

Meeting the Challenges

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

How to Make Living in Your Home Easier?

Have you ever found yourself in the kitchen when you just could not twist the top off the spaghetti sauce jar? That has probably happened to all of us. One of those large soft rubber gripper disks that AARP used to give away might do the trick if you still have one around. Maybe the next time you are at a store you buy a soft rubber jar gripper that costs less than \$3.



Problem solved. Congratulations. Either way, you have just become a user of “assistive technology”.

Most of us probably have thought of assistive technology as the bigger and more expensive things like electric wheelchairs and mobility scooters, lift chairs that help a person stand up, hearing aids, video magni-

fication systems, and so on as assistive technology.

According to the National Institute of Standards and Technology, assistive technology is “any item, piece of equipment... whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve the functional capabilities of individuals with disabilities”.

Often times we think that “we do not have disabilities”. Disabilities come in small chunks as we go through life. In a report now being distributed by the Independent Living Partnership (publisher of Meeting the Challenges), Dr. Rita Stromberg refers to the fact that “People who have arthritis often experience problems with mobility and self-

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***“Don't cry because it's over.
Smile because it happened.”***

- Theodor Seuss Geisel

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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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care activities. In California, arthritis currently affects over 5.3 million adults". This is about 1 out of every 5 of us, with almost 70% of those with this challenge now over 65 years of age.

Dr. Stromberg continues that the ability to walk and get around is the most common disability of people in California and the fourth most common disability is having difficulty performing activities of daily living (things we normally have done in our daily lives).

But basically, assistive technology is anything that helps to make it easier or safer for us, or those we care for, to continue to live independently in our homes. Following are some examples of inexpensive assistive technology that many people are discovering to be helpful.

- If you have difficulty getting in and out of your car, a *Car Swivel Seat Cushion* for less than \$20 might work for you.



- For about \$10, keep medications organized and stay on the schedule prescribed by your doctors with this 7-day Pill Planner.



- The vendor says that these gloves, costing about \$20, will relieve Arthritis night pain.



- If it is difficult to see the time on your watch, push a button on the Talking Watch that costs about \$30 and it tells you the time.



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

- For about \$50, the Wireless Wander Alarm for Doors and Windows is a helpful solution to help keep a loved one, who suffers with Alzheimer's, safer in the home.



- If you haven't yet discovered The Easy Reacher, everyone can find a use for this handy tool. It costs about \$20 and helps to pick up things easily.



More and more independent living products to help provide solutions for our daily living challenges are showing up on regular local store shelves. But many useful products remain "specialty items" that are now only available from specialized suppliers like ActiveForever.com (you can call 1-800-377-8033 and ask for a catalog. Or call IndependentLiving.com at 1-800-537-2118 to request a catalog. These are just two of many Internet stores that specialize in things we need.

The "VILLAGE" MOVEMENT

by Richard Smith, Editor

A group of aging Boston residents, concerned that eventually they would be uprooted and headed for a nursing home if they didn't do something to make sure they could stay in their own homes, formed the now famous Beacon Hill Village in 2001.

Often referred to as "virtual villages", there are now more than 3 dozen places in the country where neighbors have banded together and formed non-profit villages for the purpose of helping all members of each village receive the services and support they need to age in place in their own homes.

Each "village" has been organized as a tax exempt non-profit with an executive director, a board of directors and some have supportive staff.

Membership is limited to people over the age of 50 years. Each member pays an annual fee. Annual membership fees vary from \$350 to \$1,200 per year. If members participate in active and successful fund raising, the annual fee is less.

The services provided to members at discounted cost vary, but can include such things as:

- home maintenance, repair, and disability adaptation
- gardening and yard maintenance
- in-home care and assistance
- bill-paying and financial organizing
- assistance making appointments to access needed services
- transportation to medical services and for shopping
- wellness and fitness programs
- classes and discussion groups on health, self-reliance and other subjects
- organized social events and outings.

The Beacon Hill Village began with those people who wanted to belong to such a village organizing, linking with sponsors, incorporating as a non-profit, and acting as founding directors. The start-up history of other villages is similar.

