website of the
non-profit*



Loss of Bladder Control is Treatable

by Linda Birkitt, M.A., P.T.

More than 1 in 20 Americans suffer with the effects of urinary incontinence. This figure accounts for only those who discuss this issue with their physician. It does not include those persons who suffer in silence.

Urinary incontinence is within the top three reasons people are placed in assisted living facilities or skilled nursing facilities. It can lead to skin breakdown (called bed sores), urinary tract infections, emotional stress and painful urination. Social isolation and embarrassment may develop due to the fear of having an accident in public. Both men and women suffer from this problem, but scientists feel that men are less likely to report urinary incontinence to their physician.

Nonetheless, there is great news! Aging, itself, is NOT a cause of urinary incontinence. Incontinence is not something with which one has to live. Various treatments and simple life style changes may reduce this problem in about 80% of cases.

A treatment plan

should be worked out with your physician, nurse, registered physical therapist or other knowledgeable health care provider:

1. Dietary changes such as decreasing or eliminating caffeine and alcohol.
2. Timed voiding is a method of toileting by the clock, and not by sensation or feeling, which may lessen the problem.
3. Unless other medical conditions prevent same, increase water intake.
4. Bladder training may be ordered by your health care provider which delays urinating after feeling the urge to urinate. Double voiding may also help in self treatment.
5. Pelvic floor muscle strengthening exercises with instruction from your health care provider.
6. Electrical stimulation. (This does NOT hurt.)
7. Biofeedback
8. Specific relaxation exercises.
9. Pessaries for women. A pessary is a sturdy ring which is placed internally in women to correct a dropped bladder or uterus.

10. Sacral nerve stimulator, which is a surgical procedure.
 11. Medications such as Detrol, Ditropan, Vessicare or Enablex may be ordered by your physician or health care provider. Dry mouth is a major side-effect of these medications, but may be well worth it. Tofrenil, an anti-depressant, may be part of a medical treatment plan used by your physician.
 12. Urinary sphincter devices for men may help post-prostate surgery patients.
 13. Urethral bulking agents may be injected in women to seal the bladder sphincter.
 14. Sling procedure is performed by a surgeon to re-position the urethra.
 15. Bladder neck suspension surgery.
 16. Adult protective garments (Diapers).
 17. Catheters.
- As you see, limiting coffee, tea, decaffeinated teas, coffee and sodas may be all that is required to decrease bladder irritability. Because these drinks irritate the bladder, they can cause it to release urine when this is not

desired. Even de-caFFEinated sodas may contain some caffeine.

Reducing fluids after dinner to necessary amounts only (for example only to take medication) may help stop the number of trips to the bathroom during the night. Reducing the number of trips to the bathroom improves sleep.

Tomatoes, acidic drinks such as orange juice and spicy foods can also lead to bladder irritability and then to urinary incontinence.

Consider limiting or eliminating these foods to see if this will reduce urinary incontinence. There are, however, many other foods which may also irritate the bladder.

Linda Birkitt holds a Masters Degree in Physical Therapy from the University of Southern California. She has been a practicing Registered Physical Therapist for over 20 years in South Orange and Riverside Counties. When living in New Mexico, she was part of a pilot Physical Therapy program for Native Americans. While at IngleSide Hospital, she developed a biofeedback program. She has taught at Santa Monica Community College. She has received post graduate specialized training in the treatment of urinary incontinence.

Using RTA's Customer Information Center to Plan a Trip

So you haven't ridden a bus since you were a kid, but you are thinking that now might be a good time to try it again with gas prices so high. But you know absolutely nothing about riding the bus now. Where to start?

If you live in Western Riverside County, you can call the Riverside Transit Agency Customer Information Center at 1-800-800-7821 [Hearing impaired TTY or California Relay at 1-800-800-7825]. Call 6 a.m. to 10 p.m. weekdays, 8 a.m. 9:30 p.m. weekends.

An RTA customer service specialist will be glad to help you plan your travel. You will need to tell the trip planner:

- Where you want to start from and where you want to go. You can give them actual addresses, or the city and cross streets, or even many landmarks, such as the Riverside Medical Clinic.
- Also, tell them what time you want to arrive at your destination. If you don't care when you arrive, you can choose to tell them when you want to leave.

The customer information specialist will chart your trip for you and then tell you:

- Walking directions to your bus stop and where it is exactly located.
- The route # and destination information on the electronic sign on the front of the bus that will be coming for you.
- The time your bus is to arrive at your bus stop (also when the next one will arrive at the same stop).
- The exact cash fare for the ride (buses do not make change).
- Where to get off your bus.
- And, if you are going to transfer to another bus, the same information about it.
- Return information will be provided in the same way.

RTA's cost per ride is \$1.25 general fare, or \$.60 for senior or disabled. Each time you get on a new bus, the same fare will be charged. A day pass for \$3.75 general or \$1.85 can save you even more!

Similar services are provided by other transit agencies.