*"One who possesses hope
is forever young.
One who continually
advances
is forever beautiful"*

- Daisaku Ikeda

Managing Medications

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

Many of us experience challenges in managing our daily medication regimen. It can be especially confusing for us if we are prescribed a large number of medications, such as five or more. If we have a complex medication regimen, it can be difficult in understanding the medication instructions.

If we need assistance, it is important that our health care providers (physician, nurse, pharmacist, or other medical practitioner) give us and our caregiver a review on all of our prescribed medications. The review should include a discussion of any over-the-counter medications and vitamins that we are taking. The consultation provided by health care providers will assist us and our caregivers with our medication management.

We can also ask health care providers about a medication card that allows us to list our current medications. We can list our medications on the card to help us organize and understand all of our medica-

tions. In addition, the medication card may be useful when we refill prescriptions and when we have appointments with our primary care physician. Our primary care physician should be aware of all our medications.

Also, we can display a medication chart or calendar in our home that contains a list of our current medications, an updated schedule, and the dose and frequency of medications taken for each day. We can ask for a sample of a medication chart and what information should be on it.

Some of us may need further assistance with medication management because of the severity of our impairments. Some of us have difficulty reading medication labels on the bottles due to the small print. Some of us have muscle weakness and low grip strength and may even find it difficult to opening bottles and to remove tablets from common medication containers. Another reason for challenges in managing our medication is that we may have Alzheimer's disease or another dementia that seriously complicates our ability to adhere to and re-

member our daily medication regimen.

There are simple things we can do if we are experiencing difficulty with reading labels on the medication bottles. We can ask the pharmacist if he or she is able to provide us with labels that have large print. Also, a magnifying glass may be helpful. For difficulty in opening medication bottles, large bottle tops are available.

There also are assistive devices that can help with our medication management. There are daily or weekly pill boxes that allow for organizing medication. The pill boxes come in many forms, such as simple boxes with compartments labeled for different times of the day when medication should be taken, for example, during a meal or at bedtime.

For those of us who have difficulty remembering to take our medications, there are electronic reminders that beep or have a voice message reminder when it is time to take medications. These electronic reminders come in the form of a clock model, a necklace model, or

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light, sound, or vibrating alarms.

It can be challenging to manage a complex medication regimen. If we are experiencing any difficulty, we should consult with our health care providers, primary care physician, or caregivers about any of these methods or devices that can assist with managing medications. We can discuss and ask our health care providers about community resources in our area or where to purchase home health care products for assisting with medication management.

Don't Forget to Water Yourself!

We have all probably heard that our bodies are 60% water and that drinking enough water to replace what we have lost is important?

How much is right for each person remains a subject of discussion, but not drinking enough can cause physical problems. Dehydration can:

- be a “trigger” for headaches and migraines
- result in muscle weakness and cramps
- interfere with short-term memory
- cause dizziness or feeling light headed
- cause low blood pressure
- result in irritability and con-

fusion.

Proper hydration is necessary for cardiovascular and kidney efficiency. Some medical professionals suggest that proper hydration may be able to help prevent certain cancers and help relieve arthritis pain, among many other things.

One of the more important outcomes of drinking sufficient amounts of water though is that it will make you look better! That is probably enough reason to be careful to drink enough water, don't you think?

[SOURCES: healthcentral.com; JACN.org; Mayoclinic.com; healthynewimage.com]

20% of us will get HIVES sometime in our lives.....

The itchy, red bumps, that we call “hives”, can be anywhere on the body and are caused by allergic reactions to everything from foods, to chemicals in foods, to medications, sunlight exposure, insect stings and bites, or to stress.

The most common foods that cause hives are nuts, chocolate, fish, tomatoes, eggs, fresh berries, and milk. Medications that can cause hives include aspirin, ibuprofen, blood pressure drugs, and some painkillers.

A similar condition is called angioedema, which is swelling beneath the skin, and can result in swelling around the eyes and lips and swelling of hands and feet. Sometimes it can cause airway closure requiring immediate medical treatment. See a doctor as soon as possible if wheezing, dizziness, tightness in the chest, or swelling of the tongue, lips or face occurs.

In most cases, hives go away within a day or less, but the cause of the problem should be discovered and eliminated. This may not be easy to do and medical tests may be required to determine individual onset triggers. Cool compresses and loose fitting clothing can minimize discomfort for mild cases. Doctors most often prescribe an Antihistamine to relieve symptoms.

[SOURCES: National Institutes of Health/ nih.gov; wrongdiagnosis.com; webmd.com]

Kitchen Tips to Make Cooking Easier and Safer

by Ivett Woolridge, Associate Editor

Many of us like to prepare our own meals and really enjoy the process, but as we age it may become difficult.

Here are some tips and tools that can help your trip to the kitchen.

For visual impairments

- Think about using bright color cutting boards to help you clearly see what you are cutting. For example, you can use a green cutting board if you are cutting tomatoes.
- You can also use a liquid level indicator that will buzz when the glass or cup is full.
- When you are pouring cold liquids, you can use your thumb or finger as a tool to help you recognize when a cup or glass is full. Place your finger along the cup or glass—when the liquid reaches your finger, stop pouring.
- To cut meat, use a fork to help you feel for the edge of the meat. Then take the knife, line it up behind the fork and begin cutting.
- Consider installing additional lighting, so you can have a brighter kitchen.

For reaching and strength challenges

- Use an electric can opener
- There are many vegetables and fruit slicers that will make your food preparation easier since they do the work for you.
- A touch-less trash bin can definitely help your kitchen become a bit friendlier.
- The Push and Pull oven helper is a flat wooden stick that will make it a lot easier to push or pull a dish in and out of the oven.



- For using the oven with more confidence, you can use a long oven mitt that will cover your arms and help you get a good grip on the container you are taking out or putting inside the oven.

There are many tools that you can use in your kitchen that will allow you to continue being the cook you've always been. Many are available in your local shopping centers or you can research on the web for the tools that will help with your specific needs.

*A lightweight portable
TASK LAMP
can easily be moved
wherever extra light is
needed.....*

This one, by OTT, has a spe-



cially designed 13 watt, long lasting bulb that the manufacturer says provides "soothing illumination" where it is needed. It costs about \$60 and is available from many stores, including Maxiaids.com or you can call them at 1-800-522-6294

What If You Don't Know How to Cook?

Cooking for yourself is more healthy and far less expensive than eating out or buying already prepared foods from the freezer section of the grocery store.

The old “TV Dinners” have now become frozen treats like “Healthy Choices”. They tend to be somewhat high in sodium content but otherwise have been engineered to have fewer calories and less fat than previously. But they also contain a whole lot of additives like Maltodextrin, Soy Lecithin, something called Flavors, Xanthan Gum, Caramel Color, Isolated Soy Protein, Modified Food Starch, Carrageenan, Soy Lecithin, Potassium Chloride, Xanthan Gum, and Citric Acid. We are not saying that any of these additives are not good for those who eat them, but people who cook their own food do not add any of these strange things to their food!

And according to an article in Scientific American, about natural and artificial flavoring, “There is little substantive difference in the chemical compositions of natural and artificial flavorings. They are both made in

a laboratory by a trained professional, a ‘flavorist,’ who blends appropriate chemicals together in the right proportions. The flavorist uses ‘natural’ chemicals to make natural flavorings and ‘synthetic’ chemicals to make artificial flavorings.

So, being more expensive, having less nutritional value and higher sodium content than fresh cooked foods that you prepare for yourself, PLUS being filled with additives and chemicals may seem like very good reasons to leave the freezer for leftovers and ice cubes.

And in addition, many people think cooking is a lot of fun. But what if you have never learned how to cook?

A great way to start is just to watch some of the many, many cooking shows on TV. Watch what you like and take notes when you see something you might like to try. Then just get the ingredients you may need from the store and give it a go.

Of course there are thousands and thousands of cook books too. There is even a book titled “Basic Cooking for Dummies” - a step-by-step aid that begins this way: “There is no doubt: If you want to learn to cook,

you have to go in the kitchen... But never fear!” The book promises to help you to discover how to equip your kitchen, understand basic techniques, cook eggs, soups, pastas, meat, poultry and fish, create delectable deserts, and make appealing dinners in under one hour. It is available at bookstores everywhere.