TRIP TIPS

Q. Why might I want to say “yes” if a TRIP program rider asks me to consider being their volunteer driver?

A. TRIP assistance is available for people who have no other options. They are our friends and neighbors who are having a difficult time continuing to live independently in our communities. For most of us, it is very hard to ask anyone for anything. If you were asked, it is an honor that you are thought so highly of and so trusted. (1) Helping each other is an essential part of the social fabric of our country and much of the reason for its greatness. There are other reasons too. (2) When you are a volunteer driver, you decide with your rider if and when you can provide a ride. No one from TRIP tells you when or where to go—it is all up to you and



your rider. (3) When you go shopping, maybe they can ride along? You have to go to the store anyway, and this way you get help paying for the gas you were going to use anyway. (4) When your rider needs to go to the doctor, maybe you can drop them off and do some other errands, or have some fun, and then come back and pick them up when they are through. (5) Maybe you can only help once in a while, but

maybe you have another friend who has a little extra time and could use the mileage reimbursement too. Maybe you can help the TRIP rider get to know your friend and you and your friend can each drive, making your helping even easier. (6) And then the biggest reward of all is the feeling of satisfaction that comes from being there for your neighbor or friend and seeing how much your friendship means to them—the incredible difference you are making in their life!

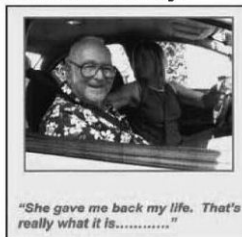
*Need HELP
with Money
for Gas?*

Take along a **TRIP** qualified neighbor
or friend who needs a ride....
And we will help pay for the gas!



Yes, we will help pay for the gas, but there are other rewards too. Doing good works, like helping someone get to the store or doctor, is a real kick and worth a lot more than money.

To learn more about contributing a little of your time as a volunteer driver in your community, call us at 1-800-510-2020 and ASK FOR THE TRIP VOLUNTEER COORDINATOR. Or come visit us today on the internet at www.LivingPartnership.org



If you don't want to be ill.....

FIND SOLUTIONS

“Negative people do not find solutions and they enlarge problems. They prefer lamentation, gossip, pessimism. It is better to light a match than to regret the darkness. A bee is small, but produces one the sweetest things that exist. We are what we think. The negative thought generates negative energy that is transformed into illness.”

**Dr. Dráuzio Varella
Brazilian physician,
Specialist in immunology and oncology**

Leadership Opportunity

The Independent Living Partnership has a board member opportunity available for leaders with a commitment to making communities here, and around the country, better places for boomers, aging adults and people with disabilities to live without institutionalization.

We are a non-profit public benefit corporation that helps people lead more satisfying and rewarding lives, often in spite of significant health and mobility challenges, through life enriching programs and activities that educate, motivate, strengthen or rebuild social networks, and assist individuals to access needed human and social services.

We are a national leader in supplemental transportation programs and our “TRIP” program is the inspiration for the development of similar services everywhere. New program initiatives, in a variety of program areas, are underway at both the state and national levels. Contact the executivedirector@livingpartnership.org to discuss membership or other ways in which you might contribute.

Do You Need TRIP?

Ask yourself these questions:

1. Are you able to travel for doctor’s appointments, or for other purposes, when necessary?
2. Do you suffer from conditions that make it difficult to get around?
3. Are you without family to help you?

If you answered “yes” to these questions call 1-800-510-2020 and tell the information specialist that you would like to apply for TRIP.

*RTA Commuter Route 210
EXPRESS SERVICE*

Banning/Beaumont to Riverside

- 6 stops—Stagecoach Plaza in Banning/Beaumont City Hall/Nason & Fir in Moreno Valley/MV Mall/UCR Lot 30/Marketplace MetroLink/ Downtown Terminal.
- Leaves Banning on weekdays at 5:56am/arrives Downtown Terminal at 7:10am/earlier schedule available, but does not stop at UCR.
- General one-way fare is \$2.25 and Day Passes are \$3.75. Persons with a valid Metrolink pass ride Route 210 for free.
- For more information, call RTA’s Customer Information Center at 1-800-800-7821.

*Superando nuestros retos.....**Superando el Reto del Alto Costo de Energia*

Cada dia el alto costo de energia esta afectando nuestras vidas-el alto costo de gasolina, el costo de calentar o enfriar la casa, el costo de comida y todo lo que compramos.

Sean lo que sean las causas de este aumento y a pesar de lo que se pueda hacer para controlarlas en el futuro, la realidad es que tenemos que tomar accion nosotros mismos para adaptarnos a la presion financiera.

Para la mayoría de personas, transportacion y el calentamiento o enfriamiento del hogar son unos de los mayores costos de energia que pueden ser reducidos.

Transportacion

El trabajo de la Comision Federal de Comercio del gobierno de los Estados Unidos es de proveer proteccion e informacion a los consumidores. Estos son algunos consejos de como ahorrar en gasolina:
-Como usted ya habra oido, mantenga sus llantas apropiadamente infladas y alineadas. Esto puede

aumentar las millas por gallon hasta un tres por ciento.