Another really great way to get started on this life changing adventure is to ask a friend or relative who cooks to come over and show you how, or even to cook with you. Soon you will be sharing stories and experiences and just having fun. And, best of all, when the meal is ready, you can sit down together and enjoy what you have made.

[SOURCES: fooducate.com; scientificamerican.com; aarp.org]

“Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others.”

– Martin Luther King, Jr.
(1929-1968)

Living Trusts - How to Transfer Title of Your Home

by George F. Dickerman—Riverside, California elder law attorney

If you have a “living trust”, then title to your home should be transferred into the trust in order to “avoid probate”. Everyone’s heard this, but let’s take a look at how title should be transferred and why.

First, let’s look at what would happen to your home if you didn’t have a trust. Instead, let’s assume you only had a will, and your will states that when you die, all of your property is to be given to your children in equal shares. Eventually this will be accomplished, but your Will guarantees that a probate proceeding will be required in order to transfer title of your home to your children. Here’s why:

Most likely, at some point your children will want to sell your house and split the proceeds equally. They’ll hire a real estate broker, find a buyer, and the sales documents will be in escrow. However, before the sale can be finalized, a title insurance company will need to conduct a records search at the local county Recorder’s Office to make sure that title is properly passing from your children to the buyer.

Unfortunately, the last

recorded deed will show that you’re still the title owner of record. Since you’re now deceased, you obviously can’t sign another deed to transfer title from yourself to the buyer. Your kids tell the title insurance company that they own the house because that’s what your will states. But the title insurance company must refuse to accept the will as evidence of ownership (anyone can forge a will), and will instruct your children to hand your will to a judge and open up a probate case.

Now the whole process becomes a public matter. California requires that notice of the probate petition be published in the local newspaper. The court will require proof that all of your relatives to the second-degree have received notice of the probate case and hearing. Everyone gets the opportunity to show up in court and give their opinion with regard to the validity of your will. Only after the judge is convinced that every relevant person has had an opportunity to be heard, will s/he sign a court order that states that your children now own title to your house.

This may take a year or

more, and will certainly involve court costs, publication costs, attorney fees, and executor fees. What a nightmare. And it all could have been avoided if a proper trust had been created and title of your home transferred into the trust.

In a simple living trust, you’re called the “trustor” (or “settlor”) – meaning you’re the person who created the trust and gave written instructions on who receives your estate when you pass away.

You’re also called the “trustee”. You manage the trust and actually own title to trust property in that capacity.

Lastly, you’re the “beneficiary” and entitled to use all of the trust property for your benefit while you’re alive.

With this background, we now finally get to answering the question of how do you transfer title of your house into the trust? Simple. A new deed is created and recorded in the local county Recorder’s Office.

Let’s say your current deed states that the owner of your house is “Sally Smith, an unmarried woman”. The

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

new deed would state that “Sally Smith, an unmarried woman, grants full title to Sally Smith as the trustee of the Sally Smith Trust”. It’s that easy.

Remember that every trust must have a “trustee”. Your trust will name someone (one of your children, for example) as your “successor trustee” – to take your place when you pass away. Your successor trustee will then record a simple document that identifies your trust and the fact that you named him/her as your successor trustee, along with a certified copy of your death certificate.

In their new capacity as successor trustee, they now have full legal authority to do exactly what the trust instructs them to do: divide the house (via sale) into three equal shares for your children. There’s no reason to ask a judge for permission to do anything.

That’s how a trust “avoids probate” and how you transfer title into your trust.

George F. Dickerman is a Riverside, California elder law attorney. His practice focuses on advocating for, and protecting, the elderly and their loved ones. For more information, please visit: elder-law-advocate.com.

Dangers and Symptoms of Blood Clots

Blood clots are the body’s way of repairing damage to veins and arteries.

When a clot forms that is not needed, it can lead to serious consequences. The causes of dangerous internal clots include:

- muscles in the lower legs that do not work properly
- the narrowing of arteries caused by plaque buildup
- injury to the heart muscle resulting from a previous heart attack
- atrial fibrillation where the heart beat is abnormal
- prolonged immobility—not standing and walking at regular intervals (long car or airplane rides)
- inherited clotting disorders.

Other risk factors for dangerous clotting include smoking, diabetes, high blood pressure, birth control pills and pregnancy.

Blood clots can form in one place and then travel. Symptoms of the presence of a blood clot vary:

- in the brain, the clot can result in a stroke
- in a heart artery, the clot will cause a heart attack
- an arterial clot in an arm or leg will result in pain and coolness in the limb
- a clot in a leg vein may result in swelling, redness,

warmth and pain of the leg

- when a clot travels to the lung, chest pain and shortness of breath will result.

Emergency medical care should be sought when a stroke or heart attack is suspected. Stroke symptoms include:

- confusion or an inability to understand or speak clearly
- weakness in the face, arm or leg, especially on one side
- trouble walking or dizziness
- a sudden and severe headache.

Heart attack symptoms include:

- chest pain or pain in the upper abdomen, arm, neck or jaw
- indigestion or nausea
- shortness of breath
- sweating.

Symptoms in women may not include pain.

Recommendations for prevention of clots includes:

- not smoking
- control of blood pressure, diabetes, and cholesterol
- standing, walking and stretching regularly

Remain aware of clot related symptoms, and stay even more alert if you have associated risk factors.

[SOURCES: emedicinehealth.com; medicinenet.com]

Hello - Hallo - Hola

The English Oxford Dictionary, which is regarded as the definitive record of the English language, reports that the first written use of the word “hello” was in an 1833 American book called *The Sketches and Eccentricities of Col. David Crockett, of West Tennessee*.

The origin of the English word is given as the German word “hallo”, which the Oxford English Dictionary says came from the old High German word “holâ”. The German “holâ”, in turn, is said to have come from the French word that meant “whoa there”!

According to “*The First ‘Hello!’: Thomas Edison, the Phonograph and the Telephone – Part 2*”, by Allen Koenigsberg, Thomas Edison was promoting the idea of using “hello” to answer the telephone by 1877. The inventor of the telephone, Alexander Graham Bell, preferred to answer the phone by saying “ahoy”.

Thomas Edison’s preference caught on and by 1889, central telephone exchange operators were known as “hello-girls” because the word had become so closely associated with the telephone.

Variations of the telephone greeting, from *ālō* to *hallo* to *hola* to *alo*, are now used all over the world. So, when you say “hello” you are basically speaking many foreign languages at the same time.

September 15 to October 15 is National Hispanic Heritage Month

by Ivet Woolridge

In September 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week. The observance was expanded in 1988 to a month long celebration.

September 15 was chosen to be the beginning of the National Hispanic Heritage Month because it is the anniversary of Independence of 5 Latin American Countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Mexico’s Independence Day follows on September 16th and Chile’s

on September 18th.

During this month, America celebrates the culture and traditions of U.S. residents who trace their roots back to Spain, Mexico, and the Spanish-speaking nations of Central America, South America, and the Caribbean.

As of July 1, 2009, Hispanics constituted 16% of the nation’s total population. In addition there are approximately 4 million Puerto Rican residents.

Some famous people of Hispanic descent:

-Pablo Picasso: greatest and most influential artist of the 20th century.

-Miguel de Cervantes Saavedra: Spanish novelist, playwright, and poet, creator of Don Quixote.

-Cesar Chavez: Union leader and labor organizer.

-Carlos Santana: Mexican-American Guitarist.

-Ellen Ochoa: First Hispanic female astronaut.

-Diego Maradona: Argentinian Soccer player who led club teams to championships in Argentina, Italy, and Spain.

Staying on the Road Longer

by Ivet Woolridge, TRIP Operations Manager

Driving is a privilege that most of us enjoy and depend on, but what happens when we are not as safe drivers as we used to be, or our physical condition makes it very difficult to manage the road and our vehicle?

Everyone ages differently and our driving capabilities will be impacted by our decline in health and physical capabilities. In order to stay on the road longer, we need to be proactive in maintaining our mental and physical health. Having regular visits with our physician and discussing any concerns, and changes we experience, is key to stay on the road.