-Maneje al limite señalado- las millas por galon disminuyen rapidamente a velocidades de mas de 60 millas por hora.

-Evite parar si no es necesario- apague el motor si tiene que esperar por un largo tiempo.

-Cuando prenda el carro, aumente la velocidad lentamente- esto puede aumentar las millas por gallon hasta un cinco por ciento.

-El uso de control de navegacion en la carretera puede mejorar el consumo de combustible.

-Mantener el motor apropiadamente prendido puede aumentar las millas por gallon hasta un cuatro por ciento.

-El remplazo de filtros de aire sucios puede aumentar las millas por gallon hasta un diez por ciento.

-Cambiar el aceite al tiempo recomendado por los fabricantes de su auto tambien puede ayudar la economia del combustible.

-La eliminacion de peso extra

en su cajuela tambien le ayuda a ahorrar en gasolina.

Juntando todos estos consejos puede resultar en un ahorro de mas del doce por ciento en el uso del combustible. Poniendolo de otra manera, el seguir los consejos que FTC recomienda puede aumentar el valor de cada galon de gasolina- cuando pagamos \$4 por un galon y hacemos que vaya 12% por ciento mas lejos, en realidad estamos ahorrando casi cincuenta centavos en cada galon que compramos!

En adiccion, si pensamos en cuando y cuantas veces manejamos puede hacer una diferencia en controlar el gasto del combustible:

-Podemos manejar menos y combinar varios viajes en una sola salida

-Podemos combinar viajes con amigos, vecinos, o familiares cuando sea possible.

-Y a lo major es tiempo que consideremos dejar el carro en casa y usar el autobus para alguno de nuestros viajes.

.....*Superando nuestros retos*

Enfriamiento y Calentamiento

Para la mayoría de las personas, el costo mas grande es el calentamiento del hogar en el invierno y el enfriamiento en el verano. Como el precio de electricidad, gas natural, y el aceite de calefaccion sube, muchos han encontrado sus presupuestos rotos.

Lo mas simple y menos costoso para reducir estos gastos es el reducir el uso de energia:

- Suba el termostato en el verano bajelo en el invierno, manteniendo la temperatura del hogar comoda.
- Otra tecnica util es cerrar cuartos o areas de la casa que no se usan, cierre las ventilas en esos cuartos y no los enfrie o caliente.

Segun el Departamento del Energia de los Estados Unidos, la mitad de los gastos de hogares son de enfriar y calentar. Y el mayor costo en calentamiento y

enfriamiento es por la cantidad de calor que escapa de la casa en invierno y la humedad que entra en el verano.

El sellar fugas de aire alrededor de puertas y ventanas es recomendable para reducir el uso de energia al enfriar y calentar.

Usualmente, la mayoría de la ineficiencia de insulacion en hogares es por la temperatura que sube o baja por el techo o en un piso alto. De hecho, es estimado que solo con sellar e insularizar su hogar puede mejorar la eficiencia de los sistemas de calentamiento y enfriamiento hasta un 20%. Despues considere añadir insulacion en el desvan o en el piso is es necesario.

Tenga su equipo de enfriamiento y calentamiento inspeccionado anualmente. A veces, es buena idea reemplazar el equipo is es

viejo e insuficiente.

Si usa un contratista para mejorar el uso de energia de su hogar, siempre:

- Obtenga tres ofertas por escrito que sean basadas en una inspeccion del trabajo que usted necesite e incluya todos lo detalles.
- Verifique el numero de licencia del contratista 1-800-321-2752.
- Obtenga un contrato por escrito
- Nunca page mas del 10% como enganche, y no page en efectivo
- Mantenga recibos de todos sus pagos
- No haga en ultimo pago hasta que este satisfecho con el trabajo.

Compañias de mejoría del hogar pueden darle clases gratis para mejorar la insulacion de su hogar. Le daran informacion basica aunque no lo vaya hacer usted mismo. Otra buena fuente de informacion y consejos es su compania de utilidades.

ADMINISTRACION DE SERVICIOS

Asistencia 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 su edad, ingresos y condicion fisica. **1-800-510-2020**

Superando nuestros retos EDITOR— Ivet Woolridge / Challenges Associate Editor

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

What is “successful aging”? Excerpts from a talk by Dilip V. Jeste, M.D., Professor of Psychiatry and Neurosciences, University of California, San Diego.

- ▶ Having friends helps protect against high blood pressure and depression.
- ▶ Having a positive attitude is associated with living longer.
- ▶ Physical activity is associated with higher physical function in later life.
- ▶ Findings of a study, reported in 2006, “revealed attitudinal factors and adaptive behavior (are) more important than freedom from disability or chronic disease”.
- ▶ Environment and behavior have a greater impact than heredity on successful aging.

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