Discuss with your physician if you are experiencing any vision or hearing loss, if you are starting to have trouble getting in and out of your vehicle or you have difficulties getting your seatbelt fastened. Your physician should be able to recommend devices or therapy that will help your driving experience.

There are many helpful devices that can be installed in your vehicle to help you

enjoy the ride. There are great blind spot mirrors that can be placed in your car so you do not have to worry about missing any vehicles on the side or in back of you. This will also be helpful if you have trouble turning your head, as it will minimize the need to do that.

The comfort of your seat is a very important component to a safe ride. Newer models of cars have a variety of different adjustments you can make to your car seat. If these adjustments are not enough or if your vehicle is a bit older, there are different types of cushions that will fit your needs. There is a very convenient, swivel seat that can be placed on your car seat making it a lot easier to turn without hurting your back when you are getting in or out of the vehicle.

Many of the issues that we may have can be solved with very low cost devices. For example, you can put in an extender for seat belts to make it easier to buckle up. If you have an issue with getting a good grip on the steering wheel, a better grip cover can be placed on your steering wheel. Keeping the windshield of your vehicle clean

can improve your road visibility and brightening the lighting of the instrument panel can help you if we have trouble with our vision.

If you are unsure of the type of devices that will make your driving safer and stay on the road longer, you can consult with a therapy practitioner and get evaluated for your driving needs. A therapy practitioner will also be able to train you with the devices that are installed in your vehicle before you take it on the road. Also, you can take a safety class to help you be a better and safer driver.

For safety driving classes you can contact:

- AARP 55 ALIVE Driver Safety Program 1-800-227-7669
- AAA Safe Driving for Mature Operators Program- Call your local AAA club
- National Safety Council Defensive Driving Course 1-800-621-7619
- Driving School Association of the Americas, Inc. 1-800-270-3722

Following are some places where you can find professionals who can help you

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evaluate your needs:

- Casa Colina Centers for Rehabilitation, Pomona, CA
1-866-724-4127
- Cedars-Sinai Medical Center, Rehabilitation Therapies, Los Angeles, CA 310-423-9223
- Central Coast Driver's Safety Evaluations, San Luis Obispo, CA
805-541-5543
- On the Road Again, San Diego CA, 858-278-1142
- Rancho Los Amigos National Rehabilitation Center, Downey CA
562-401-7081

Another resource that can be helpful to make sure the ride is comfortable and safe, is CarFit. CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. Senior or community centers that would like to host a CarFit event can contact them at www.car-fit.org.

If you have any concerns about your driving capabilities, contact your primary healthcare provider for his/her opinion and any other resources in your area that might be available to keep you on the road safely.

Using Dial-A-Ride Can Mean More Personal Freedom by Karen Long

Some people do not use Dial-A-Ride because they think it is inconvenient — having to call in advance and having to wait for pick-up. For some, though, Dial-A-Ride is the way they *prefer* to travel.

A woman we recently talked with told us that she enjoys riding the van! By calling in advance to pre-schedule her pick up and drop off times, she can schedule multiple trips on the same day. For example, she can be dropped off at her doctor's office, picked up and dropped off at the mall, and then be picked up again to be driven home.

Specialized transit vans have lifts that make it possible for her to bring her motorized chair along, giving her freedom to take her time shopping, or running errands without the worry of imposing on a friend or caregivers time.

She has been using Dial-A-Ride for 2 years now to take her to medical appointments, the mall and for personal errands. Contact your local Dial-A-Ride transportation service to see what will work for you.

THE ASSISTED TRANSPORTATION OPTION

You may qualify for special TRIP assistance to help you recruit your own volunteer escort-driver.

Call 1-800-510-2020 and tell the HelpLink Services Specialist that you need help with transportation.

You will be asked a few questions and, if appropriate, will be referred to TRIP. Once referred, you will be required to complete an application, and if you are determined to be eligible for TRIP assistance, you will receive monthly cash mileage reimbursements for your volunteer.



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

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

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



Transportation Reimbursement and Information project (TRIP)

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

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

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



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



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



Thank You Each and Everyone of Last Year's 750+ TRIP Volunteers!!
by Rich Smith, TRIP General Manager

Your transportation assistance made a huge difference in the lives of your friends and neighbors!

As a condition of the funding that the nonprofit Independent Living Partnership received, we conducted a survey to find out what the benefits of the assisted transportation provided were to TRIP passengers.

And *thank you* to all the

TRIP passengers who gladly told us their thoughts about the value of the program in their lives.

Here are a few of the highlights:

- Ages of Passengers Served
 - 69.3% age 65 and more
 - 19.3% age 55 to 64 years
 - 11.4% age 54 and younger
- Mobility Difficulties (top 3)
 - 85% tire easily
 - 75.7% cannot stand and

wait

60.7% need help leaving their home

- Reasons for Travel (top 2)
 - 95.7% medical purposes
 - 77.5% grocery shopping
- Effectiveness of Assistance
 - 97.1% not able to travel as much as needed before TRIP
 - 95.7% NOW able to travel as much as needed!

Fantastic!!! You are the best!!

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

Como Mantener el Pivilegio de Manejar

El manejar es un privilegio que la mayoría de nosotros tenemos y dependemos de este privilegio, pero que pasa cuando ya no somos los seguros conductores que solíamos ser o nuestra condición física nos dificulta nuestras capacidades para manejar?

Todos envejecemos de manera diferente y nuestras capacidades de manejar serán impactadas por el deceso de nuestra salud y capacidades físicas. Para mantenernos manejando por más tiempo, tenemos que ser proactivos en el mantenimiento de nuestra salud mental y física. El tener visitas regulares con nuestro doctor y discutir cualquier preocupación o cambio en nuestra salud es clave para mantener nuestro privilegio de manejar.

Platique con su médico si usted está perdiendo la vista o la audición, si se le dificulta entrar o salir de su vehículo o si tiene dificultad para ponerse su cinturón de seguridad. Su médico le puede recomendar terapia o algún aparato que le ayude con estos problemas.

Existen muchos aparatos que pueden ser instalados en su vehículo que le ayudarán a disfrutar del viaje. Exis-

ten espejos que son más grandes de lo normal y pueden ser colocados en su vehículo para que no se preocupe de vehículos atrás o al lado de usted. Esto también será útil si tiene problemas para girar la cabeza, ya que reducirá al mínimo la necesidad de hacer eso.

La comodidad de su asiento es un componente muy importante para un viaje seguro. Algunos modelos de carros nuevos tienen una variedad de diferentes ajustes que puede realizar en su asiento. Si estos ajustes no son suficientes o su automóvil es un poco más viejo, existen diferentes tipos de cojines que se pueden ajustar a sus necesidades. Hay un muy conveniente asiento giratorio que puede ser colocado en su asiento de su vehículo lo cual hace muy fácil el girar cuando se va a subir o salir de su vehículo sin lastimarse la espalda.

Muchos de los problemas que enfrentamos en nuestros vehículos pueden ser resueltos con aparatos de baja tecnología. Por ejemplo, puede instalar una extensión para que sea más fácil abrochar su cinturón de seguridad. Si tiene problemas para tener buen control del volante, un

forro en su volante puede solucionar el problema. El mantener su parabrisas de su automóvil limpio puede mejorar su visibilidad y si puede aumentar la luz del panel de instrumentos puede ayudar si tiene problemas con su vista.

Si no está seguro del tipo de aparatos que pueden ayudarle a manejar con más seguridad, usted puede consultar con un terapeuta y ser evaluado para saber cuáles son sus necesidades. Un terapeuta también puede entrenarlo en cómo usar los aparatos que son instalados en su vehículo. También, usted puede tomar clases de seguridad para ayudarle a mejorar sus habilidades como conductor.

Para clases de seguridadllame a:

-AARP 55ALIVE Driver Safety Program
1-800-227-7669

-AAA Safe Driving for Mature Operators Program-
Llame a su club AAA local

-National Safety Council Defensive Driving Course
1-800-621-7619

-Driving School Association of the Americas, Inc.
1-800-270-3722

Los siguientes son algunos de los lugares en donde

puede encontrar terapeutas que pueden evaluar sus necesidades:

-Casa Colina Centers for Rehabilitation, Pomona, CA
1-866-724-4127

-Cedars-Sinai Medical Center, Rehabilitation Therapies, Los Angeles, CA 310-423-9223

-Central Coast Driver's Safety Evaluations, San Luis Obispo, CA 805-541-5543

-On the Road Again, San Diego CA, 858-278-1142

-Rancho Los Amigos National Rehabilitation Center, Downey CA 562-401-7081

Otro recurso que puede ser útil para asegurarse que su viaje sea comodo y seguro es CarFit. CarFit es un programa educacional que ofrece a personas mayores a asegurarse de que sus vehiculos sean "ajustados" a sus necesidades. Visítelos por internet en www.car-fit.org

Si usted tiene alguna preocupación sobre su capacidad de conducción, contacte a su proveedor de atención médica para escuchar su opinion o para que le informe sobre otros recursos en su área que podrían estar disponibles para ayudarle a mantenerse en su vehiculo con seguridad por mas tiempo.

Del 15 de Septiembre al 15 de Octubre es el mes Nacional de la Herencia Hispana

En Septiembre de 1968, el congreso autorizo al Presidente Lydon B. Johnson a proclamar La Semana Nacional de la Herencia Latina. La observacion fue expandida en 1988 a un mes completo de celebracion.

El 15 de Septiembre fue escogido como el inicio del Mes de la Herencia Hispana porque es el aniversario de Independencia de 5 países en Latino America: Costa Rica, El Salvador, Guatemala, Honduras, y Nicaragua. La Independencia de Mexico es el 16 the Septiembre y la de Chile el 18 de Septiembre.

Durante este mes, America celebra la cultura y tradiciones de Residentes de los Estados Unidos quienes trazan sus raices en España, Mexico, y las naciones de habla española de America Central, Sudamerica, y el Caribe.

Apartir de 1 de Julio del 2009, los Hispanos constitullen el 16% del la poblacion total, ademas de

que hay aproximadamente 4 millones residentes de Puerto Rico.

Algunos Iconos Hispanos:

-Pablo Picasso: El artista mas grande e influyente del siglo 20.

-Miguel de Cervantes Saavedra: Novelista español, dramaturgo y poeta, creador de Don Quijote.

-Cesar Chavez: El líder sindical y organizador de trabajadores del campo.

-Carlos Santana: Guitarrista Mexico-Americano.

-Ellen Ochoa: Primera mujer hispana astronauta.

-Diego Maradona: Jugador de futbol argetino que lideró equipos a varios grandes campeonatos.



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SOME SUMMER WEATHER AROUND THE WORLD



Anchorage Alaska: High 57/Low 51/showers **Ankara Turkey:** High 93/Low 65/sunny **Rio de Janeiro Brazil:** High 78/Low 68/sunny **Acapulco Mexico:** High 87/Low 76/rain **Kingston Jamaica:** High 88/Low 79/cloudy **Venice Italy:** High 80/Low 70/showers **Zurich Switzerland:** High 58/Low 58/showers **Warsaw Poland:** High 63/Low 55/rain **Hong Kong:** High 88/Low 81/rain **Hanoi Vietnam:** High 82/Low 76/rain **Colombo Sri Lanka:** High 83/Low 79/rain **Jakarta Indonesia:** High 91/Low 79/rain **Reykjavik Iceland:** High 56/Low 46/showers **Oslo Norway:** High 51/Low 48/rain **Amman Jordan:** High 95/Low 77/sunny **Hawaii:** High 80/Low 70/sunny

Inside..... ▶ How to Make Living in Your Home Easier ▶ The “Village” Movement ▶ Managing Medications ▶ 20% will get Hives ▶ Kitchen Tips to Make Cooking Easier and Safer ▶ What If You Don’t Know How to Cook? ▶ Living Trusts—How to Transfer Title of Your Home ▶ Dangers and Symptoms of Blood Clots ▶ Staying on the Road Longer ▶ Como Mantener el Pivilegio de Manejar ▶ Del 15 de Septiembre al 15 de Octubre es el mes Nacional de la Herencia Hispana ...& MORE!!!!